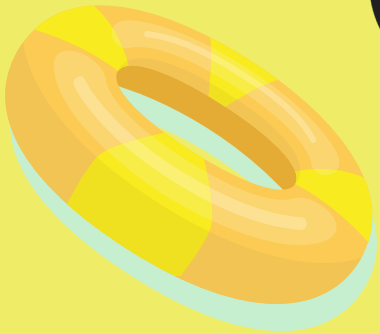




JUNIORS

SUMMER PROGRAMS GUIDE



2019



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REGISTRATION GUIDELINES

Registration for programs and activities is available to Junior Members, Child of Member, and Member Guests.

Member Guests must be registered in the same camp as the member. The member guest's fee will be charged to the member's account.

Priority will be given to members!

The following cancellation policy is in effect:

A full refund less a \$20.00 cancellation fee will apply to cancellations 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.

REGISTRATION OPENS APRIL 29th AT 8AM

Register online, in-person, or call 604 221 2831

Important dates - Junior Opening Day: June 28th 2019

LEADER BIOS

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 was the Canadian National Junior Girls Team Coach for six years. He has over ten years of coaching experience working with many of Canada's best young squash players.

FAMILY FUN NIGHTS

MARK YOUR CALENDARS FOR THESE FAMILY FUN NIGHT DATES!
KIDS WILL BE ALLOWED IN THE POOL FROM 5PM-9PM ON FAMILY FUN NIGHTS

JUNE
16

JULY
7, 21

AUGUST
4, 18

SEPTEMBER
1

MULTI-SPORT CAMPS

Join in on Jericho's very popular Summer Multi-Sport Camps! These all-inclusive camps will keep kids fit, entertained, and having fun with a theme every week and a variety of activities including tennis, squash, soccer, beach games, outdoor excursions and much more!

Ages: 7- 12

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

CAMP THEMES

Theme one: Under the Sea

Join us while we kick off the summer with a week of underwater themed activities! After we finish our sports for the day we will be playing games on the beach and having deep sea scavenger hunts and swimming races!

Theme two: Space Adventurers

This week we will be exploring the galaxy and learning all about planets. We will be making our own planets and rocket ships, and becoming astronauts! Every morning will kick off with space themed skill testing questions, then we will head to our sport for the day, followed by wacky water fun!

Theme three: 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 our huge game of capture the flag on Jericho Beach each afternoon!

Theme four: 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 2 - 5: Under the Sea

July 8 - 12: Space Adventures

July 15 - 19: Back in Time

July 22 - 26: Survivor

July 29 - August 2: Under the Sea

August 6 - 9: Space Adventures

August 12 - 16: Back in Time

August 19 - 23: Survivor

August 26 - 30: Under the Sea

PRICING

Junior Member: \$342

Child of Member: \$382

Guest of Member: \$412

SEE PAGE ONE FOR CANCELLATION POLICY.

CAMP DETAILS

- Camps will run with a minimum of 3 and a maximum of 12 participants.
- Junior Members and Children of Members will be accommodated into programs before Non-Members.
- Pricing does not include tax.
- 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.
- Camps run rain or shine.

WHAT TO BRING

- All-white attire for the tennis and squash courts
- Non-marking shoes
- Tennis racquet (extra racquets are available if needed)
- Squash racquet and goggles (extra racquets are available if needed)
- Outdoor shoes
- Swim suit
- Change of clothes
- Towel
- Backpack
- Water bottle
- Sunscreen
- Hat
- On rainy days, dress warmly and bring your boots and raincoat because we have fun rain or shine!

A REMINDER THAT ELECTRONIC DEVICES SUCH AS CELL PHONES OR TABLETS MAY ONLY BE USED DURING THE LUNCH BREAK

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 accommodated into programs before Non-Members
- 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 attire
- Non-marking shoes
- Tennis racquet
- Swimsuit
- Outdoor shoes
- Change of clothes
- Water bottle
- Sunscreen
- Hat
- On rainy days, dress warmly and bring your boots and raincoat because we have fun rain or shine!

SUMMER SMASH TENNIS CAMPS

Ages 7-12

Time: 10:00am - 3:00pm

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 towards recreational players looking to have a fun week learning about tennis! Morning snack and lunch will be provided. Please note: all campers will be allocated to different camp groups based on age and skill to ensure the level and ability is appropriate for each camp group. Off court activities will include swimming in the pool.

