

## **Camp Hours of Operation:** 7 a.m. - 6 p.m.

- Your child does not have to be dropped off at 7 a.m. The majority of our campers are dropped off between 8 a.m. - 8:45 a.m.
- Your child does not have to be picked up at 6 p.m. The majority of our campers are picked up between 4:30 p.m. - 5:30 p.m.

### **Absent /Arriving Later than Normal / Picking Up Earlier than Normal:**

TEXT Fran (856)816-1538 & TJ (856)816-1537 when it applies to your child.

## **Morning Drop-Off**

- Pull your car forward into the Handicap Parking spaces (next to the building).
- Do **NOT** line cars up in the driveway.
- If Handicap Parking is full, please park in the parking lot.
- Carefully exit the car with your child and walk over to our check in station.
- A staff member will check-in your child.

## **Drop-Off (after 9 a.m.)**

- **Please Park in the parking lot.** (At this time of day, we can't "borrow" handicap parking.)
- Carefully exit the car with your child and walk over to our check in station.
- Use the walkie-talkie to let staff know that your child is here.
- If you don't receive a reply from staff after 20 seconds, please re-call on the walkie... hold the button down for a second **before** you start talking and release **after** you stop talking (otherwise your communication will not be heard completely).
- A Staff member will check-in your child.

## **Pick-Up**

- **Please Park in the parking lot.** (At this time of day, we can't "borrow" handicap parking.)
- Use the walkie-talkie to let staff know that you are here to pick up your child.
- If you don't receive a reply from staff after 20 seconds, please re-call on the walkie... hold the button down for a second **before** you start talking and release **after** you stop talking (otherwise your communication will not be heard completely).
- Fewer words are better...**example** "*John Smith picking up Mary Smith.*"
- Please walk your child to your car. *Please do not allow your child to bolt to your car without you. Our lot is used by Fun & Fit families, Karate families, as well as customers and staff from surrounding businesses.*

## Camp Dress Code

We have an active/physical program outside and inside our building.

- Sneakers and Socks... **EVERYDAY**... even on pool days & field trip days.
- Play clothes (t-shirt & shorts). Due to our activities modest clothing is recommended.
- Camp Fun & Fit t-shirts can be worn any day of the week, **but must be worn on Field Trips**.
- Girls who prefer to wear dresses/skirts, please wear shorts underneath.
- Change of underwear and shorts - **if your child is of the age that a toileting accident might still happen**.
- Baseball hat, visor, bucket hat, etc. - if your child loves to wear hats outside OR you would like your child to do so. Please label your child's hat.
- Light jacket or sweatshirt, if your child gets cold in air conditioning.
- Due to our activities modest clothing is recommended.
- **NO** flip-flops, crocs, sandals, slides, etc.
- **NO** sunglasses unless medically required.

## Bring to Camp:

The following are things your child should bring to camp **EVERYDAY**.

- Refillable Water Bottle; labeled w/child's name
- Spray Sunscreen; labeled w/child's name
- Breakfast - if there isn't time for your child to eat at home.
- Morning Snack
- Lunch
- A book your child enjoys reading; labeled w/child's name.

## A word about Breakfast...

- Children arriving at Fun & Fit between 7 a.m. - 8 a.m. may bring breakfast (if there isn't enough time to eat breakfast at home).
- If your child needs to eat breakfast at camp, please pack a simple, easy to eat breakfast.
- Please do NOT send in something that needs to be warmed up or prepared in a microwave.
- If your child is being dropped off after 8 a.m., please eat breakfast at home.

## A word about A.M. & P.M. Snack...

- For A.M. Snack, please send in a light, yummy, healthy snack.
- Candy and junk food are strongly discouraged. If your child is a picky eater and you would like some suggestions, please don't hesitate to reach out.
- **NO** soda or carbonated beverages permitted.
- P.M. Snack will be provided by us. We have an entire range of healthy snack options... fresh fruit, refrigerated fruit cups (mandarin oranges, peaches, mixed fruit, apple sauce, etc.), cheese (cubes, string, etc.), Nutri-Grain bars, Fig Newtons, raisins, and lots of crunchies - Veggie Straws, pretzels, Cauliflower Stalks, Gold Fish, Pirate Booty, popcorn, and Stacy's Pita chips (just to name a few!).
- If your child does not like what we serve for P.M. Snack, please pack an afternoon snack.
- Occasionally, we also have a special treat... frozen fruit pops, water ice cups, ice cream, etc.

- **Birthday treats?** If your child has a summer birthday and you would like to send something in, you may absolutely do that. *Please contact Fran Coakley in advance to schedule.*

### **A word about Lunch...**

- Please pack simple, easy to eat lunches for your child.
- Please do NOT send in lunches that need to be warmed up or prepared in a microwave.
- If your child's lunch needs to be kept cool, please put freezer packs in the lunch box.
- Lunchables are fine EXCEPT Pizza Lunchables. Please call if you would like an explanation of my request.

### **The following are NOT permitted at Camp:**

- Toys and games from home.
- Electronics... iPads, hand-held video games, chrome books, cell phones, etc.
- If you need your child to have a cell phone while at Fun & Fit, please contact us.

## Important Reminders for Pool Days

- **All children MUST wear socks & sneakers** - we are walking to & from the swim club and want to avoid any issues on the way.
- **BOYS: Come to camp wearing a swim suit & t-shirt/swim shirt.** Bring a change of clothes in a plastic bag for after swimming (underwear, t-shirt & shorts). The plastic bag will be used for the wet bathing suit & swim shirt.
- **GIRLS: Come to camp wearing a swim suit under shorts & t-shirt or pool cover-up.** Bring a change of clothes in a plastic bag for after swimming (underwear, t-shirt & shorts). The plastic bag will be used for the wet bathing suit & swim shirt.
- A child who is NOT going swimming does NOT need to wear a swim suit or bring a towel.
- Bring **spray sun screen**; mark the bottle with your child's First & Last name.
- Bring a **towel**.
- Bring goggles (if your child is a goggles wearing kid)
- Bring floaties/swim vest (if your child uses them/or does not know how to swim)
- **Please mark ALL of your child's belongings (first & last name please)**
- Each child will be given a large Fun & Fit string bag, as well as a camp t-shirt for Field Trips (and other days of your choosing).
- Please use the Fun & Fit string bag as your child's pool bag.
- Your child will be carrying the string bag to & from the pool, so please pack only the essentials (towel, floaties & goggles) in the string bag.
- **Your child should bring a small backpack EVERYDAY (even on swim days).**
- **What should be in the backpack?** Sunscreen (*if you want it applied/re-applied when we go outside to play or go to the swim club*), change of clothing (*in case of a toileting accident AND for pool days*), morning snack, lunch box, **REFILLABLE Water Bottle**, favorite book(s) and hat (*if your kid is a hat kid*).