

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



Summer camp

June 24th through August 23rd



Healthy Minds • Healthy Bodies • Healthy Futures

23 Works Way | Somersworth, NH | 603-742-2163 | theworkshealthclub.com/summercamp



Welcome to Summer Camp 2019



General Information



Dear 2019 Campers, Parents, Members, and Friends,

Summer will be upon us before you know it. 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 could 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 full of silly stories, and experiences that are priceless. Childhood only happens once; it should be lived to the fullest.

Last summer, thanks to the help of funding from the Wentworth-Douglass Foundation, we were able to implement a new low ropes course, gardens for each camp, and the use of activity trackers demonstrating how good it feels to be active. We are looking forward to building on what we started last summer, providing an environment that fosters healthy minds, healthy bodies, and healthy futures.

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 your family.

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

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
- Fit Spot (Youth Fitness Room for campers 8+)
- Friday pizza or cookout

Theme Weeks Return

- Week 1 Aloha Week
- Week 2 Party in the USA
- Week 3 Funky Fitness
- Week 4 Survivor
- Week 5 Superhero
- Week 6 Imaginarium
- Week 7 Works Got Talent
- Week 8 Harry Potter
- Week 9 Carnival Week

Field Trips

- Week 1 Beach- Wallis Sands
- Week 4 Hike- Blue Job
- Week 6 McAuliffe-Shepard
Discovery Center
- Week 8 Canobie Lake Park

Recreational Camps

Running Bears

6:1 camper/counselor ratio

Ages 3-4, By June 1, 2019

Running Bears are our youngest campers. Their day includes circle time, parachute play and cooperative play. 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

Full Week

Full Program hours 8:30^{am}-1^{pm}

(includes swim lessons on Mondays and Wednesdays)

- \$89 members
- \$103 community members

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

- \$169 members
- \$202 nonmembers



Discovery Camp

6:1 camper/counselor ratio, Campers entering Pre-K or Kindergarten Fall 2019

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 2019

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 2019

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 • \$211 members • \$252 community members

Recreational Camps

Exploration Camp

10:1 camper/counselor ratio, Campers entering 3rd grade Fall 2019

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

NEW! Voyagers Camp

10:1 camper/counselor ratio, Campers entering 4th grade Fall 2019

Voyagers will spend their days working together to solve challenges and participating in various types of physical activity. They will play a variety of cooperative and competitive games keeping them active and engaged all summer.

Adventure Camp

10:1 camper/counselor ratio, Campers entering 5th - 7th grade Fall 2019

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, VOYAGERS and ADVENTURE CAMPS

By the Week • \$211 members • \$252 community members



Ropes Course

Exploration, Voyagers, Adventure, and Leadership campers will have access to our ropes course included in the cost of tuition. The ropes course is a fun way to enhance team building, agility, and coordination.

Leadership Camp

Campers entering 8th or 9th grade by Fall 2019

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.

- \$100 members
 - \$115 community members
- Full weeks only!**



2019 Field Trips

We will offer three field trips for Trailblazers and up. Additional cost per trip.

Week 1 Beach- Wallis Sands

Week 4 Hike- Blue Job

Week 6 McAuliffe-Shepard
Discovery Center

Week 8 Canobie Lake Park

theworkshealthclub.com 4
603-742-2163 ext 741

Specialized Sports Camps

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.

FEES FOR TENNIS, BASKETBALL and VOLLEYBALL CAMPS

Price by the week (full week only):

- \$105 members
- \$125 community members

Half Day Recreation Camp Available

Your child can join us in the afternoon, the second part of the day after their specialized camp has ended.

- \$106 members
- \$127 community members



Girls Volleyball Camp, 7/15-7/19

Ages 8-14 by June 1, 2019

Join Kerry Fitzpatrick in her fifth summer with The Works. She has had many years playing and teaching volleyball, and does an amazing job sharing her passion for the sport with the campers. If your daughter is a player, or interested in learning this up and coming sport, this is the camp for her. Volleyball camp is in our indoor gymnasium from 8:30am-12pm.

