Parent Guide

Summer Camp 2019

June 10 – August 16

No Camp the Week of July 1 - July 5

Iowa City Parks and Recreation Department
319-356-5100
Registration begins Friday, March 29, 2019

Camp hours:

- Camp activities take place from 9 a.m. to 4 p.m.
- Supervised play is available before and after camp from 7:30 to 9 a.m. and 4 to 5:30 p.m. at no additional charge

Fees:

- $185 per week for Iowa City residents (persons living inside the Iowa City city limits)
- $190 per week for Non-Residents

Camps are for students grades K-6 in the 2018/2019 school year

Summer Theme Camps
Robert A. Lee Recreation Center and City Park

New this year - we are excited to offer two different tracks for each week of theme camp. Parents will have the opportunity to choose which track their child participates in each week. Not every child is the same, so why should our camp options be? We hope the different track options provide campers with a more personal experience and allow them to do activities they truly enjoy.

Sports Camp
Mercer Park Aquatic Center

Each week of Sports Camp will provide campers with a new sport to learn and play. Whether the camper is new to the sport or has played on a team, they will have a great time being outside and running around!

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Summer Theme Camps
Robert A. Lee Recreation Center
Choose one track per week

Week One (June 10-14)

Rube Goldberg (11520)
Rube Goldberg invented extravagant machines to complete small tasks such as, turning off a light, opening a door, or starting a microwave. What will your Rube Goldberg machine do?
• Participate in timed challenges
• Watch videos of some of the most extensive Rube Goldberg machines
• Design your own extravagant machine to complete a small task
• Use simple, every day materials to build your Rube Goldberg machine
• Take a field trip to Bloomsbury Farm on Friday!

OR

littleBits Inventions (STEAM) (11521)
Local environmentalists need a machine to clean the Iowa River. Iowa City Police Officers need inventions to keep citizens safer. An Iowa football team needs a device to help them win more games. Future inventors, the community needs you!
• Use littleBits to create new machines
• Complete challenges
• Refine problem-solving abilities
• Test your imagination
• Take a field trip to Bloomsbury Farm on Friday!

Week Two (June 17-21)

Writer’s Workshop (11523)
The University of Iowa is home to the most famous writing program in the country! Have your stories become a reality, while receiving a taste of what it is like to be in The University of Iowa Writers Workshop.
• Read stories from the Iowa City public library
• Visit Prairie Lights in downtown Iowa City
• Listen to a local author read their work
• Write your own stories
• Share your stories with other campers or keep them for you and your family to enjoy
• Explore your future at Kirkwood Community College’s Farm Lab, Green House, and Industrial Technologies Department

OR

Cooking - Discovering International Foods (11524)
We need the talented chefs at Summer Camp to help make snacks this week. That’s you! Use plants that grow around the Rec Center and natural ingredients to make delicious recipes to eat and enjoy!
• Use the plants from our garden and other natural ingredients
• Learn how to cook sustainably, using local foods
• Create delicious and healthy food
• Eat and enjoy your own cooking
• Explore your future at Kirkwood Community College’s Farm Lab, Green House, and Industrial Technologies Department
Week Three (June 24-28)

**Film (11526)**
The film festival opens at the end of the week and the producers are ready to hear your ideas. Give a promising elevator pitch, and they will get the cameras rolling.
- Write scripts, direct, and act
- Scout locations
- Cast actors and design costumes
- Take a field trip to skate at the Cedar Rapids Rough Riders Ice Arena on Friday

**Future Architects (STEAM) (11527)**
Calling all future architects! Buildings are where we live, work and play. Expand the way you think about structures and physics. Design your own building and see it come to life.
- Use PicassoTiles and Strawbees, provided by State of Iowa STEM Board
- Participate in exploratory building challenges
- Design your own building or structure
- Challenge yourself in competitions to see who can build the tallest, strongest, and longest bridge
- Take a field trip to skate at the Cedar Rapids Rough Riders Ice Arena on Friday

Week Four (July 8-12)

**Olympics (11529)**
This year’s Olympics are taking place right here in Iowa City. Is your brand new country ready for this competition?
- Get into groups and create your own country
- Design your own flag
- Display your flag and represent your country by walking in the opening ceremony
- Participate in challenges that test your knowledge, creativity and teamwork
- Compete in relay races, building challenges, trivia and more!
- Take a trip to the Niabi Zoo on Friday!

