Friendship, fun and fitness for kids of all ages.

TAKE 10% OFF when you register before April 29!

KidSportsNOLA.com
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.

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

**Gymnastics & Tumbling Summer Camp**
May 21 – August 10 • Monday – Friday • 9:00am to 4:00pm
Extended Care from 7:00am to 6:00pm
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.

**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.

<table>
<thead>
<tr>
<th>Weekly Fees</th>
<th>1 – 6 Weeks</th>
<th>7 – 12 Weeks</th>
<th>13 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>OFC Members</td>
<td>$170 per week</td>
<td>$155 per week</td>
<td>$145 per week</td>
</tr>
<tr>
<td>Non-Members</td>
<td>$180 per week</td>
<td>$165 per week</td>
<td>$155 per week</td>
</tr>
</tbody>
</table>

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.
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 for more information.

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**Youth Fitness Programs**

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Activity Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 21 – 25</td>
<td>Early Bird Week</td>
</tr>
<tr>
<td>May 28 – June 1</td>
<td>Dr. Seuss Week</td>
</tr>
<tr>
<td>June 4 – 8</td>
<td>Science Week</td>
</tr>
<tr>
<td>June 11 – 15</td>
<td>Black &amp; Gold Week</td>
</tr>
<tr>
<td>June 18 – 22</td>
<td>Sports Week</td>
</tr>
<tr>
<td>June 25 – 29</td>
<td>Ocean Week</td>
</tr>
<tr>
<td>July 2 – 6</td>
<td>(No camp July 4) Carnival Week</td>
</tr>
<tr>
<td>July 9 – 13</td>
<td>Animal Week</td>
</tr>
<tr>
<td>July 16 – 20</td>
<td>First Responder Week</td>
</tr>
<tr>
<td>July 23 – 27</td>
<td>Art Week</td>
</tr>
<tr>
<td>July 30 – August 3</td>
<td>Retro Week</td>
</tr>
<tr>
<td>August 6 – 10</td>
<td>Louisiana Langniappe Week</td>
</tr>
</tbody>
</table>

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**Gymnastics Summer Camp Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Theme</th>
</tr>
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<tbody>
<tr>
<td>May 21 – 25</td>
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<td>Louisiana Langniappe Week</td>
</tr>
</tbody>
</table>

- Get a jump on summer and enjoy many fun activities during our first week of camp.
- Grab your hat and read with the Cat! Enjoy the many books of Dr. Seuss and corresponding activities.
- Your little scientist will participate in exciting and educational experiments – including a visit from the Audubon Wetland Express van.
- Who Dat! Celebrate the New Orleans Saints all week, including a trip to the Saints Training Facility.
- Experience all types of seasonal sports this week, ending with a visit from the Saintsations.
- Dive right into the ocean and experience the wonders of the deep – including a visit from the Audubon AquaVan.
- Experience the magic and fantasy of carnival with fun games and activities.
- Have a “paw-some” week learning about wildlife – including a visit from the Audubon ZOOmobile!
- Learn about community helpers and the first responders who help keep your little one safe!
- Let your creativity out with various art projects and activities.
- Have a blast from the past with decade-themed activities.
- Laissez les bon temps roulet! Celebrate Louisiana culture and events all week!
Swimming Programs

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 or visit KidSportsNOLA.com.

Swim Lesson Schedule and Pricing

Weekday Sessions

<table>
<thead>
<tr>
<th>Session 1</th>
<th>May 28 – May 31*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2</td>
<td>June 4 – June 14</td>
</tr>
<tr>
<td>Session 3</td>
<td>June 18 – June 28</td>
</tr>
<tr>
<td>Session 4</td>
<td>July 9 – July 19</td>
</tr>
<tr>
<td>Session 5</td>
<td>July 23 – August 2</td>
</tr>
</tbody>
</table>

Weekend, Adult and Water Babies

- June
- July (prorated month)
- August

Visit KidSportsNOLA.com to register.

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Description</th>
<th>Day &amp; Time Options</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lessons</td>
<td>Personalized instruction at you or your child's own pace at a time that's convenient for you</td>
<td>As available</td>
<td>$130</td>
<td>$150</td>
</tr>
<tr>
<td>Water Babies</td>
<td>Child/parent classes for kids 6 months to 3 years old</td>
<td>Sat 9:00am, Sun 4:00pm</td>
<td>$45</td>
<td>$55</td>
</tr>
<tr>
<td>Toddler</td>
<td>Basic water safety and swim techniques</td>
<td>Mon – Thu 9:00am, Mon – Thu 11:30am, Sat 9:00am</td>
<td>$120</td>
<td>$140</td>
</tr>
<tr>
<td>Beginner/Advanced</td>
<td>For children ages 3 – 14 just starting out or looking to improve their skills</td>
<td>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</td>
<td>$140</td>
<td>$170</td>
</tr>
<tr>
<td>Competitive</td>
<td>Children interested in competitive swimming learn to master all four strokes, starts, turns and finishes</td>
<td>Mon – Thu 10:30am, Mon – Thu 4:00pm, Sat 10:00am</td>
<td>$140</td>
<td>$170</td>
</tr>
<tr>
<td>Adult</td>
<td>For individuals 14 and over who want to learn better stroke techniques and become a more efficient swimmer</td>
<td>Mon/Wed 7:00pm</td>
<td>$140</td>
<td>$170</td>
</tr>
</tbody>
</table>

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

**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.

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

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

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

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

**XRKade**
- Interactive video games
- Adventure challenge maze
- Spacewalk castle

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

These programs provided by

Ochsner Fitness Center