

# Swim, Fit, and Fun Camp

at MercyOne Health & Fitness Center for Kids 5-12

New  
program  
for summer  
2023



Three weeks this summer, your child/grandchild can enjoy exciting activities during our summer camp program. Our camp will include a variety of movement challenges (Kids yoga, Zumba Kids, Fitness), games, crafts and swimming, **and swim lessons every day**. Each week will include a movie and popcorn day. Campers must bring a snack, water bottle, bathing suit, towel and sunblock each day.

## Registration, Payment, and Discounts

- Registration begins on Monday, April 3, 2023.
- Payment is due at registration.
- Siblings: 10% off each additional child.

## Refunds

Sessions will be refunded in full if canceled one week prior to the start date. Once a session has started, refunds will only be given if you submit a medical note from a doctor. The refund will apply for any remaining days at the time you submit the note. Refunds will not be issued for individual days.

**For more information or to register, visit the Member Services desk or call 515-226-9622.**

*\*Schedule subject to change.*

## When

Monday – Friday 12:30 – 5:00 pm  
June 19 – 23  
July 17 – 21  
August 14 – 18

## Cost per week

\$180 for members  
\$225 for non-members

## Daily schedule\*

12:30-1:00pm  
Arrival and group time

1:00-2:00pm  
Swim lessons and free swim

2:00-2:30pm  
Snack and free time

2:30-3:30pm  
Fitness activity: Kids Yoga, Zumba Kids or general fitness

3:30-4:30pm  
Craft and/or outdoor time

4:30-5:00 pm  
Games or story time and camper pick up