


It's a Camp Thing!

NEW!
REGISTER ONLINE
theworkshealthclub.com

CLICK ON
Summer Camp

the
works 
A Wentworth-Douglass Hospital
FAMILY HEALTH & FITNESS CENTER



Summer
camp



General Information

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theworkshealthclub.com

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What to Bring to Camp

- Plenty of food and drink
- A refillable drink bottle
- Sneakers
- Sunscreen
- Swimsuit
- Towel
- Change of clothes
- Weather appropriate attire

Friday lunch will be provided to all campers. Lunch will alternate between pizza and hot dogs and hamburgers. If you DO NOT want your camper to participate in this activity please indicate when registering online. Be sure to label ALL belongings with your child's name.

Typical Daily Activities

- Crafts
- Recreational swim
- Indoor/outdoor sport activity
- Games
- Friday theme event
- Special guests
- Fitspot (Youth Fitness Room for campers 8+)
- Friday pizza or cookout

Theme Weeks Return!

- Week 1 Opening Act
- Week 2 Around the World in 4 days
- Week 3 Spirit Week
- Week 4 Mad Science
- Week 5 Funky Fitness
- Week 6 Adventure Week
- Week 7 Works Got Talent
- Week 8 Mystery Week
- Week 9 Summer Finale



Welcome to Summer Camp!

Dear 2017 Campers, Parents, Members, and Friends,

Summer will be upon us before you know it, and we are eagerly awaiting the return of our friends and families from summers past and looking forward to meeting and making new ones. As you begin looking at summer camp opportunities for your children we want to thank you for considering us.

We realize that choosing a summer camp can be a daunting task and we would like to take this opportunity to set your mind at ease.

At The Works Summer Camp, we believe summer is about having fun, making meaningful connections, and building memories that bring smiles for a lifetime. Children should come home from camp tired and full of silly stories and experiences that are priceless. Childhood only happens once, it should be lived to the fullest.

We strive to hire and retain engaging, compassionate, knowledgeable counselors who will help us fulfill our vision of summer camp and give your children the best summer camp experience possible.

As we begin this journey together please don't hesitate to call and let us know how we can help you through the process of choosing the right camp for you.

Healthfully Yours,
Danielle Krenzer
Director of Programs
603-742-2163 ext 716

Registration Information

About Registration

All camp registrations are now completed online. Visit theworkshealthclub.com and click on **summer camp**. There, you can download the 2017 Summer Camp registration and health forms. **If you need help with the registration process we will have a work station at the program desk to assist you. All required forms must be completed at time of registration.** All registered campers are invited to "Meet Your Counselor Cookout" on Sat., June 24th, 2017 from 4:30-6:30^{pm}. Pre-registration required.

Fees

There is a one time \$30 registration fee for the first camper and \$20 for each additional camper per family. Registration fees are nontransferable and nonrefundable.

Deposits

To reserve your child's place at camp, a full payment can be made at the time of registration or you may make a \$70 non-refundable deposit for each intended full week of recreational camp. If you are registering for a half day sports camp or less than 5 days of recreational camp a 50% **non-refundable** deposit is required.

All remaining balances are due according to the following schedule:

Weeks 1-3 must be made by June 2st

Weeks 4-7 must be made by July 1st

Weeks 8-9 must be made by August 1st

Early Registration Discounts

- Member registration opens February 13th, 2017
- Nonmember registration opens March 1st, 2017

15% discount available for full week registrations if full payment is received by March 31st, 2017

Sibling Discount

There is a 10% discount for the 2nd child registered from the same family, and for each additional child from the same family thereafter.

- Only one discount per registration applies

Additional Information

- There is a **\$30 administrative fee** applied to any changes. Schedule changes must be made accordingly:
 - Weeks 1 - 3 must be made by June 1st
 - Weeks 4 - 7 must be made by July 1st
 - Weeks 8 - 9 must be made by August 1st
 - Changes after monthly deadlines will not be accepted.
 - If space allows camp days can be ADDED.
- Health forms are due 10 days prior to the start of camp.
- **No refunds will be authorized for camp weeks in session.**
- Please remember that your registration is not complete, and therefore registration is not reserved, until full payment or non-refundable deposit is received for each intended week of camp.

**SUMMER
CAMP HOURS
7:30^{AM} - 5:30^{PM}**



Recreational Camps

Running Bears

6:1 camper/counselor ratio

Ages 3-4, By June 1, 2017

Running Bears are our youngest campers. Their day includes circle time, parachute play and cooperative play. Full day includes swim lessons on Monday and Wednesday. Campers MUST be potty trained by June 1st. Space is limited and pre-registration is required. This program fills up fast, please register early.

