

2009

CAMPER-PARENT
HANDBOOK



Discovery Day Camp

Discovery Day Camp, Inc.

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Mission Statement for Discovery Day Camp:
At Discovery campers have fun while growing as individuals and group members through participation in sports, fine and applied arts, team building, and special events.

INTRODUCTION

Dear Parents,

This handbook has been created as a reference guide for both parents and children. Many of the most frequently asked questions regarding daily programming, medical information, special events, emergencies, and trips are addressed.

It is our sincere desire that your child enjoys a comfortable and fun summer in our camp environment. Your frequent use of this handbook as a reference guide prior to and during the camp season will assist us in achieving our desired objectives.

Please take the time with your child to read and review the entire handbook at least once in order to familiarize yourself with all of its contents. Through our combined efforts we will be able to provide a safe and happy camp experience.

The entire Discovery Day Camp staff looks forward to sharing a fun summer with you and your family. We will do our best to provide a memorable and meaningful summer for your camper.

Warmly,

Ilise and David

Ilise and David Schwartzwald
Directors

THEME FOR THE YEAR

Our theme for 2009 is "Best of Discovery, Celebrating 25 years." Theme weeks will include: 1985 Birthday Week, 2000 Celebrating Diversity, 1992 Native America, 1998 World Tour, 1995 Discover the Universe, 2004 Summer of Seuss, 2002 Under the Sea, 1996 Quest for the Gold.

FAMILY OPEN HOUSE

“Open Camp” will be held from 3-5 p.m. on Friday, June 19. All families are invited to stop by camp, say hello, meet staff members, and take a tour. Please allow enough travel time to arrive; this is taking place during rush hour and roads will be backed up.

CAMPER GROUPS

People often call to inquire about their camper’s group and group leaders. Groups are not finalized and assigned to specific staff members until the completion of orientation because we try to best match the needs and personalities of campers with the most appropriate staff member. Therefore, group information will not be available until 3 p.m. on Friday, June 19th. If you are away and unable to attend open camp, please feel free to call and ask your questions over the weekend. Our staff will be outside on Friday afternoon and not available to answer questions on the phone.

CONTACTING CAMP

- (1) The Discovery Day Camp phone is (VIP) FOR-CAMP/(847) 367-2267. There is at least one staff person who answers the phone from 7:30 a.m. to 5:30 p.m. daily. Sometimes, due to the volume of calls, you may get the answering machine. Please leave a message and we will get back to you quickly.
- (2) The camp FAX number is (847) 367-4202.
- (3) You can reach us by e-mail at ibs@campdiscovery.com, david@campdiscovery.com, karen@campdiscovery.com, brad.rice.29@gmail.com, or aquaticdirector@campdiscovery.com. Please note that our email addresses are case sensitive. Please use lower case when addressing emails.
- (4) You may email preplanned absences to officemanager@campdiscovery.com
- (5) If your camper does not attend the Open Camp on June 19th, the group leader will attempt to call your child over the weekend. The group leader will attempt to contact campers attending during the second four weeks prior to July 17. If you’d like your camper to meet his/her group leader before July 17, please come to the June 19 Open Camp and/or call to schedule a time during Week 4 (July 13-July 17).
- (6) Group leaders will call parents before the end of the second week of camp to report on campers’ progress. If contact has not been made by July 5, please contact Ilise. Parents of campers during the second four weeks will be contacted during their camper’s first couple weeks of camp.
- (7) Generally, group leaders are unavailable to speak to parents during the camp day. However, you may call and leave a message, and the unit director will get back to you.
- (8) Directors will call to check on your campers’ progress sometime during the summer. You should receive calls from the Schwartzwalds, the swim director, and your camper’s unit director.
- (9) A director might also call if one or more of the camp staff has questions or is concerned about your child’s behavior.

DIRECTORS FOR SUMMER 2009

David & Ilise Schwartzwald
Senior Director: Karen Schwartzwald
Unit Director: Brad Rice
Program Director: Amy Torf
Aquatics Director: Anne Brogden
Art Director: Sharon Lindenfeld
Field Trip Director: Jessi Fergen

