



## 2024 SUMMER PROGRAM ENROLLMENT APPLICATION July 1 - August 30

### CURRENT RATES

TYPE	1 week	2 – 5 Weeks	6 – 9 Weeks	Additional fee
Half Day	\$350	\$325	\$310	
Full Day	\$580	\$540	\$520	

Child (1) \_\_\_\_\_ (M / F) Grade in Sept. 2024 \_\_Age \_\_Birthday \_\_\_\_\_  
Child (2) \_\_\_\_\_ (M / F) Grade in Sept. 2024 \_\_Age \_\_Birthday \_\_\_\_\_  
Child (3) \_\_\_\_\_ (M / F) Grade in Sept. 2024 \_\_Age \_\_Birthday \_\_\_\_\_  
Child (4) \_\_\_\_\_ (M / F) Grade in Sept. 2024 \_\_Age \_\_Birthday \_\_\_\_\_

Mother's name \_\_\_\_\_ Father's name \_\_\_\_\_  
Mother's cell # \_\_\_\_\_ Father's cell # \_\_\_\_\_  
Parent's e-mail \_\_\_\_\_ Home phone # \_\_\_\_\_  
Address: (Summer) \_\_\_\_\_  
(Street) (City) (State) (Zip)

Address: (Winter) \_\_\_\_\_  
(Street) (City)

Registration is weekly. Register for any number of weeks: No Minimum nor do the weeks need to be consecutive.

<input type="checkbox"/> Week 1: July 1 – 3 (3 days only)	<input type="checkbox"/> Week 6: August 5 – 9
<input type="checkbox"/> Week 2: July 8 – 12	<input type="checkbox"/> Week 7: August 12 – 16
<input type="checkbox"/> Week 3: July 15 - 19	<input type="checkbox"/> Week 8: August 19 – 23
<input type="checkbox"/> Week 4: July 22 – 26	<input type="checkbox"/> Week 9: August 26 – 30
<input type="checkbox"/> Week 5: July 29 – August 2	

#### • **HALF DAY OPTION:** 8:50 - 9:00am Arrival

9:00-12:00 **CIRCUIT:** three rounds of 50 min session follow by 10 min break and prepare

- GYMBOREE + INFLATABLES (Supervised, only 6-8)
- TURF (baseball?, field hockey?, soccer, lacrosse , flag football, speed & agility\*)
- COURT (tennis, Pickleball, volleyball?)
- POOL

\* Speed and Agility training includes: dynamic warm up, plyometrics, speed and agility training individual and partner speed development

12:15-13:00 **LUNCH BREAK PROVIDED** (choose option in advance every week : Chicken Nuggets, Hamburger or Cheeseburger, Hot Dog , Garden Salad/Garden Salad with Chicken , Tuna Sandwich , Sun Butter and Jelly Sandwich , Turkey and Cheese Sandwich , Pizza every Friday!

#### • **FULL DAY OPTION:** 1:00 - 4:00pm **CIRCUIT:** Three rounds of 50 min session follow by 10 min break and prepare

- Active Social Skills Task see below
- Stretch & Mobility includes: yoga, pilates and core fusion
- Wall climbing instructed
- Self Defense instructed

#### 3 more options (Additional fee)

- Nutritional Counseling; Personal swimming training; 1:1 personal training