



2023 Active Kids Summer Camp Parent Information 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

UBC Active Kids has adopted an online waiver system that is completed during registration. Although, there is a chance not all the information was updated and a paper copy may be required on the first day of camps. If someone other than the legal guardian is dropping off a participant, please make sure [a signed waiver](#) is brought in on the first day.

Sign In/Out

Participants MUST be signed in and out each day by their parent or guardian, UNLESS given written permission indicating alternative arrangements, which can be submitted via email to kin.outreach@ubc.ca.

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 tied back

What Not to Wear

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

What Participants Will Need to Bring

- **Snack** - Please remember we are a **nut free facility**
- **Water bottle** - Please label your bottle
- **Lunch** - (full day camp and lunch supervision 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.

Reminder

The gymnastics gym is not air conditioned and uses fans to reduce the heat. Please make sure that participants are dressed for the heat (shorts and sleeveless or short sleeve shirts), and make sure to provide extra water during days with high heat warnings.

Wednesday Water Fun Day

On Wednesdays all morning and full day camps will get to enjoy a Water Fun Day if the weather permits.

Please bring a bathing suit/change of clothes and towel. Coaches will bring them outside to enjoy a variety of fun water activities, and return to the gym for the end of camp time.

Friday Swimming at the Aquatic Center

Every Friday all **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 to the gym for the end of camp 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.

Lunch Time Supervision

UBC Active Kids is offering lunch time supervision options for children registered in both the morning and afternoon half day camp during the week. If you are interested you can add the option during the half day camp registration. Lunch time supervision is already included if you are registered for a full day camp. For more details contact the registration office at 604-822-0207.

Bathroom Breaks

We ask that you please ensure your child has gone to the washroom prior to being dropped off at camp. All campers are expected to be toilet trained. Especially if your child is of preschool age, please ensure they are able to go to the washroom without assistance. Coaches will escort preschool aged campers to the washroom but cannot provide additional support. Older children will be using the buddy system.

Parking - Online Process

We're happy to say that Pick up/Drop off permits for Active Kids are available. 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. You will receive the link by email prior to your camp start date.

Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:00 AM	Sign-in: Morning Camp & Full day camp				
9:00-10:30 AM	Warm-up / Physical literacy games, Gymnastics		Water Fun Day*	Warm-up / Physical literacy games, Gymnastics	
10:30-10:45 AM	Snack Break			Snack Break	
10:45 AM-12:00 PM	Crafts, Outdoor games, Gymnastics			Crafts, Outdoor games, Gymnastics	
12:00-12:15 PM	Sign-out: Morning Camps				
12:00-1:00 PM	Full day Camps: Lunch				
12:45-1:00 PM	Sign-in: Afternoon camps				
1:00-2:30 PM	Warm-up / Physical literacy games, Gymnastics				UBC Pool** Full Day Camp Only!
2:30-2:45 PM	Snack Break				
2:45- 4:00 PM	Crafts, Outdoor games, Gymnastics				
4:00-4:15 PM	Sign-out: Afternoon and Full day camps				

*Weather Permitting

**There will be no pool visit on August 4th