



“Fit for Fun!”
Day Camp Manual

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Note From Our Director

It gives me great pleasure to present “Get Fit For Fun” summer camp! As a young child I was actively and passionately involved in sports. Working most of my career in live broadcast sports I have had the great fortune of partaking in many important events in North America, Europe and worldwide. My experience in the sports industry has been combined with my love for good food to create a summer program that is loaded with the FUN FACTOR. Having worked along side amateur and professional athletes I truly understand the importance of being physically fit and eating right. By developing a summer camp program that recaptures the happiest components of my youth and my career I have been able to give back something important and fundamental to the children of the present who are the leaders of the future. I look forward to meeting each and every one of you this summer!

Brian Smyth

Director and President

Les Petits Anges Multi-Services Inc.

Reaching Us

You can reach the camp office at **(514) 489-4588, ext. 24**. When leaving a message, please specify your name, telephone number, the name of your child, as well as the reason of your call.

To contact us by e-mail: fit-for-fun@hotmail.com

Our Location

The Get Fit for Fun Facility is part of Wesley Community Centre, situated at 5970 Ave. Notre Dame de Grace, corner of Royal, in N.D.G. Our borough is a community based, family oriented neighborhood. There are daycares and schools close by, while beautiful parks and streets surround us.

“Fit for Fun!” Hours

The fun packed day starts at 8:00 am and ends at 4:30 pm. From 4:30 pm to 6:00 pm, we offer a time to wind down and relax.

Additional fees apply if a parent is late to pick up their child. Fees for late pickups are: 5\$ for every 5 minutes after 6:00 pm

Arrivals and Departures

Arrivals:

All children must arrive by 8:30 am, so as not to miss any activities or important guidelines. When dropping off a child, parent or guardian must fill in the Sign In Sheet. Upon arrival, parent (or child if alone) must report to a camp counselor to indicate that they are present. Attendance is taken at 8:45 am. We do not accept children dropped off outside our facility, e.g. on a walk, at the park, the beach, etc. This is for your children’s security. All children must be dropped off at Fun For Fitness Facility.

Please note that there will be no babysitting/daycare service at our facility while the rest of the group is out on a field trip or outing.

Departures:

Before leaving with a child, parents must fill in the Sign Out Sheet and report to camp counselor that they are leaving.

To ensure our campers security, we may ask for ID from the person picking up their child. Only authorized persons may pick up a child.

Older children may leave alone starting at 4:30pm, on the condition that we have a WRITTEN and SIGNED permission slip from the child’s parent or guardian.

Absences and Late Arrivals

If your child will be absent or late to camp, please notify us by calling **(514) 489-4588, Ext. 24** and leave a message. This must be done before operating hours. Please include your child’s name, details and reasons regarding the matter.

Healthy Lunches and Snacks

Lunches and Snacks:

Petits Anges Multi-Services provides two great tasting fresh snacks, and a protein packed lunch for its Fit for Fun summer camp. Our menu is specially designed to meet the young athlete's nutritional needs and tastes while achieving physical health and mental wellbeing.

Snacks from home:

We believe in good eating to achieve health and happiness. A child may bring in a snack from home, as long as it is nutritious. E.g.: fruit, yogurt, dried fruit, seeds, raw veggies and dip. All candy, chips, chocolate bars and cookies are prohibited.

Hydration:

Staying well hydrated is a vital part of a healthy lifestyle, not to mention a stable and energized mood! Each child must have, at all times, a LABELLED WATER BOTTLE in their back pack. This bottle will be refilled throughout the day, as needed. Glass containers are prohibited.

Medical Matters

Allergies:

If your child has allergies, it is imperative that councilors be informed. Please do so in writing. We will proceed to post your child's picture and list of allergens for councilors to see and act accordingly.

Medication:

If your child needs medication, please provide us with the medication, complete with prescription and parent's authorization. By law, we are not allowed to administer any medication to a child without a doctor's prescription and **written authorization** from the parent or legal tutor. (This also applies for asthma pumps)

Illness

Due to the physical level of our daily activities and routines, a sick child is asked to stay home so as not to strain their health. However, if a child has a contagious illness or a fever, it is MANDATORY they stay home in order to prevent epidemics. Summer camp fees still apply in the event of any form of absence by the camper. Please see ABSENCES, page 1.

Accidents

In the event of an accident, we will immediately communicate with the persons indicated on the registration form. All staff is CPR trained and qualified to perform first aid. Only in extreme circumstances will we have your child transported by ambulance. Consent from the parent or legal guardian is needed for transportation of a child by ambulance, since the cost of transportation will be billed to the parent or legal tutor.

