



CAMP INFORMATION & POLICIES

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What time is camp?

We give the options of either half or full day camps Monday-Friday

Half Day: 8:30am-12:30PM OR 12:30-4:30pm Full Day: 8:30am-4:30PM

Drop off in Salem is in Kids Corner and Drop off in Londonderry is around back in the Ninja party room.

Can I drop my child off early/ leave them late?

8:15am is the earliest time you can drop off campers in both locations. There is NO aftercare in the Londonderry location and everyone must be picked up by 4:30pm.

Salem has an after-care program Monday – Thursday and campers that are not picked up by 4:30pm will go to the aftercare room. There is no added fee. THERE IS NO AFTERCARE ON FRIDAYS IN SALEM. All campers must be picked up by 4:30pm on Fridays.

Do you provide snacks?

We do not provide snacks unless someone has forgotten one. In the past we used to make healthy snacks as a class, however, due to many children and their allergies we have had to stop making a variety of foods.

What should they bring to camp?

Please send your campers in with snacks, water bottle, lunch, towel, bathing suit and change of clothes.

How do you determine which group the children are in?

We find that 4-6, 7-9 and 10-12 years of age work best in their own groups. However, there are plenty of times they are all together doing activities whether in the pool or the fitness room.

Should they wear their bathing suits to camp?

Children should wear a bathing suit if possible under their clothing. Younger children use the daycare and family bathrooms and older children are only allowed in the locker rooms with their counselors. If you do not want your older child 10-12 years in the locker rooms, please let them know and they can change in any of the family bathrooms.

Do they spend time outside?

The children go outside for the April and Summer camps eating outside together along with a multitude of outdoor activities (weather permitting), please apply sunscreen daily. Children do not go outside during the winter vacations. Ninja camp in Londonderry has outside activities during the entire day with volleyball, basketball and soccer.

Can I get a refund if my child is sick due to illness, etc.?

There are NO refunds. If you take a spot in camp it is not refunded. Once you pick your weeks and or days they cannot be changed once camp starts. We will, however, give you a credit to a future camp in same location which will expire in a year.

Sample Schedule

Denotes activity and sample no actual time of day

8:30-9:00am- Drop off & Games

9:00am-9:45am- Team building activities inside or outside (weather permitting)

10:00am-10:15am- Rock Climbing or Ninja Class

10:15am-11:00am- Team activities – painting, crafts, etc

11:00am-12:15pm- Pool and/or Splash Park fun

12:15pm-1:15pm- Snack/lunch and/or ½ day pickup @ 12:30pm

1:15pm-2:15pm- Team building fitness games, relays, interval training

2:00pm-3pm- Fitness Class (such as, Zumba, Interval training, Survivor games, Spin, Circuit Training etc.)

3:00-3:15pm: Snack time

3:15pm-4:15pm- Rockwall or Ninja free time (free time with team, games and relays)

4:15- Clean up, gather items and get ready for pickup

*4:30pm – Children go to the aftercare room *Except Fridays**

Program Description

Description of Camp:

Club Fit Kids Camp has options for any day of the week for both half and full days for ages 4-12 (13 is permitted)

Full Day: 8:30am-4:30pm

Full day camp serves children ages 4-12. Children will be assigned a room where they will meet each day with their age group. Parents can pick up their campers from 4:30pm on in the after-care room in both Salem & Londonderry. If you are picking up your child before 4:30pm, please call or email us and we will have your child ready.

Half Day: 8:30am-12:30pm or 12:30pm-4:30pm

Half day camp serves children ages 4-12. There is no after-care for the morning half day. Lunch time is usually 12:15pm-1:00pm. If you are picking up for half day or dropping off for the afternoon session, we will be either in the party room or in warmer weather outside having lunch.

After Care

Extended care is available at 4:30pm-7pm in the Salem location only (except on Friday's). Please pack an extra snack as children tend to be hungry after camp is over.

Purpose and Objectives

We provide the highest quality day camp programs where parents feel confident that their child is safe, healthy and happy during their vacation. We provide a trusting atmosphere, where children are encouraged to pursue their own interests, develop friendships, gain self-confidence, and become more independent. Our wide array of activities will encourage self-esteem, physical fitness, emotional and intellectual growth, positive social skills, problem solving skills, and creativity.

