

2020 LAGRANGE SUMMER CAMPS at Gold's Gym



Programs for ages 5 - 16
Traditional - Sports - Specialty - Elite Athletic

**26
SPORT
CAMPS!**



**25
DAY
CAMPS!**

Rob Misch, Camp Director, 845-926-7829, RobM@goldsgymhv.com
Jill Detz, Assistant Camp Director, 845-463-4800, kidslg@goldsgymhv.com
www.lagrangesummercamps.com

Located at the Gold's Gym Family Sports Complex
258 Titusville Road, LaGrange

NEW THIS YEAR!!

★ **Elite Athletic Development Middle School Sports Camps**

Monday - Friday 5:30pm - 8:30pm

Track/Cross Country, Girls Volleyball, Girls Field Hockey, Boys Soccer, Girls Soccer, Girls Lacrosse, Boys Lacrosse, Girls Softball, and Boys Basketball.

See page 13 and 23 for details.

★ **High Intensity Basketball Pick-Up Mini Tournaments**

Fridays 6:00pm - 8:00pm

Middle School Boys Basketball players from all school districts are invited to play in this mini league. See page 23 for details.

★ **Extreme Off-Site Nature Day Camp**

Held at the beautiful Camp Nooteeming in Pleasant Valley. Swimming, hiking, canoeing, slip & slide, archery, fishing, rock climbing, campfire cookouts, and so much more. See pages 7 and 21 for more details.

★ **Karate Camp**

Campers will learn the basics of Karate. Kids will learn kicking, striking, and defensive blocking with arms and legs. This camp will also stress positive mental attitude, humility, physical coordination and mental focus. See pages 4 and 22 for more details.

★ **20% Off**

For each child signed up for 7 weeks or more. See page 16 for more details.

★ **10% Off**

If you sign up during the Early Bird Period (February 10 - April 30). See page 16 for more details.





The excellent facilities at Gold's Gym LaGrange enable us to provide the best summer programs in the area.

- » 3 Large Indoor Turf Fields
- » Basketball Court
- » Outdoor Soccer Field
- » Water Wars Playground
- » Dance Studio
- » Recreation Rooms
- » Camp Cinema
- » Fitness Center
- » Arts & Crafts Room
- » Science Room
- » Two Outdoor Multi-Activity Areas
- » Health Office
- » KidZone
- » Camp Cafe
- » Snack Bar
- » Camp Lounge
- » Outdoor Ball Field
- » and more!



IMPORTANT HIGHLIGHTS

1. Registration starts February 10th. 10% off between February 10 - April 30. Other discounts available (see page 16).
2. Health Forms & Waivers are due the first day of camp (see page 17).
3. All prices listed in this book are for the entire week (Monday - Friday).
4. All camps run from 9am - 4pm except Soccer, Elite and Camp-X (see pages 5 & 13).
5. Early Drop Off (as early as 7am) and Late Pick Up (as late as 6pm) are available (see page 14).
6. Important Parent Information on pages 16-23.
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NEW NEXT SUMMER!!

Evening High Intensity Mini-Sport Tournaments

Pick-Up Game Play for Grades 6 - 9 in the following sports:

Girls Volleyball, Boys Football, Girls Field Hockey, Boys Soccer, Girls Soccer, Boys Lacrosse, Girls Lacrosse, and Girls Basketball.

See the example description on page 23.

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The Gold's Gym Summer Camp Staff has the best-of-the-best counselors and instructors. Among them are coaches, school teachers, specialized instructors, physical education teachers, emergency medical technicians, and highly qualified college and high school students. Many are CPR, First Aid, and Responding To Emergencies/Nurse Certified.



Rob Misch, Camp Director

This is Rob's 32nd year of directing summer camp programs, and his 10th year at Gold's Gym. Rob was the director of the IBM/Casperkill Summer Camp for 22 years and also directed Camp Bulldog at Yale University for 6 years. Rob received his bachelor's degree in Physical

Education, with a concentration in Sports Management from Cortland State. He received his Master's degree in Elementary Education from New Paltz College. Rob is currently the Physical Education & Sport Coordinator at LaGrange Middle School with 31 years of experience teaching P.E. He has also coached for the Arlington School district for a combined 33 sports seasons.

Jill Detz, Assistant Camp Director Jill has been with Gold's Gym since 2005. Over the years she has been involved in the management of KidZone, Birthday Parties, Youth Programs, and Summer Camps. Jill graduated from SUNY Oneonta with a degree in Elementary Education with a concentration in Child Development. She also taught kindergarten in Virginia for 5 years.



Feel free to contact us:

Camp Questions

Rob Misch - call/text 845-926-7829 or email robm@goldsgymhv.com

Payment Questions

Jill Detz - call 845-463-4800 ext 22 or email KidsLG@goldsgymhv.com



SPORTS CAMPS

Gold's Gym Sport Camps offer top-quality coaching with the areas best Interscholastic coaches and players. Specialized instruction, skill work and fun games will be the focus of each sport camp.

All camps are 9am-4pm and Early/Late supervision is available.

Children may bring their lunch and water bottles from home and most camps will have the option to purchase their lunch from the Camp Cafe, our on-site restaurant.

All camp participants are required to have a health form and waiver release form filled out and handed in on the first day of camp. Please refer to each camp listing for special equipment needs and information.



Water Bottle



Sunscreen



Wear Sneakers

SPORTS & GAMES CAMP CAMP #211- #210

Weeks 1 - 10

June 29 - September 4

Ages 6 - 14

Price: Members \$220

Non-Members \$230

Learn and play a variety of sports and games including: Baseball, Dodgeball, Capture the flag, Wiffle Ball, Basketball, Golf, Handball, Soccer, Ultimate Frisbee, Kan Jam, Pillow Hockey, Knockout, Lacrosse, Badminton, Boxing, Paddle Ball, Four Square, Volleyball, and more! Equipment will be provided by the camp.

BOYS FOOTBALL CAMP CAMP #232, #236

Week 2: July 6 - 10

Week 6: August 3 - 7

Ages 7 - 14

Price: Members \$220

Non-Members \$230

Games and drills will be two-hand touch or flag football rules. Parents are welcome to attend the All-Star game at the end of the week. If cleats are worn, sneakers must be brought for indoor activities as well.

**EARLY
BIRD
PRICES
FEBRUARY 10 -
THROUGH
APRIL 30**

TOURNAMENT CAMP CAMP #279

Week 9: August 24 - 28

Ages 7 - 14

Price: Members \$220

Non-Members \$230

This camp is great for kids who want to compete for trophies and prizes! Tournament set up will depend on enrollment and age groupings and will include Racquetball, Hot Shot, Paddle Ball, Golf, Kan Jam, Wiffle Ball, Connect Four, Checkers and more!

BASKETBALL CAMP CAMP #243, #244, #245, #247, #248, #249

Week 3: July 13 - 17

Week 4: July 20 - 24

Week 5: July 27 - 31

Week 7: August 10 - 14

Week 8: August 17 - 21

Week 9: August 24 - 28

Ages 7 - 14

Price: Members \$220

Non-Members \$230

Specialized instruction, skill work, and games will be the focus. Parents are welcome to attend the All-Star game at the end of the week.

