

Summer Fitness Camps

Pee Wee Basketball Camp

Members \$25 — Nonmembers \$40

June 29-July 2; July 6-9; Aug. 10-13; Aug. 17-20; Children ages 4- 6; 12:45-1:30 PM

This is a special class designed for little ones to improve large motor skills. Join us for a GREAT time. Minimum four children required.

Pee Wee Multi Sport Camp

Members \$25 — Nonmembers \$40

June 22-25; July 27-30;

Children ages 4-6; 12:45-1:30 PM;

Each day is something different. Come ready to have fun! Minimum four children required.

Pee Wee Indoor Soccer

Members \$25 — Nonmembers \$45

June 15-18; July 13-16, July 20-23; Aug. 3-6; Children ages 4-6; 12:45-1:30 PM

In this special indoor soccer class and your child will learn the basics of dribbling, passing and shooting. Come join us and have a WONDERFUL time. Minimum four children required.

Pee Wee Indoor Kickboxing

Members \$25 — Nonmembers \$40

June 29-July 2; July 13-16, Aug. 17-20; Children ages 4-6; 10:15-10:45 AM

A fun exercise class where your little ones will practice their kicks and punches. Minimum four children required.

Summer Fitness Camps

Junior Basketball Camp

Members \$40 — Nonmembers \$55

June 22-25; July 27-30; Children ages 7-12; 1:30-2:30 PM

Beginner and intermediate players are welcome. The class will consist of practice drills and focus on movement drills. Class will conclude with FUN games. Minimum four children required.

Junior Indoor Soccer Camps

Members \$40 — Nonmembers \$55

June 29-July 2; July 6-9; Aug. 10-13; Aug. 17-20; Children ages 7-12; 1:30-2:30 PM

Beginner and intermediate players are welcome. The class will consist of practice drills and focus on movement drills. Class will conclude with FUN games. Minimum four children required.

Junior Football Camp

Members \$40 — Nonmembers \$55

June 15-18; July 13-16; July 20-23; Aug. 3-6
Children ages 7-12; 1:30-2:30 PM

Beginner and intermediate players are welcome. The class will consist of practice drills and focus on movement drills. Class will conclude with FUN games. Minimum four children required.

Junior Kickboxing

Members \$25 — Nonmembers \$40

June 29-July 2; July 13-16; Aug. 17-20
Children's ages 7-12; 11:00-11:30 AM

A fun class where your Juniors will practice their kicks and punches. Minimum four children.

LVTC Summer 2009 Kid's Programs



Aquatics

Swim Lessons:

Group:Members \$72;Nonmembers \$88

Private:Members \$30;Nonmembers \$40

Parent & Baby: 6 mos.—2 yrs. Parent accompaniment with baby in water required. Parents will be taught songs, holds & techniques to enjoy the water together.

Tiny Bubbles: 2—4 yrs. For those timid swimmers who are new to a class setting. Children will be taught kicking, blowing bubbles & floating all in a fun way!

Level 1: 3 1/2 & up. Swimmer will be taught to be comfortable in water, bubbles, front/back floats, basic flutter kicks & streamline glides.

Level 2: Prerequisite—Level 1 completion without fear. Swimmer will be taught freestyle, side breathing, introduced to backstroke & pool rules.

Level 3: Prerequisite—Level 2 completion. Swimmer will be taught backstroke, introduced to breaststroke, water safety & beginning flip turns.

Stoke School: Prerequisite—Level 3 completion. Swimmer will refine freestyle, backstroke, taught breaststroke & intro to butterfly, dives, turns & swim sets.

Summer Swim Team

Members Only—\$150 Ages 4 –18 yrs;Monday-Friday

Get exercise while having some sun in the sun! During school, practices are in the afternoons. Summer practices are in the mornings. New swimmers must attend evaluations. Those attending evaluations who cannot swim one lap of correct freestyle without stopping will need to take lessons prior to or while practicing with the team. **Sign-ups Begin May 12. Practices begin June 1.**

Summer Tennis Camps

Little Tennis Camps

Members \$55 — Nonmembers \$65

Monday through Friday, 9:00 - 10:00 AM, Ages 5 to 7 years. Introduction to all strokes, fun & games. Select weeks only.

Pee Wee Camps

Members \$160 — Nonmembers \$172

Monday through Friday, 9:00 AM—12 Noon, Ages 7 to 12 years. Stoke development and shot selection. A great introduction to match play.

High Performance Training Camps

Members \$200 — Nonmembers \$220

Monday through Friday, 9:00 AM—3:00 PM. Competitive training for tournament and high school players. Intense instruction covering high-level performance techniques, tactics and mental toughness.

Dance Camps

Summer Performance Camp

Members \$85;Nonmembers \$105

Ages 3-13

Disney Channel Stars: 6/22-6/26

Camp Rock 2: 7/6-7/10

Hairspray: The Dance Musical: 7/27-7/31

High School Musical 3: 8/17-8/21

10:30 AM—1:30 PM Daily

Children will learn dance routines along with pop-culture themes. Children will be divided by age appropriate groups. Camp will conclude with an end of the week performance.

Summer Jujitsu camp

Members \$65;Nonmembers \$85;Ages 3-8

Madagascar: 7/6-7/10;2:00—4:00 PM Daily

***Kung Fu Panda: 8/3-8/7**

***The Incredibles: 8/10-8/14**

***10:30 AM—12:30 PM Daily**

Students will be taught jujitsu techniques, play games, make crafts, and prepare a demonstration for parents to enjoy at the end of camp.

Dancing Through Summer

Members \$90;Nonmembers \$110

Fairy Princess Dance Class:6/16-8/10 (Ages 3-5)

Wednesdays 9:00-9:45 AM

Students will learn basic ballet & tap technique.

Pop Star Dance Class: 6/16-8/10 (Ages 6-9)

Wednesdays 9:45-10:30 AM

Students will learn basic jazz & hip hop technique.

Sports & Splash Camp

Members \$160 for the first week session. \$150 for additional sessions purchased together. Nonmembers \$195 for the first one week session. \$185 for additional sessions purchased together.

***SEE FLYER ACROSS FROM FRONT DESK FOR DATES**

Sports Camp

Jr. Boot Camp

Members \$25;Nonmembers \$40: Ages 7-12
11:45-12:30 PM;June 22-25; July 27-30; ;

Jr. Boot Camp is designed to challenge kids through FUN cardio, strength and agility training. This program will increase flexibility, improve strength and endurance. Minimum four children.