

RAC **SUMMER** **CAMPS**



BE FIT. BE FAMILY. BE WELL.



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Parents and Guardians,

New friendships and new adventures are some of the best parts of a memorable summer. Summer camp is a great option to make new friends and have new experiences outside of your neighborhood and classroom.

The Rochester Athletic Club (RAC) offers camps for all ages and interests with nine options: Adventure Camp (ages 8-10), Basketball Camp (ages 5-10), Expedition Camp (ages 11-13), Explorer Camp (ages 5-7), Green and Teen Tennis Camp (ages 11-16), Honkers Baseball Camp (ages 6-13), Just for Me Camp (ages 3-8), Minnesota RUSH Soccer Camp (ages 3-8), and ROGY Tennis with a Twist (ages 5-11). We are committed to providing a positive experience for kids to develop new friendships, have new adventures, and create lasting memories.

The RAC is dedicated to caring for your child in the best possible way this Summer. Our team is excited to welcome all new and returning campers for an amazing summer. We are committed to providing a positive experience for campers to develop new friendships, have new adventures, and create lasting memories.

We hope to see you soon,

Pamela Ray
Neighborhood Director
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Racquet Sports Coordinator
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| | Just of Me Camp Age 3-8 9 am - 12 pm | Explorer Camp Ages 5-7 8:30 am - 5 pm | Adventure Camp Ages 8 - 10 8:30 am - 5 pm | Expedition Camp Ages 11 - 13 8:30 am - 5 pm | Tennis with a Twist Grades K-5th AM Camp 8 am - 12 pm Lunch Bunch 12-1 pm PM Camp 1 - 5 pm | RAC Basketball Camp | Minnesota RUSH Soccer Camp | Green/Teen Tennis Camp (Mon. - Thur.) | Honkers Baseball Camp |
|-------------------------------|---|---|---|---|---|---------------------------------------|--------------------------------------|---|-------------------------------------|
| WEEK 1 6/6 - 6/10 | 6/7 - Marshmallows 6/9 - Bubbles | Sun's Out School's Out | Sun's Out School's Out | Team Building | Tennis & Mysteries/Riddles | | | | |
| WEEK 2 6/13 - 6/17 | 6/14 - Comm. Helpers 6/16 - Dinosaurs | The Amazing Race | The Amazing Race | Communication | Tennis & Ninja Warrior Week | | Ages 3-8 9:00 am - 10:25 am | | |
| WEEK 3 6/20 - 6/24 | 6/21 - Legos 6/23 - The Bee Shed | Community Connection | Community Connections | Community Service | Tennis & Art Week | Ages 5-10 9:30 am - 11:15 am | | Ages 11-16 1:00 pm - 4:00 pm | |
| WEEK 4 6/27 - 7/1 | 6/28 - S.T.E.M 6/30 - Stars and Stripes | Rochester in 5 Days | Rochester in 5 Days* | | Tennis & Wide World of Sports | | | | |
| WEEK 5+ 7/5 - 7/8 | 7/5 - CLOSED 7/7 - Pirates | Celebrating Cultures | Celebrating Cultures | Leadership | Tennis & Flying Things | | | | Ages 6-13 10 am - 12:30 pm |
| WEEK 6 7/11 - 7/15 | 7/12 - Recycling 7/14 - Water Fun | The Great Outdoors | The Great Outdoors* | | Tennis & Mad Scientist Week | Ages 5-10 9:30 am - 11:15 am | | | |
| WEEK 7 7/18- 7/22 | 7/19 - Robots 7/21 - Ice Cream | RAC Games | RAC Games | RAC Games | Tennis & Let's Make a "Racquet" | | | Ages 11-16 1:00 pm - 4:00 pm | |
| WEEK 8 7/25 - 7/29 | 7/26 - Camping 7/28 - Shapes | Summer Fun | Summer Fun* | | Tennis & Avengers Week | | | | |
| WEEK 9 8/1 - 8/5 | 8/2 - Bugs 8/4 - Nature | Regatta Week | Regatta Week | Mentoring | Tennis & Davinci Inventors | | | | |
| WEEK 10 8/8 - 8/12 | 8/9 - Summer Fun 8/11 - Ocean | S.T.E.A.M. Week | S.T.E.A.M. Week* | | Tennis & Ninja Warrior Episode 2 | Ages 5-10 9:30 am - 11:15 am | | Ages 11-16 1:00 pm - 4:00 pm | |
| WEEK 11 8/15 - 8/19 | | Under the Sea | Under the Sea* | | Tennis & Star Wars | | | | |
| WEEK 12 8/22 - 8/26 | | Animal Planet | Animal Planet* | | Tennis & Eco Week | | | | |
| WEEK 13 8/29 - 9/2 | | Neighborhood's Got Talent | Neighborhood's Got Talent | Shark Tank | | | Ages 3-8 9:00 am - 10:25 am | | |



