

ACKventure Summer Camp

Full & Half Day Camps Pool & Tennis Specialty Classes Sports Camps & Leagues Building Strong Kids and Great Memories

www.nantucketcommunityschool.org • 508-228-7285



ACKventure Memories





















Nantucket Community School—ACKventure Day & Sports Camps

Table of Contents

3 3 4



ACKventure History	
Daily Prep List	
Registration Information	

ACKventure Day Camps

ACKventure Early Bird	5
ACKventure Extended Day	5
ACKventure Full-Day	5
ACK Travelin' - Full Day	5
JR. ACKventure	5

Specialty ACKventures

ACK Farming & Gardening	6
Technology Camp	6

ACKventure Sports Camps

1:1 Individualized Coaching	7
Evening Soccer League (co-ed)	7
Football	7
Field Hockey	7
Gymnastics	7
ACK Elite- Shooter's Academy	8
ACK Elite - Guard Academy	8
Basketball - Rookies & Champs	8
Willy Workman's Elite Skill Academy	8

Nantucket Tennis at Jetties Beach

Tennis Tots	9
Tennis Top Spinners	9
Tennis Aces	9
Junior Development School	9
Youth & Adult Programs	10

Community Pool

Hydro Fitness	12
Lap Swim	12
Learn to Swim	12
Family Swim	12
Drop-in	12
Memberships	12

Adult Education

Pickleball	12
GED Prep	12
Zumba	12
Volleyball	12
Dog Training	12

Policies & Registration

1

<u>Map</u>

ACKventure Camp & NCS Office Locations 14

no Gohodulo At o Glanco

<u>ACKventure Schedule At a Glance</u>

Weekly Offerings

Back Cover

There's something for everyone!

ACKventure History

ACKventure Day & Sports camps were born from the Community School's mission to engage, strengthen and connect our community. We strive to give our island kids and summertime visitors a true Nantucket experience. It takes a team to build strong kids and create great memories. For more than 15 years we have been committed to providing top notch counselors, expert coaches and trained healthcare supervisors. In compliance with state regulations we maintain low counselor - to - child ratios. All staff members are experienced in their field, have completed extensive state and federal background checks, are certified in CPR/First Aid/AED and are trained in various childcare methods and safety protocols well in advance of the first day of camp. Our team works together to create the safe, high quality, fun-filled experiences that your child will remember for years to come.

Register Online

Nantucket Community School

www.nantucketcommunityschool.org

Daily Prep List For ACKventure Day Camps!

Please ensure your child arrives each day with the following labeled items:

- A backpack to keep belongings together
- **D** Refillable water bottle
- **G** Swimsuit and towel
- Healthy morning snack and lunch in cooler with ice pack
- □ Sunscreen (spray bottle only)
- Pre-applied sunscreen prior to arriving
- Appropriate shoes for the day (water shoes or athletic sneakers only)
- Sport specific shoes and equipment

*Cell phones, electronic devices and gaming systems are prohibited during ALL ACKventure camps!

ACKventure Day & Sports Camps Building Strong Kids and Great Memories

Welcome to your next ACKventure!

At the Nantucket Community School, our ACKventure Day & Sports Camps provide children with the highest quality experiences that leave a positive and lasting impact on their lives. Each program enriches our children by helping build strong memories, strong values and strong friendships through pro-social teamwork, fun-filled games and activities and good old-fashioned fun! It is our goal to provide a summer to remember!

Register Online - It's Quick and Easy!

Registration is on a first come, first served basis. Per best practice as outlined by MA DPH, the following items **must be submitted and on file** in the Nantucket Community School office before your child will be considered registered, accepted and able to participate in ACKventure Day & Sports Camps.

