

# GRANITE FALLS SWIM & ATHLETIC CLUB **Track Out Camp**

- Spring 2017 Sessions-

The Granite Falls Swim and Athletic Club Track Out Camps are Full Day camps for kindergarten through 5<sup>th</sup> grade students that will be fitness focused. Each week campers will enjoy fitness activities, special KidFit classes, visits to the Main Street Park, and education with friends – all centered around a daily theme. Every week will include daily swimming lessons and recreational swim time as well!

Session 1: March 6-10

Session 2: March 13-17

Session 3: March 20-24

Session 4: March 27-31

Session 5: April 3-7

Session 6: April 10-14

Session 7: April 17-21\*\*

Session 8: April 24-28

Session 9: May 1-5

Session 10: May 8-12\*\*

Session 11: May 15-19

Session 12: May 22-26

20 spots  
available per  
session!

\*\*multiple enrollment options  
available

## Monday – Nature Day

Nature will be the inspiration for Mondays. Nature walks, crafts with items from nature, letterboxing, identifying items in nature are only a few of the things we may find ourselves doing on Mondays.

## Tuesday – Games Day

Bring on the board games and paper/pencil games that we all love! Your kids will have fun on Tuesdays with games NOT requiring electricity.

## Wednesday – Health/Fitness/Life Skills Day

Along with our Kids Fit class, we will provide activities that promote awareness of and demonstrates how to be a healthy kid.

## Thursday – Craft Day

One thing the Youth Programs at GFSAC knows about is how to make a good craft! We'll be working with your kids on their creative side with a craft that is camp or seasonally related.

## Friday – Movie Day

After a long week of camp, it will be time to unwind. Campers will be invited to change into their pajamas after free swim for an afternoon of relaxation before one final hour of fitness activities often inspired by that afternoon's movie.

Registration begins  
ONLINE

Monday January 23, 2017.  
Register for 2 or more sessions  
January 23-27 and receive 20%  
off. Register for 1 session  
January 23-27 and receive 15%  
off. Register January 28-at least  
one month before the session  
start date to receive 10% off.

## Track Out Camp Daily Schedule\*

8:15-9:15	Arrival/Free Play	1:15-1:45	Lunch
9:15-9:35	Morning Meeting	1:45-2:00	Journals
9:35-11:00	Main Street Park walk and play	2:00-3:00	Enrichment/Day of the Week activities
11:00-11:30	Big Snack/Change clothes	3:00-4:00	Fitness Exercises/Group Games
11:30-1:00	Swim Lesson/Free Swim	4:00-4:15	Pack up/End of Track Out Camp
1:00-1:15	Change clothes		

\*subject to change if needed

Call 562-8895 or email

susan@granitefallsclub.com for more info

## Frequently Asked Questions about Granite Falls Swim & Athletic Club Track Out Camps:

**What time will track out camp start? When will it end?** Track out camp will start at 8:15 and end at 4:00. All parents/guardians will need to check their kids in at the Front Desk then take them to the KidZone. All kids need to arrive no later than 9:00. They need to be picked up from the carpool line between 4:00 and 4:15 unless choosing the after care option. A camp issued carpool tag or driver's license is required at pick up.

**What is after care?** Parents who need a later pick-up time may choose our extended day option. This would allow them to pick-up their kids from the KidZone any time between 4:15 and 6:00pm. Members who participate in the draft may select this option at no additional charge. Non-members may select this option for \$12.50 additional per session. A camp issued carpool tag, driver's license, or GFSAC membership card is required at pick up. Please pull to the end of the sidewalk for carpool pick up and let the front desk know you are picking up your camper(s) as you walk in.

**Who are the counselors?** Some of our current Youth Programs staff will be the counselors for the track out. All Youth Programs staff are First Aid/CPR certified and have had a background check prior to employment with GFSAC. We will also have the assistance of GFSAC swim instructors and group fitness instructors during camp activities.

**Is there a limit to how many campers can sign-up?** Due to space limitations and the need to share KidZone space, each session will be limited to 20 total children. Since the ages of the campers will be approximately 5 – 11, the counselor to camper ratio will be approximately 1 to 10.

**What will my children do at camp each day?** Every day of camp will include free play, a visit to Main Street Park, swim lessons, free swim, breaks for snacks and water, fitness activities, lunch, various enrichment activities, and more. For a daily schedule, please see Youth Programs Director, Susan Bayer. We will pack in a lot of fun!

