

GREENWOOD ATHLETIC AND TENNIS CLUB

# YOUTH PROGRAM GUIDE

... SUMMER 2018 ...



REGISTER on the GATC App  
Call 303.770.2582 x274  
Online GreenwoodATC.com/Youth



# CAMPS

Contact **Danielle**: 303.770.2582 x287  
DanielleC@GreenwoodATC.com

## **CAMP GREENWOOD** ages 5-12

**Dates: May 28-August 17**

The kids will have fun doing arts and crafts, playing gym games and swimming! This active camp includes field trips around the Denver metro area. Price includes lunch and snacks.

\*Register at [greenwoodathleticclub.com/campgreenwood](http://greenwoodathleticclub.com/campgreenwood)

**Location:** YAC

**Days/Time: Monday-Friday, 7:30am-6:00pm**

Check Camp Greenwood Registration Packet for pricing

## **NEW! HALF DAY MINI SPORTS CAMP** ages 3-5

These camps introduce preschoolers to many sports and activities while parents get a few hours to themselves. Kids participate in sports for an hour followed by crafts, games and snacks.

**Little Lobbers Tennis: June 4-7, June 25-28, July 16-19**

**Location:** Gymnasium

**Hardwood Evolution Basketball: June 11-14, August 13-16**

**Location:** Gymnasium

**Swimming: June 18-21, July 9-12** **Location:** Indoor pool

**Dance: July 23-26** **Location:** Kids' Club Craft Room

**Days/Time: Monday-Thursday, 9:00-11:30am**

\$185 Member / \$220 Non-Member

## **CIT – COUNSELORS IN TRAINING** ages 13-15

**Dates: May 28-August 17**

Come learn what it takes to be a counselor at Camp Greenwood. Shadow your favorite counselor and help prepare, run and explain all of the activities in a camp day. Being a CIT includes field trips around the Denver metro area. Price includes lunch and snacks.

\*Register at [greenwoodathleticclub.com/cit](http://greenwoodathleticclub.com/cit)

**Location:** YAC

**Days/Time: Monday-Friday, 7:30am-6:00pm**

Check CIT Registration Packet for pricing

## **SUMMER CAMP OUT** ages 3-13

**Date: June 22**

A party just for kids! Youth will enjoy an overnight slumber party, movie, gym games, dance party, pool float, dinner, dessert bar and breakfast.

**Location:** YAC

**Time: 7:00pm-8:00am**

\$50 Member and Camp Greenwood Campers  
\$75 Non-Member



# EVERYTHING AQUA

For more information and future dates contact **Crystal**:  
303.770.2582 x325, [CrystalG@GreenwoodATC.com](mailto:CrystalG@GreenwoodATC.com)

## **GREENWOOD COMPETITIVE SWIM CAMP**

ages 9-12 **June 11-14**

ages 13-18 **June 18-21**

We base our camp on the balance of good swimming technique and great fun! Video analysis will be used to teach our campers proper stroke technique for all four competitive strokes, starts and turns.

**Location:** Indoor Pool

**Days/Time: Monday-Thursday,  
1:30-3:30pm**

\$250 Member / \$300 Non-Member

## **JUNIOR LIFEGUARD CAMP** ages 10-14

**Date: July 9-11**

Junior Lifeguard Camp for young teens provides an enjoyable pre-certification program on safely handling themselves in a variety of water situations. They will enjoy working as part of a team as they tackle challenges and practice key maneuvers. Fun, safety and new skills are all a part of this exciting program.

**PREREQUISTES:** freestyle swim for 25 yards, tread water for 1 minute and swim underwater for 10 feet.

**Location:** Conference Room/Pool

**Days/Time: Monday, Tuesday and Friday, 1:00-4:00pm**

\$200 Member / \$275 Non-Member

## **PARENT-TOT** ages 8 months-3

\*minimum of 3 participants to run the class

Parents are taught how to work in the water with their child with emphasis on safety and fun. We teach parents what skills to expect as their child develops both in and out of the water.

## **SWIMAMERICA** group swim lessons for children 3 & up

This program was established in 1988 by the American Swim Coaches Association and is often hailed as the most comprehensive learn-to-swim program ever created. There are 10 stations (levels) within the program, beginning with blowing bubbles and finishing with the completion of a 300IM. While teaching a natural progression of the strokes through drills emphasizing proper technique and efficiency, safety, instruction /fitness and fun are the three goals we strive for in our lessons







## STROKE SCHOOL ages 6-13

This small group class provides an extension of the upper levels of SwimAmerica. Swimmers should be able to swim two lengths of freestyle with side breathing, one length of backstroke, and have some experience diving (pass level 6 in SwimAmerica). This 45-minute class focuses on further stroke development and provides a transition into Swim Conditioning and the Tiger Sharks.

