



JUNIORS

# SUMMER PROGRAMS GUIDE



- 2018 -

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## REGISTRATION GUIDELINES & POLICIES

Registration for programs and activities are available to Junior members, Children of Members, and non member guests.

Guests of members must be registered in the same camp as the host member.

Fees for member guests will be charged to the host member's account.

### REGISTRATION OPENS APRIL 16, 2018 AT 8:00AM

Online, in person, or call 604.221.2831

[www.jerichotennisclub.com](http://www.jerichotennisclub.com)

### \*REGISTRATION PRIORITY WILL BE GIVEN TO MEMBERS

### THE FOLLOWING CANCELLATION POLICY IS IN EFFECT FOR ALL CAMPS:

*A full refund less a \$20.00 cancellation fee will apply to cancellation received 7 or more days prior to the program start date. If canceled between 3 and 7 days prior to the start date, a 50% charge will apply. Refunds are not provided if registrations are canceled less than 3 days prior to the program start date.*

## CAMP STAFF

### MEET THE TEAM!



#### **KAITLIN STEPHENS - Athletic Services Manager**

Kaitlin is the key contact for Junior summer programming and registration. Her office is located in the Athletics Office.



#### **FIACHRA LENNON - Manager of Junior Tennis Development**

Fiachra has been a coach at Jericho for several years now working closely with both recreational and high performance Junior tennis players. He is a former ATP-ranked player and has represented Ireland at both Junior and Senior levels.



#### **RICHARD YENDELL - Head Squash Professional**

Richard Yendell, Head Squash Professional at Jericho is currently the Canadian National Junior Girls Team Coach. He has over 10 years of coaching experience working with many of Canada's best young squash players. He is a NCCP Level 3 coach and currently enrolled in the Advanced Coaching Diploma program at the Canadian Sport Institute.

## FAMILY FUN NIGHTS

MARK YOUR CALENDARS FOR THESE FAMILY FUN NIGHT DATES!

**JUNE**  
17

**JULY**  
8, 22, 29

**AUGUST**  
12, 19, 26

# JUNIOR MULTI-SPORT CAMPS

Join in on Jericho's very popular Multi-sport Camps! These all-inclusive camps will keep kids fit, entertained, and engaged with a different fun theme each week. Activities include tennis, squash, beach games, park adventures, and more!

**Ages:** 7-12

**Drop-off:** 8:45am / **Pick-up:** 3:15pm

## CAMP THEMES

### Theme 1: Under the Sea

This week our campers will be focusing on all things water! During our week we will be playing water themed games, and spending some time down by the beach. This week will be filled with deep sea scavenger hunts, aquatic trivia and of course some swimming contests!

### Theme 2: Into the Jungle

Here at Jericho we love animals so much that this week we will be going into the Jungle! We will be spending our week learning more about Jungle Animals, playing some super fun animal games, and an awesome game of Animal Bingo! We will finish up our week with the Jericho Scavenger Hunt where we will be putting all our animal knowledge to the test!

### Theme 3: Back In Time

Join us as we make our own time travel machine and travel back to the days of knights, castles, kings, and queens. This week will be all about "defending the castle" as we prepare for a huge game of capture the flag on Jericho Beach in the afternoon!

### Theme 4: Survivor

This week will be filled with skill-testing challenges. From trivia questions to balancing acts, we will split into teams and have an epic week-long competition followed by a Friday Survivor Party to celebrate all our hard work.

## CAMP WEEKS

July 3-6: Under the Sea

July 9-13: Into the Jungle

July 16-20: Back in Time

July 23-27: Survivor

July 30 - August 3: Under the Sea

August 7-10: Into the Jungle

August 13-17: Back In Time

August 20-24: Survivor

August 27 - 31: Under the Sea

## PRICING

Junior Member: \$348

Child of Member: \$388

Guest of Member: \$418

Prices listed do not include applicable taxes.

