



IRVING RECREATION CENTER

SUMMER DAY CAMP 2016

Grades 3-4

The Road to Rio: Week 10

Only three weeks left of summer, we just can't believe it!

Please be sure to send your child with closed-toe athletic shoes every day, even if we are swimming.

THIS WEEK'S HIGHLIGHTS

Monday

We will start off the week welcoming new campers, refreshing on the rules and playing Repeat-After-Me games to get warmed up for the day. Today we will start to learn and practice our games for Play Day. We will also have a Game Room tournament to see who will be the champion!

Tuesday

In the morning, we will take a morning walk to South Branch Library to read and check out some books, as well as turn in our old ones. Please send your library card if your child has one! After lunch, we will show off our best tennis moves and cool down with some yoga. If we have time, we will spend some time practicing for our big day.

Wednesday

We will start off the morning with water balloon relays and playground time. Then we will spend our late morning swimming at Irvingdale Pool. Remember your swim suit, a towel, sun screen and flip flops for the pool! After lunch, we will learn about Germany!

Thursday

It's Field Trip Day! Please remember to wear your orange shirt! In the morning, we will depart at 9am for Holmes Lake to enjoy some hiking, geocaching and water activities. We will return to Irving around noon. After lunch, we will do a craft and play a few gym games!

Friday

We will start off our morning with an active game at the park before we head to Irvingdale Pool. Then we will go swimming at Irvingdale Pool. Remember your swim suit, a towel, sun screen and flip flops for the pool! After swimming, we will do our "Fitness Friday" workout followed by our Team Choice of the week.

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 (Rec.Center)
402-405-6608 (K-2 phone)
402-405-6609 (3-4 phone)
402-405-6610 (5-7 phone)

You can also view our weekly newsletter online at
<http://lincoln.ne.gov/city/parks/irving/daycamp.htm>

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