

# HOT SHOTS



## FITNESS & FUN CAMP



**JOIN THE FUN**

**July 1 - July 25**

**July 29 - August 30**



BASKETBALL



SOCCER



MARTIAL ARTS



PRO DODGE BALL



BOOMERANG



CAPTURE THE FLAG

### OUR PROGRAM

We will monitor the weight/fitness of our students and they will be rewarded for reaching their goals throughout the program.

There will be a family/child psychologist and nutritionist available to help the whole family develop healthy eating and exercise habits that lead to long lives. They will also assist the youth in setting and achieving their weight and lifestyle goals.

This camp is for kids who need to lose weight or just want to have fun working out and staying in shape.

Our goal is to introduce youth to proper fitness & nutrition and to decrease the obesity and diabetes rate among youth. The club will include: fitness/nutrition training, recreation/sports activities and field trips.

This is a fun, effective and informative way for your child to get into shape and learn positive health habits.

During the program, the campers will participate in sports such as: Basketball, Soccer & Martial Arts. They will also be introduced to group fitness games such as: Pro Dodge Ball, Boomerang and Capture the Flag. The campers will learn various exercises that will increase their endurance, flexibility and strength.

**PAYMENT PLANS AVAILABLE**

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**85% WEIGHT LOSS SUCCESS RATE!**



### ORIENTATION

June 26th 6 p.m.  
Foothill Community Church  
2540 Orange Grove  
(On the corner of Orange Grove & Altadena Dr. in Pasadena)

### DATES

**SESSIONS**  
July 1- July 25  
July 29th - August 30th  
\*Closed Week of August 10th.  
Tuesdays, Thursdays & Fridays  
5:30 p.m. - 7:30 p.m.

### AGES

BOYS & GIRLS  
Ages: 8-15 years

### LOCATION

789 N. Altadena Dr.  
Pasadena, CA  
91107

### REGISTER

\$200 per 4 week session  
**By phone:**  
(626) 798-KIDS (5437)  
**In person:**  
Orientation & July 1st & 29th  
**Online:**  
[www.asteapaheadweb.org](http://www.asteapaheadweb.org)