TRANSPORTATION

GENERAL BUSING GUIDELINES

- (1) We require children to wear seat restraints. Your child's safety and comfort is our prime concern.
- (2) Remember, every street will not accommodate a bus or van. Routes have been carefully laid out to avoid construction and other potential delays whenever possible. Sometimes the routes will appear to be going out of the way. However, we assure you there is always a reason for our decision.
- (3) The buses are scheduled to arrive at Discovery between 9:00 and 9:10, and leave Discovery by 3:15. The routes are completed in under one hour. For the most part, the first camper on will be the first off.
- (4) Discovery Day Camp will be using small vehicles in response to parents' requests for shorter routes. We try to accommodate children who wish to ride in vehicles other than their regular vehicle, but sometimes this is not possible due to the size of the vehicle.
- (5) If you'd like to request an occasional vehicle change, it should be done in writing, one camp day ahead of the day you are requesting the change. We will make every effort to accommodate you. Please understand that it is impossible to carry extra campers on some routes.
- (6) Our vehicles are marked with Discovery Day Camp signs. Please don't allow your child to get on an unmarked vehicle!
- (7) Vehicle drivers will send parents a note stating their phone number and the time of your child's pick-up and drop-off by dinnertime on June 17. If you haven't heard from the driver, please call the camp office. If you will be away the week before camp starts and do not want times dropped at your house, please call camp. If notified, we will email and leave a phone message with bus times.
- (8) For the afternoon route, please send camp a copy of the signal that you will use with your vehicle assistants so they can see from the street if an adult is at home (e.g., leave garage door or front door open). When the signal is shown, vehicles will not wait for the door to be answered before proceeding. We will not intentionally leave a camper alone.
- (9) If you are running late and know that the bus might beat you home on any given day, please call camp. We can often reach the bus to let them know. Our general policy is that if an adult is not home, we keep the camper on the bus and come back at the end of the route.
- (10) If your child is going to be absent, please let a staff member on your bus know, or leave a message at camp before 7:00 a.m. If you know in advance, a note is often an easy

way to notify everybody. We will NOT take a child's word that he or she is not coming to camp, so please make sure to give proper notice.

- (11) Vehicle times should be accurate within 10 minutes after the first couple of days of camp. **Road construction will make some of our times inaccurate.** If the bus times are inconsistent please call camp and we will try to give you more accurate times.
- (12) In order to improve safety and comfort for our campers, the camp directors and other staff are always in the dismissal area and parking lot at the end of the day. Campers should be encouraged to speak with directors and staff should there be any question about the vehicle they should board.
- (13) Our parking lot will be closed to automobiles from 3:00 to 3:15. Please see page 12 for more information.
- (14) Vehicle captains will escort your child on and off the vehicle. For safety reasons, we ask that parents do not board the vehicle.

BUS SAFETY TIPS

Parents: Please review these carefully with your child.

Senior campers who do not ride the bus to camp still need to review these tips because they will ride camp buses on field trips.

- (1) Always be ready on time for your camp vehicle.
- (2) NEVER step into the street to meet the vehicle. Always wait until the vehicle is completely stopped and the assistant has come off to help you before stepping toward the vehicle.
- (3) Take your seat and buckle your seat belt quickly. The vehicle will not move until all belts are buckled. Please keep your seat belt buckled snugly at all times.
- (4) Never throw anything out of the windows. Do not lower the window below the safety line or stick body parts out the windows.
- (5) Never bend down near or under the vehicle to pick up something you dropped. If you forget something on the vehicle, call camp or ask your vehicle captain.
- (6) Wait for a counselor before crossing in front of the vehicle. Walk, with a counselor, at least 10 feet in front of the vehicle to give the driver a clear view of you.
- (7) Go directly into your house so your parents will know that you are home.
- (8) Remember, good vehicle manners are safe. No yelling, screaming, or improper language.

CARPOOL AND EXTENDED DAY

- (1) Parents of children who are carpooling to camp must complete a carpool form which lists all adults who are permitted to pick their child up from camp.
- (2) Carpooling campers should be dropped at camp between 8:40 and 8:55. Staff assigned to carpool duty are not available to receive campers before 8:40, as they have other responsibilities to carry out. Do not arrive later than 8:55. Parents that wait until 9:00 to drop their children cause traffic problems in the parking lot and on Route 45 that can endanger others.
- (3) When arriving, parents should not leave their cars; drivers should wait for a signal telling them which of the large orange cones they should pull up to. Then a staff member will come and get the campers out of the car and ask parents to sign the child in.
- (4) If the buses have arrived before your car does, the carpooling parent should join the bus line and wait their turn. For the safety of all, parents may not cut in front of buses. Parents should also avoid parking and walking their children through the parking lot!
- (5) Parents who are picking up campers in the afternoon should arrive between 3:15 and 3:30. Parents will be given a clipboard to sign their camper in and out. In order to keep the line moving, drivers will be asked to stop at one of four cones to pick up your children. Then you will be asked to pull into a “belt-buckling area” to check that children are properly belted into the car. Please be patient with our staff if they ask you to move your car or take a minute to bring your camper.
- (6) In the afternoon, children who are picked up will be involved in activities at the back of camp until the buses have departed at 3:15. If you need your child early, please come before 3.
- (7) Extended day campers may be dropped after 7:30 a.m. and picked up until 6:00 p.m. Campers are sometimes “on the porch” from 7:30–8:00 a.m. and from 5:30–6:00 p.m. If staff is not on the porch when you arrive, please check your child in or out at the office. Campers need to be signed in and out by an adult each day!
- (8) Parents of carpool campers should review bus safety regulations with their senior campers (3rd grade and above) prior to camp. Senior campers ride buses for field trips.

