



2019 Camp Lakeshore Parent Information Packet

Dear Camp Lakeshore Parents & Guardians,

Welcome to Camp Lakeshore! My name is Lauren, and I am beyond thrilled to join Lakeshore as Camp Director. Summer is always the best time of the year, and we have some amazing things planned for this upcoming season! You'll be able to watch your campers grow confidence through our character development activities, learn about fitness and nutrition as we promote lifelong healthy living, and become more active through our play focused philosophy. We've been working hard to ensure that your kiddo has a fun filled summer and comes home from camp with best friends, newfound interests, and memories that will last a lifetime! So, whether you are new to Camp Lakeshore or a seasoned camper, we're so excited to have you as part of the 2019 camp program! Now, let the adventures begin!

In preparation for summer camp, we have prepared this Parent Information Packet as a reference guide for you and your family. It contains important information and policies about our summer program. Be sure to review this packet in full, and please let us know if you have any questions!

Thank you for enrolling in Camp Lakeshore this summer! I look forward to meeting you and your family!

Sincerely,
Lauren

Lauren Krasny
Camp Director
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LPCamp@LakeshoreSF.com

Camp Minder Paperwork

Be sure to complete all your required paperwork prior to your child's first day of camp. Log into your Parent Portal and click on Forms & Documents. This includes Authorized Grown Up, Health Form, and Get To Know Me, and Photo Release Forms.

Date Changes

Any date change will result in a \$5 processing charge per day unless a doctor's note is submitted. All date change requests must be made in writing to LPCamp@LakeshoreSF.com. No other forms of communication will be accepted.

Drop In Policy

You are always welcome to add days to your camper's summer schedule! Just be sure to add days via your Parent Portal by 12pm on the Friday prior to the week of the new dates being added. Any camper who attends camp without registering within this timeline will be charged a last-minute convenience fee of \$50 per family, per day.

Pre Camp & After Camp

Our Pre Camp & After Camp programs are extensions of the camp day. Pre Camp runs daily from 7:30-9:00am and After Camp runs daily from 3:00-6:00pm. This program is staffed by camp counselors and takes place in Ted's Treehouse on the 4th floor. You can register in advance to take advantage of discounted rates or use it as a drop in program. Be sure to add your Extended Care options via your Parent Portal by 12pm on the Friday prior to the week of the new dates being added in order to secure the discounted rate. All rates are flat; there is no time proration for Extended Care options. *Please note: Any campers who have not been picked up by 3:05pm will be automatically enrolled in and charged for After Camp.*

Club 48 After Camp

Children in 4th-8th grade can attend Club 48 each afternoon between 3:00-6:00pm as an After Camp option. This program is included in LSF membership. Nonmembers should refer to the Camp Brochure for After Camp pricing. There is independent check out for Club 48 children.

Drop Off

All campers must be escorted to their designated drop off location by an adult and checked in with a team member.

- Pre Camp: Ted's Treehouse, 4th Floor
- Pee Wee: Caley's Corner, 4th Floor
- All Other Camps: Courts 1 & 2
- Express Drop Off: Drive Aisle in Parking Lot

Express Drop Off

New this summer, we will be offering Express Drop Off as an option for families who would like to check in their campers curbside. This service is offered daily from 8:45-9:05am. Simply pull into the drive aisle in our main parking lot and proceed to the "Camp Lakeshore" sign. From there, a counselor will greet you to escort your child into camp. Please note that this service is not available for first day campers or those who need assistance checking in.

Pick Up

All campers must be signed out by an authorized adult (as listed on your paperwork). Photo ID is required.

- After Camp: Ted's Treehouse, 4th Floor
- Pee Wee: Caley's Corner, 4th Floor
- Camp 48: Paddle Hut, Across the Parking Lot
- All Other Camps: Courts 1 & 2

Wristbands

Your child's wristbands need to be worn at all times while they are participating in a camp program. The wristbands are used for identification and security purposes.

Camp Groups

Our campers are placed in groups of about 25 campers, and our ratio of staff to campers is 1:8 or lower. Each group has a Lead Counselor, who is often a returning Camp Lakeshore Counselor and has a great amount of experience working with kids. In Traditional Day Camp, campers are separated according to their age with consistent leaders throughout the summer. Our groups are as follows (decimals denote the number of months). Please know that we are always happy to accommodate friend requests:

- Wolves: 3.5-4.5 years old
- Bears: 4.6-5.1 years old
- Cubs: 5.2-5.11 years old
- Sox: 6-7 years old
- Hawks: 7-9 years old
- Tigers: 9-12 years old

Weekly Camp Schedules

All LSF camps are based in our 185,000 square-foot state-of-the-art athletic facility, including a large outdoor rooftop play area. All camps travel to surrounding neighborhood parks, as well as many exciting locations in the Chicagoland area during field trips.

