



# 2015 Summer Camp

HealthQuest

## CAMPS AT A GLANCE



| Camp Week      | Half Day<br>Lil' Dyno<br>Ages 3 - 5 | Jr. Dyno<br>Ages 6 & Up<br>(F) = Full Day Camp                | Full Day<br>Camp Dynomite<br>Ages 6 - 13 |
|----------------|-------------------------------------|---|--|
| Jun 22 - 26    | Wild & Wacky                        |   | Camp Dynomite                            |
| Jun 29 - Jul 3 | Dino Adventure                      | Mad Machines & Rockin' Rockets<br>Minecraft & Brick Creations | Camp Dynomite                            |
| Jul 6 - 10     | Pretty Princess                     | Basketball Skills   | Camp Dynomite                            |
|                | Treasure Hunters                    |   |  |
| Jul 13 - 17    | Lil' Kidz Kitchen                   |   | Camp Dynomite                            |
|                | Call of the Wild                    |   |  |
| Jul 20 - 24    | Superhero Kids                      |   | Camp Dynomite                            |
|                | Lights, Camera, Action              |   |  |
| Jul 27 - 31    | Fairies & Fireflies                 | Top Chef Cooking  | Camp Dynomite                            |
|                |                                     | Cheer Camp  |  |
| Aug 3 - 7      | Space is the Place                  | LEGO® Camp  | Camp Dynomite                            |
|                |                                     | Basketball Skills   |  |
| Aug 10 - 14    | Everyday Heroes                     | Gotta Sing, Gotta Dance<br>2 Weeks (F)                        | Camp Dynomite                            |
|                |                                     | Dodgeball   |  |
|                |                                     | Girls Club  |  |
| Aug 17 - 21    | Artful Antics                       | Survivor Camp   | Camp Dynomite                            |
|                | Movers & Shakers                    | Battle Bot  |  |
|                |                                     | Secret Agent Lab  |  |
| Aug 24 - 28    | Wild Wild West                      | Basketball League   | Camp Dynomite                            |
|                |                                     | Street Devils Hockey  |  |

**1 Wild & Wacky Fun**  
June 22-26

**Mem \$185 Non-Mem \$205**  
If it's wacky, we'll do it! Prepare for anything from shaving cream activities to making Jell-O worms, or even tar-and-feathering the camp counselors. Wild & Wacky Fun camp will be a week filled with the silly's, a whole lot of fun, and above all a ton of laughs.

**2 Dinosaur Adventure**  
June 29 - July 3

**Mem \$185 Non-Mem \$205**  
Let the digging begin! Discover and explore the amazing world of dinosaurs. Your little archaeologist will dig their way through prehistoric times learning about the dinosaurs of long ago with themed crafts, digs, and other activities.

**3 Pretty Princess**  
July 6-10

**Mem \$185 Non-Mem \$205**  
Bibbity, Bobby Boo! A true princess we'll make out of you! From enchanted castles to the royal family, your little princess will learn to curtsy, attend a royal tea party, dress up in her favorite princess costume and enjoy themed crafts and activities fit for royalty.

**4 Treasure Hunters**  
July 6-10

**Mem \$185 Non-Mem \$205**  
Ahoy Mateys... Peer into the life of pirates past and a bounty of booty awaits! Explore the world of ships and sunken treasures as we set sail on the high seas. Our little buccaneers will discover a trunk full of maps, crafts & pirate activities.



**5 Lil' Kidz Kitchen**  
July 13-17

**Mem \$200 Non-Mem \$220**  
Baking and making healthy treats! Your kids will mix, mold, bake and eat their goodies. Lil' Chefs will learn kitchen safety and healthy eating habits! Food fun goes beyond the kitchen table, when we pack our very own picnic lunch and enjoy fresh air & sunshine. Breakfast and lunch recipes will be made daily! Look out Rachel Ray and Bobby Flay here comes the "Lil' Kitchen Chefs."

**6 Call of the Wild**  
July 13-17

**Mem \$200 Non-Mem \$220**  
From black bears to whales, and fish to foxes ~ it's a crazy animal world out there! Campers will have an action packed week learning about animals and their habitats. Would you like to meet a skunk or maybe an Artic Fox? Travis from "Eyes of the Wild" will make a special guest appearance and share a few of his favorite furry friends!



**7 Lights, Camera, Action!**  
July 20-24

**Mem \$185 Non-Mem \$205**  
Move over Hollywood our little performers are taking stage! From making our own costumes to learning our place on stage our actors and actresses will put on a show like no other!



