

### Welcome:

We would like to welcome you and your child to Carmichael Recreation and Park District's Summer Day Camps. We look forward to providing a fun and safe environment for your children to enjoy this summer! Here is some information to help you and your child get ready for your first day!

### Camp Dates and Times:

We have 8 weekly sessions starting June 13<sup>th</sup> to August 5<sup>th</sup>. We are open Monday – Friday from 7:30am to 6pm.

### Camp Schedules:

A weekly activity schedule will be handed out each Monday. Included in our activities are: team building games, sports, arts, crafts, dance, drama, clubs, and nature projects. We like to offer campers choices so we plan at least two activities each time period throughout the day. This schedule allows campers to pick what activity they would like to do and then have the opportunity to switch half way through. We also try to plan an outside or gym activity with an indoor activity so kids have a chance to cool off in our air conditioned buildings. Additionally, we go to the pool and go on a field trip once a week! Attached is an example.

### Field Trips:

Most weeks each camp goes on a field trip. Some of our destinations this summer include: John's Incredible Pizza, Foothill Skate, Laser Tag, Rebounders, and Movie Theaters.



We provide the transportation, field trip expense, and supervision with no additional costs. We try to keep our staff to camper ratio for field trips at: Voyager 1:6, Explorer 1:8

### Swimming:

Most weeks we take our campers swimming. Our main destination is the Antelope Aquatic Complex (7990 Palmerson Drive, Antelope, 95843). The Antelope Aquatic Complex has a fun wading pool area pictured below for non or limited swimmers. They also have bigger water slides and a pool for older and experienced swimmers.



Most weeks Voyager goes to the pool on Wednesdays and Explorer goes on Tuesdays. Please remember to check your weekly schedule as sometimes pool days change according to weekly activities planned. Once entering the pool, the Sunrise Recreation and Park District Lifeguards do swim test on all of our campers. Children will be separated according to their swim test results and given wristbands to designate if they can or cannot swim. This is a measure Sunrise Recreation and Park District staff take to ensure children safety. Those children who cannot swim will be allowed to play in the wading pool area only (which is no deeper than 4 feet). We also ask for your feedback on your child's swimming abilities in our "Start Your Summer Now" packet which you must complete when first registering your child. We suggest campers bring a bag on pool days for their towel and suit.

### Transportation:

We provide transportation to all of our camp pool visits and field trips using our district passenger vans. Our drivers have proper certifications and training and work year round for our district. Please refer to the "Start Your Summer Now" regarding Booster Seats.

**Camp Locations and Facility:**

Both Voyager and Explorer Camps are located at the La Sierra Community Center (5325 Engle Rd, Carmichael, 95608). Our facility has two gymnasiums, large air conditioned buildings, outside soccer and baseball fields, picnic areas, and a playground.

The Voyager Camp (ages 5- 8) is located at the Kids Corner near the baseball fields. There is a gravel area you can park your car and the door faces the baseball fields.

The Explorer Camp (ages 9 – 11) is located in the John Smith Hall close to our Recreation Office. You can pull into the U-Shaped driveway and park your car in one of the yellow 30 minute loading areas. If all of these are taken, please park in the lot and not in the red zones.

Signs will also be posted to help direct you to your child's camp!

**Daily Check-In Procedure:**

When you arrive to camp, our staff will help you sign your child in at our welcome table. At this time, please look at the information we have on the table and pick up the forms you find helpful. These forms include our weekly schedule and any other important forms you may need for that week. Our staff will also help your child label any snacks they bring. Campers are not allowed to sign themselves into camp without the collaboration of staff and parents. Please speak to your camp director for more information. Our camps open at 7:30am!

**Daily Check-Out Procedure:**

All campers must be signed out by an adult listed on their "Start Your Summer Now" Authorized List. Our staff will ask for your photo identification. Once our staff begins to recognize you, you will no longer be asked to show your ID. Parents can make changes on their child's authorized list at any time. Please speak to your child's camp director to adjust the necessary form. Campers are not allowed to sign themselves out of camp without the collaboration of staff and parents. Please speak to your camp director for more information. Our camps close at 6pm!

