



Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 11 [August 8—12]

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.



CAMP ENERGY

We’ve learned lots of things about how to live a healthy life over the summer. The most important thing to remember is **Energy Balance**—keeping the Energy IN (food and drinks) balanced with Energy OUT (activity). The more days things are in balance, the healthier we will be, the better we will feel, and the more fun we will have. We need food to fuel our bodies. Healthy foods make the best Energy In. Active play and exercise is the best Energy Out. As you leave day camp, remember you need 60 min. of Energy Out each day, and if you have too much Energy In, especially from junk foods, you need even more active play and exercise to stay in balance.

THIS WEEK’S HIGHLIGHTS

Monday

Tennis and Swimming today! Be sure to remember your swimsuits, sunscreen, and towels. We will swim at Irvingdale Pool from 11:30 to 1:00 and will be doing a variety of special interest activities in the afternoon.

Tuesday

We will be going to the library at 9:00 in the morning followed by tennis lessons. Active and inactive game rotations are scheduled for the afternoon.

Wednesday

Today we will be swimming. The rest of the day will involve special activities related to our SURPRISE THEME for the day!

Thursday

Today is our field trip day and we will be going to Laser Quest. We will be picked up from the rec. center at 10:00 and will return at approx. 12:00. Please plan your rides to and from camp accordingly!

Friday

Movie Day! We will be doing various activities throughout the day, including Disc Golf and a craft, followed by a movie to relax after a long, fun, and active summer.

Have a great school year. Thanks for a wonderful summer! We hope to see you back next year.

-Marcus and the Camp Energy staff

SUMMER 2012

We will use our summer 2011 e-mail list to communicate Summer Day Camp 2012 announcements, including registration details at the beginning of the year. Registration is scheduled to begin in January!