

ONE WEEK SUMMER CAMP

Get ready for the ultimate summer adventure at Limitless Adaptive Fitness Camp 2025! Packed with sports, fitness challenges, nutrition fun, creative arts and crafts, and communication skills, this camp is designed to inspire, motivate, and empower every participant to reach their fullest potential





Volunteer at our Special Needs Fitness and Sport Camp and make a meaningful impact!


ACTIVITY SCHEDULE



 Epic Sports & Games! – Soccer, Baseball, obstacle courses & more!

 Fitness Fun! – Dance-offs, ninja warrior challenges, yoga & strength training!

 Snack & Nutrition Zone! – Taste new foods, create healthy snacks & learn about nutrition!

 Get Creative! – Design your own sports jersey, make team banners & show off your style!

 Team Spirit & Social Fun! – Make friends, build confidence, and celebrate your wins!

SPECIAL NEEDS CAMP

LIMITLESS ADAPTIVE FITNESS SUMMER CAMP 2025



Ages 16 and up

CONTACT US TO SIGN UP (LIMITED SPOTS AVAILABLE)

732-841-5588

limitlessfitness295@gmail.com

DAILY CAMP SCHEDULE

9:00 AM - 9:30 AM

★ *Team Spirit & Social Fun – Meet new friends and get pumped for the day!*

9:30 AM - 10:15 AM

🏃 *Epic Sports & Games – Soccer, basketball, obstacle courses, & more!*

10:15 AM - 11:00 AM

💪 *Fitness Fun – Dance-offs, ninja challenges, yoga, & strength training!*

11:00 AM - 11:30 AM

🥕 *Snack & Nutrition Zone – Taste new foods and learn about nutrition!*

11:30 AM - 12:00 PM

🎨 *Get Creative – Design sports jerseys, make team banners, and more!*

PRICING

ENTIRE WEEK RATE - \$350
(custom limitless adaptive t-shirt will be provided, as well as snacks and water)

★DDD APPROVED VENDOR★

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CAMP DATES

Camp 1- July 14th-18th
9am-12pm

LOCATION

489 Nautilus Drive
Manahawkin, NJ 08050

