



# WELCOME TO WINTER CAMP 2017!

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## Dear Campers & Parents,

We are so excited to be running a full week of Winter Camp! Winter camp has always been one of our favourite weeks here at HRC and we look forward to a week filled with active games, racquet sports, crafts, skits and more. One of our favourite parts of winter camp are the snow activities! We love going outside daily and warming up our “rosy cheeks” with hot chocolate!

Our mission is to provide campers with a positive, fun and quality experience. Our camps are designed to promote a healthy lifestyle, cooperation, and adventure in a safe and welcoming environment. Each day, campers will experience structured & unstructured activities, active games, outdoor adventures and more.

This camp brochure will review all the fine details of our camps. HRC staff is continuing to work hard on programming to ensure each day of camp is an awesome one!

See you in the snow!  
HRC Camp Team

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## Our Camp Team is Awesome!

We only choose the best camp staff! Our camp team brings extensive camp knowledge and experience working with children. All counsellors undergo an interview process that includes reference checks, criminal record checks and have Standard First Aid & CPR C certification.

All camp staff undergo training that covers topics such as camp activities, songs, arts & crafts, sports and cooperative activities. Emergency procedures, discipline and camper health is also reviewed.

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# FULL DAY WINTER CAMPS!

## CAMPS FOR KIDS AGES 4-6

### Kinder Winter Camp (ages 4-6):

\*Children must be 4 years of age on the first day of attending camp.

Monday January 2 – Friday January 6





















Fees: Member: \$ 40.00/day

Non Member: \$ 46.00/day

Weekly: Member: \$190.00

Non Member: \$220.00

Our kinder campers will experience daily exciting and educating themed activities. Tiny Tennis, Tiny Squash and Tiny Zumba will also be run as part of the program. Every afternoon our kinder campers will participate in arts and crafts along with some unstructured play time. Check out the daily itinerary below:

	<b>Monday</b> Wonderful World of Snow	<b>Tuesday</b> ICE!	<b>Wednesday</b> Colours Day!	<b>Thursday</b> Camp Fire Traditions	<b>Friday</b> Science Experiments
<b>Morning</b>	Parachute Games  Tennis 	Board Games  Tennis 	Beading  Tennis 	Pictionary  Tennis 	Green Thumb Science  Tennis 
<b>Afternoon</b>	Snowball Toss  Arts & Crafts 	Melting Ice Experiments  Arts & Crafts 	Colour Scavenger Hunt  Arts & Crafts 	S'mores & Movie  Arts & Crafts 	Green Slime  Arts & Crafts 



\*plus applicable tax.

# FULL DAY WINTER CAMPS!





















## CAMPS FOR KIDS AGES 7 & 8 & 9-11

### Junior Winter Camp (ages 7 & 8) & Senior Winter Camp (ages 9-11):

Monday January 2 – Friday January 6

Fees: Member: \$ 40.00/day Non Member: \$ 46.00/day  
 Weekly: Member: \$190.00 Non Member: \$220.00

HRC is super pumped about kicking the New Year off with our Winter Day Camp! Each day campers will participate in themed activities, indoor & outdoor games, tennis lessons with our pros and more. Check out the daily itinerary below:

	<b>Monday</b> Wonderful World of Snow	<b>Tuesday</b> ICE!	<b>Wednesday</b> Colours Day!	<b>Thursday</b> Camp Fire Traditions	<b>Friday</b> Science Experiments
<b>Morning</b>	Hungry Hippos  Tennis 	Orienteering Course  Tennis 	Beading  Tennis 	Board Games  Tennis 	Fizzy Cubes  Tennis 
<b>Afternoon</b>	Snowball Toss  Snow Painting 	Melting Ice Experiments  Outdoor Games 	Scavenger Hunt  Minute to Win It 	S'mores & Movie  Charades & Skits 	Green Slime  Egg Drop 



# HOURS, POLICIES & GUIDELINES |

## Winter Camp Hours:

### Regular Hours:

Monday – Friday 9am – 4pm

Extended Care (Pre-Registration is Required)

Mornings – 7:30am – 9am

Fee: \$5.00 per day

Afternoons – 4pm – 5:30pm

Fee: \$5.00 per day

### Late Pick-up:

Please note that children must be picked up at 4:00pm. A Late Fee of \$5.00 for each 15 minute interval after 4:00pm will be charged. Fees must be paid at the Front Desk prior to pick up.