Traditional Day Camp Details Include:

- Campers swim 4 days a week – our instructors provide swim lessons twice a week (M/T) and fun swim happens two times a week (W/TH). All counselors swim with the campers.
- Camp activities are our special activities that happen each week. All campers explore their interests in the areas of sports, fitness, art, theater/drama, music, and more!
- Wacky Wednesdays are a very special day each week – from Camp Prom and Camp Olympics to Water Wars and a Luau Cookout, we spend Wednesday afternoons together as a full camp with silly games and special events. (Full Day Campers Only)
- Fieldtrips happen weekly! Some of our favorite destinations ups for this summer include: Altitude Trampoline Park, Adler Planetarium, and Medieval Times.

Tennis Camp Details Include:

- Campers participate in play-based tennis activities throughout the entire day.
- Additional activities, such as crafts, board games, and more will be available on the sideline for those who need a break from tennis.
- Campers have the option to participate in fun swim 5 days a week. All counselors swim with the campers.

Pee Wee Camp Details Include:

- Campers receive swim lessons 5 days a week!
- Weekly special activities include yoga, music, Spanish and STEM.
- Pee Wees focus on academic achievement through a daily circle time and small group activities, which focus on language and literacy, journaling, fine motor skills, beginning math skills and art exploration.
- Our summer curriculum includes exploratory activities focused on the theme of being outdoors and learning all about nature this summer!

Camp 48 Details Include:

- Campers start and end their day at LSF but depart to explore Chicagoland daily. Each week includes a theme in which we build fieldtrips and experiences that are perfect for 4th-8th graders.
- Campers will travel in our LSF Express or in a rental bus to each of our destinations. Other trips may be within walking distance or allow us to utilize public transportation.

Sports & Specialty Camps:

- NEW this summer, we now offer premium Sports and Specialty Camps at Camp Lakeshore!
- These camps are designed to be progressive, week long camps that have a dedicated focus on a featured interest. Campers also participate in a daily fun swim.

Weather Cancellations

All outdoor activities will be cancelled if the heat index is 100 degrees Fahrenheit or higher or if there is a storm with thunder and lightning. If it is determined that the campers are in a heat emergency, the staff will take all precautions to protect campers from the effects of the heat. If outdoor activities are cancelled, camp staff will keep children busy with activities inside. If outdoor fieldtrips are cancelled, a parent announcement will be made via email.

Lunch

A healthy snack and lunch are provided for campers each day. Our in-house chef has prepared an extensive buffet that includes choices for entrée, fruits and vegetables, and sides. Hot lunch will be served to campers each day they are on site, while brown bag lunches will be served on days that campers are off site. Options are locally sourced and have been prepared with a strong focus on quality offerings.

Camp Lakeshore is NUT-FREE. We take allergies very seriously and must ensure the safety of our participants. Outside food is prohibited from camp – campers cannot bring a sack lunch, snacks, or any other food to camp. We take allergies very seriously and must ensure the safety of our participants. If your camper has an allergy or dietary restrictions, he/she will need to wear a wristband with his/her allergen. Each camper with an allergy will proceed through the buffet line with a Counselor Buddy.

Swimming

All of our camps swim in our 3-4 foot indoor/outdoor pool on the 4th floor. All campers are required to take a swim test to determine if they can swim independently or with a “learn to swim” belt. Counselors swim with their campers. For those camps with swim lessons, our swim lessons are taught by certified swim instructors, and groups are split according to ability level. Be sure to pack the following:

- Swimsuit
- Hair tie or swim cap (long hair must be pulled back in the pool)
- Clothes for after swimming
- We provide the towels

Sunscreen

Parents and caregivers are responsible for applying the first layer of sunscreen to campers prior to their arrival at camp. Our counselors will help reapply sunscreen throughout the day.

Medications

Camp staff will administer medications at camp. All details regarding medication and allergies must be included in your Health History Form in your Parent Portal. Medicine must be in the original container and include a label. All prescriptions must be current, and staff must follow the instructions as listed on the label. All medications, including Epi-Pens, must be brought daily and will be sent home daily and checked in and out with a team member each day.

