

FIT KIDS SUMMER CAMP 2019 GUIDELINES

For:	Kids between ages 5 - 12 (5 yr. olds must have attended K)	
When:	May 28 – Aug. 2, 2019 (Closed Memorial Day & July 4, 2019)	
Time:	7:30 AM - 5:30 PM	
Location:	Lady Bird Johnson Park. All activities will be done at this park. You will drop off and pick your child up at the park. A schedule will be provided to show you where to drop off and pick up will be for your child. Also, there will be a sign posted at the entrance of the park with our Fit Kids Camp logo/pavilion number on it and a vertical flag at the pavilion. Our locations might change due to the pavilions being rented so pay attention to the signs.	
Cost:	\$40 per camper per day \$135 per camper for a five-day week (\$27/day) Special Event Days may have additional fees \$3 Transportation Fee (if needed)	
Meals & Snacks:	Parents must provide: lunch, morning, and afternoon snacks packed in an insulated lunchbox. Remember they will be active and very hungry.	
Camp Activities:	The focus of this camp will be to provide daily activities that teach children various recreational/sport skills as well as provide a fun, active place for your child to be for the summer. Each week a different sport/activity will be taught between 9:30 am - 11:15 pm. NO EXPERIENCE NECESSARY If your child is interested in sports/fitness and recreational activities...then this camp will be a blast! Your child will be required to participate in the daily scheduled activities. If your child does not enjoy these types of activities, you might consider another option for their summer. We want this program to be fun, positive and a learning experience for each and every child.	
Tuesday and Wednesday Activities:	On Tuesdays the Fit Kids camp participates in FBG's Law Enforcement Summer Youth Program at different locations within Fredericksburg. There is a \$3.00 transportation charge added to this day's rate. Drop off and pick up is at Lady Bird Johnson Park. This program will start the first week of June (6/3) On Wednesdays the Fit Kids camp participates in the Pioneer Library Reading Club Program . <u>On Wednesday, drop off your child at Market Platz.</u> We will walk across the street to the library at 9:30 AM. There is a \$3.00 transportation charge added to this day's rate. Pick up is at Lady Bird Johnson Park. This program will start on the second Wednesday of June (6/12).	
Sample Day:	7:30 - 9:00 AM 9:00 - 9:30 AM 9:30 - 10:15 AM 10:15 - 10:30 AM 10:30 - 11:15 AM 11:30 - 12:30 PM 12:30 - 1:30 PM 1:30 - 4:00 PM 4:00 - 4:30 PM 4:30 - 5:30 PM	Drop off / Free Play Morning Snack Activity Time Water Break Activity Time Lunch / Activity Time Under the Pavilion Change into swim suits/apply sunscreen and walk to pool Swim - Lady Bird Johnson Pool Change Clothes and After Noon Snack Free Play/ Clean -Up Time/ Departure
Contact	Wellness Center 997-1355 HCMWellness@hillcountrymemorial.org Camp Manager: Jessie Aleman Youth Coordinator: Sean Whitehouse	

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DETAILS / FINE PRINT

Cancellation Policy	No refunds.		
Camper Records on File:	<p>The following items must be in your child's camp file:</p> <ul style="list-style-type: none"> • Health History: Parent/guardian must fill out a Health History Form on each child as they are registering. We need this to make sure your child is "OK" to participate in the fitness activities. (Texas state requirement) • Immunization Record: A copy of your child's Immunization Record. (Texas state requirement) • Off Site Release: Parent/guardian must fill out an Off-Site Release Form on each child they are registering, since the camp is held at the Lady Bird Park. 		
Required Supplies:	<p>Each child will need to bring with them, on a daily basis, a backpack with:</p> <ul style="list-style-type: none"> • Morning and afternoon snacks • Lunch in a thermal lunchbox with icepack. No mayonnaise. No tuna or chicken. • Water bottle with water (name on bottle) • Swim suit and Towel • Sunscreen **IMPORTANT** • Tennis shoes (note: sandals can be worn only in the afternoon at pool time) • Sport Supplies (if they have them) the week of that sport 		
Sick Child:	<p>This camp is going to be held outdoors and will require a great deal of energy. If your child is not feeling well or has an injury that would keep him/her from participating in the scheduled activities, it would be in his/her best interest to not come on that day. If your child becomes ill while at the camp, you will be promptly notified to come pick him/her up. It will be absolutely necessary that someone be available to come get your child if you are notified. Our staff will at all times have a cell phone so we can be reached or so we can reach you in case of an emergency.</p>		
Discipline	<p>We plan on this experience to be a pleasant one for every child in attendance. The Wellness Center Staff will be required to make sure that children are following set rules to assure their safety. If your child does not follow the set rules; he/she will be required to "sit out." You will be notified on each occurrence. Should your child be unable to adjust to these rules, the Wellness Center reserves the right to recommend the withdrawal of your child from our program.</p> <p>There is a Zero Tolerance Rule on foul language. Your child will be sent home on the first occurrence. You will be promptly notified to come pick him/her up. It will be absolutely necessary that someone be available to come get your child if you are notified. Your child will be withdrawn from the camp on the second occurrence.</p>		
Arrival/Depart:	<p>For the safety of your child, parents must sign-in and sign-out each child. Please make a staff member aware when your child is arriving or leaving. A child will not be released to anyone who is not named on the registration form. The program is over at 5:30 PM. A \$15 late fee will be assessed if your child is not picked up on time. This fee is due when you pick up your child. We will have a cell phone at all times if you need to call to find out where we are if you need to drop off your child late or pick up your child early. We will always be inside the park, but usually never in the same location each day. A weekly schedule will be given to you so you will know which pavilion to drop off and pick up your child.</p>		
Theme Schedule	Week 1 Football-Cheer (Closed Mem. Day) Week 2 Soccer Week 3 Old Fashion Fun Week 4 Tennis Week 5 Wheel's	Week 6 Week 7 Week 8 Week 9 Week 10	Golf (Closed July 4th) World Cup Week Basketball Baseball - Softball Fishing