GIRLS CHEERLEADING CAMP**CAMP #262, #266****Week 2: July 6 - 10****Week 6: August 3 - 7****Ages 7 - 14****Price: Members \$220****Non-Members \$230**

Specialized instruction, skill work and safety will be the focus during this camp. The majority of time will be spent on cheerleading skills and practicing routines to be performed at the end of the week. Participants will also cheer for the football camp all-star game. Sneakers, t-shirts and shorts are mandatory.

PAINTBALL CAMP**CAMP #886****Week 6: August 3 - 7****Ages 10 - 14****Price: Members \$220****Non-Members \$230**

Campers will get to experience playing paintball on our outdoor course and our indoor course. When playing outside, participants will use ammunition with paint and when playing inside, participants will use ammunition without paint. Campers in this camp will participate in team play, shooting competitions, and a variety of other paintball activities and challenges. Campers will learn strategy of paintball play, safety, and how to take care of the equipment. Equipment will be supplied by the camp, but participants are recommended to wear thick, long sleeve clothing to help prevent the sting of being hit. Participants in this camp will always play under strict safety guidelines. Highly-trained staff will closely supervise paintball activities at all times.

BOYS BASEBALL CAMP**CAMP #252, #255, #258****Week 4: July 6 - 10****Week 5: July 27 - 31****Week 8: August 17 - 21****Ages 7 - 13****Price: Members \$220****Non-Members \$230**

Specialized instruction, skill work and games will be the focus. Camp will be held on the outdoor baseball field & indoor turf field. If cleats are worn, sneakers must be brought for other indoor activities. Parents are invited to attend the All-Star game at the end of the week.

GET FIT CAMP**CAMP #613, #618****Week 3: July 13 - 17****Week 8: August 17 - 21****Ages 10 - 14****Price: Members \$220****Non-Members \$230**

This unique camp offers a cool mix of camp games and "get fit" activities. Campers will play games like dodgeball, and capture the flag. They will also be given the option to take part in "get fit" activities like kickboxing and yoga. Campers will be introduced to the **Gold's Gym exercise equipment**. Sneakers and clothing for physical activities are required.

BOYS LACROSSE CAMP**CAMP #276****Week 6: August 3 - 7****Ages 8 - 14****Price: Members \$220****Non-Members \$230**

A great camp for beginners and experienced players. In this camp, specialized instruction, skill work, and games will be the focus. Parents are welcome to attend the All-Star game at the end of the week. Camp will be held on the indoor turf field. If cleats are worn, sneakers must be brought for other indoor activities. Campers are required to bring mouth guards. Campers who own a helmet and lacrosse stick may bring them, otherwise they will be provided by the camp.

GIRLS SOFTBALL CAMP**CAMP #285****Week 5: July 27 - 31****Ages 7 - 14****Price: Members \$220****Non-Members \$230**

Specialized instruction, skill work, and games will be the focus. Campers will learn the fundamentals of throwing, hitting, fielding, base running, and team play. Camp will be held on the indoor turf field as well as the outdoor field. If cleats are worn, sneakers must be brought for other indoor activities. Parents are invited to attend the All-Star game at the end of the week.

GIRLS VOLLEYBALL CAMP**CAMP #297****Week 7: August 10 - 14****Ages 8 - 14****Price: Members \$220****Non-Members \$230**

Specialized instruction, skill work and games will be the focus. Campers will learn the fundamentals of serving, setting, bumping, spiking, and team play. Participants are required to wear sneakers. Knee pads are recommended. Parents are invited to attend the All-Star game at the end of the week.



**DODGEBALL CAMP****CAMP #274, #276, #278, #279****Week 4: July 20 - 24****Week 6: August 3 - 7****Week 8: August 17 - 21****Week 9: August 24 - 28****Ages 8 - 14****Price: Members \$220****Non-Members \$230**

A camp designed to give campers the chance to play a variety of dodgeball games throughout the week. Campers will play Dr. Dodgeball, Traditional Dodgeball, King's Court, Crashmat Dodgeball, In & Out, Pinball Dodgeball, Temple of Doom, Spud, Spider Ball and many more. Campers will also take part in a variety of traditional camp activities. Campers in this camp will be required to wear goggles.

NEW!**KARATE CAMP****CAMP #707****Week 7: August 10 - 14****Ages 8 - 14****Price: Members \$220****Non-Members \$230**

Campers will learn the basics of karate. Kids will learn kicking, striking, and defensive blocking with arms and legs. This camp will also stress positive mental attitude, humility, physical coordination, and mental focus. In this camp, participants will also take part in traditional day camp activities. All equipment will be supplied by the camp.

BOXING CAMP**CAMP #407****Week 7: August 10 - 14****Ages 10 - 16****Price: Members \$220****Non-Members \$230**

Boxing is a great workout, perhaps the most challenging of all sports. It requires speed, agility, finesse, power, endurance and the ultimate mental toughness. Participants will learn stance, footwork, basic boxing punches, counter punches, and basic boxing defense. Participants will learn boxing skills but will not fight. Camp will provide all equipment.

GIRLS SPORTS & GAMES CAMP**CAMP #263, #264, #268, #269****Week 3: July 13 - 17****Week 4: July 20 - 24****Week 8: August 17 - 21****Week 9: August 24 - 28****Ages 6 - 14****Price: Members \$220****Non-Members \$230**

Camp designed to give girls a chance to learn a variety of sports without any boys involved. This is a great way to have fun with all sports while learning which sports each individual may excel in. Instructors will teach creative skills and give plenty of time for fun game play. Sports offered in this camp will be volleyball, softball, basketball, field hockey, soccer, and lacrosse. Other fun creative games will also be offered in this camp.

**SOCCER CAMP****CAMP #221, #223, #225, #227****Week 1: June 29 - July 3****Week 3: July 13 - 17****Week 5: July 27 - 31****Week 7: August 10 - 14****9AM - 12PM****Ages 5 - 12****Price: Members \$190****Non-Members \$200**

Instructional exercises and scrimmages that will help improve youth soccer skills. The goal of this program, led by Coach Kieran McIlvenny of The New York Soccer Academy, is to promote sportsmanship and respect as well as to teach the technical and tactical skills of the game. **Campers should bring: shin guards, sneakers and/or cleats (indoor or outdoor), soccer ball, and a water bottle. This camp can be combined with Camp-X in the afternoon.**

CAMP-X (CAMP EXPOSURE)**CAMP #681, #683, #685, #687****Week 1: June 29 - July 3****Week 3: July 13 - 17****Week 5: July 27 - 31****Week 7: August 10 - 14****12PM - 4PM****Ages 5 - 12****Price: Members \$85****Non-Members \$85**

This is a camp where campers have lunch right after soccer camp ends and then play a variety of sports and games on the turf field and/or in the gymnasium. Campers may also take part in lawn games in the outdoor multi-activity area and take part in recreational table games in the indoor recreation center.



