

NORTHWOOD SUMMER RACQUETS CAMPS

PARENT GUIDE

This guide applies to **both All Racquets Summer Camp and High Performance Tennis Camp** unless otherwise noted.

WELCOME TO NORTHWOOD SUMMER CAMPS

Northwood Summer Camps provide a structured, engaging, and safe environment where campers develop athletic skills, confidence, and a love for racquet sports. Our programs are led by experienced coaching staff and designed to balance skill development, movement, and fun in a supportive setting.

Campers are grouped appropriately by age, experience, and program to ensure effective instruction and positive experiences.

CAMP PROGRAMS

High Performance Tennis Camp

Designed for players seeking focused tennis training in a structured, competitive environment.

Program emphasis includes:

- Technical stroke development
- Footwork, agility, and conditioning
- Match play and point construction
- Performance feedback and consistency

Schedule (Monday–Friday):

Full Day: 9:00 AM – 4:00 PM

Half Day AM: 9:00 AM – 12:00 PM

Half Day PM: 1:00 PM – 4:00 PM

All Racquets Summer Camp

A fun, multi-sport camp introducing campers to a variety of racquet sports.

Sports include:

- Tennis
- Pickleball
- Padel
- Racquetball

Instruction focuses on fundamentals, coordination, teamwork, and game play.

Schedule (Monday–Friday):

Full Day: 9:30 AM – 3:30 PM

Half Day AM: 9:30 AM – 12:00 PM

Half Day PM: 1:00 PM – 3:30 PM

CAMP DATES – WEEKLY SESSIONS

Week 1: June 15 – June 19

Week 2: June 22 – June 26

Week 3: June 29 – July 3

Week 4: July 6 – July 10

Week 5: July 13 – July 17

Week 6: July 20 – July 24

Week 7: July 27 – July 31

Week 8: August 3 – August 7

Week 9: August 10 – August 14

Week 10: August 17 – August 21

Week 11: August 24 – August 28

Weekly enrollment is available.

FACILITIES & WEATHER

Camps utilize Northwood's **indoor and outdoor courts** and run **rain or shine**. Programming may be adjusted to ensure camper safety and comfort.

DROP-OFF & PICK-UP

- Campers must be **signed in and signed out daily** by a parent or authorized guardian
- Campers may **not be left unattended** at any time
- Please arrive during designated drop-off and pick-up windows

Late pick-ups will be automatically enrolled in after-care.

PRE-CARE & AFTER-CARE

Pre-care is available **between 8:00 AM and 9:00 AM**, and after-care is available for campers enrolled **after 4:00 PM**.

- **Flat rate:** \$20/hour
 - **A credit card must be kept on file** for all families utilizing extended care
 - Availability may be limited; please confirm with the front desk
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WHAT TO BRING

- Refillable water bottle
 - Athletic clothing and sneakers
 - Hat and sunscreen (apply before arrival)
 - Towel and extra change of clothes
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IMPORTANT CAMP POLICIES (APPLIES TO ALL CAMPS)

- **A credit card must be kept on file** for all camp participants
- Campers **may not participate on their first day** unless all required paperwork is completed, including:
 - Medical waiver
 - Allergy information
 - Emergency contact details
- Campers must **leave all electronics at home**, including cell phones and smart devices
- If a camper needs to contact a parent, they may ask a **staff member for assistance**

- **Northwood Racquet & Fitness Club is not responsible** for any lost, damaged, or misplaced personal items, including electronic devices
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COACHING & SUPERVISION

All camps are led by Northwood's professional coaching staff and trained assistants. Safety, structure, and positive camper experiences are our top priorities.

MEDICAL FORMS & WAIVERS

All campers must have completed medical waivers and required documentation **on file before participation**. Campers will not be permitted to participate without completed forms.

CONTACT INFORMATION

Northwood Racquet & Fitness Club
Phone: (610) 798-6079
Website: www.northwoodrfc.com

Please include your child's full name in all correspondence.
