

Check Camps Attending Below:

- ___ All Sports Camp
 - Pee Wee (8 am - 12 pm) - Ages 4-6
 - Youth Camper (8 am - 2:30 pm) - Ages 7-14
 - ___ June 14 - 18 ___ June 21 - 25
 - ___ July 12 - 16 ___ July 19 - 23 ___ July 26 - 30
- ___ Young Chef's Camp (ages 6-14) 10:00 am - 1:00 pm, June 28 - 30
- ___ Fitness Fun Camp (ages 5-13) 9:00 am - 3:00 pm, July 5 - 9
- ___ Just the Girls! Bootcamp (ages 13 - 17) 2:30 - 3:30 pm
 - ___ Session 1: June 2 - July 1 Mon, Wed, Thurs
 - ___ Session 2: July 5 - August 5 Mon, Wed, Thurs
- ___ SAT Camp (ages 13 - 17) 3:30 - 4:30 pm
 - ___ Session 1: June 2 - July 1 Mon, Wed, Thurs
 - ___ Session 2: July 5 - August 5 Mon, Wed, Thurs

Name _____

Age _____ Gender _____

Parent Name: _____

Address: _____

City, State, Zip: _____

Email Address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Number: _____

Physician Name & Number: _____

Allergies/Medications: _____

How did you hear about this camp? _____

Check - please make check payable to:

City Club at River Ranch

Charge to my member account

T-shirt Size:

___YS ___YM ___YL ___S ___M ___L ___XL

For more information please call:

Sports Camp, 216.6558

Fitness Fun, Chef, SAT & Girl Power Camps, 406.2582

Please fill out and return to City Club.

1100 Camellia Boulevard, Lafayette, LA 70508



CITY CLUB
RIVER RANCH

Exciting summer camps all summer!



June 2 - August 5



All Sports Camp (Ages 4 - 14)

June 14-18, June 21-25, July 12-16, July 19-23, July 26-30

Young Chef's Camp (Ages 6 - 14)

June 28 - June 30

Fitness Fun Camp (Ages 5 - 13)

July 5 - July 9

Girl Power Bootcamp (Ages 13 - 17)

Girls: June 2 - July 1, July 5 - August 5

Strength & Agility Training (Ages 13 - 17)

Boys: June 2 - July 1, July 5 - August 5

Call 406-2582 for more information.

All Sports Camp



June 14-18, June 21-25, July 12-16, July 19-23, July 26-30

Pee Wee (Ages 4 - 6), \$130 for members and \$150 for non-members

Youth (Ages 7 - 14), \$170 for members and \$190 for non-members

For more information on this camp call 216.6588.

Head Tennis Pro Chad Hebert has 20 years experience running summer camps and has been running the All Sports Camp since creation nine years ago. Assistant Camp Director Gus Rezende is in his 9th year with the camp. Pee Wee Director, Sherry Rhoney, has been running the Pee Wee Camp for 7 years and is a LASA Teacher of the Year for this age group.

Both the Youth & Pee Wee Camp begin at 8:00 am, with check-in beginning at 7:45 am in the Pro Shop located at 221 Elysian Fields Drive. Pee Wee Camp (ages 4 - 6) will end at Noon and the Youth Camp (ages 7 - 14) will end at 2:30 pm.

Every child who attends camp will receive an award that best describes how they excelled during the camp in addition to the "Camper of the Week" award and a performance award from All American Karate. An awards ceremony is held the last day of camp at 11:45 am for Pee Wee campers and 2:15 for youth campers.

Snacks are given to campers each day in the morning and usually consist of cookies and ice pops. If your child will prefer something different, please include a snack in their bag or a snack can be purchased in the Pro Shop. Lunch is provided for **Youth campers only** and include hamburgers, pizza, chicken tenders, hotdogs, and grilled cheese sandwiches on different days. Chips and drinks are also provided for lunch meals. The Beachside Grill has other items available for purchase if your child does not wish to eat the above mentioned food.

Tennis: All campers will enjoy tennis instruction by our talented City Club staff. Our camp uses the USTA Quickstart Tennis Program which is an excellent way to promote beginner level tennis. This form of instruction uses low-compression balls designed for rallying and utilizes many different games to make your child a better athlete as well.

Soccer has been an activity of the camp since its beginnings. We teach all skills involved with soccer by our camp staff. Involved with this are fun team games and actual game match play situations.