COACH KIERAN MCILVENNY is the Athletic Director for Gold's Gym LaGrange, the Director of the New York Soccer Academy, and Associate Head Coach of the Dutchess Community College Men's Soccer Team. A native of Ireland, Kieran has been coaching and playing soccer in the US since 1986. He has acted as the director of Soccer Operations for Rye Youth Soccer, the Boys Varsity Soccer Coach at Rye Country Day School, Head Coach in the East Hudson Academy and State Olympic Development Programs, staff for Eastern New York's Coaching Education Program, and Arlington Girls Varsity Soccer Coach. Kieran has played competitive soccer for most of his life and holds both a USSF "A" license and the KNVB (Dutch Soccer Federation) Advanced Diploma. In 2010 Kieran was selected by the Mid Hudson Soccer Official's Association as the Bill Garvey Coach of the Year for High School Soccer. In 2011, he led Arlington to the State Finals and earned both League and Poughkeepsie Journal Coach of the Year Awards as well as MSG Girls Varsity Coach of the Year. In 2012, he was again chosen as Poughkeepsie Journal Coach of the Year while leading Arlington to its third section title in 5 years. In 2014, Kieran was chosen as League Coach of the Year with Arlington winning the League title. In 2016, he was named New York State Soccer Coach of the Year after leading his girls Varsity Soccer team to the State Championship. In 2017, he was chosen as one of only 13 coaches nationally to coach at the High School All American Game in Florida.



DAY CAMP PROGRAMS

Gold's Gym offers a variety of day camp programs. All camps are 9am-4pm and Early/Late supervision is available.

Children may bring their lunch and water bottle from home and some camps may purchase their lunch at the Camp Cafe, our on-site restaurant.

In addition to the camp specific activities, many will also participate in classic day camp activities and participate in games in the outdoor multi-activity area.

All camp participants are required to have a health form and a waiver release form filled out and handed in on the first day of camp. Please refer to each camp listing for special equipment needs and information.

Performances are held on Fridays and parents are invited to attend!

TRADITIONAL DAY CAMP CAMP #111 - #110

Weeks 1 - 10

June 29 - September 4

Ages 5 - 12

Price: Members \$220

Non-Members \$230

A well rounded camp that is great for everyone. Camp will offer theme weeks, creative games, arts and crafts, and story telling. Campers will enjoy time in the indoor and outdoor recreation centers, the rail trail, KidZone and so much more. Participants will play games like mat ball, zombie tag, parachute, capture the flag, dodgeball, and more.

TRAVEL CAMP CAMP #719

Week 9: August 24 - 28

Ages 10 - 16

Price: Members \$320

Non-Members \$330

Campers will take day trips during regular camp hours to local recreation sites including movies at the Poughkeepsie Galleria, Splashdown Water Park (Fishkill), Dutchess County Fair (Rhinebeck), Bowling (Poughkeepsie), and/or Roller Magic (Hyde Park). All trips and activities will be covered with the registration fee. Food will not be provided. The camp will be staffed with an Administrator and Responding to Emergency(RTE) Staff Member on each trip. They will be in constant communication with the home base at Gold's Gym. Program schedule may change due to weather or other circumstances.

**EARLY
BIRD
PRICES
FEBRUARY 10 -
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APRIL 30**

MAGIC MAKING CAMP CAMP #704

Week 4: July 20 - 24

Ages 8 - 14

Price: Members \$220

Non-Members \$230

Campers will spend the week perfecting awesome magic skills to prepare for the big performance at the end of the week.

ARTS & CRAFTS CAMP CAMP #163, #165, #166

Week 3: July 13 - 17

Week 5: July 27 - 31

Week 6: August 3 - 7

Ages 7 - 13

Price: Members \$220

Non-Members \$230

Great for children who love to make arts and crafts. One or two creative projects will be completed each day, except on days when larger projects are worked on.





DANCE CAMP

CAMP #131 - #137

Weeks 1 - 7

June 29 - August 14

Ages 6 - 14

Price: Members \$220

Non-Members \$230

A great camp for kids who like to dance! Campers will be divided into groups according to their skill level. Beginner, Intermediate and Advanced groups will learn a routine to perform every Friday. Campers may also perform during some of the sport all-star games. Advanced groups will be taught at a higher level and may or may not participate in some day camp activities.

VIDEO GAMES CAMP

CAMP #782, #784, #785, #786

Week 2: July 6 - 10

Week 4: July 20 - 24

Week 5: July 27 - 31

Week 6: August 3 - 7

Ages 7 - 14

Price: Members \$220

Non-Members \$230

This is a camp that gives campers a chance to play a variety of video games. Campers will also get a chance to check out our new virtual reality glasses. Campers will be given the option of playing individual video games or they can compete against others in the camp. Prizes will be awarded. Campers will also take part in other traditional camp activities.

GIRLS ONLY CAMP

CAMP #152, #158

Week 2: July 6 - 10

Week 8: August 17 - 21

Ages 9 - 14

Price: Members \$225

Non-Members \$235

A camp for girls in which they will learn how to design nails, apply makeup, make jewelry, purses and lip gloss, braid and wrap hair, kick back and watch some "girlie" movies, and more. Girls may be divided into two age groups in this camp.

OUTDOOR ADVENTURE CAMP

CAMP #784

Week 4: July 20 - 24

Ages 9 - 14

Price: Members \$275

Non-Members \$285

Campers will go off site on fishing trips, hiking adventures, and take bike rides on the rail trail to the Walkway Over the Hudson. Campers will also participate in outdoor treasure search games and have an on site cookout. All trips and activities are covered by the registration fee. Food will not be provided. The camp will be staffed with a Responding to Emergency (RTE) Staff member on each trip. Supervision and safety are the highest priority. Schedule may change due to weather or other circumstances.

NEW!

EXTREME OFF-SITE NATURE DAY CAMP CAMP #555

Week 5: July 27 - 31

Ages 9 - 14

Price: Members \$370

Non-Members \$380

Regular drop off & pick up

8:45am - 9:15am,

3:45pm - 4:15pm.

Early/Late options drop off as early as 7am, and pick up as late as 6pm

**Camp drop off and pick up location Camp Nooteeming in Salt Point, NY.*

This camp will be held at the beautiful Camp Nooteeming in Salt Point (located 12 miles from Gold's Gym).

Children in this camp will be signed in and out at Camp Nooteeming. This camp will offer swimming, fishing, hiking, canoeing, slip & slide, archery, campfire cookouts and so much more.

Note: Campers must pass the swim test in order to swim in the deep end of the pool or take part in canoeing activities. Camp will supply all equipment. Children must bring a lunch for this camp. Campers will eat in the Camp Nooteeming Dining Hall.

Note: Registration deadline is April 30th for this camp.

Camp Nooteeming Address: 22 Camp Nooteeming Rd Salt Point, NY 12578

**PHOTOGRAPHY CAMP
CAMP #893, #897****Week 3: July 13 - 17****Week 7: August 10 - 14****Ages 8 - 14****Price: Members \$225****Non-Members \$235**

Campers get a chance to take pictures with digital cameras and make photo albums. Pictures will be taken around the rail trail, Gold's Gym grounds, and at camp special events, performances, sporting events, and more. Cameras will be provided. Some of the work will be displayed at Friday's dance performance.

**CREEPY MONSTER &
ZOMBIE CAMP****CAMP #710****Week 10: Aug 31 - Sept 4****Ages 8 - 14****Price: Members \$225****Non-Members \$235**

Campers get a chance to create monsters, zombies, and a haunted house. Prizes will be given to the best looking zombies, scariest scenes, best decorated pumpkin, and more. Campers in this program will have a chance to be actors in the haunted house. Parents and campers from other camps will be invited to attend the end of the week creepy festivities including a Halloween Parade and Monster Mash.

