



Fitness For Kids Summer Camp 2010 Pembroke Isles

Summer, 2010

Dear Parent(s) and Future Camper,

Welcome to the Fitness For Kids Summer Camp! We are excited to have you join our camp and to provide you with one of the most exciting times you will have this summer. As part of being a Fitness For Kids Camper you will need to bring the following items daily:

Pool Activities:

-Towel, 2 bathing suits, and sunscreen.

Outdoor/Fitness Activities:

-Sneakers, socks and a hat.

Lunch and Snack:

-Bring a nutritious lunch, snack, and water bottle EVERYDAY.

Reading, Writing, and Math:

-Notebook (pencils will be provided)

-One book to read on your own

We look forward to having you as a future camper and to provide you with a fun fulfilled summer!

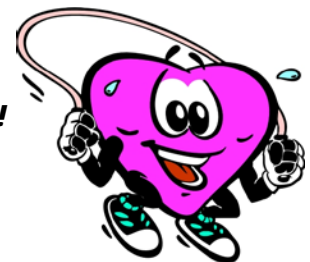
Sincerely,

Catalina Franco-Cicero

Catalina Franco-Cicero, M.S.
Camp Director



FITNESS FOR KIDS...FITNESS FOR LIFE!





Fitness For Kids Summer Camp 2010 Pembroke Isles

Verano, 2010

Estimado Padre(s) y futuro participante,

¡Bienvenidos al Fitness For Kids Campamento de Verano! Estamos contentos de que ustedes han decidido participar en este campamento el cual esperamos les dará la oportunidad de tener muchas experiencias divertidas este verano. Como parte de ser un participante del Fitness For Kids Campamento necesitaran las siguientes cosas diariamente:

Actividades de piscina:

-Toalla, 2 vestidos de baño, y bloqueador de sol.

Actividades de ejercicio:

-Tenis, medias, y sombrero.

Almuerzo y merienda:

-Traigan un nutritivo almuerzo, merienda, y botella de agua
DIARIAMENTE.

Lectura, Escritura, y Matemáticas:

-Un cuaderno (lápices serán disponibles)
-Un libro para leer individualmente

Estamos contentos de tenerlos como futuros participantes y esperamos proveerles un verano lleno de diversión!

Sinceramente,

Catalina Franco-Cicero

Catalina Franco-Cicero, M.S.
Directora del Campamento



SALUD PARA NINOS...SALUD PARA SIEMPRE!





Fitness For Kids Summer Camp 2010

Sample Daily Schedule

Group 1 = Kindergarten - 1st grade

Group 2 = 2nd - 3rd grade

Group 3 = 4th - 5th grade

Group 4 = 6th - 8th grade

<u>Time</u>	<u>Activity</u>	<u>Facility</u>	<u>Group</u>
7:30 a.m. - 9:00 a.m.	Drop off/Recess	Clubhouse	1-4
9:00 a.m. - 9:45 a.m.	Reading/Writing	Pavilion	1
	Physical Education	Fields/BB Courts	2
	Arts & Crafts	Clubhouse	3
	Swimming (instructional)	Pool	4
9:45 a.m.-10:30 a.m.	Reading/Writing	Pavilion	4
	Physical Education	Fields/BB Courts	1
	Arts & Crafts	Clubhouse	2
	Swimming (instructional)	Pool	3
10:30 a.m. - 11:15 a.m.	Reading/Writing	Pavilion	3
	Physical Education	Fields/BB Courts	4
	Arts & Crafts	Clubhouse	1
	Swimming (instructional)	Pool	2
11:15 a.m. - 12:00 p.m.	Reading/Writing	Pavilion	2
	Physical Education	Fields/BB Courts	3
	Arts & Crafts	Clubhouse	4
	Swimming (instructional)	Pool	1
12:00 p.m. - 12:45 p.m.	Lunch/Recess	Playground	1-4
12:45 p.m. - 1:30 p.m.	Swimming (recreational)	Pool	1
	Music & Drama	Pavilion	2
	Fitness & Dance	Aerobics Room	3
	Math	Clubhouse	4

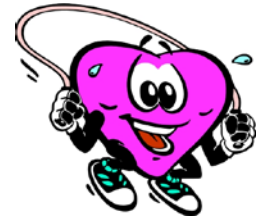
<u>Time</u>	<u>Activity</u>	<u>Facility</u>	<u>Group</u>
1:30 p.m.- 2:15 p.m.	Swimming (recreational)	Pool	4
	Music & Drama	Pavilion	1
	Fitness & Dance	Aerobics Room	2
	Math	Clubhouse	3
2:15 p.m.-3:00 p.m.	Swimming (recreational)	Pool	3
	Music & Drama	Pavilion	4
	Fitness & Dance	Aerobics Room	1
	Math	Clubhouse	2
3:00 p.m. - 3:45 p.m.	Swimming (recreational)	Pool	2
	Music & Drama	Pavilion	3
	Fitness & Dance	Aerobics Room	4
	Math	Clubhouse	1
3:45 p.m. - 4:00 p.m.	Snack Time	Playground	1-4
4:00 p.m. - 6:00 p.m.	Pick up/Recess	Clubhouse/Playground	1-4

***Schedule may be altered due to rain.**



Fitness For Kids

Summer Camp Calendar



June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
14 Week One Character Trait: Cooperation	15	16 Wacky Wednesday Crazy Hat Day	17	18
21 Week Two Character Trait: Kindness	22	23 Wacky Wednesday Sports Jersey Day	24	25 Special Event Summer Olympics
28 Week Three Character Trait: Citizenship	29	30 Wacky Wednesday Patriotic Day	1	2

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
5 Week Four Character Trait: Respect	6	7 Wacky Wednesday Crazy Hair Day	8	9 Special Event Endangered and Exotic Animals/Teddy Bear Clinic
12 Week Five Character Trait: Self-Control	13	14 Wacky Wednesday Halloween in July	15 Special Event Police & Firefighter Presentation	16
19 Week Six Character Trait: Honesty	20	21 Wacky Wednesday Mismatch Day	22 Special Event Carnival/Summer Birthday Bash	23
26 Week Seven Character Trait: Tolerance	27	28 Wacky Wednesday Heritage Day	29	30

August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 Week Eight Character Trait: Responsibility	3	4 Wacky Wednesday Tie Dye Shirt Day	5 Special Event End of Camp Show	6

Fee Schedule 2010

Registration Fee: \$35 (includes one t-shirt)

Weekly Fee:

One Child	\$160/week
Sibling Discount	\$150/week

T-Shirts: \$15 each (camp shirt must be worn every day)

Daily Rate: \$40 (must also pay registration fee)

Please make your payments out to:

Fitness For Kids

Mail your check or money order to:

16900 NW 19 St.

Pembroke Pines, FL 33028

Tax I.D. Number: 650955371

For more information, please contact us:

Catalina Franco-Cicero, M.S. – Camp Director

Phone: 954-649-4644

E-Mail: fitnessforkids@yahoo.com

Web: www.fitnessforkids.biz