**Camp Attire:**

Campers should wear comfortable clothes that will allow them free range of motion to participate in recreational and athletic activities. Campers must wear tennis shoes every day. On pool days, campers may bring sandals or flip fops in their bags to wear while at the pool.

**Sunscreen:**

We highly encourage you to put sunscreen on your child every day before camp. We also suggest packing sunscreen in your child's bag on pool days so he/she can reapply before leaving for the pool. Our staff members will remind campers to put on sunscreen but will only assist in applying the spray can style sunscreen to your child and then will ask your child to rub it in on themselves.

**Lunch and Snacks:**

We have two snack periods and one lunch period. We do not provide any food so please remember to pack enough food for your child to eat throughout the day. Snacks are stored separately so those items need to be labeled with your child's name and need to be non-perishable. No glass containers or bottles.

We also have mandatory water breaks to keep our campers well hydrated throughout the day. We do have several drinking fountains but some campers prefer to use their own water bottles. If your child brings his/her own water bottle, **please make sure you label it with their name.**

**No Personal Items/Electronic Devices:**

Campers are not permitted to bring any personal items from home. Bring personal items often increases the likelihood of them getting lost, stolen or damaged. In addition, campers cannot borrow, lend or trade items while at camp. Cell phones and iPads are not permitted at camp. If you wish for your child to have a cell phone at camp, please meet with your camp director to discuss options.

**Movies:**

Movies are shown once a week at camp. We view movies that are rated G and PG. The titles of the movies are posted by the parent welcome table. If you don't wish your child to view a particular movie, please let us know and we will have them participate in an alternate activity.

**Supply Donation:**

If you would like to donate items for your child's camp we are always accepting water balloons, sunscreen, stickers, craft supplies and prize box goodies. Please speak to your camp director if you would like to donate any of the above referenced items.

### Reward System:

At summer camp, we believe in positive reinforcements and rewards. If you would like to know how your child's behavior has been, we encourage you to check out our star chart. Your child will have a clothes pin with his/her name on it. The clothes pin is attached to a chart similar to the diagram. All campers start the day at three stars and have the ability to move up to a maximum of five stars or down to a minimum of one star. If you child has good behavior or does a good deed, your child will be asked by one of our staff members to move their pin up a star. When your child receives 5 stars in a day they will be given a rhinestone to attach to their clothes pin, when the pin is full they can retire it to the "Hall of Fame". At the end of each day, our staff will record how many stars your child received. At the end of the week, the campers who have at least 15 stars (average of 3 each day) will receive a star party treat. These star party treats include things like popsicles, ice cream, or other fun items.



### Discipline Policy:

Every week we'll go over the camp rules with everyone. When a camper breaks a rule or is disrespectful, that camper will be asked to move their pin down a number. When a camper reaches the second star, he/she will be asked to take a five minute breather from the activity. A staff member will talk to the camper and try to work through what occurred and how they can work together to make it not happen again. If a camper reaches a one star, he/she will take a five minute breather and do a Think Sheet. This sheet asks them questions about what happened, who was involved, and what they could do differently next time. Staff will help campers with this form and work together to resolve situations, parents will be notified of any continuing behavior situations and a meeting will be scheduled with the camp director.

Any type of physical behavior demonstrated by a camper will result in an automatic and immediate suspension from camp for the remainder of the week. Campers may come back to camp the following week but if any further physical behavior continues, that camper will be suspended from camp for the remainder of the summer.

### Allergies:

All allergies must be listed on the Health History Form located in the "Start Your Summer Now" packet. In cases of severe allergies, email the program supervisor at [mzimmerling@carmichaelpark.com](mailto:mzimmerling@carmichaelpark.com) to schedule a meeting.

