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## O'Connell inspires Club KidFit Summer Camps

SAINT LOUIS, Missouri (April 15, 2011) – Seven years ago, Tonya O'Connell, Queeny Park Recreation Supervisor, inspired the creation of Club KidFit Summer Camps. Now, Queeny Park continues to host multiple Club KidFit opportunities for local kids seven year later.

When O'Connell suggested the idea of summer camps to Sarah Fuehne, Club KidFit Executive Director, Fuehne immediately jumped on board and began creating the Dance and Cheer Summer Camp program with Laura Wilson, the Program Manager at the time. "We were ready to explore new opportunities with our programming and Tonya gave us the inspiration we needed to reach more kids – summer camps," stated Fuehne.

"I decided to bring Club KidFit programs onsite because I believe in Sarah's philosophy on promoting kids' fitness and maintaining health in fun ways," said O'Connell. "We continue to bring Club KidFit programs back because of the quality of programming they provide. All of the Instructors are trained college students with experience and that sets their programs apart from others. Club KidFit camps are a good mix of fun and fitness creating a positive experience for the kids as well as the Instructors."

Queeny Park's central location, excellent indoor and outdoor facilities, and welcoming atmosphere made it the ideal location to host the first season of Club KidFit Summer Camps. "Our long-standing relationship with Tonya and Queeny Park is what continues to increase our organization's growth," added Fuehne. There were six camps held at Queeny Park in 2005. This summer, Club KidFit has 75 camps booked at nearly 30 locations.

Queeny Park is offering Petite Poms (June 6-10; August 1-5; August 8-12), Petite Princesses (June 6-10; August 1-5; August 8-12), Dance and Cheer (June 6-10; August 8-12), and Club Glee: Camp Rock (August 1-5). To register, call 314-458-8311.

Club KidFit, formerly known as "Ultimate Potential Fitness", is a St. Louis based nonprofit that provides kids and families with knowledge and resources to live an active, healthy lifestyle. Club KidFit wellness programs engage, entertain and educate today's youth in a positive, non-competitive environment. All programs incorporate basic wellness principles based on youth fitness recommendations from the American College of Sports Medicine. More information about Club KidFit can be found online at [www.ClubKidFit.org](http://www.ClubKidFit.org).

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