



SUMMER CAMP

2024



2024 SUMMER CAMP [AT] ABK & COURT HOUSE FAMILY FITNESS

GET READY FOR THE VIBIEST ROGUE VALLEY SUMMER EVER!

Summer camps - when we recall what these were like when we were young, we are flooded with memories and images of friends, fun, warm days, imagination, and did we forget to mention all the fun? Give your child these same **vibes** to last a lifetime by enrolling them in an ABK or Court House summer camp program. With so many choices and week options, you can choose more camps for bigger savings! *Please note - camps are non-refundable.



*Take advantage of the Mix-n-Match discount! Enroll your child in 3 or more sports camps to get \$10 off the 3rd camp and on! *This discount does not apply to Preschool Camp or Summer Rec Camp.

Don't forget to bring a snack and water bottle each day of sports camps. Here's to the BEST Rogue Valley summer ever!

America's Best Kids
1914 Sky Park Drive

Court House Family Fitness
709 North Phoenix Road

abkfun.com/camps
customerservice@abkfun.com
541.245.0432





CAMP **VIBE** GUIDE

COURT HOUSE CAMPS @ 709 NORTH PHOENIX ROAD

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Basketball Camp - Ages 6 -14 Years

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S.A.Q. Camp - Ages 6 -14 Years

ABK CAMPS @ 1914 SKY PARK DRIVE

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Gymnastics Camp - Ages 6 -12 Years

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Ninja Camp - Ages 6 -12 Years

8

Aquatics Camp - Ages 3 -12 Years

10

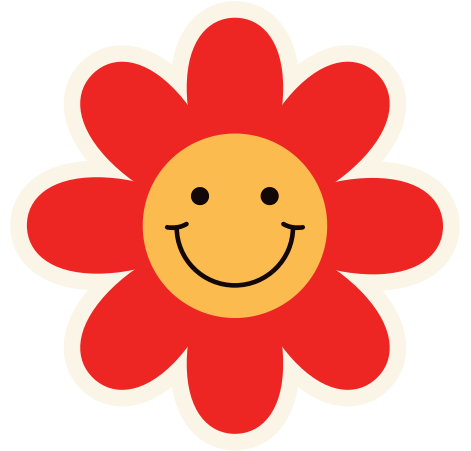
Karate Camp - Ages 6 -12 Years

11

Preschool Camp - Ages 3 -5 Years

12

Recreational Day Camp - Ages 6 -12 Years





MON - THURS
9 AM - 12 PM

- June 24 - 27
- July 15 - 18
- Aug 5 - 8

BASKETBALL CAMP



AGES 6 - 14 YRS

\$ 190 / week



Basketball Camp is all about skill and fun. Your camper will be challenged in fun & innovative ways to help them become more confident & controlled players. Scrimmages included!

CAMP BENEFITS

- Ball handling
- Control
- Balance
- Coordination
- Quick reaction
- Confidence

Court House Family Fitness
 709 North Phoenix Road - Medford

More Information
 Call 541.245.0432

 **REGISTER**
chfit.com/camps

**SPEED
AGILITY
QUICKNESS**

**MON - THURS
12 - 3 PM**

- June 17 - 20
- July 22 - 25
- Aug 12 - 15



**S.A.Q.
CAMP**



AGES 6 - 14 YRS

\$190 / week

*Mix
& MATCH!*



SAQ is a high-energy camp focused on assisting athletes with footwork, explosiveness, & technique. With vertical, core & hurdle training, your athlete will have a leg up on fall competition. Applicable to all sports!

CAMP BENEFITS

- Technique
- Explosiveness
- Balance
- Coordination
- Quick reaction
- Confidence

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REGISTER
chfit.com/camps



**MON - THURS
12 - 3 PM**

- June 17 - 20
- July 15 - 18
- Aug 5 - 8



GYMNASTICS CAMP

AGES 6 - 12 YRS

\$ 190 / week



ABK's recreational gymnastics camps are packed full of fitness, acrobatics, & proper gymnastics techniques, with progressions in each of the 4 Women's Olympic events. Annual membership fee required \$30/ student. Bring water & snack.

CAMP BENEFITS

- Superior fundamental preparation
- Groups according to age & ability
- Strength, fitness, balance, & FUN!

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More Information
Call 541.245.0432

 **FULL DETAILS**
abkfun.com/camps



MON - THURS
12 - 3 PM

- June 17 - 20
- July 15 - 18
- Aug 5 - 8



NINJA CAMP



Mix
& MATCH!

AGES 6 - 12 YRS

\$190 / week



Ninja is ALL THE RAGE and a popular choice at ABK, where we are proud to present our first summer of Ninja Camps! Bring water & snack. Annual membership fee required \$30/ student.

CAMP BENEFITS

- Technique
- Balance
- Coordination
- Strength
- Confidence

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More Information
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 **FULL DETAILS**
abkfun.com/camps



MON - THURS
45 MINS DAILY
***SEE WEBSITE FOR**
FULL DETAILS

- June 10 - 13
- June 24 - 27
- July 8 - 11
- July 22 - 25
- Aug 5 - 8

AQUATICS CAMP



AGES 3 - 12 YRS

\$ 110 / week



ABK Aquatics Camp is a great way to kick start your child in swimming this summer or to build on their current skills. Each camp week is 4 days of 45 minutes per day of swim lessons. Annual membership fee required \$30/ student.

LEVELS OFFERED:

- BEGINNER
- INTERMEDIATE
- ADVANCED

*see website for full level description!

