

2010 McLean Racquet & Health Club Summer Camp Registration

Camper's Name _____ Age _____ T-Shirt Size _____

Allergies _____

Circle Camp(s) That Camper Will Be Attending:

MRHC Totercise MRHC Peeps MRHC Cubs MRHC Tigers CIT (Counselor In Training)

Circle MRHC Camp Start Date(s):

June 21 June 28 July 5 July 12 July 19 July 26 Aug. 2 Aug 9 Aug. 16 Aug. 23

Circle Tennis Camp(s) That Camper Will Be Attending:

Bronze Fitness Silver Tennis Gold Tennis Platinum Tennis

Circle Tennis Camp Start Date(s):

June 14 June 21 June 28 July 5 July 12 July 19 July 26 Aug. 2 Aug 9 Aug. 16 Aug. 23 Aug. 30

Camp Start Date(s) _____ Name of Pro _____ Class Time _____

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Total Due: _____ **(10% Discount if paid by May 15th) NO REFUNDS**

Payment Type:

Cash _____ Check _____ Visa/MC _____ Exp. Date: _____

McLean Racquet & Health Club Acct.# _____

Parent Name: _____ Phone: _____ Cell: _____

Address: _____ Email address _____

Emergency Contact: _____ Phone: _____ Cell: _____

Physician: _____ Phone: _____

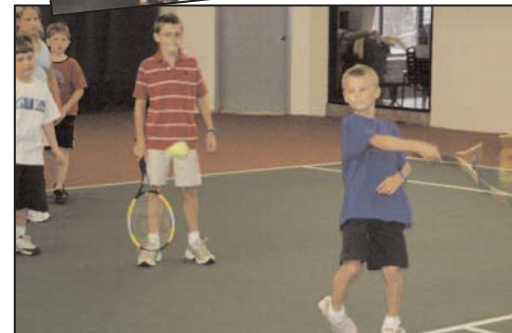
I, _____ authorize the McLean Racquet and Health Club in my absence to obtain emergency medical care in the event of an accident, injury, or illness to my child _____.

Payment must be received with this registration form.

McLean Racquet and Health Club, 1472 Chain Bridge Rd., McLean, VA 22101 • Phone 703-356-3300 • Fax 703-847-0672
www.mcleanracquetandhealthclub.com

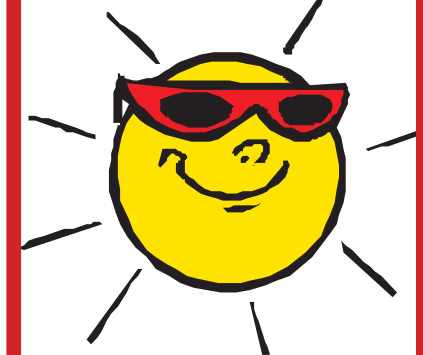


A Summer Full
Of Serious
FUN!



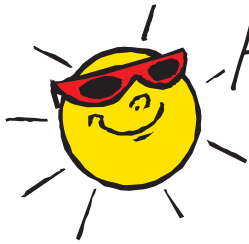
A SUMMER Full
Of AMAZING FUN!!!
**Summer
Camps
2010**

Exciting New Programs
For Tots To Teens



THE MCLEAN RACQUET
& HEALTH CLUB
ESTABLISHED 1972

1472 Chain Bridge Road
McLean, Virginia 22101
703-356-3300
Fax 703-847-0672
www.mcleanracquetandhealthclub.com



All Around Fit Children Tennis and Fitness



MRHC Camps have been bringing fun with a unique learning experience to children ages 16 months to 9 years for over twenty years.

Camp Activities include:

- Exercise
- Games
- Field Trips
- Arts and Crafts
- Swimming (except Totercise)
- Guest Speakers
- Educational Projects
- Daily Snack provided

New themes each week including Welcome to Summer, Oceans, Cooking, Splash Week, Puppets and Theatre, Pets and Animals, Sports and Fitness and more.

MRHC camps are Monday – Friday beginning June 21 – August 23.

MRHC TOTERCISE (LIL PEEPS)

Who: Children 16 months – 3 years
When: Monday – Friday 9 am – 12 pm
Cost: \$125 members \$150 non-members

MRHC JR. PEEPS

Who: Children 3 – 4 years
When: Monday – Friday 9 am – 2 pm
Cost: \$200 members \$225 non-members

MRHC CUBS

Who: Children 5 – 8 years
When: Monday – Friday 9 am – 2 pm
Cost: \$200 members \$225 non-members

MRHC TIGERS

Who: Children 8 – 12 years
When: Monday – Friday 9 am – 2 pm
Cost: \$200 members \$225 non-members

COUNSELOR IN TRAINING (CIT)

Who: Children 10 – 14 years
When: Monday – Friday 9 am – 1 pm or 2 pm
Cost: \$140 members \$165 non-members

CIT's will participate in all camp activities, while learning the responsibility of teaching and helping young children. CIT's will receive a certificate they can use to build their resumes.

BRONZE PROGRAM FITNESS ONLY GREAT EXERCISE/ CONDITIONING PROGRAM

Individual Fitness Program • Swimming • Racquetball • Squash • Certified Instructors

Who: Children 9 – 14 years
When: Week long sessions June 21 – Aug. 28
Time: 9 am – 2 pm
Cost: \$240 members \$275 non-members

MRHC TENNIS CAMPS

Experienced Certified Pros
• 5:1 Student-Teacher Ratio
Air Conditioned Courts
Individual Instruction

Match Play Open to children 5 – 18 years

**Monday – Thursday sessions
June 14 – August 30**

SILVER TENNIS PROGRAM 4-8 HOURS OF TENNIS INSTRUCTION PER WEEK

Pro: Griff Lamkin

Who: Children 11 – 18 years
Time: 9 – 11 am

Cost: \$160 members \$195 non-members

Pro: Casey McClure

Who: Children 8 – 16 years
Time: 12 – 2 pm

Cost: \$160 members \$195 non-members

Pro: Casey McClure

Who: Children 5 – 7 years
Time: 2 – 3 pm

Cost: \$85 members \$105 non-members

Pro: Kristina Georgieva

Who: Children 8 – 16 years
Time: 3 – 5 pm

Cost: \$160 members \$195 non-members

Pro: Kristina Georgieva

Who: Children 5 – 7 years
Time: 5 – 6 pm

Cost: \$85 members \$105 non-members

PLATINUM PROGRAM FITNESS & TENNIS INCLUDING 8 Hours Of tennis Instruction Per Week

Pros: Casey or Griff

Match Play • Swimming • Fitness

Who: Children 10 – 16 years

When: Week long sessions June 21 – Aug. 23

Time: 9am – 2pm

Cost: \$320 members \$380 non-members



GOLD TENNIS PROGRAM INTENSE TENNIS PROGRAM

Who: Children 5 – 18 years old

When: Monday – Thursday Sessions

June 14 – August 30

4 Hour Program Times**

9 am – 2pm

Pros: Griff (9-11 am) • Casey (12-2pm)

Who: Children 11 – 16 years

Cost: \$280 members \$350 non-members

12pm – 5pm

Pros: Casey (12-2 pm) • Kristina (3-5 pm)

Who: Children 8 – 16 years

Cost: \$280 members \$350 non-members

6 Hour Program Times**

9 am – 5 pm

Pros: Griff (9-11am) • Casey (12-2pm) •

Kristina (3-5pm)

Who: Children 11 – 16 years

Cost: \$420 members \$540 non-members

***All tennis programs have breaks between sessions for lunch or snack. Lunch may be ordered from the restaurant between 11am & 2pm for an additional charge.*