

PRE-FIT

PHYSICAL EDUCATION & PRECISION FITNESS CAMP

Come and Enjoy!

Camps will focus on the importance of lifelong activity through daily exercise, individual movement, and wide variety of small/large group activities.



Who? Incoming 3rd grades- Outgoing 5th grades

Why participate?

- Attain recommended 60 minutes of movement each day
- Meet new friends and learn, play with current friends.
- Learn new games, activities, and exercises to take home
- Maintain current physical activity over the summer
- Have fun and enjoy everything about what this program can offer



At this camp these are a few possible skills/activities:

1. Hand / eye, Foot / eye coordination (Ex. Basketball, Baseball, Volleyball, Frisbee golf, tennis, badminton, soccer).
2. Whole class activity (Ex. Pirate Game, Capture the flag, Town ball, Mat ball, End Zone Football, New York Ball, and Danish Long Ball)
3. Muscular strength, endurance, speed and agility, Tae-Bo, kick boxing
4. Self Monitor and control, breath techniques, and conflict resolution to situations

****Please bring a backpack with a water bottle and an extra pair of clothing****

Where? Richmond Intermediate

June 12th- June 27th
8am-12pm

Total cost

\$120.00 per person

Register online until May 25th at:

D303 Web store <https://d303.revtrak.net/tek9.asp?>

OR

Make a check or money order payable to:
D303 Davis Summer Camp



Richmond Intermediate School
300 S 12th Street

Camp Directors:

Russell Williams
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