



**Let's
Go!**

**Valley
Wellness
Center
SUMMER CAMP!
(For ages 5-12)**



Sign up today!

Contact Us:
✉ info@valleywellnesscenter.co

☎ **615-443-2221**

Website:
[www.valleywellnesscenter.co/
summer-camps/](http://www.valleywellnesscenter.co/summer-camps/)



VALLEY WELLNESS
— CENTER —

LEARN & HAVE FUN!

Kids will enjoy days filled with fun and knowledge with activities such as crafts, sports game, swimming and more!

Our day camps run from 9am to 3pm, with before and after-care options available. During our summer camps, children will be involved in a wide variety of activities throughout the day, including: sport specific activities, open swim, arts and crafts, and more! Campers will meet new friends and learn about a variety of basic sports skills through supervised, age-appropriate instruction and activities.

SESSION DATES:

Week 1: June 22-26

Week 2: July 13-17

Week 3: July 27-31

Week 4: August 10-14

Week 5: August 24-28

REGISTRATION COST:

Members: \$209 per week Non-

members: \$259 per week

Before-care (8:00am-9:00am): \$5 a day

After-care (3:00pm-6:00pm): \$15 a day

*Pricing is per child



SUMMER CAMP INFORMATION

Pick the right camp for your child!

VWC Summer Camp offers Athletic and crafts-themed day camp. Each week will be packed with a variety of games and activities. Both camps will include a hour of swimming each day. Match the right theme to meet your child's interest!

As you make your decision on camp sessions, please keep in mind that campers who attend only one week do not have the same opportunities to form connections as children who attend more sessions. Attending camp sessions give children the time they need to settle in, make friends, and connect with VWC counselors.

IMPORTANT DATES:

Early Registration

April 1- April 30

Regular priced camp

May 1- May 31

Parent Orientation

MAY 29TH at 6pm

JUNE 6TH at 1pm

@ : VWC Turf Rooms

Bring campers to meet the staff while parents attend orientation.



SPECIAL DISCOUNTS:

Early Registration

10% OFF

MULTI-CAMP REGISTRATION

REGISTER FOR 3 OR MORE
CAMPS 10% OFF

MULTI-SIBLING DISCOUNT

1st Child: Full price
2ND & 3RD SIBLINGS:
Additional 5% off
*Discounts can't be
combined



Exploration Themes

Week 1: Arts and Crafts

June 22-26

Let out your creative side, bring home a new craft everyday!

Week 2: Beach Week

July 13-17

Kids will spend a lot of time in the pool, and playing different fun water games! Don't forget goggles and a towel!

Week 3: Ninja Warrior

July 27-31

Different courses each day, special classes by Gangsa Rob! Work on your moves and skills, for the ultimate Ninja Warrior Competition on Day 5!

Week 4: Kids in the Kitchen

August 10-14

Learn to cook with the SUN and make recipes. Make delicious snacks, drinks, and desserts that you can really eat!

Week 5: Anything Goes!

August 24-28

Our final week of summer camp! A week of silliness, fun, and laughs! New adventures everyday.

Sports & Fitness Themes

Week 1: Fitness & Fun!

June 22-26

Energize yourself through sports and games that work on agility and fun! Pair fitness with fun to promote a lifetime of health and wellness

Week 2: Basketball

July 13-17

This camp will teach the basic fundamentals of basketball, including dribbling, passing and shooting. Have fun in playing organized scrimmages

Week 3: Backyard sports

July 27-31

It's all in the name this week. If the sport includes games from the backyard, then it's game on!

Week 4: Soccer

August 10-14

Campers will learn basic skills and techniques of soccer while still having a blast.

Week 5: TEAM Games

August 24-28

Experience one-day tournaments. Basketball, soccer, ultimate frisbee and flag football are just a preview of the different tournament style games campers will be playing together.