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FITCAMP

514-4334

Jun. 8-12, 15-19 22-26



July 6-10, 13-17, 20-24 July 27-31 August 3-7
\$150 Members \$175 Non Members Per Week plus Activity Fee

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am - 10:00am Karate 4-5pm <i>Learn how to Point Fighting</i> 10-11 Kickball/Volley ball <i>wear sneakers</i> 11-11:30 Bring Lunch Movies 8 12-3:30 Then go to Chuck E Cheese 3:30-untill Ice Cream Cones Outside Play Maybe a Horse Farm Visit	8:30 am - 9:30am Relay Games 10:00am - 11:30am Tom Brown Park Disc Golf and BMX Bike Track Bring lunch, <i>wear sneakers</i> <i>bring bike</i> 12:00pm - 3:00pm Skating - <i>bring socks</i> <i>(bring your skates if you have any)</i> 3:30 - 5pm Karate Games at the karate school	9:00am - 11:30am AMC Movies 11:30am - 12:30pm Chic Filet (bring money for lunch) 1:00pm - 2:30pm Myers Pool Park 3pm-Untill Obstacle Course Certified Trainers in Youth Fitness & Martial Arts	9:00am - 10:00am Karate <i>Self Defense</i> 10:30am - 12:00pm Personal Training Learn How to stretch, roll, and build muscles the correct way 12-1 Pizza BRING MONEY 1-2 Bowling 2:30-5 Obstacle course OR Park Visit OR Make a day of Wakulla Springs OR WATER WORLD	9:00am - 10:00pm Flag Tag or Kickball Bring Lunch 12:30am - 2:30pm Swimming at Forest Meadows Pool <i>Bring water, swimsuit, towel & sunscreen.</i> 3:00pm - 4:00pm dietician talks to kids about eating and making a snack or visit a museum

Hours are 8am - 5pm. Pickup is NO later than 5:45. Extended pickup hours are available for an additional fee to extend pickup times pickup till 6pm and no drop off earlier than 7:30am. Morning and afternoon snacks are provided. Lunch will need to be brought daily except money on Pizza Day. **This camp is a very active camp!** Please make sure your child has eaten a good breakfast, brings water, sun screen, towel, a change of clothes each day. Activity Fee includes admission and transportation to movies, skating, bowling, and parks, 15 tokens per child at Chuck E. Cheese, and the Pool Park. On Pizza and Chuck E. Cheese days you can send extra money .

UPKUDO members' rate is \$150 per week plus \$35 activity fee. Non-members 1st person in family \$175 per week plus \$50 activity fee . Each additional family member is \$125 for UPKUDO and \$150 for Non Members PLUS \$50 each activity fee. The activity fee is required to reserve your space at the time of registration and is non-refundable. Camp activities are subject to weather conditions and schedule.

No partial weeks or refunds-switching weeks or make ups days

1412 FL GA HWY ~ Havana, FL ~ www.upkudo.com