**Marine Biology (11530)**
The oceans are 95% undiscovered. There is still so much exploring to do! Become a marine biologist for a week and set off on a path to learn more about the world’s oceans and the animals that live in them.
- Make hypotheses and complete water tests
- Learn about different species that live in the oceans
- Discover how pollution and climate change are affecting these species
- Pick a species and inform your fellow campers about why they are important to the ecosystem
- Complete artistic crafts to show the beauty of the animals in our oceans
- Take a trip to the Niabi Zoo on Friday!
Week Five (July 15-19)

**Makey Makey (STEAM) (11532)**
The music department at a Big Ten University needs your help to make new instruments for their concert at the end of the week. The video game club needs a unique controller to play a new video game. You have the creative mind to make these things happen!
- Explore your creative ideas
- Learn about circuits and how they work
- Design a creative device
- Build your idea into a reality and put it to use
- Take a field trip to Wild Cat Den State Park and the Muscatine Grist Mill on Friday!

**OR**

**Pioneer History (11533)**
See firsthand what it was like to live in Iowa over 150 years ago. The early settlers of this state lived very differently than we do today. Live in their shoes for a week and become a pioneer.
- Learn about the early settlers of Iowa
- Discover disappearing art forms such as looming, sewing, weaving and quilting
- Make baskets and braided rugs
- Play pioneer games
- Visit the Iowa City Cabins at City Park
- Take a field trip to the Wild Cat Den State Park and the Muscatine Grist Mill on Friday

Week Six (July 22-26)

**Robots and Circuits (STEAM) (11535)**
Iowa City hired a scientist to create robots for the community. They were meant to clean parks and keep citizens safe; however, they malfunctioned and have been terrorizing the area.
- Come up with a way to stop the evil robots
- Design new robots to help rebuild the city
- Build a prototype of the new robot
- Explore circuitry and how it can be used to make robots
- Take a field trip to the Putnam Museum on Friday!

**OR**

**Cooking - Delicious Salads (11536)**
We need the talented chefs at Summer Camp to help make snacks this week. That's you! Use the plants and that grow around the Rec Center and natural ingredients to make delicious recipes to eat and enjoy!
- Use the plants from our garden and other natural ingredients
- Discover new recipes
- Learn how to cook sustainably, using local foods
- Create delicious and healthy food
- Eat and enjoy your own cooking
- Take a field trip to the Putnam Museum on Friday!
Week Seven (July 29-Aug 2)

Theatre Acting (11538)
Do you want to be like the star of your favorite movie or TV show? Maybe someday you can be in the next Marvel movie or on the Disney Channel! Everyone has to start somewhere, and theatre acting is the perfect way to develop your skills as a performer.

• Participate in reader’s theatre
• Refine your skills with acting exercises and have fun with improv
• Learn tips and tricks from theatre groups in our area
• Take a field trip to Cedar Rapids to Cherry Hill Water Park and Bever Park on Friday!

OR

Future Forms and Crafts (STEAM) (11539)
Have you ever wondered what goes into making new clothes, or how to make a new popular stuffed animal?

• Make clothing or animals out of recycled plastic and experiment with different fiber crafts
• Use materials and projects developed by the State of Iowa STEM Board.
• Take a field trip to Cedar Rapids to Cherry Hill Water Park and Bever Park on Friday!

Week Eight (Aug. 5-9)

Zoology (11541)
Animals need someone who understands them. Someone who not only knows about their species but, who also loves them and wants to take care of them.

• Play games to learn about the animals in our world
• Confront scenarios that a veterinarian sees on a day to day basis
• Come up with ways to help sick animals
• Pick an endangered species and inform your fellow campers about its importance
• Take a field trip to F.W. Kent Park on Friday!

OR

Cooking - Baking Healthy Alternatives (11542)
We need the talented chefs at Summer Camp to help make snack this week. That’s you! Use the plants and that grow around the Rec Center and natural ingredients to make delicious recipes to eat and enjoy!

• Use the plants from our garden and other natural ingredients
• Discover new recipes
• Learn how to cook sustainably, using local foods
• Create delicious and healthy food
• Eat and enjoy your own cooking
• Take a field trip to F.W. Kent Park on Friday!

Week Nine (Aug. 12-16)

Summer Camp City (11544)
Have you ever wanted to build your own town? What do you think the perfect city needs? A police department? A candy store? A water fountain in the center? This week, you get to decide what your city will look like!

