

YFC

YOUTH FITNESS CAMP



Kids will have a blast at YFC!

This fun and exciting youth fitness camp will offer a variety of activities, sports, nutritional, and health education components to both challenge and excite the participants!

It will be an all inclusive, fun summer camp experience where kids will get fitter, faster, stronger and learn how to live healthier lifestyles!

Each day kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance and most importantly—show them fitness is fun!

YFC will be offered Monday - Friday from 8:00 - 11:30 am and participants may be dropped off for the duration of the camp each day!

Ages 9 - 11 | June 21 - 25

Ages 6 - 8 | July 12 - 16

MEMBER | \$80 per child
NON-MEMBER | \$95 per child

For more information, contact Erika Setzler at 501-450-9292, ext. 313