QUESTIONS ANSWERED

DOES CAMP HAVE A CRISIS PLAN?

There is a crisis management plan at Discovery. We will do our best to keep the camp community safe in case of an emergency. In the event of a catastrophe or a crisis in the area, we will try to contact families. If we are unable to reach parents, we will keep the child until you or one of your emergency contacts comes for the child.

WHAT HAPPENS ON MY CHILD'S FIRST DAY?

The first day of camp sometimes holds anxieties for both first-time and experienced campers. The Discovery Day Camp staff members understand these anxieties. They know how to put fears to rest and to stimulate youngsters toward a positive and fulfilling camp experience. As a parent, you can assist by talking with your child about what will happen on the first day and having your child prepared and on time for the vehicle.

Bus-Riding Campers:

We will be sending vehicle penants for you to post in front of your house for easier identification by bus staff. Please remember to post the penant in front of your house by the first day of camp, and leave it up for one week. Please do not delay or attempt to board the bus when it arrives at your house. Call camp with any questions; do not ask the bus staff. Each bus will have tags with "bus animals" to put on your camper's bag the first day. We recommend keeping this tag on the bag all summer.

As the vehicle arrives at camp and each child exits, he or she will be directed to an area where campers are divided by grade. It is here that campers, staff, specialists, and directors gather each day to begin activities. At Discovery, children are encouraged to ask questions. Therefore, it is your role as the parent to reinforce the act of questioning where to go, what to do, where to place belongings, etc. This will provide the camper with the needed support to allow them to comfortably and freely ask questions.

Car Pool Campers:

Car Pool drop off begins at 8:40. Please come between 8:40 and 8:55 am. Staff is preparing for camp prior to 8:40. Please do not expect to leave your child before 8:40. Staff will be on hand in the parking lot on the first day (and everyday) to receive campers and take them to designated areas. Please pull up to the orange cones in the parking lot. A Discovery staff member will receive your camper and escort him or her to the appropriate spot.

CAMP DATES TO REMEMBER

FRIDAY, JUNE 19, 3:00 - 5:00 P.M.: OPEN CAMP

Drop by if you'd like to take a short camp tour and to meet your child's group leader. Stay and meet the rest of the staff and have a snack.

MONDAY, JUNE 22: FIRST DAY OF CAMP

JUNE 22 - JULY 17: FIRST SESSION

EVERY THURSDAY: COOK-OUT DAY

Camp will supply lunch for all campers and staff every Thursday except July 30 (Week 6) Please send a lunch on July 30 unless your child gets catered lunch.

MONDAY, JUNE 29: PICTURE DAY

Campers coming during the second four weeks are welcome to stop by camp to be in their group picture. Please call Friday, June 26, to get your child's scheduled picture time. Pictures will be taken in the morning. Plan to arrive a few minutes early to meet the group.

THURSDAY, JULY 2

Camp will be in session! Rising Stars will give a short performance at about 2:40.

FRIDAY, JULY 3: NO CAMP TODAY

SATURDAY, JULY 4

Camp families are welcome to come use our grounds to play. Second four week families are welcome on this day, too. Your child's group leader will probably not be at camp. This is a chance for families to use our facilities. Come by for a swim from 2 to 4 p.m.

JULY 20 - AUGUST 14: SECOND SESSION

TUESDAY, JULY 28: BOYS' LATE NIGHT

Girls, preschoolers, and Explorers will come and go at the regular time. Boys are invited to stay for a "late night." Parents should pick up their sons at 9:00 p.m. (A notice will be sent during camp.) Boys 4th grade and older, except current Explorers, are invited to sleep overnight.

THURSDAY, JULY 30: GIRLS' LATE NIGHT

Boys, preschoolers, and Explorers will come and go at the regular time. Girls are invited to stay for a "late night." Parents should pick up their daughters at 9:00 p.m. (A notice will be sent during camp.) Girls 4th grade and older, except current Explorers, are invited to sleep overnight.

THURSDAY, AUGUST 6: RISING STARS SHOW

The Rising Stars will perform a musical. All camp families are invited to watch the performance. It will start at 6PM. Families of Rising Stars are invited to join their girls at camp for a 6 p.m. performance. At the end of the camp day, the girls will stay at camp, swim, have dinner, and meet their families to go home after the show!

