

FitKids 2019 Great Outdoor Summer Camp

Dear parents/participant,

It is with great pleasure that FitKids is offering full time summer camps for children registered into grade 2-6 for this upcoming school year. Our Summer Camp Program is geared towards fitness and requires no specific athletic ability in order to participate in the camp. Activities such as hiking, swimming, road hockey and outdoor exploration are just some of the activities that your child will experience while attending our camps. We have different themes each week that should appeal to a variety of children.

Participants will need proper gym apparel (indoor shoes) depending on the activity and parents are responsible for providing lunch and snacks for their child. Please see below our schedule and registration form.

If you have any questions please feel free to contact us at 260-9898 or by email at [bootcamp@nb.aibn.com](mailto:bootcamp@nb.aibn.com)

We are all looking forward to be working with your child.

Eric Bissonnette  
Owner/Operator

***Cost is $150.00 per week***

***\*Participant who sign-up for 3 weeks or more will get a 15% discount***.



**IMPORTANT THINGS TO BRING FOR THE WEEK**

- Lunch and lots of snacks daily - Sunscreen lotion & Bug Spray

-Water bottle (Extra Water) - Change of clothes (short and t-shirt)

-Bathing suit and towel -Good attitude

-Indoor sneakers -Smile

-Proper footwear for hikes -Enthusiasm

**Notes:**

For our **Mactaquac Hike/Games/Swim** and **Killarney Lake** the kids are asked to bring a bathing suit and towel as they will have the opportunity to swim/play in the water.

***Activities are subject to change due to weather.***



**Fitkids 2019 Great Outdoors Camp Schedule (week of July 15, August 12)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Arrival time – Free time  7:45 a.m. to 9:00 a.m. | Arrival time – free time  7:45 a.m. to 9:00 a.m. | Arrival time – free time  7:45 a.m. to 9:00 a.m. | Arrival time – free time  7:45 a.m. to 9:00 a.m. | Arrival time – free time  7:45 a.m. to 9:00 a.m. |
| 9:10 a.m.  Dodge ball Challenge | 9:00 a.m.  Fitness Class – Outdoors - Cardio | 9:00 a.m.  Fitness Class Explosiveness | 9:00 a.m.  Fitness Class  Plyometrics | 9:00 a.m.  Fitness  Fun Games |
| 10:00 a.m. snacks | 10:00 a.m. snacks | 10:00 a.m. snacks | 10:00 a.m. snacks | 10:00 a.m. snacks |
| 10:15 a.m.  Outdoor or Indoor  activities | 10:15 a.m.  Outdoor or Indoor activities | 10:15 a.m.  Outdoor or Indoor Activities | 10:15 a.m.  Outdoor or Indoor activities | 10:15 a.m.  Outdoor or Indoor  activities |
| 12:00 p.m.  Lunch | 12:00 p.m.  Lunch | 12:00 p.m.  Lunch | 12:00 p.m.  Lunch | 12:00 p.m.  Lunch |
| 1:00 p.m.  Hanwell Rec Park | 1:00 p.m.  Mactaquac Beach Games/Swim | 1:00 p.m.  Hike Location to be confirmed | 1:00 p.m.  Skyline Reading St Park  Scavenger hunt | 1:30 p.m.  Killarney Lake Hike/Swim |
| 4:00 p.m.  Return to FitKids  Indoor Activities/Pick up | 4:00 p.m.  Return to FitKids  Indoor Activities/Pick-up | 4:00 p.m.  Return to FitKids  Indoor Activities/Pick-up | 4:00 p.m.  Return to FitKids  Indoor Activities/Pick-up | 4:00 p.m.  Return to FitKids  Indoor Activities/Pick-up |
| **Late Pick-up 5:15 p.m.** | **Late Pick-up 5:15 p.m.** | **Late Pick-up 5:15 p.m.** | **Late Pick-up 5:15 p.m.** | **Late Pick-up 5:15 p.m.** |

**Fitkids 2019 Summer Camp Registration form (please print)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | Name: Grade in September: School: | | | | Phone #: | | Date of Birth:     /      / | | Address: | Postal Code: | | | E-mail address: | Week of (please write all weeks): | | | Parents’ complete names: (mother):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (father):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | Medicare #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Special Medical Needs (allergies): | | | | Emergency phone # 1 (name and relationship): | | | | Emergency phone # 2 (name and relationship): | | | | ***Image Waiver***: By signing this section, you agree that any Fitkids pictures taken throughout the season can be used for Advertising, posted on Social Media and /or our Fitkids Website.  Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |   **Method of Payment:** Along with your registration form, please enclose a cheque in the amount of $150.00 made payable to FitKids. Your payment is non-refundable. Please send your application to FitKids at 594 Maple street, Fredericton, NB, E3A 3R9 or drop it off at our location at 100 Woodside Lane (Fredericton). FitKids will not be held liable for any injury or loss of property of a participant for the duration of the camp. Upon registration of a student, the parent and/or guardian releases FitKids, its staff and directors from responsibility and claims resulting from any loss or damage. Participants may be held responsible for destruction or loss of any property.  Name of participant (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  Parent/Guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |