

# Irving Recreation Center

## Summer Day Camp

### Grades 3 through 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

## Wise Kids Theme for the Week

This week in Wise Kids lessons we will be learning about being active. Campers will learn about three main types of activities they should be doing: heart-pumping, muscle-building and stretching! They will also learn how often, how many and how long to do each type of activity.

## This Week's Highlights

### Monday July 15<sup>th</sup>-Field Trip to Holmes Lake!

We will be gone from the center most of the day. We will be going to Holmes Lake to fish, play games, and eat lunch. We will leave the center at 10:00 and should return by 3:45. Please remember to have campers wear their green camp shirt, a sack lunch that can be recycled after eating and a water bottle.

### Tuesday July 16<sup>th</sup>-Library and Swimming!

In the morning we will be walking to South Branch Library. Please send a backpack with your child to carry their books in. We will leave at 9:45 and return at 11:00. In the afternoon, we will be walking to Irvingdale Pool. 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. We will also be having Fitness with Scott.

### Wednesday July 17<sup>th</sup>-Rotations and UNL Climbing Wall!

In the morning we will be having "Just Recreation Time" in the gym. In the afternoon we will be having rotations, which include Yoga and Basketball. We will also be taking the city busses to UNL Campus Rec. Center to rock climb. We will leave the center at 1:30 and **will not return until 4:30**. **Please be sure to return the UNL waiver** (available at the front counter and on our web page at [parks.lincoln.ne.gov/irving](http://parks.lincoln.ne.gov/irving)) and have your camper wear their green camp shirt!

### Thursday July 18<sup>th</sup>-Rotations and Clubs!

In the morning we will be having "Just Recreation Time" in the gym. In the afternoon we will be having rotations, which include Yoga and Park Time. In the afternoon we will be having clubs!

### Friday July 19<sup>th</sup>-Archery and Swimming!

In the morning we will be doing rotations. Campers will do a craft activity and archery! In the afternoon, we will be walking to Irvingdale Pool. 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. We will also be having "Just Recreation Time".

## Family Yoga in the Park: RSVP by 7/18 (FREE!)

Irving Day Camp is hosting yoga in Irvingdale Park on Saturday, July 20 from 9:15-10:00 for Irving Day Camp families! This will be a fun opportunity for campers to show off what they've been learning at Irving Day Camp this summer, and for families to be active together. Don't be shy; this event is perfect for both inexperienced and experienced yoga parents! Please RSVP by Thursday, July 18. Forms are available at the front counter and on our web page at [parks.lincoln.ne.gov/irving](http://parks.lincoln.ne.gov/irving).