



IRVING RECREATION CENTER

SUMMER DAY CAMP 2016

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

The Road to Rio: Week 6

Welcome to Week 6 of Summer Day Camp! We're halfway through the summer already! 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 with a quick reminder of rules for Irving Day Camp and break into our weekly teams. In the morning, we will do minefield obstacle course races and make-your-own puffy paint. In the afternoon, we will play line basketball and musical hoops!

Tuesday

In the morning, we will take a walk to South Branch Library. Please send your library card if your child has one! In the afternoon, we will be playing tennis, doing some yoga and playing Minute-to-Win-it games!

Wednesday

We will start off the morning learning about Independence Day and playing Red Light, Blue Light. 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 swimming, we will play some active games and check on our seedlings.

Thursday

It's Field Trip Day! Please remember to wear your orange shirt! In the morning, we will play some active games, learn about Ares and write letters to military members. In the afternoon, at 1:30 we will travel to Max. E Roper Park for disc golf and outdoor activities! We will return around 4:00.

Friday

We will start off our "Fitness Friday" with an active game and then make a Patriotic Airplane craft. Next we will go swimming at Irvingdale Pool. Remember your swim suit, a towel, sun screen and flip flops for the pool! We will then enjoy our Friday workout and then will end the day with the winning team getting to choose the Team Choice of the week!

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