

Fitness Camps



PARENT PACKET
PLEASE KEEP

 Precision
Gymnastics



Day Camp Parent Information 2012

CHECK-IN AND PICK-UP PROCEDURES:

Please sign your child in and out each day in the camp room. If you plan to have someone other than yourself pick up your child, the person picking up your child must be on the "PICK UP AUTHORIZATION" section of the form you filled out and returned to the office. Your child will not be allowed to leave with anyone for whom the business office does not have prior authorization. Staff will request identification prior to the release of your child. When dropping off & picking up your child, please sign them in & out.

LATE PICK-UP CHARGE:

Please be prompt when picking your child up each day. Failure to pick up your child on time will result in additional fees. Any child that is picked after 5:00pm will be charged the extended care fee. If your participant is not picked up by 5:00 pm you will be charged \$20.00/hour or \$10.00/half hour, or portion thereof.

ABSENCES:

If your child will be late or absent, please call the business office at (909) 483-8161.

SESSION CALENDARS:

Precision Gymnastics will provide a schedule of activities in which your child will be participating. This is simply a guideline to the day's/week's activities. Please be sure to review the schedule before your child attends camp. This will help you arrange to meet any special needs your child may have on a given day. Precision Gymnastics reserves the right to vary the schedule without notice.

LUNCH AND SNACK:

Lunch will not be provided. Please bring a sack lunch and bottled water Monday through Thursday. A healthy morning and afternoon snack will be provided. Please provide a nutritious breakfast for your child before dropping him/her off at camp. A nutritious breakfast makes for a happier, healthier day. Participants are asked not to share or exchange portions of their lunches with other campers. Your child is welcome to bring money to purchase additional drinks/snacks from the snack bar machines only.

Please let us know if your child is allergic to any foods, drink or any other items.

Although Precision Gymnastics has a drinking fountain, we ask you send bottled water with your child. Please write his/her name on the bottle.

DISCIPLINE REPORTS:

Should your child display problem behavior, a Discipline Report will be written outlining the nature of the problem and what course of action was taken. A copy of the report will be left for you at the check in/out area at the end of the day. We encourage you to discuss with the Program Coordinator, Coach Garron, any concerns you may have regarding your child's behavior.

PRECISION GYMNASTICS BUSINESS OFFICE:

9518 Ninth Street Ste. B
Rancho Cucamonga, CA 91730
Telephone – (909) 483-8161
Email- Office@Precision-Gym.com

Business Hours:

Monday - Friday 9:00am-8:00pm
Saturday 9am-1:00pm
Sunday CLOSED

INFORMATION PARENT SIGNED FOR IN PARENT PERMISSION PACKET

EMERGENCY INFORMATION

In the event I cannot be reached in an EMERGENCY, I hereby give permission to the physician selected by the Precision Gymnastics' staff to secure proper treatment for my child as named above. I affirm that my child is physically able to participate in camp activities.

I have read and fully agree with all the terms of registration as stated in the camp and gym literature, and on this enrollment form. I further agree to allow my child to be used in any promotional photos. I understand and assume risk involved in physical activities and give permission to participate with the staff of Precision Gymnastics.

PAYMENT POLICY AND PERMISSION

Only G or PG rated movies will be viewed during camp.

I/We understand the payment(s) made toward camp is ***non refundable*** and cannot be applied to any other services or programs. The front desk must be notified 7 days in advance of the start of each week to confirm availability. The deposit and camp fee cannot be transferred to another family.

I/We understand that my child will not be permitted to sign him/herself out of the program and will wait inside to be picked up.

I/We understand and agree to pay a late pick up charge if any participant is picked up after the scheduled time. The extended care fee will be applied. An additional fee of \$10.00 per half hour and \$20.00 per hour will be charged after 5:00pm. This must be paid at the front desk of Precision Gymnastics at the time of pickup. Extended care is available by prior arrangement.

I/We understand that if the remaining balance for your scheduled week of camp is not paid by 12:00 noon on the Friday prior to the start of your scheduled camp day(s), my/our credit card will automatically be charged the remaining balance.

PICK UP AUTHORIZATION INFORMATION

I/We authorize the following person(s) to pick up my/our child from Precision Gymnastics Day Camp in my/our absence. The following person(s) **must be over 16 years of age.** ***Staff will request identification of those requesting release of the child.***

RULES FOR DAY CAMP

1. Must always listen to Precision Gymnastics' instructions and follow gym rules.
2. No foul language.
3. Campers are not allowed in the office.
4. No fighting.
5. Ask permission before you use someone else's belongings.
6. Climbing on the walls, bushes and trees is not allowed.
7. Keep your hands to yourself.
8. Respect your coaches and fellow day campers.
9. Treat others the way you want others to treat you.
10. No gum, food or drinks other than water inside the gym.
11. No electronic games will be allowed except during extended hours of 5-6.

All children need a bag for their belongings. We are not responsible for any lost or damaged items your child brings to day camp.

IMPORTANT CAMP INFORMATION

Please be sure to send your child to camp with a drink in their lunch. We also recommend that you send at least one other bottled drink that your child can sip on throughout the day. Please write their name or initials on the drink. We provide water for the children during their snack time as well as a healthy snack and we have a drinking fountain in the gym. If they would like something else to eat or drink during snack time they may bring their own food and drink. The snack bar is not open to the children. They may use the snack machines, but we strongly encourage that they do not rely on the machines as a source of nutrition.

All campers are to be potty trained. Understandably, children do have accidents on occasion. (If accidents become a problem we reserve the right to temporarily suspend your child's participation in camp until the problem is resolved). If you would like to send an extra change of clothes (we highly recommend it) - just in case - please give them to their day camp coach in a bag with your child's name on it.

We ask that the athletes that are attending day camp do not bring in any types of electronic games. If your child is staying for extended care he/she may bring electronic games to play during this time only.

Your cooperation and understanding helps Precision Gymnastics make your camper's experience here a more positive one. Thank you.

WEEKLY SCHEDULE (Sample)

8:00-8:30	CHECK IN / GO OVER RULES: TOYS, PUZZLES, BOARD GAMES, ETC....
8:30-9:00	WARM UPS/ STRETCHING/ RELAY RACES
9:00-9:30	OBSTACLE COURSE/ BASIC SKILLS ROLLING, JUMPING, CARTWHEELS AND FUN.
9:30-10:00	FREE PLAY: OPEN FLOOR, PIT, TUMBLE TRACK
10:00-10:30	SNACK TIME: _____
10:30-11:00	FOCUS COURSE: HANDSTANDS & CARTWHEELS
11:00-11:30	FREE PLAY
11:30-12:00	WASH HANDS / LUNCH TIME
12:00-12:30	FINISH LUNCH TIME / QUIET TIME COLORING PAGES, BOARD GAMES, READING AND PUZZLES
12:30-1:00	CRAFT TIME: _____
1:00-1:30	CRAFT TIME / GROUP GAME
1:30-2:00	GROUP GAME / PIT TIME
2:00-2:30	SNACK TIME: _____
2:30-3:00	INDOOR FREEPLAY: CRAFT TIME, TOYS, COLORING PAGES, READING, PUZZLES and BOARD GAMES, ETC...
3:00-3:30	BACK ROOM GROUP GAME / FREEPLAY
3:30-4:00	BACK ROOM GROUP GAME / FREEPLAY
4:00-5:00	INDOOR QUIET TIME: BOARD GAMES, LEGOS, BOOKS, ART NOTHING TOO MESSY. TIME TO GO HOME
5:00-6:00	EXTENDED CARE: MOVIE TIME