



IRVING RECREATION CENTER

SUMMER DAY CAMP 2014

Grades 3-4

Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954

The ABCs of Vitamins

This week at camp we will be learning about different vitamins and how they help our bodies. Make sure to ask your camper how to best get the daily allowance of the nutrients they need. Also, next week we will be climbing at the UNL outdoor adventure center. All campers will need a parent or guardian to fill out the youth release waiver online. Look for it in an upcoming email and on the day camp website!

THIS WEEK'S HIGHLIGHTS

Monday

We will be going swimming today at Irvingdale pool from 11:30 to 1. Remember to send your camper with their swimsuit, towel, and sunscreen! We will also spend some time today improving our fitness skills in the gym!

Tuesday

Tuesday is our field trip day! We will be going to the Lincoln Children's Museum at 11:45am and will return to the center at 3:45. Please remember to have your camper wear their gray field trip T-shirt and bring a disposable sack lunch or a bag with straps for them to carry their lunch.

Wednesday

Today is all about sports! After sports-themed games and crafts, we will be going swimming at Irvingdale pool. We will leave around 11:30 and will return by 1. Don't forget your swimsuit, sunscreen, and towel! We will finish the day by playing games together in the gym.

Thursday

Today we will offer morning clubs. Campers will get to pick two clubs of their choice! In the afternoon we will participate in tennis and yoga. Later we will have fitness and nutrition activities as well!

Friday

We will be walking to the library today around 9:30. We will be back to the center at 11. If your camper would like to check out a book, please have them bring their library card and a bag to carry their books. Today we will also play tennis and Ultimate Frisbee.

WEEKLY EMAIL NEWSLETTER

Make sure not to miss out on anything going on at Irving Day Camp. Please stop by the front counter or email Dan at dpayzant@lincoln.ne.gov if you are not receiving our weekly email newsletter for parents.