

# Welcome to GymFit Dutchtown Summer Camp 2025!

We are incredibly thankful for the opportunity to serve your family this summer at GymFit! With over 14 years of experience in gymnastics, tumbling, and acrobatics, our team is passionate about creating a fun, safe, and enriching environment for your children. As members of this community, we're honored to host our summer camp right here at home and look forward to making this our best summer yet. We can't wait to share an unforgettable experience full of movement, adventure, and growth with your child!

Below you will find very important information and details regarding Summer Camp 2025 and more details about your amazing Summer Camp Directors for 2025.

**\*\*PLEASE READ EVERYTHING IN THIS EMAIL AND ANSWER ALL QUESTIONS\*\***

## **Finalize Registration**

We have a few more questions to ask, and a speedy response is appreciated to ensure all registration bags are ready for pick up by end of next week. Please respond to all questions in a new email with the subject of the email "Child(ren)s First/Last Name - Summer Camp 2025" (Ex. Joe & Jane Smith – Summer Camp 2025)

1. 4 Digit PIN (This is a code that will be used for pick-up if carpool pass is not present)
2. Additional Emergency Contacts (Name, Relationship & Number)
3. If a flotation device is required and will be provided for swimming rotation
4. Allergies and/or Accommodations
5. **\*\*FULL SUMMER CAMPERS ONLY\*\*** - Please let us know any week(s) you plan to be out for vacation so we can plan our groups more efficiently.

**\*\*PLEASE READ EVERYTHING IN THIS EMAIL AND ANSWER ALL QUESTIONS\*\***

## **Meet Your Camp Directors**

Heather Roberts is a former Live Oak Cheerleader and has been practicing dental hygiene for over 13 years.

Christina Courtney is happily married with 2 children and has been the PE coach at U-High for over 18 years.

## **Drop Off/Pick Up – NEW CARPOOL**

We are excited to offer carpool services again this summer from 8:00 AM to 9:00 AM and from 3:45 PM to 5:30 PM. **CARPOOL IS MANDATORY** from **8:30am-9am** and **4:45pm - 5:30pm**. Each child or family will receive two colored tags with the camper's name on them. You will need either this tag or your four-digit code to pick up your camper at carpool or as a walk-in. Please note that using the four-digit code instead of the tag will add more time to the pick-up process.

Every morning and afternoon, when you drop off or pick up your children, you will either pull under the awning or park and enter through the front doors on your left. Please ensure your child has all their necessary items for a successful day at camp when arriving and everything when leaving. We promise to make the process as smooth and easy as possible for everyone involved. Additionally, please let us know if your child will not be attending or will be arriving late on a particular day.

## What To Bring

- **\*\*GymFit Camp Shirt & Water Bottle\*\***
- Lunch (no microwave or refrigerator available for campers)
- Snacks or snack money (you can pay in advance)
- Athletic Shorts/Leggings (NO ZIPPERS)
- Tennis Shoes & Socks (NO SLIDES, CROCS, OR SLIP-ONS)
- Extra Set of Clothes if Prone to Accidents
- Hair Band for Long Hair
- GymFit Water Bottle
- Bathing Suit & Towel
- Waterproof Bag for Wet Items After Swimming
- Sunscreen (optional)

To ensure the smoothest camp day possible, campers will need to bring these specific items to camp daily. Please make sure all items, including the lunch box, fit into one bag no larger than 16 inches tall and 10 inches wide, and that the bag is labeled with the camper's name. We suggest using a drawstring bag, a small backpack, or you can purchase a GymFit bag with a built-in lunch box for \$35.

Label all belongings clearly, **especially camp shirts**, socks, bottles, and towels. Each child will have an open locker to store their items

In case your child misplaces something, please check the lost and found, where items are kept for up to 5 days.

## What NOT to Bring

There are certain items that we ask children not bring to camp. Please leave the following items at home.

- Electronics
- Peanut Products
- Toys/Card Games
- Blankets/Pajamas
- Stuffed Animals
- Valuables

If a camper brings any of these items to camp, they will be picked up by GymFit staff and turned into management. A parent/guardian will be able to pick up the items when they pick up their camper at the end of the day. We are not responsible for any lost items during camp.

