



2021 Kid's Summer Guide

Camps. Swimming.
Gymnastics & Tumbling. Fitness. Fun.





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. Ran 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.

Summer Camps1

Kidsports Summer Camp

May 17 – August 13
Monday – Friday, 9:00am to 4:00pm
Extended Care from 7:00am to 6:00pm

Gymnastics & Tumbling Summer Camp

May 24 – August 6
Monday – Friday, 9:00am to 4:00pm
Extended Care from 7:00am to 6:00pm

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Sparking a life-long interest in exercise, healthy living, and equipment safety. Ages 11 to 14

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Unforgettable Birthday Experiences. Choose from 5 Exciting Packages and Kids Nights

Performance Training Summer Programs..... 10

Young athlete training, teaching proper technique and optimal performance.
Ages 7+ with a variety of class options.



Due to the COVID-19 pandemic, we’ve implemented additional safety protocols to protect your children and our staff.

We are encouraging campers to wear a face mask. All children 8 years old or older and all employees are required to wear a face mask at all times.

Staff are required to maintain Ochsner hand hygiene guidelines by washing their hands and using hand sanitizers regularly, especially after each rotation and when the children arrive to camp in the morning.

Kidsports and Gymnastics will use a fog machine approved by infection control each evening to sanitize all spaces.

We have heightened sanitation protocols and will be cleaning areas on an hourly basis throughout the day.

Summer Camps

Kidsports | Gymnastics & Tumbling

May 17 - August 13 | May 24 - August 6 • 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 for a camp experience personalized for each participant.



Kidsports Summer Camp Includes:

- Indoor and outdoor sports
- Games, crafts and activities
- Obstacle and challenge courses
- Swimming
- Movies
- Laser tag
- Roller skating
- Talent show
- Themed weeks
- 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.

Learn more or register at kidsportsnola.com or call 504-226-7006.

Summer Camps

Pricing and Details

Registration Fee • \$50 per child/\$80 per family.

Weekly Rates

Weekly Fees	1 - 6 Weeks
OFC Members & Ochsner Employees	\$175 per week
Non-Members	\$185 per week

4-Week Packages (must be consecutive weeks)

June/July:	4 Week Package (June/July Only)
OFC Members & Ochsner Employees	\$660
Non-Members	\$700

Daily rates are available for May 17-28 and August 2-13.

Camp T-shirt: Each Kidsports and gymnastics camper must wear a Kidsports and or Gymnastics camp t-shirt every day. One t-shirt is included in your registration fee. Additional shirts may be purchased.

Extended Care: Before care is available from 7:00am to 9:00am for \$30 per child per week or \$8 per day. After care is available from 4:00pm to 6:00pm for \$50 per child per week or \$12 per day.

Lunch: Lunches are available for \$8 per day or \$30 per week (plus tax).

Swim Lessons: Beginner and advanced classes taught by Red Cross Water Safety Program certified instructors available weekly. \$55 for members and \$65 for non-members for four 40-minute lessons a week. Only available at Kidsports Camp.

Teen Fit: \$55 per week for members and \$65 per week for non-members. Only available at the Kidsports Camp.

Ochsner Performance Training: \$55 per week for members and \$65 per week for non-members. Only available at the Kidsports Camp.

Towel Service: Towels will be included for each camper.

Payment for camp fees may be made by debit or credit card. Parents must sign an authorization form to enable automatic billing. One week prior to camp, the debit or credit card on file will be charged for that week's fees. All packages will be billed at the beginning of the month for a one time payment. 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 the full weekly fee. If canceled by email one week prior to the scheduled week, you will be charged a fee of \$25 per child per week, as a non-attendance fee.

Learn more or register at kidsportsnola.com or call 504-226-7006.

