

SUMMER SPORTS CAMP

2012 CAMPS FOR CHILDREN AGES 4*–11

*4 YEAR OLDS MUST BE TURNING 5 DURING THE SUMMER MONTHS.



DR. JOHN'S SPORTS CENTER

1800 CLOVER LANE ♦ CEDAR PARK, TX

512-259-7545 ♦ WWW.DRJOHNSSPORTSCENTER.COM

Sport focus changes weekly with an overall camp focus on healthy lifestyles. Sign up only for the weeks you need and have your child enjoy a summer of Sports, Swimming, Friends & Fun.

FULL DAY CAMPS \$200.00

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 at area public pools throughout the week. Every camper will receive a nourishing morning and afternoon snack as well as a full lunch. Afternoon swimming at least 3 times a week.

Time: Daily 9:00am – 4:00pm

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

HALF DAY CAMPS

Mornings Only till 11:45am- \$125.00

Afternoon only starting @12:45pm \$145.00

Per week—all inclusive fee— Extended hours & Nutritious snack. Need to add lunch for your half day camper? Just add \$5 per day for our awesome lunch.

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

Afternoon Campers Daily 12:45—4:00 pm

(Afternoon swimming included at least 3 times per week)

Morning Extended care 7 – 9 am / Afternoon Extended care 4 - 6pm (at no additional charge).

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. All Weekly Sport Focus instruction (including our Dance Camps) take place during the morning camp session.



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 every day 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 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

REGISTRATION PACKETS AVAILABLE ON-LINE

WWW.DRJOHNSSPORTSCENTER.COM

WEEKLY SPORT FOCUS - NEXT PAGE.

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.

ALL Dance Camps & Sport Focus are held during morning hours.

2012 WEEKLY SPORT FOCUS

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

EATING AT DR. JOHN'S 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 any-time) 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 snacks 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. Weekly menus are posted on our website as well as on our bulletin board. Please alert our staff during registration of food allergies.

If you feel your child will not eat the food served at Dr. John's Sports Center, please pack them a lunch. We do not offer alternative meals or food choices. They may however choose anything from the serving line to supplement your sack lunch.

No breakfast is served during camp.

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CEDAR PARK**

WEEK	SPORT FOCUS ** ALL DANCE Camps are held in the mornings**
Mar 12 - 16 Spring Break Menu A	All Sport Camp Both Indoor and Outdoor Fun
June 4 - June 8 Menu A	Soccer & Cooperative Challenge Games
June 11 - June 15 Menu B	Flag Football & Dance
June 18 - June 22 Menu C	Volleyball & Baseball (Kickball, Softball, T-Ball)
June 25 - June 29 Menu A	Basketball & Dance
July 2 - July 6 Menu B	Track & Field (Closed July 4th)
July 9 - July 13 Menu C	Dr. John's Campers Got Talent Search Archery & Golf
July 16 - July 20 Menu A	Soccer & Cooperative Challenge Games
July 23 - July 27 Menu B	Floor Hockey, Football & Dance
July 30 - Aug 3 Menu C	Basketball & Baseball
Aug 6 - Aug 10 Menu A	Archery & Dance
Aug 13 - Aug 17 Menu B	Track & Field
Aug 20 - Aug 24 Menu C	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 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 4th (pro-rated at \$160 for Full Day Camp & \$100/\$116 for Half Day Camp). Families that need partial week care for vacation time are billed at \$40 per day.