**What should I pack?** Campers need to bring a backpack (labeled with their name) with a swimsuit, cover up (if preferred), goggles (if needed), flip flops/pool shoes, towel, **snack (2 for those staying in After Care), lunch and water.** No toys, extra pool equipment, etc. are needed unless specifically requested through a weekly pre- camp email. Additional information will be given about each camp as needed.

**Where will camp happen?** Campers will use many areas of the Club inside and out as well as the Main Street Park facilities.

**What is the early registration discount?** Register for 2 or more sessions January 23-27 and receive 20% off. Register for 1 session January 23-27 and receive 15% off. A 10% discount will be applied for all sessions for which registration is completed January 28 – at least a month before the session start date. After Care fees do not qualify for discounts.

**Is there an employee discount?** Yes. Employees are eligible for their standard 10% discount. This cannot be combined with any other discounts.

**Is there a Facebook page with up to date info and pictures?** Yes! Camps at Granite Falls Swim and Athletic Club is on Facebook! Like us today and enjoy peeks into your child's camp day all year long.

**Is there anything else I need to know?** We are excited about Track Out Camp at GFSAC! We are dedicated to making it fun, educational, and safe for your children. We are working hard to get everything ready for our winter Track Out sessions. Susan will email specifics about each week of track out camp to those registered the week before the session will begin. Feel free to contact her by email ([susan@granitefallsclub.com](mailto:susan@granitefallsclub.com)) at 919-562-8895 if she can assist in answering any questions. Thanks!



### **Track Out Fees and Payment Policies:**

The Fees for each camp session are as follows:

Member Full – day: \$195.00

Non-Member Full – day: \$222.00

**\*\*\*Sign up begins January 23, 2017\*\*\***

*Payment is due in full at the time of registration. A 10% discount will be applied for all sessions for which registration is completed January 28-at least one month before the session start date. A written notice of cancellation must be made 2 weeks before the start of each session to receive a refund. \$25 dollars of each registration fee is non-refundable. Program fees will not be refunded for missed days or non-attendance, and make-up days/sessions will be offered at the discretion of the Youth Programs Director and only if space is available.*

#### **Other Track Out Information:**

Unless otherwise indicated, our track out sessions operate on the designated weeks Monday through Friday for a full day from 8:15 AM to 4:00 PM (carpool 4:00-4:15). Daily spaces may be available if all spots are not reserved. Call the Youth Programs Director the Friday before each week to inquire about availability of daily spaces. NO DROP IN IS ALLOWED. ALL CAMPER MUST BE PRE-REGISTERED. A minimum of 6 children is required for each session.

An after care option is available, allowing pick-up as late as 6:00pm. This option is available at no additional charge to members who currently participate in the KidZone draft, and to non-members for an additional \$12.50 per child per session. A per day after care option is available to non-members as well at a cost of \$5 per day.

### **General Waivers/Permissions:**

- 1. Participation** - I permit my child to participate in all track out camp activities Granite Falls Swim and Athletic Club (hereafter referred to as GFSAC) conducts both within and outside the boundaries of GFSAC property.
- 2. Field Trips** – I permit my child to leave GFSAC on authorized trips under the supervision of the GFSAC staff. I may review a written schedule of activities to be conducted off the GFSAC premises.
- 3. Photography** – I give GFSAC and its employees and agents permission to use for any lawful purpose my and/or my child's likeness, image, voice and/or appearance as such may be embodied in any pictures, drawings, renderings, photographs, video recordings, audiotapes, digital images or the like, with the understanding that GFSAC will not publish my child's name.
  - I agree that GFSAC has complete ownership of such pictures, etc., including but not limited to illustrations, bulletins, exhibitions, videotapes, reprints, reproductions, publications, advertisements and any promotional or educational materials in any medium now known or later developed, including but not limited to the internet, television, newspapers, magazines, social media sites (e.g., Instagram, Facebook, Twitter, Flickr, etc.), and/or GFSAC audio, print or internet publications.
  - I also agree that GFSAC has permission to release such pictures, etc. to the news media. I acknowledge that I will not receive any compensation or remuneration for the use of such pictures, etc. I understand that once such pictures, etc. are published to the media or on the internet, or are otherwise published, they may be used in publications and/or on websites outside of GFSAC control.
- 4. Assumption of Risk** – I understand that GFSAC youth programs activities have inherent risks, and I hereby assume all risks and hazards incident to my participation/my child's participation in all GFSAC activities. I further waive, release, absolve, indemnify and agree to hold harmless GFSAC and its employees, organizers, volunteers, supervisors, officers, directors, participants, coaches and referees, as well as all persons or parents transporting participants to and from activities, from any legal claims, liabilities, damages and costs for any physical injury or damage to my personal property sustained during my use of GFSAC property and/or my participation/my child's participation in any GFSAC activities.
- 5. Personal Property** - I understand that GFSAC is not responsible for any personal items lost or stolen at our programs.

