

# TENNIS CLASSES

Junior Tennis lessons are action packed. Lessons are worked into the activity camp schedule and the class size is limited to 6 children. The small class size allows for lots of play time and may include ball machine training, games, free play time, and sportsmanship training. Junior Lessons are separate from the summer camp activities. The lessons are in-depth and teach proper technique skills. Children are required to wear non-marking tennis shoes on the court. Rackets and tennis balls are provided by The Hills sports camp.

**COST: \$58 (WEEK)**

**SCHEDULE: TUESDAY & THURSDAY EACH WEEK**

Classy Competitors.....1:00PM – 2:00PM (Age 12-15)  
The Excellent Ones.....2:00PM – 3:00PM (Age 9-12)  
Rising Stars.....3:00PM – 4:00PM (Age 5-9)

# SUMMER ACTIVITIES @ THE HILLS



**WEEK 1: JUNE 10 TO JUNE 14**  
**WEEK 2: JUNE 17 TO JUNE 21**  
**WEEK 3: JUNE 24 TO JUNE 28**  
**WEEK 4: JULY 1 TO JULY 5**  
**WEEK 5: JULY 8 TO JULY 12**  
**WEEK 6: JULY 15 TO JULY 19**  
**WEEK 7: JULY 22 TO JULY 26**  
**WEEK 8: JULY 29 TO AUGUST 2**  
**WEEK 9: AUGUST 5 TO AUGUST 9**  
**WEEK 10: AUGUST 12 TO AUGUST 16**



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# SPORTS CAMP

## TIME

- Session 1 7:30am - 9:00am
- Session 2 9:00am - 3:00pm
- Session 3 3:00pm - 6:00pm

**AGE: 5 - 12 YEARS**

**COST: \$360 (MEMBERS ONLY) SAVE 10%  
IF YOU SIGN UP BEFORE WEDNESDAY, MAY 1ST.**

## ACTIVITIES:

Summer Sports Camp includes lunch and snacks. The campers are divided into different groups by age. Campers will be instructed in different activities throughout the day. All pool activities are supervised by a certified lifeguard. All campers are required to pass a swim ability test prior to swim lessons and free swim, this is a requirement. Campers will choose between three or four activities on a daily basis including instruction in sports, games or theatre. Each camper receives a Hills camp T-shirt and it must be worn while attending the camp at all times.

**What to bring:** Campers should bring a backpack with bathing suits, towels, and sunscreen every day. It is encouraged to bring a second change of clothing. If the child requires diet considerations, a lunch brought from home is advisable.

# AQUATICS CLASSES

## Small Group Swim Lessons

(Mon-Thurs)  
Cost: \$65.00(week)

### Tadpoles

4:00pm - 4:30pm

Absolute Beginners learn to kick with a kickboard. Floating, underwater swimming and jumping in is introduced. Children 3-5 years.

### Minnows

3:00pm - 3:30pm

Learn freestyle stroke technique with side breathing. Introduction to swimming on back, deep water swimming and kneeling dives. Children 3-9 years.

### Guppies

3:30pm - 4:00pm

Focus on freestyle side breathing and backstroke technique. Breaststroke and butterfly kick is introduced. Children 5-12.

### Mackerel

4:30pm - 5:00pm

Intermediate swimmers learn proper technique for breaststroke & butterfly. Endurance swimming is introduced. Children 5-12.

## Jr. Lifeguard Camp

Dates: Week 2 June 17 - 21 or Week 8 July 29 - August 2

Time: 9am - 3pm

Cost: Members = \$295 Non-Members = \$315

This program is designed as a community-based water safety program for youths 10 - 15 years old. The Junior Lifeguard Training Program has been developed to serve many purposes where water safety is our primary goal. Along with water safety activities we engage in CPR Certification and First Aid training. A secondary benefit is the unique combination of establishing the foundation for good work skills, responsibility, certification, skill development, competition, and leadership skills. In providing a well-rounded training experience, we include 30 minute daily fitness, lectures, demonstrations, and team building activities. Participants who successfully complete the program may apply for lifeguard positions at The Hills. However, successful completion is not a guaranty of employment. An additional two hours per week of volunteering may be required by each JR guard. Course Pre-requisite: 50 yards of freestyle or breaststroke. Retrieve a 10 LB. brick from a depth of 12 feet. Swim underwater 15 feet.