

MUSC WELLNESS CENTER

2009 ULTIMATE FUN SUMMER CAMPS:

This is the 10th year for the Summer Camp program at the MUSC Wellness 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, squash, martial arts, 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 and additional tennis instruction (private or semi-private lessons available) for an additional fee.

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.

Ultimate Fun Mini Camp Ages 3-4

This camp is the same as our traditional camp but with very limited enrollment and a 5 to 1 camper to staff ratio. There is an additional \$20 weekly fee to attend this camp to cover the costs of additional staffing. We do require that these campers be potty trained. Contact us for additional fees to cover daily or hourly registration.

CAMP N.R.G. Ages 10-14

*Everyone needs to expend more "energy"! With our focus on **N**utrition, **R**ecreation, and **G**ames, 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. We will also help prepare our campers for competition in our 1st annual Kid's and Family Triathlon held late summer 09 (participation optional).

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. 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.

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 \$2 per day, per child

Late pick-up available until 6:10 pm for additional \$2 per day, per child

Campers are expected to bring their own snacks and lunch

CAMP COSTS: FULL DAY, WEEKLY REGISTRATION

	EARLY REGISTRATION RATE with 4 or more weeks, deposit paid by 5/10	Regular rate with no discounts
Members	\$160 *Per week (may qualify for \$20 sibling discount)	\$ 175 (may qualify for \$20 sibling discount)
MUSC employees	\$ 170 *Per week(may qualify for \$20 sibling discount)	\$ 185 (may qualify for \$20 sibling discount)
Non-members	\$ 185 *Per week(may qualify for \$20 sibling discount)	\$ 200 (may qualify for \$20 sibling discount)

** This rate includes a \$10 discount per week if registered for 4 or more weeks and \$5 off each deposit paid before 5/10. Sibling discount subtract \$20 from weekly cost for each additional child-to be taken off final payment each week. Member, employee, and sibling discounts apply to weekly registration only. Special requests or questions regarding discounts may be directed to Amy or Kat at kids@musc.edu.*

WEEKLY: Half day (any 4 or less hours) \$130

DAILY: Full day \$50, Half day \$35

HOURLY: \$10 PER HOUR

Sessions run every week beginning June 1.

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. The \$50 (\$45 OR \$35 before 5/10) deposit per week required to hold your enrollment spot is non-refundable but is subtracted off the total due for camp. 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: Complete attached registration sheet and fax (843-792-7933), mail, or bring to the Wellness Center. Deposit must be paid to ensure registration. Details provided on registration form. 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 Amy or Kat, 792-0767 or kids@musc.edu.

