

Raider **GIRLZ** Fitness Camp

4/17/2009

We are excited to offer Raider Girlz Fitness Camp at the Texas Tech Rec Center this summer! Registration begins May 4 in the Fitness/Wellness office located inside the Texas Tech Rec Center.

- WHO:
 - The Raider Girlz Camp will be open to all girls entering 7th through 9th grade in Fall 2009.
- WHEN:
 - We will meet on Tuesdays and Thursdays July 14-23 from 12:30-2:30pm.
- COST:
 - The fee will be \$55 per child. Last day to register will be July 6, 2009. After July 6 late registration will be accepted at a fee of \$65.

This camp is not designed as a weight loss camp, but an active fitness camp. We encourage all body types to attend to learn how to have fun and live a healthy life through a variety of health and fitness activities. Each day will contain both cardiovascular and muscular strengthening components, as well as flexibility. Health and fitness topic discussions and activities will also be presented. We will have a ratio of 10 teens per fitness instructor. Teens will be expected to actively participate in all activities. I have enclosed the registration form and a general information flyer. For further questions please feel free to contact Leslie Eyerly at leslie.eyerly@ttu.edu or by phone at 742-3828. We hope to see you this summer!

Sincerely,

Leslie Eyerly
Fitness/Wellness Coordinator