

# GF<sup>4</sup> Summer Camp

## Granite Falls Fitness Fun & Friends Summer Camp

### -2015 Sessions-

**GF4** is short for Granite Falls Fitness, Fun and Friends, and just like the name suggests, our half-day and full-day summer camp sessions will be fitness focused. Each week campers will enjoy fitness activities, special KidFit classes, and education with friends – all centered around a fun theme. Every day will include swim lessons and recreational swim time as well! **GF4** half-day and full-day summer camps are for members and non-members ages 4 – 11. However, four year olds may **only** attend the half-day camps.

#### Session 1: May 26-29

(\*4 day week\*)

#### *Super Campers*

Grab your mask and cape! It's time for your camper to discover and develop their super powers and recognize the heroes in their everyday lives.

#### Session 2: June 1-2, June 3-5, or June 1-5

(\*2, 3, or 5 day week option\*)

#### *Ready! Set! Go!*

The common thread for this week's activities is RACING! Campers will race their way through a week of fun activities and challenges. From water themed to land themed and even some food themed races, your camper will be ready and set to go have fun all day long.

#### Session 3: June 8-12

#### *Creature Features*

The world is full of so many creatures, both actual and in our mind. From the small to the big, the real to the imaginary, we'll explore so many kinds.

#### Session 4: June 15-19

#### *Fantastic Friends...ogres are like onions*

Camp friends often become best friends! This week of camp we will explore all that is great about being a friend. We'll unpeel the layers of friendship with getting to know you and trust building activities, classic camp friendship crafts, and group games that rely on friendships.

#### Session 5: June 22-26

#### *Inside Outside Downside Up*

Summer is in full swing now so it's time to flip things all around! Hot will become cold, soft will become loud, up will become down, and splish will become splash. Campers are in for a week of unexpected twists, turns, and adventure as their days get turned all around!

#### Session 6: June 29-July 3

#### *Peanuts and Crackerjacks*

Peanuts and crackerjacks at baseball games is as American as it gets. As we get ready to celebrate Independence Day, campers will explore many of the iconic parts of America as well as some of its greatest traditions. (No actual nut products will be used.)

#### Session 7: July 6-10

#### *Totally Talented*

GF4 Summer Camp's got talent! Join us this week as we showcase our known and, sometimes, hidden talents. We'll explore a variety of talents this week from the artistic to athletic, social to intellectual, and everything in between. Campers will get to show off their talents with an end of the week talent show!

#### Session 8: July 13-17

#### *Mad Scientist*

Interested in finding out more about how things work or getting your hands a little messy? Unleash your inner mad scientist and join us as we look closely at the world around us and dive into scientific explorations.

#### Session 9: July 20-24

#### *Nature Nuts*

During this week, we will focus on BEING OUTSIDE! Campers will have a blast enjoying and exploring the great outdoors with us. They will learn some fun new ways to get fit while gaining an appreciation for nature.

#### Session 10: July 27-31

#### *Lights! Camera! Action!*

So many favorite movies to choose from and so little time! Each day we will celebrate a different beloved kid friendly movie with activities tied to each one. We'll also see what kind of movie making skills our campers have as we get them to create a movie of their own.

#### Session 11: August 3-7

#### *Hakuna Matata*

Summer time is the best time to have no worries! Our goal this week is to relax, soak in the warmth, and try to adopt the chill attitude of surfers everywhere.

#### Session 12: August 10-14

#### *Splash and Laugh*

Splishin' and splashin' all while laughin'! We will enjoy all that the pools of Granite Falls have to offer. Campers will have no problem staying cool this session as activities focus on laughter, fun and fitness *in* and *with* water!

#### Session 13: August 17-21

#### *Last Blast*

We're spending this last week of camp revisiting all of our favorite activities and games as we put the entire summer on rewind and go out with a bang!

## Frequently Asked Questions about GF<sup>4</sup> Summer Camps:

**What time will camp start? When will it end?** Our half-day camp will run from 9am to 1pm. We will do a carpool style drop-off from 8:45am to 9:00am each morning and pick-up the same way each afternoon from 1:00pm to 1:15pm for half day camp. The full-day option will have the same start time, but run until 4:00pm with a carpool style pick-up from 4:00pm to 4:15pm.

