

SUMMER ACTIVITIES @THE HILLS



WEEK 1: JUNE 1 TO JUNE 5

WEEK 2: JUNE 8 TO JUNE 12

WEEK 3: JUNE 15 TO JUNE 19

WEEK 4: JUNE 22 TO JUNE 26

WEEK 5: JUNE 29 TO JULY 3

WEEK 6: JULY 6 TO JULY 10

WEEK 7: JULY 13 TO JULY 17

WEEK 8: JULY 20 TO JULY 24

WEEK 9: JULY 27 TO JULY 31

WEEK 10: AUGUST 3 TO AUGUST 7

WEEK 11: AUGUST 10 TO AUGUST 14



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

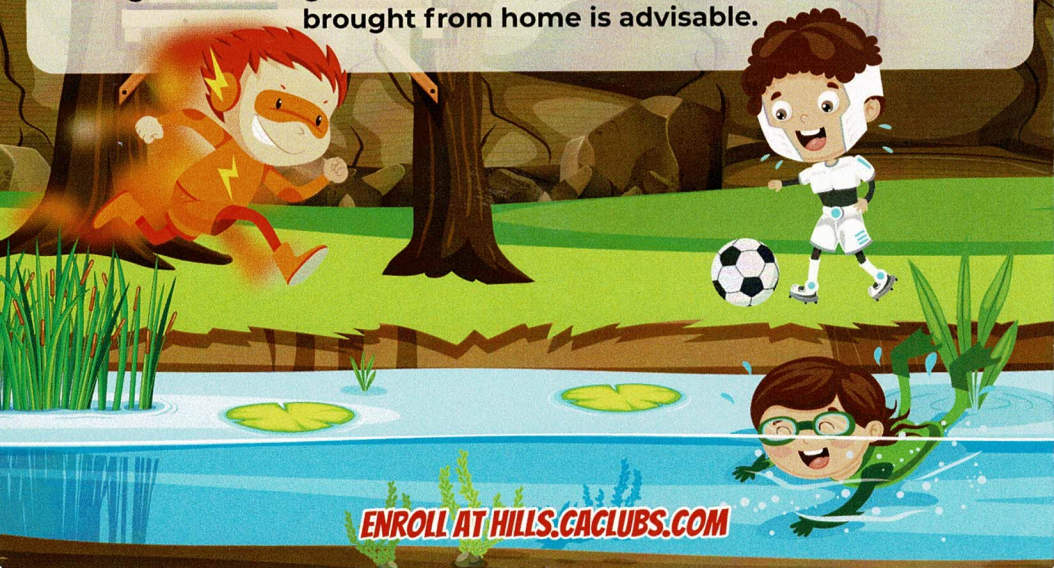
**COST: \$375 (MEMBERS ONLY) SAVE 10%
IF YOU SIGN UP BEFORE FRIDAY/MAY 1ST.**



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.



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AQUATICS CLASSES

SMALL GROUP SWIM LESSONS

(Mon-Thurs)

Cost: \$65.00(week)

TADPOLES

4:00pm – 4:30pm

4:30pm – 5:00pm

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.

JR. LIFEGUARD CAMP

Dates: Week 2 June 8-12 and Week 8 July 20-24

Cost: Members = \$325 Non-Members = \$355

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.

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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)



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