

KIDS FITNESS BOOT CAMP

Day: EVERY MONDAY Beginning Monday, September 14

Dates: Sept. 14, Sept. 21, Sept. 28, Oct. 5, Oct.12, Oct. 19, Oct. 26,

Nov. 2, Nov. 9, Nov. 16, Nov. 23, Nov. 30, 2015

***No Class After Nov. 30 because of Christmas and New Year's Holiday**

Time: 5:15-6:15 p.m.

Ages: 7-14yrs

Cost: \$50.00 for 4 classes, \$75.00 for 6 classes or \$100.00 for all 12 classes

Where: Clarendon Community Center behind Weldon Auditorium

Instructor: Kevin Levy

Do I need to pre-register for this class? Yes, please contact the Clarendon Community Center (803) 433-0103 or (803) 473-3543. We need your name(s), the name of the class you want to participate in, and a good contact phone number. This information serve as your class pre-registration. You will complete enrollment registration when you come in for your first class.

For more information call 803-433-0103 (Community Center) or 803-473-3543 (Recreation Dept. Office)



Kids Fitness Boot Camp is a high energy fun filled exercise class for kids. This class strives to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, resistance bands, circuits and more.

It is the mission of Kids Fitness Boot Camp to create an environment where children associate fitness with fun.

It is our belief that a positive association with fitness at an early age will foster healthy adult living habits for life.

Fun is not to be mistaken for a lack of hard work. We feel that fun in fitness comes from challenging oneself to improve with every challenge. To work together as a team to accomplish a common goal. Having fun is found in the friendships made and physical challenges overcome.

At Kids Fitness Boot Camp, we emphasize full body work outs that get the heart pumping and stimulates metabolism. An emphasis on proper form and technique for safety, and every child is encouraged to work at their own fitness level while being motivated to push themselves to new fitness levels.

Education is placed on healthy eating habits, fitness and muscle group terminology. Children will develop greater strength, flexibility, coordination, endurance and teamwork skills.

Who is this class for?

- Children who need to be more active.
- Anyone looking to improve overall fitness level for another sport he or she may participate in.
- Children who need to lose weight.
- Children who watch too much TV and could be a professional video game player.
- Someone who has a challenge with coordination.
- Children who don't enjoy organized sports but would like to participate in a group setting.
- Anyone looking to have fun!