Absences/Tardiness/Early Pickup

Please email annmarie.caprio@theworkoutclub.com if your child will be absent from camp, or you will be picking them up earlier than 4:30pm

Daily Program Procedures

Child Release Policy

Anyone that you list on the registration form that you authorized will be allowed to pick-up your child. Your child will only be released for authorized individuals. Any changes or additions to your authorized pick up list must be sent by email to annmarie.caprio@theworkoutclub.com.

Clothing

Please ensure that your child is properly clothed for each camp day. We suggest shorts, gym pants, t-shirt's, a sweatshirt, socks, sneakers, flip flops, bathing suits, towels and a second change of clothes to be included each day in their bag.

Illness

In the event your child is to become ill during the day the director will ask you to pick up your child as soon as possible. If you are unreachable the director will call authorized emergency contact.

I NEED TO STAY AT HOME IF....						
						
FEVER	VOMITING	DIARRHEA	RASH	HEAD LICE	EYE INFECTION	HOSPITAL STAY AND/OR ER VISIT
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, Itching, and/or "crusty" drainage from eye	Hospital stay and/or ER visit
I can return to daycare or camp when I'm...						
Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school.	Released by medical provider to return to work or school.

Medications

We do not administer regular prescription or non-prescription medications to children at camp unless it is preventing an emergency (epi-pen or inhaler). If your child requires either of these please provide the following information written on the medication: Please take home all medications at end of day. We are not responsible for any belongings that are left.

1. Child's name
2. Name of the child's doctor
3. Name of prescription
4. Dosage & any instructions
5. Storage requirements

What NOT to bring to camp

At Fit Kids Camp we are encouraging physical activity, so we advise not bringing electronic devices including, but not limited to, iPods/ tablets/ DS/ cell phones etc. We also advise parents to not send children with anything of value, as it could be lost or stolen. Workout Club and Wellness Center is not responsible for any damaged or stolen items. We ask that you please leave all footballs and baseballs at home, as we will provide these items as needed. And lastly, we strictly enforce a no peanut or tree nut policy. Many children have allergies, and we will separate children if the products are brought in.

Child Guidance and Related Policies

Club Fit Staff provides children with guidelines for appropriate behavior and rules to follow while enrolled at camp. We encourage positive actions through positive reinforcement and close supervision. Our main goal is to keep children safely and happily involved in activities. Special modifications may be made to a child's needs. The following steps are followed if inappropriate behavior occurs.

1. The child is spoken to privately in a firm but gentle manner regarding the behavior.
2. If the said behavior continues, the child is removed from the activity for a cool down until both the counselor and child feel ready to return.
3. If the said behavior still continues, the child will be directed into a different activity area for a period of time to be determined by the counselor.
4. If the said behavior still continues, the child's parent will be called or spoken with before departing for the day.
5. A behavior report will be filed any time a child receives a cool down.
6. An incident report will be filed when there is evidence of property destruction, injury to an individual, forcefully touching an individual, foul language and other inappropriate behavior on a constant basis.
7. Three incident reports during your child's stay at camp will result in suspension from the camp. The fourth incident report will result in a two day suspension, and any further incident reports will result in termination of service from camp.
8. A child may be terminated from camp without prior notice to the parents under the following conditions:
 - A) A child injures another individual requiring medical attention.
 - B) A child displays violent, uncontrollable behavior that will put others in the program at risk.

***No child will be suspended from camp without the consent of the Director of Children's Activities. All efforts will be made to work with the parents and children on all behavior issues.*

***Behavior incidents will never be dealt with in a demoralizing, humiliating or abusive manner. No child shall be subjected to abuses of neglect, cruel, unusual, severe or corporal punishment including: punishments which subject to a child to verbal abuse, ridicule, humiliation, denial of food, use of bathroom facilities, punishment for soiling, wetting or not using the toilet.*

Suspension and Termination Plan

The following conditions may warrant a suspension or termination from Club Fit Kids Day Camps.

1. Three incident reports on file.
2. Two incident reports filed per week.
3. A child brings harm to another child or staff resulting in injury requiring medical attention.
4. Unpaid tuition for camp.
5. Failure to follow camp rules on a consistent basis.

