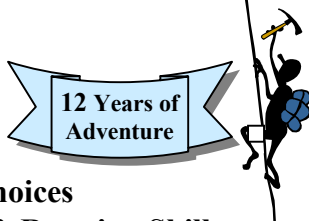


S.H.A.P.E. 2009

Sky High Adventure Program Experience
Summer Youth Multi-Sport Camp

S.H.A.P.E. Mission is to provide:

- ◇ Safety as #1 Priority
- ◇ Fun & Excitement
- ◇ Self Confidence
- ◇ Sportsmanship
- ◇ Physical Challenges
- ◇ Healthy Lifestyle Choices
- ◇ Swimming, Biking & Running Skills



S.H.A.P.E. is a positive alternative to traditional sports camps for athletes ages 7 to 15+. We offer a wide variety of fun-filled multi-sport games, training and activities led by experienced educators and coaches.

While playing games and taking lessons, S.H.A.P.E. Kids/Athletes learn multi-sport skills and develop endurance, agility, speed and techniques in an age-appropriate, individualized program. Kids get lots of attention, feedback and time to relax, make friends and have fun.

Ultimately, our goal is for S.H.A.P.E. Athletes to have fun and develop healthy, active lifestyles that lead to life-long outdoor enjoyment. Athletes receive group lessons in swimming, biking, trail running, hiking and much more. S.H.A.P.E. is sure to keep all athletes excited, challenged and safe.

S.H.A.P.E. is a USA Triathlon Sanctioned Youth Camp. USAT membership is required at a nominal fee of \$5. **Become a USAT member before camp begins by going to www.usatriathlon.org**

9th Annual Sky High Kids' Triathlon

On Saturday, August 1st we will offer the 9th Annual Sky High Kids' Triathlon at Grafton State Park. S.H.A.P.E. Kids get to train on the course weekly.

Get into S.H.A.P.E. and have a blast!!!

Activities Include:

- ◇ Fun, Friends & Games
- ◇ Swimming
- ◇ Biking
- ◇ Running
- ◇ Hiking
- ◇ Triathlon
- ◇ Adventure Activities



Meeting Sites and Times:

S.H.A.P.E. runs 9am to 5pm each weekday. Mondays, Tuesdays and Thursdays begin at the Sky High Adventure Center (SHAC) in Averill Park. Wednesdays start at the Colonie Town Park and Fridays are at Grafton State Park. Early drop-off (between 8:00-9:00am) is available for an additional fee.

S.H.A.P.E. Parent Orientations:

New athlete parents meet Monday at 8:30am.

Equipment Needed:

- ◇ Swimsuit, Goggles & Towels
- ◇ Bike & Helmet (checked by a bike mechanic)
- ◇ Running Shoes & Socks
- ◇ Rain Coat (waterproof nylon)
- ◇ Day Pack (book bag)
- ◇ Nutritious bag lunch & snacks
- ◇ Sports Drinks (3-4 bottles per day)
- ◇ Flip-flops or other pool shoes




www.SHAPEcamp.org

S.H.A.P.E. 2009 Registration

Name: _____
Age: _____ DOB: _____ Gender: M / F
T-Shirt Size: Youth S M L / Adult S M L XL
Parent Name: _____
Address: _____
City/ State: _____
Zip: _____
Phone (home): _____
Phone (work or cell): _____
Email: _____

S.H.A.P.E. Fees, Sessions & Dates:(ages 7-15+)

Please check the session(s) of participation or go to: SKYHIGHadventures.com and click on 

- | | |
|------------------------------------------|------------|
| <input type="checkbox"/> \$230 Session 1 | July 6-10 |
| <input type="checkbox"/> \$230 Session 2 | July 13-17 |
| <input type="checkbox"/> \$230 Session 3 | July 20-24 |
| <input type="checkbox"/> \$230 Session 4 | July 27-31 |
| <input type="checkbox"/> \$230 Session 5 | Aug 3- 7 |

- \$30 Weekly Early Drop-off Athlete Fee
- \$10 Weekly Early Drop-off Sibling Athlete Fee

Registration is Limited

Registrations will be accepted on a first come basis by date of receipt of application and **\$75 deposit**. Balance is due two weeks prior to each session.

Make checks payable to:
SKYHIGH Adventures LLC

Amount Enclosed: \$ _____



Mail To: SKYHIGH Adventures LLC
322 Methodist Farm Road
Averill Park, NY 12018
(518) 674-0369

Email: info@SHAPEcamp.org