Summer Camps

Kidsports Summer Camp Schedule

May 17 - 21 Early Birds	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!
May 24 - 28 Beach Bash!	Come on in, the water's fine! It's time to soak up the sun and have some fun. Our beach blowout Sock Hop will get everyone going!
May 30 - June 4 NBA Week	 The NBA is here! Wear your favorite NBA jersey and represent your hometown Pelicans! Get ready to take part in the New Orleans Pelicans Virtual Junior Training Camp! Drills, workouts, and pickup games, plus more!
June 7 - 11 Olympics Week	Everyone's a winner at our Kidsports Olympics. We'll see performances by our top tumblers and gymnasts at Ochsner Gymnastics Academy.
June 14 - 18 Wildlife Week	Get ready to meet your favorite furry critters and exotic birds! Campers get up close and hands-on with some exotic animals from 2 traveling zoos!
June 21 - 25 Roller Derby Mania	Lace up your roller blades and get ready to hit the roller rink! Our trip to the Airline Skate Center will have everyone moving and grooving to their favorite songs and games.
June 28 - July 2 Red, White and Blue Week	I pledge allegiance to the Camp of the Ochsner Fitness Center and to the fun that we will have, one camp, under the sun, with laughter and water slides for all! Wear your most patriotic clothes and swimsuits as we'll have our outdoor water slides in full effect!
July 5 - 9 Super Hero Summer!	KIDSPORTS...ASSEMBLE!!! Superhero week is here! Show us your super-powers and alter egos and come dressed as your favorite superhero. Arts and crafts will help aid in taking on evildoers!
July 12 - 16 Disney Dress-Up	Let it go...let it GOOOO! It's time for yet another singalong. Our costume dress-up contest will have everyone dressed as their best Disney characters!
July 19 - 23 Kidsports Has Talent	Between your child's imagination and our counselors' creativity, your child will definitely be 'shooting for the stars' at the Kidsports Got Talent show.
July 26 - July 30 Black and Gold Superbowl	 Put on the eye black, strap up those cleats, and show us your best game face! Virtual Training Camp for all campers will get us ready to kick off the '21-22 Saints football season!
Aug. 2 - 6 and 9 - 13 Louisiana Lagniappe	Extra! Extra! The fun's not done! We've added a week to accommodate those Louisiana Lagniappe campers who aren't due back to school just yet.

Field trips are subject to change due to weather or other conflicts.

Learn more or register at kidsportsnola.com or call 504-226-7006.

Summer Camps

Gymnastics & Tumbling Summer Camp Schedule

<p>May 24 - 28 Beach Bash!</p>	<p>Come on in, the water's fine! It's time to soak up the sun and have some fun. Our beach blowout Sock Hop will get everyone going!</p>
<p>May 30 - June 4 NBA Week</p>	<p>The NBA is here! Wear your favorite NBA jersey and represent your hometown Pelicans! Get ready to take part in the New Orleans Pelicans Virtual Junior Training Camp! Drills, workouts, and pickup games, plus more!</p>
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<p>July 5 - 9 Super Hero Summer!</p>	<p>EGA...ASSEMBLE!!! Superhero week is here! Show us your superpowers and alter egos and come dressed as your favorite superhero. Arts and crafts will help aid in taking on evildoers!</p>
<p>July 12 - 16 Disney Dress-Up</p>	<p>Let it go...let it GOOOO! It's time for yet another singalong. Our costume dress-up contest will have everyone dressed as their best Disney characters!</p>
<p>July 19 - 23 EGA Has Talent</p>	<p>Between your child's imagination and our counselors' creativity, your child will definitely be 'shooting for the stars' at the EGA Has Talent show.</p>
<p>July 26 - July 30 Black and Gold Superbowl</p>	<p>Put on the eye black, strap up those cleats, and show us your best game face! Virtual Training Camp for all campers will get us ready to kick off the '21-22 Saints football season!</p>
<p>August 2 - August 6</p>	<p>Extra! Extra! The fun's not done! We've added a week to accommodate those Louisiana Lagniappe campers who aren't back to school just yet.</p>

Learn more or register at kidsportsnola.com or call 504-226-7006.

Teen Fitness



TEENFITNESS

Weight Room 101

Your life-long interest in health and wellness starts here! Meet 1-on-1 with a trainer to learn your way around the gym, while learning age-appropriate workouts and healthy living tips. Learn proper equipment safety and etiquette so you can be cleared to workout on the weight room floor.

Program is for kids ages 11 to 14.

3 TRAINING SESSIONS **\$99**

Learn more or register by emailing FITTLAB@ochsner.org or call 504-226-7006.

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.

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

Come join our year-round Sharks swim team for the summer. We offer summer-only registration.

Learn more or register at kidsportsnola.com or call 504-226-7006.

Swimming Programs

Swim Lesson Schedule

Weekday Sessions

- Session 1 • June 1 – June 4 one week session, pro rated
- Session 2 • June 7 – June 17
- Session 3 • July 21 – July 1
- Session 4 • July 12 – July 22
- Session 5 • July 26 – August 5

Weekend, Adult and Water Babies

- June
- July (prorated month)
- August

Class Type	Description	Day & Time Options
Private Lessons	<ul style="list-style-type: none"> • Personalized instruction at you or your child's own pace at a time that's convenient for you • 4 lessons per session • 30-minute lessons available 	As available
Toddler	<ul style="list-style-type: none"> • Basic water safety and swim techniques • 2 – 3 children per class • 30-minute lessons 	Mon – Thu 11:30am Sat 9:00am
Beginner/Advanced	<ul style="list-style-type: none"> • For children ages 3 – 14 just starting out or looking to improve their skills • 4 – 5 children per class • 45-minute lessons 	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

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

Learn more or register at kidsportsnola.com or call 504-226-7006.

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 6 years of age to high school and adults. Hour-long sessions.