## SEE PAGE ONE FOR CANCELLATION POLICY.

## CAMP DETAILS

- Camps will run with a minimum of 3 and a maximum of 12 participants
- 6:1 Participant-to-Leader ratio
- Junior members and Children of Members take registration priority over non-member guests
- Pricing does not include tax
- Lunch from the Jericho Kid's Menu and a snack are both included in price
- If registering siblings into the camp, a 10% discount will be applied to the second registration fee
- Camps run rain or shine

## WHAT TO BRING

- All-white court attire
- Non-marking athletic shoes
- Tennis racquet (extras available)
- Squash racquet and goggles (extras available)
- Outdoor shoes
- Swim suit
- Change of clothes
- Beach towel
- Backpack
- Water bottle
- Sunscreen
- Hat
- Weather-appropriate clothing (camps will run rain or shine!)

**PLEASE NOTE:** ELECTRONIC DEVICES MUST BE STORED AWAY AT ALL TIMES DURING CAMP ACTIVITIES. CELL PHONES MAY NOT BE USED FOR VOICE COMMUNICATION AT ANY TIME IN THE CLUB.

# JUNIOR TENNIS CAMPS

It's no secret that tennis is one of the greatest sports out there. If your child is intrigued with this sport of a lifetime, then now is the time to nurture this interest. And there is no better way to do so than with Jericho Summer Camps!

## CAMP DETAILS

- Camps will run rain or shine
- Camps will run with a minimum of 3 participants
- Junior members and Children of Members will be given registration priority over non-member guests
- Lunch from the Jericho Kid's Menu and a snack are included in camp pricing
- If registering siblings into the camp, a 10% discount will be applied to the second registration fee

**SEE PAGE ONE FOR CANCELLATION POLICY.**

## WHAT TO BRING

- All-white court attire
- Non-marking athletic shoes
- Tennis racquet
- Outdoor shoes
- Change of clothes
- Sunscreen
- Hat
- Weather-appropriate clothing (camps will run rain or shine)
- Water bottle

## FUTURE STARS CAMPS - AGES 5-6

These fun camps are designed to introduce young athletes to the sport of tennis in a fun, group environment. The camps will include basic skill development, footwork and fun games with a tennis focus.

## SUMMER SMASH TENNIS CAMPS - AGES 7-12

These full-day tennis camps include skill development, point-play, fitness, and fun games with a tennis focus, as well as fun off-court activities. These camps are geared toward recreational players looking to have a fun week learning about tennis! Morning snack and lunch provided.

## TEEN TENNIS CAMPS - AGES 13+

These two-hour tennis camps cater for all levels and is a great opportunity to improve your game while having fun. The camps will include strategy & tactics for singles and doubles, technique and footwork.

## COMPETITIVE TENNIS CAMPS (See below)

The competitive tennis training camps are geared towards juniors who are actively participating in Tennis BC Provincial and National tournaments and are looking to improve their match play skills. The camp will also incorporate some physical training, footwork, agility, strength, endurance and speed. Participation requires JTC coach approval contact [flennon@jerichotennisclub.com](mailto:flennon@jerichotennisclub.com)

## PRE-STANLEY PARK OPEN TRAINING CAMPS - AGE 10+

In preparation for the annual Stanley Park Junior Tournament we will be offering a training camp for all Jericho players that have entered the tournament.

## WIMBLEDON CAMPS - AGE 10+

In preparation for the annual Cowichan Grasscourt Tournament on Vancouver Island we will be offering a training camp for all Jericho players that have entered the tournament. The training camp will focus on effective grasscourt tactics, strategy & mental training.

To register for a Competitive Tennis Training Camp, please contact Fiachra Lennon, Manager of Junior Development at [flennon@jerichotennisclub.com](mailto:flennon@jerichotennisclub.com) - for all other camps, please follow the Registration Guidelines provided on page one of this booklet.

