



# ANNE'S Language House

## Kids + Parent Program

### Fitness Camp

#### Sample Activities

- **play sports**
- **sing songs**
- **get artsy**
- **participate in a variety of traditional camp games**
- **play court sports**
- **swim in the pool**



#### Feature of Fitness Camp

The Fitness Camp will help kids develop physical literacy, the foundational skills and the confidence required to participate in regular physical activities. It also helps kids become socially responsible, develop life skills and create happy, healthy communities.

#### Field Trip

One field trip is included every week. The destination can be a corn maze, Calgary Zoo or Telus Spark Science Centre, etc. The destination will be informed one week prior to the camp.

\*Day Camp Schedule, activities and field trip are subject to change.  
Please contact ALH for any changes.

**Time:** 8:30 am – 4:30 pm

**Age:** 6 – 13 years old

**English Level:** All Levels

**Minimum Session:** 1 week

**Before/After Care:** Available



**ANNE'S Language House**

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