

ChildCare

Register Early!

Parent's Night Out

Moonwalk, art, Moomba Maze, parachute, movies, games, sports, music, pizza and more. Swimming for 6+ year olds.

3 - 12 yrs (children are grouped according to age).

Dates: January 4 & 18
February 1
February 15 - Valentine's Party
February 29
March 7 & 21
April 4 & 18
May 2 & 16
May 30 - End of School Year Bash
June 6 & 20
July 11 & 25
August 8 - Back to School Bash
August 29

Time: 6:00 - 1:30 pm

Fee:	First Child	Second Child
	Kids' Club \$16	\$14
	LRAC Member \$14	\$16
	Non-Member \$20	\$18

Out of School Fun Days

We have days of action-packed fun when schools are closed! Call for dates.

Time: 7:30 am - 6:00 pm

Fee:	After School Care Member	\$25/day
	LRAC Member	\$35/day
	Non-Member	\$45/day

After School Care

Our state licensed after school care program for children in pre-K through 6th grade is designed to exercise the mind and body of your child. You can add swim team or junior tennis for an additional fee.

Time: 3:00 - 6:00pm

Fee:	Kids Club	\$44/week
	LRAC Member	\$47/week
	Non-Member	\$50/week

10% discount for each additional child

Day Care

Our trained and caring staff will do everything possible to make your child feel comfortable and happy while you work out. Please note - parents must remain on premises while their child is in the Day Care and the maximum allotted stay is three hours. Contact Mary Olson at 225-3601, ext. 327, with questions.

Ages: One month - 5 years

Fee: \$3.00 per hour - first child
\$2.50 per hour - ea. add'l child
\$3.00 per hour per guest

Receive a 20% discount when you purchase a twenty hour block of time

Kids' Fitness

Roo Rompers

Get your child's morning moving right with a little exercise! Activities include creative movement, music and tumbling. Emphasis will be placed on developing motor skills, coordination, balance and listening skills. Sign up on Tuesdays, Wednesdays and Thursdays in the Day Care.

Ages: 20 - 30 months

Time: 9:00 - 10:00 am

Ages: 2 1/2 - 4 years

Time: 10:00 - 11:00 am

Fee: Kids' Club \$1.50/class
LRAC Member \$3.00/class
Non-Member \$5.00/class

Kidz N' Motion

Kidz N' Motion is designed to introduce your child to the world of free play. Sign up Monday through Friday in the DUC. Child must be potty-trained.

Ages: 3 - 5 years

Fee: \$3.00/hour

Time: 8:30 am - 12:00 pm and 3:00 - 6:30 pm

Parent Information

WEIGHT FLOOR CERTIFICATION

Weight floor certification provides children ages 10 to 14 the opportunity to be on the lower weight floor under certain conditions. (Please see Club signage or the Membership Office for these specifics.)

The certification involves participating in a series of training sessions led by a weight floor staff member. Your child will be trained on weight floor etiquette and proper lifting technique. As part of the certification, the weight floor staff member will identify which pieces of equipment your child may use and develop a resistance training program for your child.

You may start the certification process by approaching any available weight floor staff member. If they do not have a previously scheduled appointment, they will be glad to get your child started. Or, you may contact Robbin, at 225-3601, ext. 463, to schedule an appointment.

REGISTRATION POLICIES

- All class registration forms must accompany payment. Please submit forms to the DUC desk.
- Phone registrations are not accepted.
- Registration forms may be picked up at the DUC desk.
- Program registration is conducted on a first come, first serve basis.
- Programs have a maximum number of attendees, so early registration is encouraged.
- Registration received after the start of classes will not have the class cost pro-rated.
- A waiting list will be formed when classes are filled. Additional classes will be opened when possible.
- The LRAC reserves the right to cancel, combine, and/or postpone classes, or to change instructors.
- There will be a non-refundable deposit required for each program or camp.
- Pre-school age children must be potty-trained before attending any program or event in which a parent is not accompanying the child.
- VISA, Mastercard, Discover, American Express, personal checks, cash and house charges are acceptable methods of payment.
- LRAC is not responsible for any lost, stolen or damaged items.
- Cancellations must be made 24 hours in advance of the first day of the first scheduled class. If a member cancels less than 24 hours prior to the first class, the member will be charged for that activity unless the spot is filled by another child.
- In the event your class is cancelled, you will be notified and offered an alternate choice if one is available.
- Refunds or credits will only be given in the event a program is cancelled by the LRAC.
- No refunds are made for days missed including vacation, dismissal or illness.

