

Healthy Driven™

Edward-Elmhurst
HEALTH & FITNESS

6600 S. Route 53
Woodridge, IL 60517
Children's Service Desk: 630-646-7940

Summer Camp 2022



Monday, June 6, 2022 – Friday, August 12, 2022
(no camp on Monday July 4th)

9am – 4pm

(Ages 5 – 11 years)

Weekly Fees:

Members: \$150/week & Non-Members \$225/week

Daily Fees:

Members: \$40/day & Non-Members: \$60/day

Before Camp Available

7am – 9am

Members: \$40/week & Non-Members \$60/week

Members: \$10/day & Non-Members: \$15/day

After Camp Available

4pm -6pm

Members: \$40/week & Non-Members \$60/week

Members: \$10/day & Non-Members: \$15/day

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Summer Camp Policies & Procedures

- **Masks are optional.**
- **Children will be asked to use hand sanitizer or wash hands before the beginning camp and throughout the day as needed.**
- **Gym shoes and socks are mandatory. No Sandals.**
- **Please don't bring anything valuable with you to camp. If you lose it or it gets broken, we are not responsible.**
- **No running in the hallways.**
- **Children are not allowed to leave the assigned areas. They are not allowed to be wandering around by themselves.**
- **Please be respectful of your counselors by listening when they are speaking and not interrupting**
- **Do not bring any toys, tablets, iPods, iPads, Kindles, or hand-held video games. These devices are not allowed during camp. In addition, mobile phones will not be allowed to be used while the children are participating in scheduled events.**

Displaying good camp citizenship is expected at all times. Be courteous of your fellow campers. Fighting, bullying or any other behavior deemed inappropriate by camp counselors will be subject to progressive discipline, and may result in camp expulsion.

Please take time to discuss with your campers before camp begins. We have a ZERO TOLERANCE POLICY when it comes to disrespect of others.

Summer Camp Descriptions:

(All games/activities will be modified to stay within Social Distancing Guidelines)

Check In: Please check your child in between 9:00 a.m. and 9:15 a.m. in the Children's South Gym. Please sign your child in before you leave. This is the way we can account for who is here each day.

Open Gym: This is an opportunity for children to play at leisure. They can shoot hoops, ride scooters, jump rope, and hula hoop or participate in other activities that incorporate movement. No Electronics allowed.

Fitness Circuit: This 30-minute segment of camp will be a time for your child to increase their cardiovascular endurance, increase strength and flexibility and learn the importance of keeping physically fit. The children will use equipment such as BOSU, jump ropes, free weights, strength bands and use of their own body as a tool for strength.

Organized Gym Games: Sixty minutes of fun and team sports.... Campers can play soccer, volleyball, kickball, dodgeball, and tag games such as Sharks and Minnows or Capture the Flag plus, obstacle courses and relay races. Some of these activities will be lead by our fitness team, others lead by counselors.

Swimming: Each day the children will be involved in a 1- hour open swim time from 2:30 p.m. – 3:30 p.m.

Arts Crafts: Campers are invited to use their imaginations to create a masterpiece of the week. We will have “Themed” crafts that follow the weekly camp theme.

Kids Choice: This part of camp is designated for each child to do their own thing. Choices include reading a book, playing board games, tumbling, dancing or playing in the gym.

Sport Fusion: It's never too early to start practicing sport related movements; over, under, around and through and exercises with equipment plus fun music that will help build smart and strong future athletes.

Power Drums: Drumming is rhythmical and musical...but most of all it's FUN! Using real drum sticks (*with a fitness ball as our “drum”*) you will be guided through simple dynamic movements set to powerful, drum-based multi-cultural music. Learn to *hear* the beat and *move* to the music while challenging your mind AND body!

Yoga: 30 minutes. Classes for each age group (5-8 years and 9-11 years). Campers will learn basic moves: Sunflower, Tree Pose, Baby Pose, and Downward Dog to help them relax and stretch.

Boot Camp: On your mark, get set, GO! Stations of fun with timed exercise including push-ups, free weights, BOSU, sit-ups, ladder runs, mini hurdles, jump rope, and more. Just when you thought the fun was over, you'll participate in a different sport each week such as dodge ball, basketball, kick ball and running.

Nature Walk: Join us on an outdoor fitness journey. Experience stations of exercise and blasts of strength while in the great outdoors. We'll walk, run, skip, hop and jump our way to fitness.

Lunch: Campers will have 1 hour for lunch each day. Please provide a lunch for your child. Campers will have access to the vending machines. We will advise parents when EEHFC is providing lunch.

Snack: Each day the campers will have time for an afternoon snack. Please provide a snack or money for the vending machines each day. Please refer to the schedules as snack time will change daily. We will advise parents when EEHFC is providing snacks.

Can You Dodge It: Can you catch it on the fly, or will you be hit? Clean up your own backyard, prisoner's dodge ball, and doctor dodge ball are just a sampling of the fun we'll have.

Fun with Basketballs: The fun never ends when it comes to basketball...join us for games such as S-U-M-M-E-R, knock out, around the world, free throw contests, and 3-point contests. How many prizes can you win?