*Campers 11-13
are welcome to join
the Adventure Camp
+ 4 day camp week



JUST FOR ME CAMP

Need a camp for your 3 - 8-year-old/s? Check out Just for Me camp! We will have games, crafts, snacks, outside play and a whole lot more. These are one day camps. Sign up for one or for all!

Days Held:

Tuesdays or Thursdays • 9:00 am - 12:00 pm

- Crafts, games, outdoor play, fun, and learning!
- No camp form needed.
- Please apply sunscreen prior to camp.
- Daily themes are subject to change.

Enrollment Fees:

Members: **\$20/day** Non-members: **\$28/day**

Location:

Drop off and pick up by tree at top of stairs going to the Outdoor Pool.

Sign up:

At the Activities Desk (507) 287-9300 or through your Empower M.E. Member Login

Contact:

Jessica Ernster

Cancellation Policy:

You must cancel at least 48 hours prior to the camp or you will be billed in full.

DATES & THEMES

JUN

(T) June 7: Marshmallows
(Th) June 9: Bubbles
(T) June 14: Community Helpers
(Th) June 16: Dinosaurs
(T) June 21: Legos
(Th) June 23: The Bee Shed
(T) June 28: S.T.E.M (Science, Tech, Engineering, Math)
(Th) June 30: Stars and Stripes

JUL

(Th) July 7: Pirates
(T) July 12: Recycling
(Th) July 14: Water Fun
(T) July 19: Robots
(Th) July 21: Ice Cream
(T) July 26: Camping
(Th) July 28: Shapes

AUG

(T) August 2: Bugs
(Th) August 4: Nature
(T) August 9: Summer Fun
(Th) August 11: Ocean

RAC EXPLORER, ADVENTURE AND EXPEDITION CAMPS

Our most popular camps are continuing to grow each summer. These three camps are for kids who want to get out of the house and have some fun. It is the perfect option for parents that work during the day. Each week is themed where children participate in games, activities, crafts, indoor and outdoor play, and swimming.

Full day: 8:30 am - 5:00 pm

- A General Summer Camp Form must be completed for each child before the start of camp. It only needs to be completed once for the summer camp season.
- Camp includes morning snacks, lunch, and afternoon snack - no breakfast or dinner. No outside food or drinks allowed in the club. Campers are not allowed to purchase food or beverages from the Neighborhood/Cabana/Cafe Relish unless in the presence of a parent/guardian. If your child has any type of food allergies, please inform Pamela Ray by noon the Friday before the week of camp begins.
- Daily Sign-Up Option: If your child cannot attend a full week, you may sign up for pre-arranged days. The child(ren) must be signed up through Pamela Ray by noon the Friday before the week of camp begins. Daily sign up does not occur through the RAC Activities Desk.

Sign up:

Contact the RAC Activities Desk at (507) 287-9300 to sign up, or members can also sign up through the **Empower M.E. Member Login**.

Field Trip Options:

Available field trips will be announced in May. Sign up for the field trip options will be through Pamela Ray. If child(ren) will not be participating in the field trip, regular camp will still be held.

Local field trips are **\$25** per week and field trips to locations outside of Olmsted County are **\$40** per week.

Field trip costs include transportation and entrance fees.

Early Drop-Off and Late Pick-Up:

Early drop-off is **\$10/day** for each child, starting at 7:00 am, and late pick-up is **\$5/day** for each child, until 7:30 pm.

Arrangements, including estimated drop-off time, must be made with Pamela Ray at least 48 hours in advance.