# JUNIOR TENNIS CAMPS

## TENNIS CAMP CALENDAR

Week	Camp	Time	Ages	JM Price	CoM Price	NM Price	Max #
Week 1: July 3-6	Summer Smash Tennis Camp	10am-3pm	Age 7-12	\$316.00	\$349.00	\$380.00	12
	Futures Stars Camp	12:30 - 1:30pm	Age 5/6	\$76.00	\$84.00	\$92.00	8
	Teen camp	2-4pm	13-17	\$152.00	\$167.00	\$182.00	8
	Comp Camps*	4 - 6pm	10+				8
Week 2: July 9-13	Summer Smash Tennis Camp	10am - 3pm	Age 7-12	\$395.00	\$435.00	\$475.00	12
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	\$95.00	\$105.00	\$115.00	8
	Pre Stanley Park Open Training Camp*	3pm - 6pm	10+				8
Week 3: July 16 - 20	Summer Smash Tennis Camp	10am-3pm	Age 7-12	\$395.00	\$435.00	\$475.00	12
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	\$95.00	\$105.00	\$115.00	8
	Teen Camp	2-4pm	Age 13-17	\$190.00	\$210.00	\$230.00	8
	Comp Camps*	4pm-6pm	10+				8
Week 4: July 30 - Aug 3	Summer Smash Tennis Camp	10am-3pm	Age 7-12	\$395.00	\$435.00	\$475.00	12
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	\$95.00	\$105.00	\$115.00	8
	Wimbledon Grasscourt Camp*	3pm-6pm	10+				8
Week 5: Aug 7-10	Summer Smash Tennis Camp	10am-3pm	Age 7-12	\$316.00	\$349.00	\$380.00	12
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	\$76.00	\$84.00	\$92.00	8
	Teen Camp	2-4pm	Age 13-17	\$152.00	\$167.00	\$182.00	8
	Comp Camps*	4pm - 6pm	10+				8
Week 6: Aug 13-17	Summer Smash Tennis Camp	10am - 3pm	Age 7-12	\$395.00	\$435.00	\$475.00	12
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	\$95.00	\$105.00	\$115.00	8
	Teen Camp	2-4pm	Age 13-17	\$190.00	\$210.00	\$230.00	8
	Comp camps*	4-6pm	10+				8
Week 7: Aug 20- Aug 24	Summer Smash Tennis Camp	10am-3pm	Age 7-12	\$395.00	\$435.00	\$475.00	12
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	\$95.00	\$105.00	\$115.00	8
	Teen Camp	2-4pm	13-17	\$190.00	\$210.00	\$230.00	8
	Comp camps*	4-6pm	10+				8
Week 8: Aug 27 -31	Summer Smash Tennis Camp	10am -3pm	Age 7-12	\$395	\$435	\$475	12
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	95	105	115	8
	Teen Camp	2-4pm	Age 13-17	190	210	230	8
	Comp Camps*	4-6pm	Age 10+				8

For camps listed above where \* is indicated, please contact **Fiachra Lennon, Manager of Junior Development** at [flennon@jerichotenniscub.com](mailto:flennon@jerichotenniscub.com) to register.

For all other camps, please follow the Registration Guidelines provided on page one of this booklet.





# JUNIOR SQUASH CAMPS

Jericho squash camps are designed to be fun and motivating to help young athletes learn more about squash! Technique, footwork, game play, strategy and tactics will be covered throughout the camp with a new theme and focus each day. Instructors will include Certified Squash Professionals and top BC Junior athletes. This is a great camp for any child who wants to learn and have fun playing the game of squash.

## CAMP DETAILS

- Camps will run with a minimum of 4 participants
- Junior members and Children of Members will be given registration priority over non-member guests
- If registering siblings into the camp, a 10% discount will be applied to the second registration fee

## WHAT TO BRING

- All-white court attire
- Non-marking athletic shoes
- Eye protection
- Squash racquet (extras available)
- Outdoor shoes
- Bathing suit
- Change of clothes
- Sunscreen
- Hat
- Weather-appropriate clothing (camps will run rain or shine)
- Water bottle

**SEE PAGE ONE FOR CANCELLATION POLICY.**

## FULL-DAY SQUASH CAMPS

Time: 9:30am - 3:30pm

Pricing: Junior Member: \$455  
Child of Member: \$520

\*Half day/partial week pricing available upon request

## DATES

- July 9 - 13
- July 16 - 20 (Girls Only)
- July 23 - 27
- July 30 - August 3
- August 20 - 24
- August 27 - 31 (Elite)

