



Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 3 (June 13—17)

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.



Camp Energy

Last week we learned about Energy Balance: *Energy In* should equal *Energy Out*. This week we’re going to look at the Energy In part of Energy Balance. The body needs food to live. Are all foods good for you? Are some better than others? How do we know is the best Energy In? The Food Pyramid for Kids is going to help us choose our food to help us grow and stay healthy.

THIS WEEK’S HIGHLIGHTS

Monday

Tennis lessons will part of our morning activity rotation. We’ll go swimming at Irvingdale Pool from 11:30-1:00. Don’t forget your swimming suit, towel, and sunscreen! Various other activities will take place during the afternoon.

Tuesday

Tennis lessons with Woods Tennis Center are is scheduled again for this morning. We will be doing active games in the afternoon and a craft activity.

Wednesday

Today we will be swimming from 11:30-1:00. Don’t forget swimsuits. Don’t forget your swimming suit, towel, and sunscreen! Our theme this week is “Camp Energy has Talent.” So we will be having a talent show at 2:30.

Thursday

Today is our field trip day and we will be going to Champions Fun Center. **We will leave the rec. center at 1:30 and will not return until 4:30.** Please schedule your rides to and from camp accordingly!

Friday

We will be doing various activities throughout the day including Disc Golf and a creative art activity. In the late afternoon we will unwind from a busy week by watching a movie

Fitness Focus: Cardiovascular
Endurance

EMAIL NEWS

Don’t miss a newsletter, and make sure to 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.