



ST. THERESE CAMP ZELIE

Pre K-5th Grade Camps

PROGRAM GUIDE 2024

This program guide gives you more information about the Camp Zelie offerings for this summer. Click on the Registration buttons to be taken to the Kidokinetics website to Register. Each camp will be run by two Kidokinetics coaches.



KidoChallenge is a playful introduction to sports & activities where kids get to have fun, exercise, learn basic physiology and anatomy. Each day kids are introduced to new sports and activities from a certified coach. Every kid gets equipment and every kid plays, every time. If your child liked our enrichment program this is perfect for them!

AUGUST 6-9 TUESDAY-FRIDAY

[REGISTER HERE](#)

\$120 PER WEEK



Hoop, Scoops & Shots combines four popular sports to create a fun learning experience with basketball, lacrosse or jai alai and hockey. Basketball introduces passing, shooting and ball-handling basics. Lacrosse and jai alai introduces the basic skills of cradling, passing, scooping and catching. Hockey introduces groundstrokes, serves, net play and more. These skills combined with game play provide a confidence-building environment. Physical skills developed include agility, accuracy, flexibility, balance, endurance, coordination and speed.

JULY 16-19 TUESDAY-FRIDAY

[REGISTER HERE](#)

\$120 PER WEEK



FlagFun program offers a variety of game play utilizing flag belts. Kids will run, jump, and hop as they aim to capture their friends' flags! Flag football, flag tag, capture the flag, steal the tails, and more will be introduced to keep participants active and engaged in a team oriented, fun-first environment! The activities will focus on speed, agility, coordination, balance, accuracy and stamina as both gross and fine motor skills are exercised and developed in each session.

JUNE 24-27 MONDAY-THURSDAY

[REGISTER HERE](#)

\$120 PER WEEK



Nothing But Nets is all about NET Sports! We combined volleyball, tennis, badminton and pickleball, bringing it all for a one-of-a-kind experience. We focus on hand eye coordination, cardiovascular endurance and of course an introduction to techniques required to play all four of these incredible sports!

JUNE 10-13 MONDAY-THURSDAY

[REGISTER HERE](#)

\$120 PER WEEK

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NinjaPlay is a combination of agility, mobility, and plyometric play designed to develop skills around stability, agility, balance, jump distance and more. Everything is designed for optimal skill development and of course - optimal FUN!

JULY 23-26TH TUESDAY-FRIDAY

[REGISTER HERE](#)

\$120 PER WEEK



GO HOME! GO HOME! There is no better feeling than running across home plate. We can't wait to bring **Run The Bases** to you. We will learn the basics of what it means to run bases while we rotate between kickball, t-ball, and cricket. Kids will learn basic skills for each of these sports, work on their cardiovascular endurance and develop their teamwork skills.

JULY 30-AUGUST 2 TUESDAY-FRIDAY

[REGISTER HERE](#)

\$120 PER WEEK



This is sure to be a bullseye! **TargetTime** includes a playful introduction to bowling, golf and disc golf. We have combined these sports to emphasize foundational skills necessary to develop hand eye coordination, core strength, and aim.

JULY 9-12 TUESDAY-FRIDAY

[REGISTER HERE](#)

\$120 PER WEEK