The camp team will be on duty from 8:20 am - 5:15 pm unless an early drop-off has been pre-arranged. **Camp team members will not be available if early drop-off times are not scheduled in advance.** For late pick-up, children will be signed into the Neighborhood.

Cancellation notes:

You must cancel at least 48 hours prior to the start of camp. Late cancellations, or no-shows, will result in forfeiture of the enrollment cost.

Questions and Early Drop-Off/Late Pick-Up Requests:

Contact Neighborhood Director, Pamela Ray at (507) 287-9306

RAC EXPLORER CAMP

A great introduction into the full summer camp experience for younger kids. Campers stretch their social, emotional, and physical muscles to develop a love of exploration and friendship building. Campers will spend the week participating in engaging, hands-on activities, centered around a weekly theme. Field trips are optional, and a separate add-on to camp.

• Ages 5-7

- Children ages 5-6 must be able to swim on his/her own (with a lifejacket/floaties). If your child cannot swim, please inform Pamela Ray by noon the Friday before the week of camp begins. Arrangements will be made to have the child stay in the Neighborhood during swimming.
- Minimum of 10 children enrolled for camp to occur. RAC Neighborhood Summer Camps are designed to support parents. If enrollment is low, Explorer and Adventure Camps may be combined.

Enrollment Fees:

Weekly:

Members: **\$270**

Non-members: **\$95**

Daily:

Members: **\$330**

Non-members: **\$110**

Location:

Drop-off and pick-up is in the Neighborhood.

RAC ADVENTURE CAMP

Every week brings a new adventure for kids! Each week is full of games. Sports, arts and crafts, swimming and more. Campers will spend the week participating in engaging, hands-on activities, centered around a weekly theme. Field trips are optional, and a separate add-on to camp.

• Ages 8-10

- Minimum of 10 children enrolled for camp to occur. RAC Neighborhood Summer Camps are designed to support parents. If enrollment is low, Explorers and Adventure camps may be combined.
- Kids ages 8-13 are welcome to join the Adventure Camp the following camp weeks:

June 27 - July 1

July 11 - 15

July 25 - 29

August 8 - 12

August 15 - 19

August 22 - 26

Enrollment Fees:

Weekly:

Members: **\$270**

Non-members: **\$95**

Daily:

Members: **\$330**

Non-members: **\$110**

Location:

Drop-off and pick-up is in the Neighborhood.



EXPLORER AND ADVENTURE

CAMP DATES AND THEMES

June 6 - 10

Sun's Out - School's Out

We're taking advantage of the summer and the activities that are missed during the school year. Field trip options may include a trip to a water park and a bowling outing.

June 13 - 17

The Amazing Race

We're spending the week trying new and exciting adventures with small challenges each day. Field trip options may include a trip to Bowlocity and a ropes course.

June 20 - 24

Community Connections

This week we focus on being a part of the great community and the importance of giving back. Field trip options may include a trip to Goodwill - children are asked to donate a gently used toy.

June 27 - July 1

Rochester in 5 Days

Rochester is full of exciting experience, and we'll spend the week exploring what makes Rochester a great city. Field trip options may include a trip to the Downtown Riverwalk and Olmsted County History Center. Campers 8-13 are welcome this week of camp.

July 5 - 8

Celebrating Cultures (4-day camp week)

This week we'll learning about different cultures and explore our uniqueness, including making a family tree. Field trip options may include an Amish Tour of Harmony.

July 11 - 15

The Great Outdoors

We are embracing nature and all of its wonders; we'll start the week hiking and end it fishing with outdoor activities every day. Campers 8-13 are welcome this week of camp.

July 18 - 22

RAC Games

We're putting on our game faces for some competitive fun in this Olympic style week. Field trip options may include a trip to a ninja gym.

July 25 - 29

Summer Fun

It is the height of Summer, and we're making the most of the warm weather. Field trip options may include a trip to Apple Valley Waterpark. Campers 8-13 are welcome this week of camp.

August 1 - 5

Regatta Week

Our campers will team up to build cardboard boats for our big regatta race at the end of week. Field trip options may include a riverboat cruise down the Mississippi River.

August 8 - 12

S.T.E.A.M. Week

Science, technology, engineering, art, and mathematics are the focus this week with fun inventions and coding. A laptop/tablet is required for two days of camp. Field trip options may include a trip to the Minnesota Science Museum. Campers 8-13 are welcome this week of camp.

