



SUMMER CAMPS

at The Dominion
2021

COACHING STAFF

MIGHTY MUSCLES®
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ACTION ADVENTURE
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GOLF COACH
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DOMINION CONTACT INFORMATION
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WEEKLY SESSIONS JUNE, JULY, AND AUGUST FOR AGES 4-16 YEARS

full-day | half-day | extended care

- Session 1: June 1-4
- Session 2: June 8-11
- Session 3: June 15-18
- Session 4: June 22-25
- Session 5: June 29-July 2
- Session 6: July 6-9
- Session 7: July 13-16
- Session 8: July 20-23
- Session 9: July 27-30
- Session 10: August 3-6

NON-MEMBERS WELCOME

LET US WEAR OUT YOUR KIDS!

FULL-DAY FOR AGES 4 TO 8*

WHAT TO WEAR:

tennis shoes, socks, camp clothes, sunscreen, hat, and mosquito spray. Boys can wear bathing suits as shorts and bring dry clothes to change into.

WHAT TO BRING:

personal water bottle, sack lunch with name (refrigeration provided), flip flops or pool shoes, towel, goggles, and bathing suit. Labeling items is helpful.

* Please note there are no diapers and no naps.

PLEASE,
NO LUNCH
BOXES

MIGHTY MUSCLES® Ages 4 to 8

This fun skill-building program is designed to develop fundamental motor skills. Campers rotate by age group through stations, including: golf, tennis, soccer, basketball, dance, gymnastics, swimming lessons, jui-jitsu, karate, self defense, obstacle course fun, and arts & crafts. Weekly special visits from The Reptile Man. A low counselor to camper ratio is strictly enforced. All equipment is provided. Includes awards, prizes, daily snack, ice water, and sunscreen before swimming.

Schedule: All Day
Tuesday-Friday
9am-3pm

(pre- and post-care available)

HALF-DAY FOR AGES 9 To 16

Tuesday-Friday, from 8:30am-12 | pre-care available

WHAT TO WEAR:

camp clothes, hat, tennis shoes, socks, sunscreen, and bug spray.

WHAT TO BRING:

snack, towel to sit on, personal water jug, towel, sunscreen, tennis racquet, extra shirt, and money for a camp shirt (\$15).

JUNIOR GOLF SCHOOL

Ages 9 to 16

Elevate your game to the next level and lower your score. Instruction will focus on refining techniques to improve your overall game by covering short game, shot making, and on course strategies. Lunch and swimming **not** included.

Tuesday-Friday, from 8:30am-12pm



WIMBLEDON TENNIS

Ages 9 to 16

This program introduces children to the fundamentals of tennis through professional instruction. Bring your own snack and a towel to sit on for the break from 10-10:30am. Lunch and swimming **not** included.

Tuesday-Friday, from 8:30am-12pm



GOLF & TENNIS

Ages 9 to 16

This program introduces juniors of all ability levels to two great lifetime sports, developing basic skills in a fun environment. Meet at the scoreboard with your clubs and racquet. Lunch and swimming **not** included. Bring your own snack and a towel to sit on for the break. Includes professional instruction, prizes, and awards.

8:30-10am Golf | 10-10:30 Break | 10:30-12 Tennis

WE CONTINUE TO FOLLOW ALL CDC GUIDELINES.
ALL OF THE DOMINION CAMPS ARE 100% OUTSIDE.



FULL-DAY FOR AGES 9 To 16

Tuesday-Friday, from 9am-3pm
pre- and post-care available

WHAT TO WEAR:

camp clothes, hat, tennis shoes, socks, sunscreen, and bug spray.

WHAT TO BRING:

snack, towel to sit on, personal water jug, bathing suit, towel, goggles, flip flops, sunscreen, tennis racquet (some loaner racquets available), extra shirt, and money for a camp shirt (\$15).



ACTION ADVENTURE

Ages 9 to 16

Each day this camp offers a variety of sports and adventure based games, exciting challenges, and activities; including: tennis, theme days, laser tag, swimming, gaga ball, kickball, dodgeball, archery tag, tetherball, survivor challenges and contests, sling shot target games, tag games, capture the flag games, 4 square, double dutch, frisbee, water games, visits from the Reptile Man, and lots more!

Tuesday-Friday, from 9am-3pm
(pre- and post-care available)