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FULL DETAILS
abkfun.com/camps



AQUATICS CAMP

BEGINNER VIBES

This camp is for Dolphin 1 & Shark 1 level students who:

- are 3-12 years of age
- have little to no swim experience
- can't swim independently

INTERMEDIATE VIBES

This camp is for Dolphin 2 & Shark 2 level students who:

- are 3-12 years of age
- have swim experience
- can swim independently

ADVANCED VIBES

This camp will have an additional focus and is for Shark 3 level (and higher) students who:

- are 5-12 years of age
- have swim experience

JUNE 10 - 13

- Beginner 12:00 - 12:45 pm
- Intermediate 12:45 - 1:30 pm

JUNE 24 - 27

- Beginner 12:00 - 12:45 pm
- Advanced 12:45 - 1:30 pm
 - refinement & endurance

JULY 8 - 11

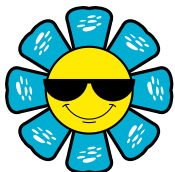
- Beginner 12:00 - 12:45 pm
- Intermediate 12:45 - 1:30 pm

July 22 - 24

- Beginner 12:00 - 12:45 pm
- Advanced 12:45 - 1:30 pm
 - water polo & swim team prep

Aug 5 - 8

- Beginner 12:00 - 12:45 pm
- Intermediate 12:45 - 1:30 pm



POOLSIDE VIBES
ABKFUN.COM/CAMPS

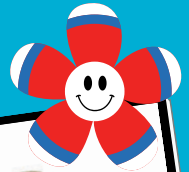
**MON - THURS
12 - 3 PM**

- June 24 - 27
- July 29 - AUG 1
- Aug 12 - 15



Designed for both the current student & the aspiring Black Belt. For 3 hours each day we train technique & curriculum at ABK with the ability to use all the awesome equipment in the gym! Some camp activities include board breaking, weapons, sparring, "ninja warrior" style obstacle courses, & games! One karate camp also will give you 12-15 karate class credits to go toward your next belt testing.

KARATE CAMP



AGES 6 - 12 YRS



\$ 162/ week Black Belt Club

\$ 190/ week All Others

Annual membership fee required \$30/ student

*Mix
& MATCH!*

DAILY

- Board breaking & weapons
- Sparring & obstacle course
- Games & FUN!

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More Information
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FULL DETAILS
abkfun.com/camps

**NOW OFFERED AT
BOTH LOCATIONS!**

MON - THURS

8:30 - 11:30

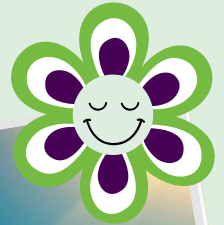
***Optional Lunch Hour
add-on \$7 daily.**

***Snack provided daily.**

***If participating in Lunch
Hour, please pack lunch.**



PRESCHOOL CAMP



AGES 3 - 5 YRS

\$108 / week



Our camp runs from June 10 - Aug 22 & is a fun & unique introduction to Preschool! Your child will play games, enjoy lots of outdoor activities, crafts, & more. Preschool Camp will allow your child to grow & learn with friends all summer long. **Closed week of July 1st.*

*** Annual membership fee required \$30/ student.**

America's Best Kids
1914 Sky Park Drive - Medford

More Information
Call 541.245.0432

Questions? Schedule a tour today!

Contact Miss Rhiannon at rnelsen@abkfun.com (ABK) or Miss Shasta at ssummers@abkfun.com (CH)



FULL DETAILS
abkfun.com/camps



Ages 5 - 12 yrs.

MON - FRI

June 10 - Aug 23

Camp: 8:00 am - 2:30 pm

\$45.50/day for 1 - 11 total summer days

\$42.25/day for 12 + total summer days

Extended Care: 2:30 - 5:30 pm

\$21.00/day for 1 - 11 days \$19.50/day for 12+ days

Enroll for a day, a week, or all summer!



REC DAY CAMP

Discover the essence of FUN! Customize your child's summer experience by selecting from a variety of camp days & extended care options to craft the perfect summer schedule. Your child will enjoy a blend of exciting activities including Open Gym & Swim sessions, engaging arts & crafts, lively group games, & refreshing outdoor water play. They'll get plenty of chances to vibe out with friends, making their summer experience memorable!

Bring lunch, swim suit, & towel daily. **Closed July 4-5.** Camp drop-in fee \$50. Ext Care drop-in fee \$25. **Full details online.* Annual membership fee required \$30/ student. Enroll in one week of rec day camp & receive 10% off an ABK sports camp held concurrently (same week)!

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More Information
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 **FULL DETAILS**
abkfun.com/camps



REC DAY CAMP

Summer Rec Camp at ABK is THE place to be when school is out and the days are long and hot!

Enroll in one week of rec camp & receive 10% off of a sports camp held concurrently (same week).

Camp: 8:00 am - 2:30 pm

\$45.50/day for 1 - 11 total summer days

\$42.25/day for 12 + total summer days

*Camp drop-in fee \$50

Extended Care: 2:30 - 5:30 pm

\$21.00/day for 1 - 11 days

\$19.50/day for 12+ days

*Extended care drop-in fee \$25



CHILL VIBES

ABKFUN.COM/CAMPS



CAMP

WIBES 4eva



- ✓ **Gymnastics**
- ✓ **Ninja**
- ✓ **Karate**
- ✓ **Aquatics**

- ✓ **Basketball**
- ✓ **S.A.Q.**
- ✓ **Preschool**
- ✓ **Rec Day camp**



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