• Decide what you and your fellow campers want to have in your city
• Take on an important role in the development of a specific part of the city
• Design your city by mapping out the streets, buildings and other structures that will be a part of it
• See Summer Camp City come to life by building a large-scale version of the design you and your fellow campers have developed!
Sports Camp
Mercer Park and Aquatic Center

Week One (June 10-14)

**Soccer (11522)**
- Develop your footwork with cone drills and games
- Participate in passing drills and team building exercises
- Scrimmage with your fellow campers
- Learn how to defend your team’s goal
- Become knowledgeable about the rules of soccer
- Take a field trip to Bloomsbury Farm on Friday!

Week Two (June 17-21)

**Baseball / Softball (11525)**
- Get outside and run the bases
- Learn how to play America’s favorite pastime
- Refine your batting skills
- Play defense in the infield and outfield
- Participate in fly ball, ground ball and passing drills
- Scrimmage with your fellow campers
- Explore your future at Kirkwood Community College’s Farm Lab, Green House, and Industrial Technologies Department

Week Three (June 24-28)

**Volleyball (11528)**
- Learn how to bump, set and spike
- Participate in passing drills and try to keep the ball off the ground
- Become knowledgeable about the rules of volleyball
- Play the game with different types of balls
- Scrimmage with your fellow campers
- Take a field trip to skate at the Cedar Rapids Rough Riders Ice Arena on Friday

Week Four (July 8-12)

**Tennis / Pickleball / Badminton (11531)**
- Become acquainted with the similarities and differences of these racquet sports
- Play inside and outside
- Learn the rules of tennis, pickle ball and badminton
- Pass with your fellow campers and develop a better feel for the racquet
- Scrimmage with your fellow campers
- Take a field trip to the Niabi Zoo on Friday!
### Week Five (July 15 - 19)

**Basketball (11534)**
- Participate in dribble drills to develop your ball handling skills
- Work on your foot work and defensive slides
- Play games like dribble knockout and lightning
- Practice your shot and see how many baskets you can make
- Scrimmage with your fellow campers
- Take a trip to Wild Cat Den State Park and the Muscatine Grist Mill on Friday!

### Week Six (July 22-26)

**Soccer (11537)**
- Develop your footwork with cone drills and games
- Participate in passing drills and team building exercises
- Scrimmage with your fellow campers
- Learn how to defend your team’s goal
- Become knowledgeable about the rules of soccer
- Take a field trip to the Putnam Museum on Friday!

### Week Seven (July 29-Aug. 2)

**School Yard Games - Flag Football, Gaga Ball, 4-square and more (11540)**
- Run and play outside
- Pass and catch with your fellow campers
- Play your favorite recess games at summer camp
- Participate in the outdoor games that kids have been playing for generations
- Take a field trip to Cedar Rapids to Cherry Hill Water Park and Bever Park on Friday!

### Week Eight (Aug 5-Aug 9)

**Field Day (11543)**
- Participate in team building games
- Spend the day outside
- Play with chalk, hula hoops, parachutes and balls
- Run relay races
- Take a trip to Kent Park on Friday!

### Week Nine (Aug. 12-16)

**Summer Camp City (11544) at the Robert A. Lee Recreation Center**

Have you ever wanted to build your own town? What do you think the perfect city needs? A police department? A candy store? A water fountain in the center? This week, you get to decide what your city will look like!

- Decide what you and your fellow campers want to have in your city
- Take on an important role in the development of a specific part of the city
- Design your city by mapping out the streets, buildings and other structures that will be a part of it
- See Summer Camp City come to life by building a large-scale version of the design you and your fellow campers have developed!
Admission
A child is eligible to enter the Iowa City Recreation Division Summer Day Camp program under the following conditions:
1. Space is available.
2. The child will have completed any grades K-6 by June 2019.
   Those completing Kindergarten by June 2019 must have also turned age 5 by Sept. 15, 2018.
3. All required forms are properly completed and returned with full payment.

Staff
Counselors are carefully chosen for their interest and experience in leading children’s recreation activities. All staff is trained in First Aid and CPR will be on-site at all times. In addition to our regular camp staff, certified lifeguards will be on duty during all pool activities. Our expected staff-to-child ratio will be 1:10 for most activities. Specialists will lend expertise in the planning and leading of recreation programs offered at camp, assuring you and your child well-planned, safe, and exciting activities every day.