**What is extended day?** Parents who need an earlier drop off or later pick-up time may choose our extended day option. This would allow them to drop their kids off in the KidZone as early as 8:15am and/or 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 \$25 additional per session. A driver's license or GFSAC membership card is required at extended day pick up.

**Who are the counselors?** We will have some counselors returning from last year, but may be hiring additional counselors over the course of the spring as well as using counselors from our track out camp program. Our staff will be carefully selected and specially trained in preparation for camp. All camp counselors are/will be First Aid/CPR certified and have had a background check prior to employment with GFSAC. We will also have the assistance of GFSAC lifeguards, swim instructors, and group fitness instructors during camp activities.

**Is there a limit to how many campers can sign-up?** Each full day session will be limited to 25 total children and each half day session will be limited to 15 total children. If a half day session isn't full then those spots may move to the full day sessions at the Youth Programs Director's discretion. The counselor to camper ratio will be approximately 1 to 6.

**What will my children do at camp each day?** Every day of camp will include a brief assembly, swim time, swim lessons, breaks for snacks and water, fitness activities that tie in with the week's theme, lunch, and more. For a daily schedule, please see the Youth Programs Director, Susan Bayer. We will pack in a lot of fun!

**What should I pack?** The schedules for full and half day campers are still being worked out. At this time it will be easiest if you drop kids attending the **half day** camp off wearing their swimsuits with a cover-up and then pack a backpack (labeled with their name) with a towel, goggles (if needed), shoes/socks, change of clothes, sunscreen and bug spray if desired, **one snack, lunch and water**. **Full day** campers will come dressed for swimming on Monday, Wednesday, and Friday and dressed for the Main Street Park and/or other outdoor activities Tuesday and Thursday. Each day they will need to bring a backpack (labeled with their name) with goggles (if needed), swim attire or change of clothes depending on the day, shoes/socks or flip flops/pool shoes depending on the day, towel (some may want 2), sunscreen and bug spray if desired, **two snacks, lunch and water**. No toys, extra pool equipment, money, etc. are needed unless specifically requested through a weekly pre- camp email. Additional information and/or changes to the above will be given about each camp session in the weekly pre- camp email.

**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?** A GF4 Summer Camp Kickoff event will take place on Monday March 2 with our best deals of the season through March 6. After March 6, anyone who completes their registration (including payment) for camp by May 1 will receive a 10% discount on their registration fees. Extended Day fees are not eligible for included in the early registration 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 anything else I need to know?** We are excited about Summer 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 summer kick off with our first session May 26th. Susan will email specifics about each week of summer camp, including what huddle your child(ren) is assigned to, to those registered the week before the session will begin. Feel free to contact me by email ([susan@granitefallsclub.com](mailto:susan@granitefallsclub.com)) or at 919-562-8895 if I can assist in answering any questions. Thanks!

# GRANITE FALLS SWIM AND ATHLETIC CLUB

## GF<sup>4</sup> Summer Camp

### 2015 Registration Form

Granite Falls Fitness Fun & Friends Summer Camp

#### Child Information:

My child is a:  Club Member  Non-member How did you hear about our summer camp? \_\_\_\_\_

Name (first/middle/last): \_\_\_\_\_ Preferred Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Male Age (at time of registration): \_\_\_\_\_ Grade in School (as of August 2014): \_\_\_\_\_

Female Swimming Ability: \_\_\_\_\_

Allergies: \_\_\_\_\_

Special Needs/Requests: \_\_\_\_\_

#### Family Information:

Mother's name: \_\_\_\_\_ Employer: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Ext. \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Father's name: \_\_\_\_\_ Employer: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Ext. \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Preferred E-mail Address for Communications regarding Youth Programs: \_\_\_\_\_

#### Emergency Information:

In the case of emergency, please contact the following first:

- Mother
- Father
- Other: \_\_\_\_\_

Child's doctor: \_\_\_\_\_ Doctor's phone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

#### Emergency Contacts (if mother, father or designated contact cannot be reached):

Individuals can act as an emergency contact and are allowed to pick up your child until a written request is made to remove any names listed.