## SCHEDULE

9:30am	Warm-Up	30mins
10:00am	Technical Skills & Drills	90mins
11:30am	Fitness	30mins
12:00pm	Lunch	75mins
1:15pm	Activation/Agility	30mins
1:45pm	Tactical Drills & Games	90mins
3:15pm	Cool Down & Stretch	15mins

\*lunch and snacks are included for the week

## JUNIOR AQUATIC PROGRAMS

We are pleased to once again offer the Red Cross Swim Programs. The Red Cross delivers Canada's largest and most recognized swimming and water safety program. With an emphasis on swimming skills, water safety, and fitness activities, Red Cross Swim programs set the foundation for a lifetime of swimming and fitness.

Available to JUNIOR MEMBERS, CHILDREN OF MEMBERS, and NON-MEMBER GUESTS.

### RED CROSS SWIM PROGRAMS

#### RED CROSS SWIM PRESCHOOL

*Ages 4 to 36 mo.*

*with parent:*

STARFISH

DUCK

SEA TURTLE

*Ages 3-5*

SEA OTTER

SALAMANDER

SUNFISH

CROCODILE

WHALE

#### RED CROSS SWIM KIDS (SK)

*Ages 6+*

SWIM KIDS 1 through to SWIM KIDS 10

For children age 5 and up.

#### LESSONS

Each session is comprised of 8 thirty-minute lessons over a two-week period (Monday to Thursday).

#### PRICING

Junior Member: \$109

Child of Member: \$119.90

Non-Member Guest: \$130

### PRIVATE LESSONS

Book a private lesson with one of our Certified Swimming Instructors. All ages and levels can be accommodated.

Please contact Kaitlin Stephens, Athletic Services Manager, for information on lesson availability and more time slots.

#### PRICING (PRIVATE LESSONS)

30-minutes Private: \$31.75

60-minute Private: \$63.50

30-minute Semi-Private: \$22.25 ea.

60-minute Semi-Private: \$44.25 each





# JUNIOR AQUATIC PROGRAMS

## SWIM PRESCHOOL

### STAR FISH - Infants aged 4-12 months

Able to hold their head up and participating with a parent or caregiver. Babies and their caregivers work on getting wet, buoyancy and movement, front, back, and vertical position in the water, and shallow water entries and exits.

### DUCK - Toddlers aged 12-24 months

Participating with a parent or caregiver (assisted). Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

### SEA TURTLE - Toddlers aged 24-36 months

Participating with or without a parent or caregiver. Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front, and front swim.

### SEA OTTER - Kids 3-5 years

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

### SALAMANDER - Kids 3-5 years

Successful completion of the skills in Red Cross Swim Preschool Sea Otter level. Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.

### SUNFISH - Kids 3-6 years

Successful completion of the skills in Red Cross Swim Preschool Salamander level. Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a personal flotation device (PFD) and swim 5 metres continuously.

### CROCODILE - Kids 3-6 years

Successful completion of the skills in Red Cross Swim Preschool Sunfish level. Swimmers further develop the front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.

### WHALE - Kids 3-6 years

Successful completion of the skills in Red Cross Swim Preschool Crocodile Swimmers level. Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.



# JUNIOR AQUATIC PROGRAMS

## **SWIM KIDS 1 (SK 1) - Kids 5+**

At least 5 years of age, no previous swimming experience required. Swimmers develop front and back float, front and back glide, flutterkick (assisted), shallow water entries and exits, and swim 5 metres.

## **SWIM KIDS 2 (SK 2) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 1. Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

## **SWIM KIDS 3 (SK 3) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 2. Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a personal flotation device (PFD) in deep water, float in deep water, and swim 15 metres continuously.

## **SWIM KIDS 4 (SK 4) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 3. Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.

## **SWIM KIDS 5 (SK 5) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 4. Swimmers develop front crawl (15 m), learn back crawl (15m) and whip kick on back; learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

## **SWIM KIDS 6 (SK 6) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 5. Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

## **Swim Kids 7 (SK 7) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 6. Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.

