

**"Fitness that begins in childhood is a lifelong investment"**

**Enrolment Form:**

**Child's Name:** \_\_\_\_\_ **Contact person:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Tel no.** \_\_\_\_\_

**Email :** \_\_\_\_\_

**Camp Dates:** 10<sup>th</sup>-14<sup>th</sup> July \_\_\_ 17<sup>th</sup> – 21<sup>st</sup> July \_\_\_ 14<sup>th</sup> – 18<sup>th</sup> August \_\_\_ **DOB** \_\_\_\_\_

**Signed :** \_\_\_\_\_ **Date :** \_\_\_\_\_

Please book early.  
Deposit of €30  
secures place.  
Places are limited

*Please make cheques payable to Stretch-n-Grow & send to Stretch-n-Grow, 26 Carysfort Park, Blackrock,*

## Camp Highlights...

- \*Non-stop **FUN** activities
- \*Sport-Specific Equipment
- \***Sports drills** for each sport
- \*Obstacle Courses
- \*Ball Games
- \*Healthy Eating
- Focus on \***AGILITY** \***BALANCE** \***CO-ORDINATION** \***SPEED**
- Discussions on: \* **Health** \***Exercise** \***Sportsmanship** \***Teamwork**
- \*'Eat a **Rainbow of Fruit**' - try a new Fruit every day
- \*Trained **Fitness Specialists**
- \* **Garda Vetted**
- \***Children First Guidelines**
- \***Non-competitive** camp
- \* **All Abilities Welcome.**