



THE WELLNESS CENTER
AT NORTH PARK

THE MOVEMENT LAB

KIDS CAMP

FUNCTIONAL FITNESS | OUTDOOR FUN | BASKETBALL | PICKLEBALL

MEMBERS	\$ 100 + TAX
NON-MEMBERS	\$ 125 + TAX
MULTI-KID FAMILIES	10% OFF TOTAL

THE ABOVE PRICES ARE PER WEEK

10AM - 2PM

JULY 13-15 | JULY 27-29 | AUGUST 3-5

CALL OR VISIT THE FRONT DESK TO RESERVE YOUR SPOT!

509-467-5124

SEE THE BACKSIDE FOR DESCRIPTIONS

WHY ARE WE HOSTING A KIDS CAMP?

It is our belief that introducing fitness to our youth will have immediate and long lasting impact on their physical and emotional well-being. Our goal is to provide an opportunity for your kids to participate in organized FUN and hopefully pick up a few tips and tricks along the way.

FUNCTIONAL FITNESS:

Functional Fitness is a type of training that prepares the body for real-life movements and activities. *Examples include; agility, plyometrics, cardio, calisthenics (body weight training).*

OUTDOOR FUN:

Every day of the camp will feature an outdoor activity for the entire group. *Examples include; ultimate frisbee, capture the flag, football, soccer.*

BASKETBALL:

All of our participants will get an overview of the basic fundamentals of basketball and then get a chance to showcase their skills in a variety of games. *Examples include; knockout, h-o-r-s-e, hoopfest style 3 on 3.*

PICKLEBALL:

This is an opportunity to get an introduction to the fastest growing sport in America. This will begin with quick instruction on the basics and end with fun competition. *Examples include; 1 on 1 play, doubles play, target practice and more.*

MORE DETAILS:

Minimum age for participation is 7 years old

Payment is required at the time of your reservation

Full refunds will be issued for cancellations that are made at least 48hrs prior to the first day of camp

Water Bottles will be provided

MEET THE TEAM:



DANIELLE

ACE Certified Trainer
H.I.I.T. Specialist
3 Year Professional



WILL

ISSA Certified Trainer
Powerlifting Specialist
4 Year Professional



CAREY

AFAA Certified Trainer
Group Fitness Specialist
13 Year Professional



JARED

IPTPA Certified Level 2
IPTPA Certified Rater
20 Year Professional