FEES

By the Week

Full Program 7:30^{am} - 1^{pm}

(includes swim lessons)

- \$85 members
- \$98 nonmembers

By the Day (2 day per week minimum)

Full Program 7:30^{am} - 1^{pm}

(includes swim lessons)

- \$22 members
- \$25 nonmembers

SWIM LESSONS

- TWICE A WEEK
- INCLUDED IN THE COST OF RUNNING BEARS, DISCOVERY, PIONEERS AND TRAILBLAZER CAMPS

Special Pricing for July 4th Week

Discovery, Pioneers, Trailblazers

- \$159 members
- \$188 nonmembers



Discovery Camp

6:1 camper/counselor ratio, Campers entering Pre-K or Kindergarten Fall 2017

Discovery Campers will be engaged in fun, friendship building activities. Their week will include swim lessons, crafts, active games, and water play. Campers will enjoy discovering new friends and realizing all the incredible things they are capable of.

Pioneers Camp

8:1 camper/counselor ratio, Campers entering 1st grade Fall 2017

Pioneers will spend their days forging friendships, swimming in the pool, and playing cooperative games to keep their minds and bodies active. Watch their confidence and independence grow as the summer progresses.

Trailblazers Camp

8:1 camper/counselor ratio, Campers entering 2nd grade Fall 2017

Trailblazers will stay active with swimming lessons, arts and crafts, gym games, cooperative field games, and dramatic play. They will spend their days making new friends and trying new things.

FEES FOR

DISCOVERY, PIONEERS, and TRAILBLAZERS CAMPS

By the Week • \$199 members • \$235 nonmembers

By the Day (2 day per week minimum) • \$55 members • \$62 nonmembers

Recreational Camps

Exploration Camp

10:1 camper/counselor ratio, Campers entering 3rd or 4th grade Fall 2017

Learning to welcome new experiences and challenges through games and activities are the heart of the Explorer's day. They will be astonished about how much they will learn about themselves by the end of the summer.

Adventure Camp

10:1 camper/counselor ratio, Campers entering 5th -7th grade Fall 2017

Teamwork and responsibility are the focus of the Adventure day. Learning to work together and respect each other's differences are lessons they will take with them long after the summer tans have faded.

FEES FOR EXPLORATION and ADVENTURE CAMPS

By the Week

• \$190 members • \$225 nonmembers

By the Day (2-day per week minimum)

• \$55 members • \$62 nonmember

Special Pricing for July 4th Week

Exploration & Adventure • \$159 members • \$188 nonmembers



Leadership Camp

Campers entering 8th or 9th grade by Fall 2017

Does your teen love helping younger children? Are they looking for something fun and challenging to do this summer? This is the opportunity for them! Teens accepted into this program will focus on team building, problem solving, and leadership development. Space is limited.

• \$95 members • \$110 nonmembers
Full weeks only!



Specialized Sports Camps



Fourth Summer!

Girls' Volleyball Camp

7/17-7/21

Ages 8-14 by June 1, 2017

Join Kerry Fitzpatrick in her fourth summer with us. She has had many years playing and teaching volleyball and does an amazing job sharing her love and passion for the sport with the campers. If your daughter is a player or interested in trying this up and coming sport we are the camp for her. 8:30am-11:30 beginners, 12-3pm advanced players (With 2 years plus playing experience).

Specialized Sports Camps

Summer is the perfect time for your young athlete to sharpen their skills or try something new. We are privileged to offer the best sports camps available. Our phenomenal coaching staff has extensive coaching experience and will make certain your athlete gets the most out of their week long specialized camp. **All sports camps start at 9am.**

Fourth Year!

Dance Camp

6/26-6/30

Ages 8-14 by June 1, 2017

This is a week-long, half-day camp with Miss Megan that will get your dancer moving and grooving! Campers will participate in different styles of dance forms, learn how to create their own dance moves, and learn a new dance to be performed for the camp on Friday. Fun dance crafts everyday too! Camp runs 9am-12pm.



Tennis Camp

7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14

Ages 8-13, By June 1, 2017

Tennis drills, technique, rules and court etiquette will be taught from 9am-12pm. Participants should be prepared for outdoor play. **Tennis Shoes**, water bottles, and tennis racquets are required. In the event of inclement weather, instruction will continue on our indoor racquetball courts. Camp runs 9am-12pm.

Basketball Camp

7/10-7/14 Coach Mike Romps

8/7-8/11 Coach Dan Casey

Ages 8-14, By June 1, 2017

Join experienced coaches Mike Romps or Dan Casey for a basketball players dream camp. Players of all abilities have the opportunity to improve their ball handling, shooting, and defensive strategies. If you have a player that loves basketball this is the place for them! This is a half day camp from 9am-12pm in our indoor Gym.



FEES FOR DANCE, TENNIS, BASKETBALL and VOLLEYBALL CAMPS

Price by the week (full week only):

- \$99 members
- \$115 nonmembers

Half Day Recreation Camp available

2nd part of the day for all specialized camps.

- \$99 members
- \$115 nonmembers

Specialized Sports Camps



Soccer Camp

7/31-8/4 Ages 8-12, By June 1, 2017

Dover coach, Connie Roy returns for her 13th year! This is a full day camp running from 9^{am}-4^{pm}. Players participate in skill building, team play, scrimmages, and free swim. An amazing opportunity for players of all abilities!

