

Empowered Youth Fitness Center, LLC  
15121 Kercheval Ave. GPP, MI 48230



**SUMMER DAY  
CAMP 2011**

**A fun place to  
find healthy  
bodies  
and minds!**

**313-821-8805**  
Call Us Today!

[www.EMPOWEREDyfc.com](http://www.EMPOWEREDyfc.com)

15121 Kercheval Ave.  
Grosse Pointe Park,  
MI 48230

Are you looking for a summer camp that focuses on learning **and** physical activity? We've got the perfect program for your child!

EMPOWERED Youth Fitness Center, LLC is owned and operated by certified & highly qualified teachers. The director of the center is also a certified personal trainer and youth fitness instructor.

This summer we are offering two 5-week sessions for boys & girls, featuring small class sizes for individual attention, at an affordable price.

Children will practice their skills in the core subject areas of reading, writing and mathematics, in addition to getting the CDC's recommended 60-minutes of exercise they need each day-rain or shine! **This program is a great way for your child to catch up on skills that were not mastered this year or to get ahead for next school year.**

**Please fill out the form below and mail it no later than Friday, MAY 27, 2011.** The first 10 applicants in each age group will be taken, so please submit your form right away. Please enclose a personal check or money order made payable to: Empowered Youth Fitness Center, LLC in the amount of \$100 dollars to reserve your spot. Please DO NOT send cash. If your form and check are received late or after the classes have filled they will be returned to you at no cost.

**\*Session I: June 20-July 22, 2011**

M/T/W/Th/F

**\*Session II: August 1-September 2, 2011**

M/T/W/Th/F

Groups:

**1. Read, Run, & Write**

**Ages 5-7/9:00am-11:00am**

This group is great for beginning and emerging readers. We will begin the first 30 minutes of class each day by reading a variety of books (fiction, non-fiction, poetry, fables, tall tales & more), practice reading and listening comprehension, as well as identifying literary elements. The next hour will be spent playing games, activities, exercising and dancing. For the last 30 minutes we will have a snack and work on handwriting and journaling.

**2. Problem Solvers**

**Ages 8-12/12:00pm-2:00pm**

This group is ideal for kids who may not be interested in organized sports or are tough to motivate to get moving. We make the movement and exercise fun so they grow to enjoy fitness. Before and after an hour of physical games and challenges, we will work on cursive handwriting, math & science problem solving skills and readers theatre. Children will also have time to eat a healthy snack.

**3. A Healthy Me**

**Ages 13-17/3:00pm-5:00pm**

This group is designed to show teens that fitness can be fun, and that losing weight is about getting HEALTHY, not skinny. We will devote the first 30 minutes of each day to activities & discussions that center around improving self-esteem & body image, and dealing with bullying. The next hour will be a great workout giving the teens experience and guidance on the proper techniques used for various exercise equipment such as dumbbells, stability balls, body bars, medicine balls and more. The final half hour we will eat a healthy snack, discuss nutrition and great recipes, and write in our daily food journals.

- Each 5-week session costs \$375. That works out to only \$75 a week... \$15 a day for two hours of academic and physical education!
- A \$100 NON-REFUNDABLE deposit is due the day of registration to guarantee you child a spot in the program. The balance is due on the first day of the session.

**PLEASE PRINT CLEARLY, CUT, & MAIL THIS PORTION ONLY**

Child's Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent's Name \_\_\_\_\_

Best Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

Child's School \_\_\_\_\_

2010-2011 Teacher \_\_\_\_\_

Circle Your Choice:     **Session I: June 20-July 22**  
                                  **Session II: Aug. 1-Sept. 2**

Group #1-Read, Run, & Write (5-7 yrs.)  
Group #2-Problem Solvers (8-12 yrs.)  
Group #3-A Healthy Me (13-17 yrs.)

Amount Enclosed: \_\_\_\_\_

\*If you are registering multiple children please copy this form and use a separate form for each child. Multiple payments can be made with one check; all forms can be submitted in the same envelope.

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