SUNDAY, AUGUST 9: 1:00-5:00 p.m.: FAMILY DAY

Campers are invited to spend part of the day at camp with their families. Plays, dances, and the Young Artists' show will take place during this Family Day, but it is also an opportunity for your family to meet your camper's friends and for all to play together at camp. Families of campers from the first four weeks are invited to join their groups at this event. Only children currently enrolled in camp will perform plays and dances, but first four week campers are welcome to participate in many other activities. Please call for times after July 30.

Family Day is extremely important to campers. Please put the day on your calendar now so that your family will be able to attend.

*Rising Stars and Explorers are invited to Family Day, but won't be meeting with their groups or doing a formal presentation.

FRIDAY, AUGUST 14: CAMP ENDS

*The camp calendar of special events will be sent home during the first week of camp. It will be updated online if changes are made.

WHAT ABOUT MY CHILD'S HEALTH?

- (1) Medical reports are due by May 15. The sooner the medical reports are in, the easier it is for camp to ensure that information is given to the appropriate people. Forms **must** be received prior to the first day of camp. Please be sure that you sign the parent authorization on the medical form. It is the parents' responsibility to update anything that has been changed since it was turned in to us.
- (2) If medicine is needed during the day, it should be brought to camp and kept in the camp office. We will not accept medicines that are not in their original containers and that aren't clearly marked with the camper's name and directions for use. If the medication is not listed on your child's health form, a "Medication Release" form must be signed by parent and doctor prior to bringing medicine. Open Camp is a good time to bring medications to the office.
- (3) In case of an emergency requiring an ambulance, we call the Countryside Fire Protection District. Children will be taken by ambulance to Highland Park Hospital, Lake Forest Hospital, or Condell Hospital at the discretion of the Chief of the Emergency Team.
- (4) Camp will attempt to contact parents in case their child becomes ill or hurt. If neither parent is reachable the camp personnel will try emergency contacts that are listed on the camper's registration form.
- (5) In case parents cannot be reached but a child needs stitches, it is Discovery Day Camp's policy to obtain the services of a plastic surgeon.

ABSENTEEISM, SIGN-OUT, AND RELEASE OF INFORMATION

- (1) If your child will be absent, please call the bus driver, bus assistant, camp office, or write a note. If his or her absence is not verified, a staff member will try to trace him or her through your emergency phone numbers. We want to account for each camper. However, we do not call the families of carpool or extended day campers. If they do not arrive, we assume the camper is with their family.
- (2) If your child is going to be picked up rather than riding the bus on any given day, we would appreciate a written note stating the time of pick-up and by whom. Please notify us by noon of the day you plan to pick-up. It's difficult to pull campers out of the group for an unnotified pick-up.

Discovery will not release a child to anyone other than a parent, legal guardian, or a person listed as emergency backup without a written note signed by a parent or legal guardian. (In case of illness, a verbal OK will be accepted.)

- (3) The child must be signed out in the camp office.
- (4) Discovery may release your camper's name, address, and phone number to other campers unless you provide us with a written note prior to the camp season requesting that your child not be put on the group list.

DOES MY CHILD NEED MONEY AT CAMP?

Money is never needed at camp. The children do not have the opportunity to buy anything!

CAMP CLOTHING

Please label all clothing and belongings sent to camp.

Discovery has a camp store. It can be found online at <https://identitycustom.com/store.php?storecode=discovery>. Campers will be given shirts, but families may purchase more Discovery clothing online.

Shoes: Campers and staff must wear socks and rubber soled sneakers to camp. Fully covered athletic shoes are recommended so that your child will get the most from his/her camp experience. **NO SANDALS OR BACKLESS SHOES WILL BE PERMITTED AT CAMP!**

Bathing Suits: Campers should bring one inexpensive nylon bathing suit each Monday morning. (Another old suit should be kept in your camper's cubby in case one suit is temporarily misplaced). Make sure both suits have your camper's name clearly marked on them. We will dry the suits in a commercial dryer, so the less ornamentation (buttons, bows, trim), the better. We can't be responsible for the dryer damaging suits, so please send inexpensive swimwear. Children will bring a suit home for laundering each weekend. We recommend that children keep a ziplock bag in their backpack, to carry their wet suits home in. We are trying to reduce the camp's use of plastics, so we don't want to hand out bags each week. Please help your campers remember their swim suits on Mondays. No suit - no swim! Each camper will be supplied with a towel after each swim.

****Extended Day campers will need to keep a 3rd suit at camp.****

Swim Shirts: Discovery Day Camp swim shirts are available at www.gruvywear.com. You can also purchase a less expensive swim shirt at some of the discount stores. We feel that the sun is dangerous and encourage the use of swim shirts.

Clothing: Play clothes, such as short pants, are the most comfortable. It is suggested that you have your child bring an extra set of clothes to keep in his or her cubby hole (including nylon bathing suit, underwear, shorts, shirt, sweatshirt, long pants, and extra socks). Please put these labeled clothes in a labeled ziplock bag.

