

CICS WRIGHTWOOD ELEMENTARY

2026 FITNESS PROGRAM

ATTENTION
RISING

5-8
GRADERS

COST: \$25 * CICS WRIGHTWOOD ELEMENTARY * 9:00AM - 1:00PM DAILY * JUNE 15-26

Are you ready to move, compete, train, and have fun at the CICS Wrightwood Summer Fun Fitness Program? Join us for a 2-week interactive wellness & fitness experience that keeps students active through exciting fitness challenges, team competitions, recreational sports, movement activities, and wellness-focused games in a fun and encouraging environment. No matter your skill level, this program is all about staying active, building friendships, and having an unforgettable summer experience. Build healthy habits, and become your best!

PHYSICAL FITNESS



- Demonstrate improved cardiovascular endurance
- Increase participation in daily physical activity
- Understand warm-up, cool-down, and stretching techniques

NUTRITION & WELLNESS



- Identify healthy food choices and balanced meals
- Explain the importance of hydration and rest
- Understand the relationship between nutrition and physical performance

SOCIAL EMOTIONAL LEARNING



- Practice teamwork and collaboration
- Demonstrate perseverance and resilience
- Set and monitor personal fitness goals

LEADERSHIP & ACCOUNTABILITY



- Encourage peers positively
- Monitor and reflect on daily progress
- Participate responsibly in team competitions and challenges

Reach out to mmorris@meridiancharterschools.org if you need financial assistance or have questions about the fitness camps.



**CICS WRIGHTWOOD
ELEMENTARY**

8130 S. California Ave.
Chicago, IL 60652
CICSWRIGHTWOOD.ORG

**SPACES ARE
LIMITED SIGN
UP TODAY!**

Click here to register or scan the QR code to register now!