Field Trips

Campers in Traditional Full Day Camp attend weekly Friday fieldtrips. All campers must arrive to camp by 9:05am to ensure a timely departure for our trip. We will arrive back to LSF by 3:00pm. Campers will be transported by a rental bus company on school busses equipped with seat belts. Campers must bring a water bottle and wear their camp t-shirt on fieldtrip days. Campers without their t-shirt will be charged \$8 for an additional camp t-shirt.

2019 Traditional Day Camp Wacky Wednesday Activities & Field Trips

| Week | Wacky Wednesday Activity | Wacky Wednesday Dress Up | Friday Field Trip Location |
|------------------------------------|------------------------------|--|--------------------------------|
| Week 1 – Wonders of the Wilderness | Survivor Skills | Survivor Attire | Chicago Children’s Museum |
| Week 2 - Grossology | Dirty Day | “Trashable” Clothing (we’ll be getting messy!) | Brookfield Zoo |
| Week 3 – Imaginarium | Improv Show | Crazy Mismatch Clothing | Medieval Times |
| Week 4 – Commotion in the Ocean | Water Wars | Under the Sea Garb | Shedd Aquarium |
| Week 5 – Heroes & Warriors | Superhero Training | Superhero Costumes | Altitude Trampoline Park* |
| Week 6 – Lab Rats | Bubbles Show | Mad Scientist or Nerd Chic | Museum of Science and Industry |
| Week 7 – Going Green | Recycled Art | Recycled Fashion | Field Museum |
| Week 8 – Color Games! | Color Games Field Day | Your Team Color | Mystic Waters |
| Week 9 – Defying Gravity | Egg-scape Pod Competition | Outer Space Apparel | Adler Planetarium |
| Week 10 – Animal Planet | Animal Show | Animal or Dinosaur Outfits | Lincoln Park Zoo |
| Week 11 – Passport to Fun | Polynesian Dance Performance | Vacation Gear | Foster Beach |
| Week 12 – Time Bandits | 80’s Camp Prom | Retro Fashion | Enchanted Castle |
| Week 12 – Lakeshore’s Got Talent | Talent Show | Rockstar & Red-Carpet Attire | On Site Cookout |

All field trips are subject to change.

*Waiver can be found at the following link:

<https://altitude.active8pos.com/public/waiver?loc=CHI>

Illnesses

To minimize exposure to others, please keep your camper home if he or she has:

- Fever of 101 degree
- Severe Cold
- Diarrhea and/or Vomiting
- Rash/Lesions
- Pink Eye
- Strep Throat
- Lice
- Chicken Pox, Measles, etc.

If your camper is displaying signs of any of these or other illnesses, you will be called and asked to pick your camper up immediately. Days that your camper is sent home sick from camp are not eligible for a make-up day.

Guidance and Discipline at Camp

LSF takes a positive approach to guidance and discipline, and we expect campers to be responsible for their behaviors. If all campers and staff are able to act, and treat each other with respect, we are confident that every camp will also have fun! If behaviors become inappropriate or threatening, parents may be called to pick up their child immediately and may risk being asked to leave the program.

What to Bring and What NOT to Bring to Camp

While we gather indoors at the start and end of each day, campers need to be prepared to play outside, swim, and walk to various destinations throughout our community. We are always on the move, so remember to label ALL of your camper's belongings! Your daily packing list should include:

- Small backpack with two shoulder straps
- Water bottle (we will purchase one for any camper that forgets a water bottle and charge your camp account)
- Comfortable, weather appropriate clothing that are okay to get dirty
- Swimsuit (we'll provide the towel!)
- Sneakers (required every day!)
- Sunscreen (we recommend SPF 45+)
- Bug repellent
- Light jacket or sweatshirt on cool mornings

Your daily packing list should NOT include:

- Electronics
- Toys
- Outside food
- Money or anything of value

Lost & Found

Label everything and bring as little as possible. We will be moving around a lot, and it is often difficult for children to hold onto their things. Our staff will do their best to teach the children to be responsible for their items, but LSF is not responsible for lost, stolen, or broken items. Lost & found items will be put into the lost & found cabinet, which is located behind the front desk.

Camp Communication

The Camp Director will send out a weekly e-newsletter with highlights and important information for each week. As always, please contact us with any questions, comments or concerns.

- LPCamp@LakeshoreSF.com
- LPRacquet@LakeshoreSF.com
- PeeWee@LakeshoreSF.com
- 773-770-2418