If your child is sensitive to the sun or insects, please keep labeled insect repellent and sunscreen in his or her cubby. Unless otherwise discussed, sunscreen is applied after each swim session. We ask families to apply sunscreen each morning.

Dress-up days: We have occasional dress-up days. The dress-up days will be listed in the Special Events Calendar. Most campers do dress up, as do many staff members and directors! These are fun days, and dressing up can be very motivating and creative for your child. Please assist and encourage your child's participation. Remember to label all pieces of your campers costume. Campers often take parts of the costumes off throughout the day in order to stay comfortable and participate in camp activities.

Camp Shirts: Your camper's two Discovery Day Camp shirts should be delivered to your home prior to camp if you use our transportation. Carpool and extended day shirts will be available at camp, during regular office hours, starting June 1. Shirts may be picked up at the Camp Open House, too. If you receive the wrong size shirt, please bring it to exchange at the Camp Open House. You can purchase additional shirts at the camp store <https://identitycustom.com/store.php?storecode=discovery>. There will be past years' t-shirts for sale at our camp Open House.

Campers are asked to wear their *red 2009 camp shirts* on Monday, June 29, for camp picture day. Picture day and field trip days are the only days that campers are required to wear their camp shirts.

Explorers and senior campers should wear a Discovery T-shirts on **all** biking and field trips. This will help identify campers as being with Discovery.

LOST AND FOUND

How do I find lost clothing?

All personal articles should be plainly marked with the camper's name. Please order name tapes, a camp stamp, or marking pen to mark your child's clothing. Names written with a marking pen are most legible when written on the back of clothing tags. Mark your child's clothing with first and last names. Items that are marked will be put in the child's camp cubby or returned at bus time. Unmarked articles are difficult to return.

The procedure for Lost and Found is to display the lost items at the close of the day. The items unclaimed are then placed in storage containers, which are kept by the shelter and in the locker rooms. They are accessible to campers.

It is suggested that you check with your child each evening as he or she arrives home to make sure that items have not been left at camp. If an item has been left, please call. We will be happy to assist you in trying to locate lost items.

All items that have accumulated and are not claimed by Labor Day will be donated to charity.

LUNCH

Campers may bring lunch from home or order a catered bag lunch for the summer. If you send lunch from home, pack your camper's wholesome lunch (except for cookout days) in a paper bag or reuseable lunch bag with the camper's name on it. We are ecology conscious at camp and would like our campers to be too. We encourage the recycling of lunch bags and reusable containers.

Discovery provides a daily beverage to all campers. Children will have milk on Mondays and Wednesdays (skim white milk or low-fat chocolate milk) and a fruit drink on Tuesdays, Thursdays, and Fridays. If your child needs to drink something other than what is served on a given day, please send it from home. Please do not send soda. Water is always available at the drinking fountain and in water coolers. We recommend that all campers bring a water bottle to camp daily to help keep hydrated.

Gum is not allowed in camp or on the bus.

SPECIAL EVENTS

Fridays are Special Event days. We will have occasional special events on other days and some fun "surprise" events, too.

There are six "Interest Group" days for regular campers. They will be the 2nd, 3rd, 4th, 5th, 6th, and 7th Wednesday of camp. Children may pick an activity for one hour on these days.

Go Group (bus carpool line, extended day) events will be held on Wednesdays.

SENIOR CAMPERS

Senior choice will meet on Thursdays and sometimes on Tuesdays too. This is a chance for your camper to sign up for an activity of interest. One goal of this activity is for children to make an independent decision to participate in an activity that interests them.

Senior campers will participate in field trips many weeks. Please check the calendar that was sent to camp families in April. Updates for individual groups will take place as the summer progresses.

Senior campers will not have an opportunity to buy anything on our trips. Do not send money.

DO I NEED TO BRING EQUIPMENT FROM HOME?

(1) We provide the necessary equipment to enjoy all of the camp activities. Please do not send tennis rackets, bats, or golf clubs to camp. We have this equipment.

- (2) Senior campers should bring a biking helmet on their biking days and a horse back riding helmet (if they own one) on the day they horse back ride.
- (3) If campers choose to wear goggles during swimming they should bring them. Campers should not have masks that cover their noses.
- (4) Toys, electronic games, radios, squirt guns, sticker and card collections, and musical equipment are not permitted at camp or on the bus.
- (5) Camp attendees should leave jewelry, watches, money, and other valuable items at home.
- (6) Discovery Day Camp cannot be responsible for any personal or athletic equipment that is brought to camp by campers or staff.
- (7) Discovery Day Camp remains alcohol free, drug free, and weapon free.

BOATING

Yes! We will boat at Independence Grove. Weather permitting, children 3rd grade and up will go to the lake for boating on July 14. Senior camp parents need to sign a permission form in order for their child to attend this trip.