Candy Bar Bingo: B-6, I-19, N-43, G-56, O-68 BINGO, Mmm YUMMY you've just won a candy bar!

Check Out: Check out will take place in the South Gym at 4:00 p.m. for Camp. After Camp check out will take place between 4:00 p.m. - 6:00 p.m. in the north gym. When you sign your child out, you will be asked to present an ID. The same parent/guardian is REQUIRED to check in and check out the child, unless otherwise instructed. Thank you for your cooperation with this rule.

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Summer Camp Schedule of Activities:

Mondays:

9:00 a.m. Check In
9:30 a.m. Fitness Circuit
10:00 a.m. Outside Time
11:00 a.m. Organized Gym Games (Camp swim lessons for campers who are signed up)
12:00 p.m. Lunch
1:00 p.m. Arts & Crafts
2:30 p.m. Open Swim
3:30 p.m. Snack/Open Gym
4:00 p.m. Check Out

Tuesdays:

9:00 a.m. Check In
9:30 a.m. Fitness Circuit
10:00 a.m. Arts/Crafts
11:00 a.m. Campers Choice (Camp swim lessons for campers who are signed up)
12:00 p.m. Lunch
1:00 p.m. Partner Power, Boot Camp
2:30 p.m. Open Swim
3:30 p.m. Snack/Open Gym
4:00 p.m. Check Out

Wednesdays:

9:00 a.m. Check In
9:30 a.m. Fitness Circuit
10:00 a.m. Yoga
11:00 a.m. Organized Gym Games (Camp swim lessons for campers who are signed up)
12:00 p.m. Lunch
1:00 p.m. Arts/Crafts
2:30 p.m. Open Swim
3:30 p.m. Snack/Open Gym
4:00 p.m. Check Out

Thursdays:

9:00 a.m. Check In
9:30 a.m. Outside Activities (weather permitting)
11:00 a.m. Open Gym (Camp swim lessons for campers who are signed up)
12:00 p.m. Lunch
1:00 p.m. BINGO
2:30 p.m. Open swim
3:30 p.m. Snack/Open Gym
4:00 p.m. Check Out

Fridays:

9:00 a.m. Check In
9:30 a.m. Nature Walk
10:30 p.m. FIELD TRIP
2:30 p.m. Open swim
3:30 p.m. Snack/Open Swim
4:00 p.m. Check Out

** This schedule is subject to change. It is just a guideline to follow.

** If the weather doesn't permit us to go outside, we will replace outside time with kid's choice, dance & gymnastics, board games or more organized gym time.

** Please remember to bring sunscreen, hats, water bottles, swimsuits, and a change of clothes, lunch and a snack each day.

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Summer Camp 2022: Weekly Themes

Week One: Monday, June 6th - Friday, June 10th

Theme: Alternative Sports Week

Activity: Scooter Races/Dodge Ball/Relay Races

Field Trip: Bowlero Romeoville, IL. 11:30 – 2:00. Bowling/Laser Tag and arcade games. Pizza and drink will be served. Campers will be provided with a \$10 arcade card but can bring extra \$\$ to use.

Week Two: Monday, June 13th – Friday, June 17th

Theme: Disney Week

Activity: Disney Karaoke / Create your own Theme Park Obstacle Course

Activity: Organized Gym Games outside

Field Trip: Buzz Lightyear Movie at 7 Bridges Cinema Theater. Campers/Counselors will walk to movie theater. Snacks and drinks will be provided for. After movie campers/counselors will have a pizza lunch back at gym.

Week Three: Monday, June 20th – Friday, June 24th

Theme: Treasure Hunters / Pirates

Activity: Make your own Treasure Chest / Scavenger Hunt / Capture the Black Pearl

Field Trip: Haunted Trails Crest Hill, IL. Arcade games//Miniature Golf/co-carts and other outdoor activities. Campers/Counselors will be provided pizza and drink. Game card will be provided for each camper to utilize. Campers can bring extra \$\$ as well to use.

Week Four: Monday, June 27th – Friday, July 1st

Theme: Splish - Splash It's a Summer Bash

Activity: Ice Cream Bar

Field Trip: Pelican Harbor Aquatic Park Bolingbrook, IL. Campers will bring their lunch to water park. EEHFC will provide drink and snack for campers. Campers can bring extra \$\$ if they want to purchase additional snack items at concessions. Campers will need to bring beach towel and suntan lotion.

Week Five: Tuesday July 5th – Friday, July 8th

Theme: Party in the U S A

Activity: Water Balloon Fun & Picnic (EEHF will provide hot dogs, chips, juice & watermelon) Bring a blanket/ beach towel to sit on.

Field Trip: 7 Bridges Cinema Theatre, Woodridge, IL Campers/counselors will walk to theater to see Small Foot.

Week Six: Monday, July 11th – Friday, July 15th

Theme: Fun with STEM

Activity: Make Clay Volcano

In-Door Field Trip: Mad Science w Little Miss Make Believe on Wednesday July 13th. Age appropriate science experiments and other phenoms.

