



Irving Recreation Center Camp Challenge Newsletter

Summer 2011

Week 4 (June 20—24)

IMPORTANT REMINDERS:

- Our camp rules are “Be safe. Be respectful. Be responsible.”
- Pack a sack lunch for your child. Microwave use will not be an option.
- Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.
- Leave valuables at home (including money, portable video games, etc.)
- Label your sunscreen with your camper’s name.
- Do not hesitate to ask when you have questions or comments.



TEAM UNITY WEEK!

This week our focus will be on teaching campers about the importance of working together to achieve a common goal. For our central theme activity campers will be put through a variety of teamwork initiatives.

THIS WEEK’S HIGHLIGHTS

Monday

Health Rocks and Tennis Day!

In the morning campers will be doing tennis and other active games outside. In the afternoon campers will be doing our health rocks program along with our first theme activity of the week.

Tuesday

Tennis and Swimming Day!

In the morning campers will start out with a small group craft challenge. After they will do tennis and then go swimming at Irvingdale Pool from 11:30-1:00. In the afternoon campers will play active games outdoors such as capture the flag.

Wednesday

Initiatives and Disc Golf Day!

In the morning campers will do a rotation of small groups that focuses on team work. In the afternoon we will do disc golf and a team challenge of Hollywood Squares.

Thursday

Swimming and Fitness Test Day!

In the morning campers will start out by doing a two-team active game and then they will do our fitness test of the week. Afterwards they will go swimming at Irvingdale Pool from 11:30-1:00. In the afternoon campers will be playing active games outdoors.

Friday

Memorial Stadium Field Trip!

In the morning campers will be playing the camper’s choice game and then watch our movie of the week. In the afternoon campers will go on a tour of Memorial Stadium. We will be leaving the rec. center at 12:00 pm and will be back at the center at 2:15 pm. **Please bring a sack lunch that can be thrown away.** We will eat on lunches on UNL campus before our tour.

Fitness Focus: Muscular Strength

EMAIL NEWS

Don’t miss a newsletter and have other important weekly information delivered directly to your inbox! Update your email address with the rec. center office to make sure you stay current on all there is to know about Summer Day Camp at Irving Recreation Center.