



a fitness and athletic camp just for girls ages 6-12

A Summer Camp focused on strengthening the body and mind while promoting the fun of being active.

Have your daughters join us for a fun and active camp filled with games, relays, obstacle courses, fitness stations, and team activities that will improve fitness levels, coordination, balance and agility while creating neuromuscular pathways that apply to all physical activities. They will practice Yoga and learn about taking care of their bodies and the importance of their mind in accomplishing goals. Each day will include a craft or workshop relating to fitness, nutrition or health.

Mini Session I: Tues. June 21 - Thurs. June 23 9:30-12:30 \_\_\_\_\_ \$100
for girls ages 6-10
Mary E. Roberts School Gymnasium, Moorestown, NJ

Session II: Mon. August 15th - Thurs. Aug. 18th 9:30-12:30 \_\_\_\_\_ \$135
for girls ages 6-9 and 10-12
Moorestown Upper Elementary School Gymnasium

\*\* NEW\*\* add basketball camp to Session II: 1-3:30pm \_\_\_\_\_ \$100
Girls bring lunch, and stay for afternoon basketball camp (girls 9-14)

balanced athletics summer camp registration form

Table with 4 columns: Session Name, Age Group, Dates, and Price. Rows include Mini Session I, Session II, Session II afternoon add-on, and a combined Session I & II option.

Participant Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_
Address \_\_\_\_\_
Home Phone: \_\_\_\_\_
Cell: \_\_\_\_\_ Email: \_\_\_\_\_
Parent/Guardian: \_\_\_\_\_

Make check payable and mail forms to:
balanced athletics po box 267 Moorestown, NJ 08057
Visit www.balancedathletics.com to print waiver and medical release forms.
Please mail forms with registration or bring first day of camp.