VISITING CAMP?

Yes. We welcome your visits, but please make sure to follow our guidelines:

- (1) Parents are welcome to visit camp starting the 2nd week.
- (2) Parents are welcome at camp for up to one hour at a time. We have learned that this is an appropriate length of time. Parents that spend too much time with the group can cause a distraction.
- (3) Visitors must check in at the office upon arrival. They will receive a guest name tag that must be worn at all times for identification and security purposes. Some staff and campers might know family members, but others may not.
- (4) Please give prior notification to camp if a grandparent or other visitor is coming to camp without a parent to visit a camper. We cannot allow unauthorized visitors to roam around.
- (5) Do not ask your child to meet the visitor at the office at a set time. We will have someone take visitors to where the child is participating.
- (6) If a parent plans to bring a camper to camp in the morning or take a camper home on the day of the visit, please inform the staff member on duty in the office.
- (7) Please refrain from speaking with the group leader about your child. The group leader has the responsibility of supervision and should not be away from the group for conversational purposes. You may ask the group leader to call you.

(8) Swim observations will take place from outside the fence. The aquatics director might be able to spend a few minutes answering questions. Otherwise, please arrange a phone conversation.

(9) Discovery Day Camp may change swim or lesson times at the pool or the general camp schedule at any time. Many swim schedules will change at the 4-week mark. It is best to call before coming to view a particular activity.

(10) Remember, cars may not move into or out of the Discovery Parking lot between 3:00 p.m. and 3:15 p.m.

(11) Please do not use the church parking lot for parking or drop off except on open house and late night days.

GUESTS AT CAMP

“Camper Guests” are not allowed to attend Discovery Day Camp. Our group dynamics do not allow for “extra campers.” Our goal of helping the children work in a group would be altered by guests.

DONATING ITEMS TO CAMP

The following items are needed for Arts and Crafts. They may be donated at Open Camp or any camp day:

- Baby food jars with covers
- Old shirts for smocks
- Wrapping paper
- Wood scraps
- Rolls of paper
- Big disposable turkey roasting pans
- Old socks
- Large glass jars
- Shirt cardboards
- Cardboard tubes
- Yogurt and margarine containers with lids
- Fabrics
- Disposable cupcake tins

SWIMMING

(1) Campers will swim twice daily, weather permitting. If you don't want your child to swim on a given day, please send a note.

- (2) We will have free swim instead of lessons on days when the weather is borderline. Remember, the weather could be different at camp than it is near your home. Don't forget, our water temperature is between 80 and 86 degrees.
- (3) If your child requires earplugs to swim, please call the office and discuss it with us.
- (4) Sunscreen is best applied before your child leaves home. Children needing additional protection should have a labeled bottle in their cubby hole. We would appreciate having instructions for the application of your child's sunscreen. Everyone has different ways of protecting their children, and we will try to follow yours. Remember, we do not apply sunscreen right before swimming.
- (5) If your child wishes to wear goggles, please only send the kind that do not cover their nose (no masks). Please label the goggles that you send to camp.
- (6) Water wings, floats, and other swim aids will not be permitted in the pool.
- (7) Children who have hair that hangs over their eyes— boys and girls--- should bring barettes, hair rubber bands, or a bathing cap. This will help them see in the swimming pool, which will make swim lessons more successful.
- (8) We will supply a towel after every swim period. **Do not send a towel with your child.**
- (9) Bathing suits should be as plain (non-decorative) as possible. Nylon or other quick drying materials are best, cotton suits don't dry fully in our drying cycles. We encourage the use of swim shirts.
- (10) Children will be bringing home reports of their swim progress at minimum every two weeks. Please refer to the Discovery Day Camp Swim Levels on the following page for a listing of skills. Please call our aquatics director with any concerns or questions about your child's swim progress.
- (11) During free swim, campers must pass the "deep end test" in order to swim in water above their head. This summer, campers who pass the deep end test will be given a wristband. The band will help staff quickly identify who belongs in the deep end of the pool. The bands are not detachable. If your camper needs to remove the band in the evening or over the weekend, please cut it off. We will provide them with a new band on the next day of camp.

AMERICAN RED CROSS LEARN TO SWIM PROGRAM

The Red Cross Learn to Swim program was revised for March 2009. This will be the first year that we use the new materials. Children might drop a level from last year, because the skills for each level are different.

The program still emphasizes combining swimming skills with safety skills. Please check the skills that your child knows against the information that follows and remember to call if you have questions!