FUTURE STARS CAMPS

Ages 5/6

Time: 12:30 - 1:30pm

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.

TEEN TENNIS CAMPS

Ages 13-17

Time: 3:00 - 5:00pm

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

COMPETITIVE CAMPS

Ages 10+

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. Some activities will include outdoor running and physical training on the beach. Participation requires JTC coach approval - contact flennon@jerichotennisclub.com.

JUNIOR TENNIS CAMPS

TENNIS CAMP CALENDAR

Week	Camp	Time	Ages	Maximum players	JM Price	COM Price	NM Price
Week 1: July 2-5	Summer Smash Tennis Camp	10am-3pm	Age 7-12	12	\$340.00	\$375.00	\$410.00
	Futures Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$76.00	\$84.00	\$92.00
	Teen camp	3-5pm	13-17	6	\$152.00	\$168.00	\$198.00
	Comp Camps*	3-6pm	10+	6			
Week 2: July 8-12	Summer Smash Tennis Camp	10am - 3pm	Age 7-12	12	\$425.00	\$468.00	\$510.00
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$95.00	\$105.00	\$115.00
	Pre Stanley Park Open Training Camp	3pm - 6pm	10+	10			
Week 3: July 15 - 19	Summer Smash Tennis Camp	10am-3pm	Age 7-12	12	\$425.00	\$468.00	\$510.00
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$95.00	\$105.00	\$115.00
	Teen Camp	3-5pm	Age 13-17	6	\$190.00	\$209.00	\$228.00
	Comp Camps*	3-6pm	10+	6			
Week 4: July 22 - 26	Summer Smash Tennis Camp	10am-3pm	Age 7-12	12	\$425.00	\$468.00	\$510.00
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$95.00	\$105.00	\$115.00
	Wimbledon Grasscourt Camp*	3-6pm	10+	10			
Week 5: Aug 6-9	Summer Smash Tennis Camp	10am-3pm	Age 7-12	12	\$340.00	\$375.00	\$410.00
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$76.00	\$84.00	\$92.00
	Comp Camps*	3-6pm	10+	6			
Week 6: Aug 12-16	Summer Smash Tennis Camp	10am -3pm	Age 7-12	12	\$425.00	\$468.00	\$510.00
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$95.00	\$105.00	\$115.00
	Comp camps*	3-6pm	10+	6			
Week 7: Aug 19 - Aug 23	Summer Smash Tennis Camp	10am-3pm	Age 7-12	12	\$425.00	\$468.00	\$510.00
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$95.00	\$105.00	\$115.00
	Teen Camp	3-5pm	13+	6	\$190.00	\$209.00	\$228.00
	Comp camps*	3-6pm	10+	6			
Week 8: Aug 26 - 30	Summer Smash Tennis Camp	10am -3pm	Age 7-12	12	\$425.00	\$468.00	\$510.00
	Future Stars Camp	12:30 - 1:30pm	Age 5/6	6	\$95.00	\$105.00	\$115.00
	Comp Camps*	3-6pm	Age 10+	10			

PRE-STANLEY PARK OPEN TRAINING CAMP

Dates: July 8 - 12
Time: 3:00 - 6:00pm

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. The training camp will focus on effective tactics, strategy and mental training.

WIMBLEDON GRASSCOURT CAMP

Dates: July 22 - 26
Time: 3:00 - 6:00pm

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 and mental training.

*If you would like to register for a competitive training camp, please contact Fiachra Lennon, Manager of Junior Development, at flennon@jerichotennisclub.com.

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.

Jericho has a very successful junior squash program, recently claiming 5 of 10 provincial championships in 2019. We are currently looking for new talent to join our program.

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

- Clean, non-marking indoor athletic shoes
- Eye protection
- Squash racquet
- Outdoor shoes
- Bathing suit
- Change of clothes
- Snacks
- Sunscreen
- Hat

FULL-DAY SQUASH CAMPS

Time: 9:30am - 3:30pm

Pricing: \$405 - Jericho Members
\$480 - Non-Members
\$50 - add daily lunch and snacks

Half day/partial week pricing available upon request.

DATES

July:

8 - 12
15 - 19
22 - 28
29 - 2

August:

12 - 16
19 - 23
26 - 30 - Elite HP

SCHEDULE

Athletes should come prepared with squash attire, running shoes and swim suit.