**CARTOON & COMIC
MAKING CAMP****CAMP #781****Week 1: June 29 - July 3****Ages 8 - 14****Price: Members \$225****Non-Members \$235**

Campers get a chance to create cartoon and comic characters with the guidance of an art professional. Parents and other camps are invited to view the comic display at the end of the week.

**SUPER HERO CAMP
CAMP #186****Week 6: August 3 - 7****Ages 8 - 12****Price: Members \$220****Non-Members \$230**

Campers will make their own super hero costumes, crafts, origami figures, and more. Campers will also watch popular super hero movies like Spiderman, Wonder Woman, Batman, and Iron Man. They will play Super Hero themed games and activities.

**RACE CAR MAKING CAMP
CAMP #663****Week 3: July 13 - 17****Ages 8 - 14****Price: Members \$290****Non-Members \$300**

In this camp, kids dream up, design and build soapbox racers. After they are created, campers will drive and race them. Supervision and safety is top priority. Campers will be required to wear helmets and pads.

**AMAZING GADGETS &
GAMES CAMP****CAMP #627****Week 7: August 10 - 14****Ages 8 - 14****Price: Members \$230****Non-Members \$240**

Campers build and use gadgets in this fun camp. Gadgets may include flying helicopters, motor airplanes, paper airplanes, rubber band airplanes, rubber band guns, toy race cars, motor rockets and more.

**SPACE WARS CAMP
CAMP #955****Week 4: July 27 - 31****Ages 8 - 12****Price: Members \$220****Non-Members \$230**

Campers will make space themed costumes, origami figures, space rockets, solar systems, and more. Participants will play space wars dodgeball and other themed related games and will watch popular movies like Star Wars and Star Trek.





COOL SCIENCE CAMP

**CAMP #123, #124,
#126, #127**

Week 3: July 13 - 17

Week 4: July 20 - 24

Week 6: August 3 - 7

**Week 7: August 10 - 14
Ages 7 - 12**

Price: Members \$230

Non-Members \$240

Fill your child's week with cool science activities! Children will have a blast building rockets, making roller coasters and much more. There will be individual and group projects that are listed below. Projects will not be taken home and are subject to change without notice.

MOVIE MAKING & ACTING CAMP

CAMP #172, #175, #177

Week 2: July 6 - 10

Week 5: July 27 - 31

Week 7: August 10 - 14

Ages 8 - 14

Price: Members \$220

Non-Members \$230

Campers will learn how to make a movie, commercial or family video. They will learn how to film, edit, log, script, do voiceovers, and much more. Each camper will also be given responsibilities such as director, assistant director, script supervisor, editor or camera operator. Parents and other campers will be invited to see the camp's final project at the end of the week.

THEATER CAMP

CAMP #198, #190

Week 8: August 17 - 21

Week 10: August 31 - Sept 4

Ages 8 - 14

Price: Members \$220

Non-Members \$230

Under the direction of a theater coordinator, campers will learn basic skills for acting in a low pressure, fun environment. Throughout the program, campers will prepare for the big show that will take place at the end of the week. Parents and other camp groups will be invited to the show.

SCIENCE CAMP WEEKS

Different Projects every week (some examples)

CAMP #123 - Week 3: July 13 - 17

Invisible messages, glowing density tower, rubber eggs, bubble science, owl pellets, magnets, water density rainbow, and make homemade rock candy.

CAMP #124 - Week 4: July 20 - 24

Hot Ice, Slime, Lava Lamps, Electric Train, Roller Coasters, Pasta Bridges, Make Ice Cream, Sky Scrapers, Bottle Cap Robots and Lego & K-Nex Kit Projects.

CAMP #126 - Week 6: August 3 - 7

Rockets, Steam Boats, Jet Paper Airplanes, Solar Cars, Fireworks in a Jar, Marble Launchers, Tin Foil Boats, Paper Boomerang, and Balloon Race Cars.

CAMP #127 - Week 7: Aug 10 - 14

Earthquakes, Lightning, Volcanoes, Cloud Jars, Digital Weather, Make a Rainbow, Grow a Snowflake, Find Germs, Make a Magic Snow Ball, and the Amazing Human Body.

MYTHS OR REALITY CAMP

Camp #647

Week 7: August 10 - 14

Ages 8 - 14

Price: Members \$220

Non-Members \$230

Let's get the facts on the table! This exciting camp will explore, through scientific experiments and research, the reality behind urban legends. Can a human voice shatter glass? How can you really find a needle in a haystack? How many balloons would it take to lift a human being off the ground? Does the combo of mentos and diet coke really create an explosion capable of shooting a bottle 50 feet in the air?

AROUND THE WORLD CULTURE CAMP

CAMP #503, #508

Week 3: July 13 - 17

Week 8: August 17 - 21

Ages 6 - 14

Price: Members \$230

Non-Members \$240

Kids will get to experience activities from around the world. Examples include making Chinese lanterns, maracas, having a Mexican Fiesta, learning how to write your name in Japanese, making African masks, Italian Cannolis, playing cricket, making and breaking a pinata, making fortune cookies, having an Italian lunch, Irish step dancing, and so much!

BEST TV GAME SHOW CAMP

CAMP #505

Week 5: July 27 - 31

Ages 8 - 14

Price: Members \$230

Non-Members \$240

Campers get a chance to play TV game shows for prizes. Games may include Survivor, The Amazing Race, The Price is Right, Fear Factor, Dancing with the Stars, Let's Make a Deal, American Idol, Minute to Win It, The Voice, Family Feud, Deal or No Deal, and Lingo.

DJ PARTY CAMP

Camp #623

Week 3: July 13 - 17

Ages 8 - 14

Price: Members \$240

Non-Members \$250

In this camp, participants will get a chance to be the life of the party by learning the ins and outs of being a DJ. Campers will learn equipment components and set up, music genre and formats, programming, troubleshooting, mixing, cuing, blends, fades, and more. They will show off their skills with cool music at the camp dance party at the end of the week.

DRONE MAKING CAMP (S.T.E.M.)

CAMP #952, #958

Week 2: July 6 - 10

Week 8: August 17 - 21

Ages 8 - 14

Price: Members \$240

Non-Members \$250

Campers will design and fly a variety of drones. This is a S.T.E.M. (Science, Technology, Engineering and Mathematics) program. The importance of S.T.E.M. learning is becoming more important in today's advancing technological and innovation dependent world. Campers will have a chance to take part in this world in a fun and creative way.

WIZARDS, WARLOCKS & MAGIC CREATURES CAMP

CAMP #999

Week 9: August 24 - 28

Ages 7 - 12

Price: Members \$220

Non-Members \$230

Calling all wizards, witches, warlocks and squibs! Campers will be exposed to the magical worlds of Harry Potter and Lord of the Rings! Campers will make personal wands, design robes, and create potions and spells. In addition, various fantasy games will be played and campers will create fantasy-themed crafts. Movies such as Lord of the Rings and Harry Potter will be shown.



**CAMP #311-310****Week 1 - 10****June 29 - September 4****8:30am - 4:30pm****Ages 13-16****Price: Members \$220****Non-Members \$230****This program includes the WINGMAN PROGRAM (See page 12 for details)**

Under the guidance of a CIT Coordinator, teens learn the skills needed to become a camp counselor. Participants will learn theories of child development, how to plan age appropriate activities and all other skills needed to become a competent counselor. Participants can sign up for as many weeks as they choose in this program. The goal is to apply learnings from individual counselors and the CIT Coordinator, and use that knowledge when teaching children throughout the week.