Level	A	B	C
1	1. Water entry and exit 2. Blowing bubbles thru mouth and	1. Bob 3 times 2. Opening eyes underwater	Exit Skills: 1. Enter independently,

	<p>nose</p> <ol style="list-style-type: none"> 3. Supported front glide & recovery to vertical position 4. Treading arm and hand actions w/support 5. Alternating leg action w/support -front 6. Alternating arm action/w support – front 7. Simultaneous leg action w/support – front 8. Simultaneous arm action w/ support –front 9. Combined arm and leg action – front <p>Safety – Staying Safe Around Aquatic Environments, Recognizing lifeguards, Recognizing an emergency</p>	<ol style="list-style-type: none"> 3. Supported back glide and recovery to vertical position 4. Roll from back to front and front to back 5. Alternating leg action w/support – back 6. Alternating arm action w/support – back 7. Simultaneous leg action w/support – back 8. Simultaneous arm action w/ support – back 9. Combined arm and leg action – back <p>Safety – How to call for help, Don't just pack it, wear your jacket, Too much sun is no fun</p>	<p>travel at least 5 yards, bob 3 times (with support), blow bubbles, & safely exit the water.</p> <ol style="list-style-type: none"> 2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds, & recover to vertical position (with support) 3. Safety Skill – Name 3 pool rules, point out the lifeguard, and how to call for help
2	<ol style="list-style-type: none"> 1. Enter water by stepping & jumping from side 2. Exit water by using ladder or side 3. Fully submerge and hold breath for 5 seconds 4. Open eyes underwater and retrieve objects 5. Front float – 5 seconds 6. Jellyfish float – 5 seconds 7. Tuck Float – 5 seconds 8. Bob 5 times independently 9. Front Glide 10. Recover from a front float or glide into vertical position <p>Safety Skills: Staying Safe Around Aquatic Environments, Don't Just Pack It, Wear Your Jacket, Recognizing an Emergency, How to Call for Help, Too Much Sun Is No Fun.</p>	<ol style="list-style-type: none"> 1. Back float – 15 seconds 2. Back glide 3. Recover from back float or glide into vertical position 4. Roll from front to back 5. Roll from back to front 6. Change direction of travel while swimming on front or back 7. Tread water independently on front - 15 seconds 8. Combined arm & leg actions on front for 5 body lengths 9. Swim on back fining for 5 body lengths 10. Combined arm & leg actions on back for 5 body lengths <p>Safety Skills: Look Before You Leap, Think So You Don't Sink, Reach or Throw, Don't Go.</p>	<p>Exit Skills:</p> <ol style="list-style-type: none"> 1. Step from side into chest deep water, move into a front float for 5 seconds, roll to back float for 5 seconds, return to vertical position. 2. Move into a back float for 5 seconds, roll to front, and then recover to a vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back for 15 seconds, float, roll to front and continue swimming for 5 body lengths 4. Safety skills: Show a reaching assist with a piece of lesson equipment
3	<ol style="list-style-type: none"> 1. Enter deep water by jumping from side 2. Bob in water over your head while moving towards the wall 3. Rotary breathing (without arms at least 10) 4. Survival float – 30 seconds 5. Change from vertical to horizontal on front in the deep water 6. Change from vertical to horizontal on back in the deep water 7. Tread water for 30 seconds 8. Push off in streamlined position, begin flutter kicking for 3 to 5 body lengths 9. Elementary backstroke kick <p>Safety Skills: Reach or Throw, Don't Go</p>	<ol style="list-style-type: none"> 1. headfirst entry to water from a sitting position 2. headfirst entry to water from a kneeling position 3. Push off in streamlined position, begin dolphin kicking for 3 to 5 body lengths 4. Front crawl for 15 yards 5. Elementary back for 15 yards 6. Scissors kick for 10 yards <p>Safety Skills: Look Before You Leap, Think Twice Before Going Near Cold Water</p>	<ol style="list-style-type: none"> 1. Jump into deep water from side, swim 15 yards, maintain position by treading or floating for 30 seconds, swim elementary backstroke for 15 yards 2. Safety Skills: Name 2 Diving Rules

