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FOR HEALTHY LIVING
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Welcome to ½ Day GYMNASTICS CLINIC!

Camp Director: Lena Barnett | | Camp Director Email: lbarnett@metroymcas.org

Camp Cell Phone #: 862.438.1718

Camp Site Location: First Presbyterian and Trinity Church
111 Irvington Avenue, South Orange, NJ 07079

We are thrilled you will be joining our camp family! Our team has been hard at work preparing for a summer of great activities and gymnastics fun! We can't wait for the first day, when our campers come through the doors and dive into all the fun things we have planned. Throughout the summer, your child will be engaged in activities infused with our core values of Caring, Respect, Honesty, and Responsibility. We truly believe that camp enriches a child's life immensely and hope to create a nurturing, engaging atmosphere.

The following information is a basic guide to help you know what to expect this summer at Gymnastics ½ Day clinic this summer. For more, detailed information about all of our camps, please view our Camp Parent Handbook, located on the website.

How will my child benefit from attending camp this summer?

You can be confident that your child will be safe and have tons of fun while attending camp this summer. Beyond that, we want your child to find confidence in the skills they are working on, balance, and strength. We sincerely believe that your camper will have an amazing experience this summer, gaining the many benefits that gymnastics provides. As a result of our efforts we hope that you will see growth in your child in these 9 areas.

1. Social Skills
2. Independence
3. Teamwork
4. Confidence
5. Curiosity
6. Responsibility
7. Athleticism
8. Problem-Solving Confidence
9. Self-Esteem

At Gymnastics Clinic, we give special attention to 3 of those areas. They are: [Confidence](#), [Independence/Responsibility](#), and [Team Work](#). We will be incorporating specific strategies and activities that will focus on gaining positive growth in those areas.

We will have various activities during the camp day that will help accomplish these developmental outcomes. Various Gymnastics drills will help build confidence in gaining new skills, facing fears and performing in front of others. Gymnasts learn to manage their own progress and become self-motivated and accountable for their own efforts towards the sport, creating independence. Even though gymnastics can seem like an individual sport, they thrive in team settings, encouraging each other, sharing equipment and learning how to build supportive and encouraging friendships. We are confident in believing that your camper will have an out of this work experience this summer during gymnastics camp with all of its provided benefits.



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COMMUNICATION

- ★ **Emails:** During the summer, we will be communicating with you through Pulse and Mailchimp communications. This will be our main source of communication with you so [please let us know](#) if there are any changes in your contact information. If you'd like to add an additional email to our Mailchimp list, please contact kcestar@metroymcas.org. We will also be sending regular updates every week during the summer.
- ★ **BAND:** For photos and general fun announcements, we are using BAND! Our band invite link is here: <https://band.us/n/a6aeA5K444t8l>
 - Please note that only photo-approved children will have photos added to BAND.
- ★ **In Person:** Please feel free to request to speak to myself at any time with questions or concerns. Our team will be working very hard to make every child happy and feel included. Please understand that we are trying to limit prolonged distraction with parents at drop-off and pick-up. If you feel that you need to have a longer conversation with a coordinator- kindly ask them to call you during the afternoon when they have a chance.
- ★ **PULSE:** Our summer camp programs use Pulse, a management system where you'll input essential camper information (emergency contacts, health details, etc.). You'll receive an invitation via email to create your account. This information must be completed before your child's first day at camp.

Before the First Day

- **Talk with your children about Camp.** Having pleasant, positive conversations about what will happen at camp, as well as going over the daily schedule/theme for the week and talking about friends that they will see while at camp before the week begins will help your child feel more comfortable and will hopefully excite them for camp!
- **Be sure to leave plenty of time** on the first day to get ready and to eat breakfast.
- **Have a plan.** Your child may become upset when you drop them off. We have found from experience that it is best for you to have a routine with your child for drop off. Tell your child that you will be back to pick them up - or tell them who will be picking them up that day. If you are struggling, please let our staff know and we will gently help your child get involved in an activity and the tears will soon disappear.
- **Having a routine and knowing what to expect** allows your child to have less anxiety about their camp day and starts your day off right too!

NUT-SAFE FACILITY



Keep in mind that we are a **NUT SAFE FACILITY**. Please make sure your child comes to camp without any nuts, nut products or peanut butter items. Staff will check the ingredients and remove any items that may contain nuts. These items will be returned at pick-up, but we appreciate any effort to eliminate these. Any item that “may contain” peanuts or tree-nuts will not be permitted.

