

# Welcome to Adventure Camp!

We are so excited to spend our summer with your child!

We will be spending most of our day at MacArthur Middle School. Please drop your child off at the front doors of Mac Arthur School at 9:00am and pick them up from the front of Gary Morava between 2:55 and 3:10pm.

Each day we will play an outdoor game, have time for snack and recess, play an indoor game, do an art project, have lunch, and swim at the pool. We will also have at least one theme day each week and one field trip (either outside of camp or in-house) which will be noted on the session calendar. Some of the games or activities on the calendar may change based on the weather or availability of materials, but all theme days and field trips will be as scheduled.

There is one field trip per session; for Session 1, the **in-house field trip** will be on **Friday, August 4.**

We ask that your child wears **closed-in shoes** to camp and bring a set of flip-flops or sandals to wear at the pool. We will be playing a lot of different active games, so closed-in shoes will work best.

You child will need to bring the following items to camp every day:

- **Water bottle**
- **Snack**
- **Lunch (no refrigeration available)**
- **Swimsuit**
- **Towel**
- **Sunscreen**



Please send your child with **spray-on sunscreen**. Counselors are not allowed to apply regular sunscreen to campers, but we are allowed to spray them. We have a block of time after lunch where all campers will be able to change into their swimsuits and ask a counselor to spray sunscreen to make sure they're covered! Please label your child's sunscreen as many campers have the same brands!

We swim every day at Gary Morava from 1:15-2:45pm. The children will be transported from MacArthur via Yellow School buses everyday at around 12:45. Counselors will be assigned a time for their group to go to the concession stand. Each group will have 15 minutes at the concession stand. If your child wants to purchase something at the concession stand, I would recommend sending no more than a few dollars to spend. They will be responsible for holding on to their own money.

As per pool regulations, **all campers will take a swim test** at the beginning of the session and receive a green or red wristband. Green denotes a strong 25 yard lap and red denotes a non-swimmer. Please have your child wear their wristband as long as possible; we will have some extras if any fall off or if a camper graduates to the next color level. The wristbands are made of durable plastic with a clasp. We will also be collecting a few items to recycle and use as crafts in later sessions. Feel free to send in: plastic water bottles (with caps!), paper towel and toilet paper rolls.

**Please do not send your child with anything valuable** including handheld gaming devices (PSP, Gameboy, etc.), tablets, or phones. We also ask that your child leave their Pokémon cards or other “collectibles” at home as well. They will **not** be allowed to use their electronics during camp time.

A camp lost and found will be laid out each Friday for parents and campers to look through. There will be one table set up near the front desk and another outside the pool office.

If you have any questions, feel free to talk to your child’s counselor or me at drop-off and pick-up time, or call Prospect Heights Park District at (847) 394-2848. You can also access: <http://www.prospectheightsparkdistrict.org/Summer-Camps/general-info.htm> Thank you!

## Meet the Counselors

I’m **Megan** and I will be Adventure Camp Coordinator this summer. This is my third year at camp and Second year as Coordinator. I currently am a senior at Marquette University and am majoring in Speech Pathology and Audiology. I look forward to planning all kinds of fun, crazy, and secretly educational activities for Adventure Camp this summer!

**Lizzy** is joining Adventure Camp for her third year as a counselor. Lizzy is majoring in Psychology and youth ministry at Hope College. Lizzy loves dogs and being with family as well as the beach! She also loves going on mission trips.

**Kelsey** is joining adventure camp for the first time. Kelsey is studying bioengineering at UIC. She enjoys training her dog, 1 of her puppies is now a certified therapy dog!

**Dominika** is also first year Adventure counselor. Dominika is studying biology at the University of Illinois. Dominika also enjoys play tennis.

**Carrie** is yet another first year Adventure counselor. Carrie is studying risk management and insurance at Illinois State University. Carrie likes to play softball, and with her bearded Dragon, she also enjoys snowboarding.

**Elise** is yet another first year Adventure counselor. Elise is studying psychology at the University of Illinois. Elise like to dance and eat ice cream!