9:30am	Warm-up	30mins
10:00am	Technical skills and drills	90mins
11:30am	Fitness	30mins
12:00pm	Lunch	75mins
1:15pm	Activation/agility	30mins
1:45pm	Tactical drills and games	90mins
3:15pm	Cool down/stretch	5mins

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 their GUESTS.

RED CROSS SWIM PROGRAMS

RED CROSS SWIM PRESCHOOL

For children 4 to 12 months with parent:

STARFISH
DUCK
SEA TURTLE

For children aged 3 to 5

SEA OTTER
SALAMANDER
SUNFISH
CROCODILE
WHALE

RED CROSS SWIM KIDS (SK)

Ages 6+
Swim Kids I through IO

LESSONS

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

PRICING

Junior Member: \$110
Child of Member: \$120
Guest of Member: \$130

PRIVATE LESSONS

Book a private swim lesson with one of our certified swimming instructors. All ages and levels can be accommodated. Please call 604 221 2831 to find out more information about what is available.

PRICING (PRIVATE LESSONS)

30-minute private: \$31.75
60-minute private: \$63.50

30-minute semi-private: \$22.25 each
60-minute semi-private: \$44.25 each



JUNIOR AQUATIC PROGRAMS

RED CROSS SWIMMING LEVELS - REGISTRATION GUIDE

STARFISH - Infants aged 4-12 months

Able to hold their head up and participating with a parent or caregiver (assisted). 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. 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

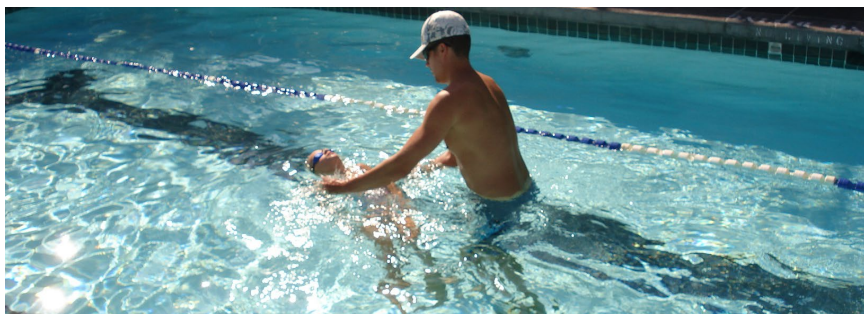
Successful completion of the skills in Red Cross Swim Preschool Salamander. Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.

CROCODILE - Kids 3-6 years

Successful completion of the skills in Red Cross Swim Preschool Sunfish Swimmers. Further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.

WHALE - Kids 3-6 years

Successful completion of the skills in Red Cross Swim Preschool Crocodile 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

DOLPHIN/SK 1 - 3-6 YEARS

Feel like your child is not quite ready for Swim Kids 1? Sculling, synchronized swimming skills, 15m endurance, front crawl and dolphin kick.

SWIM KIDS 1

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

SWIM KIDS 2

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

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 PFD in deep water, float in deep water, and swim 15 metres continuously.

SWIM KIDS 4

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

At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 4. Swimmers develop front crawl (15m), 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

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

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

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

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

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

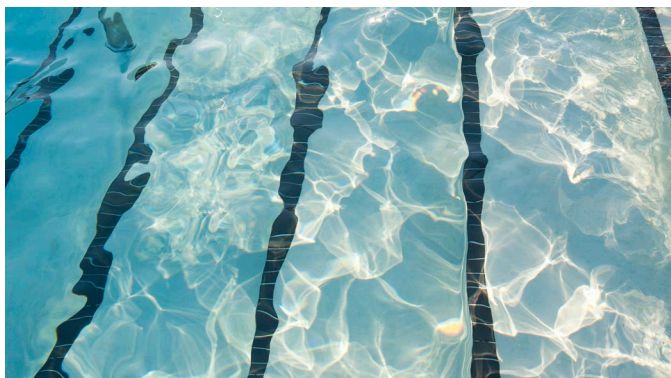
July 2 - 5 *
July 8 - 11

9am - SK 1/2
9:30am - SK 5/6
10am - SK 9/10
10:30am - Whale
11am - Salamander
11:30am - Private Slot
12pm - Starfish/Duck *Parent
required
12:30pm - Sea Turtle *Parent
required

