

# Wicked Cool Wellness Camp

East Windsor Parks & Recreation is teaming up with South Windsor Parks & Recreation and All Pro Sports to offer an exciting new camp. This is a place where kids can be kids, enjoy some camp activities of arts & crafts, games, swimming, etc... and pick up some good healthy habits along the way. We disconnect them from the electronics and give them a chance to run, jump and play with their peers like kids were meant to play. The kids will also be introduced daily to different exercise options and develop the skills to make healthy food choices while making their own lunches. They will recognize the benefits of the immersion into an active and healthy lifestyle. There is sure to be wicked cool time as the kids will swim at South Windsor's VMP pool, partake in a grocery store scavenger hunt & compete in the ultimate team challenge.



**WHO:** Boys and Girls ages 8 - 13

**WHEN:** July 21st - July 25th

**WHERE:** East Windsor Middle School

**COST:** \$130

**WHY:** Opportunity to provide children with a Different approach to Health & Wellness, while Still having a great positive experience. Professionally staffed by ALL PRO SPORTS staff.

## FOR MORE INFORMATION CONTACT

All Pro Sports Tim Leahy at 860-292-6311  
East Windsor Parks & Recreation at 860-627-6662.

