

# Irving Recreation Center

## Summer Day Camp

### Grades K-2



## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwave s 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

## Welcome to Week 8!

We will continue to focus on the 6 Pillars of Character as well as OrganWise Guys activities. We will also spend time in the garden harvesting the vegetables this week. Don't forget to sign your camper up for tennis lessons at the front desk!

## This Week's Highlights

### Monday

We will be doing clubs in the morning. In the afternoon, we will be doing fitness stations and a craft. Campers will also participate in an OrganWise Guys club along with game centers.

### Tuesday

We will be playing active games in the morning. In the afternoon, we will be doing team relays and clubs.

### Wednesday

Tennis is optional this week. In the morning, we will be doing yoga and tennis. Those who have not signed up for tennis will be going to Irvingdale Park. We will be going 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 take part in challenge and garden activities.

### 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 participate in Planet Earth Club and rhythm stick activities.

### Friday

We will be walking to the South Branch library in the morning. Please send your camper's library card and a book bag with them if they are going to check out books. We will leave at 10:00 and return to the rec at 11:30. In the afternoon, we will be going to Skate Zone. We will leave the rec center at 1:30 and are scheduled to return by 4:00 p.m.

## 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](http://parks.lincoln.ne.gov/irving).

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