

SWIM & TENNIS HALF DAY CAMP AT PALISADES

This summer in addition to our outstanding tennis program, we are offering a half day swim & tennis day camp geared towards children in the 6-13 year old age range. In this camp, children will be introduced to tennis and swimming and if they already have experience in these sports, they will continue to develop their skills. Our goal is to keep the kids having fun in a less competitive environment while learning to play these sports.

This camp will be supervised by the Director of Tennis, Doug Sokol. We have great camp counselors that are outgoing, responsible, and have a love for children and sports. We strongly feel that our camp will give your child the chance to learn new skills, make new friends, and discover new interests.

The camp will run for 10 weeks beginning on Monday June 15th. The last week of camp will be the week of August 17th. The camp will begin at 9am and end at 1 pm. In the event of rain, we do not have the capability of holding the camp. If camp is rained out then your child may makeup a day during another week's camp. In the event of extreme heat, every effort will be made to spend more time indoors and at the pool. Each child is asked to bring their own lunch which we will store for them in the clubhouse. This year there are 3 options for participating in our camp:

- 1) Tennis only from 9-12 (\$255 per week for members and \$280 for non-members)
- 2) Tennis from 9-12 and Swimming with free swim from 12-1pm monitored by one of our camp counselors and of course the lifeguards at the pool.
(\$295 per week members and \$320 per week non-members)
- 3) Tennis and Swim Instruction with experienced swim coach from 12-1.
(\$350 per week members and \$375 per week non-members)

Here is what a typical day at our camp might consist of:

9:00 am - 9:15 am	Campers arrive at Palisades clubhouse; warm-up
9:15 am - 10:30 am	Tennis Instruction
10:30 am - 11:00 am	Break for lunch or snack
11:00 am - 12:00 pm	Tennis Instruction
12:00 pm - 12:15 pm	Change for swimming
12:15 pm - 1:00 pm	Swimming Instruction with the palisades Swim Staff

REGISTRATION FORM

Name: _____ Address: _____
City: _____ Zip: _____ Email address: _____
DOB: _____ Gender: _____ Home phone: _____ Cell phone: _____
Parent's Name: _____ Amount enclosed: _____

Please check option:

Tennis only Tennis/Free swim Tennis/Swim Instruction

June 15 - June 19

July 20 - July 24

June 22 - June 26

July 27 - July 31

June 29 - July 3

Aug 3 - Aug 7

July 6 - July 10

Aug 10 - Aug 14

July 13 - July 17

Aug 17 - Aug 21

Please send full payment with check made payable to:

Doug Sokol at 5822 Shepherd Drive Frederick, MD 21704

Any Questions call (240) 498-6140 or email: palisadestennis@hotmail.com