2016 Summer Camps

Camp Optimist / Sports of All Sorts
Summer Day Camp / Kindergarten Boot Camp

Monday - Friday / 6:30 a.m. - 6 p.m.
The main ingredient of Camp Optimist is fun that comes from the spirit of participation. We foster an inclusive, positive and caring environment in which each individual is encouraged to contribute and participate in our activities. We create a non-competitive environment where campers have fun while making lasting friendships and feel safe trying new activities. All campers take part in outdoor skills, sports, crafts, community activities, waterfront adventures, and all-camp events. Camp Optimist is located at Conestoga Pines Park off of Pitney Road. Indoor headquarters are at the Conestoga Pines Barn. Campers swim daily at the outdoor Conestoga Pines Pool.

Campers are provided with a nutritious lunch and snack every day.

**A Sample Day at Camp “O”**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 – 9 a.m.</td>
<td>theme activities and games</td>
</tr>
<tr>
<td>9 – 9:30 a.m.</td>
<td>camp meeting</td>
</tr>
<tr>
<td>9:30 – 11:30 a.m.</td>
<td>woods, theme activities, and games</td>
</tr>
<tr>
<td>11:30 – 12:30 p.m.</td>
<td>lunch</td>
</tr>
<tr>
<td>12:30 – 1 p.m.</td>
<td>clean up and transition</td>
</tr>
<tr>
<td>1 – 4 p.m.</td>
<td>pool</td>
</tr>
<tr>
<td>4:30 – 6 p.m.</td>
<td>woods and clean up</td>
</tr>
</tbody>
</table>

**Location:** Conestoga Pines Park  
**Ages:** Students entering 1<sup>st</sup> – 7<sup>th</sup> grade  

*Please note that CCIS funding is not accepted at Camp Optimist.*
### Camp Optimist Weekly Themes and Trips/Activities*

<table>
<thead>
<tr>
<th>Week</th>
<th>Theme</th>
<th>Trip/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/9</td>
<td>New Beginnings</td>
<td>Planting &amp; Getting Acquainted</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kendig Square Movie &amp; The Magic Workshop</td>
</tr>
<tr>
<td>6/13</td>
<td>Under the Big Top</td>
<td>Binns Park &amp; Lancaster Cupcake</td>
</tr>
<tr>
<td>6/20</td>
<td>Top Chef Cookoff</td>
<td>Disect Owl Pellets</td>
</tr>
<tr>
<td>6/27</td>
<td>Nature Exploration</td>
<td>Dance Party at the Pool</td>
</tr>
<tr>
<td>7/5</td>
<td>Birthday Bash</td>
<td>Refreshing Mountain Camp</td>
</tr>
<tr>
<td>7/11</td>
<td>Pay It Forward</td>
<td>18’ Double Drop Wave Wet Slide</td>
</tr>
<tr>
<td>7/18</td>
<td>Let’s Get Crazy</td>
<td>Visit from Forgotten Friends Exotic Reptiles</td>
</tr>
<tr>
<td>7/25</td>
<td>Dragons, Amphibians &amp; Reptiles</td>
<td>Visit from Forgotten Friends Exotic Reptiles</td>
</tr>
<tr>
<td>8/1</td>
<td>Pizza Week</td>
<td>Kendig Square Movie &amp; Willow Street Pizza</td>
</tr>
<tr>
<td>8/8</td>
<td>Greek Week</td>
<td>Rocky Springs Bowling &amp; Toga Party at the Campfire</td>
</tr>
<tr>
<td>8/15</td>
<td>Cosmic Journeys</td>
<td>North Museum &amp; Pine View Dairy</td>
</tr>
<tr>
<td>8/22</td>
<td>Up, Up &amp; Away</td>
<td>Farewell Pool Party</td>
</tr>
</tbody>
</table>

Every Friday we will have a campfire with slop soup (camper’s favorite), hot dogs and smores.

*Field trips are subject to change and some field trips may have additional costs. For more information go to LancasterRec.org.*
Sports of All Sorts Day Camp offers your child a full day of sports fun, including fitness and wellness activities. At Lancaster Rec, we believe in fostering age-appropriate learning in a fun, sports-oriented atmosphere. Children will receive positive feedback for their participation, teamwork and sportsmanship.