Price by the week (full week only):

• \$190 members • \$225 nonmembers

Golf Camp at



Ages 8-12 By June 1, 2017

7/17-7/21

We are thrilled to partner once again with The Oaks to offer summer golf camp. Campers begin their mornings at The Oaks from 9-11^{am} and then come back to The Works for swimming, crafts, and games till 5:30. Boys and girls of all abilities have the opportunity to join a PGA Pro to learn skills and improve their game. Transportation from The Oaks to The Works will be provided each day, but parents do need to drop participants off at The Oaks in the morning, no earlier than 8:45^{am}. Clubs will be provided.

Price by the week (full week only):

- \$190 members
- \$225 nonmembers



The British are Coming Challenger Sports Camps

Back for a SEVENTH year!
Challenger Sports will be at
The Works Camp for one week
• British Challenger
Soccer Camps
7/24-7/28

Full Day and Half Day Options available. Experience the Challenger Way the Works Way. Participate in the British Camps and then cool down in our pools and join us on Friday for lunch. Check out full details and register online at www.challengersports.com

**Register Online Only Before
June 5th to Receive Your
FREE 2017 Challenger Jersey.**

theworkshealthclub.com 6
603-742-2163 ext 741

2017 Field Trips

We will be offering four field trips this year:

- Water Country
- Canobie Lake
- Sky Zone
- Indoor Rock Climbing



Play Hut Summer Programs

Monday-Friday from 9-11^{am} (Parents must stay on-site)

Must pre-register 24 hours in advance

Sand Lot Kids

Members: \$6/visit or \$50/10 visit punch cards

Nonmembers: \$7/visit or \$60/10 visit punch cards

- Open to potty-trained children 3-6 years old.
- Daily schedule consists of open play time, snack time, and you may choose to have your child swim for the last half hour with our Aqua Kids program. Children that do not wish to swim will do an activity at the picnic tables.

Aqua Kids

Members: \$6/visit or \$50/10 visit punch cards

Nonmembers: \$7/visit or \$60/10 visit punch cards

- Open to children 6-12 years old (must pass The Works swim test).
- Daily schedule consists of a 45 minute sports activity, snack/break time, and 1 hour of swim. If there is inclement weather, swim will take place in the indoor pool.

Swim Lessons Available

- Members and Nonmembers
- All Levels
- Sunday – Saturday

Visit www.theworkshealthclub.com for pricing and scheduling details





The Works After School Fitness Fun!

K - 5th Graders

From the time the participants get off the bus until the time they are picked up, children will engage in fun, heart pumping games and activities. Change up their environment and send them to The Works and give them a little variety in their day while helping them to stay active and fit. Homework help is available as well as enrichment opportunities such as swim lessons, Yoga and Stem activities, and so much more.

Call Director of Programs/Camp Director Danielle Krenzer at (603) 742-2163 ext 741 or e-mail: danielle.krenzer@wdhospital.com



Vacation Day Camps

Ages 6 -12

Vacations should be a blast even when parents have to work. Swimming, bounce house, Fit Spot, gym games, and crafts, can't ask for more! Vacation Camp runs every major school holiday, in addition to December, February, and April Vacation. We adhere to Dover and Somersworth public school schedules. Call (603) 742-2163 ext 741 to confirm dates.

By the day:

- \$49 members
- \$53 nonmembers

Thank You for Choosing The Works!

The details of all of our camp offerings are outlined in this guide. If you have any questions please feel free to give us a call at (603) 742-2163 ext 741.

We conduct a camp survey each September and use the results to plan for the following year. Please be sure to include your email address on your registration form so you can be included in our post-season survey as well as weekly camp e-mail newsletters.

Thank you, we look forward to seeing you this summer!



2017 Summer Camp Schedule

Name _____ Age _____ Grade 2016-2017 _____ Member _____ Nonmember _____ Discount _____

[illegible]





23 Works Way
Somersworth, NH 03878

theworkshealthclub.com
Click on Summer Camp



PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO. 2
WORCESTER, MA

Registration Information

Early Registration Discounts

There is a 15% discount for full week, paid-in-full registrations received by March 31, 2017.

Save The Date!

Meet Your Counselor

Camp Cookout

Saturday, June 24, 2017

4:30^{pm} – 6:30^{pm}

Play games, win prizes and go for a swim with our 2017 camp staff.

Preregistration required.

Location

23 Works Way
Somersworth, NH
03878

Phone: 603.742.2163

Fax: 603.749.4907

theworkshealthclub.com

Click on Summer Camp

Camp Hours

Monday – Friday

7:30^{am} – 5:30^{pm}

Directions

We are conveniently located on Route 108, two miles north of Exit 9 off the Spaulding Turnpike.

Amenities for Campers

- Outdoor Pool & Slide
- Playground
- Fit-Spot
- Full Court Gymnasium
- Softball Field
- Outdoor Courts: Basketball, Volleyball, Tennis
- Indoor Aquatic Center
- Function Rooms: Indoor Arts & Crafts
- Boys' & Girls' Locker Rooms

BECOME A MEMBER
OF THE WORKS
AND SAVE ON
SUMMER CAMP
PROGRAMS