

# FIT NEIGHBORHOOD



## summer camp

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.