#### **Medical Treatment Policies:**

6. Accident Insurance – Participants are responsible for their own accident insurance when using GFSAC and when participating in GFSAC programs off-site.



7. Medication – GFSAC employees do not administer any medication. Do not send medications with your child. The one exception to this is epipen injections required for allergies. When special circumstances exist, personnel from GFSAC will be available to meet with the parent(s) or guardian(s) of the child in question and strive to develop through dialogue a mutually acceptable alternative way to make sure the medication requirements of the child are met.

8. Blood Borne Pathogen Exposure – I understand that, while my child is in the care of GFSAC, if a child is exposed to a body fluid on broken skin or mucous membrane (e.g. splashing in mouth or eye) from another child, GFSAC will contact the parents of both children. They will explain what has occurred, and provide the name of the attending physician of the source child to parents of the exposed child. If a staff member has a blood or body fluid exposure from a child, GFSAC will provide the name and telephone number of the child's attending physician to the staff member.

- I have read and agree with the statement and specifically authorize GFSAC to release the name and telephone number of my child's physician and a description of the event to the parent or guardian of any child who is exposed to blood or body fluid or to any staff member who experiences such an exposure from my child.

9. Emergencies – In the event of an emergency in which the parent/guardian or listed emergency contacts cannot be reached, GFSAC will contact emergency medical personnel and, pending their arrival, take those actions that are in GFSAC's judgment to be in the best interests of the child.

## **Youth Programs Behavior Expectations and Discipline Policies:**

It is important that our staff maintain good order and discipline in youth programs. In the programs we offer to children, we strive to create a positive atmosphere for learning and developing social skills. GFSAC staff will make every effort to help children understand clear definitions of acceptable and unacceptable behavior.

A child's behavior is expected to be consistent with the following:

1. Use appropriate language at all times.
2. Cooperate with staff and follow directions.
3. Respect other children and staff, equipment and facilities, and yourself.
4. Maintain a positive attitude.
5. Stay in program areas—running away is not acceptable.
6. Participate successfully within the GFSAC staff-child ratios specific for each program.

### Discipline Policy

1. If a child is unable to comply with the behavior expectations, a conference will be held by the program director with the child. The parent(s)/guardian will be notified.
2. If after the above meeting the child is still unable to comply with the behavior expectations, the program director will set up a conference with the parent(s)/guardian. A behavior contract will be established and signed by the child (if appropriate), parent(s)/guardian and the program director.
3. If the child's behavior continues to be disruptive and/or unsafe, the child will be subject to suspension or dismissal.
4. Failure of the parent(s)/guardian to attend conference(s) and cooperate will subject the child to suspension or dismissal.

Behaviors which may result in immediate suspension or dismissal include, but are not limited to:

1. Any action that could threaten or pose a direct threat to the physical/emotional safety of the child, other children or staff. Prohibited conduct may include, but is not limited to, abusive jokes, insults, slurs, threats, name calling, bullying or intimidation.
2. Fighting
3. Possession of a weapon of any kind
4. Vandalism, destruction, or theft of GFSAC property or property of others
5. Sexual misconduct
6. Possession of or use of alcohol. Possession of or use of controlled substances unless under the prescription of a doctor
7. Running away
8. Biting

Parents or guardians are required to inform GFSAC in writing, prior to a child's acceptance in a GFSAC program, of any special circumstances which may affect the child's ability to participate fully and within the guidelines of acceptable behavior, including but not limited to any serious behavioral problems or special circumstances regarding psychological, medical or physical conditions.

Upon being informed of such circumstances, the Youth Programs Director may require a conference with the parent(s)/guardian to discuss issues created by these circumstances.