We provide all campers with a nutritious lunch and snack every day. Campers go on multiple field trips, some of which may have additional costs.

Activities and Sports Tailored for Three Age Groups

**Entering Grades 1-2**
We use cooperative games to teach teamwork, sportsmanship, basic gross motor skills and coordination.

**Entering Grades 3-4**
We use a combination of cooperative and competitive games to teach fundamentals, rules, teamwork and sportsmanship.

**Entering Grades 5-6**
We offer opportunities to compete while emphasizing teamwork, skill development, rules and sportsmanship.
A Sample Day at Sports of All Sorts

6:30 – 8 a.m. before care
8:30 a.m. morning meeting
9 a.m. sports activities
11 a.m. 1st – 3rd grades, lunch
11:30 a.m. 4th grade and up, lunch
12 p.m. wellness activities, group activities, wellness lessons, afternoon snack will be provided
4 – 6 p.m. after care

Sports of All Sorts
Weekly Themes

Week /// Theme ///
6/9 Welcome Back
6/13 Fitness Frenzy
6/20 Getting to Know You
6/27 Lawn Games
7/4 Sports Fanatic
7/11 Field Day Activities
7/18 Spirit Week
7/25 Be a Good Sport
8/1 Wacky Olympics
8/8 Water Wipe Out
8/15 Camp Celebration

Location: Ross Elementary School
Ages: Students entering 1st – entering 6th grade

Field Trips*
Days vary from week to week. Every child attending camp that day must attend the field trip. All children must wear camp t-shirt or similar colors.

Leisure Lanes Lancaster Ice Rink & Regency
Skating Castle Sky Zone
Barnstormers Game Pool days are Monday and
Turkey Hill Experience Fridays starting June 13
Bounce Kraze

* Field trips are subject to change and some field trips may have additional costs. For more information go to LancasterRec.org.
Each week offers your children a chance to learn something new in connection with that week’s theme. Campers enjoy outside activities and educational stations. Campers are placed in small groups based on the grade they are entering and participate in age-appropriate activities with 40 minutes a week of instruction in literacy, art, and physical education in accordance to PA State Learning Standards. The goal is to keep academic skills fresh over the summer, apply the knowledge the children have learned in a fun way, and prepare them for the next school year.

**Back to Camp Day**
Held on the first day of camp from 3-6 p.m. Drop by to find out more about the Summer Day Camp and to meet the staff.

**Swimming**
Campers swim at Conestoga Pines Pool on Tuesdays and Thursdays. Be sure to provide your child with sunscreen daily.

**Location:** Fulton Elementary School

**Ages:** Students entering 1<sup>st</sup> – entering 6<sup>th</sup> grade (Juniors 1st-3rd Grades; Seniors 4th Grade and Up)
A Sample Day at Summer Day Camp

6:30 a.m. before camp stations
9 a.m. camp meeting
9:30 a.m. gross motor activities
9:30 a.m. outside activities
10 a.m. stations
11 a.m. lunch and clean up
12 p.m. outside activities
1 p.m. stations and educational classes
3 p.m. gross motor activities and after camp stations

Summer Camp Weekly Themes and Trips*

<table>
<thead>
<tr>
<th>Week</th>
<th>Theme</th>
<th>Trip</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/13</td>
<td>Summer Blastoff</td>
<td>Playground Wading Pool/</td>
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<tr>
<td></td>
<td></td>
<td>Climber’s Run</td>
</tr>
<tr>
<td>6/20</td>
<td>Ground Down Under</td>
<td>Climber’s Run</td>
</tr>
<tr>
<td>6/27</td>
<td>Imaginarium</td>
<td>Pottery/Bead Works - Girls</td>
</tr>
<tr>
<td>7/5</td>
<td>Going Green</td>
<td>Cherry Crest Farm</td>
</tr>
<tr>
<td>7/11</td>
<td>Space Exploration &amp; Robotics</td>
<td>Planetarium - Juniors</td>
</tr>
<tr>
<td>7/18</td>
<td>Music Makers</td>
<td>Sky Zone - Seniors</td>
</tr>
<tr>
<td>7/25</td>
<td>Time Travelers</td>
<td>Downtown Lancaster</td>
</tr>
<tr>
<td>8/1</td>
<td>Animal Planet</td>
<td>Zoo America - Juniors</td>
</tr>
<tr>
<td>8/8</td>
<td>Triple Threat</td>
<td>Rocky Springs</td>
</tr>
<tr>
<td>8/15</td>
<td>Race Around the World</td>
<td>Musser Park</td>
</tr>
<tr>
<td>8/22</td>
<td>STEAM Week</td>
<td>Walking Trips</td>
</tr>
</tbody>
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Kindergarten Boot Camp