1. Name: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_ ext. \_\_\_\_\_ Mobile #: \_\_\_\_\_

2. Name: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_ ext. \_\_\_\_\_ Mobile #: \_\_\_\_\_

The Fees for each camp session are as follows:  
 Member Half – day: \$139.50/Member Full – day: \$195.00  
 Non-Member Half – day: \$167/Non-Member Full – day: \$222

*Payment is due in full at the time of registration. Registration begins Monday March 2, 2015. Register for 2 or more sessions March 2-6 and receive 20% off. Register for 1 session March 2-6 and receive 15% off. A 10% discount will be applied for all sessions for which registration is completed March 7- May 1<sup>st</sup>. Extended Day fees are not included in discounts. 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 not be offered.*

**Other Camp Information:**

Our camp sessions operate on the designated weeks Monday through Friday, offering Half-day and Full-day options. Four year olds may participate in half days sessions ONLY.

Half-day: 9:00am (drop-off from 8:45am – 9:00am) to 1:00pm (pick-up from 1:00pm – 1:15pm)  
 Full-day: 9:00am (drop-off from 8:45am – 9:00am) to 4:00pm (pick-up from 4:00pm – 4:15pm)

An extended day option is available, allowing drop-off as early as 8:15am and 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 \$25 per session.

**Please indicate your camp selections below:**

___ Session 1: Super Campers *** 4 day week***	May 26-29	___ Half-Day/___ Full-Day	___ Extended Day
	Member full day \$156/non member full day \$177.60 member half day \$111.60/non member half day \$133.60		
___ Session 2: Ready! Set! Go!	June 1-5	___ Half-Day/___ Full-Day	___ Extended Day
	June 1-2	___ Half-Day/___ Full-Day	___ Extended Day
	June 3-5	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 3: Creature Features	June 8-12	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 4: Fantastic Friends.... ogres are like onions	June 15-19	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 5: Inside Outside Downside Up	June 22-26	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 6: Peanuts and Crackerjacks	June 29-July 3	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 7: Totally Talented	July 6-10	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 8: Mad Scientist	July 13-17	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 9: Nature Nuts	July 20-24	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 10: Lights! Camera! Action!	July 27-31	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 11: Hakuna Matata	August 3-7	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 12: Splash and Laugh	August 10-14	___ Half-Day/___ Full-Day	___ Extended Day
___ Session 13: Last Blast	August 17-21	___ Half-Day/___ Full-Day	___ Extended Day

*I hereby request that my child be registered for the above indicated camp sessions. I understand and agree to the camp fees and payment policies set forth above.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_



Please read each of the following policies and sign below to indicate your understanding of these policies.

**General Waivers/Permissions:**

- 1. Participation** - I permit my child to participate in all summer 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., MySpace, 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, stolen, or damaged 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.

**I have read and understand all the policies stated above.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Relationship to 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.

I have read, understand and agree with the policies as stated in this document and have discussed the expectations of behavior with my child. I understand that GFSAC has the authority to revoke my child's right to participate in GFSAC programs for behavior which is not in keeping with the expectations of appropriate behavior for youth program participants or for failing to follow the Rules and Regulations of GFSAC. My signature below indicates that I agree to adhere to all Policies, Procedures, Rules and Regulations of GFSAC.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

# GF<sup>4</sup> Summer Camp

## Granite Falls Fitness Fun & Friends Summer Camp

Since swimming lessons and recreational swim time will be a daily part of your camper’s experience at GF<sup>4</sup>, please tell us a little bit about their current skill level when it comes to the water.

Please check the statements that best describe your child at the time you are completing registration.

### Comfort Level:

- My child has had limited exposure to the water.
- My child is uncomfortable and/or fearful of the water.
- My child is comfortable in water (will submerge face and jump in from side of pool).

### Swimming Ability (*check all that apply*):

- My child is not yet able to doggy paddle unassisted.
- My child can doggy paddle unassisted for short distances.
- My child can swim on their back unassisted.
- My child has a strong doggy paddle – can swim the length of the pool and is comfortable in both shallow end and deep end.
- My child is working on freestyle with rhythmic breathing.
- My child can Freestyle with rotary breathing 25 yards non-stop.
- My child can Backstroke 25 yards non-stop.
- My child is learning additional strokes. (Please list below in comments section)

### Other skills:

- My child can float on his/her back for at least 10 seconds unassisted.
- My child can tread Water for 60 seconds or more.
- My child has passed the GFSAC swim test.
- My child can perform a kneeling dive from side of pool.
- My child can perform a standing dive from side of pool.

### Comments:

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