



# Kid Fit Camp 1 2014

June 9, 2014



Greetings, Kid Fit Camp Families!

We are so excited you are joining us at The Rec Center for Kid Fit Camp! We have a fun schedule planned to keep your camper active and entertained. The activities are subject to change due to weather, and other unforeseen circumstances. Each day we will participate in heart healthy action, play games, and create fun art projects. The Rec Camp Staff and Junior Counselors are ready for fun! Here's a sneak peak of our schedule:

Monday June 16 Session 1	Tuesday June 17 Session 1	Wednesday June 18 Session 1	Thursday June 19th Session 1	Friday June 20 Session 1
Morning Free Play Kid Fit activities Make our own Snack Back pack tags and fitness journals Lunch Walk to Chetzemoka Back to Rec/snack	Morning Free Play Kid Fit activities Make our own Snack Mr Bones craft, XRay exploration Lunch Walk to Athletic Club Back to Rec/snack	Morning Free Play Kid Fit activities Make our own Snack TP roll car making, pom pom poppers Lunch Walk to Coop Back to Rec/snack	<b>Pool Day!!!</b> Morning Free Play Kid Fit activities Make our own Snack Handprint art, journal work Lunch <b>Walk to Pool</b> Back to Rec/snack	Morning Free Play Kid Fit activities Make our own Snack Science projects, journal work Lunch Walk to Chetzemoka Back to Rec/snack

If your camper has any allergies (bees, food, other), medical conditions, special needs or requests, please contact me prior to camp so we can be sure our week is a safe and happy one!

A few things to keep in mind as you prepare for camp week:

- **Pack a sack lunch** (snacks will be provided)
- **Remember a HAT and SUNSCREEN!**
- **Wear comfortable clothes in layers** including comfortable, sturdy shoes! Pack a backpack with extra clothes and shoes.
- **Bring a refillable water bottle to stay hydrated!**
- **Bring Swim stuff on Pool day!**

**Camp photos will be available on our Facebook page**



If you need to contact me at any time (during camp or otherwise), please feel free to call or email me. I'm looking forward to all the fun Camp will bring!!

Thanks,

Jess Winsheimer  
Rec Aide Supervisor

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