Level	A	B	C
4	<ol style="list-style-type: none"> 1. headfirst entry from side in compact position 2. swim under water, 3-5 body lengths 3. feet first surface dive 4. Survival float – 1 minute 5. Tread water with 2 different kicks for 2 min. 6. breaststroke kick – 10 yards 7. front crawl – 20 yards 8. butterfly kick – 15 yards 9. Push off in streamlined position on back, begin flutter kicking for 3 to 5 body lengths 10. Push off in streamlined position on back, begin dolphin kicking for 3 to 5 body lengths 11. Elementary backstroke 20 yards 12. Backstroke – 10 yards 13. Scissors kick for 15 yards <p>Safety Skills: Think So You Don't Sink, Look Before You Leap</p>	<ol style="list-style-type: none"> 1. headfirst entry from side in a stride position 2. front crawl open turn 3. back crawl open turn 4. Front crawl – 25 yards 5. Breaststroke – 15 yards 6. Butterfly – 15 yards 7. Elementary backstroke – 25 yards 8. Back crawl – 15 yards 9. Sidestroke – 15 yards <p>Safety Skill: Recreational Water Illness, Reaching assist, throwing assist</p>	<ol style="list-style-type: none"> 1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction & position, swim elementary backstroke for 25 yards 2. Swim breaststroke 15 yards, change direction and position, swim back crawl for 15 yards 3. Safety Skills: Demonstrate a reaching or throwing assist
5	<ol style="list-style-type: none"> 1. Shallow angle dive from side 2. Tuck surface dive 3. Pike surface dive 4. Front flip turn while swimming 5. Tread water for 5 minutes 6. Front crawl 50 yards 7. Elementary backstroke 50 yards 8. Sidestroke 25 yards 9. Sculling <p>Safety: Recreational Water Illness, Reach or Throw, Don't Go, Look Before You Leap, Think So You Don't Sink, Think Twice Before Going In Water Or Ice</p>	<ol style="list-style-type: none"> 1. Shallow angle dive, glide 2 body lengths, swim any front stroke 2. back flip turn while swimming 3. breaststroke 25 yards 4. butterfly 25 yards 5. back crawl 25 yards <p>Safety: Wave, Tide, or Ride, Follow the Guide, How to Call for Help and the Importance of Knowing First Aid</p>	<ol style="list-style-type: none"> 1. Perform a shallow angle dive into deep water, swim front crawl for 50 yards, change direction or position of travel and swim elementary backstroke for 50 yards. 2. Swim breaststroke for 25 yards, change direction and position of travel, swim back crawl for 25 yard.

Level	A	B	C
6	<p>All:</p> <ol style="list-style-type: none"> 1. Front crawl 100 yards 2. Elementary backstroke 100 yards 3. Back crawl 50 yards 4. Breaststroke 50 yards 5. Sidestroke 50 yards 6. Butterfly 50 yards 7. Turns: front crawl open turn, backstroke open turn, front flip turn, back flip turn, sidestroke turn, butterfly turn, breaststroke turn 	<p>All: none</p> <hr/> <p>Personal Water Safety:</p> <ol style="list-style-type: none"> 1. Review skills and information on HELP, HUDDLE, feet first surface dive, tuck & pike surface dive, 5 minute back float, 5 minute survival float, 10 minutes survival swimming 2. Tread water with kick only – 2 minutes 3. Surface dive and retrieve object from bottom at 7 to 10 feet <p>Safety: Think So You Don't Sink, Swim With A Buddy In A Supervised Area, Learn About Boating Before You Go Floating</p>	<p>All: Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.</p> <hr/> <p>Personal Water Safety:</p> <ol style="list-style-type: none"> 1. Jump into deep water, perform a survival float for 5 minutes, roll onto your back and perform a back float for 5 minutes 2. Perform a feet first surface dive, retrieve an object from the bottom of the pool, return to surface and starting point
		<p>Fundamentals of Diving:</p> <ol style="list-style-type: none"> 1. Basic stretching exercises, body alignment and control, surface dive 2. Diving from poolside (kneeling, fall-in, standing) 3. Diving from Diving Board (kneeling, forward dive fall-in, standing) 4. Takeoff from the Deck (1 & 2 part takeoff) 5. Takeoff from Poolside (1 part takeoff) 6. Takeoff from Diving Board (1 & 2 part takeoff) 7. Tuck position (demonstrate position, forward jump with 1 part take off from poolside, jump with 1 & 2 part take off from diving board) 8. Forward dive, tuck position (with 1 part takeoff from poolside, with 1 & 2 part takeoff from board) 9. Pike Position (demonstrate position, forward jump with 1 & 2 part take off from diving board) 10. Forward dive, pike position (with 1 & 2 part takeoff from board) <p>- look before you leap</p>	<p>Fundamentals of Diving:</p> <ol style="list-style-type: none"> 1. Perform a 2 part takeoff with a feet first entry from diving board. 2. Perform a 2 part takeoff with a headfirst entry from diving board.

DISCOVERY DAY CAMP OFFICE AND BUSINESS HOURS

During the camp season, the office is open Monday through Friday, 7:30 a.m. to 6:00 p.m.

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GETTING TO CAMP

From the East or the South:

Take Route 22 to Route 45.

Continue straight on Route 45 for 3.2 miles, heading northwest.

You will pass six stoplights. They are Buffalo Grove Road, Train Station, Deerpath, Evergreen, Butterfield, and Oakwood.

Camp is on the right side of Route 45.

From the Northwest:

Take Route 83 to Route 45.

Go East on Route 45 about 0.8 miles.

Camp is on the left side of Route 45, before the churches.