

SWIM
LESSONS

FUN ACTIVITY
PROGRAMS

KIDFIT
CLASSES

ZUMBA KIDS®



GF⁴-SUMMER CAMP

Weekly Sessions From
May 30th - Aug 25th

Online

REGISTRATION

www.granitefallsclub.com

Get READY for SUMMER FUN!!

It is time for another year of fantastic summer fun as the staff at GFSAC are thrilled to offer 13 weeks of summer camp to you! Our summer camp will be fitness focused, with each week featuring fitness activities, special KidFit classes, and education all centered around a fun theme. Every week will include swimming lessons and additional recreational swim time. Camp Sessions are open to kids ages 4 - 11, (4 year olds may only attend 1/2 day camp)

20% Off

if you register and pay for 2 or more sessions
Monday March 6th - Saturday March 11th

15% Off

if you register and pay for 1 session
Monday March 6th - Saturday March 11th

10% Off

if you register and pay between
Sunday March 12th - Sunday April 30th

susan@granitefallsclub.com

919-562-8895



Camps at Granite Falls

GF⁴ Summer Camp

Granite Falls Fitness Fun & Friends Summer Camp

-2017 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 30-June 2

**4 day week discounted price*

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.

Nature Nuts

Session 2: June 5-9

**multiple enrollment options*

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!

Splash n' Laugh

Session 3: June 12-16

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.

Super Campers

Session 4: June 19-23

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.

Mad Scientist

Session 5: June 26-30

Join us as we travel through the most recent decades of time and let the music move our feet! Campers will be involved in a variety of musical genre activities as we groove, rock, and pop our way through disco, rock, country, pop, and modern musical hits of today!

Groovin', Rockin', Poppin'

Session 6: July 3, 5-7

**multiple enrollment options*

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.)

Peanuts and Crackerjacks

Session 7: July 10-14

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.

Ready! Set! Go!

Session 8: July 17-21

We'll pack a year's worth of holiday fun and activities into one week! Valentine's Day, St. Patty's Day, Halloween, Birthdays and Independence Day – But that is not where our celebrations will stop. This week we will celebrate what makes each of us special!

Let's Celebrate

Session 9: July 24-28

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.

Fantastic Friends

Session 10: July 31-August 4

Campers will become more aware of how their bodies move and work during this session as they try out a variety of spots, games, activities and classes including yoga, dance, and more!

Move Your Body!

Session 11: August 7-11

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!

Totally Talented

Session 12: August 14-18

We've got a week full of fun and games planned for your camper! As they enjoy playing favorite games and learning new ones, they will also be developing sportsmanship and learning to be a team player.

We've Got Game

Session 13: August 21-25

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!

Last Blast

Frequently Asked Questions about GF⁴ 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 before/after care? Parents who need an earlier drop off or later pick-up time may choose our before and/or after care 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 \$12.50 per child per session per option for a total of \$25 for an entire session for both before and after care. A driver's license or GFSAC membership card is required at extended day pick up. Per day before or after care options are available to members and non-members as well at a cost of \$5 per day.

Who are the counselors? Many of our counselors will be returning from last year and we will also be using counselors from our track out camp program. Our staff have been carefully selected and specially trained in preparation for camp. All camp counselors are 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 30 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? 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 (no nut products of any type) 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? The GF⁴ Summer Camp Kickoff sale will take place beginning Monday March 6 with our best deals of the season through Saturday March 11. After March 11, anyone who registers for camp on or before April 30 will receive a 10% discount on their registration fees. Extended Day fees are not 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 30th. You will get an email with specifics about each week of summer camp, including what huddle your child(ren) is assigned to, the week before the session will begin. Feel free to contact me by email (susan@granitefallsclub.com) or at 919-562-8895 if I can assist in answering any questions. Thanks!

GF4 Summer Camp Fees and Payment Policies:

The Fees for each camp session are as follows:

Member: \$195.00 Full Day, \$139.50 Half Day

Non-Member: \$222.00 Full Day, \$167.00 Half Day

Payment is due in full at the time of registration. A 10% discount will be applied for all sessions for which registration is completed March 12-April 30th. This 10% discount cannot be combined with any other discounts, including, but not limited to, employee discounts and first week of registration 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 be offered at the discretion of the Youth Programs Director and only if space is available.

Unless otherwise indicated, our GF4 Summer Camp sessions operate on the designated weeks Monday through Friday for a full day from 8:45 AM to 4:15 PM. 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 CAMPERS MUST BE PRE-REGISTERED. A minimum of 6 children is required for each session.

A before care option is available for drop off as early as 8:15 as well as an after care option, 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 per option for a total of \$25 for an entire session for both before and after care. Per day before or after care options are available to members and non-members as well at a cost of \$5 per day.

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., 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, 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.

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.

Enrollment in the camp program constitutes acceptance of all the above policies.