

Healthy Driven™

Edward-Elmhurst
HEALTH & FITNESS

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

Summer Camp 2023



Tuesday, May 30th, 2023 – Friday, August 11, 2023
(No camp on Tuesday 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

Summer Camp Policies & Procedures

- Gym shoes and socks are mandatory. No Sandals.
- Please do not 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.
- Campers are expected to listen and be respectful of their counselors.
- 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 & children's programming supervisor 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 activity Descriptions:

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

Outdoor Activities: Outdoor activities range from structured sports games outside, playground time, sidewalk chalk, fun with bubbles, nature walks and everything in between.

Fitness Circuit: This 30 to 60 minute segment of camp will be a time for your child to increase their cardiovascular endurance, increase strength, and learn the importance of keeping physically fit. The fitness circuit will be led by the camp counselors each day, and the daily theme will be discussed before the fitness circuit.

Cardio Fitness: Sixty minutes of fun and team sports. Campers can play soccer, volleyball, kickball, dodgeball, obstacle courses, relay races, sharks and Minnows or Capture the Flag. Some of these activities will be led by our fitness team, others led by counselors.

Swimming lessons: Campers will have the opportunity to *register for swimming lessons Monday-Thursday each week & learn swimming skills based on their swimming ability. This is an add on activity for campers based on parents' choice. We use the same swimming skill set as we do for our EEHF group swimming program.

Open Swim: 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 each day that follow the weekly camp theme.

Beading: Campers are invited to have fun with beads during this time. Beading bracelets, necklaces, or even having fun with fuse beads!

Campers Craft Choice: This part of camp is designated for each child to do their own thing. Choices include coloring, dot painting, paper plate crafts, beading, board games, or silent reading.

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.

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

Movie & popcorn: Weekly movie and popcorn provided for campers. The movie choice pertains to the weekly camp theme.

Magic School bus & snack: Join Miss Frizzle & her classroom of students as they take adventures in science. As they journey on their exciting field trips, they discover locations, creatures, time periods and more to learn about the wonders of science along the way.

Summer Camp example of daily Schedule & Activities:

7:00-9:00- Before Camp Care in Adventure Center

9:00- 9:30- Open gym & arrival of campers

9:30-10:00- Camper's circle time with counselor, and counselor led fitness Circuit

10:00-11:00- Daily craft (based on weekly theme)

11:00-12:00- Outdoor playground & free reading **OR** *registered swimming lessons.

12:00- 12:30- Set up for lunch (Campers in swimming lessons change and join the set up for lunch.)

12:30- 1:30- Lunch

1:30- 2:30- Daily activity (Fuze beads, structured fitness game, movie, candy bingo ETC.)

2:30-3:30- Open Swim

3:30- 4:00 – Snack time & open gym

4:00- 4:15- Camper pickup

4:15- 6:00- After Camp care in adventure center

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

- **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 adventure center. The same parent/guardian is REQUIRED to check in and check out the child, unless otherwise instructed. If a different guardian is picking up your camper, they will be asked to present a valid ID for verification.

Things for parents to remember:

- Campers will have 1 hour for lunch each day and designated time for an afternoon snack. Please provide a lunch, snack, and water bottle EACH DAY for your child. Campers will have access to the vending machines, but we advise packing snacks in case vending machines are out of service. We will notify parents when EEHFC is providing lunch or snacks based on the planned activities.

**** Please remember to have campers bring a backpack with sunscreen, hats, swimsuits, a change of clothes, water bottle, snack and lunch each day. If EEHF is going to provide lunch or snacks, we will notify parents on the daily itinerary board.**

Please remind your child that there is NO SHARING of food during snack or lunch time due to sanitation, and potential allergies of other campers.

Summer Camp 2023 Weekly dates & themes

Week One: Tuesday, May 30th - Friday, June 2nd

Theme: Welcome to Summer

Field Trip: **No Field Trip This week.**

Week Two: Monday, June 5th - Friday, June 9th

Theme: Alternative Sports Week

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.

