



Welcome to Worcester Fitness's 2019 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.

At Worcester Fitness, we run a licensed camp program and follow all state regulations compliant with 105 CMR 430.000. In compliance with .190D, background check, health care, discipline policies and grievance procedures are available upon request.

### **Prior to Camp**

1. Sign up for your selected days. We do sell out days. Registration is required the Friday before your scheduled week.
2. Complete and return the 2019 Health History/Camp Information Form prior to the start of 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.

### **What to Bring**

#### **Food**

- 2 **nut-free** snacks and a reusable bottle of water labeled with your child's name
- A **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.

#### **Clothing**

*Everything labeled with your child's name*

- A spare change of clothing
- Bathing suit, towel, and shoes to wear to pool area
- Sneakers and socks worn or packed for gym time.

**Please leave electronics, video games, or something similar 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.**

## **Swimming**

Every child will go through a swim test by either a certified lifeguard or WSI instructor prior to swimming without a flotation device. 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 can be reevaluated at any time as a child's swim ability progresses during the summer.

## **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 you child's name on it.

## **Health & Safety**

Any child who complains of or appears to not feel well will be removed from the gym 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.

## **Rescheduling**

Camp deposits guarantee your registration and are non-refundable. Camp days can be re-scheduled as long as there is availability and you are able to provide at least 24 hour notice.

## **No Show**

Without 24 hours advanced notice, we will not have sufficient time to offer the camp day to someone else. Therefore, missed camp days are non-refundable and not subject to rescheduling.

## **Absent**

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

Thank you for choosing Worcester Fitness for your 2019 Summer Camp Program. We look forward to a summer full of fun!