

## Community Youth Center

Community Youth Center is a non-profit sports and academic center where youth ages 3-18 can participate in 10 programs: nine sports and our Academic Excellence program. Membership at CYC is only \$26 per month, or free for those in need, making our services available to all families regardless of financial background. CYC has over 1600 members and averages almost 400 kids per day in attendance. Though it costs only \$26 per month to join, one fourth of our families cannot afford that and are on scholarship. That one monthly membership fee includes access to all CYC programs including the tutoring in our Academic Excellence program.



### FOR MORE INFORMATION

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Concord, California 94520  
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**Camp F.U.N.**  
**(Fitness &  
Understanding  
Nutrition)**



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# Camp F.U.N.

(Fitness & Understanding Nutrition)

CYC is teaming up with the Healthy Hearts Program\* at Children's Hospital Oakland to provide a unique opportunity for kids ages 10-14. Camp F.U.N. is an intensive six-week camp that will run from June 20th-July 29th and costs \$150\*\* with a doctor's referral. The camp combines our usual fitness conditioning activities with additional programming in nutrition, motivation, and family support.

## Daily Activities:

The camp will run from 9 am - 3 pm with an extended day on Wednesdays. Students will participate in various physical activities including:

**Boxing, Basketball, Bike Riding, Olympic Weightlifting, Tennis, Tightrope Walking, Relay Races, the Presidential Fitness Program, & more.**

Extra weekly classes will be lead by a registered dietician, pediatrician, & sports psychologist during regular camp hours.



## The goals of the camp are to:

- Provide families with a low-cost opportunity to implement a healthy lifestyle in a fun and supportive environment.
- Provide students with a knowledge base of activities that promote physical fitness.
- Focus on increasing stability, strength, flexibility, conditioning and speed.
- Enhance student nutrition knowledge through 2 weekly classes with registered dieticians.
- Provide student support to enhance motivation and confidence through a group lead by a sports psychologist.
- Provide parent support for lifestyle changes at a weekly parent group lead by a pediatrician from Healthy Hearts .



\* *The Healthy Hearts Program is a medical weight management clinic run by the Pediatric Cardiology Medical Group – East Bay, Inc., which is based at Children's Hospital Oakland.*

\*\**Financial assistance and payment plans are available to those in need. Please contact [asalem@cycmail.org](mailto:asalem@cycmail.org) for more information.*

## CYC Summer Camps

CYC also offers a full range of additional active camps for youth of all ages. CYC will be hosting over 30 affordable camps in a span of nine weeks, giving students opportunities to participate in a wide range of exciting programs! The range of summer camp programs and activities include:

**Activity Camp – Arts & Crafts Camp**

**Animal Camp – Cheer Camp**

**Dance Camp – Food & Art Camp**

**Rhythmic Gymnastics Camp – Judo Camp**

**Leadership Camp – Gymnastics Camp**

**Taekwondo Camp – Wrestling Camp**

Camps are open to CYC members and the general public alike. Most camps are only \$120 per week\*! We have a great summer planned with lots of fun activities, so don't miss out!

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