CITs may attend Early/Late programs for free if they assist staff supervising the program. CITs will receive a certificate of recognition for each level they complete. Participants in this camp are not guaranteed future camp employment at Gold's Gym Summer Camp. CITs are not counselors and do not count toward Health Department mandated ratios.

Note: The CIT Coordinator will try to meet camp requests for each CIT, but requests are not guaranteed.

Note: The program begins at 8:00am on the first Monday of each session. All other days camp will run 8:30am - 4:30pm.

***ALL CITs are required to have a health form, and waiver release form filled out and handed in on the first day of camp.**





THE WINGMAN PROGRAM

Gold's Gym Summer Camp incorporates the WINGMAN PROGRAM into the CIT Program.

What is the Wingman Program?

It is a summer long cycle of experiential activities that is CIT led and delivered to the camp. The curriculum is tailored to meet the climate needs of each of our individual camp programs. CITs will be trained to be Wingmen as part of their overall CIT program.

Wingman for Camps counters the root causes of rejection, exclusion and isolation with increased empathy and compassion. CITs are empowered to take the lead in their camps climate.

"You're trying to create a community that cares about the person next to them, regardless of age, race or beliefs... where kids are really looking out for each other."

- Joel Pardalis, New Fairfield Middle School

The Wingman Program is currently implemented in many schools and is growing each year.

Participating Schools:

- New Fairfield Middle School
- City Hill Middle School, Naugatuck
- Suffield Middle School
- St. Ann Academy, Bridgeport
- John G. Gilmartin School, Waterbury
- Jonathan Reed School, Waterbury
- Duggan School, Waterbury
- Carrington School, Waterbury
- Mahopac Middle School
- Bethel Middle School
- Stepney Elementary School, Monroe
- Clark Lane Middle School, Waterford
- Woodbury Middle School
- Our Lady of Mount Carmel School, Meriden
- Gainfield Elementary School, Southbury
- Children's Community School, Waterbury
- Nathan Hale Ray Middle School, East Haddam
- Sports and Medical Sciences Academy, Hartford



The Wingman Program is also implemented in many Dance and Sports Programs throughout the United States.

Wingman is a non-profit youth leadership program from Dylan's Wings of Change, a foundation dedicated to the memory of Dylan Hockley, who was killed in the shooting at Sandy Hook Elementary on December 14th, 2012.



NEW THIS SUMMER!

ELITE ATHLETIC DEVELOPMENT MIDDLE SCHOOL TEAM SPORT CAMPS

Grades 6 - 9

High level game play, skill work, sport specific conditioning, injury prevention and sport nutrition with coaches and trainers. Camps will be held on the turf field, basketball court, the Elite Performance training area, and the Gold's Gym Fitness Facility. The Elite Program chart is on page 23.

SPORTS OFFERED:

Track & Field/Cross Country • July 6 - 10 (Camp A)

Girls Volleyball • July 13 - 17 (Camp B)

Girls Field Hockey • July 20 - 24 (Camp C)

Boys Soccer • July 27 - 31 (Camp D)

Girls Soccer • August 3 - 7 (Camp E)

Girls Lacrosse • August 10 - 14 (Camp F)

Boys Lacrosse • August 17 - 21 (Camp G)

Girls Softball • August 24 - 28 (Camp H)

Boys Basketball • August 31 - September 4 (Camp I)

CAMPS WILL BE OFFERED AT NIGHT

Camps will be offered from 5:30pm - 8:30pm, Monday - Friday.

PRICE

Individual fee is \$150 for the week. Players signed up with a team will pay \$100 each.

For more information, contact Rob Misch at 845-926-7829 or robm@goldsgymhv.com.





EXTENDED CAMP SERVICE (AM&PM)

We offer extended Day Camp hours to accommodate working parents. Drop-off is as early as 7am and pick-up is as late as 6pm. There will be a \$5 fee per child for every 5 minutes a parent/guardian is late for pick-up.

EARLY ARRIVAL/LATE DEPARTURE (Ages 5-16)

Camp #411 - 410

Week 1 - 10

June 29 - September 4

Price: \$70

Sit down games, video games, G-rated movies, bowling, mini golf, table tennis, billiards, bumper pool, foosball, and other activities will be offered. Children may be given the option to stay in the room and play with a variety of toys or participate in an organized game on the indoor turf field or gymnasium.

NOTES:

- » Please allow the staff a few minutes to retrieve your child from one of the three supervised locations at pick-up.
- » Parents must present child ID # at pick-up. Child ID numbers will be given to parents on Monday morning.
- » Age appropriate activities will be planned for children who participate in the Early/Late program.
- » It is recommended that children bring a snack from home for Early/Late. Campers are also welcome to purchase a snack from the Shake Bar.
- » **IMPORTANT: Please do not drop children off between 8:25am - 8:45am or pick-up between 4:15pm - 4:35pm. Attendance is taken and children are transported during these times.**

WEEKLY EVENTS: The Day Camp children will be invited to attend or take part in special events held throughout the summer. Weekly events are listed below.

PERFORMANCES: Performances by Dance, Cheerleading, Showtime, Best TV Games, Magic Making, DJ and Theater Camps will be held on the last day of their respective camp sessions. Times for each performance will be announced early in the week. Parents, friends, and family are encouraged to attend.

WEEKLY CAMP VIDEOS: Each week parents are invited to come and see the weekly happenings. We try to show pictures from every camp each week.

MOVIES: Age appropriate movies will be shown on occasion. Popcorn may be provided.

ALL-STAR GAMES: All campers who participate in a sport camp will play in the All-Star Game held at the end of each week. Parents and other camps are invited to attend.

PAINTBALL: Many of the older campers will be given the option to play paintball. Campers who take part will be required to wear safety equipment and follow all safety rules.

HAUNTED HOUSE: Most camps will be invited to walk through the Haunted House created by Creepy Monster & Zombie Camp in week 10.

CAMP NEWSLETTER: Camp updates and current events are sent home every Friday in our camp newsletter.

WATER WARS PLAYGROUND: Each week, individual camps will be invited to get wet with water balloons and squirt guns in our water wars playground.

RAIL TRAIL: Some campers will use the rail trail for biking and hiking.

EVENT CALENDAR

**Events are subject to change without notice.*

WEEK	WEEKLY EVENT	OTHER SPECIAL EVENTS
1	Scavenger Hunt	Dance Performance
2	Camp Field Day	Baseball All-Star Game, Football All Star Game, Cheerleading Performance, Dance Performance, Movie Camp Film
3	Camp Dance	Basketball All-Star Game, Dance Performance, Race Car Race, Photography Slideshow, DJ Party Dance
4	Talent Show	Basketball All-Star Game, Dance Performance, Magic Performance
5	TV Game Show	Girls Softball All-Star Game, Baseball All-Star Game, Basketball All-Star Game, TV Game Show, Movie Camp Film, Dance Performance
6	Camp Carnival	Football All-Star Game, Cheerleading Performance, Boys Lacross All-Star Game, Dance Performance
7	Color Wars	Basketball All-Star Game, Girls Volleyball All-Star Game, Dance Performance, Movie Camp Film
8	Camp Olympics	Boys Baseball All-Star Game, Basketball All-Star Game, Theater Performance
9	Minute to Win It!	Boys Basketball All-Star Game
10	Zombie Dance	Theater Performance, Haunted House

2020 Camp Registration will begin Monday, February 10th

We are excited to announce we are using a new online system this year!
Please note discount prices and dates below!

