



## FUN & FITNESS SUMMER CAMP 2019

### PARENT HANDBOOK

**Parent/Guardian, please review, sign and return pages 4 and/or 5 by the first day of camp.**

#### WHAT IS THE FUN AND FITNESS CAMP AT THE MAC?

An activities camp for kids with lots of interests and energy to burn! It's a fun and activity filled place to meet new friends, swim and stay active during the summer months. We provide supervision for all activities while teaching sportsmanship and teamwork for all kids K – 8<sup>th</sup> grade.

The campers will play games, do fitness challenges, participate in sports such as basketball, soccer, flag football, etc. While the schedule will be the same for all ages, campers will be divided into different groups for age appropriate games and activities. The counselors will accomplish all this while living within the camps values of respect, responsibility, health and sportsmanship.

While the majority of camp is structured (games & sports), we do incorporate time blocks for arts & crafts, free time and outdoor swim time at the MAC Summer Club. Campers are supervised by our counselors as well as certified lifeguards while at the pool.

**SWIM LESSONS!** MAC PLUS Camp includes group swim lessons on Tuesday, and Thursday, from 8:00AM – 9:00AM. Lessons are taught by MAC Swim Instructors.

WHAT TO BRING	CAMP ACTIVITIES	SCHEDULE <small>(subject to change)</small>	
LUNCH (Monday through Friday)	Arts & Crafts	<b>8:00-9:00</b>	-Morning Welcome -Camp Groups -Tu&Thu PLUS Swim Lessons
SNACKS	Basketball & Soccer		
SUN BLOCK	Flag Football	<b>9:00-11:30</b>	Snack Time/Activities
SWIMSUIT	Kid Games	<b>11:30-1:30</b>	Lunch & Activities
TENNIS SHOES	Obstacle Courses	<b>1:30-4:30</b>	Free Swim & Activities
TOWEL	Relay Races	<b>4:30-5:00</b>	End of Day Recap Lost & Found Time
WATERBOTTLE	Sand Volleyball		
MONEY (Extra snacks @ Snack Shack)	Supervised Swim Time		

We want this summer to be the best yet! In order for your camper to have the best experience, we staff our camps based on the number of campers we have. **In order to have the best camper/counselor ratio, we ask that you enroll your camper no later than the Thursday (closes at midnight) prior to the week you are enrolling in.**

If you register later than Friday morning at 7AM, regular weekly camps will be \$20 more and regular Day camps will be \$10 more. All PLUS Camp enrollments will expire at the midnight deadline the Thursday prior to the week you are enrolling in.

## ONLINE ENROLLMENT SCHEDULE

\*Must be received no later than the Thursday before the date of the camp you are enrolling in

DATES	*EARLY BIRD ONLINE RATES No later than Wednesday May 1 <sup>st</sup>				*REGULAR ONLINE RATES After Wednesday 1st			
	Wk	Day	PLUS Wk	PLUS Day	Wk	Day	PLUS Wk	PLUS Day
May 28 <sup>th</sup> – 31 <sup>st</sup> (4days)	\$150	\$54			\$160	\$59		
June 3 <sup>rd</sup> – June 7 <sup>th</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
June 10 – June 14 <sup>th</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
June 17 <sup>th</sup> – June 21 <sup>st</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
June 24 <sup>th</sup> – June 28 <sup>th</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
July 1 <sup>st</sup> –July 5 <sup>th</sup> (4days)	\$150	\$54			\$160	\$59		
July 8 <sup>th</sup> – July 12 <sup>th</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
July 15 <sup>th</sup> – July 19 <sup>th</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
July 22 <sup>nd</sup> – July 26 <sup>th</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
July 29 <sup>th</sup> – August 2 <sup>nd</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
August 5 <sup>th</sup> – August 9 <sup>th</sup>	\$179	\$54	\$195	\$64	\$189	\$59	\$205	\$69
August 12 <sup>th</sup> (last day)		\$54				\$59		

### FREQUENTLY ASKED QUESTIONS:

**WHEN SHOULD WE ENROLL?** Pre-enrollment is the only way we can provide the most ideal camper/counselor ratios. You MUST register your camper by Thursday at midnight for the following week for all PLUS camps. At that time registration for those camps will close.

