



# SUMMER CAMP

2024



# 2024 SUMMER CAMP [AT] ABK & COURT HOUSE FAMILY FITNESS

**GET READY FOR THE VIBIEST ROGUE VALLEY SUMMER EVER!**

Summer camps - when we recall what these were like when we were young, we are flooded with memories and images of friends, fun, warm days, imagination, and did we forget to mention all the fun? Give your child these same **vibes** to last a lifetime by enrolling them in an ABK or Court House summer camp program. With so many choices and week options, you can choose more camps for bigger savings! \*Please note - camps are non-refundable.



\*Take advantage of the Mix-n-Match discount! Enroll your child in 3 or more sports camps to get \$10 off the 3rd camp and on! \*This discount does not apply to Preschool Camp or Summer Rec Camp.

*Don't forget to bring a snack and water bottle each day of sports camps. Here's to the BEST Rogue Valley summer ever!*

**America's Best Kids**  
1914 Sky Park Drive

**Court House Family Fitness**  
709 North Phoenix Road

[abkfun.com/camps](http://abkfun.com/camps)  
[customerservice@abkfun.com](mailto:customerservice@abkfun.com)  
541.245.0432





# CAMP **VIBE** GUIDE

## **ABK CAMPS @ 1914 SKY PARK DRIVE**

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Gymnastics Camp - Ages 6 -12 Years

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Ninja Camp - Ages 6 -12 Years

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Aquatics Camp - Ages 3 -12 Years

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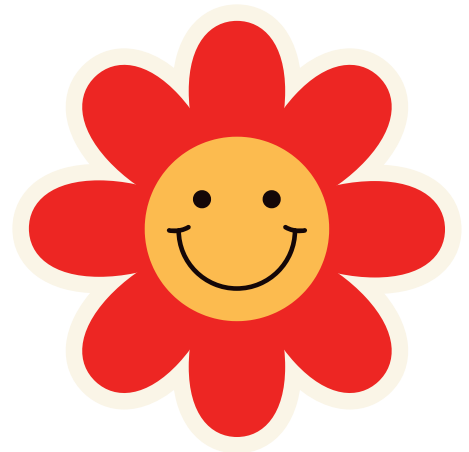
Karate Camp - Ages 6 -12 Years

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Preschool Camp - Ages 3 -5 Years

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Recreational Day Camp - Ages 6 -12 Years



## **COURT HOUSE CAMPS @ 709 NORTH PHOENIX ROAD**

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Basketball Camp - Ages 6 -14 Years

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S.A.Q. Camp - Ages 6 -14 Years





**MON - THURS  
12 - 3 PM**

- June 17 - 20
- July 15 - 18
- Aug 5 - 8



# GYMNASTICS CAMP

**AGES 6 - 12 YRS**

**\$ 190 / week**



ABK's recreational gymnastics camps are packed full of fitness, acrobatics, & proper gymnastics techniques, with progressions in each of the 4 Women's Olympic events. Annual membership fee required \$30/ student. Bring water & snack.

## CAMP BENEFITS

- Superior fundamental preparation
- Groups according to age & ability
- Strength, fitness, balance, & FUN!

**America's Best Kids**  
1914 Sky Park Drive - Medford

**More Information**  
Call 541.245.0432

 **FULL DETAILS**  
[abkfun.com/camps](http://abkfun.com/camps)



**MON - THURS**  
**12 - 3 PM**

- June 17 - 20
- July 15 - 18
- Aug 5 - 8



# NINJA CAMP



*Mix*  
**& MATCH!**

**AGES 6 - 12 YRS**

**\$190 / week**



Ninja is ALL THE RAGE and a popular choice at ABK, where we are proud to present our first summer of Ninja Camps! Bring water & snack. Annual membership fee required \$30/ student.

## CAMP BENEFITS

- Technique
- Balance
- Coordination
- Strength
- Confidence

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**MON - THURS**  
**45 MINS DAILY**

- June 10 - 13
- June 24 - 27
- July 8 - 11
- July 22 - 25
- Aug 5 - 8

**AQUATICS**

**CAMP**



**AGES 3 - 12 YRS**

**\$ 110 / week**

*Mix*  
**& MATCH!**



ABK Aquatics Camp is a great way to kick start your child in swimming this summer or to build on their current skills. Each camp week is 4 days of 45 minutes per day of swim lessons. Annual membership fee required \$30/ student.

**LEVELS OFFERED:**

- BEGINNER
- INTERMEDIATE
- ADVANCED

\*see website for full level description!

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# AQUATICS CAMP

## **BEGINNER VIBES**

This camp is for Dolphin 1 & Shark 1 level students who:

- are 3-12 years of age
- have little to no swim experience
- can't swim independently

## **INTERMEDIATE VIBES**

This camp is for Dolphin 2 & Shark 2 level students who:

- are 3-12 years of age
- have swim experience
- can swim independently

## **ADVANCED VIBES**

This camp will have an additional focus and is for Shark 3 level (and higher) students who:

- are 5-12 years of age
- have swim experience

## **JUNE 10 - 13**

- Beginner 12:00 - 12:45 pm
- Intermediate 12:45 - 1:30 pm

## **JUNE 24 - 27**

- Beginner 12:00 - 12:45 pm
- Advanced 12:45 - 1:30 pm
  - refinement & endurance

## **JULY 8 - 11**

- Beginner 12:00 - 12:45 pm
- Intermediate 12:45 - 1:30 pm

## **July 22 - 24**

- Beginner 12:00 - 12:45 pm
- Advanced 12:45 - 1:30 pm
  - water polo & swim team prep

## **Aug 5 - 8**

- Beginner 12:00 - 12:45 pm
- Intermediate 12:45 - 1:30 pm



**POOLSIDE VIBES**  
**ABKFUN.COM/CAMPS**

**MON - THURS  
12 - 3 PM**

- June 24 - 27
- July 29 - AUG 1
- Aug 12 - 15



Designed for both the current student & the aspiring Black Belt. For 3 hours each day we train technique & curriculum at ABK with the ability to use all the awesome equipment in the gym! Some camp activities include board breaking, weapons, sparring, "ninja warrior" style obstacle courses, & games! One karate camp also will give you 12-15 karate class credits to go toward your next belt testing.