EARLY BIRD PRICES: 10% off all camp weeks purchased between Feb 10 - Apr 30

Beginning May 1, REGULAR RATES are in effect.

TO REGISTER:

1. **ONLINE:** Visit www.lagrangesummercamps.com

*DISCOUNTS WILL ONLY APPLY TO REGISTRATIONS COMPLETED ONLINE.
(Please note there is a \$.99 service fee for transactions). Payments accepted are credit card or echeck.

* You may choose an INSTALLMENT PLAN. You may choose to break up camp totals into 3 payments. You will need to enter your credit card info and will be charged 25% at checkout, you will be charged the remaining payments on the following dates:

- > March 15
- > April 15
- > May 15

*Please be sure to choose the "installment" button when adding EACH item to your cart.

* Weeks of camps purchased before or after the multi-week discount purchase date may not be combined with this discount.

* Discounts do NOT apply to the Elite Camps and the High Intensity Program.

2. **AT THE FRONT DESK:** Please note, NO DISCOUNTS WILL BE GRANTED AT THE FRONT DESK. Full price will be charged if you choose to register in person. As of June 29th, we will NOT accept registrations at the front desk. The only options will be online or BY APPOINTMENT. Please email Jill at KidsLG@goldsgymhv.com for an appointment.

TYPES OF DISCOUNTS AVAILABLE:

1. **EARLY BIRD PRICES:** 10% off all camp weeks purchased between Feb 10 - Apr 30.

2. **MULTI-WEEK DISCOUNT:** ANY camper that registers for 7+ weeks of camp will receive 20% off the total (does not include early/late). Registrations must be completed online, in a single transaction.

3. **3+ CHILD DISCOUNT:** ANY Family that registers 3+ campers will receive 5% off their totals (does not include early/late). Registrations must be completed online, in a single transaction. Discount does NOT apply to the first 2 children.

DUE ON THE FIRST DAY OF CAMP

Please print the Important Parent Information Packet off of the camp website at www.lagrangesummercamps.com or get a copy at Gold's Gym LaGrange. Packet contains all of the forms needed for camp.

REQUIRED ON DAY 1:

1. HEALTH FORMS: New York State Department of Health mandates that Health Forms must be turned in on the first day of camp. **Children will not be allowed to attend camp without them.** You may use a health form provided by your physician. On the form, it is important to list contact numbers, immunization records, health history, and all other background information we should know about your child. Health forms from previous camp years will not be accepted for the summer of 2020, new forms must be submitted.

2. WAIVERS & RELEASE FORM: This form includes the Waiver and Release Statement, Pictures & Video Release Statement, Rail Trail Biking and Hiking Statements, and off Site Camp Activity Consent.

3. MEDICATION & HEALTH CONCERNS: Medications, allergies and health concerns should be explained to the EMT/Nurse and the child's head counselor on the first day of each week your child is registered for camp. The EMT/Nurse will be located on the turf field during camp sign-in. An EMT/Nurse will also be located in the Senior Early Arrival/Late Departure Room (or Health office) during the early program starting at 7am each Monday.

Please let the EMT/Nurse know if your child is on or temporarily off any medications.

OPTIONAL ON DAY 1:

1. CAMP PRESCRIPTION AND OVER THE COUNTER MEDICATION FORMS: The NYS Health Department recommends that these forms are filled out by your child's physician if there is a chance that they may be taking medication during the camp day. **It is legally mandated that children self administer medications under the supervision of the camp health staff.**

CHILD DISABILITIES (New State Law Information): As per amendments made in 2016 to the NYS DOH Children's Camp Code camps have been advised to "identify camper disability information (developmental and/or physical disabilities) during the camp's enrollment process..." In addition, camps are advised to determine if such children have an "individual treatment, care, or behavioral plan that address a camper's unique physical, medical, behavioral, and/or social needs." Such a plan is not necessary, but if one exists the details should be shared with the camp.

There will be a section on the Camp Health Form for parents to explain disabilities that we need to know about.

ADMINISTRATION FEE: There will be a \$10 administration fee if you register for camp in person the day that camp begins. Please try to register a week in advance to allow us to staff programs appropriately.

LATE PARENT PICK-UP: There will be a \$5 fee for every 5 minutes a parent or guardian is late for pick-up. Children attending regularly scheduled camp must be picked up no later than 4:15pm. Children attending the Early/Late program must be picked up no later than 6:00pm.

PARENT VISITATION: Parents are not allowed to be with or near children during the camp day. This rule is for the safety of the children and for the betterment of the program. The only exceptions are for the planned special events or if given permission by the camp director.

SUN SAFETY: Please apply sunscreen to your child each day before arriving to camp (waterproof sunscreen SPF 30 or more is suggested) and put an extra spray bottle of sunscreen in your child's bag.

CHILDREN WITH SPECIAL NEEDS: If your child requires a one-on-one aid in school, the parent of that child is required to provide an aid and inform the camp director before registering for camp. If a child has a shared aid in the school environment, the parent should call the camp director and discuss the available options prior to registering for any camp programs.

RAINY AND EXTREMELY HOT DAYS: On days of rain or extreme heat, outdoor programs will be moved indoors for the safety of the children. When this happens, some camp schedules and offerings will be altered. Camps may be combined, videos shown, and alternate activities offered.

WHAT TO BRING TO CAMP:

- » **Camp receipts:** Bring each Monday morning just in case the child is not on the class list.
- » **Health Forms, Waivers and Releases Forms:** These are due the first Monday of camp. They only need to be turned in one time for the whole summer.
- » Child's lunch, lunch money, snack and water bottle.
- » Child's Backpack with all belongings labeled with child's name.
- » Clothing for indoor and outdoor use (cold and warm weather conditions).
- » Proper footwear. Sneakers are suggested for safety reasons. No Flip Flops please.
- » Spray sunscreen (optional). **It's mandated that children self apply sunscreen.**
- » Insect Repellent (optional). **Written permission by a parent is mandated.**

PLEASE MAKE SURE TO LABEL ALL OF YOUR CHILD'S ITEMS. WE ARE NOT RESPONSIBLE FOR LOST ITEMS!

LOST AND FOUND: Due to the high volume of children, it is not uncommon for personal belongings to be misplaced or left behind. **Please label ALL of your child's belongings with first and last name.** This will make retrieval of items easier for everyone. If by chance, the child is missing an item, please check the Camp Lost and Found.

WHAT YOUR CHILD SHOULD NOT BRING TO CAMP: It is highly recommended that camp children do not bring anything of value (i.e. iPads, MP3 players, cell phones, hand-held video games, etc.) These items are very attractive to some children. Gold's Gym and its staff are not responsible if an item is lost, broken or stolen. Gold's staff may take electronics from campers and return it to parents when needed.

LUNCH: The Camp Cafe is located on-site. Campers will have the option of bringing their own lunch or purchasing from the Cafe Camp Menu. Some camps will eat in the cafe and others will do take-out and eat at another location on-site. For more information and the menu, **visit www.lagrangesummercamps.com.**

BEHAVIOR: Camp staff will contact parents of a child who behaves inappropriately during camp. Bullying will NOT be tolerated. If behavior is extreme, parents may be asked to take the child out of camp. No refunds will be granted.