Pricing and Schedule

Classes are \$75 per month for 1 class per week. There is also an annual registration fee of \$50 per individual. All registrations are subject to availability at the time of inquiry, as space is limited.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY TOTS	4:00pm					9:15am
PRE-K	5:15pm, 6:15pm	4pm, 4:30pm, 5pm, 5:30pm, 5:45pm, 6pm	4pm, 5pm, 6pm	4pm, 5pm, 6pm, 6:15pm		9am, 9:30am, 10am, 10:15am, 10:30am, 11am, 11:15am, 11:30am
ARTISTIC BEGINNER	4pm, 5pm		4pm		4:30pm	9:30am, 10:30am
ARTISTIC INTERMEDIATE	6:00pm					
ARTISTIC ADVANCED	7:00pm					
TUMBLING BEGINNER	5:00pm					10:30am, 11:30am
TUMBLING INTERMEDIATE	6:00pm	6:45pm	7:00pm			
TUMBLING ADVANCED			5:00pm			
TEEN TUMBLING		7:45pm				
TRAMPOLINE			6:00pm			

Learn more or register at kidsportsnola.com or call 504-226-7006.

Parties & Events

Kidsports Adrenaline Rush Party

80 minutes in our 2 story adrenaline rush + 40 minutes in the party room..... \$425

Price includes party for 20 children, plus 2 one-topping pizzas and unlimited punch



Ochsner Fitness Center Pool Party

80 minutes in our fitness center outdoor pools + 40 minutes in the gazebo \$425

Price includes party for 20 children, plus 2 one-topping pizzas and unlimited punch

Elmwood Gymnastics Party

80 minutes in our state of the art gymnastics facility + 40 minutes in the party area..... \$425

Price includes party for 20 children, plus 2 one-topping pizzas and unlimited punch



Party Add-Ons:

One-topping pizza.....	\$11
Two-topping pizza.....	\$14
Meatlovers/Deluxe pizza.....	\$16
Fruit Tray	\$35
Vegetable Tray	\$37
Sandwich Tray	\$40
Pitchers of Drink.....	\$4

Plus tax

**For more information,
email KParr@ochsner.org
or call 504-733-1200 (Kidsports)
or 504-733-4496 (Gymnastics)**

PERFORMANCE TRAINING

SUMMER PROGRAMS



Ochsner Performance Training offers programs for athletes of all ages. With the goal of becoming stronger and faster, our certified coaching staff develops the proper programming to fit the needs of each age group. Each workout will consist of a dynamic warm-up, field work (including speed and agility), weight room, core/conditioning, and stretching/mobility time. Along with this, athletes will partake in a testing week at the beginning and end of summer to see results that they've striven for.

Modeling collegiate strength and conditioning programs, Ochsner Performance Training creates a fun and engaging environment for all athletes.

DATES AND TIMES (MAY 31ST TO JULY 31ST)

Program	Class Length	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Starters	1 Hour	9:30 am 5:30 pm	9:30 am 5:30 pm	9:30 am 5:30 pm	9:30 am 5:30 pm	9:30 am 5:30 pm	9 am
Accelerated	1 Hour	10 am 11 am 4 pm 6:30 pm	10 am 11 am 4 pm 6:30 pm	10 am 11am 4 pm 6:30 pm	10 am 11 am 4 pm 6:30 pm	10 am 11 am 4 pm	10 am
Peak	1.5 Hours	10:30 am 4 pm 6:30 pm	10:30 am 4 pm 6:30 pm	10:30 am 4 pm 6:30 pm	10:30 am 4 pm 6:30 pm	10:30 am 4 pm	11 am
Elite Football	1.5 Hours	7 pm		7 pm	7 pm		10 am



Due to the COVID-19 pandemic, we've implemented additional safety protocols to protect your children and our staff.

- Masks must be worn to enter and exit the facility.
- Hand sanitizer is available around gym at all times.
- Equipment is sanitized between each use.
- Our turf is vacuumed and disinfected daily.



Learn more at performance.ochsner.org.
 Register at 504-703-9166 or email jamie.ott@ochsner.org.

PRICING

STARTERS \$250

ACCELERATED \$310

PEAK \$400

ELITE FOOTBALL \$500



PROGRAM DESCRIPTIONS

Starters (age 7-10)

Designed to create the basics for athletic movement. Through proper body mechanics, running technique and bodyweight exercises, Starters build confidence in a motivating environment.

Accelerated (age 11-14)

Introduces Olympic-style weight lifting, which helps the athlete develop explosive force. The goal of the program is not to have the athletes competing against one another when lifting, but instead, setting and surpassing their individual limits. An increase in strength development will yield positive increases in speed.

Peak/College (age 15+)

Designed to develop strength, power, speed and agility using Olympic lifts and advanced speed dynamics, similar to a collegiate program.

Elite Football (age 14+)

Designed to prepare high school players for the next level while incorporating strength and conditioning, position specific work, and recovery sessions.

Learn more at performance.ochsner.org.

Register at 504-703-9166 or email jamie.ott@ochsner.org.

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