





CORE4. Challenge

SCHOOL HOLIDAY CAMPS

FOOD • FITNESS • FINANCE • FRIENDSHIPS



2017 Schedule:

MLK Day: CPS-School Holiday:

President's Day:

CPS-School Holiday:

Monday, January 16th

Friday, February 3rd
Monday, February 20th

Friday, April 7th

New activities every camp!

8:30am - 4:30pm

(Early drop off/late pick up options available)

Boys & Girls (ages 10 – 14)

Get 4 courses in 1!

In this engaging program, kids rotate through the CORE4®, learning practical life skills in a nurturing environment and applying them in fun team challenges, including: Adventures in cooking, Money goals, Obstacle Courses, Games,

The CORE4_® Skills

Fitness training & more! (Lunch included-prepared by the campers)



FOOD—basics of food preparation, nutrition, planning meals, understanding food labels, making recipes.



FITNESS – learning and trying methods for staying fit, including yoga, Pilates, kickboxing; setting goals.



FINANCE – basics of money management: establishing savings goals, credit and debit cards, borrowing money.



FRIENDSHIPS – navigating relationships, difficult situations, establishing good communication skills and social media practices.

..and much more!

The day will be spent at our Partner location:



Fitness Formula Clubs 939 W. North Avenue Chicago, IL

Drop off at lobby door (at North & Sheffield)

Cost: \$89 (10% sibling discount)

Register Now! Call 773.231.7414 or go to Core4skills.com/Register