

Track Fit Summer Program Dress Code:

1. General Attire:

- Comfortable, weather-appropriate clothing suitable for physical activities and outdoor play.
- T-shirts or tank tops and shorts are recommended.
- No offensive graphics or language on clothing.

2. Footwear:

- Closed-toe athletic shoes are mandatory for safety during physical activities.
- No flip-flops, crocks or sandals.

3. Special Activity Days:

- Sewing and Arts & Crafts:
- Wear old clothing that can get dirty or stained.
- Fitness:
- Athletic wear such as leggings, gym shorts, and breathable tops.
- Video Interviews and Fashion Show Preparation:
- Encouraged to dress nicely for confidence in front of the camera.
- Etiquette Classes:

Dress / formal attire is required to practice proper etiquette and presentation skills.

4. Personal Hygiene:

- Morning baths are encouraged; please ensure children take a bath before coming to camp.

5. Prohibited Items:

- No revealing or excessively baggy clothing.
- No jewelry or accessories that may cause injury during activities.

5. Fitness Days are Monday, Wednesday and Thursdays

- **wear proper workout clothing**

For any questions regarding the dress code or specific activities, please contact the program coordinator.