



BAY CLUB ROSS VALLEY SUMMER CAMP 2019

GENERAL CAMP INFORMATION

Summer Sessions and Themes

Themes are an added layer of fun to each session which influences the art projects and Friday Fun Day activities.

*All sessions run Monday-Friday apart from 4th of July session. No camp on Thursday July 4, 2019.

**Sessions not confirmed.

Session Three	June 17-21	Lights, Camera, Action
Session Four	June 24-28	Music Makers
Session Five	July 1-5	*Party in the USA (no camp July 4 th)
Session Six	July 8-12	Fun in the Sun
Session Seven	July 15-19	Animal Planet
Session Eight	July 22-26	Space is the Place
Session Nine	July 29-August 2	Welcome to the Jungle
Session Ten	August 6-10	Magical Mayhem
Session Eleven	August 13-17	Hero Training Academy
**Session Twelve	August 19-23	Under the Big Top
**Session Thirteen	August 26-30	Around the World

Little Explorers | 3-4 years | 9:00 am-1:00 pm | lunch included

Camper to staff ratios: on land 7:1 | in water 3:1

Each day will include an optional swim lesson/campers choice, arts & crafts, and an introductory tennis lesson. Our Aquatics staff will work with children to improve their confidence, so they can learn to become water-safe. (No swim experience is necessary.) Swim lessons include learning to hold their breath, blow bubbles, kick, and more. Our introductory tennis lesson will focus on building skills, having fun, and familiarizing campers with the sport of tennis. A peanut-free snack and lunch from SchoolFodies are included.

Child must be fully potty trained 6 months prior to the start of the session.

Extended Care Hours

Pre-care available beginning at 8:00 am

Drop off prior to 8:45 am will incur extended care costs

After 1:10 pm hourly extended care fees apply

Aftercare available until 3:00 pm *late pick up after 3:00 pm will be charged \$1 per minute

Kids Camp | 5–12 years | 9:00 am–4:00 pm | lunch included

Camper to staff ratios:

on land 8:1 | in water deemed “water safe” 5:1 | in water if not deemed water safe 3:1

We feature groups of up to 16 kids, organized according to age, that rotate through five daily segments of camps with their dedicated group leaders. Activities periods include the following for all sessions:

Tennis: Our tennis instructors will lead the kids in supportive, active instruction, including forehand, backhand, serves, and more. A balanced blend of drills and games keeps the kids engaged, as they develop a love for the sport.

Swimming: Every camper enjoys pool time. Whether your child is a beginner or swim-team ready, they will participate in a group lesson with a qualified instructor. We give campers the opportunity and directions to improve their stroke, increase their confidence, and hone this lifelong skill.

Sports and Games: Utilizing Hal Brown Park at Creekside, campers enjoy a variety of sporting games, including team work, and support are the backbone of this rotation, keeping sports fun without the pressure of competition.

Creative Arts: Projects vary by age, the campers gets to decide what they want to do. They can choose from board games, a bouncy house, and basketball—even some quiet time to read and relax.

Extended Care Hours

Pre-care is available beginning at 8:00 am

Drop off prior to 8:45 am will incur extended care costs

After 4:10 pm hourly extended care fees apply

Aftercare is available until 5:30 pm *late pick up after 5:30 pm will be charged \$1 per minute

Counselor in Training | 13–15 years | 8:30 am–4:00 pm | lunch included

Camper to staff ratios:

In water deemed “water safe” CIT’s may swim without camp staff in pool – lifeguards and camp staff always on deck supervising

in water if not deemed water safe 3:1.

5-day session Monday–Friday

*One day and partial session enrollment unavailable.

The Counselor in Training (CIT) program will prepare and train your child with basic career skills and provide a social component to build friendships. Being a CIT is a great way to transition from campers to counselor by learning job related skills for the future. Your child will not only spend their summer supporting campers daily, they will be provided with a nurturing setting to learn important life skills, time management, responsibility and accountability. CIT’s who successfully complete the program will be eligible or hire at the age of 16.

The tuition includes a mandatory training (CPR, AED, First Aid certification), lunch, snacks, and Bay Club gear.

Training Dates: CIT’s must attend two separate trainings

1. CPR | First Aid and AED certification
2. Camp Orientation.

CIT's age 13 must be picked up by an authorized parent or guardian.
CIT's aged 14 and 15 may check themselves out with a note of parental approval on file.
CIT's of any age may not leave campus for lunch.

GOOD TO KNOW

Your child will need to bring the following, in a carry bag or backpack:

- Bathing suit.
- Swim Accessories: goggles, hair brush.
- Extra snack if needed
- White-soled, closed toes shoes and socks must be worn every day (we encourage Velcro or slip-on shoes for children who cannot tie their own).

Please DON'T pack the following:

- Sunscreen - apply at home, and we will re-apply before any outdoor activity.
- Towel.
- Extra clothes, shoes, etc. (unless your child has a specific need).

