

SUMMER CAMP

2010 SPORTS CAMPS FOR
CHILDREN AGES 5-11



**DR. JOHN'S
SPORTS
CENTER**

**1800 CLOVER
LANE**

CEDAR PARK, TX

512-259-7545

► Sport Focus
changes weekly.

► Nutritional
component that
teaches healthy
eating.

► Sign up only for
the weeks you
need.



FULL DAY CAMPS \$185.00

**PER WEEK – ALL INCLUSIVE FEE – EXTENDED HOURS, SWIMMING,
SNACKS & NUTRITIOUS LUNCH MADE IN OUR ONSITE KITCHEN.**

Full day campers receive instruction & skill building drills and games in each week's sport. The instructional focus addresses all skill levels and gives everyone a chance to learn & improve. Full day campers participate in 4-6 additional sports, games, dance, fitness and swimming activities throughout the week. Every camper will receive a nourishing morning and afternoon snack as well as a full lunch.

Time: Daily 9:00am – 4:00pm

Extended care 7:00am – 9:00am & 4:00 pm- 6:00pm *(at no additional charge)*

HALF DAY CAMPS

MORNINGS ONLY TILL 11:45AM- \$110.00

AFTERNOON ONLY STARTING @ 12:45PM-

\$130.00

PER WEEK—ALL INCLUSIVE FEE— EXTENDED HOURS & NUTRITIOUS SNACK.

The camps develop fundamental and advanced skills, improve camper's agility, speed, balance and coordination and enhance their "game strategy" skills in a competitive environment. A healthy morning snack/ afternoon snack is included for every camper.

Time: Morning Campers Daily 9:00am – 11:45am

Afternoon Campers Daily 12:45—4:00 pm (swimming included
at least 3 times during the week.)

Morning Extended care 7:00am – 9:00am / Afternoon Extended care 4pm-6pm

No CAMP OFFERED JULY 12-16, 2010.

REGISTRATION PACKETS AVAILABLE ON-LINE

WWW.DRJOHNSSPORTSCENTER.COM

WEEKLY SPORT FOCUS - NEXT PAGE.

ABOUT DR. JOHN'S SPORTS CENTER

Dr. John's is a neighborhood center that offers a unique program specifically designed to meet children's need to move and help them develop physical activity and nutrition behaviors that will keep them healthy everyday for a lifetime. Making the decision to participate, trying to do your best and improving over time are the behaviors that lead to personal achievement and development of a healthy competitive spirit. While we do play competitive games, we emphasize the value of participation and downplay the need to win. These are the keys to success in youth sport.

Our summer camps focus on learning the skills necessary to be successful during play, understanding how to work within a group and cooperate with others to reach their goals and having fun throughout the process.

We want everyone who participates in our programs, especially children to leave with a better understanding of group cooperation and teamwork as well as heightened social well-being through positive interaction with other participants they can call friends.



TO REGISTER : CALL 512.259.7545 ♦ DOWNLOAD OUR FORMS AT

WWW.DRJOHNSSPORTSCENTER.COM ♦ COME BY OUR CENTER AT 1800 CLOVER LANE ♦ CEDAR PARK

The day's welcome and theme begins each day before everyone breaks out into their age appropriate groups. On a rotating basis the children are involved in age appropriate sport & aerobic games & interest groups.

DAILY SCHEDULE

TIME	ACTIVITY
7:00a - 9:00a	Supervised Free Play
9:00a - 9:30a	Community Social & Group Games
9:30a - 10:05a	Period 1
10:05a - 10:20a	Snack Break
10:20a - 10:50a	Period 2
10:50a - 11:25a	Period 3
11:25a - 11:45a	Prepare for Lunch
11:45a - 12:30p	Lunch (included in full day fee)
12:30p - 1:00p	Quiet Time
1:00p - 1:30p	Period 4
1:45p - 3:30p	Water Activities (included in fee)
3:30p - 4:00p	Snack, End of Day Game/ Activity
4:00p - 6:00p	Supervised Free Play



Go, SLOW & WHOA FOODS—EATING AT DR. JOHN'S SPORTS CENTER

Dr. John's Sports Center is committed to teaching and modeling healthy eating habits to the children and families we serve. It really is true that you "are what you eat". Your child's tuition includes meal service for this reason. We utilize the Coordinated Approach to Child Health curriculum. Instruction is provided throughout the summer about Go (eat anytime) and Slow (eat some of the time) and Whoa (eat only on special occasions) Foods.

Our kitchen is permitted as a Food Establishment in order to prepare onsite fresh fruits and vegetables and provide tasty and nutritious meals and snacks. Our morning snack will consist of fresh fruit along with fruit juice or milk. Our lunches focus on healthy whole wheat grains, low fat protein and a strong emphasis on fruits and vegetables. After an afternoon of swimming, children are ravenous! Afternoon snack will have a fruit (again!) carbohydrate and protein source. The snack above is one of their favorites. Weekly menus are posted for your review.

No breakfast is served during camp. Parents may pack a breakfast for their child. Please be kind to your child and include fruits, healthy whole grains and protein. They will need it to get through an action-packed day!

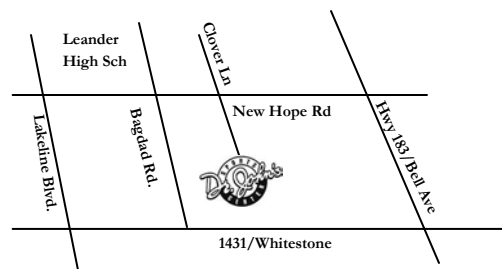
2010 WEEKLY SPORT FOCUS

WEEK	SPORT FOCUS
Mar 15—19 Spring Break	All Sport Camp Both Indoor and Outdoor Fun
June 7-June 11	Soccer & Cooperative Challenge Games
June 14-June 18	Flag Football and Dance (Hip Hop, Modern, Jazz)
June 21-June 25	Volleyball & Baseball (Kickball, Softball, T-Ball)
June 28-Jul 2	Basketball & Dance
July 6- July 9 (Closed July 5th)	Track & Field
July 12-July 16 CLOSED ALL WEEK—NO CHILD CARE CAMPS	NO CAMP FOR DR. JOHN'S PARTICIPANTS - CLOSED FOR TEXAS ECLIPSE VOLLEYBALL CAMPS & CLINICS
July 19-July 23	Soccer, Cooperative Challenge Game & Dance
July 26-July 30	Floor Hockey & Football Conditioning & Skills
Aug 2-Aug 6	Basketball
Aug 9-Aug 13	Baseball & Dance
Aug 16—Aug 20	Summer Olympic Games and Sport Festival

REGISTRATION & PAYMENT PROCESS

Dr. John's Sports Center is licensed as a Child Care Center. To enroll your child in Summer Camp we will need a completed Admissions Packet and one (1) \$50 non-refundable deposit to hold your child's place for Summer or Spring Break Camps. All forms can be found on our web site or call us and we are happy to email/surface mail the packet of information to you. Your deposit is applied to the last week of tuition. Previous campers of Dr. John's Sports Center only need to update existing information and be provided with our 2010 Operational Policies and Admission Agreement Form.

Payment due date is 2 weeks prior to the start of your child's selected camps. We are closed on July 5th (pro-rated at \$148 for Full Day Camp & \$80/\$100 for Half Day Camp) and are **completely closed for child care the week of July 12—16, 2010.** Families that need partial week care for vacation time are billed at \$40 per day.



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