



SUMMER DAY CAMP

FUNdamental
healthy me

IRVING RECREATION CENTER Participant Handbook 2012

Welcome!

Thank you for choosing Irving Recreation Center Day Camp for your child this summer. We are pleased to have the opportunity to spend this exciting time of year with your family. Our experienced staff is planning a summer full of healthy fun for Irving day campers. At Irving Recreation Center you can count on our longstanding reputation for quality recreation experiences for children and youth.

Please take a moment to review our Summer Day Camp Handbook with your child. Inside you will find important information about camp.

If at anytime you have questions about day camp policies, procedures, schedules, or anything else, do not hesitate to contact us!



Open house

We hope you will plan to attend our Day Camp Open House on **Wednesday, May 23 from 6:00-8:00 p.m.** This will be a wonderful opportunity to meet our staff, ask questions, become familiar with our facility, and submit forms. There will be a brief presentation at 6:30 p.m.

Our mission

Lincoln Parks and Recreation is:

- **fundamental** to youth development;
- **fundamental** to active living;
- **fundamental** to livable neighborhoods and family life;
- **fundamental** to environmental stewardship;
- **fundamental** to special places and events;
- **fundamental** to economic development.

Program goals

At Lincoln Parks and Recreation “**FUNdamental Healthy Me**” Summer Day Camps, families can expect a focus on large group games and activities, skill building with challenging activity levels, site-based activities, citywide field trips, and individual exploration of interests through a wide range of activities offered.

Our primary goal is that all participants will experience:

- Recreation and Leisure Skill Building
- Physical Fitness Through Active Place
- Social Development
- Nutrition Awareness
- Nature Interaction

**FUNdamental
healthy me**
A focused program where youth grow

Summer calendar

Open House: May 23, 6:00—8:00 p.m.
Week 1: May 29—June 1 (*No camp May 28.)
Week 2: June 4—8
Week 3: June 11—15
Week 4: June 18—22
Week 5: June 25—29
Week 6: July 2—6 (*No camp July 4.)
Week 7: July 9—13
Week 8: July 16—20
Week 9: July 23—27
Week 10: July 30—August 3
Week 11: August 6—10

Payment schedule

Your balance is due according to the following schedule:

Weeks 1—4 due May 18
Weeks 5—8 due June 18
Weeks 9—11 due July 18

REFUND POLICY: The \$10 weekly enrollment fee is nonrefundable. Refunds for weekly fees must be requested prior to the first day of the session. After the session begins, refunds will not be granted. Refunds will not be granted for campers who miss days of camp due to disciplinary action. (See our discipline policy included in this handbook.)

Hours of operation

The following times are included in the Day Camp fee:

7:00—9:00 a.m.: Early drop-off
9:00 a.m.—4:15 p.m.: Core program hours
4:15—6:00 p.m.: Late pick-up

LATE FEE POLICY: Parents who do not pick up their child by 6:00 p.m. will be charged a late fee of \$5 for every 15 minutes they are late. After 6:30 p.m., it is our policy to call the police dept. out of concern for the child.

Important details

Schedules. Weekly schedules will be available online at parks.lincoln.ne.gov/irving and at our service counter. Daily schedules are posted in the recreation center. If your child will arrive late or be picked up early, please consult the schedule and notify camp staff.

Sign in/out. A parent or guardian must sign campers in and out at the service counter at both the beginning and end of the day. Campers who walk to and from camp must receive permission to sign themselves in and out for the day.

Parent visits. Parents are welcome and encouraged to visit camp during the day; however, please sign in first at the service counter.

Lost and found. Please check the Day Camp lost and found basket located in the center lobby weekly. Items remaining in the basket at closing time each Friday will be placed in storage. Any items left unclaimed at the end of the summer will be donated to a local charity.

Medication. If your child will be taking medication at camp (prescription or over-the-counter), you must request and complete a Medication Consent Form. All medications are kept secured in a designated area.

Absence or illness. Please notify camp staff if your child will be absent. If a camper becomes ill during the day, a parent will be notified so the camper can be picked up early. Refer to the enclosed Exclusion Guide.

Rest and breakfast. Please help your child be physically prepared for long, active, and fun days at camp by ensuring they get adequate rest the night before and a balanced breakfast each morning.

Clothing. Campers should come to camp dressed appropriately for physical activity, including comfortable tennis shoes, and the day's weather.

Bus trips and library walks. Day camps may use public transportation for outings scheduled in addition to weekly field trips. Campers may also walk a neighborhood route to South Branch Library.

