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Introduction

At One Nineteen it is our privilege to provide your child with first rate service in a fun, safe, and exciting environment. All of our programs are led by qualified staff that will help your child grow and learn in a healthy setting. It is our goal to provide your child with exceptional care while at the same time getting them excited about nutrition and exercise.

General Information

AGES: 6-12

DAYS/HOURS: 8:00 a.m. - 4:00 p.m. (camp activities)
There are extended drop off and pick up hours beginning at 7:00 a.m. and extending to 6:00 p.m.

ATTIRE: Exercise appropriate clothing: Shorts, t-shirts, tennis shoes (please no flip-flops)

SCHEDULE: see example of daily schedule

ACTIVITIES: Activities do vary depending on the season, but always include fun physical activities and sometimes even an arts and craft project. Activities include but are not limited to the following:

* Basketball	* Arts and Crafts
* Volleyball	* Wacky Games
* Swimming	* Fun Relays
* Soccer	* Capture the Flag
* Aerobics	* Orienteering
* Cooking Class	

DAY CAMP
St. Vincent's One Nineteen

Illness and Medication

We want to provide a safe and healthy environment for all children and staff. Children must be healthy and free from fever, colds, and contagious diseases. Please do not bring a sick child to Camp.

In order for us to give medication to your child, an "Authorization for Administering Medication" form must be filled out on a weekly basis by a parent/guardian and returned to the Camp Director, Meredith Drake. On this form, parents must include instructions for quantity, time to be administered, and any other specific instructions in order for the medication to be given to the child.

Goals and Objectives

To provide a safe and fun-filled exercise environment
To develop a friendly environment for children to make new friends
To help children express themselves creatively and establish core values
To provide children with a general understanding of health and fitness
To develop good sportsmanship through supervised play

Sample daily schedule

7:00-8:00 a.m.	Drop off/ collect lunch and snack orders
8:00-9:00 a.m.	Warm-up, stretch, get up and going activity
9:00-10:00 a.m.	Physical activity: basketball, soccer, etc.
10:00-11:00 a.m.	Craft project
11:00-11:35 p.m.	Lunch
11:35-12:15 p.m.	Downtime, relax, play board games, etc.
12:15-2:00 p.m.	Group activities including but not limited to relays, field day activities, and team sports.
2:00-3:00 p.m.	Swim time
3:00-4:00 p.m.	Clean up and snack
4:00-6:00 p.m.	Pick-up (children waiting to be picked-up will be able to participate in supervised play ranging from basketball, board games, to coloring)

Cost

Member	\$30 a day or \$135 per week per child
Nonmember	\$35 a day or \$160 per week per child

Deposit:

A \$5 deposit per day is required to reserve a space for your child. The \$5 deposit is deducted from the daily cost of camp. This means that you pay the daily cost less the amount of the deposit.

Note: The deposit is nonrefundable.

Enrollment

There are two ways to enroll your child in camp:

- Completely fill out, sign, and date the attached registration form.
- Visit our website, www.onenineteen.com. Here we offer complete registration and payment options.

**Remember to complete the entire registration form. Incomplete forms will result in a delay of your child's participation in the program.

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Enrollment (continued)

Please be sure to specify which days your child will be attending Camp and pay the appropriate deposit amount in order to secure your spot. Please return all completed forms to Meredith Drake, Camp Director and Aquatics/Activities Supervisor.

Once you have completed and signed a registration form, that form will be valid for one year. From this point on, all you will have to do to sign up for a day of camp is sign-up for the specific days you want and pay your deposit. However, it is very important to notify the Activities Supervisor immediately if there are any changes to your child's emergency, medical, or allergy information.

What to bring

- Swimsuit and a towel labeled with your name in a tote (backpack/gym bag)
- Lunch
- Exercise appropriate clothing. Shorts, t-shirt, tennis shoes
- Bring an extra set of clothes because accidents do happen!

What not to bring

- Do not bring any games, toys, or books to camp.
- Do not bring any valuables. One Nineteen Health and Wellness is not responsible for any items lost at camp.

Lunch and Snack

Lunches are provided for the children through our Café, but are not included in the cost of camp. Lunch options will include a variety of sandwiches, fruit, snacks, and drinks. If you would like to send a lunch from home, please send one that does not require refrigerating or microwaving.

If ordering food for your child through our Café, please fill out an ordering form complete with payment and return it to a camp counselor upon drop-off (before 8am). Place your food orders a week in advance to ensure that we have your requests in stock.

For your convenience, you may set up a food account for your child each week with a set dollar amount that allows them to make purchases from the Café for lunch or snack. Note: any unused food money will be credited to your camp payment. Children of members may charge this to their parents' account, if allowed.

We will provide an afternoon snack and juice for all campers. Of course your child may bring their own snack, or purchase something from the Café if they have a preference.

Camp Rules

- Stay with the group at all times. Never leave without permission from Camp Staff
- Always walk and use quiet voices while inside the building
- Listen to and obey your Camp staff and lifeguards
- Keep your hands and feet to yourself
- Always clean-up after yourself and put equipment back where it belongs

Swimming Rules

- Camp participants are expected to obey all pool rules and the lifeguard on duty at all times.
- Any child not following the pool rules will lose their swimming privileges for that day.

Drop off and Pick up

- A parent/guardian must accompany the child into the building to sign them in.
- All participants must be *signed out* by their parent/guardian or an individual that is listed on the authorized pick-up list before they can leave. If you want someone not listed on the authorized pick-up list to sign out your child we must have a written and signed note from the parent authorizing pick-up. There are no exceptions, this is for your child's safety.

Discipline Policy

Participants in Camp are required to follow all rules and guidelines. Following these rules will allow for the safe and effective operation of the program.

Disciplinary Action for all Camp Participants

- Verbal warning
- Timeout of current activity
- Repeated disruption and failure to follow rules will result in contacting a parent and the removal from the activity that day.
- Regular violation may result in 3 day suspension from Camp. If this action is taken, you will not be refunded for the days your child is suspended.
- Continued violation will result in permanent removal from Camp.

Note: Every disciplinary action will be written down and initialed by the supervising staff member. This is available for you to see at any time.