SESSION 2

July 15 - 18
July 22 - 25

9am - SK 7/8
9:30am - SK 3/4
10am - SK 1/2
10:30am - Crocodile
11am - Sea Otter
11:30am - Sunfish
12pm - Sea Turtle *Parent
Required
12:30pm - Program Slot



SESSION 3

July 29- August 1
August 6 - 9*

9am - SK 1/2
9:30am - SK 5/6
10am - SK 9/10
10:30am - Whale
11am - Salamander
11:30am - Private Slot
12pm - Starfish/Duck *Parent
required
12:30pm Sea Turtle *Parent
required

SESSION 4

August 12-15
August 19 - 22

9am - SK 7/8
9:30am - SK 3/4
10am - SK 9/10
10:30am - Crocodile
11am - Sea Otter
11:30am - Sunfish
12pm - Sea Turtle *Parent
Required
12:30pm Program Slot

SESSION 5

August 26 - August 29

Lessons offered but does not include
report card.

9am - SK 1/2
9:30am - SK 5/6
10am - SK 9/10
10:30am - Whale
11am - Salamander
11:30am - Private Slot
12pm - Starfish/Duck *Parent required
12:30pm - Sea Turtle *Parent required

CLUB RULES FOR JUNIORS

CLUBHOUSE THIRD FLOOR

Juniors and Children are permitted to use the age accessible areas of the Clubhouse third floor during the following hours:

Without the accompaniment of an Adult:

Monday to Friday: 7:00 am - 6:00 pm

Weekends and Statutory Holidays: 7:00 am - 2:30 pm

With the accompaniment of an Adult for Family Dining:

Monday to Wednesday: 4:00 pm - 7:30 pm (designated area only)

Sundays: 5:00 pm - 9:00 pm

PATIO AND GRASSY KNOLL

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

Monday to Friday: 7:00am - 6:00pm

Weekends and Statutory Holidays: 7:00am - 2:30pm

From Monday to Wednesday and during Sunday Family Dining all upper level decks and the grassy knoll patio are reserved for adult use only.

Juniors and Children of Members 8 years of age and older and Children of Members less than 8 years of age accompanied by an Adult shall have access to the Third Floor Serv-ery during Adults hours for the sole purpose of ordering and pick-up of food and beverage for consumption on the lower levels of the Clubhouse (Junior Room, Family Room and Beach Terrace).

- During Sunday Family Dining, both levels of the upper patio will be reserved for adult use at all times.
- Juniors may introduce two playing guests at one time, subject to all Guest rules.
- Juniors under the age of 13 may not introduce Social Guests at any time. Juniors 13 years and older may introduce up to two social guests at one time, subject to all Guest Rules.
- Juniors and Children of Members under 13 may not introduce swim guests at any time.
- Juniors and Children of Members 13 years and older may introduce one swimming guest.
- Guest rules apply and each guest shall not be introduced more than twice a month.
- Juniors and Children are not allowed in the Lower Dining Area, Westside Social Lounge and Adult Locker Rooms. Persons under 19 years of age are additionally not permitted in the Players Lounge and areas designated as Adult Only on the Upper Decks, as per the JTC liquor license.

Junior Lounge, Junior Locker Rooms and Beach Terrace use for Juniors:

- Juniors and Children of Members can use these areas until 9pm when bubbles are down.
- Adults are not allowed to use the Junior Lounge and Locker Rooms except as parents of Children, exercising parental control and participation with their child.
- The Junior Locker Room is not intended for family use.

POOL AND SPA HOURS

FROM JUNIOR OPENING DAY UNTIL LABOUR DAY:

Monday to Friday

5:30am-9am	Adults Only
9am-3pm	Open Time
3pm-11pm	Adults Only

Saturday, Sunday, and Statutory Holidays

5:30am-9am	Adults Only
9am-1pm	Open Time
1pm-11pm	Adults Only

FROM LABOUR DAY UNTIL JUNIOR OPENING DAY:

Monday to Friday

5:30am-9am	Adults Only
9am-12pm	Open Time
12pm-2pm	Adults Only
2pm-4:45pm	Open Time
4:45pm-11pm	Adults Only

Saturday, Sunday and Statutory Holidays

5:30am-9am	Adults Only
9am-1pm	Open Time
1pm-11pm	Adults Only





JERICHO TENNIS CLUB

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