



SUMMER CAMPS

Seven weeks of summer fun! New themes annually!

In addition to golf, tennis, and swimming activities throughout, each week features a fun theme for additional activities:

2019 Schedule

June 10th-14th

Olympic Sports Week - In addition to playing a variety of Olympic sports we'll also learn more about different participating countries.

June 17th-21st

Mad Science Week - We're be making our own ice cream, creating slime, and taking a field trip to UVA's I-Lab.

June 24th-28th

Lights Camera Action Week - Fun with costumes and themes all week. We'll also take a field trip to a local theatre, and present our own play at the end of the week.

July 8th-12th

Outdoor Adventure Week - We'll explore nature all week, including field trips to Ivy Creek and Carters Mountain.

July 15th-19th

Fun with Flight Week - We'll each build a simple flying machine as well as learn about the atmosphere and flight dynamics.

July 22nd-26th

Fun in the Kitchen Week - We'll learn with Chef Frederick about food and cooking while playing games such as "guess the ingredient."

July 29th-August 2nd

Our Backyard Week - We'll use different Glenmore neighborhoods to explore our local environment, including fishing in ponds and trip to the stables.

There is no camp the week of July 4th. The minimum age is five.

Camps run Monday through Friday with drop off at 8am and pickup at 1pm, both at the pool entrance.

Early bird registration (through 4/15)



MICROBURST SWIM PROGRAMS



Level 1 Microburst

Tuesdays and Thursdays from 11 – 11:30

Level 1 Microbursts Skills:

Entering the pool safely, submerging/putting face in water, holding breath, floating on front and back with assistance, pushing off wall to coach, kicking with kick board, basic freestyle and backstroke arms.

Level 2 Microburst

Mondays and Wednesdays from 11 – 11:30

Recommended Ages: 3 – 5 years old (Swimmer must be potty trained)

Level 2 Microbursts Skills:

Floating on front and back unassisted, submerge and hold breath without holding on to wall, push off wall in streamline to coach, kicking with kick board, freestyle arms with kicking (with and without kick board), back kick with streamline, jumping in and swimming to wall, diving.

Please note, program placement or change will be determined by GCC Head Swim Coach only

To register your swimmer, please fill out the following registration form:

<https://forms.gle/LjQzQvdaTnSKt1aw6>

Private Swim Lessons are also available upon request!



GLENMORE JUNIOR SUMMER TENNIS PROGRAM



WHEN:

Monday, Thursday & Friday
9:30-11:00am for ages 5-10
12a-1:30p for ages 11+

WHERE:

Glenmore Tennis Center

WHAT:

Mondays and Thursdays will focus on the improvement of swing technique, footwork, conditioning, positioning and strategy. On Friday's we will play live ball matches and/or games.

ADDITIONAL INFO:

No pre-registration necessary. Players may drop in at their convenience.

QUESTIONS:

Please email Colin
crowe@glenmorecountryclub.com



GLENMORE JUNIOR SUMMER TENNIS PROGRAM



Beginner 1

Ages 4-6, Short Court (Red Ball) Mondays 3:30 – 4:15pm, Sundays 10:00 – 10:45am

Class will cover the fundamentals of tennis, proper grips, and basic techniques.

Beginner 2

Ages 7-10, 60' court (Orange Ball) Mondays 4:15 – 5pm

Class will cover the fundamentals of point play, scoring, swing technique, and sportsmanship.

Future Stars

Ages 8-14, Full Court (Green/Yellow Ball) Mondays 5 – 6pm

Class will cover more of the basics and introduce shot placement, court positioning, and basic strategies.

Please note:

- ✓ There is NO pre-registration necessary for Monday evening clinics, but Colin will be sending out a weekly email regarding the status of the clinic. Please email Colin at crowe@glenmorecountryclub.com if you would like to be on the email distribution list.
- ✓ Pre-registration IS necessary for Sunday morning clinics. Colin will send out a weekly sign-up email. Please email him at crowe@glenmorecountryclub.com if you would like to be on the email distribution list.

Spring/Summer Pickle Ball

Monday Evening Pickle Ball will begin on Monday, April 1st at 6pm. Colin will be sending out a weekly sign-up email. Please email him at crowe@glenmorecountryclub.com if you would like to be on the distribution list. Pre-Registration will be required.