## **Swim Kids 8 (SK 8) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 7. Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

## **Swim Kids 9 (SK 9) - Kids 5+**

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 8. Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.

## **Swim Kids 10 (SK 10) - Kids 5+**

At least 5 years of age. Successful completion of the skills in Red Cross Swim Kids 9. Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.

# JUNIOR AQUATIC PROGRAMS

## LESSON CALENDAR

### SESSION 1

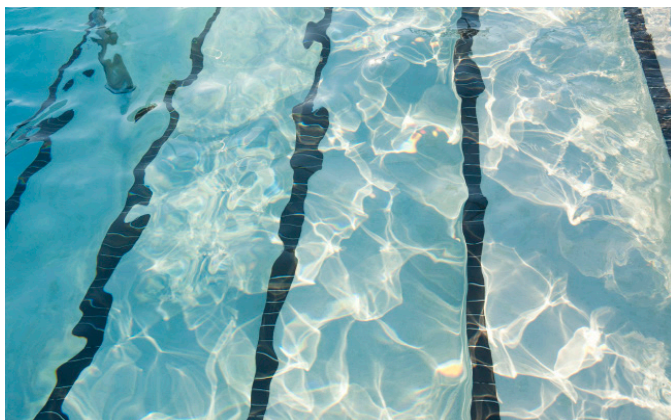
July 3-6(short week)  
July 9-12

9:00am - SK 1 & 2  
9:30am - SK 5 & 6  
10:00am - SK 9 & 10  
10:30am - Whale  
11:00am - Salamander  
11:30am - Private slot  
12:00pm - Starfish/Duck  
12:30pm - Sea Turtle

### SESSION 2

July 16-19  
July 23-26

9:00am - SK 7 & 8  
9:30am - SK 3 & 4  
10:00am - SK 1 & 2  
10:30am - Crocodile  
11:00am - Sea Otter  
11:30am - Sunfish  
12:00pm - Sea Turtle  
12:30pm - Private slots



### SESSION 3

July 30- August 2  
August 7-10\*

9:00am - SK 1 & 2  
9:30am - SK 5 & 6  
10:00am - SK 9 & 10  
10:30am - Whale  
11:00am - Salamander  
11:30am - Private slot  
12:00pm - Starfish/Duck  
12:30pm - Sea Turtle

### SESSION 5

August 27-31

Lessons offered but do  
not include report card

9:00am - SK 1 & 2  
9:30am - SK 5 & 6  
10:00am - SK 9 & 10  
10:30am - Whale  
11:00am - Salamander  
11:30am - Private slot  
12:00pm - Starfish/Duck  
12:30pm - Sea Turtle

### SESSION 4

August 13-16  
August 20-23

9:00am - SK 7 & 8  
10:00am - SK 3 & 4  
10:30am - SK 9 & 10  
11:00am - Crocodile  
11:30am - Sea Otter  
12:00pm - Sunfish  
12:30pm - Sea Turtle

# CLUBHOUSE RULES OVERVIEW

## POOL & HOT TUB

### Pool Area Junior Hours:

Weekdays:	9:00am - 3:00pm
Weekends & Holidays:	9:00am - 1:00pm
Family Fun Hours	9:00am - 1:00pm and 5:00pm - 9:00am

**CAMP PARTICIPANTS MAY NOT USE THE POOL OR HOT TUB UNLESS DIRECTLY ACCOMPANIED BY A CAMP LEADER.**

## PATIO & GRASSY KNOLL

Juniors & Children are permitted to use the age accessible areas of the pool facing patio and grassy knoll during the following hours:

Weekdays:	7:00am - 6:00pm
Weekends & Holidays:	7:00am - 2:30pm



## USE OF WIRELESS DEVICES

Electronic devices must be stored away at all times during camp activities. Cell phones may not be used for voice communication at any time in the Clubhouse.

## DRESS CODE

Camp participants are required to wear appropriate racquets attire on court that is predominantly white. Coloured warm-up suits, hats, and court shoes are permitted.

Non-marking court shoes are required on both squash and tennis courts.

Footwear must be worn around the Clubhouse.



## JERICHO TENNIS CLUB

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