

PROJECT HYPE

HEALTHY YOUTH FOR PHYSICAL EXCELLENCE

Sponsored by Sacramento River Cats, California Family Fitness, Kaiser Permanente, Sacramento Nursing School, and the Childhood Obesity Prevention Coalition.

Don't miss the summertime fun, it's what you've been waiting for all year long!

Are you ready to learn more about making exercise fun while really making a difference in the way you look and feel? Get inspired to live a healthy and confident lifestyle. Begin next school year with a whole new attitude. If so, then project HYPE is for you.

Ages: 10-15

Dates: June 21st-August 13th

Times: 9:00am to 2:30pm

Days: Monday through Friday

**Location: Swanston Community Center
2350 Northrop Ave. in Sacramento**

Cost: Free**

**Space is limited
so act NOW!**

****This camp *is* for kids and parents who are ready to make a commitment to lifetime healthy habits. Participants must be able to attend all 8 weeks of camp and parents must be able to attend a mandatory orientation as well as 3 family night events throughout the summer.**

**Registration begins NOW and ends on June 10th.
We have 3 easy registration options.**

- **Register in person at the Swanston Community Center**
- **Online at morpd.com**
- **Call 916-333-6464 Se habla espanol**

Participants will learn about exercise, nutrition, body mass index, and the benefits of living a healthy lifestyle in an interactive and fun environment.

We look forward to hearing from you soon!!!!

This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.