

presents:

PADDLES UP!

kids fitness day camp



Tuesdays, Wednesdays & Thursdays

July and August

9:30am-3:30pm

Cost: \$50 per day

(early drop-off and late pick-up may be possible, please call for more info)

Ages 5 - 10

Day camp includes:

- One on one supervised kayaking and swimming sessions in both the morning & afternoon
- Mighty Fit Kids obstacle course dry-land fun.
- Poor weather plans include baking, craft & science projects.
- Healthy, organic snacks and lunches.
- Menu and fun fitness schedule will be provided for parents, so you can understand what your child is doing and eating, at camp.
- Paddling sessions are conducted and supervised by Erin O'Reilly (NLS certified lifeguard, CSEP certified exercise physiologist and details oriented mom), at her home, which is situated on a very shallow shore of the Mississippi Lake.

The safe, healthy, fun fitness environment you dream of your kids being in, when you are not with them!

For more info, contact Erin: 613-451-6006 - Space is limited, so sign up today!



we're on Facebook!

For more information about our regular programs including our AMAZING fitness camps @ 8am and 6:30pm
email junejumpstart@hotmail.com, or call 613-451-6006

Check out our full program offering online! **erinoreillyfitness.com**