Bring to camp

All campers should bring the following items to camp:

- Closed construction athletic shoes. Open footwear such as sandals are not a safe option; those who do not have appropriate footwear will not be allowed to participate in many camp activities.
- A lunch in an insulated container. **No microwave lunches!** *Irving Recreation Center will provide a daily snack.*
- Sunscreen and insect repellent.
- Water bottle permanently labeled with the camper's name.
- Swimwear and bathing towel (swim days only).
- Camp t-shirt (field trip days).

Leave at home

- Cell phones - *If a parent prefers their child bring a cell phone to camp, it **must** remain with the camper's personal belongings in the coat room during core program hours (9:00 a.m.—4:30 p.m.). Messages can always be left for campers by calling the office (402-441-7954).*
- Handheld video game systems
- Electronic tablets and e-readers
- Money - *Campers may choose to bring change for vending machine use; however, they must keep it on their person.*
- Trading cards and games
- Shoes with wheels in them (i.e., "Heelys")
- Valuable or sentimental items

Irving Recreation Center is not responsible for lost or stolen items.

Discipline policy

Our expectations for behavior:

BE SAFE. BE RESPECTFUL. BE RESPONSIBLE.

We use the Standard Discipline Policy of the Parks and Recreation Department. Please review this policy with your child. Every effort will be made to resolve behavior problems, but please be aware that if there are continuous or serious behavior issues your child could be suspended. If suspension becomes necessary, parents will be contacted the same day. We appreciate your support in managing behavioral issues.

When there is an infraction of rules, we issue a warning and encourage children to continue playing or ask them to take a time out, and then resume play.

- If disruptive behavior continues after one time out, the child is given a second time out and then may resume play.
- If disruptive behavior continues after two time outs (or refusal to go to a time out) the child may be suspended for the rest of the day or for the following day. Parents will be contacted.

The above process will be used again if there is a second incident of continued disruptive behavior. If a second suspension is necessary, it will again be for the rest of the day or the following day.

If a third suspension is necessary, it will be for one week. A fourth suspension will again be for one week.

An additional suspension could be for 30 calendar days or to the end of the program depending on the incident.

Please note – for incidents which are more serious, we may need to move through these steps more quickly than outlined.

What to expect

At our camps, parents and participants can expect large group games and activities, skill building, community service, swimming, and City-wide field trips. At the same time, day camp allows for individual exploration of interests with participation in activities such as reading programs, creative arts, and individual sports. In the end, our goal is to promote physical and social development, learning skills, and the exploration of lifelong leisure activities through the variety of opportunities available at Irving Recreation Center's summer day camps.

Our facilities

While each camp will have access to recreation center facilities, we will also utilize outdoor areas such as Irvingdale Park, Irvingdale Pool, the playing field north of the recreation center, and Irving Middle School outdoor basketball courts. Additional indoor spaces include Irving Middle School classrooms, auditorium gym, and cafeteria.

Our partners

Our list of program partners this summer includes, but is not limited to, the Nebraska Game and Parks Commission, Lancaster County Extension 4-H Youth Development, and Woods Tennis Center. A special thanks to Irving Middle School for allowing us to use additional space in the school.

Our youth volunteers

At Irving Recreation Center, we understand that young people benefit from having useful roles in the community and by providing service to others. We have a small group of youth volunteers who will serve under the training and direction of one of our AmeriCorps Members. Volunteers must have completed at least eighth grade and have completed an application and reference process to be considered. Their role is to assist Day Camp staff with daily operations. In turn they receive the developmental benefit of the experience and acquire important job skills along the way.

Grades K-2 details

We are very proud of our popular recreation day camp program designed specifically for children who have completed grades K-2. This program helps campers develop lifelong social skills by implementing character development into all the “FUNdamental Healthy Me” activities we do. Recreation activities include—but are not limited to—character lessons and awards, group and individual games, fitness, nutrition, nature interaction, tennis, swimming, story time, arts and crafts, music, and field trips!

CHARACTER COUNTS!

CHARACTER COUNTS! is a widely implemented approach to character education that has been used to reach millions of youth nationwide. It is a framework centered on basic values called the Six Pillars of Character:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Citizenship

SWIMMING DAYS

Mondays and Wednesdays at Irvingdale Pool, 11:30 am—1:00 pm

FIELD TRIPS

Every Thursday unless otherwise noted:

5/31	Hollywood Bowl
6/7	Trago Park and Sprayground
6/14	Oak Lake Park
6/21	Memorial Stadium
6/28	Lincoln Childrens Zoo
7/5	Morrill Hall
7/12	Omaha's Henry Doorly Zoo
7/19	Lincoln Children's Museum
7/26	Champions Fun Center
8/2	Pioneers Park Nature Center
8/9	Nebraska History Museum

Important: Field trips are subject to change. Always consult the camp's weekly newsletter for the most current details.

