

“Winter Boot Camp” for Boys & Girls

Camp Profile: Sports and health camp that will engage children in a fun and healthy experience within a superior facility. 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

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.

Age group: 6 to 12 boys & girls

Dates: December 18 to 29 (10 camp days)

Timings: Weekdays from 10am to 1pm

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

Payment Locations:

- BBS Alumni Club. Jabriya, Block 11, Street 3, Gate 2. Saturdays to Thursdays from 8am to 10pm
- FAWSEC Educational Company. Hawalli, behind Dar Al Shifa Hospital. Weekdays from 7.30am to 3pm

For further information and inquiries, please contact Alumni Club Manager **Mr. Ahmad Fouda on 50808383.**