



SUMMER CAMP INFORMATION

NYA Sports & Fitness, a 501(c)(3) non-profit organization, is committed to building a stronger community by providing an environment that supports healthy living through exercise, sports, play, events and personal connection. At our Play + Camp, the NYA is focused on providing a well-rounded camp experience for all campers. Our counselors and staff are chosen carefully and trained to provide campers with a fun, supportive atmosphere where everyone can learn new skills, make friends, and most importantly, develop self-confidence. Attending camp is an experience that children will never forget, and we want their time spent with us to be as positive as possible.

The goal of our summer camp is to help registered camp participants grow in all aspects of their lives. By using our obtained camp experience and providing challenging activities in both small and large group settings, children have an experience that will last a lifetime. Our camp supports positive physical, intellectual, social and emotional development within our campers.

The Facility: Camp is held at our state-of-the-art, indoor multi-sports facility located at 4 Primrose St. Newtown, CT in the Fairfield Hills Campus. The facility offers more than just sports. We offer a variety of amenities, which includes sports clinics and kids camps, personal fitness training, pickleball, tennis & basketball courts, baseball, volleyball, birthday parties, corporate events, clean rest rooms, plenty of parking, wheel chair accessibility, a full service fitness center, and much more.

The Staff: Our program is dedicated to excellence in all aspects of our Center. Providing ALL registered campers, a safe, warm, nurturing, fun and **NO STRESS** environment. We strive to create a unique atmosphere of belonging, lifelong learning, skills, and lasting relationships with peers and staff! Each member of our team brings their energy, knowledge, and unique passion along with their goal to make a difference in the lives of each camper, every day. Our goal is to serve as professional role models and help each child gain skills and enhance his/her self-esteem.

Day Camp Hours of Operation: 9:00AM-4:00PM, Monday-Friday. After care available 4pm- 6pm.

Typical Day at Play+ Camp: Campers will complete morning check-in and get settled in their assigned classroom (home base). After morning drop-off, campers participate in 2 morning activity sessions with a snack break in between. After the morning activity sessions, campers will have lunch. Following lunch, campers will participate in 2 afternoon activity sessions with a snack break in between. After the afternoon activity sessions, campers return to their classrooms to pack-up and prepare for pick-up. All activities throughout the day are geared to the Fundamental stages of development. Our Summer Program is a physical experience each day. Please understand that your child may come home sweaty & tired.

Sample camp day activities: **Organized Sports:** This is a time where the staff will teach the skills of new and traditional sport games like soccer, baseball, and basketball. Counselors will organize and execute friendly but competitive play between campers.

Camp & PE Games: Classic camp and “PE” games like capture the flag, mat ball, pillow hockey, dodgeball, obstacle courses, etc. will be incorporated into the day’s activities.

Camper’s Choice: This is a time with access to multi-sport equipment for your child’s choosing while supervised by our counselors. It is also a great time to do some reading for those campers who like to bring a book. **CAMPERS ARE NOT ALLOWED TO BRING ANY ELECTRONIC DEVICES** such as Nintendos, iPods, cars/trucks, dolls, etc. Phone, if approved by Director, must be rendered at the beginning of the day and returned to the camper at pick-up.

Authorized Release: Camp staff will release your child only to authorized persons identified on the child’s online registration form. Staff members will ask for identification - Please have your photo ID ready. In the event an unauthorized person needs to pick up your child, parents must provide written notification at drop-off that day. If an emergency or unexpected need should arise for an unauthorized person to pick up your child, please contact the Camp Director. Please leave a number you can be reached at ,and wait for the Camp Director to call you back to confirm your request. No child will be released to any individuals without proper ID.

Late Pick-Up: NYA Play+ camp reserves the right to activate a \$5.00 late pick up fee for every 5 minutes or part thereof in the event of reoccurring parent/guardian lateness. In the event that this occurs the parent /guardian will be given a verbal notification that any additional late pick-ups will result in the late fee.

Medication: If your child requires prescription medication during the camp day, please request to speak with the Camp Director prior to the start of the camp. An Authorized Medication Form must be completely filled out and rendered at Registration time. Each form must be completely filled out including signature and date, and signed by the child’s doctor. Medication will not be permitted at camp without proper documentation. Medications will only be administered under the following guidelines:

- Prescription Medication must be in its original container with the child's name, address, and dosage instructions listed and must be accompanied by a Doctor’s authorization for such medication.
- Medications are to be given to the Camp Director, notification of such must be done at registration time or one week prior to the child’s attendance at camp. Our Office will ensure that all paperwork associated with the medication is complete and held in the Director’s office until such time when it has to be administered. All camp staff/counselors will be notified of this very important task.
- No medication is to be given to camp staff directly, without prior authorization from the Camp Director.
- Medication is not to be left with the child (in backpacks/bags etc.). This includes all prescription & non-prescription medications, including but not limited to inhalers and EpiPens.

Group Placement: At Play+ Camp, children are placed in groups with peers of a similar age.