\*For regular weekly and daily camps, if you register later than Friday morning at 7AM, weekly camps will be \$20 more and daily camps will be \$10 more.

**WHICH GROUP DO WE REGISTER FOR?** The campers are divided by age. Plan to register for the grade of your camper:

Kindergarten-Rookies    1<sup>st</sup>-Recruits    2<sup>nd</sup> – MVPs    3<sup>rd</sup>-All Stars    4<sup>th</sup>-Hall of Famers    5<sup>th</sup> – 8<sup>th</sup>-The Legends

**DO WE HAVE TO BE MEMBERS OF WILSON’S?** No you and or your camper are not required to be members. Simply create your account online and add your family members as they enroll.

**WHEN DO I PAY FOR CAMP?** Camps must be paid for camp when registering your camper for each day, week or weeks they will attend.

**WHAT DOES MY CAMPER NEED TO BRING?** Be sure to review the What to Bring Options in the table above.

**WHAT WILL MY CAMPER DO EACH DAY?** There will be a schedule for each week with the activities, timelines and themes. Along with the activities in the table above, each week there will be a schedule available to parents at drop-off. The schedule will have the themes and exact activities for each day.

**HOW MANY SWIMMERS ARE IN THE GROUP LESSONS?** The lessons will stay to the ratio that the MAC lesson program is known for. Most classes will have no more than 6 swimmers per instructor.  
ADDITIONAL CAMP INFORMATION FOR PARENTS/GUARDIANS AND CAMPERS

**DROP OFF AND PICK UP: CHILDREN MAY NOT BE DROPPED OFF BEFORE 7:45AM AND MUST BE PICKED UP BY 5:15PM.** Failure to do so will result in a \$1/minute charge for each child. This fee will need to be paid prior to attending any further programs.

After all attempts to contact parents and emergency contacts have failed, a child who is not picked up by 6:30pm will be considered abandoned. The police department and Division of Family Services will then be called. A child may be removed from the program if payment is not made.

**SIGNING IN AND OUT: It is MANDATORY that you or an authorized pick up person, sign your child in and out each day.** If there is a person you need to pick your child up that is not on his/her enrollment form, we will need to have an addition add/drop contact form completed and signed. Please let the Program Director know of any changes, (ex: phone numbers, addresses, persons to be released to) by completing and turning in the add/drop contact form.

**ACCIDENTS:** The MAC is not responsible for any personal injury incurred while the children are at the program. Parents are encouraged to purchase insurance to cover accidents. You will be informed of any accidents that occur while your child is at The MAC and we'll ask you to sign an accident report, sharing all of the details.

**REFUNDS:** Typically, we do not issue refunds for registration fees for any reason other than the MAC cancelling a camp.

**MEDICATION:** Any child taking medication must be capable of taking his/her own medication. UNDER NO CIRCUMSTANCES WILL ANY OF THE MAC STAFF BE ALLOWED TO DISTRIBUTE ANY MEDICATIONS OTHER THAN HANDING IT FROM THE LOCKBOX TO THE CHILD. MEDICATION RELEASE MUST BE ON FILE. (See Release Form Below)

**DISCIPLINE GUIDELINES:** To insure a safe environment there are some guidelines and rules that need to be followed. All rules will be explained to campers. Campers are asked to treat others and their property with respect. Physical violence of any kind will not be tolerated. If there is a behavior issue the counselor will first try to address it.

The MAC has a zero tolerance policy on violence. If a camper strikes another camper, an immediate suspension will be issued. The camper who is struck is not to strike back, but should immediately report this to their counselors for their own safety. Violence is not answered with violence, or that individual will also be suspended.

**LOST AND FOUND POLICY:** The MAC is not responsible for any items lost. At the end of each camp day there will be an end of day meeting including "find what you lost" time. Every Friday morning at parent drop-off, lost and found items from that week will be at the front desk. All items not picked up will be taken to the Goodwill on a biweekly basis. Please make sure your camper has their name on ALL items.

