



## Media Release

DATE: December 15, 2011

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### Sign up today for a gym adventure

The Gym Adventure camp, from January 3 to 5, will keep youth ages 7 to 12 up and moving and teach them the basic skills for a bunch of different individual and team sports. Activities will include rope jumping, racket games, capture the flag, four square, floor hockey, soccer, bowling, and many others. The focus will be on keeping heart rates elevated, building character, and encouraging both cooperation and individual success. The camp will be held from 12 to 3 p.m. each day at the Crystal Community Center, 4800 Douglas Drive. The fee is \$36 for residents of New Hope, Crystal or Robbinsdale and \$43 for nonresidents. To register or for more information, call the New Hope Parks and Recreation office at 763-531-5151. The deadline to register is December 23.