



**TAKE 10% OFF**  
when you register  
before April 29!  
[KidSportsNOLA.com](http://KidSportsNOLA.com)



**CAMPS** Kidsports • Gymnastics & Tumbling  
**PROGRAMS** Youth Fitness • Swimming • Gymnastics



Friendship, fun and fitness for  
**kids of all ages.**





# Summer Camps

## Kidsports | Gymnastics & Tumbling

May 14 - August 17 • Monday - Friday • 9:00am to 4:00pm  
 For Children Ages 3 - 12 • Extended Care Available from 7:00am to 6:00pm

Our Kidsports Summer Camp and Gymnastics & Tumbling Summer Camp provide a full summer's worth of fun-filled age-appropriate activities that are a blast for everyone, from toddlers to preteens.

Sign up by the week, so your kids can participate for one week or 13. Cost of all field trips and snacks is included in the weekly fee, and we also offer extended care, lunch and swim lessons at an additional cost.

## Fun and Fit Summer Programs and Camps

Ochsner Fitness Center's fun and fit summer programs are designed for kids to get active, have fun and enhance their self-esteem in a positive growth environment. Run by trained professionals, certified coaches, staff and counselors, your child will expand their knowledge and physical capabilities in areas such as sports, fitness, nutrition, arts, social skills, health, safety and much, much more.

<b>Kidsports Summer Camps .....1</b>	<b>Gymnastics &amp; Tumbling Summer Camp .....8</b>
May 14 - August 17 Monday - Friday, 9:00am to 4:00pm Extended Care from 7:00am to 6:00pm	May 21 - August 10 Monday - Friday, 9:00am to 4:00pm Extended Care from 7:00am to 6:00pm
<b>Youth Fitness Programs .....5</b>	<b>Gymnastics Programs .....8</b>
Personalized Programs for Kids Ages 8 - 13 Stretching, Cardio and Resistance Workouts Group Classes, Activities	Artistic, Preschool, Tumbling and Trampoline All Ages and Skill Levels Pre-Competitive Programs and Competitive Teams
<b>Summer Swim Programs .....6</b>	<b>Parties &amp; Events .....9</b>
Private and Group Lessons All Ages and Skill Levels Elmwood Sharks Swim Team	Unforgettable Birthday Experiences Choose from 4 Exciting Packages Kids Nights



### Kidsports Summer Camp Includes:

- Indoor and outdoor sports
- Games, crafts and activities
- Obstacle and challenge courses
- Interactive gaming at our XRKade
- Swimming
- Movies
- Laser tag
- Roller skating
- Saints Gatorade junior training camp
- Talent show
- Themed parties
- Trampoline
- Snack time



### Gymnastics & Tumbling Summer Camp Includes:

- Professional instructors and coaches
- State-of-the-art equipment designed for young gymnasts
- Gymnastic and tumbling skill development
- Trampoline
- Swimming
- Arts and crafts
- Fun games and activities
- Snack time
- Friday afternoon performances for parents

Note: Campers are not allowed to bring electronic/cellular devices.



## 2018 Summer Camp Pricing

Registration Fee • \$35 per child/\$50 per family.

Sign up for only the weeks you want and get a discount when you sign up for 7 or more weeks.

Weekly Fees	1 - 6 Weeks	7 - 12 Weeks	13 Weeks
<b>OFC Members</b>	\$170 per week	\$155 per week	\$145 per week
<b>Non-Members</b>	\$180 per week	\$165 per week	\$155 per week

Daily rates are available for May 14 - 18, August 6 - 10 and August 13 - 17.

**Extended Care:** Before care is available from 7:00am to 9:00am for \$25 per child per week.

After care is available from 4:00pm to 6:00pm for \$25 per child per week.

**Lunch:** Bagged lunches are available for \$6 per day or \$30 per week (plus tax).

Pizza is available every Monday, Wednesday and Friday for \$6.

**Swim Lessons:** Beginner and advanced classes taught by Red Cross Water Safety Program certified instructors available weekly. \$50 for members and \$60 for non-members for four 40-minute lessons a week. Only available at Kidsports Camp.

Payment for camp fees may be made by debit or credit card. Parents must sign an authorization form to enable automatic billing. Each Monday of camp, the debit or credit card on file will be charged for that week's fees. All fees are nonrefundable. Once registration has been completed, there will be a \$5 surcharge if any changes need to be made to the registration form regarding camp attendance. If your child or children do not attend camp on a week they are registered for, you will still be billed a nonrefundable \$25 nonattendance fee.



