

# NORTHWOOD SUMMER RACQUETS CAMPS

## PARENT GUIDE

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

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## 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.

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## 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

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## 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

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## CONTACT INFORMATION

Northwood Racquet & Fitness Club  
Phone: (610) 798-6079  
Website: [www.northwoodrffc.com](http://www.northwoodrffc.com)

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

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