

Come and join us at Family Wellness for some summer time fun. We will be offering some Summer Sizzlers for our members. There are a variety of different activities for your child to enjoy. These camps will meet on Monday, Tuesday and Wednesday mornings from 9:00am – 12:00pm.

Summer Sizzler Descriptions

June 7-9

Creative Minds: Ages 5 – 7 years old

This is all about creating!!! We will paint with finger paints, watercolors, use glitter, crayons, stickers and much more. We will be busy creating maybe one special masterpiece or several beautiful pieces. Bring your **swim suit** each day for swimming and window painting in the pool area!

June 14-16

Volleyball: Ages 10 - 13 years old

The volleyball camp is designed to develop, improve, and refine volleyball skills and techniques for students with are interested in and excited about the sport of volleyball. The camp will be lead by Roosevelt's head volleyball coach, Holly Lynch. Within a day of camp, participants will experience volleyball workouts, games and nutrition lectures in a variety of areas of the facility from the volleyball and wallyball courts to the swimming pool! Bring your **swim suit** each day to learn some skills in the water.

June 21-23

Kids in Motion: Ages 8 – 11 years old

Kids in Motion focuses on functional training designed for youth. This is a great challenge for kids in sports as well as for every day activities. Special equipment in the Xplosion Room will make this camp unique!

June 28-30

Explore the Outdoors: Ages 5 – 11 years old

We will be exploring the great outdoors. Learn about all kinds of bugs, insects and frogs. Bring a container to catch some frogs and your **swim suit** to cool off.

June 12-14

Gymnastics: Ages 5– 7 years old

Come and join us for some tumbles and flips. Youth can explore the fundamentals of tumbling and basic gymnastics skills while having fun.

July 19-21

Sports Camp: Ages 5– 7 years old

A camp designed for kids to be active and play games. We will play a variety of games such as soccer, kickball, basketball, tag game, and more! Kids will even utilize the pool for game time, so bring your suits each day!

