

 **Lifetime Activities**

*Summer Camp*

# PARENT 2026 GUIDE



# Lifetime Activities Camps at the Cupertino Sports Center

## *Parent Camp Guide*

Welcome to Lifetime Activities Camps at the Cupertino Sports Center! We are excited to have your child join us for an enriching and fun-filled camp experience. This guide provides essential information to ensure a smooth and enjoyable time for your camper.

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### MISSION

*Through racquet sports and other activities, we provide positive experiences that foster lifelong wellness, enjoyment, and skill development in every community we serve.*

### CORE VALUES

- *Safety*
- *Learning*
- *Integrity*
- *Wellness*
- *Community*
- *Teamwork*
- *Positivity*
- *Fun*
- *Professionalism*
- *Leadership*

*Hello Parents and Youth Players --*

*Summer fun starts here! Let's get out and play!*

*Our exciting menu of Summer youth camps will entertain and educate players of all ages and levels!*

*We offer exciting programs in tennis, badminton, pickleball, basketball, table-tennis and chess. Our dedicated coaching and office teams are here to ensure a safe, positive, and memorable experiences for all of our participants!*

*Let's make it a great Summer -- thanks in advance for choosing Lifetime Activities!*

*Best Regards,*



Ali Khadem  
Managing Director  
Lifetime Activities - Cupertino

# CAMP OFFERINGS & PROGRAM HOURS



## Little Tennis & Rallyers Camp 9am - 10:30am

### Description

Our Little Tennis & Little Rallyers camp is where excitement, learning, and fun collide! Players participate in a wide variety of games and activities designed for our young players so they develop core tennis and coordination skills while having fun.

### Schedule Overview

- 9am-10:30am Tennis
  - Break time around 9:50am-10am

## Little Ballers Camp 10:30am - 12pm

### Description

Come dribble, pass, and shoot at our Little Ballers Camp! This camp is a fun introduction to basketball, where your little ones will develop the motor skills and teamwork necessary to continue enjoying the sport as they grow.

### Schedule Overview

- 10:30am-Noon Basketball
  - Break time around 11am-11:10 am

## Little Tennis/Rallyers & Little Ballers Combo Camp 9am - 12pm

### Description

This camp combines the basics of tennis and basketball, helping young kids develop coordination, motor skills, and teamwork through fun games and activities in both sports. Perfect for little athletes starting their sports journey!

### Schedule Overview

- 9am-10:30am Tennis
  - Break time around 9:50am-10am
- 10:30am-Noon Basketball
  - Break time around 11am-11:10am

## Youth Tennis Improvement Camp 9am - 12pm

### Description

Specifically tailored for beginner to intermediate level players. This camp is 3-hrs of excitement and fundamental instruction and is the ideal confidence builder for any student who wants to learn the sport or jump-start their game while having a blast! No previous tennis experience is required. Students will be evaluated on the first day and then grouped by age and ability. Players participate in fun and fast paced drills, games and point play. This camp is the perfect way to jumpstart a lifelong love of tennis.

### Schedule Overview

- 9am-Noon Tennis
  - Break time around 10:30am-10:40am

## Youth Tennis Matchplay Camp 9am - 12pm

### Description

Players! Get ready to level up your tennis game at our dynamic Youth tennis matchplay camp. Engage in fast-paced and fun drills and games specifically designed to challenge and elevate your skills. To join this action-packed camp, you must have previous tennis experience and be able to rally, serve, and play a basic match. Don't miss out on the chance to take your tennis game to new heights!

### Schedule Overview

- 9am-Noon Tennis
  - Break time around 10:30am-10:40am

## **Badminton & Table Tennis Combo Camp** 1pm - 4pm

### **Description**

This camp offers a fun mix of badminton and table tennis, helping kids improve their skills in both sports through engaging drills and friendly competition. Perfect for players of all levels looking to develop coordination, agility, and strategic thinking!

