

# VILLAGE FITNESS CAMPS

## GENERAL INFORMATION FOR PARENTS

[www.villageclubs.com](http://www.villageclubs.com)



To make the camp a more enjoyable and successful experience, please provide your child with the following items:

1. Sack lunch and beverage clearly marked with child's name. Campers may order from the Camp Menu for \$7.25 including a drink. A daily snack will be provided. **Nut and peanut products are NOT allowed.**
2. Swimsuit (goggles recommended)
3. Sunscreen and lip protection
4. Hat or visor
5. Camp attire: shirt and shorts (wear your swimsuit under your clothes)
6. Non-marking athletic shoes (no sandals, please)
7. Water bottle marked with child's name

*Please make sure all electronic devices are left at home.  
The Village is not responsible for lost or stolen items.*

### NORMAL ARRIVAL AND DEPARTURE TIMES

All campers should plan to arrive at 8:50am and should be picked up by 3:00pm. If anyone other than a parent or guardian has been given permission to pick up a child, a written notice must be provided to the camp staff. Early camper pick-up (prior to 3:00pm) requires that a staff be notified the morning of early dismissal. The parent or guardian picking up the child must sign out the children from camp.

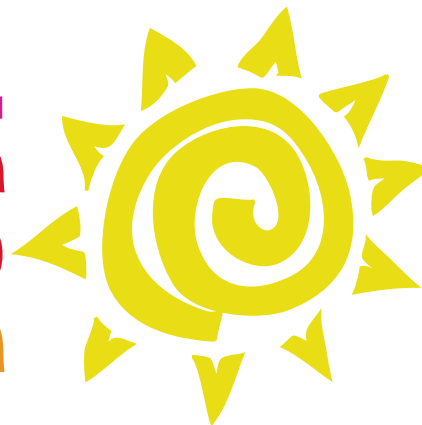
### SIGN UP AND REFUND POLICY

1. Must sign up at least 72 hours in advance of session attending.
2. Must give 72 hours notice of cancellation for full refund.

This is a fitness camp and all daily activities are planned with the expectation of full participation by campers. Lack of participation will result in calling the camper's parents.

GAINEY VILLAGE HEALTH CLUB

# VILLAGE FITNESS CAMPS



SUMMER FITNESS CAMP  
FOR AGES 5-12 • MAY 31-AUGUST 5

**Village**  
HEALTH CLUBS & SPAS  
A DMB PROPERTY

2016

# REGISTRATION

## GAINNEY VILLAGE FITNESS CAMP

Camper \_\_\_\_\_ Age \_\_\_\_\_  
 Camper \_\_\_\_\_ Age \_\_\_\_\_  
 Allergies \_\_\_\_\_  
 Medication \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 E-mail address \_\_\_\_\_

### SESSION DATES

Register my child(ren) for the following week(s):

1. \_\_\_\_\_ May 31-June 3
2. \_\_\_\_\_ June 6-10
3. \_\_\_\_\_ June 13-17
4. \_\_\_\_\_ June 20-24
5. \_\_\_\_\_ June 27-30
6. \_\_\_\_\_ July 5-8
7. \_\_\_\_\_ July 11-15
8. \_\_\_\_\_ July 18-22
9. \_\_\_\_\_ July 25-29
10. \_\_\_\_\_ August 1-5

### PAYMENT (please circle one)

- Club Charge   Check   Credit Card   Cash  
 Member    Nonmember

### LIABILITY/MEDICAL WAIVER

I hereby waive and release any and all rights and claims for damages I or my child may have against Village Health Clubs & Spas® or their respective agents, representatives and successors for any and all injuries suffered in connection with enrollment and participation in this junior program.

I hereby allow Village Health Clubs & Spas® to use photos and/or videos of my child for marketing and media materials.

Signature: \_\_\_\_\_  
 Date: \_\_\_\_\_

### SESSION DATES

- |                   |                |
|-------------------|----------------|
| 1. May 31-June 3* | 6. July 5-8**  |
| 2. June 6-10      | 7. July 11-15  |
| 3. June 13-17     | 8. July 18-22  |
| 4. June 20-24     | 9. July 25-29  |
| 5. June 27-30**   | 10. August 1-5 |

\*The first week of camp starts Tuesday, May 31. This 4-day week will not be prorated, but the field trip is included in the cost this week only.

\*\*This week of camp is only Monday–Thursday. This 4 day week WILL be prorated

### CAMP HOURS

Monday through Friday,  
 9:00am to 3:00pm.

### AGES

Children ages 5-12  
 years are welcome.

### CAMP ACTIVITIES

- Basketball
- Dance
- Relay Races
- Field Games
- Dodgeball
- Fitness Activities
- Kickball
- Swimming
- Field Trips and more!
- Soccer
- Yoga

### Fitness Camp Details:

The 2015 Gainney Village Health Club & Spa Fitness Camp program offers all participants a comprehensive all-day, fun-filled experience at our award-winning multi-recreational facility. Campers will meet new friends and learn a variety of basic sport skills through supervised, age-appropriate instruction and game activities. Sportsmanship and fun will be emphasized to include all campers.

We are changing things up a bit this summer, with each week being a different theme. We'll have themes like Music and Movement, Ball Science, Olympic Week, to name a few! Each morning we'll begin with warm-up stretches and games, followed by weekly themed activities. That will then take us right into lunch at 12pm! We'll finish the day with free swim and water games to keep cool during our summer heat! Our campers will have a variety of specialized instruction including yoga, CrossFit®, karate, fencing, basketball, and so much more.

### FIELD TRIPS

The cost of field trips (held on Fridays) have not been included in the camp fee, unless signed up for the entire week. If not signed up for the entire week, Field Trip Fridays have a flat rate of \$60 (there will be no daily camp fee charged). Campers will be given permission slips and information on the field trips at the beginning of each session.

- |         |   |
|---------|---|
| June 3  | Lucky Strike Bowling  |
| June 10 | Wildlife World Zoo/Adventure-land   |
| June 17 | Science Center  |
| June 24 | Main Event  |
| July 1  | NO FIELD TRIP   |
| July 8  | Laser Quest (laser tag)   |
| July 15 | Top Golf  |
| July 22 | Amazing Jakes   |
| July 29 | Odysea Aquarium (subject to change if the Odysea Aquarium has not opened) |
| Aug 5   | TBD — End of Summer Party   |

The club reserves the right to change the field trips.

**If you do not wish to send your child on a field trip, camp will only be held until we leave for the field trip. All counselors are needed on the field trips.**

### COST

- \$60 daily/\$225 weekly per child FM
- \$70 daily/\$250 weekly per child SC
- \$80 daily/\$275 weekly per child NM

**Part-Day Rates: \$40 FM / \$55 SC / \$60 NM**

This year we will be offering up "Morning Stretch" starting at 7:30am until camp starts at 9am, and then "Fun Fitness" in the afternoons starting at 3pm and ending at 4:30pm. The rate is \$20/child for the day or \$10/child for each session.

FM = Family Members  
 SC = Single and Couple Members  
 NM = Nonmembers

© 2016 VILLAGE HEALTH CLUBS & SPAS

GAINNEY VILLAGE 480.609.6979  
 7477 EAST DOUBLETREE RANCH ROAD  
 SCOTTSDALE, AZ 85258

www.villageclubs.com

For more information contact  
 Lindsay Bakalar at lbakalar@dmbclubs.com  
 or Kristin Bullock, Youth Services Director  
 at 480.624.9127 • kbullock@dmbclubs.com