

MSC Camps

Sports Camp Plus

At Sports Camp Plus there are new activities every day! The schedule is packed with fun activities including Capture the Flag, floor hockey, basketball, whiffleball, swimming, and much more! Campers also go roller skating and to a BBQ!

For ages 2nd through 7th grade.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
M-Th	9:00am-5:00pm	Dec 21-Dec 24	Sports Center	Staff	\$92	\$104	53055-A
M-Th	9:00am-5:00pm	Dec 28-Dec 31	Sports Center	Staff	\$92	\$104	53055-B
M-F	9:00am-5:00pm	Mar 22-Mar 26	Sports Center	Staff	\$115	\$130	53055-C
M-F	9:00am-5:00pm	Mar 29-Apr 2	Sports Center	Staff	\$115	\$130	53055-D

*Daily Fees MCR-\$40/OCR-\$43

*Can only be paid during the current week and only if space is available.

*Daily fees not available Online.

Note: Parents may drop children off as early as 7:30am and pick them up as late as 5:30pm.

Cheerleading Camp

Cheer Camp gives campers a non-competitive environment to have fun while learning basic sideline and crowd cheers as well as stunts and a dance routine. Cheer Camp promotes teamwork in both indoor and outdoor settings.

For ages 2nd through 7th grade.

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M-Th	9:00am-5:00pm	Dec 28-Dec 31	Sports Center	Staff	\$92	\$104	52015-A
M-F	9:00am-5:00pm	Mar 29-Apr 2	Sports Center	Staff	\$115	\$130	52015-B

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MSC Fitness

Fitness Assessments

Body fat, strength, endurance and flexibility tests using the state-of-the-art Microfit® testing system. These highly reliable tests follow the American College of Sports Medicine standards. Contact the Fitness Department at 646-3495 for an appointment. May require medical release.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$75

Fitness Orientation

Signing up for a new pass? Need some ideas to refresh your program? Hire a personal trainer. First session for only \$35. Get a program and learn the equipment (offered to new and re-newing EUP holders). Call 646-3495 for an appointment. Orientation must be completed within 30 days of EUP registration.

For ages 13 and older.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$35

"Jump Start" Fitness Program

One month structured exercise program including use of facility, weekly personal training sessions, pre- and post-assessments in 1st and 4th session and exercise prescription.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$249

Personal Training

Personal training for weight loss, toning, strengthening, sports conditioning or post-rehab. ACSM, NSCA & MES guidelines for exercise prescription. Certified trainers available AM, PM and weekends. One-hour and half-hour sessions. Discount packages for 12, 24 and 36 one-hour sessions prepaid.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$60 per hour \$40 per half-hour

PERSONAL TRAINING PACKAGE FEES:

Introductory Package (3-Pack)	\$150	(SAVINGS \$30)
12 SESSIONS	\$600	(SAVINGS \$120)
24 SESSIONS	\$1,080	(SAVINGS \$360)
36 SESSIONS	\$1,440	(SAVINGS \$720)