

Irving Recreation Center

Summer Day Camp

Grades 3-4



Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954

Healthy Futures

This week in Wise Kids we will be planning for a healthy life. Campers have been working so hard and have learned so much on how to live a healthy life. We will now take everything we have learned and talk about how to apply it to a healthy future. We will also learn about goal setting and making changes in our current habits.

This Week's Highlights

Monday July 29th-Field Trip to Laser Quest and Bethany Park!

In the morning we will be learning and practicing the relay events for Wednesday's Play Day Event! In the afternoon we will be going to Laser Quest and Bethany Park. We will leave the center at 11:45 and will return at approx. 3:30 p.m. Please remember to have campers wear their green camp shirt. We will be eating at Bethany Park so please send a sack lunch that can be recycled after eating and a water bottle.

Tuesday July 30th-Library and Swimming!

In the morning we will be walking to South Branch Library. Please send a backpack with your child to carry their books in. We will leave at 9:45 and return at 11:00. In the afternoon we will be walking to Irvingdale Pool. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. We will also be having Fitness with Scott.

Wednesday July 31st-Swimming and Play Day!

We will be gone from the center the entire day. At 9:00 we will be headed to Woods Pool and will swim until 11:00. After that we will have a picnic lunch at Woods Park. In the afternoon we will be having our annual Play Day event. Play Day is a Parks and Recreation tradition that brings campers from all over the city together for a full day of fun and friendly competition. The best time for parent who might like to visit the park will be 12:30-2:30. Please have your camper wear their green camp shirt, bring their swimming gear, sack lunch, and water bottle! We should return to the center by 4:00.

Thursday August 1st-Rotations and Clubs!

In the morning we will be having "Just Recreation Time" in the gym. In the afternoon we will have rotations, which include yoga and park time and special interest clubs.

Friday August 2nd-Archery and Swimming!

In the morning we will be doing rotations. Campers will do a craft activity and archery! In the afternoon, we will be walking to Irvingdale Pool. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. We will also be having "Just Recreation Time".

Day Camp Family Yoga in the Park – Aug. 3

We had a great turnout for our first family yoga event this summer. We hope you will consider joining us Saturday, August 3 from 9:15-10:00 a.m. Mallory, our yoga instructor, will guide us through kid-friendly yoga for the first half hour with refreshments served at 9:45. This is a wonderful opportunity to spend some healthy time with your family and start your weekend off right! Please RSVP at the front counter by Thursday, August 1.

FCUndamental
healthy me

A focused program where youth grow