Behavior Management: Campers are expected to adhere to all aspects of our **Behavior Policy**. Discipline and guidance shall be consistent and based on an understanding of the individual needs and level of development of each child. Care will be taken to ensure that all rules and limits are clearly explained to the children frequently, so they understand them and feel secure the adults in charge care

enough to keep them safe. Diligent and appropriate methods of behavior management will be used in dealing with unacceptable behavior. These techniques include: distraction, redirection, gentle reminders, offering acceptable choices, natural consequences, and when absolutely necessary, "renewal time (time away from the situation to relax and renew self-control)." Repeated behavior which threatens the physical and/or emotional safety of the child, other children, or staff (i.e.: hitting, biting, verbal assault, kicking, throwing objects, pushing, and temper tantrums) will result in suspension, with possible termination of the child from camp.

Behavior Policy:

- Campers must treat other campers, counselors, and all summer camp staff with RESPECT.
- Campers must listen to and follow directions, rules and guidelines given to them by all counselors and staff.
- Campers must keep hands, feet, and other objects to oneself.
- Campers shall not intentionally cause, or attempt to cause, physical or emotional harm to another camper or camp employee.
- Campers shall not possess a weapon or object which might be considered a weapon, nor will any illegal substances brought to camp be tolerated.
- Campers must never touch another camper's personal belongings.
- Campers must treat summer camp equipment, supplies, and facilities properly and with care.
- Campers must not take or touch anything belonging to a staff member without prior permission.
- Campers shall refrain from rude language and conduct.
- Campers shall remain with their group at all times while at camp.
- No water or bathroom breaks should be taken without permission and supervision from a counselor or staff member.
- NO CELL PHONES OR ELECTRONICS are to be out during the camp day unless given permission by a staff member.

**If you feel your child cannot meet these behavioral expectations without the help of outside support, please indicate that on the additional medical page and contact camps@nyasportsfitness.com to discuss how we can best meet the needs of your child.

Lunch: Lunches, and drinks, are to be brought from home every day. All lunches must be packed **WITH AN ICE PACK** and please note, *we are not able to heat up or refrigerate lunches*. Please make sure your child's name is written on all containers. All children will have a set lunch time to sit and eat with their group. Please send your child with a large re-fillable water bottle. Snacks may be brought from home, or purchased from our café. Snacks from home should be non-refrigerated items such as crackers or granola bars and packed separately from the lunch.

If a camper on the session's roster is identified as having a peanut/tree nut allergy, camp staff will coordinate necessary accommodations during lunch and snack time, in the form of a "Nut Free" lunch/snack table. Depending on the severity of the allergy as communicated by a Parent/Doctor, further accommodations may be implemented, up to and including a "Nut Free" camp session in which all campers will be expected to comply.

WHAT TO BRING & WHAT NOT TO BRING TO CAMP:

Please make sure your child's name is on everything he/she brings to camp!

Items that should be brought to camp:

- Healthy Lunch (with name on it, and ice pack inside)
- Snacks
- Refillable water bottle
- Children must wear sneakers daily. No cleats, open toed shoes, or sandals.
- Appropriate/comfortable clothes with child's name.
- Towel or small blanket as we will be eating picnic style most days. Weather will determine indoor or outdoor.
- Towel and clothes that can get wet when notification of the need.

Items that should **NOT** be brought to camp:

- Toys from home.
- Cell Phones
- Electronics (portable gaming devices, music players etc.)
- Trading Cards (Pokémon etc.)
- Gum
- Glass bottles
- Pocket knives and weapons of any kind.

NYA is not responsible for any lost or stolen items at camp. Camp staff will confiscate items not allowed at camp and will return them to a parent/guardian at the end of the day.

Lost and Found: We will do our best to return marked items, but we cannot guarantee the return of unidentified articles. All unclaimed items will be kept for one week. All unclaimed items will be donated. Your child's name should be on everything that he or she brings to camp.

Photo Permission: Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by NYA for promotional purposes unless otherwise stated.

Insurance Information: NYA Sports & Fitness is unable to assume responsibility for injuries/accidents occurring at programs or on the facility. A Waiver must be completed at Registration.

Sick camper procedures: If a child begins to feel unwell, or develop a fever while at camp, they will be taken to the Camp Director's office where they can lay down and relax until a parent/guardian can come pick them up.

Sanitizing procedures: Campers will be brought to the bathroom for appropriate hand washing between each activity, before and after meals/snack, and as needed. Campers will be provided an alcohol based sanitizer after any cough, sneeze, or nose blowing while out on the playing area.



CAMP CHILD RELEASE FORM

CAMPER NAME: _____

THE FOLLOWING ADULTS ARE AUTHORIZED FOR PICKUP:

Adult 1 Relationship Cell Phone
Name: _____

Adult 2 Relationship Cell Phone
Name: _____

Adult 3 Relationship Cell Phone
Name: _____

UNATHOURIZED PICK UPS/ DO NOT RELEASE TO:

My child/children is/are **NOT** allowed to be released to the following people

Name:

Name:

BEHAVIOR POLICY

I have read and understand the behavior policy. I assume the responsibility for ensuring that my child is aware of these rules and understands the consequences if he/she does not behave accordingly.

Parent's Signature: _____ Date: _____

SNACK AND LUNCH WAIVER

Due to space limitations, NYA Play+ Camp cannot offer refrigeration for camper lunches. By signing below you acknowledge the notification of this, and agree to send your child with non-perishable items for lunch and snack.

Parent's Signature: _____ Date: _____