

Redding Park & Recreation, P.O. Box 1071, Redding, CT 06875
203-938-2551, fax 203938-1071



Summer 2016

Dear Parents and Campers,

Fun and Fitness Camp is about to begin! Bryan Donnelly is the Camp Director for the 8th year of Fun and Fitness camps. Emmett Cole, PE teacher in New Milford and the Bethel Youth wrestling coach is Bryan's Co-Director again this year. Coach Donnelly created this camp to teach children ways of keeping fit through fun games and activities. Campers will learn the proper techniques of running, jumping, squatting and stretching through Plyometric exercises and various drills. The children will be playing traditional sport games as well.

Camp Hours : 9am -1pm

Camp drop off and pick up will be at the RCC gym. We will be using the sports fields as well. Please pick up your camper promptly at 1:00pm. A late fee of \$10 for every part of 15 minutes late will be charged to your account at Park & Recreation.

Here is a reminder of things for the campers to bring/wear:

- Snack (peanut free)
- Water bottle
- Sneakers (No sandals or crocs)
- A good attitude!

Sincerely,

Laura Anderson
Director of Recreational Programs