Week Three: Monday, June 12th – Friday, June 16th

Theme: Disney Week

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

Week Four: Monday, June 19th – Friday, June 23rd

Theme: Animals, Animals, Animals

Field Trip: **Reptile Show presentation at EEHF** Instead of going on a field trip this week, the fun will come to us! Wednesday 6/21/23 we will have a reptile show presented from “Traveling world of reptiles.” This 75-minute reptile show will engage your child’s attention and give them a chance to learn firsthand about reptiles! That Friday, we will have a picnic pizza lunch with watermelon & treats for your kids! Weather permitting, we will have this lunch outside, followed by a water balloon toss.

Week Five: Monday, June 26th – Friday, June 30th

Theme: Splish - Splash It’s a Summer Bash

Field Trip: **Pelican Harbor Aquatic Park Bolingbrook, IL.** Campers are asked to bring their lunch to water park & we will eat as a group before swimming. 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 that day.

Week Six: Monday July 3rd – Friday, July 7th – NO CAMP ON TUESDAY JULY 4TH 2023

Theme: Party in the U S A

Field Trip: **Movie Day! Movie at Cinemark 7 Bridges OR in house movie day. (Based on showings at theater)** Campers will take a trip to the 7 Bridges Cinema Theatre, Woodridge, IL. Campers/counselors will walk to the theater to see a movie OR we will host a movie day here at EEHF. This is based on movies that are TBD in theaters at this time. Either way... get ready for popcorn!

Week Seven: Monday, July 10th – Friday, July 14th

Theme: Fun with Science

Field Trip: Mad Scientist Presentation at EEHF Instead of going on a field trip this week, the fun will come to us! Wednesday 7/12/23 we will have a performance by “Mad Science of Chicago.” The mad scientist will come visit us with an age appropriate 60 minute science experiment performance. They will even have campers make their own bouncy balls! Crazy!! That Friday, we will have a picnic pizza lunch with watermelon & treats for your kids! Weather permitting, we will have this lunch outside, followed by outdoor activities.

Week Eight: Monday, 17^h – Friday, July 21st

Theme: Treasure Hunters / Pirates

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.

Week Nine: Monday, July 24th – Friday, July 28th

Theme: The Great Outdoors

Field Trip: Fallsburg Woods Nature & Education Center – exploring trees, plants and the great outdoors. Guided walk & tour. We even get to check out the historic “Graue Mill” and museum. The Graue Mill is the ONLY operating waterwheel gristmill in the state of IL. WOW! Campers/Counselors will enjoy a picnic lunch. EEFC will provide drinks and snack, and we ask that campers bring a lunch.

Week Ten: Monday, July 31st– Friday, August 4th

Theme: Sports Week

Field Trip: Bowlero Naperville, 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.

Week Eleven: Monday, August 7th – Friday, August 11^h

Theme: Last Week Celebration

Last Week Celebration: See attached flyer.

Field Trip: EEHF will rent an outdoor water slide & an indoor bouncy house! Double Lane Slip & Slide and Deluxe MJ combo. Lunch will be provided. Please bring a snack to pass out.



Last Week Celebration



Monday, August 7th: Crazy Hair Day

How wild can you make your hair? We would like to know!!! Make your hair as crazy as you would like to and be ready to show off your style to the other campers!

Tuesday, August 8th: Pajama Day

Wear your pajamas and slippers and get ready for some fun! We will have a “create your own ice cream sundae bar” for snack & The movie of the day is [Bedtime Stories](#).

Wednesday, August 9th: Crazy Dress Up Day

Dress in mismatched or crazy clothes & be ready for a day full of craziness!

Thursday, August 10th: Sports 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 in our summer camp sports challenge!

Friday, August 11th: Last Day Celebration

Our last day celebration will be a blast with an indoor Moon jump and Outdoor Water Slide!! 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 as we will have a last day “Camp Snack Potluck Picnic” (Try to say that 5 times fast!!)**

PARENTS: Please bring a “prepackaged” snack or a packaged fruit or veggie tray with seal still in tact from store. If you have any questions on what to bring, feel free to ask Cathy or Judy.

Last Day Celebration

**Friday, August 11th 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 Jameson

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 ID)

Child's Name: _____

Parent's Name: _____ Parent's Signature _____

Authorized Person: _____ Phone #: _____

Relationship to child: _____

Any other information:

Edward-Elmhurst
HEALTH

Healthy Driven™

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: _____