

# Irving Recreation Center Day Camp Newsletter

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Pack a sack lunch for your child in an insulated container. 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, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your camper's name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954

dpayzant@lincoln.ne.gov  
parks.lincoln.ne.gov



## Grade 3-4

### Welcome to Irving Recreation Center!

As a service project we are asking that campers to collect pop-tops and bring them to camp. We will have a collection bin at the front desk. At the end of the summer we will donate them to the Ronald McDonalds House, which is a place for families to stay when their child has a serious illness and is hospitalized.

### THIS WEEK'S HIGHLIGHTS

#### Monday June 18th

In the morning we will be walking to South Branch Library, which is located at 2675 South Street. We will leave the center at 9:45 and will return at 11:00. Please send your child's library card and a backpack. We will also be walking to Irvingdale Pool, which is located at 1900 Van Dorn St. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. In the afternoon we will be having "Just Rec. Time" in the gym. Tonight ask your child: What things do we use that come from trees?

#### Tuesday June 19th

In the morning we will be doing rotations that include Tennis, Bocce Ball and Fitness. In the afternoon we be taking the City Bus to Tierra Park to play Frisbee Golf. We will leave the center at 1:30 and will not return until 4:30. Please have your camper wear their purple camp shirt! Tonight ask your child: How do worms help soil?

#### Wednesday June 20th

In the morning we will be doing activities at the center and then walking to Irvingdale Pool, which is located at 1900 Van Dorn St. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. In the afternoon we will be having "Just Rec. Time" in the gym. Tonight ask your child: How did the worm move across the paper?

#### Thursday June 21st

In the morning we will be doing rotations that include Tennis and Archery. In the afternoon we will be doing clubs! One of the clubs will be with instructors from Urban Prairie. Please see the back of this page for more information. Tonight ask your child: If you could grow your own garden, what would you like to plant? Make sure to check out our youth garden sometime!

#### Friday June 22nd

In the morning we will be doing "Just Rec. Time" in the gym. In the afternoon we will be going to Champions Fun Center. We will leave the center at 12:45 and will return at 3:00. Please be sure you camper wears their purple camp shirt and brings socks for the Adventure Maze. Tonight ask your child: What vegetables grow underground? Which ones grow above ground?

### EMAIL NEWS

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 Rec. Center.

**FCUNdamental**  
**healthy me**

A focused program where youth grow

## Camping Skills with Urban Prairie

Irving Day Camp

3<sup>rd</sup>-4<sup>th</sup> Grade

Thursday, June 21, 1-4pm



### **What:**

We will learn basic principles of camping and navigation; learn how to safely use equipment necessary for camping and navigation; and set up and break down an actual campsite, including tents and campfires.

### **Where:**

We will be at Irvingdale Park (19<sup>th</sup> and Van Dorn).

### **Goals:**

To help each student learn the basics of camping

To help each student learn how to use traditional navigation skills

To educate students on the social, physical, and environmental benefits of camping

To have a jolly good time

### **What to wear:**

Closed-toe and closed-heel shoes. Any student not wearing closed-toe closed-heel shoes will NOT be able to participate.

### **What to bring:**

A water bottle.

### **What Urban Prairie will provide:**

We will provide equipment and supplies for all participants. **Please inform Irving Staff if your participant has food allergies. We will be eating a snack with this activity.**

### **Contact:**

If you have any questions about this program please contact your summer day camp site supervisor.

### **Urban Prairie 2012:**

Urban Prairie is a Parks and Recreation program dedicated to outdoor pursuits in Lincoln and Nebraska. Urban Prairie seeks to expose youth and adults to the many outdoor sports and adventures that Lincoln and the Great Plains have to offer, such as hiking, fishing, camping and more. These activities are not only opportunities for a lifetime of exploration and adventure but also provide unique insight into Nebraska's ecosystems and natural resources. Urban Prairie encourages young people to try these new activities, and to appreciate and preserve the environment needed to pursue them. We actively and sustainably engage with Nebraska's natural environment in order to provide engaging and enriching activities to Lincoln's youth.