



2025 Adventure Camp and Teen Extreme

We are thrilled to introduce you to our weekly summer day camp program. We aim to provide a safe and enjoyable environment for all our campers. During camp, we encourage children to learn new skills, engage in fun activities, swim, make friends, and develop their confidence and independence. Our programs help children unplug from technology and explore the world around them.

Safety #1 Priority

During camp hours, our staff is responsible for ensuring the safety of all campers. Campers need to understand that they are part of a group and should stay with that group at all times. Counselors will escort campers to and from various locations on campus and during field trips throughout the day. Please remind your camper that they should not wander off and must always ask a counselor if they need to leave the group for any reason.

Adventure Camp & Teen Extreme Camp

Before Camp Care

7:15 am to 8:30 am

Before Camp Care (pre-registration required). Drop off at the Cape Care entrance at the Community Center.

Camp Drop off

8:30-8:45 am Adventure Camp & Teen Extreme

Drop Off - Drive through Pond Cove Circle and proceed to the Middle School parking lot (near the baseball field). Parents, please pull up to the yellow cones. Campers should be ready to exit the car and check in with counselors upon arrival. If you need to assist your camper, please pull into a parking place and walk them across.

If you are dropping your camper off after camp has started, please check in at the camp office.

Camp Pick up

3:00 pm

Drive through Pond Cove Circle and proceed to the Middle School parking lot (near the baseball field). Parents, please pull up to the yellow cones. Campers will be ready for pickup. If you need to help your camper into their car seat or seatbelt, please park or pull ahead so we can keep the line moving.

Plans for playdates or alternate pick-up need to be arranged before pick-up to avoid confusion during a busy time.

After Camp Care (Pre-registration Required)

3:00 pm to 5:30 pm

Before 4:00 pm, pick up at the Cape Care playground. After 4:00 pm, pick up at the Community Center (using the side entrance near IGA).

Adventure Camp Daily Schedule (Grades 1 - 6)

8:45 am to 10:15 am

Activities - Outdoor games, gym games, arts & crafts, & swim lessons.

10:15 am to 10:30 am

Snack - Bring a snack for your camper.

10:30 am to 12:00 pm

Activities - More outdoor games, gym games, arts & crafts, & swim lessons. Adventure Campers will have swimming lessons 1 - 2 times /week, and a choice to free swim in the afternoons.

12:00 pm to 12:30 pm

Lunch - Campers must pack a lunch from home and bring a water bottle.

12:30 pm to 1:00 pm

Playground time/rest time

1:00 pm to 2:45 pm

Choice Time - Campers will choose from a variety of activities.

3:00 pm Dismissal

Drive through Pond Cove Circle and proceed to the Middle School parking lot (near the Baseball field).

3:00 pm to 5:30 pm

After Camp Care (pre-registration required) - Pick up at the Cape Care Playground (before 4:00 pm) or at the Community Center (after 400 pm).

Please let us know if your camper will be attending an after-camp activity.

Teen Extreme Camp Daily Schedule (Grades 7-8)

On Tuesdays, campers will remain on campus for sports, arts & crafts, and swim activities.

On Wednesdays, they will go on a field trip to various locations in Maine and New Hampshire.

Schedules will be posted in the weekly letter with more specific information.

On Thursdays, Teen Extreme will join the Adventure Camp on field trips.

(Schedule may vary, so please check the pick-up times carefully)

Little Cubs Camp

Please [click this link](#) for details specific to Little Cubs Camp. If you are dropping off a variety of campers in different locations, please drop off your Little Cubs camper first.

Dismissal Order: Adventure Camp and Teen Extreme

1. Parent pick up
2. Kids walking or riding bikes will be dismissed
3. Adventure Campers attending After Camp Care will be walked to the Cape Care playground (by the High School)

Field Trips & Special Theme Days

Staff, counselors, and campers all participate in camp olympics, penny carnival, and talent shows! They are what makes camp special -- they encourage camp spirit, generate excitement, and offer campers something to look forward to.

- Thursdays are field trip days for Adventure Camp. Campers **MUST WEAR** their Camp T-Shirt.
If you do not wear your camp shirt on a field trip day, you will be charged \$20 for an additional shirt.
- Please email [Kelly Phinney](#) or call or text 207-615-6835 if your child will not be attending the field trip.
- [Field Trip and Theme Day Schedule](#)

Communication

If you need to call or text a message to the Camp Staff, please call 207-615-6853 for Adventure Camp or Teen Extreme, or email [Kelly Phinney](#).

