

**TOWN
NORTH
FAMILY
YMCA**

**ALL KIDS
FIT CAMP**

• 3 groups to choose from

- Group 1: Ages 3 to 6 M/W 9am
- Group 2: Ages 7 to 9 M/W 10am
- Group 3: Ages 10 to 15 M/W 11am

STARTS IN JULY !!!



- * Have fun * Meet New Friends * Learn Focus and Discipline *
- * Prepare for Sports * Increase Strength * Increase Endurance *
- * Increase Balance and Agility * Increase Lean Muscle * Burn Fat *

Activities During Kids Fit Camp

Drills, ladders, stretching, jump rope, sprint training, Yoga and many, many fun games.

1 week / 2 sessions : \$20.00

1 Month PKG / 8 sessions : \$75.00

Register at the Welcome Center
or Contact Kirk Burgess for details
214-357-8431



YMCA

We build strong kids,
strong families, strong communities.

