



2025 Summer Tennis Camp

Our mission at Pass Academy is to teach tennis for a lifetime of enjoyment and exercise. We are dedicated to assisting our students pursue excellence on and off the court.

June 16 – August 15, 2025

FULL DAY PROGRAM 9am – 5pm

1 Week \$510 member / \$560 non-member
Sign up for 4 weeks and get 10% discount.

Full day includes lunch break 12 to 2pm. Campers may bring their own lunch or order lunch from Subway, \$10 6-inch sub, chips and drinks.

HALF-DAY PROGRAM 9am – 12pm or 2pm – 5pm

1 Week \$350 member / \$400 non-member
Sign up for 4 weeks and get 10% discount.

Sibling Discount 10%

PLEASE REGISTER EARLY TO SECURE YOUR DESIRED WEEKS THIS PROGRAM DOES SELL OUT!

THIS IS A NUT-FREE CAMP, NO FOOD PRODUCTS CONTAINING NUTS ARE ALLOWED

SKYLINE CAMP SCHEDULE

8:00am: Early Care

8:45 – 9:00am: Check-In

9:15 – 10:15am: Morning Run, Footwork / Conditioning Drills, Dynamic Stretching, and Cross Training. (Quick Start workout)

10:30am – 12:00pm: Tennis Instruction: Active Drilling, Ground Stroke Production and Mechanics, Serving and Returning Techniques, Net Game Drills, Live Ball Drills, Match Play, and Doubles Situations

12:00 – 1:00pm: Lunch (1 Hour)

1:00 – 2:00pm: Continue Lunch or Tennis, Camp Games, Movie, Board Games.

1:45 – 2:00pm: Half-Day Check-In

2:00 – 3:00pm: Camp Games, Warm-Up, Conditioning Drills, and Tennis Drills

3:00 – 4:00pm: Tennis Instruction: Active Drilling, Ground Stroke Production and Mechanics, Serving and Returning Techniques, Net Game Drills, Live Ball Drills, Match Play, and Doubles Situations

4:00 – 5:00pm: Tennis Play

5:00 – 5:15pm: Check-Out

5:00 – 6:00pm: Extended Care

***The week instruction builds on itself, culminating in Friday Fun Tournament Day.*

- Games and Drills subject to change on instructors' discretion. We will take into consideration any games or ideas you have as well.
- Camp Games: Dodgeball, Capture the Flag, Questions, Soccer, Tennis Olympics, Ultimate Frisbee, Hand Ball, Sharks and Minnows, Line Game, Zumba, Yoga and Dance
- Condition Drills/Warm-up/Cross Training: Laps, Footwork/Agility Drills, Hand and Eye Coordination Exercises, Core Stability, Basketball, Soccer, Volley Ball, Interval Sprint, Quick Start Work Out.

Schedule is subject to change.

The Pass Academy Summer Tennis Camp is led by Carol De Ocampo.

DROP-IN RATE

Full Day: \$140 member / \$150 non-member

Half Day: \$85 member / \$95 non-member

Drop-in classes are only allowed on a space available basis.

Prior to coming, you must confirm with Carol De Ocampo if space is available.

EXTENDED CARE (8am to 9am / 5pm to 6pm)

\$20 an hour member / \$25 an hour non-member

8am to 9am / 5pm to 6pm

\$65 for am or pm member / \$85 non-member for one week

\$110 for both am and pm members / \$150 non-members for a week



FREQUENTLY ASKED QUESTIONS

Who will be teaching my child?

Camp director Carol De Ocampo will be accompanied by Skyline Onelife Fitness tennis instructors as well as junior pros who have grown up in the Skyline Tennis program and share passion for youth tennis. All of our pros love the sport of tennis and have experience working with kids. Most importantly, our pros love teaching beginner to intermediate level children and take pride in creating a fun and nurturing environment for our campers.

How are the campers grouped?

Every Monday all new campers will be assessed and placed in groups based on a combination of ability and age. Groupings are important during the drilling part of camp (fed and live) as instruction will be tailored for the general level of the group on each court. Later in the morning children will be combined in group games so that they can socialize and play with kids of all ages and levels. Groupings are not set in stone and our instructors welcome any feedback from campers and parents. Our goal is to place your child in a group that will challenge them while at the same time providing needed instruction and instilling confidence.

What items does my child need to bring?

Tennis racket, Athletic shoes, Athletic clothing, Water bottle.

2025 CAMP REGISTRATION

Please fill out this form and return with payment to the address below. You may also scan and email your form to cdeocampo.passacademy@gmail.com or drop your registration off at the club.

Skyline Onelife Fitness
5115 Leesburg Pike
Falls Church, VA 22041
(703) 575-2406

CAMPER INFORMATION

Camper's Name _____

Age _____ Sex: M F

Phone (h) _____ (c) _____

E-mail _____

Parent or Guardian _____

Member? Yes Member # _____ No

Please list any limitations, injuries, medical conditions or health factors which may inhibit or limit player's activity:

Allergies _____

Camper's Physician _____

Physician's Phone _____

Insurance Company _____

Policy # _____

Emergency Contact _____

Relationship _____

Phone _____

June 16 – August 15, 2025

WEEKLY SESSIONS

Sign up for each week individually (M – F only)

Check all applicable below

9am – 12pm 2pm – 5pm 9am – 5pm

Week 1: Jun 16 – 20 Week 6: Jul 21 – 25

Week 2: Jun 23 – 27 Week 7: Jul 28 – Aug 1

Week 3: Jun 30 – Jul 3* Week 8: Aug 4 – 8

Week 4: Jul 7 – 11 Week 9: Aug 11 – 15

Week 5: Jul 14 – 18 *Prorated this week to 4 days.

EXTENDED CARE (8am to 9am / 5pm to 6pm)

\$20 an hour member

\$25 an hour non-member

\$65 for am or pm member

\$85 non-member for one week

\$110 for both am and pm members

\$150 non-members for a week

TOTAL FEE \$ _____

PAYMENT CHECK (Make payable to Skyline Onelife Fitness)

Amex M/C VISA DISCOVER

Card on File

Card # _____

Exp. Date _____

Signature _____

PAYMENT & REGISTRATION

Club members of Skyline Onelife Fitness have priority registration over non-club members. Space is limited! Payment is required at registration. We do need to maintain certain minimums and maximums for each camp session, so early registration is requested. Campers will be notified in advance of any changes. The Make up policy: Missed days/sessions may be made up prior to the end of the summer program on a space available basis. There will be no refunds for missed days/sessions. Cancellation policy: There is a \$50 registration fee applicable to any changes or cancellations.

MEDICAL AUTHORIZATION

When one of the emergency contacts cannot be reached, I give my consent and permission for the above named doctors to provide medical attention to my child. In the event that the doctors listed above cannot be contacted in the event of emergency, I give any licensed physician, dentist, hospital or health care provider consent to perform emergency medical treatment at my expense as deemed necessary for the well-being of my child. This may include transportation to the emergency room.

RELEASE

In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Skyline Onelife Fitness and Pass Academy of VA LLC, its owners, managers and representatives from any and all claims and demands of every kind, nature, and character which I, or my child, may have or hereafter acquire for any and all damaged or losses which may be suffered or sustained by me, or my child, in connection with our activity and all such claims are hereby waived and released. I also understand the makeup policy.

Parent/Guardian Signature _____ Date _____