

## CAMP SELECTION

Camper's Name: \_\_\_\_\_

Age: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Allergies: \_\_\_\_\_

Fitness Camp

What age group? Circle one

4-6 Year Olds

7-8 Year Olds

Which week(s)? Circle week(s) your child will attend

6/17 6/24 7/1 7/8 7/15 7/22 7/29 8/5 8/12

Fusion Tennis and Fitness Camp

Which camp? Circle one

One Hour Tennis with Casey

Two Hour Tennis with Kristina

(M - F 9am - 3pm)

(M - Th. 9am - 5pm; Fri. 9am - 3pm)

Which week(s)? Circle week(s) your child will attend

6/17 6/24 7/1 7/8 7/15 7/22 7/29 8/5 8/12

## CONTACT INFORMATION AND AUTHORIZATION

Parent Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

I \_\_\_\_\_ authorize MRHC and it's representatives to seek medical attention for my child in case of emergency and expressly agree to release and discharge The McLean Racquet & Health Club and all affiliates, employees, agents, representatives, successors, or assigns, without limitations, from any injuries to your child which may occur, except for gross negligence. I understand there will be **NO REFUNDS** issued.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Payment must be received with this registration form.  
Payment options: Credit Card, Check or Bill to Club Account.

# SUMMER FITNESS CAMPS 2024



1472 Chain Bridge Road  
McLean, VA 22101

703-356-3300

[www.mcleanrhclub.com](http://www.mcleanrhclub.com)



# Fusion Tennis / Fitness Camp 2024

A combination of some of our most popular camps! This camp provides both tennis and fitness fun for your child!

Monday - Friday

June 17<sup>th</sup> - August 12<sup>th</sup>  
9am - 3pm OR 9am - 5pm

**Ages:** 4 to 8 years old

<b>Pricing:</b>	<b>Members</b>	<b>Non-Members</b>
Fusion Tennis Camp 9am-3pm (2-3pm Tennis with Casey)	\$520 per week	\$660 per week
Fusion Tennis Camp 9am-5pm (3-5pm Tennis with Kristina)	\$650 per week	\$790 per week

Ask about our Mon/Thur swim lesson add-ons (3:30-4:15pm)  
Lunch from Serve Bistro is included with camp!

Fusion tennis camps will follow the same daily schedule as fitness camps! If you participate in Casey's 2-3pm tennis class your child will leave the fitness class at 2pm and go upstairs to tennis. If you participate in Kristina's 3-5pm tennis class your child will complete all activities and then go upstairs to tennis. Don't forget to pack a snack! Children participating in the tennis classes will be picked up upstairs by the front desk. On Fridays there is NO tennis class instead we will be having special events and your child will be finished with camp at 3pm!

One or two hour daily quick start tennis camps

- Experienced and Certified Pros
- 5:1 student-teacher ratios
- Air-conditioned courts
- Individualized instruction
- Tennis camps will not be held on Fridays - Instead Fusion and Fitness camps will have special events each Friday!

Below are items that your child will need to bring each day!

- Water bottle/change of clothes/sneakers/sunscreen
- Bathing suit (towels provided)
- Tennis racquet
- Snack (if participating in activities after 3pm)

# FITNESS SUMMER CAMPS 2024

Monday - Friday  
June 17<sup>th</sup> - August 12<sup>th</sup>  
9am - 3pm

Special Events  
Every  
Friday!

**Ages:** 4 to 8 years old

**Pricing:** Members: \$400 per week  
Non-Members: \$500 per week  
Lunch from Serve Bistro is included with camp!

## WEEKLY THEMES!

- Week 1:** June 17<sup>th</sup> Magic
- Week 2:** June 24<sup>th</sup> Mad Science
- Week 3:** July 1<sup>st</sup> Happy Birthday USA!
- Week 4:** July 8<sup>th</sup> Petting Zoo
- Week 5:** July 15<sup>th</sup> Emergency Services
- Week 6:** July 22<sup>nd</sup> Cooking
- Week 7:** July 29<sup>th</sup> Theatre in the Woods
- Week 8:** Aug. 5<sup>th</sup> Game Truck
- Week 9:** Aug. 12<sup>th</sup> Bouncy House

## DAILY SCHEDULE :

- 9-10 Drop off and Squash
- 10-10:30 Snack (Provided)
- 10:30-11:30 Tennis with Kristina
- 11:30-12:30 Pool Time!
- 12:30-1 Lunch (Provided)
- 1-1:30 Craft
- 1:30-2:30 Fitness Class
- 2:30-3 Games and Pickup

Camps will be divided into 2 age groups:  
4-6 years old  
7-8 years old