



## 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 9 weekly sessions starting June 12<sup>th</sup> to August 8<sup>th</sup>. We are open Monday – Friday from 7am 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:

Each week all camps go on a field trip. Some of our destinations this summer include: Sky High, Bounce U, Funderland, John's Incredible Pizza, Fliptastic, Laser Tag, Movie Theaters, and Monster Mini Golf. For a current list of fieldtrips and dates, please visit our website at [www.carmichaelpark.com](http://www.carmichaelpark.com).



We provide the transportation, field trip expense, and supervision with no additional costs. Our staff to camper ratio for field trips are as follows: Voyager 1:6, Explorer 1:8, Teen: 1:10

## Swimming:

Once a week we take our campers to 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 pool for older and experienced swimmers.



Most weeks Voyager and Teen Camp 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 you must complete when first registering your child. We suggest campers bring a bag on pool days for their towel and suit. Our staff to camper ratio for swimming are as follows: Voyager 1:6, Explorer 1:8, Teen 1:10

## 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:**

The Voyager, Explorer, and Teen 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.

The Teen Camp (ages 12-14) is located in the John Smith Hall from 7am -10am and 4pm – 6pm. During the middle part of the day, the camp is located in the Cypress Room (810) along the side of the community center near the Koobs Nature area.

Prior to your first day of camp, a camp map will be emailed to you. 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 our field trip form. Our staff will also help your child label any snacks they bring and also put their lunch in our camp refrigerators. 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 7am!

**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 add or delete any names 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. Each camp has a refrigerator and microwave for lunches. Snacks are stored separately so those must be non-refrigerated items and need to be labeled with your child's name. 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:**

The household items you may want to throw away could be very valuable to our staff and participants. Our staff often look for items like jars, paper towel rolls, and magazines for arts and crafts projects.

Please speak to your camp director if you have some unwanted items that you think our staff may find useful.

### 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 your 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. 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. All Think Sheets will be attached to camper's sign-in/out sheet so parents can see what occurred that day. Parents will be notified of any continue 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.

### 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.

### Allergies:

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

### Medications:

Please contact our program coordinator at [Telly@carmichapark.com](mailto:Telly@carmichapark.com) if your child requires any type of medication that must be administered while attending our program. Our program coordinator can review our medication policy with you and help determine the best course of action for you and your child.

### 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 camp coordinator at [Telly@carmichaelpark.com](mailto:Telly@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 & Zomb- bie 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: John's Incredible Pizza
1:00-2:00	Kids Choice	Movie		Water Play	
2:00-3:00		Snack		Snack	
3:00-3:30	Snack	Snack	Heading back!	Playground & Chalk	Heading back!
3:30-4:00	Talent Show & SPUD	Craft of the Week & Lovely Lauren		Charades & Steal the Bacon	
4:00-4:30	Talent Show & Limbo	Obstacle Course & Musical Chairs	Snack	Bingo & Treasure Hunt	Dodge Ball & Line Tag
4:30-5:00	Category Ball & Silent Ball	Color Contest & Lipsync	Telephone & Jig-gity Jayson	Free Time	Free Time
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	Kids Choice		Movie		Water Play
2:00-3:00			Snack		Snack
3:00-3:30	Snack	Heading Back!	Cooky Cody & Mafia	Heading Back!	Playground & Jump Ropes
3:30-4:00	Talent Show & SPUD		Snack	Ballistic Brad & Freeze Dance	Snack
4:00-4:30	Talent Show & Limbo	Word Search Race & Air Ball	Color Contest & Jump the River	Big Chief & Bracelets	Musical Chairs & Pony Beads
4:30-5:00	Heads Up 7 Up & Hangman	Free Time	Free Time	Free Time	Free Time
5:00-6:00	Free Time	Free Time	Free Time	Free Time	Free Time

## Teen Camp: 12 – 14 year olds

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am—8:30am	Free Time	Free Time	Free Time	Free Time	Free Time
8:30am—9:30am	Rules & Scavenger Hunt	Football & Bear, Salmon, Mosquito	Tournament 4SQ & Indoor Soccer	Link it & Baseball	Fuse Beads & Spike Ball
9:30am—10am	Snack	Snack	Snack	Snack	Snack
10am—11am	Dr. Dodgeball & Group Paint	Basketball & Drama	Vampire & Swamp Ball	Jump the River & Corn Hole	Teens Choice
11am—11:30am	Tree Tag & Hockey	Art	Everybody's it & Relays	Beach Ball Volleyball	Lunch
11:30am—12pm	Lunch	Lunch	Lunch	Lunch	Ready for FT
12pm—12:30pm	Stations	Stations	Ready for Pool	Stations	Field Trip
12:30pm—1:30pm	Leader Cone Tag	SPUD & Capture the Flag	Antelope Aquatic Complex	Movie	
1:30pm—2pm	4 Corners & Art	Teen's Choice		Frisbee Dodgeball & Musical Chairs	
2pm—3pm	Mafia & Kickball Basketball	Castle Dodgeball & Necklaces			
3pm—3:30pm	Snack	Snack		Snack	
3:30pm—4pm	Human Pinball & Statue	Pickleball	Snack	Have you Ever & Key Chains	Art & Drama
4pm—4:30pm			Silent Ball & Fruit Basket		
4:30pm—5pm	Keys in Cupboard	Game Tournament	Drip Drip Squeeze	Outburst	Pictionary
5pm—6pm	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.