



WINTER BOOT CAMP

Boys and Girls – 6 to 12 Years Old

Camp Objective: With all the technology gizmos and junk food in the world today, it has become a challenge to get children to become physically active and understand the importance of a healthy lifestyle. The Winter Boot Camp will tackle these challenges by engaging children in a fun and healthy experience that will boost their fitness level, knowledge of health, and self-esteem. See camp daily schedule.

Dates: December 18 to December 29 (10 camp days)

Timings: Weekdays from 10:00am to 1:00pm

Location: BBS Alumni Club, Jabriya Gate 2

Trainers/staff: Specialists and professional coaches including Alumni Club and FSRI staff

Fees: KD60 for BBS community

KD65 for non BBS community

For further information and inquiries, please visit www.bbs.edu.kw or contact Alumni Club Manager Mr. Ahmad Fouda on 50808383.



Activities include:

- Fitness workouts including cardio, aerobics, Zumba, Pilates, Steps, and Yoga
- Indoor sports including football, basketball, volleyball, and track & field
- Lectures about health and nutrition
- Fun games & activities