

# Summer Sports Camp

AGES 7-12



## *An Active Alternative to Summer Child Care*

Summer Sports Camp is a safe, fun, low-competitive program designed to build teamwork, sports skills and self-esteem. Participants will engage in numerous activities to promote an active and healthy lifestyle. From archery to badminton, flag football to tennis, our staff will keep your kids active. Participant must bring a lunch daily. Snacks and drinks will be provided throughout the day.

### June 8–August 21, Mondays–Fridays

**Typical Daily Schedule:**

**Program Hours:** 8:30 a.m. – 4:30 p.m.

**Drop-off\*:** 7:30 a.m. – 8:30 a.m. Free Time

**Gym Games:** 8:30am-9:30am

**Focus Activity:** 10:00am – 11:30am

**Lunch/Free Time:** 11:30am-12:30pm

**Gym Games:** 12:30pm-1:30pm

**Focus Activity:** 2:00pm-4:00pm

**Pick-up:** 4:30 p.m. – 5:30 p.m.

**Cost: \$125 per participant per week.**

(Weekly payment options)

**WEEKLY FOCUS ACTIVITIES**

Week 1– Basketball and Volleyball

Week 2– Golf, Disc Golf, and Soccer

Week 3– Lacrosse, Tennis, and Table Tennis

Week 4– Baseball, Softball, and Wiffle Ball

Week 5– Ultimate Frisbee, Bocce Ball, Yard Games

Week 6– Archery and Airguns

Week 7– Track and Field Events

Week 8– Biking and Swimming

Week 9– Flag Football and Rugby

Week 10– Skating, Floor Hockey, and Broomball

Week 11– Hiking, Camping Skills, and Capture the Flag

Breaks throughout the day will include opportunities for board games and other individual relaxed options.

**Gym Games Include: Dodgeball, Basketball, Table Tennis, Yard Games, Frisbee, 4 Square, and Many More!**

Parent Name:				Phone Number:		
Email:						
Address:				City:		Zip:
Child's Name				DOB:		Grade:
Week 1 <input type="checkbox"/>	Week 3 <input type="checkbox"/>	Week 5 <input type="checkbox"/>	Week 7 <input type="checkbox"/>	Week 9 <input type="checkbox"/>	Week 11 <input type="checkbox"/>	Emergency Contact:
Week 2 <input type="checkbox"/>	Week 4 <input type="checkbox"/>	Week 6 <input type="checkbox"/>	Week 8 <input type="checkbox"/>	Week 10 <input type="checkbox"/>		Phone Number:
Hold Harmless Agreement: As consideration for permission by the City of Grand Rapids to use its property and / or facilities, the under signed hereby agrees to hold harmless, indemnify, and defend the City of Grand Rapids, its Departments, Council Members, Officers and Employees against any and all claims, losses, damages, or lawsuits for damages arising from, allegedly arising from, or in any way related to the undersigned's use of the City of Grand Rapids' property, facilities or equipment.				VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/>		
				Card Number: _____ - _____ - _____ - _____		
				Exp Date: ____ of 20____ CV#: _____		
Mail to 420 North Pokegama Avenue, Grand Rapids MN, 55744. Fax 218-326-5410 Phone 218-326-2500 www.cityofgrandrapidsmn.com						