Tennis Camp

7/8-7/12, 7/22-7/26, 8/19-8/23

Ages 8-14, By June 1, 2019

Tennis drills, technique, rules and court etiquette will be taught by Coach Dan Casey 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. **Campers can register for one, two, or all three weeks.**

Basketball Camp

8/5-8/9 with Coach Dan Casey

Ages 8-14, By June 1, 2019

Join experienced coach Dan Casey for a basketball players dream camp! Players of all abilities have the opportunity to improve their ball handling and shooting skills, as well as learn 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 basketball courts.

Specialized Sports Camps

Golf Camp at



Ages 8-14, By June 1, 2019

Offered Week Beginning 7/15

We are thrilled to partner once again with The Oaks to offer summer golf camp. Campers begin their mornings at The Oaks from 9^{am}-11^{am}, and then come back to The Works for swimming, crafts, and games until 5:30^{pm}. 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 will 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):

- \$211 members
- \$252 community members



Soccer Camp

7/8-7/12 and 7/29-8/2 Ages 8-14, By June 1, 2018

We are pleased to welcome Dover High School Soccer Coach Jay Wisniewski to lead this summer's soccer camp. This is a full day camp running from 8:30^{am} - 4^{pm}. Players will participate in skill building, team play, scrimmages, and free swim. This is an amazing opportunity for soccer players of all abilities!

Price by the week (full week only):

- \$211 members
- \$252 community members



More Summer Opportunities



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

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

Aqua Kids

- 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.

Fees for Sand Lot Kids and Aqua Kids

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

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

Swim Lessons Available

- Members and Nonmembers
 - All Levels
 - Monday – Saturday
- Visit www.theworkshealthclub.com for pricing and scheduling details.

Camp Year Round!



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 so much more.

Please call Jennifer Brown 742-2163 ext. 735 or email Jennifer.Brown@wdhopsital.org



Vacation Day Camps

Ages 5 - 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 New Hampshire schedules for Somersworth and/or Dover public schools. Please call 742-2163 to confirm specific dates.

By the day:

- \$49 members
- \$53 community members

Thank You for Choosing The Works!

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

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!





Thank You for Choosing The Works!



Registration Information

About Registration

All camp registrations are now completed online. Visit theworkshealthclub.com and click on summer camp. If you need help with the registration process we will be happy to assist you at Guest Services. All payments must be made online. All registered campers are invited to "Meet Your Counselor Cookout" on Sat., June 22nd 4:30-6:30^{pm}. Preregistration 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 due at registration and are nontransferable and nonrefundable.

Deposits

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

All remaining balances are due as follows:

Weeks 1-3, 6/24-7/12 by June 1st, 2019

Weeks 4-7, 7/15-8/9 by July 1st, 2019

Weeks 8-9, 8/12-8/23 by August 1st, 2019

Early Registration Discounts

- 10% if full payment is received by March, 31st 2019
- Member registration opens February 1st, 2019
- Non-Member registration opens March 1st, 2019

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 will be a \$30 administrative change fee applied per schedule change. 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 7-9 by August 1st
- Changes after monthly deadlines will not be accepted. If space allows, camp weeks can be ADDED.
- Please remember that your registration is not complete, and therefore registration is not reserved, until full payment or non-refundable deposit is processed for each intended week of camp.

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



theworkshealthclub.com
603-742-2163 ext 741



23 Works Way
Somersworth, NH 03878



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theworkshealthclub.com/summercamp

Registration Information

Early Registration Discounts

There is a 10% discount for full week, paid-in-full registrations received by March 31, 2019.

Save The Date!

Meet Your Counselor

Camp Cookout

Saturday, June 22, 2019

4:30^{pm} – 6:30^{pm}

Play games, win prizes and go for a swim with our 2019 camp staff. Preregistration required.

Camp Hours

Monday – Friday

7:30^{am} – 5:30^{pm}

Location

23 Works Way

Somersworth, NH 03878

Phone: 603.742.2163

Fax: 603.749.4907

www.theworkshealthclub.com

Click on Summer Camp

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
AND ENJOY SPECIAL
MEMBER PRICING
AND EARLY
REGISTRATION**