

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 and 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.
- Fewer words are better...**example** "*John Smith picking up Mary Smith.*"
- 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).
- 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.
- **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
 - All water bottles must securely close & not leak if knocked over/placed in a string bag.
 - Water bottles must fit inside the cubbies where children place their belongings. Ex. Large “Stanley style” or water bottles with straws will not fit the cubbies.
- **SPRAY** Sunscreen; labeled w/child's name
 - **Each child in a family must have their own sunscreen.**
- 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.
- **Backpack:** What should be in the backpack? **SPRAY** 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*).

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, highly processed chips, 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.
- 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 or Nachos Lunchables.** Please call Fran if you have questions.

The following are NOT permitted at Camp:

- Toys and games from home.
- Electronics... iPads, hand-held video games, chrome books, cell phones, smart watches, 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).**

Reminders for Field Trips (SAVE our #s: Fran Coakley (856)816-1538; TJ Coakley (856)816-1537)

- **WEAR** - Camp T-shirt, Shorts, Socks & SNEAKERS
- **Please apply Sunscreen at Home.** Please confirm that your child's sunscreen is relatively full and has a name on it. Each child should have their own bottle (siblings are not necessarily in the same group).
- **Bring:** Camp **STRING BAG** packed with Sunscreen, Water Bottle, Morning Snack and Lunch.
- **Depending on the trip, Morning Snack & Lunch can be in a LUNCH BOX OR 1-gallon Ziploc bag with your child's name on it.** Please include a napkin & any needed utensils. *Please keep snack & lunch SIMPLE.* These requests are due to the amount of time allotted to eat and storage space permitted at the field trip venues. Please call (856-816-1538) if you have questions or concerns.
- **Water Bottles are needed EVERYDAY. Please ensure that your child's water bottle closes/seals properly - regardless of position** (upright or not). Leaky water bottles impact multiple children and string bags stored nearby.
- **NO backpacks or gigantic lunch boxes.**

When we are headed back to camp - an updated return to camp time will be posted on the private FB page.