- **Camp Registration Form** or **Online Registration** at www.nantucketcommunityschool.org
- **Signed Waiver & Consent Forms** found at www.nantucketcommunityschool.org
- **Emergency Contact Forms** found at www.nantucketcommunityschool.org
- Signed State/MA School Health Record including your child's Immunization Record OR a Letter signed by a Healthcare Provider stating the child is fit for physical activity and has up to date immunizations.
 - a. MMR, DRaP, Polio, Hepatitis B must all be up to date
 - b. Records/Letter must be signed and dated within the past two years
- Payment in FULL including a one-time \$45 registration fee per child.
 "This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health."

Our policies are available upon request.

QUESTIONS? Please contact... <u>Camp Office</u>: 30 Surfside Road, NES - Red Cluster <u>Satellite Office</u>: 10 Surfside Road, CPS - Conference Room

ACKventure Day Camp

Coordinator: Katie Manchester 508-228-7285 x1361 manchesterk@nps.k12.ma.us



Like us on Facebook!

ACKventure Sports Camp

Coordinator: Blair Jannelle 508-228-7285 x1576 jannelleb@nps.k12.ma.us











ACKventure - Full Day

Dates: July 2-August 17 (Monday - Friday, no camp July 4th) Ages: Children entering Kindergarten through 9 years Time: 9:00 AM-4:00 PM Fee: \$275 (July 2-6: \$220) Location: 10 Surfside Road, CPS

Our day camp offers a little bit of everything. Campers will play games, explore nature, go to the beach, create arts and crafts, swim, run and laugh. Your child will go on many field trips to Nantucket landmarks, museums, and conservation areas. Weekly themes influence the activities of each day. ACKventure Day Camp is full of variety with something fun for everyone! Children must be age 5 by July 1, 2018, be able to stay with the group and fully participate in activities. Sign up weekly or for the whole summer!

JR. ACKventure

Dates: July 2-August 17 (Monday - Friday, no camp July 4th) Ages: 3 ½ - 5 Time: 9:00 AM-1:00 PM Fee: \$235 (July 2-6: \$188)

Location: 10 Surfside Road, CPS

JR. ACKventure is a great first time summer camp experience. Campers will be in small groups with a counselor/camper ratio of 1:5. Campers will engage in a variety of outdoor activities, visit our Early Childhood Center, enjoy trips to the local beaches, arts & crafts and gym games. Parents will receive a weekly themed schedule with activities that are developmentally appropriate for this age group. Although activities and experiences will vary each week, our daily routine will remain the same. This structured schedule helps our youngest campers know what to expect each day. Children must be potty-trained, able to use the bathroom and dress independently. Children must be age 3 years and 6 months by July 1, 2018, be able to stay with the group and fully participate in activities. Sign up weekly or for the whole summer!

ACK Travelin' - Full Day

Dates: July 2-August 17 (Monday - Friday, no camp July 4th) Ages: 10-12 Time: 9:00 AM-4:00 PM Fee: \$275 (July 2-6: \$220) Location: 10 Surfside Road, CPS

Our newest ACKventure program, ACK Travelin', is a full day program filled with kid-designed excursions across the island. Campers and counselors work together to develop their weekly plan. Playing tennis at the Jetties, exploring the south shore, touring town, hiking Altar Rock and much more.

ACKventure Early Bird

Dates: July 2-August 17 (Monday - Friday, no camp July 4th) Time: 8:00 AM-9:00 AM Fee: \$25 weekly (July 2-6 \$20) Location: 10 Surfside Road, CPS Does your child need to start early? Sign up now to reserve a spot in this safely

supervised morning camp. This camp **is not** available for those enrolled in Jr. ACKventure or ACKventure sports camps.

ACKventure Extended Day

Dates: July 2-August 17 (Monday - Friday, no camp July 4th) Ages: 6-12 Time: 12:00 PM-4:00 PM Fee: \$125 (*July 2-6: \$100) Location: 10 Surfside Road, CPS

Continue the fun into the afternoon with this camp designed for children participating in one of our morning ACKventure camps. Participants will enjoy a casual and refreshing lunch after a fun-filled morning. The afternoon will consist of more traditional day camp activities including arts & crafts, games, swimming and more. Gain exposure to a variety of other sports and activities in this eclectic, afternoon camp.

