

# Fit Kids Team™ Summer Camp by Turning Point Sports

**When:** One week only!!! August 1—5, 2011; 9am-3pm

**Where:** Pip Moyer Recreation Center  
Annapolis, MD

**What:** 1-week kids “fitness team” camp, ages 7—14

**How:** Register at [www.turningpointssports.org](http://www.turningpointssports.org) by clicking on Programs/Events

**Pricing:** \$200



## **Camp Description**

Fit Kids Team™ Summer camp is designed to introduce kids to a variety of fitness disciplines and nutrition topics to reinforce healthy habits to carry them through their lifetime. The 5 day camp is focused on exercises that promote cardiovascular fitness, strength, and speed & agility. In addition Team and Leadership concepts are discussed and reinforced through group activities and exercises throughout the week. All participants should be dressed for physical activity and bring a snack, lunch, and plenty of water. Be the “Team Captain” of your family and motivate today!



Your Team Captain for Family Fitness

Turning Point Sports  
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