### **Schedule Overview**

- Roughly 90 minutes per activity; order may change based on day of the week
  - Break around 2:25pm-2:35pm

## **Basketball, Chess, & Pickleball Combo Camp** 1pm - 4pm

### **Description**

This camp combines the excitement of basketball, the strategy of chess, and the fast-paced action of pickleball. Kids will improve their athletic skills, mental agility, and teamwork through a variety of fun, engaging activities suitable for all skill levels!

### **Schedule Overview**

- Each day is a fun 45-75 minute dive into each activity.
- Breaks will be provided between each activity segment.

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## **All Day Tennis & Activities Camp** 9am - 4pm

### **Description**

Either in Tennis + Badminton and Table Tennis OR Tennis + Basketball, Chess, and Pickleball

This action-packed all-day camp lets kids sharpen their skills in many sports. With a balance of sports and strategy, campers will improve their athletic abilities, mental focus, and teamwork in a fun and engaging environment! Perfect for players of all levels.

### **Schedule Overview**

#### **Tennis + Badminton & Table Tennis**

- 9am-Noon Tennis
  - Break around 10:30am-10:40am
  - Noon-1pm Supervised Lunch
- Badminton and Table Tennis - roughly 90 minute per activity a day/order may change based on day of the week
  - Break around 2:25pm-2:35pm

#### **Tennis + Basketball, Chess, & Pickleball**

- 9am-Noon Tennis
  - Break around 10:30am-10:40am
  - Noon-1pm Supervised Lunch
- Basketball, Chess, and Pickleball - roughly 45-75 minute per activity a day/order may change based on day of the week
  - Break offered between each activity

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## **NEW! Chess Connection** 12pm - 1pm

### **Description**

Extend the camp fun with our new Chess Connection program! Students will enjoy chess, strategy games, puzzles, and other mind-enriching activities in a relaxed and engaging environment. A great addition to students already enrolled in the morning or afternoon camps.

# I. BEFORE CAMP STARTS

## WHAT TO PREPARE FOR CAMP

### Completed Forms

- **Participation Waiver:** required for all camp participants and must be signed prior to the first day of camp. This waiver is signed when you create your CourtReserve account.
- **Youth Self Checkout Form:** if applicable

### Personal Items

- **Label all personal items** with your child's name and phone number.
- **Water Bottle:** Refillable bottles are encouraged; a filling station is available onsite.
- **Tennis/ Athletic Attire:** Closed-toe, non-marking athletic shoes are required. Sandals, flip-flops, and Crocs are not permitted on the courts.

### Activity Equipment:

- **TENNIS CAMP:** Tennis Racquet - ensure your child has an appropriately sized racquet. Our team is happy to offer recommendations. Balls will be provided.
- **BADMINTON CAMP:** Badminton Racquet (if available) - loaner racquets are available in limited quantities. Shuttlecocks will be provided.
- **PICKLEBALL CAMP:** Pickleball Paddle (if available) - loaner paddles are available in limited quantities. Balls will be provided

### Sun Protection\*:

- Sunscreen, lip balm, hats, etc. Coaches will remind campers to reapply sunscreen, but campers are responsible for application.

### Snacks & Meals\*:

- Half-day campers: Bring a snack for the mid-camp break.
- Full-day campers: Bring both lunch and snacks.

\* **More information in section 2.**



Each of our instructors is trained to provide a positive, welcoming, and enjoyable camp experience for your child. Every instructor and staff member undergoes a thorough screening process prior to hire, including an interview, background checks, health screening, and summer camp training.

Each Lifetime Activities instructional staff member has a passion for sports and specialized experience in racquet sports and the activities we offer. The Lifetime Activities team is committed to safety and the delivery of high-quality programs.

### Camp Staff Contact:

If you have any concerns or suggestions regarding any aspect of our camp offerings throughout the summer, please do not hesitate to contact our office team at [cupertino@lifetimeactivities.com](mailto:cupertino@lifetimeactivities.com).

We highly recommend taking the time to meet your child's camp director on their first day.

## HEALTH CONSIDERATIONS & SPECIAL NEEDS

Please disclose any important medical, health, or special needs/accommodation information at the point of registration or via email to Director (Ali Khadem) at [alik@lifetimeactivities.com](mailto:alik@lifetimeactivities.com).

