

Irving Recreation Center

Summer Day Camp

Grades 5-7



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

THIS WEEK'S HIGHLIGHTS

Monday, July 15, 2013

We will have another week outside primarily, but we'll also be doing a lot of awesome science experiments, crafts, and community service. We're going to start the morning off right with a game of dodgeball at the tennis courts. After we play dodgeball, campers will come together to play Capture the Flag on the field. After a quick snack we'll head down to Irvingdale Pool from 11:30-1:00 for some fun swimming time! Please make sure you bring your swimsuits, sunscreen, and towels today. Following lunch we'll be walking to the South Branch Library so make sure you bring your library cards today. We'll end the day by working on our food drive community service project.

Tuesday, July 16, 2013

We'll be leaving Irving early this morning at 9:00 a.m. and will return from Morrill Hall around 12:45. We plan to do a self-guided tour of the grand museum then we'll see a planetarium show about black holes. If additional work is needed on our community service project we'll do that after we have lunch and some cool off time after our field trip. Afterward we'll be completing one of our craft challenges for the week. We'll be tie dyeing t-shirts! Towards the end of the day we'll be completing some cool easily done science experiments. Campers will love them!

Wednesday, July 17, 2013

The outdoor fun continues for campers when we play Kickball outside and later flag football. Campers will have a chance to participate in both activities. Following our morning activities, campers will begin rotations of tennis and yoga. Make sure your child is signed up for tennis for the week if they would like to continue their training. Following yoga and tennis will be lunch and Drop Everything and Read time. As we enter the last half of the day, we'll unwind with a classroom craft followed by some parachute fun on the field.

Thursday, July 18, 2013

Thursday will begin with a sidewalk chalk activity as campers will draw their favorite characters, original creations, and any other creative ideas they come up with on the sidewalk. Following that quick art activity we'll be going on a walk through the neighborhood to find some great examples of nature for a craft project later in the day. After a quick snack campers will move into yoga and tennis rotations. After those rotations we will have a delicious and nutritious lunch. When lunch is over it will be time for our daily reading time. The end of the day will bring snack and science experiments.

Friday, July 19, 2013

This morning we'll start out by walking down to the South Branch Library and playing some football, frisbee, volleyball, or soccer. Campers will also have a chance to play at the local playground. Following a snack down at the playground we'll be getting ready to go to the pool. We'll be at the pool from 11:30 a.m. to 1:00 p.m. Following our trip to Irvingdale Pool we'll have lunch, read for a bit this afternoon and play one final active game for the week before having our afternoon snack.

FAMILY YOGA IN THE PARK: RSVP BY 7/18 (FREE!)

Irving Day Camp is hosting yoga in Irvingdale Park on Saturday, July 20 from 9:15-10:00 for Irving Day Camp families! This will be a fun opportunity for campers to show off what they've been learning at Irving Day Camp this summer, and for families to be active together. Don't be shy; this event is perfect for both inexperienced and experienced yoga parents! Please RSVP by Thursday, July 18. Forms are available at the front counter and on our web page at parks.lincoln.ne.gov/irving.