

Faith Hope Summer Camp Schedule - July 7th – August 15th, 2008

	Program Details	Schedule	Age Group	Limits
Free Breakfast & Lunch everyday		Monday – Friday 10:30 a.m. Breakfast & Orientation Noon Lunch		
Boxing	Two Certified Trainers available to provide conditioning, coaching and training. Boxing tournaments – Syracuse/Rochester and at the Rescue Mission in Syracuse - TBA	Monday - Friday 11:00 a.m. Conditioning Exercise 1:00 p.m. Coaching 6:00 p.m. Boxing training	10 -18	10 – 12 kids
Fitness Training	Weights, punching bags, 10 aerobic machines Group jogging at parks – boys and girls (2 – 3 miles)	Monday - Friday 11 a.m. – Noon for youth 6:30 – 8:30 p.m. Adult fitness class Saturday 9 a.m.	13 – 21 14 - 25	10 kids
Go-Karts	Driver training and maintenance of Go-Karts Visit to Drag Strip Cleaning of area where Karts are housed	Saturdays 12 – 4 Maintenance and driver training Sundays 12 – 5 p.m. – Bi-weekly visits to the Drag strip	10 - 15	20 – 25 kids
Dance	Belly dancing – Pearl Brown Step dancing - Gail Walker	Tuesdays & Thursdays 6 - 8 p.m.	5 - 15	
Cooking Classes	Cooking lessons once a week	Wednesdays 4 – 5 p.m.	5 - 15	
Aerobics	Aerobics class for women everyday and intense physical training (male/female)	Monday - Friday 4:00 – 6:00 p.m. (Women only) 6:00 – 8 :00 p.m. Intense physical training (Everyone)	18 - 60	
Outdoor/Recreation	Kickball (with Southwest Community Center) Swimming (with Southwest community Center) Every Friday Enrichment and educational outings MOST Everson Museum Walks in the community Visit to the farmers market Darren Lake	Every Friday	5 - 15	