Specialty ACKventures



Technology Camp

Dates: TBD Ages: 9 - 13 Time: TBD Fee: \$250

Location: 56 Centre Street—Computer Lab

This program is for both the beginner and intermediate learner, ages 9 - 13 (4th - 7th graders). Campers will be introduced to coding, problem solving with circuits and building their own computers. Curriculum will vary week to week depending on the experience and interest of the participants. Campers will take breaks throughout the session for snacks and to explore our downtown 56 Centre Street campus.



Dates: July 9th-August 17th (Monday - Friday) Ages: 6-12 Time: 9:00 AM-12:00 PM* (*Participants may combine this with ACKventure Extended Day from 12:00 PM-4:00 PM) Fee: \$200/week Location: Joyce N. Furman Youth Garden off of First Way Led by Sustainable Nantucket's Farm to School Program instructors, this program will incoire the part generation of healthy eaters, growers and

program will inspire the next generation of healthy eaters, growers and environmentalists at the Joyce N. Furman Youth Garden. Farmers will learn about soil, seeds and nutrition through hands-on activities including planting, harvesting, tasting new herbs and vegetables, crafting and exploring our island farms! Join us for this fun-filled program as we explore how growing food impacts our bodies, our environment and our community!

Nantucket Community School • 508-228-7285 • www.nantucketcommunityschool.org

Registering online is quick and easy!

NCS encourages you to register early. This will hold your spot and help ensure that the class runs!



Like us on Facebook!



ACKventure Sports Camps



Football

Dates: August 6-10, August 13-17 Ages: 6-14 Time: 9:00 AM-12:00 PM Fee: \$200

Location: 6 Backus Lane, Playing Field

This non-contact flag football camp blends skills and drills with daily games. Our team of coaches focus on educating players on various aspects of football including passing, catching, kicking and teamwork. After a morning of skill enhancing exercises, players will divide into teams and scrimmage one another in a fun and safe environment.

Field Hockey

Dates: TBD Ages: 11-18 Time: 9:00 AM-10:30 AM Fee: \$125

Location: 6 Backus Lane, Playing Field

This program is designed to improve conditioning and enhance field hockey skills. Participants will be exposed to conditioning exercises, agility training and skill development.

1:1 Individualized Coaching

Individual instruction can be booked with one of our experienced coaches in Basketball, Field Hockey, Football, Gymnastics & Tennis. Contact Blair Jannelle, Sports Camp Coordinator, 508-228-7285 x1576,

jannelleb@nps.k12.ma.us for scheduling and pricing information.

Gymnastics

Dates: July 2 - August 17 (Monday - Friday, no camp July 4th) Ages: 6-14 Time: 9:00 AM-12:00 PM Fee: \$200 (July 2-6: \$160) Location: 10 Surfside Road, CPS Gymnasium

Gymnastics camp begins every day with creative, non-competitive, themebased games. Gymnasts will then participate in a warm up and stretching, followed by rotating gymnastics stations. This program will develop and improve the gymnasts' strength, flexibility, balance, coordination and selfesteem. Coaches will work in groups, and individually, on each event: vault, bars, beam and floor. Participants will be grouped according to age and ability.

Evening Soccer League (co-ed)

Dates: TBD Ages: 12 - 18 (Grades 7 - 12) Time: TBD

Location: 7 Nobadeer Farm Road, Playing Field

Continue skill development through the summer. Teams will be organized by age and skill level - offering a high-quality experience for both recreational and competitive players. The fast-paced 7 v 7 games will increase touches on the ball and create goal scoring opportunities.

Visit www.nantucketcommunityschool.org for more information on this program as it becomes available.

