



IRVING RECREATION CENTER SUMMER DAY CAMP 2014

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

DAILY NUTRITIONAL NEEDS & SERVING SIZE

This week in our WiseKids programming we will be learning about what fuel we need to keep our bodies healthy. Make sure to ask your camper later in the week about the 5 food groups that make up MyPlate and what makes a healthy portion size. Also, please remember to send your camper with a water bottle to help stay hydrated and able to safely enjoy all our fun activities! -Jennifer, Camp Director

THIS WEEK'S HIGHLIGHTS

Monday

After some morning fitness activities, we will be swimming at Irvingdale Pool from 11:30 to 1:00. Don't forget your swimsuit, towel, and sunscreen. We will finish up the day with some fun team challenge activities!

Tuesday

Our theme for the day is Under the Sea! We will be spending the morning with our K-2 camp completing some theme-based activities. After lunch, we will head to the Lincoln Children's Zoo. We will leave the center at 1:30 and be back around 3:45. Please remember to have your camper wear their gray T-shirt.

Wednesday

In the morning we will offer clubs. Campers will get to attend two clubs of their choice! We will be going swimming at Irvingdale Pool from 11:30-1:00. Please remember to send your camper with their swimsuit, sunscreen, and towel! We will spend the rest of the time today playing games together in the gym.

Thursday

We will spend the morning finishing up our clubs from yesterday and then presenting what we have learned. Later, we will offer tennis and yoga lessons. Campers will also be completing a fun under-the sea craft today!

Friday

This morning we will be walking to the South Branch Library at 9:30 and we will be back to the center at 11. If your camper would like to check out books please bring their library card to the counter at check-in. Campers will be allowed to check out 1 book. Later, campers will get a chance to try their hand at archery!

DAY CAMP SWIM LESSONS

Irving Rec. Center is teaming up again with our friends at Irvingdale Pool to offer a special opportunity for Irving families. Our campers have the option to take swim lessons during the camp day at the reduced rate of \$35 per session. All skill levels are accepted. Registration forms are available at the rec. center office and on our Summer Day Camp web page at parks.lincoln.ne.gov/irving. Most sessions are close to full, so do not delay!