- Please ensure that you inform us of known food allergies on the health form and discuss strategies to minimize risks with the Camp Director, so we can inform your child’s counselors.
- Please provide a Physicians Care Plan and medication as needed.

WHERE DO I DROP OFF?

CAMPSITE LOCATION: The campsite for Gymnastics Clinic is the First Presbyterian & Trinity Church, 111 Irvington Avenue in South Orange. We tend to experience heavy traffic at curbside drop-off and pick-up on Irvington Avenue, which is not always conducive to the flow of traffic. To allow for a staggered drop-off for all children and staff prior to entry, we will be following the schedule below to minimize wait times.

Our curbside drop-off schedule will be the following:

8:00-8:30am- Gymnasts entering K-3rd grade

8:30-9:00am- Gymnasts entering 4th-9th grade

- ★ Core Camp Program Hours (i.e. structured, scheduled hours) are from 9am – 12:00pm. Campers may be dropped off as early as 7:30am. Campers arriving before 8:00am should walk up to the red doors and ring the doorbell for entry.
- ★ Campers who are permitted to walk to camp and sign themselves in should arrive during the 8:30-9:00am time slot.
- ★ If your time slot for drop-off does not work for you, please contact Lena Barnett @ lbarnettmetroycas.org to arrange an earlier time (you do not need to do this if you plan to drop off between 7:30 and 8am)!
- ★ We ask that adults dropping off during curbside drop-off remain in the car to help with the flow. A staff member will assist your camper with leaving the car and checking in.
- ★ If you need to speak with me at drop-off for any reason that may take longer than a quick check-in, please legally park your car to avoid traffic build-up.
- ★ If you are dropping off gymnast in different age groups you may drop them off together at any time that works for you.

WHERE DO I PICK UP?

CAMPSITE LOCATION: The campsite for Gymnastics Clinic is the First Presbyterian & Trinity Church, 111 Irvington Avenue in South Orange. We tend to experience heavy traffic at curbside drop-off and pick-up on



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Irvington Avenue, which is not always conducive to the flow of traffic. To allow for a staggered pick-up for all children, we will be following the schedule below to minimize wait times.

Our curbside pick-up schedule will be the following:

12:00pm- ½ Day Gymnastics Clinic Campers

3:00-3:30pm- Extended Day Creative Theatre 1 & 2 (entering K-3rd grade)

3:30-4:00pm- Extended Day Creative Theatre 3 & 4 (entering 4th-9th grade)

- ★ Core Camp Program Hours (i.e. structured, scheduled hours) are from 9am – 12:00pm. Extended day at Theatre Camp goes until 3:30pm if your camper is enrolled in that option.
- ★ Campers who are permitted to walk home from camp and sign themselves out will be able to sign themselves out starting at 3:30pm. If you would like to request that these campers stay until a specific time, please let us know.
- ★ If your time slot for pick-up does not work for you, please contact Lena Barnett at lbarnett@metroymcas.org to arrange an alternative time.
- ★ Instead of parking and exiting your car during curbside pick-up, we will bring your camper to you to make it easier for sign-out.
- ★ If you need to speak with a Coordinator at pick-up for any reason that may take longer than a quick check-in, please legally park your car to avoid traffic build-up.
- ★ If you are picking up extended theatre day campers in both T1/T2 and T3/T4, please let us know which time slot you would prefer and we will ensure those campers are ready at the same time.
- ★ Aftercare runs from 3:30-6:00pm. To pick-up aftercare campers, please park legally and ring the doorbell by the red doors.
- ★ All adults picking up your campers must be included in their Pulse account. [We require a valid form of photo identification at pick-up for anyone picking up your camper.](#) Please note that adults picking up should always have photo identification on them, as there are times when our staffing might shift and a new counselor might be signing out your camper. This helps with timing for all adults picking up and allows our staff to maintain the safety of your child.

Extreme Weather Update

On extreme heat or rainy days, drop-off and pick-up remains the same. On heavy rain days, we do not perform curbside- your camper and staff will remain inside. For drop-off on heavy rain days, you will need to park legally and walk them to the door for sign-in. For pick-up, you will park legally and come to the red doors. On the rainy days, this won't impact Gymnastics Campers because they do not swim!

Weather Monitoring: We track conditions daily using Weather.com and the guidelines in Weather Watch. Families will be notified promptly if plans need to shift.

CAMP CHECKLIST

- ☐ **BACKPACK** The following items should be in your camper's backpack.



