

Summer will be here before we know it, and the staff at the URMCC Fitness & Wellness Center is busy preparing for an exciting and enjoyable Fun Fitness Camp. The camp is in place for the convenience of University of Rochester employees and their children or relatives (grandchildren/nieces/nephews). It is designed for the needs and interests of children ages 7 through 12 years of age. Daily activities may include swimming, sports and group games (think kickball, tag, dodge ball, capture the flag, etc.), as well arts and crafts projects. We also have weekly field trips planned, such as bowling, roller skating, a Red Wing's game, the zoo and Seabreeze. In 2011 we implemented weekly themes to the camp calendar. This really made the summer more fun and interesting. We have themed weeks with activities like talent shows, trick-or-treating and water fun. The camp emphasizes group activities that are fun and as non-competitive as possible. Our primary goal is for your child to spend a safe, active and enjoyable summer in an environment that is supervised by experienced counselors.

For most of the day the campers are together in a group of around 20-35 children. They will be broken up for a small period depending on activity interest (art & crafts, sports, etc.) and in to groups for field trips, but they are not divided based upon their age. We have a much smaller group than most camps, so a group setting tends to work well. Also, by not dividing the campers by age, they are able to pick activities that interest them and allow them to enjoy their day more.

The registration packet includes a detailed information sheet, a registration form, a medical/health history questionnaire, and a parental agreement form. In order to register your child for the Fun Fitness Camp, please complete the registration form, parental agreement and medical form. For the medical form, you may attach a form from your doctor's office, if you complete the bottom portion of our form. **The registration and medical forms are in Excel, so you can type in all the information and then print them out.* These forms should accompany your one time, non-refundable registration fee. Please list the dates your child will attend.

The Fun Fitness Camp is a New York State Department of Health certified day camp. We have achieved this certification by maintaining the required high standards of safety, health, and supervision.

Please register your child as soon as possible to allow them the best opportunity to participate in Camp. We do limit our camp population to no more than 36 children per day. This allows responsiveness to your child's needs, and the highest standard of supervision.

We require that you drop your child off at the Fitness & Wellness Center each morning (do not leave children outside the Center). **If you do not work at the Medical Center, we can arrange for you to have "at door" drop off and pick up.* When you drop off, one of the camp staff will greet you and your child. You will need to sign your child in and out daily. It is expected that your child will be attending camp all day. If an early departure is necessary, it is the parent's responsibility to meet up with their child wherever they may be. It is also the parent's responsibility to note this pick-up on the sign-in sheet to inform the staff. The children will utilize the Fitness Center daily for recreational activities and games; however excursions will take them to the pool or park outside of the University.

Our camp staff is not allowed to administer medication. If medication is required the parent must meet their child, administer the medication, and take the remaining medication with them. We can not allow children to self medicate while at camp, or carry any medication in back packs or lunch boxes.

Children must be picked up promptly - by 5:15 p.m. Camp staff must be paid for any overtime and we reserve the right to bill. Children cannot be released to anyone besides a parent without prior written permission, and an I.D. from the individual picking them up.

Certain provisions will be important for your child's positive experience at Fun Fitness Camp. Appropriate clothing is essential. Sandals or clogs are not safe for recreational play, and allow children to be vulnerable to foot injuries; instead, sneakers should be worn daily. A child will not be allowed to stay for the day without proper footwear. Other clothing, varying with the weather, will allow your child to enjoy the day and remain protected. It is essential that children have sunscreen, as they often spend long periods of time outdoors. Protection from the sun is critical. A hat will also offer some protection to children's faces and reduce eyestrain.

Fun Fitness Camp T-Shirts are required for any field trip day. These can be purchased right in the Pro-shop and come in various youth and adult sizes. These help to keep campers easily visible in public places. The shirt costs no more than \$7.00.

Please make alternative arrangements for sick children. There are no accommodations for children that are not able to fully participate in the daily activities. Sick children not only expose others to germs; they feel worse by missing the fun.

We ask that children do not bring special personal items to camp such as MP3 players, money or hand held games. If we see these items we will hold them in the office until the end of the day. These items could get misplaced or damaged. You can send a small amount of money with your child on a field trip, but please no more than \$5.00. The camp does pay the field trip fee, but sometimes children want a beverage or a snack.

Our counselors for this year will be Casey Tarana - physical education teacher in Irondequoit and girls soccer coach, Darius Taylor – head of recess activities at Cooper Academy, Halle Platten – Alfred student and Lauren LaDuke – SUNY Plattsburgh student.

The entire staff and I are very excited about this year's Summer Fun Fitness Camp. We are already planning activities and events to provide hours of enjoyment for the children. I also look to you as partners in this experience and ask that each of you will communicate with me if you have any questions, concerns, or suggestions on how to improve your child's camp experience.

I look forward to meeting you and your child very soon!

Sincerely yours,

Heather Van Orden

Heather Van Orden
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