

MUSC WELLNESS CENTER

2010 ULTIMATE FUN SUMMER CAMPS

This is the 11th year for the Summer Camp program at the MUSC Harper Student Center. Our campers will be able to enjoy a variety of activities this summer beyond just sports, although the majority of our activities will still be fitness or athletic oriented. Our goal is to start your child in a lifelong quest of fitness and good health, as well as offer creative outlets and mental stimulation this summer.

Core camp activities include tennis, racquetball, martial arts/capoeira, dance, basketball, volleyball, soccer, indoor hockey, yoga, agility & speed training, nutrition education and fitness testing. Arts and crafts will be an optional activity available to campers. Campers will have swimming everyday. We also offer swim lessons, swim team style training, dance lessons, photography classes and additional tennis instruction (private or semi-private lessons available) for an additional fee. Our dance lessons will be offered by Dance Moves of Charleston. The photography will be offered by our photography instructor Michael Fischbach.

We have divided our camp into 4 different camps this summer to accommodate different age groups and interests. Please look over the options and let us know if you have any other suggestions or questions.

Ultimate Fun Camp Ages 5-9

This is our traditional summer camp. We promise to keep your kids active and open their eyes to all the fun things they can do to be their "fittest". We will have a focus on healthy behaviors and patterns running through camp all summer long. Our nutritionist will meet with campers weekly to go over different topics.

Kids BEE Fit Mini Camp Ages 2-4

This camp is similar to our traditional camp but with very limited enrollment and a 5 to 1 camper to staff ratio. However, this camp will not be swimming or participating in free play with the older campers. This camp also includes a swim lesson everyday. Pricing is different for this camp due to increased staffing needs and the swim lesson.

CAMP N.R.G. Ages 10-14

Everyone needs to expend more "energy"! With our focus on Nutrition, Recreation, and Games, we make it easy to achieve that goal.

Whether your pre-teen (10-14) loves sports and wants to be pushed to excel athletically or needs more activity due to spending too much time on the couch & computer, this is the camp to attend. With weekly incentives and prizes for improvement, we have just the right environment for helping our campers to really incorporate knowledge and practical application of health and fitness into their lives. There will be an exercise boot camp element included in this camp.

Counselor In Training (CIT) Ages 10-14

If your pre-teen wants to get more experience working with kids we have the program for them. We will let our CIT campers use their own fit, active behaviors and specific talents (sports, arts, academics, etc) to help have a healthy influence on our younger campers. This camp will include instruction in CPR, First Aid, safe childcare practices and general strategies to offer positive, nurturing, healthy experiences for children. If campers earn American Red Cross certifications additional fees may apply. After successfully completing 3 weeks of training, campers may apply

to act as a volunteer Junior Counselor. Participants from last summer may fast track into Junior Counselor positions. Applicants who have demonstrated adequate maturity and responsibility may be accepted to volunteer status. Details provided upon registration.

Camp Staff: All staff members will be CPR and first aid certified, as well as highly trained in their area of expertise. Camp staff will be MUSC employees as well as additional staff provided by the College of Charleston and The Citadel's Health and Physical Education Department. Over 10 staff members hold a Master's degree in physical education or are currently pursuing that degree.

Camp Details and Fees: Hours – 8:30 am to 5 pm for Full Day
Early drop off available from 7:15 am to 8:30 am for additional \$3 per day, per child
Late pick-up available until 6:10 pm for additional \$3 per day, per child
Both early and late: \$5 per child per day.
Campers are expected to bring their own snacks and lunch

DISCOUNTS: All discounts can be combined (except D and E- *either or*) and apply to final camp costs and early/late fees. Will not apply to deposit- only to total due.

A: Wellness Center Members= 10% off

B: MUSC employees= 5% off

C: Sibling= 5% off (each child during weeks 2 or more children attend)

D: Prepayment of 5 or more weeks before May 15= 5% off

OR

E. Multi-week discount (kicks in at the 6th week of camp)= 5% off

CAMP COSTS: Ultimate Fun, Camp N.R.G., CIT Camp

WEEKLY FULL DAY: \$200

WEEKLY HALF DAY: (any 4 or less hours) \$130

DAILY: Full day \$50, Half day \$35 (any 4 or less hours)

HOURLY: \$10 PER HOUR

Sessions run every week beginning May 17.

CAMP COSTS: Kids BEE Fit Mini Camp (ages 2-4)

WEEKLY FULL DAY: \$250

WEEKLY HALF DAY: Half day (any 4 or less hours) \$160

DAILY: Full day \$60, Half day \$40

HOURLY: \$12 PER HOUR

Sessions run every week beginning May 17.

Transfers and refunds: If space is available, parents may transfer enrollment up to 10 business days before their scheduled camp dates. Last minute transfers may incur a \$5 transfer fee. Enrollments for specific days or half week still need to pay the full deposit, however the balance due will be adjusted based on actual attendance.

To Register: Registration opens March 17, 2010. Complete registration sheet and fax (843-792-7933), mail, or bring to Harper Student Wellness Center. Deposit must be paid to ensure registration. **The \$35 deposit per week required to hold your enrollment spot is non-refundable but is subtracted off the total due for camp.** You may call the front desk (843-792-5757) for general questions or to apply your credit card number over the phone. Specific questions directed to 792-0767 or kids@musc.edu.

