



2018 UBC ACTIVE KIDS GYMNASTICS SUMMER CAMPS

PARENT INFO PACKAGE

Thank you for choosing UBC Gymnastics Summer Camps. We have an amazing summer planned with fun activities. Please read the information below in order to prepare for your camp experience!

Waivers

Please make sure that a waiver is filled out before your child is signed in on the first day. Only a legal guardian can sign a waiver. Waivers will be sent in the welcome package email and will also be available on the first day of camp when you drop your child off. **Children without a valid waiver will not be allowed to participate.*

Sign In/Out

Participants MUST be signed in and out each day by their parent or guardian, UNLESS given written permission indicating alternative arrangements.

What to Wear **Participants are expected to be barefoot*

Your child will be most comfortable in active wear including:

- Fitted t-shirts
- Yoga or sweat pants
- Shorts
- Long hair should be tied up

What Not to Wear

- Footed stockings
- Loose t-shirts
- Skirts or dresses
- Jewelry/Watches

What Your Child Will Need to Bring

- **Snack** - Please remember we are a **peanut free facility**
- **Water bottle** - Please label your bottle
- **Lunch** - (full day camp only)
- **Sunscreen** – **Coaches do not apply sunscreen to campers.* Please be sure to apply sunscreen to your child before camp and if you feel that it needs to be reapplied, ensure that your child has their own.

Friday Swimming at the Aquatic Center

Every Friday all afternoon and full day camps will visit the UBC Aquatic Center. **Please bring a bathing suit and towel.** Coaches will bring the group over together, and return for the end of class time. Coaches will also stay with them in the water in the shallow pool only. Kids who want to swim independently in the big pool will have to pass a short swim test hosted by the lifeguards. The big pool has lifeguards on site.

Pre-Care and After-Care

UBC Gymnastics is unable to offer pre-care and after-care. If you require extra care, please contact UBC Camps.

Bathroom Breaks

If your child is of preschool age, please ensure that your child is toilet trained.



Parking - Online Process

We're happy to say that Pick up/Drop off permits for Active Kids is available to arrange on-line (paper permits are no longer accepted). Permits are valid at Thunderbird Parkade only, for 15 minutes at the beginning and end of class, and will be linked directly to your license plate.

Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am-9:00am	Sign-in: Morning Camp & Full day camp				
9:00am-10:30am	Warm-up / physical literacy games, gymnastics				
10:30am-10:45am	Snack Break				
10:45am-12:00pm	Crafts, outdoor games, gymnastics				
12:00pm-1:00pm	Sign-out: Morning Camps (12:00-12:15) Full day Camps: Lunch Sign-in: Afternoon camps (12:45-1:00)				
1:00pm-2:30pm	Warm-up, games, gymnastics				UBC Pool
2:30pm-2:45pm	Snack Break				
2:45pm-4:00pm	Crafts, outdoor games, gymnastics				
4:00pm-4:15pm	Sign-out: Afternoon and full day camps				