

# **SHAPE UP CLINTON COUNTY!**

**New and Exciting Program for YOUR Kids this Summer**

## **“Fitness in the Parks”**

**Monday - Friday every week for five weeks!**

**Sign Up your kids(age requirements)today for  
one or all of the 5 entry level sessions!**

**Fitness in the Parks programs offered this summer through your  
Town/City Summer Recreation Programs and the  
Foundation of CVPH**

**Introductory Sessions will be held for:**

### **Archery**

#### **Three Spot Archery Instructors**

**1<sup>st</sup> Session 6:15-7pm Ages 5-8 (6 Openings) 2<sup>nd</sup> Session 7:15-8:15A ges 9-17 (12 Openings)  
(Sessions will be held at Three Spot Archery located on Rt. 3 Old Banker Orchards Bldg)**

**Please arrive 15 minutes before session start**

### **Hip Hop Dance**

#### **Center Stage Instructors**

**1<sup>st</sup> Session 9-10am Ages 6-8 (25 Openings) 2<sup>nd</sup> Session 10:15-11:15am Ages 9-Up (25 Openings)**

**Please arrive 15 minutes before session start**

### **Golf**

#### **Plattsburgh Golf Instructors**

**1<sup>st</sup> Session 9-10am Ages 8-11 (10 Openings) 2<sup>nd</sup> Session 10:15-11:15am Ages 12-17 (10 Openings)**

**Please arrive 15 minutes before session start**

### **Karate**

#### **DuCote's Family Karate Club Instructors**

**1<sup>st</sup> Session 9-10am Ages 4 -7 (25 Openings) 2<sup>nd</sup> Session 10-11:00 Ages 8-18 (25 Openings)**

**Please arrive 15 minutes before session start**

### **Gymnastics/Tumbling**

#### **Trudeau Gymnastics Instructors**

**1<sup>st</sup> Session 9-10am Ages 5-7(20 Openings) 2<sup>nd</sup> Session 10:15-11:15 Ages 8-12 (15 Openings)**

**Please arrive 15 minutes before session start**

*Grant Funding for this Physical Activity Opportunity Provided by the  
New York State Health Foundation*