Grades 3-4 details

Our summer recreation day camp for children who have completed grades 3-4 is a perfect model of Lincoln Parks and Recreation's "FUNdamental Healthy Me" initiative. This program teaches young people healthy lifestyle choices through fun recreation day camp activities (e.g., Wise Kids Outdoors®, individual and group games, archery, swimming, tennis, reading, special interest clubs, and more). Emphasis is placed on Energy Balance = Energy (calories) In and Energy (calories) Out.

WISE KIDS® OUTDOORS

Through the Wise Kids Outdoors® component of camp, children will explore nature while learning about the importance of eating right and being physically active. Using fun weekly missions developed by the National Recreation and Park Association and the Sajai® Foundation, our campers will learn how to become active stewards of the natural world around them and how to lead healthier lives. Wise Kids Outdoors® has been evaluated by the University of Minnesota and has been shown to have a positive impact on children's attitudes and behaviors towards healthy living.

SWIMMING DAYS

Mondays and Wednesdays at Irvingdale Pool, 11:30 am—1:00 pm

FIELD TRIPS

Every Friday unless otherwise noted:

6/1	Skate Zone
6/8	Hollywood Bowl
6/15	Holmes Lake Park—Canoeing and Fishing
6/22	Champions Fun Center
6/29	Omaha's Henry Doorly Zoo
7/6	Lost in Fun
7/13	Chuck E. Cheese's
7/20	UNL Campus Recreation Center—Rock Climbing
7/27	Solid Rock Gymnastics
8/3	Antelope Park
8/10	Wilderness Park—Hiking

Important: Field trips are subject to change. Always consult the camp's weekly newsletter for the most current details.

Grades 5-7 details

Our “FUNdamental Healthy Me” Grades 5-7 day camp is a summer recreation program developed with the unique interests and needs of pre- and young adolescents in mind. Each week at camp will incorporate a variety of individual and group challenges to promote positive youth development through fun recreation day camp activities. Camp activities include fitness, nutrition, games, sports, Summer Reading Program, field trips, and much more! Our Grades 5-7 initiative games, team building activities, and problem solving exercises are designed to help youth develop effective communication and problem solving skills, take positive risks, and practice leadership roles.

AGENTS OF CHANGE

This summer we will incorporate 4-H “Agents of Change” curriculum to help youth plan their very own service learning projects. We’re not talking the old-fashioned canned food drive where kids are told by adults what to do and how to do it. We’re talking service learning—where youth plan and carry out their own projects. Throughout the summer, campers will learn how to choose a project, research a need, and plan their action steps. Then it’s into the field to do real service! In the process, youth also develop observational skills, use a journal for reflection, tell their own service learning story, and recognize others for contributions and support.

SWIMMING DAYS

Tuesdays and Fridays at Irvingdale Pool, 11:30 am—1 pm

Field Trips (Mondays unless otherwise noted):

- 6/4 Hollywood Bowl
- 6/11 Pioneers Park Nature Center
- 6/18 Laser Tag
- 6/25 Morrill Hall
- 7/2 Nebraska State Capitol Building
- 7/9 Holmes Lake Park—Canoeing and Fishing
- 7/16 Memorial Stadium
- 7/23 Paint Yourself Silly
- 7/30 Oak Lake Park
- 8/6 Island Oasis Water Park (Grand Island)

Important: Field trips are subject to change. Always consult the camp’s weekly newsletter for the most current details.

Swim lessons

This summer Irving Recreation Center day camps are teaming up with our friends at Irvingdale Pool to offer a special opportunity for our campers. Children and youth enrolled in our day camp programs will have the option to take swim lessons at the special reduced rate of \$25 per session (that's 50% off the regular cost to the public!). All skill levels are accepted. Participants will be escorted to and from the swimming pool.

Return your completed registration form with payment to Irving Recreation Center. Forms are also available at the rec. center.

SESSION 1: June 18—28

Monday through Thursday, 8:15—9:30 a.m.

SESSION 2: July 9—19

Monday through Thursday, 8:15—9:30 a.m.

Friday will be reserved as a weather make-up day for each session.

Important forms

Please double-check that you have completed and returned the following important forms to Irving Recreation Center:

- **Participant Information Form**
- **Family Information Form**
- **Waiver, Release of Claims, and Permission Form**
- **Media, Talent, and Production Consent and Release Form** (This form allows us to take pictures of camp activities for display and/or promotional materials.)
- **Medication Consent Form** (Only if your child will be administered medication during the camp day.)
- **Swim Lesson Registration Form (Optional)**



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