## Pool Time

- ***Please bring your child dressed to camp in their bathing suit and sunscreen applied if needed.***
- Children who cannot safely swim on their own are required to bring a puddle jumper or life jacket.
- We will always have 1 lifeguard and a 1 group counselor on duty.
- We ***DO NOT*** teach children how to swim. Please check out Tadpole or Crawfish for lessons.
- Children are not required to swim and will have a shaded or sunny space to hang outside.
- The pool has big steps on the side and is 3 feet deep where the younger kids swim and up to 5 feet for the oldest group (10 & Up)

### Daily Schedule

- 7:00 – 9:00 am (Early Drop Off): Movie/Reading/Arts/Games
- 9:00 - 9:30 am: Campers Divided Into Age Groups & Warm-Up
- 9:30 - 12:30 am: Groups Rotate to Various Activities, Including Staggered Snack Times.
- 12:30 - 1:30 pm: Lunch/Movie/Reading/Arts/Games.
- 1:30 – 3:30 pm: Groups Rotate to Various Activities.
- 3:30 – 5:30 pm (Late Pick Up): Snack Movie/Reading/Arts/Games.

### Daily/Weekly Activities

- Ninja Obstacle Course
- Aerial Silks
- Swimming (Dependent Upon Weather)
- Tumbling/Acro
- Parkour
- Outdoor Sports (Dependent Upon Weather)
- Circus Arts
- Dance
- Camp Games
- Arts-N-Crafts
- Dodgeball/Nerf Wars
- Free Snowball Day (Fridays Usually)

### Weekly Camp Themes

- Week 1 - May 26th - Camping at GymFit
- Week 2 - June 2nd - Mardi Gras Mambo
- Week 3 - June 9th - Monsters Come to Play
- Week 4 - June 16th - Cirque Du GymFit
- Week 5 - June 23rd - Wild Wild West
- Week 6 - June 30th (Closed July 4th) - USA
- Week 7 - July 7th - Christmas in July
- Week 8 - July 14th - Beach Life
- Week 9 - July 21st - Summer Olympics
- Week 10 - July 28th - Color Wars

### **Behavior policy**

**At GymFit, we are committed to providing a safe, respectful, and positive environment for all campers. The following behaviors will not be tolerated: cursing, hitting, bullying, or ignoring safety instructions.**

**Minor infractions may result in time-outs or temporary removal from activities. Repeated or serious misconduct will lead to dismissal from camp for a 1-5 days suspension. We enforce a three-strike policy, and any child who is sent home, suspended, or expelled will not receive a refund or credit.**

**Any use of racial or derogatory slurs, or involvement in physical fighting, will result in immediate expulsion from camp without refund.**

## **ADA Accommodations and Modifications**

When an individual with a disability needs a reasonable modification to GymFit's rules, policies, or practices to participate fully and equally in GymFit's camps, programs, classes, or parties, then the individual or the individual's parents or guardians should inform Joshua Roberts as soon as possible. The request should describe the nature of the individual's disability, and the modification needed. Upon receiving a request for a modification, GymFit will work with the individual or the individual's parents or guardians to make an individualized assessment to determine whether the requested modification can be granted. Upon reaching a decision, GymFit will inform the individual or the individual's parents or guardians of its decision. In those instances where GymFit determines that the request cannot be granted because it would result in a fundamental alteration, GymFit will document its determination and provide an explanation.

## **Scheduling Meeting:**

If you ever have questions or concerns, feel free to reach out via email or text to schedule a phone or in-person meeting. Our team stays busy throughout the day, so please allow some time for a response—we appreciate your patience!

## **Contact Information:**

- Gym Phone # - (225) 673-1173
- Heathers Cellphone - (225) 485-2263
- Email Address - [gymfitap1@gmail.com](mailto:gymfitap1@gmail.com)

## **Finalize Registration**

We have a few more questions to ask, and a speedy response is appreciated to ensure all registration bags are ready for pick up by end of next week. Please respond to all questions in a new email with the subject of the email "Child(ren)s First/Last Name - Summer Camp 2025" (Ex. Joe & Jane Smith – Summer Camp 2025)

1. 4 Digit PIN (This is a code that will be used for pick-up if carpool pass is not present)
2. Additional Emergency Contacts (Name, Relationship & Number)
3. If a flotation device is required and will be provided for swimming rotation
4. Allergies and/or Accommodations
5. **\*\*FULL SUMMER CAMPERS ONLY\*\*** - Please let us know any week(s) you plan to be out for vacation so we can plan our groups more efficiently.