

# Adventures in Fitness Camp

At The Clark Sports Center  
Monday–Friday, June 27–August 5



## Camp Information

**Ages:** Boys and girls, ages 10–14

**Time:** 9:00am–1:00pm (Until 3:00pm on July 12)

**Dates:** Monday, June 27 through Friday, August 5 (Closed on Monday July 4 and Monday July 25)

**Cost:** \$150 Members or \$175 Non-members. (If a child is involved in additional Clark Sports Center camps, tuition will be pro-rated).

Healthy Lifestyles Camp will be devoted to educating youth and their families about the importance of healthy living. This camp will provide children with a fun and engaging environment to learn about nutrition and physical fitness. Camp activities will include rock climbing, canoeing, sports and games, nutrition classes, zumba, spinning, yoga, hiking, journaling, bowling, team building, high ropes course, field trips, mountain biking, cooking, beach days, tournaments, and more!

The size of the camp is limited. An application and interview process will be conducted prior to the start of the program. Not all applicants will be selected.

To apply, please fill out the application and waiver and return to Rich Jantzi in the Health, Fitness, & Racquets Department. For more information, please Rich at (607) 547-2800 or visit our website at [www.clarksportscenter.com](http://www.clarksportscenter.com).

## What Kids Enjoy at Camp

- Sports
- Games
- Adventure
- Exercising
- Nutrition classes
- Group Fitness Classes
- Field Trips
- Cooking
- Biking
- Journaling

## Cancellations

In the event your child cannot participate in a camp they are enrolled in, please refer to the schedule below for securing a refund of all or part of your tuition. The Sports Center retains a \$15 fee for all cancellations.

- 30 days prior to camp start: 100% of tuition refunded
- 15–29 days prior to camp start: 50% of tuition refunded
- Cancellations made within 14 days of camp start: 100% forfeit of the tuition.

For safety reasons, The Clark Sports Center reserves the right to remove a participant from a program or to cancel all or part of a camp at any time. Participants may be removed from camp for violations of camp regulations, showing disrespect to the camp or facility staff, damaging equipment, or any other behavior which is harmful to The Clark Sports Center.

**ClarkSportsCenter**



## Payment Instructions

Payment in full is due upon acceptance to the program. We accept cash, checks (made payable to The Clark Sports Center), and credit cards (MasterCard, Visa, and American Express).

## Assumption of Risk Form

An Assumption of Risk waiver form is required and must be signed by a parent of guardian for all camp participants. Forms can be found at the Main Desk or at our website at [www.clarksportscenter.com](http://www.clarksportscenter.com).

## Additional Information

Cell phones must be left in bags at all times during camp.

Parent/child nutrition classes will be offered in the evening throughout the summer. Dates TBD.

### STAFF USE ONLY

Date of Interview: \_\_\_\_\_

Staff present: \_\_\_\_\_

Accepted:      Yes      No

Date Contacted: \_\_\_\_\_

## Healthy Lifestyles Camp Registration 2011

Name of participant: \_\_\_\_\_

Member? (Circle one):    Yes      No      Grade (entering Fall '11): \_\_\_\_\_

Age (at time of camp): \_\_\_\_\_      Date of Birth: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_      State: \_\_\_\_\_      Zipcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email address: \_\_\_\_\_

Please briefly explain why you think this camp would be ideal for your child

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The Clark Foundation  
P.O. Box 850  
Cooperstown, NY 13326

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