

KIDS FUN & FITNESS SUMMER CAMP

**Special focus on Middle School age kids
August 12th to 15th 8:30 a.m. to 11:30 a.m.**

This is a one-of-a kind, inclusive day camp focused on kids who will be entering 5th through 8th grade in the fall of 2019. To help campers who may struggle in typical summer camps find success, this camp provides a 1:4 staff to camper ratio. As they participate in outdoor experiences and physical activity with peers, they will be building motor and social skills. Activities such as Obstacle Courses, Games, and the Traverse Climbing Wall are used to create the “just right” level of challenge that helps to build self confidence. With the support of our professional staff, Fun and Fitness campers will practice working together, learn sportsmanship and have fun while making new friends.

Lunch Bunch Option -11:30 a.m. to 12:30 p.m.
Pack your own lunch and join our staff for lunch.
(\$10/per day)

Cost: \$325

Multi-week, Sibling, and current client discounts are available.

For more information visit our website at
www.nhws.us or [facebook page](#).

Call us at (503) 352-0240.

**New Horizons Wellness Services
13333 SW 68th Parkway
Suite 020
Tigard, OR 97223**