### Illness:

If your child becomes ill or injured at camp, you will be immediately contacted. Children will not be allowed in the summer camp program if they are ill, have head lice, or any communicable disease. Children must then be free from all symptoms for 24 hours before they will be permitted to return to the program. We will follow all CDPH and Sacramento County guidelines regarding COVID-19 quarantine and isolation guidelines. If you have questions about the guidelines please email the program supervisor [mzimmerling@carmichaelpark.com](mailto:mzimmerling@carmichaelpark.com).

### Medications:

Please email the program supervisor [mzimmerling@carmichaelpark.com](mailto:mzimmerling@carmichaelpark.com) or contact you camp director if your child requires any type of medication that must be administered while attending our program. They can review our medication policy with you and help determine the best course of action for you and your child and provide any necessary paperwork that must be filled out.

### Registration:

Our Recreation Office, located at the La Sierra Community Center (5325 Engle Rd, Suite 100) is currently taking registration. The registration form and the "Start Your Summer Now" packet can also be found on our website at [www.carmichaelpark.com](http://www.carmichaelpark.com). When registering for your first week you must complete a "Start Your Summer Now" packet along with a registration form. After your first week of attendance, you only need to complete the registration form. **No spaces are reserved from week-to-week so register early to secure your spot in camp.**

### Refunds and Credits:

We honor transfer and credit request provided that the week requested is not full. All transfers and refunds must be requested at least five business days prior to the week of camp in which you are requesting a refund.

For all further questions or site visits, please contact our La Sierra Office 916-483-7826 or email Matthew at [mzimmerling@carmichaelpark.com](mailto:mzimmerling@carmichaelpark.com).

# Summer Day Camps

## Examples of Weekly Activity Schedules



### Voyager: 5-8 year olds

| Time        | Monday                           | Tuesday                           | Wednesday                   | Thursday                     | Friday                                 |
|-------------|----------------------------------|-----------------------------------|-----------------------------|------------------------------|----------------------------------------|
| 7:00 – 8:30 | Free Time                        | Free Time                         | Free Time                   | Free Time                    | Free Time                              |
| 8:30-9:30   | Rules, People 2 People & Tri Tag | Relay Races & Four Corners        | Mr. Wolf & Hot Potato       | X Factor & Ship Wrecked      | Limbo & Steal the Bacon                |
| 9:30-10:00  | Snack                            | Snack                             | Snack                       | Snack                        | Snack                                  |
| 10:00-11:00 | Crab Soccer & Chalk Art          | Puppets & Zombie Tag              | Kickball & Fuse Beads       | Jewelry & Capture the Flag   | Link Tag & Coloring                    |
| 11:00-11:30 | Playground & Lava Monster        | Dazzlin' Drea & Anna Banana       | Playground & Basketball     | Jumpin' Jessica & Marker Tag | Kids Choice                            |
| 11:30-12:00 | Lunch                            | Lunch                             | Lunch                       | Lunch                        | Lunch                                  |
| 12:00-12:30 | Stations                         | Stations                          | Ready for POOL              | Stations                     | Get Ready for JIP                      |
| 12:30-1:00  | Camp Challenge & Comic Books     | Story Fairy & Cats and Dogs       | Pool                        | Elbow Tag & SPUD             | Field Trip:<br>John's Incredible Pizza |
| 1:00-2:00   |                                  | Movie                             |                             | Water Play                   |                                        |
| 2:00-3:00   |                                  | Kids Choice                       |                             | Snack                        |                                        |
| 3:00-3:30   | Snack                            | Snack                             |                             |                              |                                        |
| 3:30-4:00   | Talent Show & SPUD               | Craft of the Week & Lovely Lauren | Heading back!               | Playground & Chalk           | Heading back!                          |
| 4:00-4:30   | Talent Show & Limbo              | Obstacle Course & Musical Chairs  | Snack                       | Charades & Steal the Bacon   | Snack                                  |
| 4:30-5:00   | Category Ball & Silent Ball      | Color Contest & Lipsync           | Telephone & Jig-gity Jayson | Bingo & Treasure Hunt        | Dodge Ball & Line Tag                  |
| 5:00-6:00   | Free Time                        | Free Time                         | Free Time                   | Free Time                    | Free Time                              |

