

SKYLINE CAMP SCHEDULE

8:30 – 9:00am: Check-In

9:15 – 10:30am: Morning Run, Footwork/
Conditioning Drills, Dynamic Stretching,
and Cross Training. (Quick Start workout)

10:30 – 12:00pm: Tennis Instruction: Active Drilling,
Ground Stroke Production and Mechanics,
Serving and Returning Techniques,
Net Game Drills, Live Ball Drills, Match Play,
and Doubles Situations

12:00 – 2:00pm: Lunch (1Hr.), Tennis, Camp Games,
Movie, Board Games and Half Day Check-In

2:00 – 3:00pm: Camp Games, Warm-Up,
Conditioning Drills, and Tennis Drills

3:00 – 4:00pm: Tennis Instruction: Active Drilling,
Ground Stroke Production and Mechanics,
Serving and Returning Techniques,
Net Game Drills, Live Ball Drills, Match Play,
and Doubles Situations

4:00 – 5:00pm: Swimming Hour or Tennis Play

5:00 – 6:00pm: Check-Out and Extended Care

- Games and Drills subject to change on instructors discretion. We will take into consideration any games or ideas you have as well.
- Camp Games: Dodgeball, Capture the Flag, Questions, Soccer, Basketball, Tennis Olympics, Ultimate Frisbee, Hand Ball, Sharks and Minnows, Line Game, Zumba, Yoga and Dance
- Condition Drills/ warm-up/Cross Training: Laps, Footwork/Agility Drills, Hand and Eye Coordination Exercises, Core Stability, Basketball, Soccer, Volley Ball, Interval Sprint, Quick Start Work Out.

Schedule is subject to change.



PLACE
POSTAGE
HERE

onelifefit
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5115 Leesburg Pike
Falls Church, VA 22041

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**JUNIOR
TENNIS CAMPS**

**2019 TENNIS
SUMMER CAMP**



onelifefitness.com

5115 Leesburg Pike
Falls Church, VA 22041

The Skyline Onelife Fitness invites you to enjoy an unforgettable tennis experience — no matter what your age or skill level. We know you will leave our camp with better tennis skills, renewed energy and enthusiasm for the game. Onelife Fitness is pleased to provide both members and nonmembers camp packages for children ages 6–17 and peewees, ages 4–5.

ELEVATE YOUR GAME!

Campers will hit tons of balls, meet new friends, and enhance their tennis skills in a positive and enthusiastic environment! Our staff will build upon strengths, correct weaknesses, increase their knowledge of the game and help them move to the next level. The camp consists of three or six hours of movement drills, conditioning exercises, singles and doubles strategies, coupled with competitive match play and games.

Additional Activities

Swimming, basketball, soccer, ping pong, dodgeball, football, karate and more!

PROGRAM FEES

1-Week Session

\$220/members/half day (daily drop in – \$58)
 \$294/nonmembers/half day (daily drop in – \$80)
 \$349/members/full day (daily drop in – \$89)
 \$424/nonmembers/full day (daily drop in – \$110)

2-Week Session

\$398/members/half day
 \$559/nonmembers/half day
 \$629/members/full day
 \$765/nonmembers/full day



MINIMUM OF TEN CAMPERS

Lunch Schedule

For \$6 a day, campers can purchase a healthy Subway 6" sub or Subway Pizza, bag of chips and a beverage. Campers may also bring their own lunch. Friday is Pizza day. Free to all campers.

Extended Care

\$12 an hour 8am to 9am/5pm to 6pm;
 \$50 for am or pm for one week;
 \$90 for both am and pm for a week

Session/Dates

Sign up for a week or multiple weeks.

- | | |
|--|--|
| <input type="checkbox"/> Week 1 – June 17–21 | <input type="checkbox"/> Week 7 – July 29–August 2 |
| <input type="checkbox"/> Week 2 – June 24–28 | <input type="checkbox"/> Week 8 – August 5–9 |
| <input type="checkbox"/> Week 3 – July 1–5* | <input type="checkbox"/> Week 9 – August 12–16 |
| <input type="checkbox"/> Week 4 – July 8–12 | <input type="checkbox"/> Week 10 – August 19–23 |
| <input type="checkbox"/> Week 5 – July 15–19 | <input type="checkbox"/> Week 11 – August 26– |
| <input type="checkbox"/> Week 6 – July 22–26 | August 30 |

*4th of July can be made up any time during the summer.

9am – 5pm 9am – 12pm 2pm – 5pm

Registration

Please complete and sign the registration form. Return the completed form with a check payable to Skyline Onelife Fitness. We accept VISA, Master Card, American Express, and Discover.

Fees are NON-REFUNDABLE except as follows:

- a. For medical disabilities, a prorated or credit less 10% processing charge shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury.
- b. A prorated refund or credit shall be issued to a student who is asking to withdraw from a class due to not meeting entry level requirements. No refund will be issued if a student is asked to withdraw due to behavior/tennis etiquette reasons.

For information contact Carol de Ocampo at cdeocampo@onelifefitness.com or call 703-820-4100.

2019 Tennis Summer Camp Registration Form

Parent's Name _____

Participant's Name _____

Member Non-Member

Home Phone _____

Work Phone _____

Cell Phone _____

E-Mail _____

Age _____

Address _____

City _____

State _____ ZIP _____

Does your child have any major medical issues we should know about? Explain _____

Payment

- | | |
|--|--|
| <input type="checkbox"/> Week 1 – June 17–21 | <input type="checkbox"/> Week 7 – July 29–August 2 |
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Total Amount _____

Type of Payment Cash Check (# _____)

Credit Card Card on file

I authorize Skyline Onelife Fitness to auto-charge the credit card currently on my account.

RELEASE: Participant understands that engaging in Club programs and activities and other physical activities in the Club premises involves risks, without limitation, death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints, or muscles. Participant confirms that Participant is voluntarily participating in Club programs and activities and other physical activities in the Club with knowledge of the dangers involved. In consideration of making facilities and/or services available. Participant hereby for and on behalf of Participant and Participant's heirs and legal representatives, releases US Fitness Holdings LLC, Sport and Health Virginia Properties, L.C. and its principals, contractors, affiliates, employees, equity holders, directors, managers, members, officers, agents, representatives, guests and invitees from any and all claims and demands of every kind, nature and character which Participant may have or hereafter acquire for any and all damages, injuries or losses which may be suffered or sustained by Participant in connection with any Club program or activity.

Signature _____

Date _____