**8 Superhero Kids**  
July 20-24

**Mem \$185 Non-Mem \$205**  
It's a bird, it's a plane, it's your very own little superhero! Boys & Girls will use their super powers to combat evil and help save the world. Kids will enjoy an action packed week of superhero fun and adventures while learning through kindness and good deeds that everyone can be a real superhero.

**9 Fairies & Fireflies**  
July 27-31

**Mem \$185 Non-Mem \$205**  
Little wings can take you far! Travel through the forest and woodlands to the magical world of fairies. Our own little fairies will keep busy in the forest creating a fairy home, making fairy dust, dressing in fairy costumes and of course catching fireflies. Campers will learn about the wonder of these whimsical and wondrous little creatures.

**10 Space is the Place**  
August 3-7

**Mem \$185 Non-Mem \$205**  
5, 4, 3, 2, 1, Blast Off! To infinity and beyond our little astronauts will blast off into outer space! Themed crafts and activities will entice our curious minds, as we learn about the universe & go scavenging for moon rocks. A week filled with stars, planets & the moon. Experience Space - it's outta this world!

**11 Everyday Heroes**  
August 10-14

**Mem \$185 Non-Mem \$205**  
Join us for a week of saluting all of our everyday heroes. From doctors to firefighters to the police who protect us and our family, campers will explore everyday heroes and learn they too can be a hero. Local heroes will also visit!



**12 Artful Antics**  
August 17-21

**Mem \$185 Non-Mem \$205**  
There's a little Vincent Van Gogh in Everyone! Campers will create mini masterpieces using paint, sculpting clay, crayons, chalk and more! A week of exploring the wonderful world of color!

**13 Movers & Shakers**  
August 17-21

**Mem \$185 Non-Mem \$205**  
A perfect balance of dance and gymnastics is instore for these campers! Boys & girls will enjoy a magical week of dancing, flipping, tumbling, splitting, and jumping. We'll bring joy to your child through the exploration of music and movement.

**14 Wild Wild West**  
August 24-28

**Mem \$185 Non-Mem \$205**  
Get your cowboy and cowgirl hats and saddle up - we're heading out west! Yee-haaa! We'll spend exciting week exploring life in the wild west. From covered wagons to Cowboy and Indian folklore campers will "pan for gold", make some campfire grub, and have a rootin tootin good time!

**15 Camp Dynamite**  
Ages 6-13 9:00am-3:00pm  
Mem \$225 Non-Mem \$295

Camp Dynamite is available 10 weeks this summer offering fun daily adventures for boys & girls ages 6-13. Each week will be packed with a variety of games & activities including: gaga, basketball, volleyball, tennis, badminton, gymnastics, soccer, flag football, dodgeball, golf, foursquare, lacrosse & more. Campers will swim daily (weather permitting). For an additional fee, campers can register for a 30 min. individual swim lesson. **OB BC AC L S**



**One Day Passes are Available for Purchase.**

**Full Day Camp**

- Dynamite Weeks:**  
**CD#1: Jun 22-26**  
**CD#2: Jun 29-Jul 3**  
**CD#3: July 6-10**  
**CD#4: July 13-17**  
**CD#5: July 20-24**  
**CD#6: July 27-31**  
**CD#7: Aug 3-7**  
**CD#8: Aug 10-14**  
**CD#9: Aug 17-21**  
**CD#10: Aug 24-28**

**15 Mad Machines & Rockin' Rockets**  
**Jun 29 - Jul 3** Ages 6-12  
**Mem \$225** Non-Mem \$255

Join us for a fun-filled week of science experiments and cool projects. Children will have loads of fun learning about simple machines and creating their own mini-sonic race car. They will also get a chance to investigate the basics of geology and the wonders of nature. All students will witness a thrilling outdoor rocket launch. Lastly, children will enjoy taking household items and mixing them up and investigate chemical change!

OB BC PM L S AC

**16 Minecraft & Brick Creations**  
**Jun 29 - Jul 3** Ages 6-12  
**Mem \$225** Non-Mem \$255

Activate your imagination in the world of Minecraft. Kids will have fun building computer animated block structures to protect against nocturnal monsters. Invent a new machine, build a majestic castle, or take a ride on a roller coaster that you design. Make friends and adventure through challenges together. Then take your creations and construct 3-D Lego representations. All students will take home a Minecraft T-shirt.

OB BC PM L S AC

**Basketball Skills, Ages 6-12**  
**21 July 6-10** Aug 3-7  
**Mem \$195** Non-Mem \$225

Coach Candace Bunnell, Division I Fairleigh Dickinson University, NHHS Hall of Fame & Player of the Century will teach basic & advanced skills for boys & girls of all levels. Each day will conclude with a game to apply their new skills.

