



Camp Registration



Camper's Name:

Age: T-shirt Size:

Allergies:

Fitness Camp

Select week(s):

Jun 22 Jun 29 Jul 06 Jul 13

Jul 20 Jul 27 Aug 3 Aug 10 Aug 17

Fitness & Fusion Tennis Camp

If your child is participating in both Fusion and Fitness camps, select which tennis camp.

One Hour Tennis with Kristina (M-F: 9am-3pm)

Two Hour Tennis with Kristina (M-Th: 9am-5pm, F: 9am-3pm)

Select week(s):

Jun 22 Jun 29 Jul 06 Jul 13

Jul 20 Jul 27 Aug 3 Aug 10 Aug 17

Contact Information & Authorization

Parent's Name: _____ Member #: _____

Phone Number: _____ Email: _____

Emergency Contact: _____

Emergency Phone Number: _____

I, _____, authorize MRHC and its 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 my 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 Charge to Account.



Summer Fitness Camp 2026



📍 1472 Chain Bridge Road, McLean VA 22101

📞 703-356-3300

✉️ mrhc.playroom@gmail.com

Fitness Camp

Monday - Friday
June 22nd - August 17th
9am - 3pm

Ages: 4-8 years old

Pricing: Members: \$300/week Non-Members: \$400/week

Weekly Themes

Week 1 (Jun 22)	Mask Querade
Week 2 (Jun 29)	Happy Birthday USA
Week 3 (Jul 6)	Story Time
Week 4 (Jul 13)	Claymation
Week 5 (Jul 20)	Erupting Volcanos
Week 6 (Jul 27)	Slime Time
Week 7 (Aug 3)	Tie-Dye Shirt Design
Week 8 (Aug 10)	Magic
Week 9 (Aug 17)	Petting Zoo

Daily Schedule

9:00am - 10:00am	Squash
10:00am - 10:30am	Snack (provided)
10:30am - 11:30am	Tennis
11:30am - 12:30pm	Pool Time!
12:30pm - 1:00pm	Lunch (provided)
1:00pm - 1:30pm	Craft
1:30pm - 2:30pm	Active Hour
2:30pm - 3:00pm	Games & Pickup

What to Bring

Water Bottle
Swimsuit
Change of clothes

Sneakers
Sunscreen



Fitness & Fusion Camp

Monday - Friday
June 22nd - August 17th
9am - 3pm or 9am - 5pm

A combination of the most popular camps providing both tennis and fitness fun!

Tennis class led by our tennis pro Kristina:
2-3pm or 3-5pm

Ages: 4-8 years old

Pricing:

9am-3pm: Members: \$432/week Non-Members: \$576/week

9am-5pm: Members: \$564/week Non-Members: \$752/week



One or Two hour daily tennis camps include:

- Experienced and Certified Tennis Pros
- 5:1 student/teacher ratio
- Air-conditioned courts
- Individualized instruction

Note: Tennis camps will not be held on Fridays. Instead, Fusion and Fitness camps will have special events each Friday.

Fusion tennis camps will follow the same daily schedule as fitness camps. If you participate in Kristina's 2-3pm tennis class, you will leave the fitness class at 2pm to do tennis. If you participate in Kristina's 3-5pm tennis class, you will complete all activities and then go straight to tennis. Children participating in tennis classes will be picked up by the front desk. On Fridays, children will be ready for pickup at 3pm.

Ask about Mon/Thu swim lesson add-ons (3:30pm-4:15pm)

What to Bring

Water Bottle
Swimsuit
Change of clothes
Sneakers
Sunscreen
Tennis Racquet
Snack (if participating in activities after 3pm)

