

GYMNASICS.S.A.Q SWIM PRESCHOOL NINJA BASKETBALL KARATE DAY CAMPS

SUMMER CAMPS





A summer of fun starts here! America's Best Kids & Court House Fitness Summer Camps keep kids active, social & engaged! Your child is bound to have fun between our preschool camps, day camps or sports camp options!

REMINDERS

- * **Camps are non-refundable**
- * **Pack a snack & water daily**
- * **Rec Day Camp: Pack lunch, towel & swimsuit daily**
- * **Themes subject to change**

MIX & MATCH!

- Enroll your child in 3 or more sports camps to get \$10 off the 3rd camp & on!**
- * **Discount does not apply to Preschool or Rec Day Camp**

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RECREATIONAL DAYCAMP

**MONDAY - FRIDAY
JUNE 8 - AUGUST 27
5 - 12 YEARS OLD**

Recreational Day Camps offer an exciting way for kids to stay active & engaged throughout summer break. Camp days include open gym, swimming, arts & crafts, group games, outdoor water play & plenty of opportunities to make new friends! Please pack a towel, swimsuit & lunch daily. Swim days on Wednesdays/Fridays!



PRICING & HOURS

CAMP: 8:00AM - 2:30PM

\$45.50/day for 1 - 11 total days

\$42.25/day for 12+ total days

*Camp drop-in fee: \$50

EXT. CARE: 2:30 - 5:30PM

\$21.00/day for 1 - 11 total days

\$19.50/day for 12+ total days

*Ext. Care drop-in fee: \$25

Annual Fee Required: \$30/student

Enroll in one week of rec day camp & receive 10% off of a sports camp held during the same week!

Find more information & register on our website! Scan the QR code or go to:



ABKFUN.COM/CAMPS

PRESCHOOL

OFFERED AT **ABK & COURT HOUSE**

Preschool camp is the perfect first step into preschool life! Your child will spend their days playing games, exploring outdoors, creating arts & crafts, & enjoying lots of fun activities. Along the way, they'll learn new skills, make new friends & feel comfortable in a safe environment! Please pack a lunch daily, we will provide the snacks!

MONDAY - THURSDAY
9:00AM - 12:30PM
3 - 5 YEARS OLD
\$120 PER CAMP WEEK
ANNUAL FEE REQUIRED: \$30/STUDENT

June 22 - June 25
June 29 - July 2
July 6 - July 9
July 20 - July 23
July 27 - July 30
August 3 - August 6
August 10 - August 13

DAILY SCHEDULE

9:00 Drop off	11:00 Curriculum
9:15 Gross motor	11:40 Story time
10:00 Transition	11:50 Transition
10:15 Carpet time	11:55 Lunch
10:30 Snack	12:30 Goodbyes
10:40 Free play	*May differ daily



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ABKFUN.COM/CAMPS

GYMNASTICS

June 15 - 18 * July 13 - 16 * Aug 10 - 13

MONDAY - THURSDAY
12:00PM - 3:00PM
6 - 12 YEARS OLD
\$195 PER WEEK
ANNUAL FEE REQUIRED: \$30/STUDENT

Our gymnastics camps deliver an exciting mix of flips, jumps & dynamic fun! Whether your child is stepping into the gym for the first time or continuing their gymnastics journey, our coaches will challenge them with new skills & keep them motivated to come back for more!



Find more information & register on our website! Scan the QR code or go to:



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NINJA

Ninja Camp is designed to build overall athleticism, strength, balance & flexibility for kids of all levels. Each camp delivers a fun, high-energy learning experience that blends gymnastics fundamentals with the agility & stealth of a ninja.

**MONDAY - THURSDAY
12:00PM - 3:00PM
6 - 12 YEARS OLD
\$195 PER WEEK**

ANNUAL FEE REQUIRED: \$30/STUDENT

**June 15 - 18
July 13 - 16
Aug 10 - 13**



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KARATE

June 22 - 25 * July 27 - 30 * Aug 17 - 20

**MONDAY - THURSDAY
12:00PM - 3:00PM**

6 - 12 YEARS OLD

Perfect for current karate students & future martial artists, our karate camps sharpen technique & curriculum while mixing in weapons, sparring, board breaking & high-energy games! Each camp counts as 12-15 karate class credits toward belt testing!



**\$165 PER WEEK
FOR BLACK BELT CLUB**

**\$195 PER WEEK
FOR ALL OTHER STUDENTS**

Find more information & register on our website! Scan the QR code or go to:



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AQUATICS

Aquatics Camp is a fun & supportive way to introduce your child to the water or help them build on their existing swim skills. Children will be grouped by skill level to ensure each swimmer receives the instruction, guidance & confidence-building support they need!

3 - 12 YEARS OLD
\$110 PER WEEK
ANNUAL FEE REQUIRED: \$30/STUDENT



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Beginner

Dolphin 1/Shark 1

- * Little/no swim experience
- * Cannot swim independently

Int/Adv.

Dolphin 2/Shark 2 & higher

- * Have swim experience
- * Can swim independently

June 15 - 18

Beginner @ 12 - 12:45pm
Int/Adv @ 12:45 - 1:30pm

July 20 - 23

Beginner @ 12 - 12:45pm
Int/Adv @ 12:45 - 1:30pm

August 3 - 6

Beginner @ 12 - 12:45pm
Int/Adv @ 12:45 - 1:30pm

BASKETBALL

MONDAY - THURSDAY
AGES 6-10 (8FT HOOP)
9:00AM - 11:00AM
AGES 10-14 (10FT HOOP)
11:00AM - 1:00PM

June 22 - 25
July 13 - 16
Aug 3 - 6

6 - 14 YEARS OLD
\$125 PER WEEK

Our basketball camp blends skill development with fun! Children will focus on ball handling, control, reaction time, balance & coordination through structured drills & interactive activities. Skills are then reinforced through game-style scrimmages, helping players build confidence, improve decision-making & develop strong fundamentals on the court. *Playing above or below your age group requires instructor approval*



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SPEED, AGILITY, QUICKNESS

S.A.Q.

June 15 - 18 * July 20 - 23 * Aug 10 - 13

S.A.Q. is a high-energy camp designed to help athletes improve speed, agility & quickness through focused footwork, explosiveness & proper technique. Children will train using vertical jumps, core strengthening & hurdle drills to build power, control & efficiency of movement. This program is ideal for athletes looking to sharpen their performance & gain a competitive edge heading into the fall season.

**MONDAY - THURSDAY
9:00AM - 12:00PM**

**6 - 14 YEARS OLD
\$190 PER WEEK**



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CHFIT.COM/CAMPS

AMERICA'S BEST KIDS

1914 SKY PARK DRIVE
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COURT HOUSE FITNESS

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