## Kidsports Summer Camp Schedule

<b>May 14 - 18 Early Birds</b>		For those kids who are already out of school and ready to beat the summer heat, we'll get a head start on the fun!
<b>May 21 - 25 Big Top Fun</b>		Step right up for "Greatest Camp On Earth" circus week. Games, dress-up days, face painting and a carnival-themed party.
<b>May 28 - June 1 Super Summer</b>		Our own team of superheroes lead the fun and action-packed games! <b>Adventure Quest Laser Tag</b> field trip.
<b>June 4 - 8 Games Galore</b>		Everyone's a winner at our Kidsports Olympics. We'll see performances by our top Gymnasts & Tumblers at <b>Elmwood Gymnastics Academy</b> .
<b>June 11 - 15 Black-n-Gold</b>		"Who Dat" ready for some football! We'll have a Saintsational time at the <b>Saints Gatorade Jr. Training Camp!</b>
<b>June 18 - 22 Naturally N'awlins</b>		Boudreaux is coming to help us out with fun and games, and we'll "root, root, root, for the home team" as the Baby Cakes take on the Sacramento River Cats at the <b>Shrine on Airline</b> field trip.
<b>June 25 - 29 Sports Spectacular</b>		We'll play all kinds of seasonal sports and games, and rock 'n' roll at the <b>Airline Skate Center</b> field trip.
<b>July 2 - 6 (No camp July 4) Fun in the Sun</b>		We'll celebrate the USA by writing letters to our troops, and have a patriotic picnic with water activities and watermelon!
<b>July 9 - 13 Kidsports Idol</b>		Between your child's imagination and our counselors' creativity, your child will definitely be "shooting for the stars" at <b>Kidsports' Got Talent</b> show.
<b>July 16 - 20 Movie Madness</b>		This week's campers will play games and have dress-up days geared around our favorite movies! We will have an "Incredibles 2" time at the <b>AMC Palace 20</b> .
<b>July 23 - 27 #DoltBig</b>		Campers will get excited about getting fit at the Ochsner Sports Performance Facility on Airline for the <b>Pelicans Jr. Training Camp</b> .
<b>July 30 - August 3 Back to School Bash</b>		This action-packed and fun-filled week will highlight some of our campers' favorite games, dress-up days and activities. We will "be true to your school" at the <b>School Spirit Party</b> .
<b>Aug. 6 - 10 and 13 - 17 Louisiana Lagniappe</b>		Extra! Extra! The fun's not done! We've added a week to accommodate those <b>Louisiana Lagniappe</b> campers who aren't due back to school just yet.

# Gymnastics Summer Camp Schedule

<b>May 21 – 25 Early Bird Week</b>	Get a jump on summer and enjoy many fun activities during our first week of camp.
<b>May 28 – June 1 Dr. Seuss Week</b>	Grab your hat and read with the Cat! Enjoy the many books of Dr. Seuss and corresponding activities.
<b>June 4 – 8 Science Week</b>	Your little scientist will participate in exciting and educational experiments – including a visit from the Audubon Wetland Express van.
<b>June 11 – 15 Black &amp; Gold Week</b>	Who Dat!! Celebrate the New Orleans Saints all week, including a trip to the Saints Training Facility.
<b>June 18 – 22 Sports Week</b>	Experience all types of seasonal sports this week, ending with a visit from the Saintsations.
<b>June 25 – 29 Ocean Week</b>	Dive right into the ocean and experience the wonders of the deep – including a visit from the Audubon AquaVan.
<b>July 2 – 6 (No camp July 4) Carnival Week</b>	Experience the magic and fantasy of carnival with fun games and activities.
<b>July 9 – 13 Animal Week</b>	Have a “paw-some” week learning about wildlife – including a visit from the Audubon ZOOMobile!
<b>July 16 – 20 First Responder Week</b>	Learn about community helpers and the first responders who help keep your little one safe!
<b>July 23 – 27 Art Week</b>	Let your creativity out with various art projects and activities.
<b>July 30 – August 3 Retro Week</b>	Have a blast from the past with decade-themed activities.
<b>August 6 – 10 Louisiana Langniappe Week</b>	Laissez les bon temps roulet! Celebrate Louisiana culture and events all week!



