



Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 1 (May 31—June 3)

IMPORTANT REMINDERS:

- Our camp rules are “Be safe. Be respectful. Be responsible.”
- Pack a sack lunch for your child. Microwave use will not be an option.
- Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.
- Leave valuables at home (including money, portable video games, etc.)
- Label your sunscreen with your camper’s name.
- Do not hesitate to ask when you have questions or comments.



WELCOME TO CAMP ENERGY!

Welcome Campers! Here is our first Week of summer camp at Irving. We have a lot of fun things planned for everyone, and I’m excited to meet everyone, as well as have the campers meet each other. This week’s theme is “Movin’ and Groovin’!” and we will introduce the concept of Energy Balance. Let’s make this a great start to camp and continue into the rest of the summer!

THIS WEEK’S HIGHLIGHTS

Monday

No Camp today. Enjoy your Memorial Day Weekend!

Tuesday

First Day of Camp! We will be having tennis lessons in the morning as well as introducing our Wise Kids curriculum. We also will do a variety of Active and Non-Active games through the day.

Wednesday

Today is our first swimming day. Be sure your child brings his or her swimsuit, towel, and sunscreen. We will swim at Irvingdale Pool from 11:30-1:00. Also, we will be doing Theme Day activities.

Thursday

Today is our field trip day and we will be going to Skate Zone (12:15-4:15). If your child wants to bring their own skates or Rollerblades that is permitted. Skates are provided, but Rollerblades are three dollars.

Friday

We will be doing various activities throughout the day including Disc Golf. Also, we will be watching a movie in the afternoon.

Fitness Focus: Flexibility

Questions?

Marcus Payne,
Camp Energy Director

EMAIL NEWS

Don’t miss a newsletter and have other important weekly information delivered directly to your inbox! Update your email address with the rec. center office to make sure you stay current on all there is to know about Summer Day Camp at Irving Recreation Center.