If you have any questions about information in the handbook or general camp questions, call or see the Camp Director during session. You can also e-mail her anytime. MAC Family Program Director, Ginny Matthews (573) 449-2606 or [gmatthews@wilsonsfitness.com](mailto:gmatthews@wilsonsfitness.com)

2019 CAMPER INFORMATION AND MEDICATION RELEASE FORM

To be completed by Parent/Guardian and returned to the MAC prior to the start of camp for each camper. PLEASE PRINT

FULL NAME OF CAMPER: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

BEST CONTACT PHONE \_\_\_\_\_ WORK: \_\_\_\_\_

ADDITIONAL CELL \_\_\_\_\_

\*OTHER ADULTS APPROVED BY YOU TO PICK UP YOUR CAMPER:

NAME: \_\_\_\_\_ PHONE \_\_\_\_\_

\*You must notify camp staff at time of drop off if someone other than parent/guardian will be picking up your camper and a form must be filled out for that additional person.

EMERGENCY CONTACT: NAME: \_\_\_\_\_

PHONE \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

Allergies / medications(if medications needed during camp, release form must be on file):

\_\_\_\_\_  
\_\_\_\_\_

Help us help your camper have their best days at MAC Summer Camps; Please let us know of any tips or methods you use to help your child through a difficult moment.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

By the use of the facilities of Wilson's and the Missouri Athletic Center(MAC) and the execution of this registration the Member/guest of Wilson's or MAC expressly agrees that Wilson's, MAC and its officers, agents, employees and instructors, shall not be liable for any damages arising from personal injuries sustained by the Member or guest in, on or about the premises of said facilities or as a result of their using the facilities and the equipment therein. Member/guest assumes full responsibility for any such injuries or damages which may occur to Member/guest in, on or about the facilities and further agrees that Wilson's, MAC and its officers, agents, employees and instructors, shall not be liable for any loss or theft of personal property. Member/guest also specifically agrees that Wilson's, MAC and its officers, agents, employees and instructors, shall not be responsible for such injuries, damages, loss or theft even in the event of negligence by Wilson's, MAC and/or its officers, agents, employees and instructors, whether such negligence is present at the signing of this registration or takes place in the future. This waiver does not, however, apply to gross negligence or intentional torts by Wilson's, MAC, and its officers, agents, employees and instructors.

I authorize Wilson's and the Missouri Athletic Center (MAC) to photograph and use pictures for promotional events, website, and advertisement. The same parent that signs the child into the event must be the same parent that signs the child out. MAC reserves the right to refuse pick up by anyone other than the parent who originally brought the child to the event and signed him or her in unless prior arrangements are made with management.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Medications needed while at Camp? (Circle one) YES NO If yes, please fill out form below:

If circled YES on previous page, parent/guardian must fill out this form, sign and turn in to the MAC no later than the first day your camper attends camp.

**MEDICATION RELEASE:**

I affirm that I am the legal parent/guardian of (Camper's Name): \_\_\_\_\_, and agree to follow the MAC Summer Camp policy that medication is not to be in the possession of the camper. I have attached the letter from the prescribing physician specifying the need for the following medication during day camp, and authorized the MAC Summer Camp designated staff member to ensure my child takes the following medication based upon the instructions found on the label.

MEDICATION: \_\_\_\_\_

TO BE GIVEN AT TIME(S) OF DAY \_\_\_\_\_

TO BE GIVEN ON THESE DAY(S) \_\_\_\_\_

DOSAGE NEEDED (i.e. one tablet) \_\_\_\_\_

DESCRIBE ANY SIDE EFFECTS FROM THE MEDICATION WE SHOULD BE AWARE OF:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I recognize that the MAC Summer Camp designated staff member, who is responsible for ensuring my child takes the above medication, is not a physician, nor a pharmacist; and further acknowledge that neither such person nor Wilson's Fitness sponsoring the program shall be responsible for or liable in connection with such medication when taken in accordance with the instructions on the label.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_