ACKventure Sports Camps





Basketball - Rookies & Champs

Dates: July 2-August 17 (Monday - Friday, no camp July 4th) Ages: 6-14 Time: 9:00 AM-12:00 PM

Fee: \$200 (July 2-6: \$160)

Location: 10 Surfside Road, NHS Gymnasium

This camp focuses on building the skills of passing, shooting, rebounding, dribbling and teamwork. Coaches work closely with each camper to instill a passion and understanding for the game all while developing character and boosting confidence on and off the court. Participants will be grouped according to age and ability.

Willy Workman's Elite Skill Academy

Dates: July 9-12, July 16-19 & July 30– August 2 (Monday - Thursday) Ages: 12-18 Time: 12:30 PM-3:30 PM Fee: \$180

Location: 10 Surfside Road, NHS Gymnasium

Willy Workman is a professional basketball player currently competing in the Israeli Premier League. A 2013 graduate of Amherst College, Workman captained the team to a D3 national championship. A versatile and cerebral player, Workman was honored with All-American, All-Region, All-Conference and Defensive Player of the Year awards throughout his amateur career. "A strong work ethic is by far my greatest attribute as a player. But it is not enough to simply train. Anyone can dribble or shoot extensively and call it work. Only when blending dedication with proper instruction can a player truly reach their potential. By using brands of basketball developed both domestically and internationally, I can expand a player's game while reinforcing their existing strengths. Most importantly, I do this while exercising any player's most important tool: passion. In the end, basketball is supposed to be fun. Only when attacking the process with joy can real progress be made."

ACK Elite - Shooter's Academy

Dates: July 9-12, July 16-19 (Monday - Thursday) Ages: 11-18 Time: 3:30 PM - 5:00 PM Fee: \$100

Location: 10 Surfside Road, NHS Gymnasium

This camp is designed to turn you into a capable and consistent shooter from anywhere on the court. Covering the 4 basic scenarios of shooting: off the catch, off the dribble, in transition and off the pivot. Identify your strengths and weaknesses related to shooting based on your form. Coaches will plan, assess and implement a strategy for you to maximize your shooting efficiency during this week long clinic.

ACK Elite - Guard Academy

Dates: July 30—August 2 (Monday - Thursday) Ages: 11-18 Time: 3:30 PM - 5:00 PM Fee: \$100 Location: 10 Surfside Road, NHS Gymnasium

Visit www.nantucketcommunityschool.org for more information on this program as it becomes available.

1:1 Individualized Coaching

Individual instruction can be booked with one of our experienced coaches in Basketball, Field Hockey, Football, Gymnastics & Tennis. Contact Blair Jannelle, Sports Camp Coordinator, 508-228-7285 x1576, jannelleb@nps.k12.ma.us for scheduling and pricing information.

Nantucket Tennis at Jetties Beach









NEW ENGLAND

Tennis Tots

Dates: June 18 -September 6 (Monday - Thursday) Ages: 4-7 (all levels welcome) Time: 9:15 AM - 10:00 AM Fee: \$80

Location: 2 Bathing Beach Road, Jetties Beach Tennis Courts

Come and play QuickStart Tennis! This program uses adjusted court size, balls and net height to allow children to successfully learn the game of tennis in a fast, encouraging format while fostering proper technique and strategy.

Tennis Top Spinners

Dates: June 18—September 6 (Monday - Thursday) Ages: 8– 11 (all levels welcome) Time: 10:00 AM - 11:00 AM Fee: \$80

Location: 2 Bathing Beach Road, Jetties Beach Tennis Courts

Participants will work on the basic skills and fundamentals of playing tennis. There will be group games, drills and stroke development.

Tennis Aces

Dates: June 18—September 6 (Monday - Thursday) Ages: 12-16 (all levels welcome) Time: 11:00 AM - 12:00 PM Fee: \$80

Location: 2 Bathing Beach Road, Jetties Beach Tennis Courts

Participants will work on full-court tennis skills. There will be group games, drills and stroke development with emphasis on abilities to serve and play.