Fitness: The campers enjoy a variety of fitness instruction taught by City Club fitness staff. These activities include step aerobics, yoga, animal aerobics, Pilates, and many other fun fitness games. All staff is certified in their area of expertise.

Crafts & Games: The sports camp also plays a variety of games such as kickball, tee-ball, fitness games, and crafts (for Pee Wee ages).

Karate: We are honored to have Pablo Mejia as our Karate Director. Pablo is a Black Belt Instructor and is the founder and owner of All American Karate in New Iberia. He has been teaching full time since 1991 and our kids will enjoy a wide variety of karate skills as well as valuable self-discipline.

Kid Boot Camp: Taught by our bootcamp instructors, this section will encompass different strength and fitness activities while being fun and promoting teamwork.

Swimming: City Club's state-of-the-art pool includes a giant water slide, lazy river, and areas for swim instruction and play. Lifeguards and swim instructors teach your child from advanced to beginner and provides an organized fun team environments. There are segments of time in which actual instruction is taught and the other where kids can enjoy free play.

What to Bring: Each child should have a bag with a swimsuit, towel, change of clothes, water bottle, and tennis racket. Please place your child's name on all items and have your child dressed in athletic clothing as sandals are not allowed on the tennis court or soccer field.

Young Chef's Camp

June 28 - 30, Ages 6 - 14, 10:00 am - 1:00 pm

\$115 for members and \$135 for non members

For more information on camp or registrations call 216.6558.



Preserving the art of healthy meal prep in this fast-food generation, children 6-14 will be immersed in nutrition during this 3 hour, 3 day camp. They will learn basics of table etiquette, nutrients, healthy food choices & how to prepare quick, easy & balanced meals & snacks. Kids will eat their creations while dining with grace. Lunch included. **What to bring:** Name-labeled water bottle & a healthy appetite.

Just the Girls! Bootcamp

Mon, Wed, & Thurs. @ 2:30 pm June 2 - July 1 or July 5 - August 5

1 session: \$200 for members and \$220 for non-members.

2 sessions: \$370 for members and \$400 for non-members.

For more information on this program call at 296.2960.



They say girls rule. Prove it! This boot camp gives girls **ages 13-17** the high energy dynamic strength and conditioning workout Coach Brian has been providing for years. With one goal, Results Girl Power Bootcamp will get you ready for any sport and definitely ready for the Pool. Strength, Agility, Confidence, and Motivation are only some of the benefits. So, Come ready to Work and Play.

Fitness Fun Summer Camp



July 5 - 9, 9:00 am - 3:00 pm (Ages 5 - 13)

\$160 for members and \$180 for non-members.

For more information on this summer program call at 406-2582.

This recreational and educational summer day program focuses on offering a fun summer fit solution through education of balanced food intake along with exercise and motivating activities. The camp features a variety of instruction taught by a certified Fitness Practitioner featuring step aerobics, yoga, strengthening, team games and creative movement activities with a fitness and educational expert.

Special interest activities include flexibility, muscle strength, endurance, safety and meal planning with a certified dietitian to instruct preparation of healthy snacks, basic nutrition, and healthy food choices. Campers will enjoy City Club's state-of-the-art pool which includes a water slide, lazy river, volley ball area, lap pool and a water spray section. A certified tennis instructor will instruct the fundamentals of tennis through motivating games and activities daily. This exciting camp is headed by Jessica Landry, who has a Masters degree in Education and was the Louisiana State Regional Teacher of the Year and the Louisiana State Teacher of the year for LAHPERD selected as a National fitness educator.

What to Bring: Swimsuit, towel, water bottle, tennis racquet, wear tennis shoes, change of clothes, and lunch.

S.A.T. Strength & Agility Training Camp

Mon, Wed, & Thurs. @ 3:30 pm June 2 - July 1 or July 5 - August 5

1 session: \$200 for members and \$220 for non-members.

2 sessions: \$370 for members and \$400 for non-members.

For more information on this program call at 296.2960.



This camp provides young male athletes **ages 13-17**, with exclusive training to improve their performance in a motivating and engaging environment that will separate the elite from the average. Focusing on both strength and agility this camp will get you ready for both the field or the playground at the same time you will be ready for the pool. Coaches Brian and HJ are looking for guys that are ready to get after it have some fun and get some results. Forget the pen and paper just bring your commitment and determination and Coach will do the rest.

What to bring: Commitment, determination and can-do attitude.