Equipment Replacement Policy

If a child breaks or damages WC property (toys, games, swimming pool, rock climbing wall, furniture, doors, windows etc.) through improper use, the Director of Children's Activities will meet with the parents and decide upon the following consequence:

- A. The child will purchase replacement item.
- B. The child will replace the item with something familiar from home.
- C. The item is sent home for repair.

Prevention of Child Neglect and Abuse

Here at Workout Club, we will not tolerate any form of child abuse or neglect. All children who attend camp shall be protected from abuse and neglect. Camp staff is mandated by the State of New Hampshire to report any suspicion of abuse or neglect to the Department of Children and Families. Therefore, any suspected case of abuse or neglect will be reported in writing with factual information and observation from camp staff to the Director of Children's Activities. All cases of abuse or neglect will be reported to Department of Children and Families immediately. Club Fit Day Camps will cooperate in all investigations of abuse and neglect by identifying parents of children currently or previously enrolled in the camp programs to any allegations and protection of the child or children.

Swimming Pool Regulations

Campers are scheduled for daily swimming lessons and open swim. Children are grouped appropriately according to ability, and are closely monitored and assisted by American Red Cross Water Safety Instructors. Swim lessons are taught without flotation devices according to the American Red Cross Learn- to-Swim standards. Please assist us by encouraging your camper to participate in the swimming program, as we see swimming as an important skill for safety near the water.

Water Regulations (Salem)

1. All riders must be 48" to ride the waterslide.
2. The swim test is one length of the lap pool, front crawl with face in water, arms out and breathing to front or side.
3. No flotation devices are allowed on the waterslide.
4. Only one rider on slide at a time.
5. No diving or jumping from the flume.
6. Rider must rider the slide feet first. No head first or on tummy permitted.
7. No one is to catch rider at the bottom of the slide
8. The rider is to wait until the water slide attendant gives the thumbs up before going down the slide.
9. All riders exit the catch pool via swimming to the ladder closest to the them after they have gone down the slide.

Camp Pool Policies

1. *Anyone with an infectious disease, open sore, or communicable illness may not use the swimming pools.*
2. *Anyone with long hair must have it tied back, or use a swimming cap.*
3. *Street shoes and strollers are not allowed on pool deck.*
4. *Bathing suits are required. White T-shirts may be worn, although not recommended, while swimming in the shallow end only.*
5. *No food, beverage or glass containers on pool deck.*
6. *Swimmers needing/using flotation devices may swim in shallow end only while be accompanied by an adult in the water.*
7. *Hanging on lane lines and buoy lines is NOT permitted.*
8. *Flips/ back dives/ twists are NOT permitted. Head first dives only in 9ft with an instructor present.*
9. *Running in pool area is not permitted.*
10. *Under State law, no person under 16 is allowed in spa or saunas.*
11. *As per the "National Lightning and Safety Institution", we do close our pool for severe thunder and lightning. The pool will remain closed for 30 minutes after last clap of thunder.*
12. *Management reserves the right to deny use of the pool to anyone at anytime.*

Emergency Procedures

1. *Evacuation: In the event of an emergency such as a fire, we will evacuate the children in an orderly manner. All groups will be in our care and meet at the safe spot by the parking lot stop sign on the grassy area.*
2. *First Aid/ CPR: In the event a child needs CPR, breaks a bone etc., the closest adult nearby will call 9-1-1 on the readily available landline, while other staff evacuates the other children out of the area. ALL staff that are involved with camp are CPR and First Aid certified.*

Enrollment, Deposits, Fees & Forms

Enrollment and Forms

Our enrollment will be done via phone or in house at any time. \$50 deposit per child per week is due upon enrolling. Balance must be paid 2 full weeks prior to the start of the camp season. If payment is not made in full it could result in someone else taking your spot for camp as we only have so many spots open per vacation week.

I hereby understand the contents of the Parent's guide to Club Fit Day Camp and agree to conform to all guidelines of this guide.

Print Name: _____

Signature: _____

Date: _____

_____ *I have filled out a member activities participation sheet for my child(ren) and or video/picture consent form*

_____ *I have filled out a health history form for my child(ren)*

_____ *I have paid my balance in full prior to camp start date.*

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