A telephone, a first aid kit, as well as a CPR trained staff member are always on hand. A written report is made for every accident.

You will always be notified of any intervention done to help your child.

Transportation

Our main method of transportation (other than walking and jogging, of course) is BUS AND METRO. For this reason, each child must have his/her own BUS PASS. (See Tools To Achieve Fun and Fitness list)

Field Trips

Departure time for field trips is 9:00 am SHARP. * A child who arrives past this time will unfortunately not be able to join us. We will not wait for late arrivals, so as not to penalize the whole group.

Children must have their backpack and water bottles every day, especially on Field Trip days.

*Curriculum is subject to changes due to bad weather, booking difficulties, or other inconveniences. In this case, a counselor will personally update you.

Please note that extra costs may apply for field trips.

Special Guests

To complete our dynamic schedule of activities the camp also invites special guests. These workshops and / or activities will entertain and enlighten children of all ages. You will be notified of any special guests in the Weekly Update.

Activities

The activities we offer all aim at improving the body, mind, and soul's wellbeing. The result is optimum health. At the end of our program, your child

will be energized, reconditioned, clear minded, and ready for the year ahead! These are some of the benefits of fitness training.

Our range of activities covers the four basic principles of fitness. We have devised a plan that encourages children to participate and excel, due to its fun factor and capability to adapt to each child's fitness level.

The Four Principles of Fitness:

FLEXIBILITY → Allows body to move freely with reduced risk of injury

MUSCULAR FITNESS → promotes weight control, better bone strength, increases energy levels

AEROBIC CAPACITY → Improves heart function and relaxes, improves performance

BODY COMPOSITION → improves body proportion

Summer programming consists of:

- “Get Fit for Fun” field trips (i.e.: skating expedition, hiking on Mount Royal, rock climbing, trip to the beach, etc)
- “So you think you can dance?” dance workshops
- “So you think you can sing?” karaoke and song recording
- “Stretching, not Breaking!” stretching and relaxation
- Sports: Volley-ball, tennis, dodge ball, basket ball, and more
- Journal writing & Arts
- Daily reflections
- Fit for fun movie of the summer

Weekly Updates

Weekly letters will be available every Monday. This will give you information on:

- Schedule of activities
- Field trip departure and return hours*
- Important messages
- Specific articles needed
- Special events
- Photographs of the children

*ATTENTION: The letter of the week will indicate the hour at which the group leaves on field trip days. We remind you that due to scheduling and group welfare, these times must be respected

“Fit for Fun!” T-Shirt

At “Fit for Fun!”, we are all about enthusiasm. Wearing the “Fit for Fun!” T-shirt is one of the ways we channel our excitement. However, the main purpose of the shirt is to help counselors quickly identify campers and for

campers to have all the camp contact information which is printed on them in case of emergency. T-Shirts are available at the cost of 15\$ each.

Clothing

Sports clothes are A MUST! Children must wear comfortable and flexible clothing in order to complete the array of activities we have planned. Some examples are: tracksuit, shorts and a t-shirt, leggings, sweat pants and a tank top.

We will not accept a child wearing jeans, a skirt or a dress. A child not properly dressed will be sent home.

Certain parts of our programming will require specific clothes. Please refer to the following guidelines:

Field trips: Children wear the Fit for Fun T-shirt, and clothing specific to the nature of the field trip's activities. (You will be notified of this through the Weekly Update)

Pool or beach: Please pack a bathing suit, a towel and some extra clothing. Note that YMCA pools require a bathing cap.

Rain: In the event of rain, please pack appropriate clothing (raincoat, boots).

PLEASE IDENTIFY ALL OF YOUR CHILDREN'S CLOTHING.

Sunscreen

We ask that children be wearing sunscreen when they arrive in the morning. This will help us get the day started in time! Children should also have a bottle of sunscreen in their backpack. We strongly suggest waterproof products.

Belongings

Lost Items:

Petits Anges Multi-Services is not responsible for lost items. We highly recommend that ALL children's belongings be labeled and that valuable items be left home.

Toys:

Toys brought from home are not allowed. Be advised that a counselor or camp leader can confiscate toys in order to avoid any unnecessary or hurtful conflicts between children. Confiscated toys will be given back at the end of the day.

Equipment

Each child must have his/her "Tools to achieve fun and fitness" at all times. Please see list below.

