



Little Cubs, Adventure, and Teen Extreme Camp

Get ready to learn, play, create, and go places. We are very excited to introduce you to our weekly summer day camp programs. Our primary goal is to provide a safe and fun environment for all our campers. Together, we unplug, play, swim, keep active, make friends, and expand our abilities; we become more confident, resilient, and independent.

Camper Information

Enrolled campers must provide a completed camper form before the start of camp. [Camper Information form](#)

Facilities

During camp hours, our staff will be responsible for keeping the following areas safe and secure. Areas included for our use are the Cape Care playground, tennis courts, Capano, & Moulton Field, Multipurpose field, Pond Cove & Middle School area/fields, community center and pool. Campers are limited to these areas and are not permitted in any space without their counselor. Campers who breach these boundaries will be disciplined according to our Rules & Disciplinary Policy (outlined below).

Daily Schedule*

Before Camp Care	7:15 am to 8:30 am (pre registration required)
Start	8:30 am
Activities	8:45 am to 10:15 am
Snack	10:15 am to 10:30 am
Activities	10:30 am to 12:00 pm
Lunch	12:00 pm to 12:40 pm
Choice Time	12:40 pm to 2:45 pm
Dismissal	3:00 pm
After Camp Care	3:00 pm to 5:30 pm (pre registration required)

- * Little Cubs schedule will vary slightly.
- * Little Cubs and Adventure Campers will have swimming lessons 1 - 2/week.
- * Teen Extreme will have the option to have free swim 1/week

Drop Off & Pick Up Locations

Little Cubs Camp

Drop off Cape Care playground (by the high school)
Pick up Back parking lot of Community Services

Adventure Camp & Teen Extreme Camp

Drop off Middle School parking lot (near the Baseball field). Drive through Pond Cove Circle.
Pick-up Middle School parking lot (near the Baseball field). Drive through Pond Cove Circle.

Before & After Camp Care

Drop off Community Center side door (near IGA)
Pick up Cape Care Playground (before 4:00 pm)
 Community Center (after 400 pm)

Dismissal Order

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

Field Trips & Theme Day

Staff, counselors, and campers all participate in theme days! They are what make camp special -- they encourage camp spirit, generate excitement, and offer campers something to look forward to.

Campers will receive a camp t-shirt to be worn on all field trip days. If you do not wear your camp shirt on a field trip day you will be charged \$15 for an additional shirt.

Communication

Weekly emails will be sent out on Fridays prior to the week of camp with information relating to the upcoming week including field trips and theme days.

If you need to speak to someone regarding your camper's daily schedule please call Little Cubs Camp at 207-799-2868 and Adventure Camp or Teen Extreme Camp at 207-899-5341.

Any and all other camp related questions, payments, cancellations, etc. may be directed to Community Services at 207-799-2868. Summer Hours are 7:30 am - 3:30 pm.

Medication

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

Emergency Procedures

Staff and counselors are CPR certified and equipped 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. If you need to speak to someone regarding your camper's daily schedule please call Little Cubs Camp at 207-799-2868 and Adventure Camp or Teen Extreme Camp at 207-899-5431.

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.

- ☐ Backpack, bag or sac pack to keep all your stuff in. Check lost and found frequently. You may not even realize it's lost until it's found. Labeling all your stuff helps.
- ☐ Sunscreen (apply before camp). Counselors will remind your child to re-apply. Please provide sunscreen, protective gear ie. a hat, sunglasses, chapstick, etc. are 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 drink 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.
- ☐ Water bottle, campers can refill it throughout the day at a watering station. No glass bottles. Please label with your child's name.
- ☐ Bathing suit & towel and a plastic bag to store when wet. One piece bathing suits (tankinis covering waist) 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.
- ☐ 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 bellies. 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 and lunch.
- ☐ Teen Extreme Campers will be on campus one day, go to the beach one day and a field trip one day. Weather permitting.
- ☐ Last but not least, a positive attitude and lots of energy.

Rules & Disciplinary Policy

Please read and review with your child prior to 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, 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 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 remainder of summer without tuition reimbursement)

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