



KIDS CAMP

rules

- \ All children must be dressed in appropriate workout attire: shorts, sweatpants, tee shirts, sneakers with a change of clothes "just in case"
- \ Each child should have his/her own backpack or gym bag for essentials, snacks, etc.
- \ Each child should bring a bathing suit/swim trunks, goggles and swim cap (if desired), towel, and flip flops/water shoes for pool area

ESSENTIALS:

- \ **Water** -- either his/her own water bottle, or water is available for purchase
- \ **Money** -- to purchase something from the juice bar
- \ **Snacks**
- \ **Lunch** -- Packed lunches should be sent in an insulated bag with ice packs.

The following items should not be brought to camp:

- \ Electronic devices (including iPods, phones, handheld games)
- \ Jewelry
- \ Items of any value or personal significance
- \ VENT Fitness is not responsible for lost or stolen items

**We are not a peanut-free facility*