Arrival and Departure for Summer Camp
- Check-in at the Robert A. Lee Recreation Center Gymnasium between 7:30 and 9:00 a.m.
  Parents must check their child(ren) in with camp staff every morning, by signing and time stamping the log. Please drop your child(ren) off by 9:00 a.m.
- Check out at Lower City Park Shelter #12 between 4:00 and 5:30 p.m.
  Please park your car and walk to the shelter to sign your child(ren) out. You must present a valid I.D. as a form of verification when your child is being signed out. Campers will not be allowed to leave for any reason other than the above without advance, written notification to the Supervisor. You must contact staff in writing in cases where children are expected to walk home, catch a bus, leave early, or deviate in any way from the regular camp procedures.
  * You must complete the permission for release form in advance if someone other than the responsible parent or guardian will be picking up your child(ren). This form must be completed before any individual not on the pick-up list is allowed to pick up your child(ren).

Arrival and Departure for Sports Camp
- Check in at the Mercer Park Aquatic Center between 7:30 and 9:00 a.m.
  Parents must check their child(ren) in with camp staff every morning, by signing and time stamping the log. Please drop your child(ren) off by 9:00 a.m.
- Check out at Mercer Park Aquatics Center between 4:00 and 5:30 p.m.
  Please park your car and walk into the building to sign your child(ren) out. You must present a valid I.D. as a form of verification when your child is being signed out. Campers will not be allowed to leave for any reason other than the above without advance, written notification to the Supervisor. You must contact staff in writing (form available in registration packet) in cases where children are expected to walk home, catch a bus, leave early, or deviate in any way from the regular camp procedures.
  * You must complete the permission for release form in advance if someone other than the responsible parent or guardian will be picking up your child(ren). This form must be completed before any individual not on the pick-up list is allowed to pick up your child(ren).

Late Pickup Charge
Parents of children left after 5:30 p.m. will be charged $5.00 for each additional 5 minutes. If you run into a problem, call ahead—we’ll help in any way we can.
What to Bring for SUMMER and SPORTS Camp

All children should bring their daily needs inside a backpack or bag, as we carry our possessions with us most of the day.

- **Swimsuit and towel:** Campers will swim 3-4 times per week at the City Park pool. In cases of inclement weather, campers may swim at the Robert A. Lee pool.
- **Lunch:** Campers should bring their own lunch every day. Refrigerators and microwaves are not available during camp hours. Due to storage restrictions, bulky coolers are discouraged.
- **Supplemental snacks (if desired):** We will provide two simple snacks each day, scheduled for mid-morning and mid-afternoon. Parents may wish to supplement according to their own child’s needs. We suggest packing fruit, cheese, crackers, etc. Purchasing of snacks from vending machines **will not be allowed** during camp hours.
  
  **NOTE:** Parents of children with special dietary needs should plan on providing snacks for their child.
- **Water bottle:** No glass, please.
- **Non-water-soluble sunscreen:** A medical release is necessary for staff to apply sunscreen and is included in the registration packet. We have found in past summers that spray sunscreen can be highly ineffective and easily wasted. **Please note that spray sunscreen is not allowed at camp.** We recommend lotion sunscreens and/or sun protection swim shirts in order to sufficiently protect your camper from the sun.

What to Leave at Home

- **Electronic games/devices and trading cards**
- **Personal cell phones:** If a camper needs to contact a parent throughout the day, a phone will be provided. Playing games and holding conversations on cell phones will not be allowed.
- **Jewelry and other valuables**
- **Money for vending machines:** Children are not allowed to purchase items from the vending machines during camp.
  
  Please purchase items for your child(ren) before or after camp.

Please make sure your child does not have prohibited items, and make sure their bag isn’t too heavy.

What to Wear

- **Camp t-shirt (every day):** One camp T-shirt is provided for each child with camp registration. Additional shirts will be available for $6 each, while supplies last.
- **Gym shoes and socks:** Shorts or pants are both acceptable and should be chosen according to weather conditions. Sandals or flip flops may be brought for use at the pool, but they are not allowed during daily activities. Shoes that cover the foot are required for the rest of camp.
- **Regulation swimwear is required at the pool.**

Please mark the inside of all apparel with the child's name and phone number.

Field Trips

**Summer Camp participants will go on field trips in and around the Eastern Iowa area each week.**

- **The bus loads at 9:00 a.m. so prompt drop-off is necessary** in order to go on the field trip. Special accommodations or transportation cannot be made for children arriving late.
- **Field trip days may vary from week to week.** Please check the posted messages during check-in for details regarding each week’s field trip.