# KARATE CAMP



**AGES 6 - 12 YRS**



**\$ 162/ week Black Belt Club**

**\$ 190/ week All Others**

**Annual membership fee required \$30/ student**

*Mix  
& MATCH!*

## **DAILY**

- Board breaking & weapons
- Sparring & obstacle course
- Games & FUN!

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1914 Sky Park Drive - Medford

**More Information**  
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**FULL DETAILS**  
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**NOW OFFERED AT  
BOTH LOCATIONS!**

**MON - THURS**

**8:30 - 11:30**

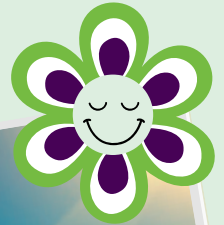
**\*Optional Lunch Hour  
add-on \$7 daily.**

**\*Snack provided daily.**

**\*If participating in Lunch  
Hour, please pack lunch.**



# PRESCHOOL CAMP



**AGES 3 - 5 YRS**

**\$108 / week**



Our camp runs from June 10 - Aug 22 & is a fun & unique introduction to Preschool! Your child will play games, enjoy lots of outdoor activities, crafts, & more. Preschool Camp will allow your child to grow & learn with friends all summer long. *\*Closed week of July 1st.*

*\* Annual membership fee required \$30/ student.*

**America's Best Kids**  
1914 Sky Park Drive - Medford

**More Information**  
Call 541.245.0432

## **CONTACT:**

Questions? Schedule a tour today!

Contact Miss Rhiannon at [rnelsen@abkfun.com](mailto:rnelsen@abkfun.com) (ABK) or Miss Shasta at [ssummers@abkfun.com](mailto:ssummers@abkfun.com) (CH)



**FULL DETAILS**  
[abkfun.com/camps](http://abkfun.com/camps)



**Ages 5 - 12 yrs**

**MON - FRI**

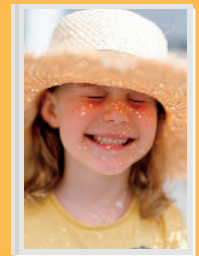
**June 10 - Aug 23**

**Enroll for a day, a week, or ALL summer!**



# REC DAY CAMP

Discover the essence of FUN! Customize your child's summer experience by selecting from a variety of camp days & extended care options to craft the perfect summer schedule. Your child will enjoy a blend of exciting activities including Open Gym & Swim sessions, engaging arts & crafts, lively group games, & refreshing outdoor water play. Campers get plenty of chances to vibe out with friends, making their summer experience memorable!



***Bring a lunch, swimsuit, & towel daily!***

\*Annual membership fee required \$30/ student

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# REC DAY CAMP

**Summer Rec Camp at ABK is THE place to be when school is out and the days are long and hot!**

**Enroll in one week of rec camp & receive 10% off of a sports camp held concurrently (same week).**

**Camp: 8:00 am - 2:30 pm**

\$45.50/day for 1 - 11 total summer days

\$42.25/day for 12 + total summer days

\*Camp drop-in fee \$50

**Extended Care: 2:30 - 5:30 pm**

\$21.00/day for 1 - 11 days

\$19.50/day for 12+ days

\*Extended care drop-in fee \$25



**CHILL VIBES**

**ABKFUN.COM/CAMPS**





**MON - THURS**  
**9 AM - 12 PM**

- June 24 - 27
- July 15 - 18
- Aug 5 - 8

# BASKETBALL CAMP



**AGES 6 - 14 YRS**

**\$ 190 / week**



Basketball Camp is all about skill and fun. Your camper will be challenged in fun & innovative ways to help them become more confident & controlled players. Scrimmages included!

## CAMP BENEFITS

- Ball handling
- Control
- Balance
- Coordination
- Quick reaction
- Confidence

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**More Information**  
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 **REGISTER**  
[chfit.com/camps](http://chfit.com/camps)

**SPEED  
AGILITY  
QUICKNESS**

**MON - THURS  
12 - 3 PM**

- June 17 - 20
- July 22 - 25
- Aug 12 - 15



**S.A.Q.  
CAMP**



**AGES 6 - 14 YRS**

**\$190 / week**

*Mix  
& MATCH!*



SAQ is a high-energy camp focused on assisting athletes with footwork, explosiveness, & technique. With vertical, core & hurdle training, your athlete will have a leg up on fall competition. Applicable to all sports!

**CAMP BENEFITS**

- Technique
- Explosiveness
- Balance
- Coordination
- Quick reaction
- Confidence

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**REGISTER**  
[chfit.com/camps](http://chfit.com/camps)

# CAMP

## WIBES 4eva



- ✓ **Gymnastics**
- ✓ **Ninja**
- ✓ **Karate**
- ✓ **Aquatics**

- ✓ **Basketball**
- ✓ **S.A.Q.**
- ✓ **Preschool**
- ✓ **Rec Day camp**



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