



SMALL TOWN, BIG BEACH™

For Immediate Release:

May 9, 2019

Contact:

Hanna Lairy
Marketing & Communications
Coordinator
hlairy@gulfshoresal.gov
(251) 968-4301 – office
(251) 979-8020 - cell

Gulf Shores to host Camp Inside Out: Building Healthy Minds and Bodies from the Inside Out

Gulf Shores, Ala – May 9, 2019 – The City of Gulf Shores is excited to host Camp Inside Out on June 17-21 from 8 a.m. to 5 p.m. at the Bodenhamer Recreation Center. Camp Inside Out is open to children ages 9 to 12 years old.

The overall goal of the camp is to teach children to build healthy minds and bodies from the “Inside Out.” Children will be encouraged to get off the couch and get active with daily exercise and fun outdoor games and activities. The camp will consist of field trips to local parks and playgrounds, geocaching, hiking, sports, crafts, swimming and much more.

“We are excited to host Camp Inside Out for the children in our area,” Nicole Ard, Recreation Manager, said. “This will give us an opportunity to teach and encourage them to eat healthy and build strong bodies, all while boosting their self-esteem. It will also give the children an opportunity to discover new hobbies and interests to keep them living an active, healthy lifestyle.”

The cost to attend Camp Inside Out is \$100. Children may register at the Bodenhamer Recreation Center, Cultural Center or online at www.gulfshoresal.gov/recreationregistration.

For more information about Camp Inside Out, please contact the Gulf Shores Recreation Department at 251-968-9824.

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