



Welcome to Worcester Fitness' 2020 Kids Summer Camp Program! Our adventure-filled Full Day Camp is for children ages 4-11, who are bathroom independent. Each camp day is filled with swimming, WSI Swim Lessons, Gym Games, Workouts, Arts and Crafts, Free Play, and lots of fun! We encourage teamwork, sharing, cooperation, team building skills, creativity, and the opportunity for your child to spend their summer in a safe, fun, and encouraging environment. Thank you for choosing Worcester Fitness for your 2020 Summer Camp Program. We look forward to a summer full of fun!

Camp Hours

9am – 4pm

Extended Care Hours

7:30 – 9am

4pm-5pm

Camp Prices

5 Days \$225

3 Days \$150

1 Day \$ 65

Extended Care Prices

Morning Care: \$35/week OR \$25 for 3 days

Afternoon Care: \$25/week OR \$15 for 3 days

Registration Opens February 1, 2020

Early Bird Savings

Register by March 1st – Save 15%

Register by March 31st – Save 10%

Register by April 15th – Save 5%

Camp Themes

Each week of camp will follow a theme. Arts and Crafts and activities will be based off of the weekly theme. **Tuesday** themed dress up day is not required but always fun!

Week 1: Under the Sea

Week 2: Pirates Week

Week 3: Safari Jungle

Week 4: Dinosaur Week

Week 5: Disney Theme

Week 6: Sports Week

Week 7: Out of this World

Week 8: Super Hero Week

Week 9: Beach Bash

Prior to Camp

1. Sign up for your selected days. We do sell out days. If any spots are remaining they are locked the Wednesday prior to the upcoming week at 3pm.
2. Complete and return the 2020 Health History/Camp Information Form no later than 5 days prior to the first day your child attends camp. This form must be completed in full and include **Part 2: Doctors Section** that is to be accompanied by **immunization history**. This information **MUST** be obtained prior to the start of camp without exception. Please return forms to Worcester Fitness in one of the following:
 - **Email:** kat@worcesterfitness.com
 - **Fax:** 508-853-6159, attn: Kat
 - **In person:** Forms may be dropped off at the front desk, attn: Kat

What to Bring

Food

- 2 **peanut and nut-free** snacks (minimum) and a reusable bottle of water labeled with your child's name
- A **peanut and nut-free** lunch.
- If your child's food looks like a nut product (example Sun Butter), please label the food so our Camp Counselors are aware of its contents.

Pizza Friday!

- Each Friday we will offer pizza during lunch time. If your child does not want pizza, please provide a lunch for them.

What to Bring

Clothing

Everything labeled with your child's name

There will be a lost and found table located at pick up. Please check this table when leaving daily.

- A spare change of clothing
- Bathing suit, towel, and shoes to wear to pool area
- Swim Floatation device if they cannot swim independently
- Sneakers and socks worn or packed for gym time (non-sneakers will not be allowed on wood floors)

Please leave electronics, video games, or similar items at home. If a child has a phone it will be kept in their bag during camp hours. Worcester Fitness phones are available at all times if a child needs to contact their parents.

Extended Camp Care

Extended camp care hours are 7:30 - 9:00am and 4:00 - 5:00pm. *Prior registration is required.* We will contact you to confirm which days you will be utilizing extended care so we can properly staff. You can select your days at registration. You are welcome to pack breakfast for your child if attending morning program. Additional snack is recommended for afternoon program. No formal schedule will be followed during extended camp time. Children will be invited to pick from a variety of activities in our Kids Room.

Swimming

Every child will go through a swim test by either a certified lifeguard or WSI instructor prior to swimming without a flotation device. They will go through this test every season. We encourage families to send a puddle jumper or similar swimming flotation device to be used during open swim if your child does not swim independently. They otherwise will wear a Worcester Fitness Swim Academy swim bubble. This swim test is non-negotiable for the safety of all of our swimmers. This swim test can be reevaluated at any time as a child's swim ability progresses during the summer. Please contact the Camp Director if you have any questions in regards to the results of your child's swim test.

Swim Lessons

Campers will be grouped according to skill level and age for their swim lessons. Any child who cannot swim on their own or does not pass a swim test will wear a swim bubble during the entire swim lesson unless in the water with a certified swim instructor or assistant. All children will attend swim lessons.

Medication

If your child requires medication, written documentation of dosage and medication instructions, including parent' signature, must be submitted. Please request a Parent Consent and Medication Form to be completed and placed on file. This includes inhalers and Epi-pens. All medications must be given to the Camp Director in the original container with your child's name on it. Parents are responsible for drop off and pick up of medications either daily, weekly, or at the completion of camp. A lead staff member can obtain it for you from our locked medication box.

Health & Safety

Any child who complains of or appears to not feel well will be removed from the area and evaluated. Under the supervision of a staff member, if the child shows signs, symptoms and/or complaints of being ill, the parent or emergency contact will be notified and the child will be sent home. If the child shows any signs or symptoms of being seriously ill or seriously injured, emergency help will be summoned by calling 911. Children should be fever-free for 24 hours prior to returning to camp.

Registration Deadlines

Registration deadline occurs the Wednesday prior to the upcoming week at 3pm. Rosters will be locked at that time and no further enrollment will be offered to accommodate timely enrollment and adequate staffing.

Cancellation

Camp payments guarantee your registration and are non-refundable after May 1, 2020.

Rescheduling

As stated above camp payments guarantee your registration and are non-refundable after May 1, 2020. Camp days can be re-scheduled as long as there is availability. These changes have to be made by the Wednesday prior to your scheduled week by 3pm. There are no make ups for missed days or sick days.

Waitlist

We offer a waitlist and you will be contacted via phone or email if a spot opens up for your child.

Absent

If your camper is going to miss a scheduled day of camp, please contact the camp director Kat Butterfield at kat@worcesterfitness.com or (508) 852-8209 ext. 112 by camp start time.