



Day Camp

At Camp BreakThru, your child will experience an exciting array of activities that no other camp offers. Our action packed days include specialized fitness classes (including KMX (Krav Maga for kids, the unique version of the Israeli self-defense and conditioning system), dance, yoga, one-of-a-kind fitness circuit, recreational games, arts and crafts, daily obstacle course, cooking, science experiments, scavenger hunts, theme days/special events, actor's studio, and more. All activities are designed to build motivation, confidence, and social success.

Our dedicated, enthusiastic staff has exceptional skills working with children. Camp BreakThru's focus on fun and a low camper-to-staff ratio ensure that your child will have an exciting and unforgettable summer.



Located in our spacious, air-conditioned gym at 48 Union Street, Stamford, CT, the camp will have 8 weekly sessions from June 22nd to August 15th and will run from 9:00 a.m. - 12:00 p.m. Enrollment is limited.

Camp BreakThru is a joint project by BreakThru Family Fit 4 Life and Achieve Fluency. The camp is established as a private nonprofit entity that is dedicated to improving the lives of children.

To learn more, go to www.achievefluency.com.

Please feel free to call us at 203.698.0247 to discuss our program, ask questions, or to arrange a personal meeting with our staff and visit our facilities.