



SUMMER CAMPS

Mix Fun and Fitness this summer ESAC CAMPS! Kids will learn, play and make new friends while keeping active with themed games, crafts and other activities. Discounts available for Executive Members and Multiple Registrations.
Day Camp Participants may be dropped off as early as 7:30am and must be picked up by 5:30pm.

JUNIOR FITNESS CERTIFICATION - AGES 10-12

July 14th 9:30am-1:30pm Milw. Club
July 28th 11:00am-3:00pm Clack. Club
A program designed to educate kids about safe, fun and effective exercise. Participants graduate and earn the privilege of using the Fitness Center normally restricted to 13 years of age and older. Parental supervision is not required. Members \$60

JUNIOR FITNESS CAMP - AGES 10-14

July 16-19, July 23-26, July 30-Aug 2 9:00am-12:00pm
12 action packed hours of fitness and fun! Certified personal trainers will instruct small groups through functional fitness exercises, strength training techniques, healthy eating habits and so much more!
Member \$89 Non-Member \$115 **Clack. Club**

"BEST OF" CAMP - AGES 5-11

August 27-31 7:30am-5:30pm
Only the BEST! Kids will enjoy 5 days of the favorite games from throughout summer. Which games will make the cut? YOU decide! **Milw. Club**
Member 3 days \$119, 5 days \$165
Non-Member 3 days \$129, 5 days \$215

SKILLS AND DRILLS BASKETBALL CAMP

AGES 8-13
Time 9am to noon
Dates: 6/25 - 6/27 7/23 - 7/25 8/20 - 8/22
NEW Skills and Drills Basketball Camp! Led by the one and only Coach Vince! This camp will focus on ball handling, shooting, personal skills and development training. Each player will gain confidence through repetition and competition. Coach Vince will help players develop athletically by refining their fundamental basketball skills and enhancing their skill set at the post, wing, and guard position. Each camper should bring a basketball, water bottle and a snack/lunch for camp. Please send them in athletic attire/shoes. **Milw. Club**
Member \$125 Non-member \$162.50

MOVIN' & GROOVIN CAMP - AGES 5-11

June 18-22, July 23-27, August 20-24 7:30am-5:30pm
"Get up and get movin'! This is your chance to try all sorts of different activities from basketball & pickleball, to freeze tag and Zumba. This is a great way to give them ALL a try!" **Milw. Club**
Member 3 days \$119, 5 days \$165
Non-Member 3 days \$129, 5 days \$215

SURVIVOR CAMP - AGES 5-11

June 25-29, July 30-August 3 7:30am-5:30pm
Kids will form "tribes" and compete throughout the week in team games such as Capture the Flag, Scavenger Hunt, Outdoor Adventures, etc. Nobody gets voted out of this camp! This camp does include adventures outside of the club. **Milw. Club**
Member 3 days \$119, 5 days \$165
Non-Member 3 days \$129, 5 days \$215

SUPER HERO CAMP - AGES 5-11

July 9-13, August 6-10 7:30am-5:30pm
Caped crusaders, masked knights and the brave men and women who save the day in real life. Kids will make comics, play games, create their very own super hero persona and SAVE THE DAY. This camp includes a visit from our real life local heroes. **Milw. Club**
Member 3 days \$119, 5 days \$165
Non-Member 3 days \$129, 5 days \$215

VIDEO GAMES UNPLUGGED - AGES 5-11

July 16-20, August 13-17 7:30am-5:30pm
Real life FUN playing Pac Man Tag, Mario Party Obstacles, Animal Crossing & more! This camp includes a trip to Ultrazone for Laser Tag. **Milw. Club**
Member 3 days \$119, 5 days \$165
Non-Member 3 days \$129, 5 days \$215

SWIM PROGRAMS

CLACKAMAS & MILWAUKIE SESSION DATES:

Mon/Wed: Jun 4-27, Jul 9-Aug 1, Aug 6-29

Tue/Thur: Jun 5-28, Jul 10-Aug 2, Aug 7-30

***Clackamas TUE/THUR mornings are only available: Jul 10-Aug 2, Aug 7-30**

Members: \$59
Non-Members: \$74

Tadpoles: Preschool Age
Minnows: School Age
Eight 30min classes. 4 kids max per class. No makeups.