Little Cub's Camp, please call the Community Services office at 207-799-2868.

Weekly emails will be sent out on Fridays before the week of camp with information relating to the upcoming week, including field trip details and theme days.

Medication

An Authorization to Dispense Prescription & Non-Prescription [Medication Form](#) must be completed, printed, and provided to the camp desk for us to administer to your child during camp hours. Medications must be clearly labeled in their original container and provided to us in a ziplock bag with the Medication Form.

Emergency Procedures

Staff and counselors are CPR certified and equipped with a first aid kit to treat any minor accident. Parents will be contacted immediately if a doctor's attention is required. If immediate medical care is necessary, an ambulance will be called first, and then the parents. If the parents are unable to accompany the child to the nearest emergency room, they will be accompanied by a staff person.

Late Fees

Pick-up from camp is promptly at 3:00 pm. Please call us if you know you are running more than 10 minutes late. At 3:15 pm, a late fee of \$25 will be charged.

Snack Bar

We will have a snack bar this summer with chips, drinks, and small snacks available for purchase. Campers will be allowed to visit the snack bar during lunch to purchase items. This is optional.

Camper Checklist

This is what your camper will need for camp each day.

- A water bottle**, campers can refill it throughout the day at a watering station. No glass bottles. Please label it with your child's name.
- Backpack**, bag, or sac pack to keep all your stuff in. Check the lost and found frequently. You may not even realize it's lost until it's found. Labeling all your Child's stuff helps.
- Sunscreen** (apply before camp). Counselors will remind your child to reapply. Please provide sunscreen, protective gear, ie, a hat, sunglasses, chapstick, etc., also a good idea.
- Closed-toed shoes are preferably sneakers. We do a lot of running and sports. This helps prevent toe injuries.
- A morning snack, lunch**, and a drink are packed in an insulated cooler with an ice pack. Your camper is going to be busy all day and get hungry, so pack a lot of good, healthy food.
- Bathing suit & towel**, and a plastic bag to store when wet. One-piece bathing suits (tankinis covering the waist) for girls. Shoulder-length hair should be tied back or covered with a swim cap. Goggles are fun and optional. Don't forget to take your wet stuff out when you get home and let it dry for tomorrow.
- An extra change of clothing just in case. Keep them dry in a plastic bag.
- Appropriate clothing. No skirts or 'short' shorts. Cover your shoulders and your belly. You will be active and outside unless it's pouring rain or a real scorcher. You will get dirty and possibly wet.
- Adventure Campers should leave all of their electronics at home and stuffed animals/toys. This will avoid tears if the item gets lost or broken.
- Teen Extreme campers will be allowed to have cell phones with limited use during snack times and lunch.
- Teen Extreme Campers will be on campus on Tuesdays. Wednesdays and Thursdays are scheduled field trip days. Some field trips will not return until 5:00 pm on Wednesdays, so please be sure to read the weekly email closely. All field trips are weather permitting.
- Last but not least, a positive attitude and lots of energy.

Rules & Disciplinary Policy

Please read and review with your child before attending camp.

RESPECT - Treat yourself, fellow campers, counselors, staff, equipment, supplies, facilities, property, and personal belongings with respect. We will not tolerate inappropriate language, behavior, or disrespect.

COMMUNICATION - To ensure your safety and the safety of others, listen carefully to staff and counselor directions, remain with your group at all times, and seek permission to leave your group at any time and for any reason.

RESPONSIBILITY - Campers are expected to conduct themselves in a well-behaved manner. The use of inappropriate language or possession of a dangerous object, weapon, or illegal substance will not be tolerated and should be immediately reported to the counselor or staff. Offenses include: endangering another person's well-being, swearing or verbal abuse, leaving campus boundaries, stealing or destruction of property, possession, or use, under the influence of an illegal substance.

Stealing, Property Destruction, and Illegal Substances are considered Third/Fourth Offenses.

Offense Consequences:

- First Offense - Verbal Warning and Counselor Meeting
- Second Offense - Written Notice and Parent/Guardian Notification
- Third Offense - Dismissal (for the day) and Parent/Guardian Pick-up
- Fourth Offense - Camper Suspension (for the remainder of summer without tuition reimbursement)

The above consequences are general guidelines and will be administered at the discretion of the administration.