

St. Agnes Academy-Houston

Academic (C)



## VDP Week 1, Session 2: Summer Fusion

Embark on a transformative journey of holistic wellness with our summer enrichment class tailored to invigorate both mind and body. Embracing a diverse range of exercise techniques, from the serene mindfulness of yoga to the dynamic intensity of CrossFit, participants will discover the joy of movement in myriad forms. Guided by an experienced instructor, each session promises not only physical revitalization but also mental rejuvenation, fostering a deeper understanding of self-care and balance. Whether you're seeking to stretch and unwind with gentle yoga poses or challenge your limits with high-intensity CrossFit workouts, this program offers something for everyone. Join us to begin a summer of wellness, empowerment, and personal growth.

**Camp Start Date:** June 2, 2025

**Start Time:** 10:00:00 AM

**Camp End Date:** June 6, 2025

**End Time:** 12:00:00 PM

**Date Details:** Every day June 2-6 from 10am-12pm

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**Venue Name:** Rotunda

**Venue Address:** 9000 Bellaire Blvd, Houston, TX 77036

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**Camp Cost:** \$125.00

**Questions:** Katie Fritsch [kfritsch@st-agnes.org](mailto:kfritsch@st-agnes.org) (713) 219 - 5543

**Special Notes:**

For rising 6th-8th graders (currently enrolled in 5th-7th grade).

**Medical Info:**

We (or I) hereby request that you accept the application for the Veritas Discovery Program at St. Agnes Academy on the dates set forth. In consideration of your acceptance of this application, we (or I) hereby release St. Agnes Academy and all its employees and agents from all claims on account of any injuries which may be sustained by our (or my) daughter while attending the St. Agnes Middle School Summer Program, and its employees and agents for any claim which may be hereafter presented by our (or my) minor daughter. We (or I) know of no mental or physical problems which may affect our (or my) daughter's ability to safely participate in the program. I further certify that the above mentioned person has insurance in case of emergency. Additionally, I consent to any medical treatment deemed necessary by the Summer Program Director in the event of illness or injury to my child or dependent.