### Explorer: 9 – 11 year olds

| Time        | Monday                       | Tuesday                     | Wednesday                      | Thursday                      | Friday                        |
|-------------|------------------------------|-----------------------------|--------------------------------|-------------------------------|-------------------------------|
| 7:00 – 8:30 | Free Time                    | Free Time                   | Free Time                      | Free Time                     | Free Time                     |
| 8:30-9:30   | Rules, ID Thief & Marker Tag | Castle Ball & Flag Football | Bob's Bonanza & 4 Square       | Hand Squeeze & Hidden Egg     | Fuse Beads & indoor Soccer    |
| 9:30-10:00  | Snack                        | Snack                       | Snack                          | Snack                         | Snack                         |
| 10:00-11:00 | Watercolors & Basketball     | Braided Clothe & Animal     | Owl Magnets & Human Pinball    | Love Bugs & Everybody's It    | Handprint Animals & 4 Corners |
| 11:00-11:30 | Magnificent Molly & Chalk    | Playground & Basketball     | Lively Leslie & Puzzles        | Playground & Hot Lava Monster | Kids Choice                   |
| 11:30-12:00 | Lunch                        | Lunch                       | Lunch                          | Lunch                         | Lunch                         |
| 12:00-12:30 | Stations                     | Get Ready for POOL          | Stations                       | Get Ready for JIP             | Stations                      |
| 12:30-1:00  | Camp Challenge & Comic Books | Pool                        | Frisbee Dodge Ball & Shoe Golf | John's Incredible Pizza       | Leader Cone Tag & Storybook   |
| 1:00-2:00   |                              |                             | Movie                          |                               | Water Play                    |
| 2:00-3:00   |                              |                             | Kids Choice                    |                               | Snack                         |
| 3:00-3:30   | Snack                        |                             |                                |                               |                               |
| 3:30-4:00   | Talent Show & SPUD           | Heading Back!               | Cooky Cody & Mafia             | Heading Back!                 | Playground & Jump Ropes       |
| 4:00-4:30   | Talent Show & Limbo          | Snack                       | Ballistic Brad & Freeze Dance  | Snack                         | Link Tag & 2 Truth's 1 Lie    |
| 4:30-5:00   | Heads Up 7 Up & Hangman      | Word Search Race & Air Ball | Color Contest & Jump the River | Big Chief & Bracelets         | Musical Chairs & Pony Beads   |
| 5:00-6:00   | Free Time                    | Free Time                   | Free Time                      | Free Time                     | Free Time                     |

# Summer Camp RULES!



## BE RESPECTFUL

Respect leaders and campers

Treat others the way you want to be treated

Touch only your property and keep away from other people's things

Be kind to camp equipment

All campers must take turns. Campers can take two turns in a row only if no other campers want to play.

Share camp supplies and games

No bad language or name calling

## BE SAFE

Keep your hands and feet to yourself

Campers must always be with a leader

Stay away from the heaters, curtains, and stage

Stay out of the kitchen and the staff office unless you have permission

Campers are responsible for their own belongings. CRPD is not responsible for any loss, stolen, or damaged items.

## FOLLOW DIRECTIONS

Walk inside, unless for a planned activity or game

Respond to Attention Getter's at camp

Snack must be placed in the snack box. Snacks cannot be refrigerated or microwavable food.

Carry chairs off the ground when moving them

Stay away from dirt and plants growing in the planter boxes

Hang backpacks up on carts

During planned activities campers personal belongings need to be put away (i.e., ipods, CD players, Game systems, cards, etc.)

NO trading any personal belongings

NO ELECTRONIC USE AT CAMP AT ANY TIME. Please keep all electronic devices at home.

## CLEAN-UP

Pick up all games when finished playing

Throw away trash.

Clean up supplies

Keep bathrooms clean and use them the right way.

Only two people in bathrooms at once.