



# SUMMER CAMP

— FIELD GUIDE —

2018

**Weekly themes, dress-up days, field trips and even more activities that help kids grow and learn:**

- Healthy eating & physical activity
- Community connections
- S.T.E.A.M. (science, technology, engineering, arts, math)
- Character development
- Games & challenges

**\*Field Trips Are Subject To Change\***

# THE BEST WEEKS OF SUMMER. RIGHT HERE AT LIFE TIME.

Explore, play and grow all summer long at Life Time. Your kids will enjoy full days of play, thrilling field trips and healthy activities – all at one great place and price.

## A FEW THINGS TO KEEP IN MIND AS YOU MAKE YOUR CAMP SELECTIONS:

### Camp Drop-Off & Pick-Up

Most camps start at either 8am or 9am (look at the attached schedule for specific time and duration of your camp). It is very important that campers are picked up on time. There is a late fee policy.

Drop campers off as early as 7am for **\$20** per week. They must be registered for a camp starting at 8am or 9am.

### Lunch

At our all-day camps, you have the option to purchase a lunch for a low daily price, or pack your own. We do not provide lunchtime for half-day camps, so please make sure your child eats before camp.

### Snacks

We provide snacks, juice and water throughout the day.

### Attire

Kids should wear comfortable clothing and active shoes for activities such as swimming, rock climbing and games. If your club has rock climbing, skirts and dresses should be worn with shorts underneath.

### Swimming

Most camps have swimming, so pack a swimsuit and sunscreen (towels provided). Team members cannot apply sunscreen, so apply in advance and make sure they know how to reapply. If your child absolutely requires assistance to remain safe in the sun, you may sign a waiver and send them with spray sunscreen that does not need to be rubbed into the skin.

### Registration

Please be thorough and fill out every field. If a line is not applicable, write N/A. Drop the form at the Activity Center. Space is limited and camps fill up quickly.



# DISCOVER A NEW ADVENTURE EVERY WEEK.

## SIGNATURE FULL-DAY CAMP

**Ages:** 5–12 years

**Days:** Monday through Friday

**Time:** 8am–6pm, with 7am early drop-off available for \$20/week

**Overview:** Each week includes lesson plan elements such as Character Development, Weekly Warrior Challenges, Community Connections, Daily “Cool Down” Reading, S.T.E.M. Activities (science, technology, engineering, math), and emphasis on the importance of Healthy Eating and Physical Activity. In addition, each week has a fun overall theme which influences specific activities, dress-up days and other special surprises. Themes and descriptions are listed for each week below.

### Campfire Stories

Gather around the fire, bring the s’mores and pitch your tent. It’s Campfire Stories week! A true summertime classic, right here at Life Time.

**Week:** June 4

**Field Trip:** Studio Movie Grill

**Price:** Mem 200.00  
Non-Mem 225.00

### Spy Academy

Ever wanted to go on a secret mission? Well, now you can! Campers will be challenged to solve the mystery, but you only have this week to do it! With the help of analyzing fingerprints and using your trusty magnifying glass, you’re sure to solve this mystery in no time.

**Week:** June 11

**Field Trip:** Children’s Museum

**Price:** Mem 200.00  
Non-Mem 225.00

### Survivor Training

No doubt about it. Trying to survive in the wild is no easy feat! We’ll put on our survival hats this week to learn how to turn dirty water into clean water, keep track of the weather, and lead the way to safety with our compass.

**Week:** June 18

**Field Trip:** Glow Zone

**Price:** Mem 200.00  
Non-Mem 225.00

### Under the Sea

It’s a starfish! It’s a jellyfish! It’s a shark! Just a few of the amazing underwater sea creatures we’ll be learning about this week. Get ready to dive in and venture through the world below.

**Week:** June 25

**Field Trip:** Houston Zoo

**Price:** Mem 200.00  
Non-Mem 225.00

### Foam Battles

There can only be one winner. Is it you? This week, we’ll foam battle it out creating our own bunkers, target and obstacle courses. Be prepared to get your game face on.

**Week:** July 2

**Field Trip:** BBQ Pool Party  
(On-Site Field Trip)

**Price:** Mem 200.00  
Non-Mem 225.00

### Culinary Creations

What’s that delicious smell? It’s coming from Life Time Summer Camp. Get ready to take it to the “kitchen” and get your culinary experience on. We’ll play the part, making our own chef’s hat, creating quick and healthy recipes, and even dabbling in the science side with bread left in the pantry for too long.

**Week:** July 9

**Field Trip:** Roller Skating

**Price:** Mem 200.00  
Non-Mem 225.00

### Galaxy Wars

Alright space explorers... it's time to gear up, learn some awesome space facts, and zap through some galactic games during this wild camp week. Cosmic Campers will create Milky Way play-dough, design your own solar systems and make star-gazing telescopes.

**Week:** July 16

**Field Trip:** Space Center

**Price: Mem** 220.00

**Non-Mem** 245.00

### It's a Thingamajig

Calling all inventors! Do YOU have what it takes to come up with the next great idea? This week, we're putting our thinking caps on and designing masterpieces that could change the world...or at least our camp day. Creative campers will design straw roller coasters, build bridges and power a car with nothing but air. Off to the lab.

**Week:** July 23

**Field Trip:** Mad Science  
(On-Site Field Trip)

**Price: Mem** 200.00

**Non-Mem** 225.00

### Game On!

Let's get ready to ruuuumble! Whether you're fast, clever, sneaky, brave or just FUN, every camper will have a blast playing a variety of physical, thinking, wacky, competitive and cooperative games. The fun doesn't stop this week, and neither does the action.