August 15 - 19

Under the Sea

We're spending the week learning what lies beneath the water's surface. Field trip options may include a trip to Sea Life at the Mall of America and lunch at the Rainforest Café. Campers 8-13 are welcome this week of camp.

August 22 - 26

Animal Planet

We are unleashing our wild side and learning animals. Field trip options may include a trip to the Minnesota Zoo. Campers 8-13 are welcome this week of camp.

August 29 - September 2

Neighborhood's Got Talent

We all have talents; some are still hidden. We'll spend the week exploring our talents. Field trip options may include a trip to circus school in Minneapolis. The week will end with a Neighborhood Talent Show.



RAC EXPEDITION CAMP

We have expanded our camp options and we are excited to introduce Expedition Camp! Designed for the older summer camper as they transition into middle or high school. This is an opportunity to develop leadership skills, while still participating in fun games and activities. Each week focuses on a different theme with engaging, hands-on activities. Field trips are optional, and a separate add-on to camp.

Full day: 8:30 am - 5:00 pm

- **Ages 11-13**
- Minimum of 10 children enrolled for camp to occur. RAC Neighborhood Summer Camps are designed to support parents. If enrollment is low, Adventure and Expedition camps may be combined.
- No Expedition Camp will be held, but kids ages 8-13 are welcome to join the Adventure Camp the following camp weeks:

| | |
|-------------------------|-----------------------|
| June 27 - July 1 | August 8 - 12 |
| July 11 - 15 | August 15 - 19 |
| July 25 - 29 | August 22 - 26 |

Enrollment Fees:

Weekly:

Members: **\$280**

Non-members: **\$95**

Daily:

Members: **\$340**

Non-members: **\$110**

Location:

Drop-off and pick-up is in the RAC Civic View Room (next to Kids Club).

EXPEDITION CAMP DATES AND THEMES

(Please note that on the weeks that Expedition Camp is not held, kids ages 11-13 are allowed to sign up for Adventure Camp.)

June 6 - 10

Team Building

Team building is best learned when experienced hands-on. Field trip options may include a trip to a ropes course.

June 13 - 17

Communication

This week campers will focus on problem solving as a group. Field trip options may include a ziplining trip.

June 20 - 24

Community Service

This week we focus on being a part of the great community and the importance of giving back. Field trip options may include a trip to Goodwill - children are asked to donate a gently used toy.

July 5 - 8

Leadership (4-day camp week)

Campers will rely on each other to overcome obstacles while developing confidence and self-esteem. Field trips options may include a trip to the Minnesota State Capital.

July 18 - 22

RAC Games

We're putting on our game faces for some competitive fun in this Olympic style week. Field trip options may include a trip to a ninja gym.

August 1 - 5

Mentoring

Mentors come in all shapes and sizes. This week campers will strength their emotional intelligence and dependability while spending time with the Explorer Camp. Field trip options may include horseback riding.

August 29 - September 2

Shark Tank

It's the last week of summer, campers will spend the week reviewing summer camps and the Neighborhood. They will brainstorm, design and create new ideas for next summer (and the school year) including writing a short business plan and marketing strategies for their ideas. The week will end with the campers pitching their ideas to the RAC leadership "sharks." Campers have the opportunity to take a mental break with field trip options that may include a trip to circus school in Minneapolis.

TENNIS WITH A TWIST CAMP (ROGY HALF DAY SUMMER CAMPS)

Each day includes athletic development/fitness, a tennis lesson, and a choice between tennis match play or theme-based activities. No tennis experience needed! Camps are taught with age appropriate Red and Orange Balls.

AM Camp: 8:00 am to 12:00 pm daily

(7:40 am early drop off available)

PM Camp: 1:00 pm to 5:00 pm daily

(12:15 pm early drop off available)

Whole Day Option: Sign up for AM and PM camp individually (paying full price for each) and contact Sabine Tetzloff. She will refund the difference.

- **Ages 5-11** (rising Kindergartener through rising 5th Grader)
- **Registration Deadline:** Register by noon the Saturday prior to camp.
- **Lunch Bunch 12:00 - 1:00 pm** is also available if signed up for either or both camps. Bring your lunch and spend time with your friends. There is no sign up and there is no charge for early drop off or for Lunch Bunch.