## SWIM CONDITIONING ages 10-18

This small group class provides an extension of the upper levels of SwimAmerica. Swimmers should be able to swim two lengths of freestyle with side breathing, one length of backstroke, and have some experience diving (pass level 6 in SwimAmerica). This 45-minute class focuses on further stroke development and provides a transition into Swim Conditioning and the Tiger Sharks.

## GREENWOOD TIGER SHARKS ages 6+

GTS is our year round USA Swimming competitive swim team. Swimmers ages 6-20+ compete with other USA Swimming teams locally and nationally. Swimmers train in one of six groups based on age and ability. Participation requires club membership and monthly team dues. For more information about GTS, please contact Coach Rob at 303.770.2582 x407

# TENNIS

Contact **Kristi**: 303.771.2588 x278, KristiM@GreenwoodATC.com

## FUTURE STARS ages 4-5

**Dates: June 5-7, June 12-14, June 19-21, June 26-28, July 10-12, July 24-26, July 31-August 2**

Hey four and five year olds, it's time for you to experience the program of your life! These tennis classes will emphasize basic skills, hand-eye coordination, tennis etiquette and FUN! Minimum of four kids.

*Location:* Indoor Tennis Courts

*Days/Time:* **Tuesday-Thursday, 9:00-10:00am**

\$80 Member and Non-Member

## QUICKSTART TENNIS ages 5-8

**Dates: June 5-7, June 12-14, June 19-21, June 26-28, July 10-12, July 24-26, July 31-August 2**

QuickStart offers quality instruction utilizing the ROGY pathway for player development in a fun and enthusiastic environment!

*Location:* Indoor Tennis Courts

*Days/Time:* **Tuesday-Thursday, 10:00-11:30am**

\$99 Member / \$125 Non-Member

## **NEW! QUICKSTART SPORTS AND HOBBIES** ages 5-8

**Dates: June 12-14, June 26-28, July 10-12, July 24-26**

This is the perfect getaway from the gadgets where kids can focus on physical activity and mental stimulation. All three days will kickoff on the tennis court followed by a variety of hobbies and games on Tuesday and Thursday, swimming games will be held on Wednesdays. Snacks and drinks will be provided. *All kids must be water safe to register for this program.*

*Location:* Outdoor Tennis Courts and Indoor Pool

*Days/Time:* **Tuesday-Thursday, 12:00-2:00pm**

Cost \$99 Member / \$125 Non-Member

## **NEW! QUICKSTART FULL-DAY** ages 5-8

Have your child spend the day with us and do both QuickStart Camps! Price includes the 10:00am QuickStart Camp and the 12:00 Sports and Hobbies Camp along with a supervised break and transition period from 11:30am - 12:00pm. A healthy snack will be provided each day.

*Location:* Indoor Tennis Courts

*Days/Time:* **Tuesday-Thursday, 10:00-2:00pm.**

Supervised break and transition period 11:30am-12:00pm.

Snack provided on all three days

\$185 Member / \$230 Non-Member

## **NEW! READY, SET, PLAY TENNIS!** ages 5-8

**Dates: June 14, June 28 and July 26**

Supervised match play in a fun team like atmosphere utilizing our ROGY 3v3 format (incorporates age appropriate sized equipment and courts).

*Location:* Indoor Tennis Courts

*Days/Time:* **Thursday, 3:00-4:00pm**

Cost per date: \$25.00 Member / \$35.00

## GREENWOOD TENNIS CAMP ages 7-12

**Dates: June 4-6, June 11-13, June 18-20, June 25-27, July 9-11, July 16-18, July 23-25, July 30-August 1**

We base our camp on balance...good tennis and great fun! We encourage and teach our campers to truly understand stroke fundamentals and basic match play strategies. More than anything, we want them to enjoy this lifetime sport long after they leave camp.