Junior Development School

Dates: July 9—July 20 (Monday - Friday) July 23—August 3 (Monday - Friday) August 6—August 17 (Monday - Friday) August 20—August 31 (Monday - Friday)

Ages: 8 & up (all levels)

Time: 1:00 PM - 2:30 PM

Fee: \$150

Location: 2 Bathing Beach Road, Jetties Beach Tennis Courts

We believe in creating a positive and welcoming environment for all youth players. By focusing on play, building character and championing individual challenges, we empower kids to grow and develop at their own pace. It's all about providing players the opportunity to enjoy tennis on their own terms. This program is in accord with the USTA Net Generation development programs.



Community Recreation

Looking to run a league, camp, clinic or event? The Nantucket Community School schedules programming at the Delta Fields, Nobadeer Farm Fields, Tom Nevers Fields, Winter Park (Essex Playground) and handles the scheduling of the Jetties Beach Tennis Courts (508) 325-5334. Field Permit Applications are accepted up to two weeks prior to the start date of an event or program. We make every effort to accommodate requests, however approved field use cannot be guaranteed.

Contact Blair to apply at (508) 228-7285 x1576, jannelleb@nps.k12.ma.us

April Vacation

with Sustainable Nantucket!

Come explore your creativosity with Sustainable Nantucket's first Farm to School art and

science program in the garden this spring break! For four days we will be learning about the garden through science activities and art projects. Any child that loves to create things, asks questions and

be outdoors will love this program!



When: April 17-20 (Tuesday - Friday) Time: 9:30 AM-2:30 PM Cost: \$180





Half-Day in the Garden

Wednesday, May 9 12:15 PM - 3:30 PM



Price: \$30, pre-registration is required

Students in grades K-5 are welcome to spend the afternoon in the garden learning about plants, soil and healthy eating through a variety of hands-on activities.

Students will meet at the end of the school day in the NES cafeteria and walk to the garden for an afternoon of garden and craft activities. Students can be picked up by parents and families in the Joyce N. Furman Youth Garden at 3:30 PM

For more information and to register go to www.nantucketcommunityschool.org

Adult Education and Enrichment



- GED Prep Pickleball Zumba
 - Volleyball Dog Training
 - Tennis at the Jetties
 - •And more!

Questions? Contact us: (508) 228-7285 x. 1571 Visit us at our downtown campus: 56 Centre Street Or online: www.nantucketcommunityschool.org

Register Online

Nantucket Community School www.nantucketcommunityschool.org

Nantucket Community Pool • 10 Surfside Road

Aqua-Aerobics • Lap Swim • Learn to Swim Family Swim • Drop-In • Memberships





QUESTIONS?

Call: 508-228-7285 x1353

Email: pignatoj@nps.k12.ma.us

www.nantucketcommunityschool.org

This light-filled facility boasts a six lane, twenty-five yard pool with a one-meter diving board, a state-of-theart LED scoreboard and separate adult & youth locker rooms.



Policies & Registration

REGISTRATION PROCESS

Children are enrolled on a first come, first served basis as programs have limited space availability. Registration is considered incomplete until all of the following are received:

- Completed Registration Form
- Completed Emergency Contact Form
- Completed Waiver/Consent Form
- Completed Health History Form & School Health Record/Immunization or letter signed and dated by child's physician within the last two years
- Payment in full

Nantucket Community School reserves the right to cancel your child's enrollment in the program if we have not received all completed forms two weeks prior to the start date of the session.

ACKVENTURE POLICIES

Payment Policy:

Payment must be made in full at the time of registration. Please make payment by Visa/MC, cash, money order or check payable to Nantucket Community School. Outstanding balances must be paid in full before registration can be processed.