OB BC PM L S AC

**Top Chef Cooking Camp**  
**18 July 27-31** Ages 6-8  
**Mem \$225** Non-Mem \$255

This hands-on camp offers the opportunity to explore the world of cooking. Campers will learn the basics of cooking, healthy eating and kitchen safety. Breakfast, Lunch and Dessert recipes will be made daily with our culinary kids being their own critics. Other fun activities include cupcake wars and a blind folded taste test. Make room in the kitchen, there's a new chef in town!

OB BC PM L S AC



**19 Cheer Camp**  
**July 27-31** Ages 6-12  
**Mem \$195** Non-Mem \$225

Join us for a highly energetic week of jumping, stunting and tumbling. Together with their squad, campers will learn new upbeat dance routines taught by cheerleaders from TCNJ. Encouragement and a positive attitude are keys to success as campers perfect their routines for friends, family and fans at the end of the week.

OB BC PM L S AC



**Gotta Sing, Gotta Dance (2-WEEK FULL DAY CAMP)**  
**20 Aug 3-7 & Aug 10-14**  
**Mem \$530** Non-Mem \$595

Create, Dance, Sing and Act while learning from theater professionals. Help write the script, design a set, for their own performance show. Activities include vocal warm ups, improvisational games, and basic theater etiquette. Campers will rehearse and star in their Broadway style production for friends & family on the final Thursday night, returning Friday for an encore show for Camp!

OB BC L AC

**LEGO® Camp**  
**22 Aug 3-7** Ages 6-8  
**Mem \$225** Non-Mem \$255

Creative minds will love this camp, from scavenger hunts to building your own take home kits. Campers will learn team building and have the opportunity to become an inventor and engineer!

OB BC PM L S AC

**Girls Club**  
**23 Aug 10-14** Ages 6-13  
**Mem \$225** Non-Mem \$255

Get ready, 'cause here we come! Girls rule! We will have a great week of team-building, crafts, nutrition tips, and exercise. Discover new levels of self-confidence & create friendships that last a lifetime. Fabulous Girls! Fabulous Fun!

OB BC PM L S AC

**Dodgeball League Camp**  
**24 Aug 10-14** Ages 6-12  
**Mem \$195** Non-Mem \$225

Each day includes a light warm-up before challenging different teams in 5 fun variations of dodgeball games, including: Classic, Star Wars, Paintball, Fast Dodgeball and Speed Ball. Get off the couch and have some fun with this awesomely aerobic game! Super soft gator skin balls will be used.

OB BC PM L S AC

**Basketball League Camp**  
**25 Aug 17-21** Ages 8-13  
**Mem \$195** Non-Mem \$225

Gain valuable game time to take your skills to the next level! Coach Candace Bunnell, Div. I Fairleigh Dickinson University, NHHS Hall of Fame & Player of the Century will offer skill development, instructional games & mini tournaments.

OB BC PM L S AC

**Survivor Camp**  
**26 Aug 17-21** Ages 7-13  
**Mem \$225** Non-Mem \$255

Enjoy an action packed week of exciting challenges and team building fun from making and racing "cardboard box boats" to designing and creating tribal banners. Can you and your tribe meet all the challenges on HQ Island? You'll find out while you experience a week like no other.

OB BC PM L S AC

**Secret Agent Lab**  
**27 Aug 17-21** Ages 6-12  
**Mem \$225** Non-Mem \$255

Take a fascinating journey into the world of detection, forensics and classified information. Learn code language to send secret messages as part of your mission. Go undercover and decode messages and investigate a pretend crime scene and sift through clues to crack the case.

OB BC PM L S AC

**Battle Bot Build-A-Thon**  
**28 Aug 17-21** Ages 6-12  
**Mem \$225** Non-Mem \$255

Construct a complex Battle-Bot from our huge Robotix modular collection. Enjoy working together to build a robot that can clobber its opponent in our sumo-style battle ring. Campers will learn engineering principles in a fun, hands-on atmosphere. All campers will take home a Hexbug Warrior.

OB BC PM L S AC

**Street Devils Hockey**  
**29 Aug 24-28** Ages 8-13  
**Mem \$195** Non-Mem \$225

The perfect camp for the avid hockey fan. Stick handle, pass, shoot and score with this high energy camp! Essential equipment is provided by the NHL and New Jersey Devils to learn basic skills and play a real game each day. The week will end with a number of exciting skills competitions!