# Youth Fitness Programs



We work with kids ages 8 to 13 to set up personalized fitness programs that encourage an active, healthy lifestyle by helping to improve flexibility, building strength and aerobic capacity. Programs may include stretching, cardio and resistance workouts, as well as kids' group classes and activities.

### Summer Youth Fitness Dates

May 21, 2018 – August 10, 2018

### Open Gym Hours

Monday – Thursday: 4:30pm – 7:30pm

Friday: 4:30pm – 6:00pm

Saturday: 11:00am – 12:00pm

### Group Fitness Classes

Monday – Thursday at 5:30pm

### Kids Group Fitness Class Offerings

Sculpting

Having a Ball

Back to Basics

Cardio Cycle

Boot Camp

**Children of Members:** \$15/month + \$12 registration or \$30/family + \$20 registration

**Children of Non-Members:** \$45/month + \$12 registration

Call [504.842.9524](tel:504.842.9524) for more information.

# Swimming Programs



## Swim Lesson Schedule and Pricing

### Weekday Sessions

- Session 1 • May 28 – May 31\*
- Session 2 • June 4 – June 14
- Session 3 • June 18 – June 28
- Session 4 • July 9 – July 19
- Session 5 • July 23 – August 2

### Weekend, Adult and Water Babies

- June
- July (prorated month)
- August

Visit [KidSportsNOLA.com](http://KidSportsNOLA.com) to register.

### Swimming Lessons

From water safety for toddlers to competitive swimmers who want to improve their stroke techniques, we offer private and group lessons by Red Cross Water Safety Program certified instructors and coaches for kids of all ages and skill levels. We also offer adult lessons, and a parent/child Water Babies class for kids 3 and under to get them used to the water and get a head start on lessons.

Most lessons are offered Monday through Thursday in 2-week sessions, with a total of 8 lessons per session. Saturday sessions are also available, with 4 lessons per session over the course of 1 month. See next page for class schedule and pricing.

### Swim Team

The Elmwood Sharks are part of the JCCA Summer League and also offer a year-round program that is part of USA Swimming. Summer League season begins May 22 and runs through the end of July. Program is for members only and requires a \$150 registration fee.

To learn more information or register, call [504.736.4762](tel:504.736.4762) or visit [KidSportsNOLA.com](http://KidSportsNOLA.com).

Class Type	Description	Day & Time Options	Member Fee	Non-Member Fee
<b>Private Lessons</b>	<ul style="list-style-type: none"> <li>• Personalized instruction at you or your child's own pace at a time that's convenient for you</li> <li>• 4 lessons per session</li> <li>• 30-minute lessons available</li> </ul>	As available	\$130	\$150
<b>Water Babies</b>	<ul style="list-style-type: none"> <li>• Child/parent classes for kids 6 months to 3 years old</li> <li>• 30-minute lessons</li> </ul>	Sat 9:00am Sun 4:00pm	\$45	\$55
<b>Toddler</b>	<ul style="list-style-type: none"> <li>• Basic water safety and swim techniques</li> <li>• 2 – 3 children per class</li> <li>• 30-minute lessons</li> </ul>	Mon – Thu 9:00am Mon – Thu 11:30am Sat 9:00am	\$120 \$60	\$140 \$70
<b>Beginner/Advanced</b>	<ul style="list-style-type: none"> <li>• For children ages 3 – 14 just starting out or looking to improve their skills</li> <li>• 4 – 5 children per class</li> <li>• 45-minute lessons</li> </ul>	Mon – Thu 9:30am Mon – Thu 10:30am Mon – Thu 3:00pm Mon – Thu 4:00pm Mon – Thu 5:00pm Mon – Thu 6:00pm Sat 10:00am Sat 11:00am Sat 12:00pm	\$140 \$70	\$170 \$85
<b>Competitive</b>	<ul style="list-style-type: none"> <li>• Children interested in competitive swimming learn to master all four strokes, starts, turns and finishes</li> <li>• 6 – 8 children per class</li> <li>• 45-minute lessons</li> </ul>	Mon – Thu 10:30am Mon – Thu 4:00pm Sat 10:00am	\$140 \$70	\$170 \$85
<b>Adult</b>	<ul style="list-style-type: none"> <li>• For individuals 14 and over who want to learn better stroke techniques and become a more efficient swimmer</li> <li>• 45-minute lessons</li> </ul>	Mon/Wed 7:00pm	\$140	\$170

\*Weekday Session 1 is 4 lessons only, and will be billed at the weekend rate. All other weekday sessions include 8 lessons.

