

# Irving Recreation Center Summer Day Camp Grades K-2

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## 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

We will be doing clubs in the morning. In the afternoon, we will be doing fitness centers and a craft. Campers will also participate in Plant Earth club along with active games.

### Tuesday

We will be playing active games in the morning. In the afternoon, campers will practice their Play Day events (see Wednesday's highlights below) and participate in clubs.

### Wednesday

Today is Play Day at Woods Park! Play Day is a Lincoln Parks and Recreation tradition that brings campers from all over the city together for a fun day of friendly competition. Groups will begin to shuttle to the park at 9:00 and the last of us should return by 4:00. The best time for parents who might like to stop by the park to check out the action will be 12:30-2:30 p.m. Please remember to send your camper with their swimsuit, towel, and sunscreen since we will go swimming while we wait for Play Day events to start. We will also be eating lunch at the park after we swim. If possible, please pack a sack lunch that can be recycled.

### Thursday

We will begin our day with yoga and tennis. Those who have not signed up for tennis will play active games. We will also go swimming at Irvingdale Pool from 11:30 to 1:00. Please remember to send your camper with their swimsuit, towel, and sunscreen. In the afternoon, campers will be going out to the garden.

### Friday

We will leave for a tour of the UNL Dairy store at 9:30 and are scheduled to return around 12:30. In the afternoon, campers will be making salsa with vegetables harvested from the Irving Rec. Center Youth Garden, and we will have a fiesta!

## 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.