Transportation

Most daily transportation is provided by Iowa City Transit or Cambus. Transportation for most field trips and other special events will be by school bus charter.
Illness and/or Injury

Please DO NOT bring your child to camp if he/she:
· Has or has had a fever of 100° or above in the last 24 hours
· Is vomiting or has vomited in the last eight hours
· Has a communicable illness such as chickenpox, strep bacterial infection, or any illness considered to be contagious by the Johnson County Health Department. You will be contacted immediately if your child exhibits any of the above symptoms. You will be asked to remove your child until all symptoms have subsided.
  - If your child is ill or will not be attending camp call the Recreation Division office after 8 a.m. at (319)356-5100.
  - If your child becomes ill or injured during the day, we will call according to the EMERGENCY CONTACT INFORMATION you provided. If this information changes during the summer, please notify us.

Medications

· Medications should not be sent to camp in your child’s backpack*.
· Parents must fill out and sign a medication release form during check-in for medication(s) to be administered. This includes prescription, non-prescription drugs, creams, lotions, etc. Please leave your child’s medication and release form with the check-in staff. You may pick it up at the end of the day if necessary.
· All medications MUST BE in the original container with the name of the medication, physician’s name, and amount to be given printed on the label. Pharmacists are willing to divide medication into two separate bottles upon your request.
· All medication will be administered by Recreation Division staff.
  - A new medication release form is to be filled out for each one week session.
· *Epi-pens, emergency inhalers and other medications used for emergency conditions will be carried in the child’s backpack. All other medications will be held by staff.

Inclement Weather

In case of inclement weather, children will remain at the location where they checked in. Should severe weather occur during the afternoon, children will either be transported back to the Recreation Center or will take shelter in the Levitt Center across from City Park. Please subscribe to the City’s rain-out site at www.icgov.org/rainoutline to receive email or text notification. Please call the Iowa City Recreation Division (319)356-5100 if in doubt.

Parks and Recreation Live Program Updates

Go to the City Website: www.icgov.org/rainoutline to subscribe.

Special Needs

Parents of children with disabilities or children requiring special arrangements should note these special needs on the registration form AND make a special accommodation request in writing to RaQuishia Harrington at raquishia-harrington@iowa-city.org and joyce-carroll@iowa-city.org The more time we have before the program begins, the better we will be able to meet the needs of the individual. Insufficient or lack of notice may delay your child’s attendance. Contact us and we’ll be glad to help!

Low-Income Requirements

The Parks and Recreation Department will accept applications for fee discounts on summer camps, based on income. Applications are available at the Recreation Division office. Eligibility applies only to residents of Iowa City. For further information, contact the Customer Service Desk, (319)356-5100.
Refund Policy
Request for refunds must be made at least **3 working days prior to the first meeting and during regular office hours**. Pro-rated refunds for health reasons may be considered after camp begins and requests must be made in writing to the Program Supervisor, Joyce Carroll at 220 South Gilbert Street, Iowa City, IA 52240 or at joyce-carroll@iowa-city.org. A doctor’s certificate may be required. No refunds will be given for programs which have been completed.

Dismissal
The following will warrant dismissal:
The child cannot adjust and requires individual attention at a level that prevents the leader(s) from caring for other children. The child exhibits social or emotional problems so severe they are detrimental to themselves, other children, or staff.

- We will work closely with parents to discourage inappropriate, disruptive, or dangerous behavior. In all cases, no child will be permanently withdrawn without an attempt to conference with parents.
- Behaviors such as fighting, physical aggression, choosing to leave the group/camp area, bullying behaviors, severe or consistent noncompliance and disrespect will require parent conferencing. If behaviors do not improve, dismissal from camp will be an option.
- Physical aggression, disruptive or dangerous behavior may be cause for immediate dismissal from camp.

Please discuss concerns in advance of attendance. This can save us all from needing to discuss issues later.
We look forward to providing exciting summer recreation activities for your child(ren). Please participate in your child’s experience through comments and suggestions.

Warmest Regards,

Joyce Carroll, CPRP
Program Supervisor
Iowa City Recreation Division
(319)356-5223
joyce-carroll@iowa-city.org

Federal I.D. # 42-600-4805

Parents and caregivers are welcome to visit with children and counselors prior to and after activities, but please do not interrupt activities unless it is necessary. Only registered children may participate in camp activities. Parents and guardians may observe, but please identify yourself to staff upon arrival and be prepared to show valid identification.