*Location:* Indoor Tennis Courts

*Days/Time:* **Monday-Wednesday, 12:00-3:00pm**

\$198 Tennis Member

\$220 Athletic Club Member

\$240 Non-Member



## GREENWOOD

# BASKETBALL ACADEMY

Contact **Derek**: 720.626.2645, [dgriffin@hardwoodevolution.com](mailto:dgriffin@hardwoodevolution.com)

### **HARDWOOD ELITE BASKETBALL CAMP** ages 7-14

*Dates:* **June 18-21**

This camp will focus on developing the proper foundation of basketball fundamentals while using new and creative drills and competitions to make them game applicable. We will push your limits and challenge your abilities. Hardwood Evolution has an experienced staff of former pros, college coaches, and USA National Champions who have a history of teaching and communicating with kids of all backgrounds. Price includes a basketball and t-shirt.

*Location:* Gymnasium

*Days/Times:*

**ages 7-10 Monday-Thursday, 8:00-11:00am**

**ages 11-14 Monday-Thursday, 1:00-4:00pm**

\$300 Member / \$325 Non-Member

### **HARDWOOD ELITE SHOOTING 101: "HOW TO SHOOT"**

**ages 8-12**

*Dates:* **June 4-7**

Learn the basic steps to shoot the basketball right. We will lay the foundation for longevity in making shots!

*Location:* Gymnasium

*Days/Time:* **Monday-Thursday, 1:00-4:00pm**

\$300 Member / \$325 Non-Member

### **HARDWOOD EVOLUTION EXTREME BALL HANDLING CAMP** ages 9-16

*Date:* **July 16-19**

Prepare to work hard! Hardwood Evolution Basketball prides itself on new and unique drills that will test your endurance and push the threshold of your skill level. This camp will focus on increasing the muscle groups for ball handling as well as dribbling under pressure and physical contact. Campers will receive a basketball and t-shirt.

*Location:* Gymnasium

*Days/Time:* **Monday-Thursday, 1:00-4:00pm**

\$300 Member / \$325 Non-Member

### **HARDWOOD ELITE ATTACK CAMP** ages 10-14

*Date:* **June 9-10, August 11-12**

Learn how to be a dynamic scorer! Each player will learn high level skill development and the science behind breaking your defender down. *Sign up today! Limited spots available.*

*Location:* Gymnasium

*Days/Time:* **Saturday-Sunday, 9:00am-12:00pm**

\$115 Member / \$125 Non-Member

### **HARDWOOD ELITE NATIONAL SHOOTING CAMP**

**ages 10-16**

*Date:* **June 11-14, July 9-12, August 6-9**

This week is dedicated to shooting the basketball. We will do video analysis and technique work daily. Each camper will get a breakdown from a professional shooting coach and a process to increase accuracy when shooting. We will push each camper to get hundreds of game shots up per day. Campers receive a t-shirt, basketball and a summer shooting workout

*Location:* Gymnasium

*Days/Time:* **Monday-Thursday, 1:00-4:00pm**

\$375 Member / \$400 Non-Member

## COMBAT ZONE

Contact **Vic**: 303.770.2582 x339 [VicS@GreenwoodATC.com](mailto:VicS@GreenwoodATC.com)

### **KIDS BRAZILIAN JIU-JITSU** ages 6-13

This class focuses on self-defense techniques while teaching kids the tenants of honesty, discipline, teamwork and fortitude.

### **LITTLE DRAGONS** ages 4-8

This class develops children's' coordination, teach basic punching and kicking skills while providing a fun play environment.

### **KIDS MARTIAL ARTS CLASS** ages 9-13

In this class, kids will learn the basics of striking (kicking and punching) and self-defense. Emphasizes discipline and fun, but also works on physical fitness.

## SPECIAL EVENTS

Contact **Danielle**: 303.770.2582 x287  
[DanielleC@GreenwoodATC.com](mailto:DanielleC@GreenwoodATC.com)

### **DATE NIGHTS** ages 3-13

*Dates:* **First Friday of each month**

Swimming, dancing, dinner, playing and YOU have a night all to yourself.

*Time:* **5:00-9:00pm**

\$29 Member / \$39 Non-Member

### **BIRTHDAY PARTIES AT GATC**

Let Greenwood Athletic and Tennis Club do the party for you. Planning a party at GATC is as simple as 1, 2, 3!

1. Select your date and party option
2. Email the Youth Program Coordinator
3. **Sit back and enjoy the fun**

### **CARDIO KIDS** ages 9-13

Kids can work out with their parents and earn prizes for doing so! Here's how it works:

1. Visit the Service Desk for a wristband to wear during your workout
2. Participate in cardiovascular exercise three times in one week and collect a prize at the Service Desk
3. **Nothing to pay...it's FREE!**