Electronics Policy

Due to the difficulty in monitoring the content on electronics, cell phones, tablets, personal gaming machines, and other electronic devices are not permitted in Camp.

Remember, the less you pack, the easier it is for us to keep track of everything! Please label everything in your bag. Bay Club South Bay is not responsible for any lost or stolen items.

Camper Code of Conduct

Our main goal is to provide each Camper with a safe and secure environment. We want to create a warm, comfortable, and fun atmosphere that will have your child looking forward to coming to Camp each day. Please take a few minutes to review the following Camper guidelines with your child.

While attending Camp at the Bay Club I will...

1. Listen and follow the instructions of counselors and staff.
2. Always stay with my group.
3. Keep my hands and legs to myself.
4. Not act aggressively towards my fellow campers or counselors.
5. Be kind and considerate to my fellow campers.
6. Not tease, taunt, name call, or bully my fellow campers.
7. Tell a counselor if I see or hear any bullying by another camper.
8. Use the trash receptacles and clean up my messes.
9. Be polite and use proper manners especially "please and thank you".
10. Be aware while others are talking and will not interrupt.
11. Not bring iPods, cell phones, or any electronics to camp.
12. Be a good sport and have a lot of fun!

SAFETY FIRST!

The Bay Club is committed to providing the safest environment possible for all Campers. Here are just a few of our safety practices:

- All of our Camp Counselors and Leadership (18 years and older) are background checked, finger printed, and CPR|AED| First Aid trained. They also complete extensive camp orientation covering positive child developmental practices, conflict resolution, anti-bullying, and inclusive team building skills.
- Sunscreen is applied every 45 minutes.
- Campers with dietary restrictions or medical needs will be given an identification bracelet so all camp staff whom come in contact will be aware and provide appropriate care.
- Campers are adequately supervised when going to and from the bathroom, and will be aided by staff of same sex when needed.
- Campers will change after swimming inside our designated changing tents. If assistance is needed during changes, a Camp Counselor of same sex will provide help.
- We understand that swimming may bring up concerns for parents and we take the safety of your child very seriously so a swim test will be conducted for all kids under the age of 14. Those who can swim the length of the pool unassisted and can tread water for 60 seconds will be considered “water safe” and will receive a bracelet. Campers are to wear their bracelet daily. Those whom prefer not to test or unable to complete the swim test will have in pool supervision at all times.
- A minimum of two lifeguards in addition to camp staff and swim instructors will be present at all times while campers are in the water. Exact ratios to age listed below.
- All campers are checked out using a pin. If anyone other than you or second parent will be picking up, please log on to Bay Club Connect to enter their information. They will be assigned a PIN number. Campers will not be released without an authorized guardian on file and use of correct pin.
- Throughout the summer, all counselors are required to participate in interactive safety drills that directly relate to children in Camp. Whether it's a bee sting, a food reaction, or another medical emergency, you can rest assure that your camper is in safe and knowledgeable hands.

All Sessions Include Lunch

School Foodies has been chosen to provide lunch service for the Bay Club Ross Valley Summer camp. School Foodies features all-natural, hormone, and anti-biotic free meats, follows the EWG's Shopper's Guide to Pesticides methodology to reduce potential produce pesticide exposures up to 92%. Breads are sourced fresh from local bakeries. Dairy comes from Petaluma-based Clover Stornetta and is rBST free. Many meals are cooked from scratch with ingredients from local purveyors, organic when possible. Meal trays are made from wheat straw fiber and certified compostable. All lunches include a hot or cold entrée, fresh seasonal fruit, vegetables, and a drink. We offer 10-14 daily meal options per day.

Regular portion | little explorers to kids camp ages 3-8.

Large portion | pre-teen and CIT's ages 9-15.

You can expect many delicious options such as:

- Gourmet pizzas, hamburgers, Asian, Indian, Italian, and Mexican fare items served every week.
- Handmade bean and cheese or beef burritos, soft tacos, and enchiladas.
- Chicken and vegetable chow mein, fried rice, and pot stickers.
- Indian rice with chickpeas and yellow chicken curry.
- Baked chicken tenders, twice baked potatoes, chicken pot pies, and shepard's pie.
- Gourmet cold items served every week.
- Turkey and bacon hoagie, roast beef sandwich, and Sun butter and jelly sandwich.
- Ranch turkey wrap and turkey cranberry pinwheels.
- Taco salad with chicken, caprese salad, and Safe Catch tuna salad on mixed greens.
- Assorted finger foodie meals: Pita and hummus, cold cuts and artisan cheeses, Safe Catch tuna and wheat crackers.

How do I order?

With the welcome email (expect 2 weeks prior to camp start date) you will be given instructions on how to register an account with School Foodies and be provided a code. You can order through the School Foodies website or new this year the App!

After registration, two weeks prior to camp start date parent will receive a “welcome letter” via email.

The welcome letter will include:

- Pick up and drop off locations.
- What to bring to camp and what not to bring to camp.
- Lunch ordering instructions.
- Safety and security precautions for pick up and drop off.