OB BC PM L S AC



HealthQuest

# SUMMER CAMP

## HALF DAY & FULL DAY

Our Summer Camps & Camp Dymomite are located in beautiful Hunterdon County, NJ on a 22 acre campus. We have an amazing 104,000 sq. ft. **AIR-CONDITIONED** facility designed for extreme summer fun; including indoor & outdoor pools, indoor sport center, multipurpose rooms, outdoor fields & picnic area. Visit [healthquest-fitness.com](http://healthquest-fitness.com) for more on our facility.

### We Value

- F**riendships
- U**nderstanding & respect for one another
- N**ew experiences & opportunities for development



## Registration Information

### Payment Schedule

We require a \$50 non-refundable deposit for each camp with a completed registration form. Completed forms will be processed on a first come, first serve basis until all openings are filled. Camps fill up quickly, so please send your enrollment & deposit early to avoid disappointing your camper!

The total balance for all summer camps is due by May 25, 2015. Anyone registering after May 25th must pay balance in full at time of registration. All unpaid balances will be automatically collected on May 25, 2015. Any declined or overdue payments are subject to a \$25 per camp late fee. Your signature on the registration forms authorizes HealthQuest to collect final payment using the same payment method that was used for your deposit unless another method is specified.

### Registration & Refund Policies

To receive the HQ Member camp rate, campers must be an active member at the time of registration. Once a camper is enrolled in a camp & payment in full has been received, there is a \$25 fee to transfer to another camp. The fee will be waived for medical reasons evidenced by a doctor's note.

We will refund your payment, less the initial \$50 deposit per camp, if cancellation is made prior to June 10, 2015. Refund requests after June 10th will only be issued due to child's injury or extended illness, evidenced by a doctor's note. Refunds will be prorated based on the length of your child's attendance. All refund requests must be made within 14 days of your child's injury or illness. All requests are subject to review by the Camp Directors. See a Program Desk associate to complete a refund request form.

Email confirmation will be sent confirming final payments & our Federal Tax ID number for your records.

Visit [www.healthquest-fitness.com](http://www.healthquest-fitness.com) for a complete list of required camp items & medical authorization forms.

# GAMP DAY PASS

## Need Just One Day of Camp Dymomite?

**HQ Members \$40/Day**  
**Non-Members \$60/Day**

**Bring Your Lunch & Bathing Suit!**  
**Day Passes are Available for Purchase,**  
**Call 908-782-4009 ext. 234 for Details.**

Camp prices may vary depending on staffing needs or materials required.

# CAMP OPTIONS

### OB OPTIONS BUNDLE

Put your mind at ease & leave the work to us. Sign up for the Options Bundle and don't worry about a thing. Sign up for this unbeatable option & **SAVE BIG!** (does not include swim lessons)

**OB For Ages 3-5 Lil' Dymomos:** Extends stay, 7:30am-3:00pm, and includes Before Care, Lunch, & PM Dymomo. **\$150/wk** **EC** **L** **PM**

**OB For Ages 6+ Half Day Camps (1 Week Jr. Dymomos):** Extends stay, 7:30am-6:00pm, and includes Before Care, Lunch, PM Swim, & After Care. **\$200/wk** **EC** **L** **PM** **AC**

**OB For Ages 6+ Full Day Camps:** Extends stay, 7:30am-6:00pm, and includes Before Care, Lunch, & After Care. **\$150/wk** **EC** **L** **AC**

### EC Before Care (\$10 daily) 7:30 - 9:00am

**Ages 3-5 at KidQuest & Ages 6+ in the Sport Center**

Our Before Care program starts at 7:30am & runs until the start of camp. The cost is \$10 per day and is non-refundable or transferable. Available Monday - Friday.

### PM Camp 12PM - 3:00PM - For Half Day Campers Only

Extend your stay with our wrap-around option & turn your half-day camp into a full day!

**PM PM Dymomo, Ages 3-5:** After your camper finishes their themed camp in the morning, they will have the option to enjoy other activities inside KidQuest and the Monkey Maze. **(\$75/wk)**

**PM PM Swim, Ages 6+:** Enjoy poolside fun and games each afternoon at the HQ Swim Club with a Giant Flume Slide (weather permitting). If your child doesn't want to swim that day, they will have the option to enjoy other activities indoors. **(\$120/wk)**

### L Lunch (\$45/wk) Only for Campers in Afternoon Programs

We are committed to providing healthy, nutritious snacks & lunches everyday. Campers will be served an entree, sides of fruits or vegetables, a beverage, and dessert for \$45 a week. The weekly lunch menu is posted on the camp bulletin board. Lunch menu may include mac n' cheese, chicken tenders, pizza, pasta, or a deli sandwich. We offer an allergy free zone so campers with food allergies can enjoy their lunch without concern. Each Friday is our famous Camp Dymomite BBQ with hot dogs & hamburgers, followed by a visit from the KONA ICE truck!

