



Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 9 (July 25—29)

IMPORTANT REMINDERS:

- Our camp rules are “Be safe. Be respectful. Be responsible.”
- Pack a sack lunch for your child. Microwave use will not be an option.
- Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.
- Leave valuables at home (including money, portable video games, etc.)
- Label your sunscreen with your camper’s name.
- Do not hesitate to ask when you have questions or comments.



ENERGY BALANCE IN ACTION: PARKS & REC!

What is the main thing Camp Energy’s Wise Kids Program wants you to know about eating healthy and living an active life? That staying in Energy Balance can help you feel good so you can make your life much more fun. Lincoln Parks and Recreation has so many ways to help you live healthy. There are parks, recreation centers, pools, trails, and activities—all helping you live a balanced life while having fun. This week we learn about the benefits of Parks and Recreation so we can put what we’ve learned about Energy Balance into action!

THIS WEEK’S HIGHLIGHTS

Monday

Tennis and Swimming today! Be sure to remember your swimsuits, sunscreen, and towels. We will swim at Irvingdale Pool from 11:30 to 1:00 and will be doing a variety of special interest activities in the afternoon.

Tuesday

We will be going to the library at 9:00 in the morning followed by tennis lessons. Active and inactive game rotations are scheduled for the afternoon.

Wednesday

Today we will be swimming from 11:30 to 1:00. The rest of the day will involve special activities related to our SURPRISE THEME for the day!

Thursday

Today is our field trip day and we will be going to Antelope Park. We will be picked up from the center at 1:30 a.m. and will return by 4:00 p.m. Please plan your rides to and from camp accordingly!

Friday

Movie Day! We will be doing various activities throughout the day, including Disc Golf and a craft, followed by a movie to relax after a long, fun, and active week of day camp.

Fitness Focus: Cardiovascular endurance

PARENT SURVEYS

Please watch next week for our parent surveys. Paper copies will be available at the rec. center and a link to an online version will be made available in the email newsletters for Week 10 and 11. The information we receive is extremely valuable to us as we gauge the effectiveness of our programs.