



Welcome to the 2024 Swim Academy Summer Camp! Our adventure-filled Full Day 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, outdoor play, 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 2024 Summer Program. Please review this document in its entirety before your first visit with us. We look forward to a summer full of fun!

### **Camp Hours**

9am – 4pm

### **Extended Care Hours**

7:30am - 9am

4pm - 5pm

### **Camp Prices**

5 Days \$325

### **Extended Care Prices**

Morning Care: \$50

Afternoon Care: \$45

## **Registration Opens March 4th, 2024**

### **Early Bird Savings**

Register on March 4th 5% discount

## Camp Themes

Each week of camp will follow a theme. Arts and Crafts and activities will be based off of the weekly theme.

Week 1: Beach and Under The Sea Week

Week 2: Pirates Week

Week 3: America Week

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: Smorgasbord Week

## Prior to Camp

1. Register for Camp. Registration is required in order to attend.
2. Complete the 2024 Health History/Camp Information Form no later than June 10th. These forms are filled out in Google Forms. You will need a google account to complete.

## What to Bring

### Food

- 2 **peanut and nut-free** snacks on ice if needed (minimum) and a reusable bottle of water labeled with your child's name
- A **peanut and nut-free** lunch on ice if needed
- 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. Pizza Friday is \$4 per child.

## Clothing

Everything labeled with your child's name

- ***Please send your child wearing their bathing suit over clothes each morning.***
- A spare change of clothing
- A second bathing suit, towel, and shoes to wear to pool area. *A second bathing suit is recommended but not required.*
- 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)
- Send your child wearing clothing, shoes, and bathing suits that are easy for them to manipulate individually.

**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.* 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. Pick up and drop off will be at the entrance to our Children's room.

### Drop Off/Pick up Procedures for 9am-4pm Children

Drop off and pick up will take place inside the front entrance at Worcester Fitness.

Drop off: Drop off will be available for parents from 9:00am-9:15am. We cannot take children prior to 9am unless enrolled into our morning care program. We ask all children to **arrive by 9:15am**. This is to help your child have a successful day with us and transition together as a group.

Pick Up: Pick up is available for parents from 3:45-4:00pm. Prior arrangements should be made at drop off if you are picking your child up before 3:45pm with the Program Director. All campers should be picked up by 4:00pm. If a child is still in our care, they will be signed into our extended care program and charged accordingly. The rate for late pick up is \$15 per day. Pick up parents/guardians must be listed as an emergency contact and photo ID will be checked the first visit, or at any time they are not recognized by the Directors. If they are not listed as an emergency contact, a written authorization must be provided to the director at drop off.

## **Sunscreen**

We ask that all children arrive wearing sunscreen. We will reapply during the day if needed.

## **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 Program 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. All children will attend swim lessons. They can sit on the side if they do not want to participate. This rule is for the safety of all of our children in terms of child to staff ratios.

## **Medication**

If your child requires medication, written documentation of dosage and medication instructions, including parent's 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. A lead staff member can obtain it for you from our locked medication box.

## **Behavior**

Our Summer Program staff will direct discipline with the goal of maximizing growth and development of the child and for protecting the group and individuals within it. We will work directly with the child to redirect, learn, and give the opportunity to change the behavior. Behaviors that will not be tolerated include fighting, rough housing, unsafe behavior, threatening or bullying other children or staff, not following pool safety guidelines, use of inappropriate language, and stealing. Campers need to be able to transition between activities throughout the day.

**First Violation:** A staff member will address the issue directly with the child and the child may be removed from the activity for the day. Parents will be notified at pick up.

**Second Violation:** A staff member will address the issue directly with the child and will be removed from the activity. The parent or guardian will receive a phone call and may be asked to pick up their child within the hour.

**Third Violation:** A staff member will address the issue directly with the child and will be removed from the activity. The parent or guardian will receive a phone call to pick up their child and will be dismissed from our program.

\* Worcester Fitness reserves the right at any time to dismiss your child from the program immediately if we deem unsafe placement due to environment, physical, emotional, or other harm to themselves, other children, and staff. There are no refunds if a child is dismissed from the program.

### **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. In the event of calling 911, we will also contact the emergency contact and fill out an accident report that will also be provided to the parent. Children should be fever-free for 24 hours, and symptoms improving prior to returning to camp.

### **Registration Deadlines**

Registration deadline occurs the Monday 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. Most of our program will sell out and we recommend registering in advance.

### **Cancellation**

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

### **Rescheduling**

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 the Program Directors at [kids@worcesterfitness.com](mailto:kids@worcesterfitness.com) or (508) 852-8209 by 9am.

### **Summer Camp License**

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health. As a parent or guardian you may request copies of background checks, health care and discipline policies as well as procedures for filing grievances.

**Unrecognized Person Policy**

If there is an unrecognized person in the Worcester Fitness facility (i.e., non-campers, staff, members, or parents or legal guardians), one of our employees will approach the unrecognized person to ask how we can assist them (we do have customers stop in for information about our programs frequently and we always seek to identify who they are right away). If there is any reason to believe that this person is a danger to our staff or campers or if there is not a valid reason for this individual to be in our facility, this person will be asked to leave the building and the Worcester Police and the building landlord will be notified. In addition, if there is ever an unrecognized person in the parking lot that doesn't appear to be doing business in one of the plaza shops, the Worcester Police and landlord will be notified as well. No unauthorized person is ever allowed to enter the gym, kids room, or pool area where the campers are located. All guests in the building must stop by the front desk and will remain in the lobby or office to conduct their business.