

General Info:

Our program is designed for ages 5-11 years old.

Camp Hours:

Monday-Friday	8:30am – 9:00am <i>Check-In</i>
Half-day morning	9:00am – 12:30pm
Half-day afternoon	12:30pm – 4pm
Full-day	9:00am – 4:00pm

Camp is designed by the week. We do not offer pro-rated weeks. If space allows, we do have drop-in rates. If your child is absent from camp, we do not refund or pro-rate.

Drop off/Pick-Up:

Drop off is no earlier than 8:30am. Campers must be picked up on time. If you do not pick up your camper at the designated time you will be charged a late pick-up fee of \$10 per hour. Pick up no later than 6pm.

Every camper must be properly signed in and out of camp. Photo ID is required during the sign-out process every day. All persons permitted to pick up a child must be listed on that child's registration form and present a valid ID.

Forms:

A camp registration form must be completed for each participant upon register. The camper cannot attend camp until all forms are submitted and completed entirely.

Safety:

We take our responsibility for your child very seriously. Our program is designed with safety as our number one priority.

- Our staff is First Aid and CPR/AED certified.
- We complete extensive background checks prior to hiring our youth staff.
- Each staff member is required to attend training held prior to camp. Training includes: emergency procedures, crisis management, positive discipline and child development.
- All staff is required to be in uniform.
- Our staff strives for a low 1:10 counselor to camper ratio. 1:5 for swim instruction.

- Staff is never alone with a child, and children are never left unsupervised.
- Staff regularly count campers and maintain visual contact with children at all times, providing special attention during transition times.
- Campers are required to inform staff and have a buddy when walking to the restroom.
- Special guests are screened and are never left alone with any group of campers.

Camp Behavior:

Campers are expected to:

- Show respect to staff and other campers.
- Be responsible for their belongings.
- Be an active participant in all camp activities.
- Stay with assigned group.
- Follow all rules.

Staff is trained to resolve behavior problems in a positive manner. Fit is dedicated to providing an environment where expectations are clear and precise while offering a program that's fun and rewarding. Should your child have a behavior problem the following steps are taken:

- 1st Offense Staff gently issues a warning by letting the child know the rule.
- 2nd Offense Child is placed in a five-minute time out.
- 3rd Offense Child is removed from the activity.

If behavior problems persist the child is taken to the director. In more severe or persistent cases, the director contacts the parents for a conference. In the event the behavior problem cannot be corrected, Fit reserves the right to suspend or expel any child from camp at any time. Our policies do not grant refunds or credits for missed days due to behavior problems.

Swimming:

We swim every day the weather permits. Campers need to bring a swimsuit, sunscreen and a towel every day. In order to be in a pool lane, your child must be able to float independently and be able to swim one length of the pool. Based on their evaluation, each camper is assigned to a swim group with an appropriate level of supervision and guidance. Every camper is required to follow pool rules at all times and can be removed from the pool by the lifeguard, or counselor for any behavior deemed unfit or unsafe.

What to bring/ what not to bring:

Lunch: Each camper is required to bring lunch, two snacks and have a water bottle. Please pack your child's lunch in a container that keeps it cool. Microwaves and refrigeration aren't available. If you would like a staff to pull out only the snack at snack time please put a label on lunch container. No gum is allowed. Please inform us of your child's food allergies.

Clothes:

Every camper is provided with one camp shirt for each week paid in full. Campers must be in wear closed toe athletic shoes and sock. Additional camp shirts are available for \$12. Please place change of clothes and shoes in a freezer size bag with child's name on the front and all belonging labeled with their first and last name.

Optional: Sunglasses, baseball cap, visor, swim goggles, sweatshirt, and light jacket.

What not to bring:

Pool floats, money, iPods, iPads, laptops, gaming devices. Cell phones are permitted but must remain in your child's backpack while camp is in session. Fit is not responsible for any loss or damage to personal items of any kind.

Medical care/In case of emergency:

The safety and well being of your child is our top priority. In case of a minor injury, our trained staff will administer first aid and if warranted, notify the director who will notify you by phone. In case of an emergency or illness, staff immediately contacts the director or club manager who immediately contacts the parent or legal guardian. Please be sure to update information if anything changes. If you have an emergency and need to get in contact with staff or camper please contact the front desk.

Special Instructions:

Medications: Our counselors follow strict guidelines with camper medications. A completed medication release form must be on file. All medications must be in the original prescription container with appropriate dosage and child's name printed on the label. Please put medications in a sealed bag marked with child's name, which will be placed in a locked cabinet in the director's office; the director or club administers all medication.

Sibling/Groups Requests:

We'll make every effort to accommodate requests to keep siblings or friends grouped together, but there are no guarantees. This is especially difficult with different age groups.

Communication:

Exchange of information between parents and staff provide insight for both parties. It's vital that you inform us of any significant changes happening in your family that influence your child. This information is kept private and confidential.