



LifeSports Camps at Village Church of Gurnee provide lots of **fun summer options!** There are daily snacks, devotions, instruction, fellowship and prayer plus weekly certificates, prizes and group pictures.

BACK! Archery, Baseball, Floor Hockey and Historical Ops!
NEW! Softball, Ultimate Warriors, Step It Up, Backyard Games, Ultimate Games, Super Ops and Circus Time!

Campers who attend **both** Session One and Two in a given week may sign up for **lunch supervision** from 11:30 to 12:30pm at the cost of \$15/week. The cost is for **supervision only** so campers must bring a **labeled sack lunch** each day. Refrigeration provided.

Supervision is provided at no extra cost from 2:30-3pm for campers who stay for Sessions Two & Three in a given week.

Optional **Blue LifeSports T-shirt** is available for \$10.

See reverse for specific camp information.

Camp Cost: \$50 per camp.

Multi-Camp Discount: \$45 per camp. (If signed up for 4 or more)

*Walk-in campers are welcome, but please confirm camp availability via phone or email prior to coming.

For registration info, contact Angela Talbot 847-244-6606 ext. 198 or angela.talbot@vcgurnee.org.

For general camp info, contact Pam Ostrander at 847-207-8773 or pjostrander@sbcglobal.net.

Week 1			Week 2			Week 3		
July 9-13			July 16-20			July 23-27		
Session One: 9:30-11:30am								
Camp	Ages	Location	Camp	Ages	Location	Camp	Ages	Location
Soccer	4-12	Gym & Fields	Taste of Sports	4-6	Gym	Backyard Games	4-9	Gym & Fields
Cheerleading	7-13	Auditorium	Track and Field	7-14	Fields & Auditorium	Flag Football	7-14	Fields
Elite Ops	11+	Room 101	Tactical Ops	10-13	Room 104	Badminton	9-14	Auditorium
Session Two: 12:30-2:30pm								
Basketball	4-9	Gym & Room 207	T-Ball/ Baseball	5-9	Gym & Fields	Soccer	4-9	Gym & Fields
Softball	6-10	Auditorium	Tactical Ops	6-9	Room 101	Super Ops	6-9	Room 101
Special Ops	10-14	Room 101	Ultimate Warriors	10-14	Auditorium	Historical Ops	10+	Room 104 & Fields
Session Three: 3:00-5:00pm								
Special Ops	6-9	Room 101	Floor Hockey	6-12	Gym	Volleyball	6-15	Gym & Auditorium
Step It Up	8+	Auditorium	Circus Time	8+	Auditorium	Historical Ops	8-10	Room 104 & Fields
Basketball	9-15	Gym	Archery	10+	Fields	Ultimate Games	11-15	Room 101 & Fields

LifeSports Camps at Village Church of Gurnee provide many options for memorable fun and quality instruction with caring, friendly and professional staff! Campers are divided into groups based on age and ability. All camps are co-ed. All campers need to wear gym shoes and bring a labeled water bottle.

****Indoor activities are planned for bad weather.****



Archery: Develop basic skills, plus improve technique and accuracy with fun drills, games and range safety.

Backyard Games: Have fun playing classic backyard games that develop teamwork, coordination and endurance.

Badminton: Skills, drills, games and tournaments. **Bring your own racket and birdie.** Some are available to borrow.

Baseball: Practice throwing, hitting, fielding and base running. **Bring labeled glove.** Helmet optional. **No Cleats.**

Basketball: Drills, games, activities, contests and scrimmages. **Wear gym shoes.**

Cheerleading: Build friendships while learning team formations and cheers for a God-glorifying victory.

Circus Time: Balls, hoops, feathers, rings and more are used for entertaining circus fun.

Flag Football: Discipline, drills, scrimmages and teamwork. **Wear mouth guard. No cleats.**

Floor Hockey: Fun drills, games, contests and scrimmages. **Wear gym shoes.**

Ultimate Warriors: Can you and/or your team escape, overcome or survive? Beat the challenges using athleticism, reasoning skills, weapons, spiritual armor, Bible verses, self-defense and prayer. **Wear gym shoes.**

OPS: Bring labeled protective eyewear. **Bring a Nerf gun each day for Elite and Special Ops with clearly marked darts.** Equipment is provided for Super, Historical and Tactical Ops. Extra darts and guns are available to borrow.

Elite Ops: Execute elite operations using Nerf guns with modern military strategies.

Historical Ops: Reenact past Civil War, WW1 and WW2 battles with Nerf guns, tanks, missiles and more.

Special Ops: Nerf gun games and challenges require teamwork, bravery and quick thinking.

Super Ops: Use Nerf guns, foam blocks and swords to battle as super heroes and super kingdom warriors.

Tactical Ops: Greek, Roman, modern and future war tactics with Nerf guns, foam swords, spears plus more.

Soccer: Drills, games and scrimmages. **Bring a labeled soccer ball.** Shin guards recommended. **No cleats.**

Softball: Throwing, fielding, base running and hitting. **Bring labeled glove.** Helmet optional. **No cleats.**

Step It Up: Dance the Caspar Slide, Bop, Whip, Cotton Eyed Joe, Loco-Motion, Electric Slide, YMCA, Zumba and more.

T-Ball/Baseball: Practice throwing, running, hitting and catching. **Bring labeled glove. No helmets or cleats.**

Taste of Sports: Flag football, basketball, T-Ball, soccer and track. Balls and equipment provided. **Wear gym shoes.**

Track & Field: Relays, sprints, hurdles, long jump, running games, shot put and discus. **Wear gym shoes.**

Ultimate Games: Dodgeball, Kan Jam, Capture the Flag, Pickle Ball, Scramball, Four Square and Ultimate Frisbee.

Volleyball: Fun drills, games, contests and scrimmages. Knee pads are optional. **Wear gym shoes.**