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☐ Lunch if staying for theatre extended day

- ★ Labeled with name
- ★ Non-spoilable food and drink (there is no refrigeration available for food)
- ★ No gum or nuts of any kind

☐ Labeled water bottle (water fountain available at camp site for refills)

☐ NO ELECTRONICS. We understand that some campers have phones and watches to communicate with parents when necessary. We ask that these items are kept away and if campers need to contact parents for any reason, they should let a camp staff member know.

☐ SNEAKERS FOR EXTENDED THEATRE DAY

- ★ Gymnastics Campers will be barefoot! (No sneakers or socks allowed)
- ★ We will be constantly on the move- walking between activities, playing games, dancing and jumping! For their safety, they need to have sneakers to be able to participate in all of these activities. Packing a set of dance shoes is recommended, but not required. Dressy shoes, open toed shoes, sandals and flip flops will NOT be permitted in theatre.

☐ HATS/SUNGLASSES

- ★ A hat is a great way to keep the sun out of your eyes and help keep you cool while outside. We ask that these items are not worn indoors. (Gymnastics Campers will not be going to the park)

☐ SCRIPT FOR EXTENDED THEATRE

- ★ Scripts will be given out on the first week of camp. We allow campers to take their personal script home to encourage home study, but it is imperative that they return with them.

☐ AN OPEN MIND

- ★ Gymnastics Clinic is a diverse community with campers from different grades, walks of life, schools and families. Each camper has their own talents and challenges which allows for our community to be an environment where campers learn not only from the staff, but each other as well. Any type of bullying, verbal or physical, will not be tolerated and we celebrate diversity.

LOST AND FOUND

CLOTHING & POSSESSIONS:

- Clearly label with your child's full name any clothing and possessions that your child brings to camp.
- "Found" items that have campers' names on them are usually returned the same day or the next day.
- If you are ever in need, our staff will help you look for a lost item.

CAMP T-SHIRT

Campers will be given their camp T-shirt (included in the cost) on the first trip day. Additional shirts can be purchased at the YMCA office for \$6.00. On Trip days, campers should wear their YMCA camp T-shirt.



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PROHIBITED ITEMS

Leave electronics, toys, and stuffed animals at home. Phones and smartwatches must remain off and are not to be used during camp. If a camper needs to contact a parent, they will ask a staff member.

GENERAL DAILY SCHEDULE

- ★ Each Monday we will always begin with a getting to know you ice breaker and gymnastics rules.
- ★ From there, they will have a warm up, stretch and conditioning and break into smaller groups.
- ★ We will break for snack and play a game and continue with our groups for the remainder of the gymnastics day.
½ Day Gymnastics Clinic campers DO NOT GO TO THE PARK OR SWIM!
- ★ For those just in the ½ day gymnastics clinic, pick up will be at 12pm. Everyone who is signed up for extended theatre day will go with their group and break for lunch and continue with the theatre schedule.
- ★ Additional special events occur in the afternoon throughout the summer for theatre, including: Theatre Workshops, Dance Parties, Themed Games and Activities, etc. We will also incorporate in-house trips once per session with an outside show like bubbles or puppets!

SAMPLE SCHEDULE:

this is just a sample daily schedule for an example, specific blocks and times may change

7:30-8:00am Morning Care

8:00am-9:00am Drop-off

9:00-9:40am Attendance/Ice Breaker Game/Warm Up/Stretch/Conditioning

9:40am-10:00am Rotation 1

10:00am-10:20am Rotation 2

10:20-10:50am Handwashing, Snack, Handwashing, Gymnastics Game

10:50am-11:10am Rotation 3

11:10-11:30 Rotation 4

11:30am-11:50am Event Choosing/Performances

11:50am-12:00pm Gymnastics Recap/Pack Up

12:00pm ½ Day Dismal or back to theatre groups to break for lunch

3:00pm END OF REGULAR CAMP DAY/Curbside Pick-Up Begins



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3:30pm-6:00pm Aftercare (Aftercare campers will be provided snack)



Please note that we will be updating you as much as we can on everything we are doing to ensure a safe, healthy and happy camp environment.

We are so ready for the summer and can't wait to meet all our campers! Please don't hesitate to call us with any further questions or comments you may have now or in the future about camp. We are always open to your suggestions and ideas.

Lena Barnett

Gymnastics Program Coordinator

Email: lbarnett@metroymcas.org

Welcome Center: (973)762-4145