Enrollment Fees:

AM or PM Camp Fee:

Members: **\$220**

Non-members: **\$295**

Whole Day Option Fee:

Members: **\$400**

Non-members: **\$500**

- **Contact:** Sabine Tetzloff.
- **Location:** Outdoor Tennis Courts.
- **Inclement Weather:** Camp will be held on Indoor Tennis Court 1.

- **Sign up:** Sign up is at the Activities Desk (507) 287-9300 or through your **Empower M.E. Member Login**.
- **Required Waiver Form:** A ROGY Tennis with a Twist Waiver Form must be filled out prior to camp.
- **Cancellation Policy:** You must cancel at least 48 hours prior to the camp or you will be billed in full.

WEEKLY THEMES

June 6-10

Mysteries and Riddles

Twist: Fitness Escape Room, Scavenger Hunt.

June 13-17

Ninja Warrior Week

Twist: Obstacle Courses, Ninja Headbands, Ninja Tricks.

June 20-24

Art Week

Twist: Painting, Drawing and Crafts.

June 27-July 1

Wide World of Sports Week

Twist: Soccer, Kickball, Track & Field, Swimming, etc.

July 5-8

Flying Things Week (4 day camp)

Twist: Paper Airplanes, Boomerangs, Bottle Rockets, Kites.

July 11-15

Mad Scientist Week

Twist: Slime, Rock Candy, Other Hands On Experiments.

July 18-22

Let's Make a "Racquet" Week

Twist: Pickleball, Racquetball, Tennis, and More.

July 25-29

Avengers Week

Twist: Daily games and challenges for our superheroes.

August 1-5 Davinci Week

Twist: Create, Experiment, Decode.

August 8-12 Ninja Warrior Episode 2 Week

Twist: More Obstacle Courses and Ninja Tricks.

August 15-19 Star Wars Week

Twist: Get with the Force - Star Wars Themed Games.

August 22-26 Eco Camp

Twist: Ecology, Nature Hikes, Project Wild Activities.

GREEN/TEEN TENNIS CAMPS

Green/Teen Tennis Camps are 4-day camps designed for our beginning and intermediate players, ages 11-16. Tennis will be played on a full court utilizing both green-dot and the standard yellow balls used in high school tennis.

Camps are held Monday-Thursday – 1:00-4:00pm
June 20-23 • July 18-21 • August 8-11

Camp will focus on:

- Fundamental stroke technique (volleys, groundstrokes, serves, returns).
- Singles and doubles drills and strategies.
- Point and match play.
- Tennis fitness and movement

Enrollment Fees:

Members: **\$175** Non-members: **\$220**

Contact:

Katie Krull at kkrull@racmn.com

Location:

Indoor Tennis Court 1.

Sign up:

Register through the Activities Desk at (507) 287-9300 or through your Empower M.E. Member Login.

Cancellation Policy:

You must cancel by 12 noon the Sunday before the week of camp. No refunds after this deadline.

ROCHESTER HONKERS BASEBALL CAMP

The Rochester Honkers baseball team of the Northwoods League and the RAC are joining together to host a youth baseball camp open to boys and girls. Join the Honkers for three days of fun and learning! This is a great opportunity to practice and play on Mayo Field!

Camp held Wednesday-Friday – 10:00 am - 12:30 pm
July 6-8

• Ages 6-13

- Lunch is provided each day
- A General Summer Camp Form must be completed for each child before the start of camp. It only needs to be filled out once per child for the whole summer.
- Please arrive 5 minutes before the class starting time. If your child is late, it affects the coaches and others participating in the camp.
- Minimum of 10 children enrolled for camp to occur.

Enrollment Fees:

Members: **\$100** Non-members: **\$132**

■ **Sign up:** Contact the RAC Activities Desk at (507) 287-9300 to sign up, or members can also sign up through the **Empower M.E. Member Login**.

■ **Location:** Mayo.

■ **Inclement Weather:** Practice will be held in The Neighborhood. If inclement weather, that morning call the RAC Activities Desk at (507) 287-9300 to verify the location of the camp. A decision will be made at 8:30 am. If the camp is held in The Neighborhood, participants must bring tennis shoes - cleats are not allowed indoors.