Tools to Achieve Fun and Fitness

- Sun hat
- Running shoes
- Flexible pants/shorts
- Back pack (light enough for child to carry)
- Water bottle
- Change of clothes
- Bus pass
- Sunscreen
- I.D

Behavior and Rules

In order to have the great summer we have planned for, it is vital to have a few rules for the children. Respect is at the heart of our rules. Respect is important for everyone and disrespectful behavior is not tolerated. No verbal or physical abuse towards other children or to the camp staff is tolerated. We promote respect, co-operation and embracing each other's differences. Our system is one of verbal warnings, which are followed by written warnings, and interventions for all continued misbehavior.

Here are some examples of behavior that will not be tolerated:

- Violence
- Being impolite
- Coarse language
- Throwing objects
- Biting, hitting, kicking
- Being harmful to others
- Breaking materials
- Refusal to listen to instructions
- Refusal to participate

System for disciplinary measures:

Step A:

An ill-behaved child will get 3 verbal warnings. These warnings are given for disrespecting any one of the rules. All warnings will be written on paper.

Step B:

After 3 verbal warnings, parents are informed of their child's behavior. Together with the parents, the counselor will try to find a way to solve the unacceptable behavior.

Step C:

If the disrespectful behavior persists the camp leader will warn the parents and introduce a behavior table for the child (e.g. : a sun for good behavior, a cloud for bad behavior). This is to ensure full communication with the parents about their children's progress and behavior that day.

Step D :

1. If misbehavior persists, the camp leader will send a first written warning to the parents. The child in question will be suspended from camp for one day or one field trip.
2. If a second written warning is necessary, it will be sent by the director. The child will then be suspended from camp for 3 days to one week, depending on the severity of the child's actions.
3. If a third, and final written warning is to be issued, the child will unfortunately be expelled from camp for the rest of the summer.

All written warnings are accompanied by details of all interventions made by the counselors, camp leader, or director.

Vandalism

Vandalism done to any of the following will be billed to the parent or legal tutor of the child responsible for the damages.

- Fitness Facility

- Bus/metro
- Pools
- Camp material
- Children's belongings

Petits Anges Multi-Services does not take responsibility for acts of vandalism done by campers.

Registration

Our 9-week summer camp program is geared to level of fitness that benefits the mind as well as the body. At the end of the summer you will have leaner muscles, increased cardiovascular capacity, an enthusiasm for exercise and a souvenir scrapbook of your summer. Each week will include power walks, fitness field trips, dance and singing workshops, karaoke, sports including volley ball and dodge ball , motivational group discussions about health and fitness, journal writing and lots of creative fun! If you wish to see maximum benefits, it is suggested you enroll for all 9 weeks.

A positive attitude and dedicated commitment is all it takes!

The rate is \$150 per week. This includes healthy fresh snacks and lunches, as well as visits from our specialists, activities and workshops modified to meet your child's age and fitness level.

*Extra fees may apply for field trips.

Animation Team

Here are the members of our dynamic team who will be in charge of your child's summer.

Camp leader: Melika Clarke will supervise all activities. She is the first person to consult if you need more information or if there is a problem.

Counselor: There is one counselor for each group of 10 children. The counselor will be the one who will entertain your children all day.

Director: Our director, Brian Smyth, supervises and coordinates all the camp's activities.

Questions, Comments and Suggestions

Please call us at **(514) 489-4588 Ext.: 24** if you have any questions, comments or suggestions regarding Les Petits Anges Multi-Services Inc. “Get Fit For Fun” summer camp.

THANK YOU FOR YOUR COLLABORATION AND HAVE A GREAT SUMMER!



CONTRACT

I, the undersigned, attest that I have read, fully understand and agree to all the terms and conditions outlined in the policy and regulations of Les Petits Anges Multi-Services Inc. Get Fit for Fun summer camp.

Last name (print): _____ First name (print): _____

Signature: _____ Date: _____

Child's name: _____

Dates of the session/sessions child is enrolled for:

Outings and Transportation

I, _____ (first and last name) allow my child, _____ (first and last name) to take the bus and metro as a method of transportation on outing days and to reach other facilities while accompanied by Fit for Fun staff.

Signature _____



**FIT FOR FUN SUMMER CAMP 2008
PICTURE WAIVER**

I hereby give permission to Petits Anges Multiservices to use any and all photographs taken of my son/daughter for posting to the website or on printed materials. I hereby waive any rights or interests that I might have in any or all images

Name of Child:

Phone Number:

Name of parent: _____

Signature: _____

Date of authorization: _____