



SUMMER CAMP ~GUIDE~

Dear Parents, to keep the summer fun and your children safe while in our care, please read thoroughly all the information below.

DROP OFF AND PICK UP

- All children need to be dropped off at the front desk where the parent or legal guardian will sign them in.
- All children will be picked up at the front desk where the parent or legal guardian will sign them out.
If somebody else, other than a parent or legal guardian is dropping or picking up a child in our facility, we'll need to have written permission (with the designated individual's name on it), signed and dropped off at the office by the parent or legal guardian in advance. In a case of emergency, the parents can call the office and leave the name of the designated individual, with the person at the front desk or on the answer machine. The designated individual will need to ID themselves at the time of drop off or pick up.

ATTENDANCE AND MEDICATION

- If you will not be able to attend your scheduled day in our camp, please call the office and let us know that you are not coming or that you are running late.
- If your child needs any kind of prescription or non-prescription medication while in our care, a form must be completed and signed by the child's physician. We will need that form on your child's first day at camp.

SAFETY

- We will be holding **FIRE DRILL** on the very first day of camp. Remember, it is just a drill; there will be no real fire. We will explain everything to your children before the drill, so apprehensions will be avoided.

CHECK LIST

Each child should have a back pack and a lunch box with the following items:

- [___] Plenty of water
- [___] Healthy snack (Full day and extended day will bring more)
- [___] Healthy lunch (Only full day campers)
- [___] Sunscreen (please apply it at home, we will re-apply it if need.)
- [___] Bathing suit, towel
- [___] Change of clothes (especially preschoolers)
- [___] We recommend wearing flip flops. Easy on - easy off. ☺

(Please remind your child to not to share food for safety reasons, i.e. allergies)

DAILY ROUTINE

This is our typical day at our FUN camp.

- **9am** - We Start with fun group games (*Ice breakers*) to introduce our selves
- **9:15am** – It's time to break into our groups and do Gymnastics
- **10am** - Time for Healthy snack
- **10:15am** – Let's create something fun..., Arts and Crafts
- **10:45am** – Free play and lot's of FUN
- **11am** – Time to do some flips again..., more gymnastics.
- **11:45am** – Games, Games, Games and time to say good bye to our ½ day friends.
- **12pm** - Healthy lunch (Only full day campers)
- **12:30pm** - Let's let the Fun start over again... **until 3:30pm.**

See you at our FUN gymnastic camp... G.A.B. Staff ☺