Youth Program Guide

JANUARY — AUGUST 2008

Wild and Wacky Wilderness

May 26 - 30 Hiking, rock climbing, canoeing, zoo, mountain adventure and Wild River Country

Wild About Water

June 2 - 6 Wacky water games, relays, 4H Center, swimming, sprayground, Wild River Country and more

Planet Hollywood

June 16 - 20 Magic show, skits, face painting, Historic Arkansas Museum, Wild River Country, Museum of Discovery and Mystical Storytelling at Barnes & Noble

Exploring Our World

June 30 - July 4 Hiking, rock climbing, canoeing, zoo, mountain adventure and Wild River Country

Summer Olympics

July 7 - 11 Staging our own Olympics, swimming, skating, track relays, sports, games and Wild River Country

A Whole New World

July 21 - 25 Gator Golf, swimming, bowling, skating and Wild River Country

Treasure Island

July 28 - Aug 1 Swimming, games, relays, Barnes & Noble, bowling, Museum of Discovery and Wild River Country

Vroom... Blast'n Out of Summer

August 4 - 8 A brief sampler of all 7 weeks of camp in one week: hiking, swimming, games, Wild River Country

IronKids Details

Ages: 6 - 12
Time: 7:30 am - 6:00 pm
Fee: Kids' Club \$160
LRAC Member \$175
Non-Member \$195

Lil' Joey Details

Ages: 3 - 5
Time: 8:30 am - 3:30 pm
Fee: Kids' Club \$140
LRAC Member \$155
Non-Member \$175

A \$50 non-refundable deposit is required for each week of camp. The deposit will be deducted from the camp fee.

IronKids & Lil' Joey

Make plans for a summer of health, fitness and fun. Weekly fees include: fieldtrips, lunches and snacks. Lil' Joey is an age-appropriate version of IronKids Camp geared for pre-schoolers. They go on separate field trips and participate in swimming, craft, tumbling, music, Moomba Maze activities and more. Lil' Joeys must be potty-trained. Please note: The following describes the IronKids experience only.

LITTLE ROCK ATHLETIC CLUB

Phone 501-225-3600 • 4610 Sam Peck Road • Little Rock AR 72223



Kids' Club

DUC Questions

Jomecia Summerville
DUC Director
225-3601, ext. 334

Melody Land
DUC Assistant Director
225-3601, ext. 335.

DUC Direct
225-3601, ext. 335 or 314

For the best value and the most fun and excitement, join the Down Under Center Kids' Club. For a low monthly fee, Kid's Club members receive unlimited play in the "soft play" maze, discounts on programs, camps, birthday parties and special programs. Ages 5 and under receive four free hours of nursery time each month.

Monthly Fee	DUC and Day Care
\$17/month for first child	School Year Hours
\$10/month for 2nd & 3rd child	Mon. - Fri. (Day Care) 8:00 am - 9:00 pm
4th and 5th children, no charge	(DUC) 8:00 am - noon and 3:00 to 9:00 pm
Annual Fee (5% Savings)	Saturday 8:00 am - 6:00 pm
\$194/year for first child	Sunday 1:00 pm - 6:00 pm
\$114/year each additional child	Summer Hours
	Monday - Friday 8:00 am - 9:00 pm
	Saturday 8:00 am - 6:00 pm
	Sunday 1:00 pm - 6:00 pm

Spring Activities

Little Rockers Maraton
Hey Parents! It's time to sign your child up for the 2008 Little Rockers Marathon. A total of 25.2 miles will be run during the weeks prior to the marathon. Children will complete the last mile of the actual marathon on race day (Sunday, March 2). Training has started but it's not too late to join. For more information, contact Jomecia at 225-3601, ext. 334.

Ages: 7 - 12
Days: Tuesday - Thursday
Time: 3:45 - 4:15 pm
Fee: \$20 (Includes official marathon t-shirt, race number, finisher's medal and certificate)

Spring Break Camp
Each day is an action packed adventure of games, sports, arts/crafts, swimming, field trips and more. Lunch and morning/afternoon snacks are included. Enrollment is limited. A non-refundable deposit of \$50 is required. Complimentary Extended Care starts at 7:30 am and ends at 6:00 pm. Child must be potty-trained.

Dates: March 24 - 28	Ages: 5 - 12
Ages: 3 - 5	Time: 9:00 am - 5:00 pm
Time: 8:30 am - 3:30 pm	Fee: Kids' Club \$145
Fee: Kids' Club \$140	LRAC Member \$160
LRAC Member \$155	Non-Member \$175
Non-Member \$175	

Group Tennis

Learn the fundamentals (and if you already know them improve them) with coaching and drills. To schedule, call Donnie Wallis, teaching professional, at 225-3600.