**Week:** July 30

**Field Trip:** Typhoon Texas\*

**Price: Mem** 225.00

**Non-Mem** 250.00

### Snap, Crackle, Explode!

Don't worry, parents. Everything is under control. We're just creating mini explosions here at Life Time Camp. And did we mention, the messier the better? Join us this week for a blasting good time.

**Week:** August 6

**Field Trip:** Minute Maid Tour

**Price: Mem** 200.00

**Non-Mem** 225.00

### Pack Your Passport

Pack up your camp bag and get ready to explore different cultures and countries around the world during this exciting week. Fearless "travelers" will design airplane launchers, design your own "passports", and create recipes and trinkets from different countries. Don't forget your toothbrush!

**Week:** August 13

**Field Trip:** Bowling

**Price: Mem** 200.00

**Non-Mem** 225.00

## SPECIALTY CAMPS

### Boys Camp

Standard Lesson Plan Elements includes Art Exploration, Science, Drama, Martial Arts, Career Days, Character-building, Special Crafts, emphasis on Healthy Eating and Physical Activity. Each week is sprinkled with special activities and treats that set this camp apart from our co-ed Signature Camp. Extended care available from 7am-9am and 4pm-6pm for an additional fee.

**Ages:** 5–12 years old

**Time:** 9am–4pm

**Price:** \$270.00

**Date:**

Jun 11<sup>th</sup> - 15<sup>th</sup>

Jul 2<sup>nd</sup> - 6<sup>th</sup>

Jul 16<sup>th</sup> - 20<sup>th</sup>

Jul 23<sup>rd</sup> - 27<sup>th</sup>

Jul 30<sup>th</sup> – Aug 3<sup>rd</sup>

**Theme:** Boys will be Boys!

### Girls Camp

Standard Lesson Plan Elements includes Art Exploration, Science, Drama, Martial Arts, Career Days, Character-building, Special Crafts, emphasis on Healthy Eating and Physical Activity. Each week is sprinkled with special activities and treats that set this camp apart from our co-ed Signature Camp. Extended care available from 7am-9am and 4pm-6pm for an additional fee.

**Ages:** 5–12 years old

**Time:** 9am–4pm

**Price:** \$270.00

**Date:**

Jun 4<sup>th</sup> - 8<sup>th</sup>

Jun 18<sup>th</sup> - 22<sup>nd</sup>

Jul 9<sup>th</sup> - 13<sup>th</sup>

Jul 23<sup>rd</sup> - 27<sup>th</sup>

Aug 6<sup>th</sup> – Aug 10<sup>th</sup>

**Theme:** Girls just wanna have Fun!

### Rock and Swim Camp

Learn safe techniques for indoor rock climbing. We'll focus on safety, harnessing, knot tying, top rope climbing and bouldering, as well as fun climbing activities. Climbers are divided into appropriate age and skill level groups. Bring your shoes every day and we'll provide the harness, a snack, juice and water

**Ages:** 5–12 years old

**Time:** 9am–2pm

**Price:** \$240.00

**Date:**

Jun 11<sup>th</sup> - 15<sup>th</sup>

Jul 16<sup>th</sup> – 20<sup>th</sup>

### Rock Climbing Camp

Learn safe techniques for indoor rock climbing. Bring your shoes every day and we'll provide the harness, a snack, juice and water.

**Ages:** 5–12 years old

**Time:** 9am–2pm

**Price:** \$240.00

**Date:**

Jun 18<sup>th</sup> – 22<sup>nd</sup>

Jul 30<sup>th</sup> – Aug 3<sup>rd</sup>

# CAMP POLICIES

## General Camp Policies

1. Wear athletic shoes and dress comfortably for activity and weather.
2. Bring a lunch and water bottle. Lunches available for purchase.
3. Label all personal belongings.
4. To enroll, a registration form with payment is required to hold your spot.
5. Additional paperwork may be required for each participant prior to the first day. (Ex: Immunization records, etc.)
6. Field trips are subject to change.

## Summer Camp Instructions

1. Find your camp.
2. Complete a registration form with full payment or deposit and submit to the Activity Center.
3. Complete the following paperwork prior to the start of your camp:
  - \_\_\_\_\_ Participation Agreement
  - \_\_\_\_\_ Climbing Waiver, if your child's camp includes rock climbing
  - \_\_\_\_\_ Disciplinary Acknowledgment Form
  - \_\_\_\_\_ Field Trip Agreement (initialed)
  - \_\_\_\_\_ Immunization Records; if needed (varies by state)

Campers will not be allowed to participate until all forms are completed.

## Cancellation Policy

**Refund Policy.** All cancellation requests must be made in writing to the Activity Center. A \$50 non-refundable deposit will be required for all camps. The \$50 non-refundable deposit is included in the full week payment amount.

• **Payment Plan Refund Policy.** If a cancellation request is received more than 14 days before the first day of camp, I will receive a refund for the amount paid for each week of camp less the \$50 non-refundable deposit. If a cancellation request is received by Life Time less than 14 days prior to the first day of camp, I will be responsible for all camp payments/fees. I understand that failure to make a payment on any due date (whether in person or rejected EFT draft) will cancel my participant's registration.

• **Paid-In-Full Refund Policy.** If a cancellation request is received 30 days or more before the first day of camp, I will receive a full refund of all camp fees paid including the \$50 deposit. If a cancellation request is received 14 to 29 days prior to the first day of camp, I will receive a refund for the amount paid for each week of camp less the \$50 non-refundable deposit. If a cancellation request is received by Life Time less than 14 days prior to the first day of camp, I will forfeit all fees for camp services.

• **T-Shirts.** If the camp has a T-Shirt fee, it must be paid with the deposit and is non

## Contact the Activity Center for more information:

**Life Time Athletic – City Centre**

**Address:** 815 Town and Country Blvd.

Houston, TX 77024

**Phone:** 713-630-8451

**Email:** bday@lt.life