### Medication

Staff do not administer medication but will supervise participants capable of administering their own. In case of a life-threatening situation where the participant is unable to administer medication such as an epi-pen or asthma inhalers, staff will call EMS and provide first aid assistance.

### HEALTH SCREENING FOR CAMPERS

Parents should not bring their child to camp if they have signs of illness such as a fever, cough, or shortness of breath within 24 hours of camp. Should your camper test positive for Covid –19, you are required to notify us as soon as possible. Our practices follow all current public health guidelines and adjustments may be made at any time to adjust to the most current guidelines for recreational facilities and childcare centers. **Children who exhibit symptoms of illness will be sent home.**

# DROP OFF & PICK UP

- Parents **MUST** park prior to check-in or check-out of their child. **Curbside drop-off and pick-up is not allowed due to safety concerns.**
- **Check-in will take place at the following locations:**
  - Little Tennis Camp, Little Tennis + Little Ballers Combo Camp, Little Ballers Camp, Basketball + Chess + Pickleball Camp: **Sport Court**
  - Youth Tennis Improvement & Matchplay Camp, All Day Camp + Activities: **pathway between Courts 14 – 18 or at side entrance near Court 12**
  - Badminton + Table Tennis Camp: **Multipurpose Room Gym (inside the Cupertino Sports Center)**
- **Check-in begins no earlier than 15 minutes prior to camp start time.**
- **A parent or authorized guardian must arrive a few minutes before the end of camp for pick-up.** It is required that all campers be accompanied to and be picked up from the camp program by a parent or a person authorized by the parent (must be on file with camp staff). Authorized individuals must be at least 18 years old. Campers may not sign themselves in or out of camp programs. Persons unknown to camp staff will be asked to show identification. The only exceptions to this are those with valid Youth Self Check Out forms.

## YOUTH CHECKOUT POLICY

- A parent/authorized guardian should plan to arrive to pick up their child a few minutes before the end of class.
- The designated pick-up area for programs is at the following locations:
  - Little Tennis Camp, Little Tennis + Little Ballers Combo Camp, Little Ballers Camp, All Day Tennis and Activities: Basketball + Chess + Pickleball Camp and Basketball + Chess + Pickleball Camp: **Sport Court**
  - Youth Tennis Improvement & Matchplay Camp: **pathway between Courts 14 – 18 or at side entrance near court 12**
  - All Day Tennis and Activities: Badminton + Table Tennis Camp and Badminton and Table Tennis Camp: **Side entrance leading to Court 12.**
  - **Curbside pick-up is not allowed due to safety concerns. Please park your car and walk to the pick-up area.**
- Children will not be permitted to leave this area until a parent or authorized guardian is present to check them out.
- If a student is not picked up within 5 minutes of the class end time, they will be brought to the tennis center office, and the phone number on file will be contacted.
- If a parent is late, the Late PickUp guidelines apply.

## Self-Checkout Eligibility:

- Children under 10 **are not** permitted to check themselves out.
- Children 10-15 **must** have a signed form to check themselves out.
- Children 16+ **do not** need a signed form to check themselves out.
- If you would like to grant self-checkout permission to your child (ages 10-15), please complete the [Youth Checkout Form](#).
- If no form is submitted, the participant will not be allowed to leave without a parent/authorized guardian.
- Children under 10 will **not** be permitted to check themselves out under any circumstances.

## LATE PICK UP

- **Late pick-up from camp is anytime 15 minutes after the program concludes.** There is a late pick up fee per student per instance due on the same day.
- **Late Pick Up Fees** are as follows:
  - First Incident: \$25
  - Second Incident: \$25
  - Third Incident: \$75
- The following procedure applies for instances of late pickup within the same camp week:
  - **FIRST TIME:** The camper will be brought into the pro-shop and will be supervised by our office team until they are picked up by the designated parent/guardian. Staff will remind the parent that this is a late pick-up and that they need to arrange prompt pick-up for the camper in the future. The parent will also be informed that after a third instance of late pick up within the same camp week, additional penalties will apply.
  - **SECOND TIME:** Staff will notify the parent/guardian that this is their second late pick up and if it happens again, the penalty for a third incident of late pick up will incur an additional penalty of \$75.
  - **THIRD TIME:** Parent/guardian will be notified that this is their third late pick up and that they are being charged an additional penalty of \$75.
- **Failure to Pickup**
  - If a camper is not picked up by the end of camp, the camp manager or designated staff will immediately call the parent.
  - If reached, the camp manager or designated staff will remind them of the policy for late pick-up, depending on whether this is a first, second or third offense.
  - If the parent cannot be located, the camp manager or designated staff will call the emergency contact. If they cannot be reached, the appropriate authorities will be notified.

## II. ENSURING SAFE, FUN, AND ENRICHING CAMP EXPERIENCES



### CAMPER & PARENT EXPECTATIONS

For the enjoyment and safety of everyone involved at our camps, campers and parents are expected to adhere to the following rules while at camp:

1. Respect the rights of others and treat others with dignity and respect.
2. Show respect for all campers, parents, players, staff, equipment, and property. (No insults, teasing, threats, or bullying.) Work cooperatively with staff and with other campers.
3. Campers must make a reasonable effort to participate in the camp program to the best of your ability. Do not try to disrupt activities other campers may be enjoying.
4. Fighting, bullying, or aggressive behavior toward others will not be tolerated.
5. Remain with assigned staff members at scheduled activities unless given explicit permission to leave. Do not leave camp without a parent or guardian. Campers may not leave camp without signing out with an authorized contact for pick-up.
6. Use appropriate language in camp. This means no cursing or inappropriate or vulgar discussions.
7. Please do not bring valuables, toys, or other unnecessary belongings to camp.
8. Most important – HAVE FUN AND ENJOY THE SUMMER!!!!!!

### BEHAVIOR MANAGEMENT PROCEDURE

- Lifetime Activities strives to use positive behavior management techniques in all our programs.
- We welcome conversations with parents, as well as teachers or other people who have worked with your child to best manage their behavior and ensure that they have a fun and enriching camp experience.
- All campers must meet/be able to follow the eligibility guidelines listed in the registration information for the camp or program.
- Children must not present a danger to themselves or others.
- The Cupertino Sports Center is a high traffic area, and not all camp spaces have closed gates or natural barriers, so children must be able to stay with the group and must not have any current or recent patterns of separating from the group.
- We will work with families on behavior issues, and develop a Behavior Plan if needed.
- If we are unable to work with certain unsafe behaviors, or behaviors that are disrupting the program, we may ask your child to take a break from the program, until we can meet with you to reassess the Behavior Plan.
- If, after trying all the above, we are still unable to work with your child's behaviors, we may dismiss your child from the program. Know that this is our last resort, and we will do all we can to avoid dismissal.



## MONEY AND VALUABLES

Lifetime Activities staff will not be responsible for any money or valuables brought to the programs.

Access to the snack shop will only be allowed during snack and meal breaks and will not be allowed during program time. The snack shop carries a variety of prepackaged snacks including popcorn, trail mix, crackers, sports drinks, and water. For parents who allow their child to purchase snack items from the snack shop, we strongly encourage that a parent preloads a set credit amount on their child's CourtReserve account prior to the start of camp. If paying with cash, please send your child to camp with small bills (i.e. \$1s and \$5s). Written consent, including a daily or weekly limit, from the parent is required for child use of the credit card or eCheck on file.

We strongly discourage participants from bringing any electronic devices (i.e. video games, iPods, cell phones, digital cameras, etc.) and valuables from home. The use of these devices is not permitted during program time and may only be used during breaks. If a participant rides their bike/scooter/skateboard to camp, it is the camper's responsibility to ensure the item is secured with a lock/left in a secure location during camp hours.

## PACKING SNACKS & LUNCHES

Please provide your child with nutritious snacks, a lunch (if appropriate), and plenty of drinks for each day of camp. Refrigeration is not available. We recommend insulated lunch bags or packing a frozen drinking box or ice pack in your child's lunch to keep the food cold and fresh as temperatures tend to peak during summer months. Refrigerating your child's lunch overnight also helps. As part of our emphasis on camper safety, we have regular water breaks, so please pack a reusable water bottle.

