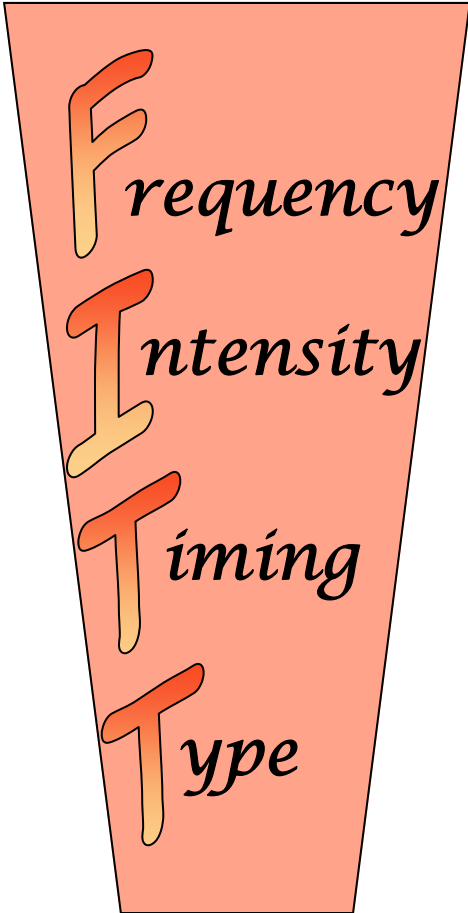


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F I T T
CAMP

Carnegie Mellon University
"FITT" Camp
Department of Athletics
Pittsburgh, PA 15213-3890

Carnegie Mellon®

**FITT CAMP
2012**



BOYS & GIRLS

AGES 9-14

GRADES 3-8

- ◆ June 18-22
- ◆ June 25-28
- ◆ July 9-13
- ◆ July 16-19

Staff

Patty Stragar, Operations Manager for Fitness & Aquatics Carnegie Mellon University

Patty is certified in Zumba, jump stretch, group step, health & fitness for the 21st century, spinning, profile designs & heart rate games, sports nutrition, yoga fundamentals, group strength, kick boxing, aquatic exercise, certified personal trainer and deep water exercise. Patty teaches physical education classes for the Athletic Department including; fitness fusion, aqua at both ends, adult swimming, beginning tennis and beginning golf. Stragar is a certified



Carnegie Mellon Mascot "Scotty"

lifeguard, certified in CPR/AED for the professional rescuer, certified pool operator, registered with Allegheny County as a public bathing place operator and has a category 24 pesticide certification. Patty has her Bachelor's Degree from Kent State University and her Master's Degree from Ithaca College. Patty was the women's gymnastics coach, synchronized swimming advisor, cheerleading advisor, women's intramural director, taught physical education classes & private lessons in golf and tennis at Northwestern University.

Student Staff

Carnegie Mellon students will assist with the "FITT" Camp (names to be announced).

Camp Objectives

The Carnegie Mellon "FITT" Camp is designed to introduce campers to activities that focus on lifetime sports/skills using Carnegie Mellon University facilities. Activities may include swimming, tennis, kick boxing, circuit training, racquetball, badminton, hiking (trails), soccer, ping-pong, foosball, shuffleboard, frisbee, track & field events and many others.

Camp Highlights

- ◆ **Limited enrollment**
- ◆ **Age & ability grouping**
- ◆ **Swimming Daily 12:30-1:30 pm**
- ◆ **Lifetime sports & fitness skills taught**

Requirements

- * All campers must have completed Grades 3 - 8. Ages 9 - 14
- * All campers must bring a brown bag lunch & drink.
- * All campers need to bring a bathing suit and water bottle.

Sample Daily Camp Schedule

- Noon Campers arrive or picked up from CMITES on campus by FITT Counselors**
- Noon-12:30 pm Lunch**
- 12:30-1:30 pm Swimming**
- 1:30-3:30 pm Various Lifetime Sports/Skills Activities**
- 3:30-4:00 pm Basketball**
- 4:00 pm Depart/Dismissal Gather at UC turn-around for pick-up**

Facilities

All activities will take place on the campus of Carnegie Mellon University in the University Center, Skibo Gymnasium, athletic fields, track and tennis

**FOR MORE INFORMATION CONTACT PATTY
412-268-1235 or pls@andrew.cmu.edu**

ENROLLMENT APPLICATION

Complete and return along with fee before
June 11, 2012 for first 9-day session
July 2, 2012 for second 9-day session

All Week Camper - 9 Days \$315.00
Daily Fee \$ 35.00
Second Sibling Discount - \$5.00 off total price

			Price
<input type="checkbox"/>	\$315	Camper - 9 Days	
<input type="checkbox"/>	June 18	<input type="checkbox"/> June 19 <input type="checkbox"/> June 20	
<input type="checkbox"/>	June 21	<input type="checkbox"/> June 22 <input type="checkbox"/> June 25	
<input type="checkbox"/>	June 26	<input type="checkbox"/> June 27 <input type="checkbox"/> June 28	
<input type="checkbox"/>	July 9	<input type="checkbox"/> July 10 <input type="checkbox"/> July 11	
<input type="checkbox"/>	July 12	<input type="checkbox"/> July 13 <input type="checkbox"/> July 16	
<input type="checkbox"/>	July 17	<input type="checkbox"/> July 18 <input type="checkbox"/> July 19	

Single Day Sessions - \$35 per day Total: _____

Name _____ Age _____

Address _____

City / State / Zip _____

Home # _____ Cell # _____

Email _____

Health Insurance Co & Policy # (VERY IMPORTANT) _____

Parental Consent

I certify that _____ has been examined by a physician and found to be in good health and able to compete in all camp activities without restriction. Furthermore, I authorize the athletic staff to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the Carnegie Mellon University "FITT" Camp, its employees and Carnegie Mellon University from all claims resulting from any injury my son or daughter may sustain while attending or traveling to and from camp.

Parent's Signature _____ Date _____

PAYMENT INFORMATION:

Please make checks payable to Carnegie Mellon University and mail to:

**Carnegie Mellon University
"FITT" Camp
Department of Athletics
Pittsburgh, PA 15213-3890**