

 **Lifetime Activities**

Summer Camp

PARENT 2026 GUIDE



Lifetime Activities Camps at the Goldman Tennis Center

Parent Camp Guide

Welcome to Lifetime Activities Camps at the Goldman Tennis 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.

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*

Dear Campers and Parents,

Welcome to another exciting summer with Lifetime Activities at the Lisa & Douglas Goldman Tennis Center! We're thrilled to have you join us for a camp experience filled with fun, learning, and active play on and off the courts. Our camps are designed to create an inclusive, engaging, and positive environment where every camper can grow their skills, build confidence, and make new friends.

Whether your child is picking up a racquet for the first time or improving their game, our dedicated team of staff is here to ensure a safe, positive, and memorable experience.

Thank you for choosing to spend a portion of your summer with Lifetime Activities. We can't wait to see you on the courts!



Best regards,

Joe Noth
Director of Racquet Sports
Lifetime Activities - San Francisco

CAMP OFFERINGS & PROGRAM HOURS



Little Tennis & Little Rallyers Camp

A: 9am-10:30am | B: 10:30am-12pm

Description

- Our Little Tennis & Little Rallyers camp is where excitement, learning, and fun collide! No prior experience is necessary. 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. Join us as we create lasting memories and lay the foundation for a lifelong love of tennis!

Schedule Overview

- **Camp A:** 9am-10:30am
 - Break time around 9:45am-10am
- **Camp B:** 10:30am-12pm
 - Break time around 11:15am-11:30am

Youth Improvement Tennis Camp

AM: 9am-12pm | PM: 12:30pm-3:30pm

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

- AM Camp– 9am-12pm
 - Break time around 10:30am-10:45am
- PM Camp– 12:30pm-3:30pm
 - Break time around 2pm-2:15pm

Junior Matchplay Camp 12:30pm-3:30pm

Description

Get ready to level up your tennis game at our dynamic Junior 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

- 12:30pm-3:30pm Tennis
 - Break time around 2pm-2:15pm

All Day Tennis & Activities Camp 9am-4pm

Description

Get ready for a full day of fun and excitement! Play tennis in the morning and then continue the fun and learning with chess, table tennis, pickleball, and more tennis in the afternoon. This 9am-4pm camp is serious fun and features America's fastest-growing sport, Pickleball! All levels are welcome.

Schedule Overview

- 9am-12pm Tennis
 - Break time around 10:30am-10:45am
- 12pm-1pm Supervised Lunch
- 1pm-4pm Chess, Table Tennis, Pickleball, and Tennis rotations

Additional Information

- Please remember to pack a lunch for your camper!
- **Character Day:** Dress as your favorite character! Cartoon, Video Game, Movie, Sports players, Comic Book characters or even one you made up! **Every Wednesday** during lunch time, campers may show off their favorite costume and dress up as a character. Campers may wear their costume all day if they can safely join all activities while wearing it. Accessories that may not be ideal for playing tennis or other activities may be worn during lunch.

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. The waiver is available on your child's CourtReserve account. If you are unable to locate the waiver, please contact the front desk at 415-581-2540.
- **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 Racquet:** Ensure your child has an appropriately sized racquet. Our team is happy to offer recommendations. Balls will be provided.
- **FOR ALL DAY CAMPERS:** Pickleball Paddle (*loaner paddles are available in limited quantities*). Balls will be provided.

Sun Protection*:

Sunscreen, lip balm, hats, etc. Staff 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 II.**



INSTRUCTOR QUALIFICATIONS

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 **GoldmanTC@LifetimeActivities.com**.

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

HEALTH CONSIDERATIONS & SPECIAL NEED

Please disclose any important medical, health, or special needs/accommodation information at the point of registration or via email to Director (Joe Noth) at **JoeN@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.

DROP OFF & PICK UP

- **Check-in and check-out take place near the windows by Court 6 (the stadium court).**
- **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 unless they have a signed self-checkout form on file (see Self Checkout Eligibility below). Persons unknown to camp staff will be asked to show identification.
- **Procedure for Persons Not Authorized to Pick Up Campers:** In a case in which an unauthorized person arrives to pick up a camper, the camper will not be released. The camp staff will approve a person to pick-up the camper only if written permission is given by the parent, prior to the day of pick-up. In emergency situations (car accident, major incident), the parent may give verbal consent to the camp manager.

Youth Checkout Policy:

- A parent/authorized guardian should plan to arrive to pick up their child a few minutes before the end of camp.
- The designated pick-up area for programs is: **Court 6 (the stadium court).**
- 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 camp end time, they will be brought to the front desk, and the phone number on file will be contacted.
- If a parent is late, the Late Pick Up 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 to the front desk 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.

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.**

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 Goldman Tennis Center in Golden Gate Park 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 vending machines will only be allowed during snack and meal breaks and will not be allowed during program time. The vending machines carry a variety of healthy prepackaged snacks including popcorn, trail mix, crackers, sports drinks, fruit juice, and water. For parents who allow their child to purchase snack items from the vending machines, please send your child to camp with small bills (i.e. \$1s and \$5s). There is no guarantee that the front desk will have change to break the large bills.

We strongly discourage participants from bringing any electronic devices (i.e. tablets, 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 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 GoldmanTC@LifetimeActivities.com.



Nut Alert Allergy Considerations + Other Dietary Needs

Due to the number of nut related allergies, please avoid sending your child with peanut butter, nuts, and foods that contain nut by-products to 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 GoldmanTC@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. As all of the camps are outdoors (including all All Day camp activities), camp staff will periodically remind children to reapply sunscreen. However, due to potential allergic reactions, Lifetime Activities will not provide sunscreen. Staff will remind campers to reapply sunscreen, but campers are responsible for application.

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. Any items not claimed within 7-10 days will be donated or recycled.

III. ADDITIONAL INFORMATION & POLICIES

REGISTRATION

- All campers 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.
- Programs may be **combined, canceled, or reassigned** based on registration numbers, age, and skill level.
- Opt-in to **mobile push notifications and emails** for camp updates.

PROGRAM WITHDRAWALS & REFUND POLICY

- Withdrawal requests must be submitted via **Player Portal, Lifetime Activities Mobile App, or email to GoldmanTC@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.

CAMP TRANSFERS (*within the Summer Camp 2026 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 camp.

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 camps, programs, classes, and activities. These photos may be used in future program guides, brochures, websites, pamphlets, flyers, or news releases. Contact the camp director at JoeN@LifetimeActivities.com 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 GoldmanTC@LifetimeActivities.com.

Thank you for choosing Lifetime Activities!