Kindergarten Boot Camp is a summer program that helps to prepare your child for Kindergarten. Teachers instruct students in reading, writing, numeracy, physical activity, nutrition and social skills, including cooperation and problem solving skills. Children receive breakfast, lunch and an afternoon snack.

**Daily Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>6:30 – 9 a.m.</td>
<td>arrival, breakfast, and free choice</td>
</tr>
<tr>
<td>9 a.m. – noon</td>
<td>morning meeting, learning centers, and physical activity</td>
</tr>
<tr>
<td>Noon – 1:30 p.m.</td>
<td>lunch and rest time</td>
</tr>
<tr>
<td>1:30 – 4:30 p.m.</td>
<td>learning centers, physical activity, and snack</td>
</tr>
<tr>
<td>4:30 – 6 p.m.</td>
<td>story and free choice</td>
</tr>
</tbody>
</table>

**Locations:**
- Lancaster Rec Center
- Lancaster Rec Child Care Center at McCaskey High School

**Ages:** Entering Kindergarten in the fall of 2016

*Space is limited so complete your registration early to reserve your child’s spot.*
Registration for Child Care programs is only accepted in person at the Lancaster Recreation Commission office, except for registration for the Lancaster Rec Child Care Center at McCaskey High School which is also accepted at the site. No phone registrations are accepted. An annual non-refundable registration fee of $50 (plus $10 for each additional child from the same family) is due at the time of registration and at the beginning of every new school year.

A complete registration consists of the following. Children are not permitted to attend Child Care programs until all items have been turned in.

- Completed and signed Child Care Agreement
- Completed and signed Attendance Contract
- Completed and signed Health Appraisal Form (Physical) and Immunization (Shot) Records
  - Physicals and Shot Records less than three months old are required for infants ages 6 weeks to 1 year; less than six months old for young toddlers ages 1 to 2 years
  - Physicals and Shot Records less than one year old are required for older toddlers ages 2 to 3 years, Preschool children ages 3 and 4, Grade K-5 and Grade 5 and up
  - Children in Grades 1 through 4 are required to turn in Physicals and Shot Records (may be more than one year old)
- Copies of any Custody/PFA Court Documents, if applicable
- Copies of child’s IEP or IFSP, if applicable
- Completed and signed Child Care Center Meal Benefit Income Eligibility Form, for children ages 5 and under
KEYSTONE STARS

The Lancaster Rec child care programs participate in Keystone Stars, a state-supported and funded quality improvement program which has four STAR levels. Each STAR designation measures a quality performance standard. The four levels measure quality in the following areas:

- Education and training of staff
- Physical environment
- Management
- Family and community partnerships

FREE MEALS & SNACKS

We provide all our preschool/Kindergarten Boot Camp children with a nutritious breakfast, lunch & a snack every day. Camp Optimist, Summer Day Camp & Sports of All Sorts children will be provided with a nutritious lunch & a snack every day.
DID YOU KNOW?
Our programs are state-licensed, made up of experienced, qualified, well-trained staff!

WHAT TO BRING
Children should be dressed in shorts or long pants, shirt, sneakers and socks. A water bottle with your child’s name should be brought each day. Sunscreen is a must for those extra sunny days! If the weather is rainy, children should dress appropriately. Children should bring a change of clothes and a resting blanket/soft item. All belongings should be marked with your child’s name. Please do not bring any electronic devices or games.

BEHAVIOR EXPECTATIONS
In order to provide your children with the excellent child care experience they deserve, the following behavior expectations are in effect at all times.

We expect children to respect each other, the staff, the property and most of all themselves. We expect children to follow directions, be polite and to obey the rules.

In accordance with Federal law and U.S. Department of Agriculture policy, Lancaster Rec is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD).