

SUMMER fiTnESs cAmP

IHS is excited to introduce summer fitness Camp 2010! Your child's action packed day will consist of activities that are not only fun, but fundamental! Involving your children in this camp will encourage a positive attitude toward physical activity which will put them on the right track for a lifetime of health & fitness!

The summer fitness Camp 2010 will provide children with age appropriate activities designed to get them moving & emphasize skills necessary to become effective at a variety of sports & physical activities. The camp staff will concentrate on building every child's self esteem to a brand new level of confidence that will improve their lifetime outlook on physical awareness and of course, themselves!

1. TYPES OF PROGRAM:

ONE MONTHS BASIC PROGRAM
TWO MONTHS ADVANCE PROGRAM

1. CLASSES :

FOUR DAYS A WEEK

2. SESSIONS

MORNING SESSION - Timings (08:00-12:00)
EVENING SESSION - Timings (03:00-07:00)

Session duration will be of 4 hours.

Three classes in every session.

15 min break in between classes.

Outdoor activities like rock climbing and hiking will be held once a week

Members can choose any four days in a week before the camp starts.

Days will not be changed during summer camp.

Camp will not serve food.

3. ACTIVITIES

MARTIAL ARTS
DANCE
AEROBICS
ROCK CLIMBING
BOOT CAMPING
HIKING
YOGA

4. FEE STRUCTURE

Rs 3499 FOR ONE MONTH PROGRAM
Rs 6499 FOR TWO MONTHS PROGRAM
Rs 2499 FOR ONE MONTH SINGLE ACTIVITY
Rs 5499 FOR TWO MONTHS SINGLE ACTIVITY

