

# FIT KIDS CAMP

FIT KIDS philosophy is to educate, promote healthy eating, encourage good citizenship, build self esteem, and motivate kids to become more physically active. Through progressive training and a creative exercise program, we can help children engage in daily physical activity and help eliminate childhood obesity. Children will experience the benefits of physical activity and stretching, progress at their own speed in a safe, non-competitive environment, experience pride in personal accomplishment and goal setting. Each day of camp a different fitness game will be highlighted, ranging from kick ball to capture the flag. Most important, they will learn life-long positive habits while having FUN!

When: Week 5: June 28– July 2

Time: 1:00 pm–4:00 pm

Ages: 6–12

Cost: \$60/week

Where: Dimmitt Community Center

918 Osceola Rd. Belleair, FL 33756

[www.belleairrec.com](http://www.belleairrec.com)

For more information please contact  
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