Esteem, A Total Transformation is proud to present ESTEEM KIDS FIT/EDUCATION CAMP educating, training, and encouraging kids to learn, play, and take care of their bodies. Camp is held Monday - Friday for 3 weeks in June and for 3 weeks in July. The hours of operation will be, 12:00 PM-2:00 PM for ages 5 to 8 years old, and 2:00 pm to 4:00 pm for ages 9 to 14 years old. Camp tuition is $100 per week or $250 for 3 weeks. You will receive a 10% discount for additional siblings. \*Tuition is due before the start of camp each week, by 8 AM Monday. Note: You are responsible for payment for all weeks you have registered your child regardless of whether your child attends. Discounts or adjustments will not be given for missed days.

Our camp offers certified trainers and teachers in different fields of health, sports, and fitness, that will come in to instruct, train and share their knowledge with the children. Included in the tuition is a juicing class, fitness training, gardening, arts & crafts, creating their vision boards and affirmation boards, prospering at a young age a financial freedom class, and much more. Healthy snacks will be provided, such as fresh fruit freeze pops, energy balls, creating their own trail mix, and more. We understand that technology has played a huge part in how our kids think, interact, and play. Our goal is to give an alternative from using phones and tablets during the summer to get them to move and play. Teaching self-care/love while getting natural quality training and information on healthy ways to take care of their bodies, maintain a healthy lifestyle, and love themselves.

Sample Itinerary

June 6th

12:00-12:05 Camp affirmations

12:05-12:10 Pass the ball to the beat (meet and greet)

12:10-12:15 Jumping into our day (cardio)

12:15-12:20 Break/transition

12:20-1:00 Affirmation boards

1:00-1:20 Snack time

1:20-1:40 Fitness work out (activity)

1:45-2:00 Recap/Cool down

June 7th

12:00-12:05 Camp Affirmations

12:05-12:10 Victory laps

12:10-12:20 freeze dance

12:20-12:25 Break/Transition

12:25-1:00 What are healthy foods & unhealthy foods (game and class) 1:00-1:20 Snack time

1:20-1:40 Fitness workout Leg Day

1:45-2:00 Recap/Cool down

June 8th

12:00-12:05 Camp Affirmations

12:05-12:15 Red weight, green Weight (cardio)

12:15-12:20 Break/Transition

12:20-1:00 Wellness Wednesday (video)

1:00-1:20 Snack time

1:20-1:45 Basketball

1:45-2:00 Cool down/dismissal

June 9th

12:00-12:05 Camp Affirmations

12:05-12:15 Hitt (cardio)

12:15-12:20 Break/Transition

12:20-1:00 Special guest (juicing)

1:00-1:20 Snack time

1:20-1:45 Biceps & Back (work out)

1:45-2:00 Recap/cool down

June 10th 12:00-12:05 Camp Affirmations

12:05-12:15 rebound & high knees (cardio)

12:15-12:20 Break/Transition

12:20-1:00 create your own healthy snack

1:00-1:20 Snack time

1:20-1:50 Relay race

1:50-2:00 Cool down