



# Little Cubs, Adventure, and Teen Extreme Camp

We are thrilled to introduce you to our weekly summer day camp programs. Our aim is to provide a secure and enjoyable environment for all our campers. During our camps, 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. We believe that our campers become more resilient and self-reliant as they participate in our programs.

## 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).

## Adventure Camp 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 varies slightly.
- \* Little Cubs and Adventure Campers have swimming lessons 1 - 2 times /week.
- \* Teen Extreme have the option to free swim once per 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 at the Middle School parking lot (near the Baseball field). Drive through Pond Cove Circle.

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

### Before & After Camp Care

Drop off at the Community Center side door (near IGA)

Pick up at the Cape Care Playground (before 4:00 pm) or at the Community Center (after 4:00 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 makes 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 before the week of camp with information relating to the upcoming week including field trips 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.**

- 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 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. 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.
- 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 snacks and lunch.
- Teen Extreme Campers will be on campus one day, going to the beach one day, and on 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 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 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.