### AC After Care (\$20 daily) 3:00 - 6:00pm

#### Ages 6+ in the Sport Center

Our After Care program runs from the end of the camp day until 6pm. After Care campers will be transported to the Quest Lounge, where they can wind down from an active day at camp. They will enjoy books, crafts, video games & movies, while under the supervision of camp counselors. The cost is \$20 a day & is non-refundable or transferable. Available Monday - Friday.

*Note: If your child is not picked up from camp at 3:00pm, they will be entered into After Care for the day and you will be automatically charged the \$20 fee for the day to your account on file.*

**S Swim Lessons Ages 6+ (Camp Dymomite or PM Swim required)**  
Your child will receive a 30 min individual swim lesson each day after your half day camp (no refunds). **(\$70/wk)**



# 2015 HealthQuest Summer Camp Registration & Health History Forms

TO REGISTER, PLEASE FILL OUT THE REGISTRATION FORM, HEALTH FORM, AND CAMPER WORKSHEET ON REVERSE SIDE.

## Registration Form

## Health Form

CAMPER'S NAME \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
BIRTH DATE      AGE      SEX      HEALTHQUEST MEMBER    YES    NO

PARENT/GUARDIAN NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

### EMERGENCY CONTACT

NAME OF FAMILY PHYSICIAN \_\_\_\_\_ PHONE \_\_\_\_\_

MEDICAL INSURANCE CARRIER \_\_\_\_\_ POLICY # \_\_\_\_\_

**"PICK-UP PASSWORD"**

COMPLETED FORMS & PAYMENT CAN BE RETURNED 1 OF 2 WAYS:

**DROP OFF OR MAIL TO:** HEALTHQUEST SUMMER CAMP  
310 HWY 31 N, FLEMINGTON, NJ 08822

**EMAIL TO:** SCAN ALL FORMS & EMAIL TO [INFO@CAMPDYNOMITE.COM](mailto:INFO@CAMPDYNOMITE.COM)

**PAYMENT METHOD** (No Checks Unless Paid In Full):

HealthQuest Member Club Charge # \_\_\_\_\_

Credit Card (circle):    AMEX    DISCOVER    MASTERCARD    VISA

CARDHOLDER'S NAME \_\_\_\_\_

CC# \_\_\_\_\_ EXP DATE \_\_\_\_\_

Your Signature below authorizes collection of final payment, using the same method that was used for your deposit. Registration forms received after 6pm the Thursday before camp begins are subject to a \$25 late fee. Final payments received after May 25, 2015 are subject to a \$25 late fee per camp. I have read & agreed to the terms of the Registration & Refund Policies provided in the 2015 camp brochure. Camp Deposits are Non-Refundable.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

SEASONAL ALLERGIES - LIST \_\_\_\_\_

TREATMENT \_\_\_\_\_

FOOD ALLERGIES - LIST \_\_\_\_\_

DATE OF LAST IMMUNIZATIONS \_\_\_\_\_ DATE OF LAST TETANUS \_\_\_\_\_

### GENERAL HEALTH INFORMATION

Does your child experience frequent: (Check all that apply)

- Headache                       Strep/Sore Throat  
 Ear Infection                  Respiratory Infections  
 Stomach Virus/Flu

Recent Medical Attention or Serious Injuries:

Recent Psychiatric Counseling or Hospitalization:

Disability or Chronic/Recurring Illness:

### RECOMMENDATIONS & RESTRICTIONS WHILE AT CAMP

Restricted activities or physical limitations of camper:

Suggestions or health-related information:

Any medication to be administered at camp (Authorization forms must be completed separately):

Behavioral or emotional information:

Dietary Restrictions:

### HEALTH HISTORY STATEMENT

This health history is correct to the best of my knowledge, and the camper listed above has permission to engage in all camp activities without limitations except noted.

### EMERGENCY AUTHORIZATION

In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to hospitalize, to secure proper treatment for, and to order injection and/or anesthesia and/or surgery for the person named above. This form may be photocopied for use out of camp.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**QUESTIONS? CALL 908.782.4009 PROGRAM DESK X233, CAMP DIRECTOR X234**