

Summer 2010 hockey and Sports conditioning day camp

Presented By:



FITNESS 4 SUCCESS

*The Ultimate Fitness Training
Program For All Youth Ages
4-16*

A limited number of scholarships are available for unique circumstance(s).

**\$30 discount voucher for early
registration**

Some restrictions apply

FEATURES:

- Dates: July 5– August 27, 2010
- Time: 8:00 a.m. to 4:00 p.m.
- Registration cost: \$250.00 (+GST) per week
- \$65 (+GST) for single day drop in
- Enrolment: Boys and Girls ages: 4-16
- Leadership training for kids ages 12+
- Max. participants per week: 50
- **Deadline for registration:
Tuesday June 1, 2010**

**There will be a late fee of \$25 on all
registrations after Friday May 28,
2010**

**Discounts for purchasing multiple
(3+) weeks!!!**

- Method of payment: Cash / Money orders / Cheque / Credit / Debit
- Certified, caring and professional staff
- Registration forms can be dropped off, or faxed, mailed, or e-mailed to the following:

**10 Westcreek Dr. Unit 17.
Vaughan Ontario, L4L9R5**

Fax: 905 850 2023

Phone: 905 850 2008

E-mail: info@f4s.ca / noel@f4s.ca

DID YOU KNOW...?

- Regular aerobic physical activity is a great asset to keeping you heart healthy and leading a healthy lifestyle.
- Aerobic = Activities that raise your pulse rate and make you feel warm and slightly out of breath.
- Aerobic activities helps to relieve stress by providing an outlet for frustration and by helping to relax.
- Regular aerobic activity helps to control your weight by burning calories and speeding up your metabolism.
- Physical activity can help to prevent a number of diseases.
- The Heart and Stroke Foundation recognizes the important of physical activity for children and youth ages 6-19 and recommends: a minimum of 30 minutes of moderate aerobic physical activity be accumulated over most days of the week, preferably daily.
- Physical activity Benchmarks found at 63% of Canadians were physically active for less than an hour a day in 1997.
- One-quarter of Canadian children are overweight, and that proportion has been increasing.
- Maintaining appropriate body weight is one benefit of regular physical activity for children and youth.
- Two-thirds of children and youth are not active enough to lay a solid foundation for a future health and well-being.
- Just over one-third of children meet the optimal growth and healthy development.

Participate in the FITNESS 4 SUCCESS Inc. Summer Hockey and Sports Conditioning Day Camp, and get on the road to fitness and health for life.

Fitness 4 success Inc. is committed to the mental and physical wellbeing of Canadians. In this endeavor, we have created a State of the Art Facility with some of the most innovative equipment and staff in the business.

Our facility includes the following:

- **Kids Gym** - equipped with strength equipment designed specifically for kids to lift safely using hydraulic resistance
- **Multi-Purpose Room** with *TRX suspension frame* for body weight exercises
- **Interactive Fitness Arcade** - utilizing the latest technology to connect the play station with fitness equipment
- **Brain fitness** - members will make use of biofeedback and neurofeedback to help improve memory and relaxation
- **High performance gym** - individuals and teams will train for the following sports: Hockey, Golf, Tennis, Soccer, Football
- **Smoothie Juice bar:** With healthy snacks, nutritional supplements to improve performance, health and wellness.
- **Yoga/Pilates** classes
- **Party room** for your special occasion

Please circle the week(s) requested

1 2 3 4 5 6 7 8 9

Please indicate if you would like us to supply lunch in addition to the snacks already provided, for \$20/week, as well as any food restrictions: _____

SAMPLE PROGRAM:

- 08:00-09:00 – Drop-off/Future Aces Creed
- 09:00-09:30 – Interactive games and activates (ultimate, soccer, football)
- 09:30-10:30 – Warm-up/ hiking/ stretching/ jogging
- 10:30-11:00 – Fitness theory and goal setting (Nutrition and Exercise)
- 11:00-12:00 – Aerobic and anaerobic activities
- 12:00-12:30 – Lunch
- 12:30-01:00 – Choice of activities (ball-hockey, racquet sports, lacrosse)
- 01:00-01:45 – Speed/ technique and agility
- 01:45-02:30 – Circuit training
- 02:30-03:00 – Meditation/relaxation
- 03:00-03:30 – Daily reflections / special events (Future Aces Creed)
- 03:30-04:00 – Team building

July 5TH – HUGUST 27TH 2010

Cost: \$250.00 / week (+GST)

Our program is highly structured and designed to be challenging, fun and education for all participants.

Nutritious snacks are provided, a full lunch is also available for an additional \$20/week.

Activities Include:

Hiking, Jogging, Tennis, Plyometrics
 Aerobic and Anaerobic fitness training and much more..!

Other Programs Available:

- OFF-ICE HIGH PERFORMANCE TRAINING
- FITNESS EVALUATION
- NUTRITION PLANNING
- PERSONAL TRAINING
- TEAM TRAINING
- CONSULTATION
- SUMMER CAMP

REGISTRATION FOR SUMMER 2010 HOCKEY AND SPORTS CONDITIONING DAY CAMP

Mail/ Fax/ E-mail

Participant's Name:

Date of Birth:(D/M/Y)

Gender:(M/F)

Age:

Address:

City:

Postal:

Parent/Guardian Name:

Emergency contact:

Emergency phone:

Medical Information

Health Card#:

Family Physician:

Physician's Number:

Medical concerns:

Allergies:

Other info:

Waiver of liability

I, the undersigned, submit that my son/daughter is physically fit to participate in the strenuous athletic activities, and waive FITNESS 4 Success Inc. from all responsibility for injury or illness. I hereby authorize Noel Morgan and his staff to act for me according to their best judgment in an emergency requiring medical attention.

Parent or Guardian's signature: