



Come join

FUN AND

FIT FOREVER

**4 DAY FUN CAMP at ST. LOUIS PARISH FIELDS
SPONSORED AND FACILITATED BY KATE
ROBERTSON, GIRL SCOUT SENIOR, COMPLETING
THE GIRL SCOUT GOLD PROJECT**



**JUNE 19 - JUNE 22, 2018 from 9am-12pm
FOR rising 1st-8TH GRADE BOTH BOYS AND GIRLS**

**LEARN HOW TO PLAY/IMPROVE ON BASEBALL, SOFTBALL,
BASKETBALL, SOCCER, AND FIELD HOCKEY**

**LEARN BASIC NUTRITION AND HOW TO LIVE A
HEALTHY LIFESTYLE**

LEARN about SPORTS INJURY AND PREVENTION



**TAUGHT BY STUDENTS ON HIGH SCHOOL SPORTS
TEAMS, PROFESSIONAL NUTRITIONISTS, AND
ATHLETIC TRAINERS**



**COMPLETELY FREE BUT PLEASE PROVIDE A
SNACK FOR YOUR CHILD!**



WATER AND FREEZE POPS WILL BE SUPPLIED

**If interested, please contact KATE ROBERTSON AT
funandfitforever18@gmail.com**