

# Pirate Camp

For Kids Entering Grades  
1<sup>st</sup> through 4<sup>th</sup>

July 15<sup>th</sup> – July 19<sup>th</sup>  
12:30pm - 3:30pm

There is sure to be a mutiny this summer as kids come to camp to learn the ways of a pirate.

While creating tools each day, campers will learn practical things like tying knots and using their imagination to create their own "swords" and pirate boats.

If the first thing your pirate thinks of is ships then the second must be water. Campers will spend part of two afternoons at the pool where they will actually get a chance to sail their pirate ships as well as play other pool games

No pirate could spend a week without searching for treasure. The children will explore the club from top to bottom looking for the next clue leading to the hidden booty.

This pirate adventure gives kids the opportunity to use creative play to immerse themselves into a fantasy world.

**Cost:**

\$99 for Youth Members\*\*  
\$119 for Youth-Nonmembers\*\*

# Princess Camp

For Kids Entering Grades  
1<sup>st</sup> through 4<sup>th</sup>

July 8<sup>th</sup> – 12<sup>th</sup>  
12:30pm - 3:30pm

Campers will immerse themselves in the life of a princess with creative play and dance.

Each day, children will create a new item that no princess should be without, including a tiara and a magic wand.

By the end of the week, campers will be dressing, acting, and singing like their favorite cartoon princesses.

What kind of princess would they be without some time relaxing by the pool? On Tuesday and Thursday, campers will spend part of the afternoon swimming and playing pool games.

Wednesday is sure to be your child's favorite day, as she will get the opportunity to have a royal tea party

Parents are invited to join us Friday at 3:00pm for their child's coronation ceremony

**Cost:**

\$99 for Youth Members\*\*  
\$119 for Youth-Nonmembers\*\*

# Fitastic Girls Experience

July 15<sup>th</sup> – July 19<sup>th</sup>  
9:00 am - 12:00 pm

**For Girls Entering Grades 4<sup>th</sup> - 8<sup>th</sup>**

This "experience" offers something for every girl and is great for all fitness levels.

The "FIT" part of Fitastic comes from the great activities planned each day. Camp will include a mix of fitness opportunities ranging from sports, such as basketball and volleyball, to individual activities like aerobics and strength & core training.

In addition to the games, girls will decorate t-shirts, complete other crafts throughout the week, and wrap it all up with a Friday pool party!

It all adds up to a Fitastic Experience the girls will talk (and text) about all Summer!

**Join Us For A Great Week With The Girls!**

**Cost:**

\$99 for Youth Members\*\*  
\$119 for Youth Non-Members\*\*

**Cancellations:** Health Unlimited may consolidate or cancel a camp if registration is insufficient - a full refund will be given.

**Withdrawal Policy:** If a student withdraws from camp at least seven (7) days prior to the start of the camp, a credit or refund will be given. If notification is given less than seven (7) days prior to the start of the camp, a refund will only be given if we are able to fill the vacancy. A \$10.00 processing fee will be deducted from all refunds. **No refund will be given once the camp has started.**

**\*\*Prices do not include 5% local Admission and Amusement Tax.**

# Mini Fit Girls Experience

July 22<sup>nd</sup> – July 26<sup>th</sup>

12:30pm - 2:30pm

**For Girls Entering Grades  
1<sup>st</sup> through 4<sup>th</sup>**

The Mini Fit Girls Experience is similar to our Fitastic Girls Experience but is adapted for younger girls. This “experience” offers something for every girl and is great for all fitness levels.

The Mini Fit Girls Experience will introduce the girls to team sports in a fun and unique way. In addition to learning basketball, soccer, and volleyball the girls will also be introduced to individual fitness activities to help them see that it is fun to be healthy!

As with the Fitastic camp the games and fitness will be mixed in with other things girls love. Throughout the week girls will decorate t-shirts, complete crafts, and wrap it all up with a Friday pool party (life jackets are available)!

The Mini Fit Girls Experience= Major Fun!

## Join Us For A Great Week With The Girls!

**Cost:**

\$79 for Youth Members\*\*

\$99 for Youth Non-Members\*\*

# Skills-n-Drills Basketball Clinic

July 8<sup>th</sup> – July 12<sup>th</sup>

**8:00am – 10:00am**

(Children entering grades 3-5)\*

**10:00am – 12:00pm**

(Children entering grades 5-9)\*

## Our most popular summer sports clinic is back!

Skills-N-Drills is the perfect clinic for kids looking to have **FUN** while either learning the game or taking their skills to the next level.

Each day this high energy clinic, led by Linganore High School Assistant Varsity Coach Rick Conner, will emphasize a different basketball skill (shooting, passing, ball handling, and defense). Drills, small sided games and full court basketball will all help kids learn and have fun.

In addition to basketball instruction all campers get a t-shirt and an end of the week pool and pizza party.

**Friday, all campers will enjoy a pool and  
pizza party from 10:00am – 12:00pm  
instead of basketball training.**

\*Campers entering grade 5 have the option of registering for either time - 5th graders looking for more of a challenge should consider 10:00am camp.

**Cost:**

\$79 for Youth Members\*\*

\$99 for Youth Nonmembers\*\*

# Health Unlimited Summer Camps



**Look Inside!  
More Info On These  
Great Camps:**

Pirate Camp

Skill-N-Drills Basketball Clinic

Princess Camp

Fitastic Girls Experience

Mini Fit Girls Experience

**3 Ways to Register:**

**In Person – 103 Century Dr. Mt. Airy MD**

**By Phone - (301) 829-9730**

**Online – [www.myhealthunlimited.com](http://www.myhealthunlimited.com)**

**Registration Begins for all  
Summer Camps at 6:00am:**

Members – Wednesday, March 13<sup>th</sup>

Nonmembers – Wednesday, March 27<sup>th</sup>