## Camp Cancellation Policy:

Cancellation requests must be made at least 10 business days before the start date of your child's camp. All cancellations are subject to a 15% administration fee per camp and per child cancelled. If you wish to cancel your child's camp within 10 business days of the camp's start date, you will be charged 50% of the total fee. There are no refunds for cancellations requested after the start date of your child's camp. Camp transfer requests must be made at least 5 business days before the start date of your child's camp. Requests will be considered based on availability within the requested camps. There is an administration fee of \$25.00 per camp/per child for each transfer.

## Drop Off & Pick-Up:

Each day a camp staff member will greet campers and parents upon drop off and pick up. Parents are required to sign-in and sign-out their child/children with an initial. To ensure the safety of all campers only adults authorized on the camper registration form may pick up campers. Please provide written notice clearly documenting the alternative authorized guardian/caregiver prior to pick-up. Children must 14 years of age and older to be considered a caregiver.

## Participant Guidelines:

Providing safe and quality programming is important to us. Our ratios are the following:

Ages	HRC Camp Leader
4 & 5	1 Leader to 8 Campers
6 – 8	1 Leader to 12 Campers
9 – 11	1 Leader to 12 Campers

## Can I request my child be placed in a different age group?

Each of our age groups are carefully planned and developed with age appropriate activities. Each camper will experience active programming, calmer activities and free time daily. Please enroll your child in the camp according to what age they will be on the first day of camp program.

# HEALTH, SAFETY & CONDUCT |

## Health & Safety:

Safety is our number one priority! The more information we know about your child the better prepared we are. Please make sure to note any medical concerns or special needs on the camper registration form.

### Medication

Campers who require medication during camp must have a Medication Form filled out. Please send all medications in the original package or container and please only send one day's dosage daily.

### Site inspections

Our camp staff inspect all equipment and sites first thing in the morning to ensure all equipment is safe and sites are clean and ready for the day.

### Allergy Awareness

Please notify us on the camper registration form should your child have any allergies. Our day camps are nut-aware. If your child requires an Epi-pen please ensure that staff is notified.

### Winter Clothing

Everyday campers will venture outside and participate in snow activities. Please be sure to send hats, mitts, boots & snow pants daily.

## Participant Code of Conduct:

We ask that all campers follow our Participant Code of Conduct. Failure to comply with this will result in removal from programming.

### As a participant I pledge that:

- I will care for myself, for others around me, and our environment.
- I will accept others and allow each participant equal opportunity.
- I will be responsible for my own actions, attitudes, and behaviours.
- I will participate in activities in a positive manner and be responsible for program equipment
- I will respect all other peers and HRC programming staff.
- I will come prepared and wear athletic clothing and shoes with non-marking soles.

# LET'S GET TO THE FUN STUFF! |

## Camp Snacks & Lunches:

All Snacks and Lunches are included!

That's right, all you parents/guardians get to take a break from the chore of making lunches daily. Each day consists of two snacks and lunch. The lunch menu is provided on our weekly itinerary available from our Front Desk or online. Lunch is provided by:



**Johnny's Pizza**

HOMEMADE PIZZA & ITALIAN FOOD

**Our Camps  
are  
Nut Aware!**

Vegetarian & Gluten Free Options are available! These options must be noted on the camper registration form. Please note no other options or alternatives are available.

## Winter Camp Weekly Menu:

Monday	Pizza & Veggie Sticks
Tuesday	Chicken on a Bun, Veggie Sticks & Dip & Dessert
Wednesday	Shepherd's Pie, Caesar Salad & Dessert
Thursday	Picnic Plate, Macaroni Salad & Dessert
Friday	Mac & Cheese, Caesar Salad & Dessert

## What to Bring to Camp:

- Indoor Shoes with non-marking soles (these shoes help protect our courts & floor)
- Winter Boots
- Warm Hat, Mitts & Neck Warmer
- Labelled Water Bottle

We ask that you do not send your camper with personal valuables or cash as campers are not able to make purchases at the juice bar during camp hours. Thank-you!



## Camp Volunteers!

Looking for a fun, rewarding and exciting way to volunteer your services? Apply to be an HRC Camp Volunteer today! Volunteers are a key part of HRC's day camp programs. Together with Camp Counselors, Pros and Trainers you will help to ensure campers have a safe and fun experience in all of our programs. Volunteers will be provided with a day of training before the camp season starts.

Do you know someone who is interested in volunteering?

An application process is involved in becoming a volunteer. Check out our volunteer job description and application online.

## How to Register for Camp!

Camp registration is very simple process and must be done in person.

- 1) Fill out our Camper Registration Form front & back and our waiver. These forms can be downloaded from our website.
- 2) Make payment

And now you are good to go! Upon registration our staff will provided you with a camp newsletter and weekly itinerary.