REFUNDS: All camp registrations are non-refundable. At the Camp Director's discretion, credits that can be used through the following summer, may be issued under certain circumstances.

CLASS & CAMP CHANGES: There will be a \$10 administration fee for camp changes. There will be no refunds if you are changing to a less expensive camp program. You will be responsible for any additional costs associated with camp changes. You must contact a camp administrator for ALL camp changes and they MUST be approved by Camp Administration.

LOST RECORDS: There will be a \$5 processing fee to receive copies of Health Forms or Registration receipts from the camp files. Please give the camp administration advance notice when requesting copies.

CAMP TAX ID #: 201689117

CAMP COMMENT FORMS: Camp comment forms will be available at sign-in and sign-out tables. We welcome parents to complete one with any comments, concerns, or suggestions to improve our programs. Comment forms may be returned to any camp counselor or mailed to: **Gold's Gym LaGrange, 258 Titusville Road, Poughkeepsie, NY 12603, Attention: Rob Misch.**

TOURS & FACILITY INFORMATION: Tours of the facility may be made by setting an appointment with Camp Director, Rob Misch. Call or text Rob at 845-926-7829 to make arrangements. Tours will be held on Mondays and scheduled between 4-8pm by appointment only.

ID CHECKS: To ensure the safety of each child, parents or adults picking up campers must know the child's ID NUMBER. This number will be given to you on the first day of camp. Your child will not be released if his/her ID number is not known by the parent or adult doing the pickup. **If you would like the identity of the individual picking up your child at the end of the day to be checked, please let the counselor and camp EMT/Nurse know each Monday morning that your child attends camp.** The EMT/Nurse will be located on the turf field during camp sign-in and in the Senior Early/Late room (or Health office) every Monday morning at 7am. A form must be filled out with a list of people who are eligible to pick up your child. **Remember to put your own name on the list.** Picture IDs of those persons listed along with the presentation of your child's camp ID number will be required at pick-up for parents who opt for this plan. The pick-up person will be ID'ed every day, even if it is the same person as the day before. This person must also present the child's ID number every day. Your child will not be able to leave with this person if ID's are not presented.

AGES 12 & UNDER SIGN IN & SIGN OUT: All children 12 years and younger must be signed in and out by an adult each day. This applies to all programs.

AGES 13 & OVER DROP OFF & PICK UP: Children 13 years and older do not have to be signed in or out. They must be dropped off at the start of the program and picked up immediately at the end of the program. No child will be allowed on Gold's Gym property unsupervised. Campers 13 and over cannot sign younger siblings in or out unless he/she signed up for the CIT program.

CAMP SIGN IN & SIGN OUT: Camp sign in begins at **8:45am** and goes until **9:15am**. Parents are required to sign their children in and out of camp. If you are late dropping off, please refer to our 15 & 20 Minute Rule (see below). **Please do not sign children in between 8:25am - 8:45am. Children are being transported from Early/Late to the turf during this time.**

IMPORTANT: Camp sign out begins at **3:45pm** and goes until **4:15pm**. **Please note, parents who arrive between 3:30pm and 3:45pm will have to wait until their child has reached their signout destination which is scheduled for 3:45pm. Parents who arrive between 4:15pm and 4:35pm will be asked to pick their child up from the Early/Late program at 4:35pm. Picking up between 3:30pm - 3:45pm and 4:15pm - 4:35pm make it extremely difficult on the counselors during these transition periods.** If the need arises for you to pick up your child early from camp, please leave yourself and us plenty of time. We suggest 15 minutes. If you are arriving late for camp, please keep in mind that you must remain with your child to sign them in with a counselor. Again, plan for an extra 15 minutes. Counselors are not permitted to bring your child and meet you at a specific time - please do not ask.

PICTURE TAKING & BANDING: Camp staff will be taking pictures and videos during each camp week. If you would not like pictures or videos to be taken of your child(ren), please let the counselor know at sign-in **each day** so they are banded. It will make it easier on the staff if all campers who are not allowed to have their picture taken are banded. **It is the parents responsibility to let the counselor know and sign-off on the NO PICTURE CONSENT FORM each day when signing the child(ren) in.**

ADDRESS:

Gold's Gym LaGrange
258 Titusville Road
Poughkeepsie, NY 12603

GOLD'S GYM LAGRANGE HOURS:

Monday - Friday 5:00am - 10:30pm
Saturday & Sunday 7:00am - 7:00pm

CAMP PHONE NUMBERS**Gold's Gym Reception Desk:**

Call: 845-463-4800
Fax: 845-463-4805

Camp Questions:

Rob Misch, Camp Director
Call or Text: 845-926-7829
Email: robm@goldsgymhv.com

Payment Questions:

Jill Detz, Assistant Camp Director
Call: 845-463-4800 Ext. 22
Email: KidsLG@goldsgymhv.com

EMT Office:

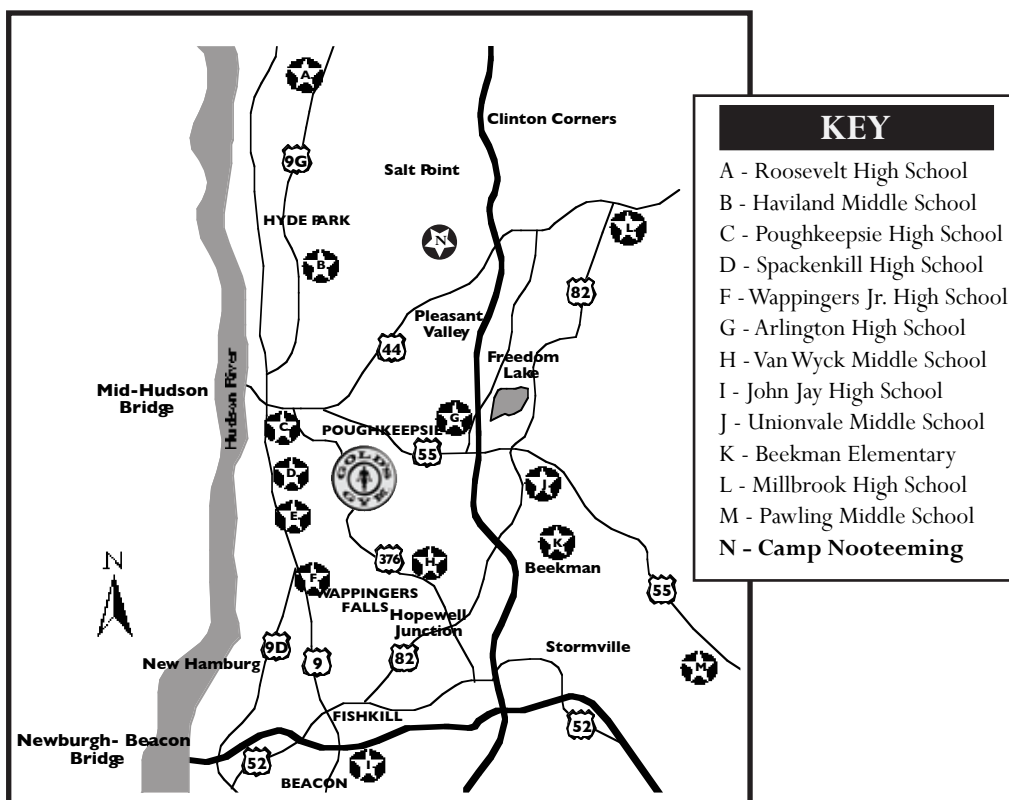
Call: 845-463-4800 Ext. 28

Website:

www.lagrangesummercamps.com
Check us out on Facebook @lagrangesummercamps

LOCATION:

Gold's Gym LaGrange is conveniently located central to many families. It is only 3.4 miles from Spackenkill High School, 3.5 miles from Arlington High School, 5.9 miles from Ketcham High School, 6.6 miles from Poughkeepsie High School, 7.3 miles from Van Wyck Junior High, 9.3 miles from Union Vale Middle School, 10.7 miles from West Road Elementary, 11.4 miles from Haviland Middle School, 11.7 miles from Beekman Elementary, 13.3 miles from Highland High School, 13.9 miles from John Jay High School, 15.2 miles from Millbrook High School, 16.4 miles from FDR, and 20.7 miles from Pawling High School.



