



# Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 6 (July 5—8)

## 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.



## ENERGY THEME: THE HEART

This summer we’ve learned a lot about the Energy In part of Energy Balance. We know that good food choices give us nutrients that help us grow, stay healthy, and feel better. Now it’s time to learn about the Energy Out part, and how having a strong heart allows us to burn calories. We’ll learn that when the heart is strong and healthy, we’ll feel better and have more fun. Also, that the heart wears out faster if it is not exercised regularly. To keep the heart strong, we need to exercise it by moving our bodies.

## THIS WEEK’S HIGHLIGHTS

### Monday

No camp today. Happy Fourth of July!

### Tuesday

We will be going to the library in the morning, followed by tennis lessons. Fun activity rotations are scheduled for the afternoon.

### Wednesday

Today we will be swimming at Irvingdale Pool from 11:30-1:00. Don’t forget swimsuits, towels and sunscreen. Our theme this week is Outdoor Adventures. We will be doing various activities involving the Outdoors.

### Thursday

Today is our field trip day and we will be going to Solid Rock Gymnastics. We will be picked up from the center at 1:30 and picked up from Solid Rock at 3:00.

### Friday

Movie Day! We will be doing various activities throughout the afternoon, including Disc Golf and a Craft.

**Fitness Focus:** Cardiovascular endurance

## 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.