

# Session Dates

March 15-19 –Spring Break Week

## Registration includes:

Camp Fees include: activities, healthy morning snack, and ice-cream

(Day Camps include lunch)

**(Ages 8 to 12)**

**All fees payable with registration.**

## No refunds

Camp is limited to 16 students per session.

(5 camper minimum required to hold camp)

# Activities

## Tennis

Tennis includes tennis instruction, drills, and match play. Beginner, intermediate and advanced levels include learning the basics of the game, scoring and strategies.

## Fitness & Fun

Sports Conditioning in the form of agility skills and drills in fun game formats. Aerobic training in the form of relays and tag games. Encouragement and team work are the primary focus.

## Swimming

Swimming includes instruction of strokes & techniques and water safety. Beginner, intermediate and advanced levels. Free Swim on Fridays!

## Water Polo

Instruction in water sports skills and game play. Water Polo is now a competitive sport in Hawaii High Schools for both girls and boys.

## Volleyball

Instruction on fundamentals of volleyball, drills and match play.

## East Yin/Yang Training

Tae Kwon Do forms & techniques followed by Yoga poses and relaxation.

## Carnival Fun (offered on weekly sessions)

Camp closes every Friday with carnival games, treats, and prizes. Carnival games are designed to challenge hand eye coordination.

# Registration Form

\$15.00 processing fee waived for these camps only.

## Registration Fees:( + tax)

Member \$175.00 /Program Member \$225.00

**Total Camp Fees** (minus any discounts) \$\_\_\_\_\_

**Program Membership Fee** \$ Included

**Processing Fee** Waived

**Spring Break Meal Plan** (\$25 per session) \$\_\_\_\_\_

**Final Total Due** (plus tax) ..... \$\_\_\_\_\_


Notes:

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**Camp Hours are 8am–3:30pm**

Drop off begins at 7:50am Pick up no later than 3:45pm

\$10 fee for dropping off before 7:50am or picking up after 3:45.



**Thank You for choosing the  
Oahu Club's Sports Camp program  
for your keiki.**