■ **Questions:** Contact Neighborhood Director, Pamela Ray at (507) 287-9306.



MINNESOTA RUSH SOCCER CAMPS

The Minnesota Rush program provides professionally guided coaching to teach soccer in a consistent manner for true player development. Their mission is to provide the maximum benefit of professionally guided training through programs that emphasize fun, sportsmanship, individual development, and team play. The Minnesota Rush way gives players the chance to excel at the enjoyment of the game, and the challenge of the competition. Ages 3-8. See level descriptions below.

Camps are held Monday - Friday:
June 13-17 • August 29-Sept. 2

- Sign up by the week.
- A General Summer Camp Form must be completed for each child before the start of camp. It only needs to be filled out once per child for the whole summer.
- Please arrive 5 minutes before the class starting time. If your child is late, it affects the coaches and others participating in the camp.
- Minimum of 7 children enrolled for camp to occur.

I Levels:

Ages 3-5 9:00 - 9:35 am

Players will learn fundamental movement skills.
Player will get a lot of touches with the ball.

Members: **\$55** per week Non-members: **\$115** per week

I **Ages 6-8 9:40 - 10:25 am**

Movement skills and technical development remain on the top of the agenda. We begin to introduce small-sided games and teamwork activities.

Members: **\$60** per week Non-members: **\$120** per week

I **Sign up:**

Contact the RAC Activities Desk at (507) 287-9300 to sign up, or members can also sign up through the **Empower M.E. Member Login**.

I **Location:**

Drop off and pick up at the RAC field (west side of the Club).

I **Inclement Weather:**

Practice will be held in The Neighborhood. If inclement weather, that morning call the RAC Activities Desk at (507) 287-9300 to verify the location of the camp. A decision will be made at 8:30 am. If the camp is held in The Neighborhood, participants must bring tennis shoes - cleats are not allowed indoors.

I **Cancellation:**

You must cancel at least 48 hours prior to the start of camp. Late cancellations, or no-shows, will result in forfeiture of the enrollment cost.

I **Questions:**

Contact Neighborhood Director, **Pamela Ray**.

RAC BASKETBALL CAMP



Coach Eric Williams is joining the RAC for three weeks of basketball camp focused on skill development. Coach Eric has over ten years of experience training multi-sport athletes. He has coached players of AAU teams and players featured by the Harlem Globetrotters. This is a fun camp if you are new to the sport or want to build on your technique. Ages 5-9. See level descriptions below.

Camps are held Monday – Friday:
June 20-24 July 11-15 August 8-12

- Sign up by the week.
- A General Summer Camp Form must be completed for each child before the start of camp. It only needs to be filled out once per child for the whole summer.
- Please arrive 5 minutes before the class starting time. If your child is late, it affects the coaches and others participating in the camp.
- Minimum of 7 children enrolled for camp to occur.

Levels:

Ages 5-6 10:30 - 11:15 am

Players are introduced to the game by breaking down the fundamentals of basketball in a non-competitive environment.

Members: **\$60** per week Non-members: **\$120** per week

Ages 7-9 9:30 - 10:30 am

Players develop skills in shooting, ball handling, passing, defense, rebounding, and movement in a fun and positive learning environment.

Members: **\$65** per week Non-members: **\$125** per week

- **Sign up:**
Contact the RAC Activities Desk at (507) 287-9300 to sign up, or members can also sign up through the **Empower M.E. Member Login**.
- **Location:**
Drop off and pick up at the RAC field (west side of the Club).
- **Inclement Weather:**
Practice will be held in The Neighborhood. If inclement weather, that morning call the RAC Activities Desk at (507) 287-9300 to verify the location of the camp. A decision will be made at 8:30 am. If the camp is held in The Neighborhood, participants must bring tennis shoes - cleats are not allowed indoors.
- **Cancellation:**
You must cancel at least 48 hours prior to the start of camp. Late cancellations, or no-shows, will result in forfeiture of the enrollment cost.
- **Questions:**
Contact Neighborhood Director, **Pamela Ray**.

Contact Us

3100 19th Street NW
Rochester, MN 55901
RAC Activities Desk: 507-287-306