## CAMP PROVIDED SNACKS

There may be opportunities for camp staff to provide fun and healthy pre-packaged snacks and drinks as prizes. If you have questions about the types of items being offered, please email us at [cupertino@lifetimeactivities.com](mailto:cupertino@lifetimeactivities.com).



## Nut Alert Allergy Considerations + Other Dietary Needs

Due to the number of nut related allergies, peanut butter, nuts and foods that contain nut by-products will not be allowed at camp. Lifetime Activities staff are trained in recognizing and responding to allergic reactions, including the use of epi-pens. With safety a priority for everyone, we ask that you join us in our commitment to providing a safer environment for all participants and staff. Please communicate any dietary needs that your child/ren may have by emailing us at [cupertino@lifetimeactivities.com](mailto:cupertino@lifetimeactivities.com).

## SUNSCREEN GUIDELINES

We are all concerned with the damaging effects of the UVA and UVB ultraviolet rays. For this reason, we request that all parents apply sunscreen on their child before camp. Camp staff will periodically remind children to reapply sunscreen but the camper is responsible for application. Due to potential allergic reactions, Lifetime Activities will not provide sunscreen.

## LOST AND FOUND

Each program location will have a lost and found area within the pro-shop. Please put your child's name and phone number on all of their belongings to ensure any lost items are returned.

# III. ADDITIONAL INFORMATION & POLICIES

## REGISTRATION

- All students must be **registered and paid** before attending.
- Registration is available **in person, online via Player Portal, or through the Lifetime Activities Mobile App**.
- Registrations are **not accepted by phone**.
- Late registrations may be prorated based on availability but are prioritized for full-week participants. Camps are not pro-rated for future missed days, only days that have passed.
- Programs may be **combined, canceled, or reassigned** based on registration numbers, age, and skill level.
- Opt-in to **mobile push notifications and emails** for class and camp updates.

## PROGRAM WITHDRAWALS & REFUND POLICY

- Withdrawal requests must be submitted via **Player Portal, Lifetime Activities Mobile App, or email to [cupertino@lifetimeactivities.com](mailto:cupertino@lifetimeactivities.com)**.
- Requests **by phone or in person** will not be accepted.
- Processing time: **2-4 weeks**.
- Refunds for **cash/check/eCheck** payments will be issued via mailed check and may take longer to process.

### Refund & Credit Schedule:

- **14+ days before camp:** Full refund minus processing fee (3% of program fee or \$12, whichever is greater).
- **7-13 days before camp:** Processing fee applies, and the remaining amount is credited to your Lifetime Activities account.
- **Less than 7 days before camp:** No credits or refunds.
- **No refunds/credits** for non-attendance or for any reason other than cancellation by Lifetime Activities.

### Withdrawals Due to Injury/Illness

- A **credit** to your Lifetime Activities account will be issued upon receipt of a doctor's note excusing the child from camp.
- The credit issued will be calculated from the date the note is received.
- Refunds to the original payment method are **not available** for withdrawals due to illness or injury.

## PROGRAM TRANSFERS *(within the same camp season only)*

- Transfer requests must be made **at least 7 days before camp starts**.
- Transfers within **less than 7 days** will only be approved if they do not disrupt the originally enrolled class.

## INCLEMENT WEATHER POLICY

- Click [\[HERE\]](#) to view our full policy.
- For air quality accommodation requests, complete the [Air Quality Accommodation Request Form](#).

## PHOTO POLICY

Occasionally photos may be taken of participants in the programs, classes and activities. These photos may be used in future program guides, brochures, websites, pamphlets, flyers or news releases. Contact the camp director if you would like to opt out.



We look forward to an exciting and rewarding camp experience for your child! If you have any questions, please reach out to us at [cupertino@lifetimeactivities.com](mailto:cupertino@lifetimeactivities.com).

Thank you for choosing Lifetime Activities!