Week Seven: Monday, 18^h – Friday, July 22nd

Theme: Animals, Animals, Animals

Activity: Exploring the outdoor walks and trails. Scavenger hunt for footprints and other animal artifacts.

Field Trip: Willow brook Wildlife Center Glen Ellyn IL Campers/Counselors will explore the animals and other outdoor exhibits at this center. We will be having a picnic lunch on the grounds. EEFHC will provide drink and snack.

Week Eight: Monday, July 25^h – Friday, July 29th

Theme: The Great Outdoors

Activity: Plant and vegetable growing

Field Trip: Morton Arboretum Lisle, IL – exploring trees, plants and the great outdoors. Guided walk. Campers/Counselors will enjoy a picnic lunch. EEFHC will provide drink and snack.

Week Nine: Monday, August 1st– Friday, August 5th

Theme: Sports Week

Activity: Organized Gym Games outside

In-house Field Trip: Roller skating in the gym. Pizza, drink and snack will be provided by EEHFC.

Week Ten: Monday, August 8th – Friday, August 12^h

Theme: Last Week Celebration

Cinemark Movie Despicable Me 3

Last Week Celebration: See attached flyer

Field Trip: EEHF Double Lane Slip & Slide and Deluxe MJ combo. Lunch will be provided. Please bring a snack to pass out.



Last Week Celebration

Monday, August 8th: Celebrity Day

Come dressed as your favorite movie star or singer. We'll have a costume contest, play Hollywood Charades, Hollywood Bingo and you'll have a chance to sing your heart out during our Karaoke contest!

Tuesday, August 9th: Pajama Day

Wear your pajamas and slippers and get ready for some fun! We will have an ultimate twister challenge and play bingo for prizes. The movie of the day is **THE SON OF BIGFOOT**

Wednesday, August 10th: Carnival Day

Dress in mismatched or crazy clothes. We will be having a mini carnival with lots of games. Kids will be able to win tickets for prizes in all of our games. **We will provide hot dogs, chips, juice boxes. Snow cone treats in afternoon.**

Thursday, August 11th: Sports - Olympics Day

Dress up and support your favorite team by wearing a team jersey or t-shirt. Don't forget your gym shoes. Weather permitting; we will be outside playing all sorts of games including shot put, baton races and relay races.

Friday, August 12th: Last Day Celebration

Our last day celebration will be a blast! We will have water balloon contest, potato sack races, outdoor relay races & more! Make sure to bring your swimsuits. **We will provide pizza and juice boxes for everyone. Don't forget to bring a snack to share with the group.**

Thanks for a great summer!
Your EEHF Summer Camp Counselors

Last Day Celebration

**Friday, August 12^h is the last day of
Summer Camp.**

We will be celebrating by providing lunch for the children. Outdoor games and fun will be had by all!

To make our end of the summer celebration complete, we would love it if you could bring a snack to pass. Please make sure all items are store bought and enough to pass around to approximately **30** children.

Please remember to bring your swimsuits.

Thanks for such a great summer.

Judy Jamenson

Children's Services Supervisor & Your Summer Camp Counselors

EMERGENCY CARD

Child's Name: _____ Home Phone #: _____

Parent's Name: _____ Work Phone #: _____

Parent's Name: _____ Work Phone #: _____

Emergency Contact Person: _____ Phone #: _____

Do we have your permission to take your child to Edward Hospital should an emergency arise? _____

Please list any allergies: _____

Any other information:

People authorized to pick up your child (Must present photo i.d.)

Child's Name: _____

Parent's Name: _____ Parent's Signature _____

Authorized Person: _____ Phone #: _____

Relationship to child: _____

Any other information:

Edward-Elmhurst Health

Patient and Visitor Consent for Photographs, Recordings, Films, Videotapes or Other Images

I hereby give voluntary permission to _____
to photograph, record, film, or videotape me for the purpose listed below. I hereby release and hold harmless Edward-Elmhurst Health (EEH) and EEH physicians, employees, or staff for any and all responsibilities pursuant to the taking, recording, storing and use of these photographs, films, videotapes, or recordings. I understand they may or may not be published, posted and/or aired, and may be used for teaching or educational purposes. Every effort will be made to protect my privacy. I understand that I will not receive payment from any party for these images. If I am an EEH patient, medical leadership staff, in my area have been made aware. Refusal to consent will in no way affect the medical care I will receive. I may withdraw this consent at any time, and such a withdrawal will in no way affect the medical care I will receive. I may withdraw this consent at any time, and such withdrawal will not in any way affect me. I understand a withdrawal of consent must be made in writing, and that withdrawal of consent does not affect any information disclosed prior to the written consent of withdrawal.

Please describe the intended use of the photographs, films, videotapes, or recordings.

Signature: _____

Printed Name: _____

Guardian/Next of Kin's signature: _____

(If patient or visitor is a minor)

Guardian/Next of Kin's Printed Name: _____

Witnessed by: _____

Date: _____