WHAT DO WE DO AT FIT NEIGHBORHOOD at Quail Ridge?
WE PLAY, EXPERIENCE, THINK, BREATHE, ENGAGE, GROW, MAKE FRIENDS, LEARN & HAVE FUN!

This is a partial list of just some of our activities that happen throughout the summer:

- Tennis - ("jailbreak", hitting with ball machine)
- Swimming
- Jump Rope
- Kickball
- Team Building
- Juggling
- Ultimate (Frisbee)
- Reading Aloud
- Capture the Flag
- Park Ranger
- Everybody’s It
- Qigong
- Capture the Flag
- Hula Hoops
- Poetry
- Radio Project
- Gardening
- Arts
- Board Games
- Crafts
- Color Teams
- Hide and Sneak
- Soccer
- Disc Golf
- Ghost
- Dodgeball (w/soft balls)
- Pictionary
- Cooking
- Whiffle Ball
- Karaoke
- Yoga
- Scavenger Hunts

Our creative, experienced, engaging, community building, fearless leaders will make sure your child has fun!
We bring in special guest presenters share their expertise with our campers throughout the summer.
We look forward to seeing YOU here at FIT Neighborhood this summer.