Ages: 4 - 18
Location: Courts 13 & 14

Level	Days	Time
Beginners	MW	3:30 - 4:15
	MW	4:15 - 5:00
Intermediates	MW	5:00 - 6:00
	TuTh	3:30 - 4:15
Advanced	TuTh	4:15 - 5:00
	TuTh	5:00 - 6:00

Fee: Kids' Club
\$35/mo. (once a week)
\$55/month (twice a week)
LRAC Member
\$45/month (once a week)
\$65/month (twice a week)
Non-Member
\$50/month (once a week)
\$70/month (twice a week)

Entire fee must be paid at the first lesson of the month. No refunds on mid-month dropouts. Make-ups must be approved. Cancellation: 30 days notice required.

Private Tennis

Schedule private instruction with Linda Sneed or Donnie Wallis by contacting the Tennis Desk at 225-3600.
Fee: \$50/hour

Tennis Camp

Every year in June we offer a five day camp that focuses on conditioning, drills and technique. Students learn sportsmanship and tennis etiquette from teaching pros. Camp dates will be announced in the spring. For more information contact Donnie Wallis at 225-3601, ext. 204.

Aquatics Info

Our *Aquatics Guide* is your source for all pool and swim related information. This guide is published in March and August and is available at our Club Info Centers, in the Aquatics Office or online at www.lrac.com.

Athletic Camps

Mini Sports Camp
This mini camp is designed to introduce your child to the fun world of camp! Your child will learn the basics of soccer and basketball and enjoy relays, games, swimming and more! Trophy and snack included. *Child must be potty-trained.*

Ages: 3 - 5
Dates: June 9 - 13, July 14 - 18

Half Day:
Time: 10:00 am - noon
Fee: Kids' Club \$65
LRAC Member \$75
Non-Member \$85
\$15 non-refundable deposit

Full Day:
Time: 7:30 am - 6:00 pm
Fee: Kids' Club \$130
LRAC Member \$145
Non-member \$165
\$50 non-refundable deposit

Soccer Camp
Your child will receive instruction in fundamentals, team play and will have plenty of scrimmage time. Campers will be grouped by age and ability. Lunch and morning/afternoon snacks are included. Trophy is included.

Ages: 5 - 12
Date: June 9 - 13
Time: 7:30 am - 6:00 pm
Fee: Kids' Club \$145
LRAC Member \$160
Non-Member \$180
\$50 non-refundable deposit

Basketball Camp
A great camp to teach the basics of basketball or help your superstar sharpen his or her skills. Campers will be grouped by age and ability. Trophy is included. Lunch and morning/afternoon snacks are included.

Ages: 5 - 12
Date: June 23 - 27
Time: 7:30 am - 6:00 pm
Fee: Kids' Club \$145
LRAC Member \$160
Non-Member \$180
\$50 non-refundable deposit

Mini Basketball Camp
Let the dribbling begin! They may be too small for behind the back passes but they can share in the fun. Campers will be grouped by age and ability. Trophy, lunch and morning/afternoon snacks are included.

Ages: 3 - 5
Date: June 23 - 27
Time: 7:30 am - 6:00 pm
Fee: Kids' Club \$130
LRAC Member \$145
Non-Member \$165
\$50 non-refundable deposit

Sports & More Camp
This camp includes sports such as soccer, relays, basketball, swimming, tennis, sand volleyball and all sorts of games. Campers will be grouped by age and ability. Morning/afternoon snacks and lunch are included.

Ages: 5 - 12
Date: July 14 - 18
Time: 7:30 am - 6:00 pm
Fee: Kids' Club \$145
LRAC Member \$160
Non-Member \$180
\$50 non-refundable deposit

Perfect Parties

Birthday Parties
Let us plan your birthday party! Select one of six different party packages. Our parties are perfect for kids ages 2 - 12. You'll want to book your party at least 2 - 5 weeks in advance due to high demand and limited availability. Call the DUC, 225-3601, ext. 335, or stop by for a Birthday Information Packet. Birthday party packages include:

- Personal party coach
- Your choice of sports, games or swimming
- Moomba Maze
- Custom birthday cake, ice cream and drinks in a private party room
- Party ware
- Balloons and party favors
- Special t-shirt for the birthday child

Swim Parties
Members may book swim parties Nov. 1 through May 31 on Saturdays and Sundays. All swimmers must be six years old. Lifeguards will be on deck throughout the event. For additional information or to book your party, call the DUC at 225-3601, ext. 335.

Lock-Ins
Experience ultimate fun with one of our non-stop lock-ins. They are ideal for kids ages 8 - 15 whether it's a church, school group or just a bunch of friends. We'll let you create your own night of fun from our full menu of activities and amenities such as: basketball, swimming, soccer, Moomba Maze, air hockey, team games, relays, TV/VCR and party room. Lock-In options are Friday nights, 8:00 - 11:00 pm or 9:00 - midnight, and Saturday nights 7:00 - 10:00 pm and 8:00 - 11:00 pm.