

Due to COVID-19, we have had to make some changes to our 2020 camp. Children will be in groups of 10 or less and will be screened every morning. We are unable to do group activities or take field trips – however we hope to still have a fun summer.

The staff at the URMC Fitness 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 sports and group games, as well as some art & craft projects. We have weekly themes – which makes the camp more fun and interesting. Our goal is to emphasize 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.

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.

The registration packet includes a registration form, a medical/health history questionnaire, 2 parental agreement forms, a talent release form and a sunscreen agreement. In order to register your child for the Fun Fitness Camp, please complete all forms. For the medical form, you may attach an immunization form from your doctor's office and you can complete the bottom portion of the form (allergies, illnesses, etc.). **The registration and medical forms are fillable, so you can type in all the information and then print them out – and even save for future use.* These forms should accompany your one time, non-refundable registration fee. Please list the dates (to the best of your knowledge) that your child will attend to reserve a spot.

Please register your child as soon as possible to allow them the best opportunity to participate in Camp. We do limit our camp population due to space and group restrictions.

We require that you drop your child off at the Fitness Center each morning. Each child will need to be screened prior to parents leaving. 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 or late drop off 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 park or playground 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 ID 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; sneakers are required. 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 and protection from the sun is critical. A hat will also offer some protection to children's faces and reduce eyestrain.

Please make alternative arrangements for sick or injured children. There are no accommodations for children that are not able to fully participate in the daily activities.

We ask that children do not bring special personal items to camp such as iPods, cell phones, blankets, stuffed animals, money or handheld games. These items could get misplaced or damaged. If we see these items we will hold them in the office until the end of the day.

Lunch is not provided and should be packed from home. We have refrigerators available to keep lunches cold. Camp will also take time for a snack around 4p. Please make sure to pack adequate provisions.

Our counselors for this year are: Kelly Mohan, graduate student; Myles Watts, college student and counselor for 3 years; Luke O'Connor, UR student and possibly others.

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
Manager, Fitness Center
Coordinator, Fun Fitness Camp
275-2706