MILWAUKIE
503.659.3845

CLACKAMAS
503.659.3846

TIME	MON/WED	TIME	MON/WED
10:45am	Tadpole 1 Tadpole 2	3:30pm	Tadpole 1 Minnow 3
11:20am	Tadpole 2 Tadpole 3	4:00pm	Tadpole 2 Minnow 2
11:55am	Tadpole 3 Tadpole 1	4:30pm	Tadpole 3 Minnow 1
3:10pm	Tadpole 1 Minnow 2	5:00pm	Minnow 3 Welcome to The Water
3:45pm	Tadpole 2 Minnow 3	5:30pm	Tadpole 1 Minnow 2
4:20pm	Tadpole 3 Minnow 4	6:00pm	Tadpole 2 Minnow 1
4:55pm	Tadpole 4 Minnow 1	6:30pm	Tadpole 4
5:30pm	Tadpole 1 Minnow 2	7:00pm	Minnow 4
TIME	TUE/THUR	TIME	TUE/THUR
3:10pm	Tadpole 1 Tadpole 3	10:30am*	Tadpole 1 Minnow 2
3:45pm	Tadpole 2 Tadpole 4	11:00am*	Tadpole 2 Minnow 3
4:20pm	Tadpole 1 Minnow 4	11:30am*	Tadpole 3 Minnow 4
4:55pm	Tadpole 2 Minnow 3	12:00pm*	Tadpole 4 Minnow 1
5:30pm	Tadpole 3 Minnow 2	3:30pm	Tadpole 2 Minnow 3
6:05pm	Minnow 4 Minnow 1	4:00pm	Tadpole 3 Minnow 2
6:40pm	Minnow 1 Minnow 2	4:30pm	Tadpole 4 Minnow 1
7:15pm	Minnow 3 Minnow 4	5:00pm	Tadpole 2 Minnow 3
		5:30pm	Tadpole 1 Minnow 4

SWIM TEAMS: Swim team is a fun way for your child to learn a life skill. Your child will learn proper mechanics and breathing technique while improving cardiovascular fitness. Our coaches create a team environment where your child will learn good sportsmanship, boost self esteem and make new friends. To join Swim Team swimmers must be able to swim front crawl with side breathing two lengths of the pool, back stroke two lengths of the pool and have knowledge of breast stroke and butterfly.

CLACKAMAS: Jul 9-Aug 15 Mon/Wed
Beginner M/W 4:30-5:30pm
Intermediate M/W 5:30-6:30pm
Advanced M/W 6:30-7:30pm
MILWAUKIE: Jul 10-Aug 16 Tue/Thur
Beginner 5-6pm Intermediate/Advanced 6-7pm
Member \$110 Non-Member \$140



SUMMER PROGRAMS

East Side
ATHLETIC CLUBS
Since 1977

Activate by 6/30/18

\$5 OFF
YOUTH PROGRAMS

- Swim Lessons
- Swim Team
- Camps & MORE

Purchase by 5/31/18

10% OFF
TRAINING PACKAGES

Personal or Group Packages

Activate by 6/30/18

\$25.00
SHARE THE HEALTH CERTIFICATE

*Refer a New Club Member

10% OFF SWIM & CAMP FOR YOUTH ON EXECUTIVE MEMBERSHIPS

CAMP AND PROGRAM CANCELLATION POLICY: CASH REFUNDS ISSUED ONLY IF CLASS IS CANCELED BY CLUB. PARTICIPANTS WHO CANCEL/RESCHEDULE WITH A MINIMUM 7 DAYS NOTICE MAY RECEIVE A CLUB CREDIT LESS A PROCESSING FEE.