# Gymnastics Programs

Elmwood Gymnastics Academy offers comprehensive instructional and competitive programs for children of all ages and abilities in Artistic Gymnastics, Tumbling and Trampoline. Your child will learn from USA Gymnastics and safety certified coaches, including members of the USA Gymnastics National Coaching staff and Elite Athletes from World Championship teams.

## Tiny Tots Program

A parent and child class for walkers to 3-year-olds that teaches coordination and basic motor skills while working on actual gymnastic and tumbling skills using specially designed downsized equipment. 45-minute sessions.

## Preschool Gymnastics

A safe, fun-filled learning experience for your 3- to 5-year-old that teaches the basics of gymnastics. 45-minute sessions.

## Tumbling, Trampoline & Artistic Gymnastics Classes

Classes for all ages and skill levels from kindergarten to high school and adults. Hour-long sessions.

## Pricing and Schedule

Classes are \$65 per month for 1 class per week, or \$115 per month for 2 classes. There is also an annual registration fee of \$50 per individual. To register for classes, contact Elmwood Gymnastics at [504.733.4496](tel:504.733.4496).

Day	Tiny Tots	Beginner/Advanced Preschool	Beginner Gymnastics	Intermediate Gymnastics	Advanced Gymnastics
<b>Mondays</b>	6:30pm	5:30pm	5:00pm/6:00pm	7:00pm	
<b>Tuesdays</b>		4:30pm/5:30pm	4:00pm/5:00pm	6:00pm	7:00pm
<b>Wednesdays</b>		5:30pm/6:30pm	6:00pm/7:00pm	5:00pm	4:00pm
<b>Thursdays</b>		4:30pm/5:30pm	4:00pm/5:00pm	6:00pm	7:00pm
<b>Fridays</b>	5:30pm	6:30pm	4:00pm/5:00pm		
<b>Saturdays</b>	11:00am	9:00am/10:00am/12:00pm	10:00am/11:00am	9:00am	

Day	Beginner Tumbling & Trampoline	Intermediate Tumbling	Advanced Tumbling	Teen Tumbling	Trampoline
<b>Mondays</b>	4:00pm	6:00pm			5:00pm
<b>Tuesdays</b>	5:00pm	6:00pm	4:00pm/6:45pm	7:45pm	
<b>Wednesdays</b>	6:00pm/7:00pm	4:00pm/5:00pm			
<b>Thursdays</b>	6:00pm	5:00pm	4:00pm	7:45pm	
<b>Fridays</b>	5:00pm	6:00pm			4:00pm
<b>Saturdays</b>	9:00am/10:00am	11:00am	9:00am		

## Gymnastics & Tumbling Teams

Elmwood Gymnastics has the largest competitive artistic Junior Olympic team in the metro area, competing at levels 1 – 10, as well as a large pre-team program. Our tumbling teams have competed in many world championships and include many State, Regional and National Champions. For more information, contact Elmwood Gymnastics at [504.733.4496](tel:504.733.4496).

# Parties & Events

Celebrate your child's birthday or other milestone with a fun-filled event at our Kidsports Complex. Choose from 4 exciting party packages:

## Adrenaline Rush

- Two-story inflatable obstacle course
- Tumble trampoline
- Spacewalk castle

## XRKade

- Interactive video games
- Adventure challenge maze
- Spacewalk castle

## Gymnastics Party

- Supervised play on beam, bars and floor trampoline
- Obstacle course bounce house

## Splash Party

- Get wet and wild at our outdoor pools

All packages also include party attendants, pizza, punch and time in our party room. Two-hour events start at \$325 for a minimum of either 15 or 20 kids.

Call [504.733.1200](tel:504.733.1200) to make a reservation or get more information!

## Kids Nights

Plan a Friday night out and let us entertain your children at one of our Kids Nights!

Come join the fun at our next NINJA NIGHT at Elmwood Gymnastics Academy (EGA), Kidsports NEON NIGHT or our next Special Event!

## CAMPERS GET A DISCOUNT!

For upcoming dates or preregistration, call EGA at [504.733.4496](tel:504.733.4496) or Kidsports at [504.733.1200](tel:504.733.1200).



For more information,  
call **504.733.1200** or visit  
**KidSportsNOLA.com**.

These programs provided by