Health and Medical Concerns:

Children with health concerns need to meet with the Coach and Health Supervisor prior to the start date of the program in which they are enrolled. Children who carry an EpiPen or inhaler must have it with them at all times.

In the case that your child or anyone in the child's immediate household develops a reportable communicable disease as defined by the State Board of Health, it is the responsibility of the parent to notify Nantucket Community School within 24 hours or the next business day in order for Nantucket Community School to take proper action, except in the case of life-threatening disease which must be reported immediately.

Parental Custody Policy:

If a child's parents are separated or divorced, both biological/adoptive parents will have access to the child unless the Nantucket Community School is provided with a copy of a court order to the contrary.

ACKVENTURE POLICIES

Attendance Policy:

Children are expected to be able to stay with the group and participate in the activities. There are no refunds or credits for absences regardless of the reason.

Behavior Policy:

A child who demonstrates inappropriate verbal or physical behavior will be sent home for the remainder of the day. Parents will be contacted and required to pick-up their child immediately. If this behavior becomes a recurring pattern the child will be withdrawn for the remainder of the program session. Future session enrollment will be reviewed and approved at the discretion of the Nantucket Community School Director.

Cancellation Policy:

Nantucket Community School reserves the right to cancel programs with low enrollment. Families will be notified the Friday before the start of the program and will receive a full refund if cancelled by NCS.

Refund Policy:

ACKventure Day & Sports programs are NON-refundable.

Rainy Day Procedures:

If it is raining or field conditions are wet and considered unsafe, outdoor sports camps will be cancelled. We regret that we cannot reschedule or refund time or days missed.

> RAINY DAY HOTLINE Please call after 8:00 AM 508-228-7285 x1576

If weather conditions require a delay, the opening of SPORTS CAMPS will be DELAYED ONE HOUR. Dismissal will occur at the usual time.

Nantucket Community School ENGAGING, STRENGTHENING & CONNECTING OUR COMMUNITY N

2 Bathing Beach Road

Charles J. Gardner Tennis Courts & Tennis Office at Jetties Beach

56 Centre Street

(Downtown Campus)

Adult Education & Enrichment Early Childhood Education & Enrichment Summer Enrichment

<u>10 Surfside Road</u>

(Mailing Address) ACKventure Satellite Office (July 2-August 17)

CPS Gymnasium & Dance Studio

NHS Gymnasium & Playing Fields

Community Pool

7 Nobadeer Farm Road

W

E

Delta Playing Fields Nobadeer Farm Playing Fields

32 First Way

Sustainable Nantucket's Joyce N. Furman Youth Garden

6 Backus Lane Backus Lane Field

<u>30 Surfside Road</u> (Mid-Island Campus)

> Registration Office Business Office

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
	July 2-6	July 9-13	July 16-20	July 23-27	July 30 -Aug. 3	August 6-10	August 13-17		August 27-31
Fill your day with an ACKventure!									
ACKventure Early Bird	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
ACKventure Extended Day (Afternoon)	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
JR. ACKventure - Half-Day	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
ACKventure - Full-Day	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
ACK Travelin' - Full Day	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
Summer Bridge for Island Kids - Full Day								\checkmark	\checkmark
Choose a specialty ACKventure!									
Youth Learn to Swim	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
ACK Farming & Gardening with Sustainable Nantucket		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
Get movin' with ACKventure Sports!									
ACK Basketball - Rookies & Champs	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
Willy Workman's Elite Skill Academy		\checkmark	\checkmark		\checkmark				
ACK Coaching - 1:1 Sport Development	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
ACK Field Hockey	TBD	TBD	TBD	TBD	TBD	TBD	TBD		
ACK Football						\checkmark	\checkmark		
ACK Gymnastics	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
Pool Memberships, Drop-In, Adult Lap	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark
Swim Lessons for All Levels & Ages	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
Tennis - Youth Clinics	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark
Tennis Pro - Coaching for Adults & Kids	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark

www.nantucketcommunityschool.org