

FITNESS IN THE PARKS *New 2020 Summer Camps*

FREE one-week introductory programs, sponsored by our local communities and with grant funding from The Foundation CVPH, will be offered in the *Village of Rouses Point*.

Programs descriptions, locations & vendors include:

Civic Center Park (*Village Rouses Point*):

***Floor Gymnastics** (Center Stage Dance; June 29-July 3; *ages 4-7: 4-5:00pm; ages 8-18: 5-6:00pm*)

***Tae Kwon Do** (Korean Martial Arts; July 20-24; *ages 5-18: 1-2:00pm*)

***Lacrosse** (Plattsburgh Lacrosse Club; Aug. 10-14; *ages 5-9: 12:30-2pm; ages 10+: 2-3:30pm*)

*Pre-registration is mandatory & attendance is taken daily. Class sizes are limited and will be offered first to Town of Champlain residents (incl. villages), then to non-residents as space is available.

Other activities planned in the *Village of Champlain* include:

Youth Longboat Rowing: *ages 12 and up, River Street Boat Launch.*

Amazing Champlain Challenge Fun Runs: *Every other Sunday, beginning June 21st through August; 4:30pm; ages up to 16; Bill Earl Park, River Street.*

Summer Fun: *Longest Day of Play, Bike Rodeo, Science Day, Art Day, and more.*

Contact Janet McFetridge, Mayor, Village of Champlain (518-298-4152) to register & for more information.

Any Town/Village girls & boys may attend any/all programs offered.

Complete & return the following registration form to Jan Letourneau (38 Woodhaven Dr., Rouses Point or jdletourneau@gmail.com).

Fitness In The Parks Programs (Rouses Point)

Child's Name: _____ Birth date: _____ AGE: _____

Address: _____

Primary phone number: _____ Primary email address: _____

Programs: Tae Kwon Do _____ Floor Gymnastics _____ Lacrosse _____

Date Received: _____