		WEEK									
		DATES									
		1	2	3	4	5	6	7	8	9	10
		6/29-7/3	7/6-7/10	7/13-7/17	7/20-7/24	7/27-7/31	8/3-8/7	8/10-8/14	8/17-8/21	8/24-8/28	8/31-9/4
DAY CAMPS	AGE										
Traditional Day	5-12	111	112	113	114	115	116	117	118	119	110
Cool Science	7-12			123	124		126	127			
Video Games	7-14		782		784	785	786				
Girls Only	9-14		152						158		
Arts & Crafts	7-13			163		165	166				
Movie Making	8-14		172			175		177			
Super Hero	8-12						186				
Theater	8-14								198		190
TV Game Show	8-14					505					
Around the World	6-14			503					508		
Extreme Nature	9-14					555					
Creepy Monster	8-14										710
Myths vs. Reality	8-14							647			
Travel	10-16									719	
DJ Party	8-14			623							
Cartoon Making	8-14	781									
Amazing Gadgets	8-14							627			
Wizards	7-12									999	
Drone	8-14		952						958		
Photography	8-14			893				897			
Space Wars	8-12					955					
Race Car Making	8-14			663							
Magic Making	8-14				704						
Outdoor Adventure	9-14				784						
Dance	6-14	131	132	133	134	135	136	137			

		WEEK									
		1	2	3	4	5	6	7	8	9	10
DATES		6/29-7/3	7/6-7/10	7/13-7/17	7/20-7/24	7/27-7/31	8/3-8/7	8/10-8/14	8/17-8/21	8/24-8/28	8/31-9/4
SPORT CAMPS	AGE										
Sports/Games	6-14	211	212	213	214	215	216	217	218	219	210
Dodgeball	8-14				274		276		278	279	
Girls Sports	6-14			263	264				268	269	
Boys Football	7-14		232				236				
Basketball	7-14			243	244	245		247	248	249	
Boys Baseball	7-13		252			255			258		
Cheerleading	7-14		262				266				
Boxing	10-16							407			
Girls Softball	7-14					285					
Girls Volleyball	8-14							297			
Boys Lacrosse	8-14						276				
Get Fit	10-14			613					718		
Karate	8-14							707			
Tournament	7-14									279	
Paintball	10-14						886				
HALF DAY											
Soccer (AM)	5-12	221		223		225		227			
Camp X (PM)	5-12	681		683		685		687			
CIT PROGRAM											
Counselor In Training	13-16	311	312	313	314	315	316	317	318	319	310
EARLY/LATE											
Early/Late Program	5-16	411	412	413	414	415	416	417	418	419	410

ELITE SPORTS EVENING CAMPS

	WEEK DATES	1	2	3	4	5	6	7	8	9	10
		6/29-7/3	7/6-7/10	7/13-7/17	7/20-7/24	7/27-7/31	8/3-8/7	8/10-8/14	8/17-8/21	8/24-8/28	8/31-9/4
ELITE SPORTS	GRADE										
Track/ X-Country	6-9		A								
Girls Volleyball	6-9			B							
Field Hockey	6-9				C						
Boys Soccer	6-9					D					
Girls Soccer	6-9						E				
Girls Lacrosse	6-9							F			
Boys Lacrosse	6-9								G		
Girls Softball	6-9									H	
Boys Basketball	6-9										I

HIGH INTENSITY BASKETBALL PICK-UP MINI TOURNAMENTS

Dates Offered: 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28, 9/4

Day/Time: Fridays. 6PM - 8PM

Who: 6th - 9th Grade Boys

Set up:

- Draft to make teams. There will be a new draft each Friday.
- For the first hour there will be half court round robin games.
- We will then seed teams for the playoffs.
- The second hour will consist of full court playoff elimination games.

Note: All players who take part in this program must be banded at the time of payment.

Note: There will be a Tournament Coordinator (basketball official) in charge of this program.

Cost: \$10/player for two hours

Pay at the front desk at Gold's Gym 15 minutes before starting time.

IMPORTANT REMINDERS

1. Registration starts February 10th. 10% off between February 10 - April 30. Other discounts available (see page 16).
2. Health Forms & Waivers are due the first day of camp (see page 17).
3. All prices listed in this book are for the week (Monday - Friday).
4. All camps run from 9am - 4pm except Soccer Camp, Camp-X & Elite Athletic Development Sports Camp (see page 5).
5. Early Drop Off (as early as 7am) and Late Pick Up (as late as 6pm) are available (see page 14).
6. Important Parent Information on pages 16-23.
Charts of all camp programs offered on pages 21-23.



YEAR ROUND PROGRAMS OFFERED AT GOLD'S GYM

- » **Birthday Parties.** Host your next birthday party with us. Offering a variety of parties such as Sports, NERF Wars, Ninja Warrior, Bubble Sports and more!
- » **KidZone.** For ages 3 months to 12 years. A great place for members to drop off your kids while you get your workout in. Features toy play area, basketball court, rock climbing wall, turf area for sports and more!
- » **Youth Programs.** Featuring great programs such as Little Kickers, Nothin' But Net, Kids Yoga, Kids Boxing, Kids Boot Camp and more!
- » **Elite Athletic Development.** Maximize your athlete's overall performance with increased strength and speed. Customized individual programs and progressions based on athlete's sport and position.
- » **After School Program.** Arlington Central School District busing available. Time is spent doing homework and participating in a variety of games and activities.
- » **School's Out Days.** Camp style day geared to help out with those days off from school. A variety of games and activities are offered.

Contact Jill Detz for programs offered other than summer camps.
845-463-4800 x 22 or kidslg@goldsgymhv.com.



NEW NEXT YEAR!!!

Evening High Intensity Mini Sport Tournaments

Offered to Youth Grades 6 - 9

Offered One Evening a Week for 10 Weeks

- ★ Girls Volleyball Pick-Up Game Play
- ★ Boys Football Pick-Up Game Play
- ★ Girls Field Hockey Pick-Up Game Play
- ★ Boys Soccer Pick-Up Game Play
- ★ Girls Soccer Pick-Up Game Play
- ★ Boys Lacrosse Pick-Up Game Play
- ★ Girls Lacrosse Pick-Up Game Play
- ★ Girls Basketball Pick-Up Game Play

**Contact Rob Misch for details: Call/Text 845-926-7829 or
Email robm@goldsgymhv.com**



