



2018

MIC MAC A.A.C.

DAY CAMP

HANDBOOK



Weekly Day Camps are offered for each week of the summer. In 2018 we are offering 8 weeks of Day Camp beginning July 3/18 ending Aug. 31/18.

The cost of Day Camps are \$160.00 per week per child.

The weeks are capped according to the age groups at 30.

DROP OFF: 8:00 AM

PICK UP: 4:45 PM

ALTERNATE ARRANGEMENT CAN BE MADE WITH STAFF AT A NOMINAL FEE

Summer Camps:

Weekly summer camps are offered for those age 6 – 13. The young athletes are grouped in ages where they are able to learn and play at like levels. Older participants in the Day Camps may be invited to join the full program age groups to give them the experience of doing work out sessions with those in their same age groups. All participants will learn basic boating safety, technical skills, team building and social skills. The participants will have swim and game times as well as on-water sessions to learn the basics of age appropriate sprint canoe & sprint kayaking. Cold, windy or heavy rainy days where the conditions are unsafe to go on the water the participants will engage in off-water or indoor activities. All participants must wear a size appropriate PFD (provided by parent/guardian) while on the water. Sunscreen applications will take place throughout the day. Please ensure you child has sunscreen with them.

Staffing:

Day Camp Coordinator

4 Full-Time Staff (male/female)

6 Part-Time Junior Staff

1 Lifeguard

1 Swim Instructor



RECOMMENDATIONS:

Hats, t-shirts, change of clothes, towels, SUN SCREEN, swim suit, runners, lunch, water or drinks for hydration.

Day Camp Rules:

All participants must arrive with Sunscreen already applied and have sunscreen for regular applications throughout the day. The spray on type is best.

Participants must be checked in and out every day. If your child is going to be absent for a day please let the staff know either the day prior or calling the coach by 9:00 am the day of.

In case of inclement weather (high winds/heavy rain, thunder/lightning) where the children cannot go on-water, they will play a combination of outdoor/indoor games.

Bullying, Inappropriate Language or disrespectful behaviour will not be tolerated.

All participants must provide their own size appropriate PFD. Please ensure their personal items are labelled.

No electronic equipment is permitted during the day program. The Day Camp Coordinator will have a phone with them at all times.

Severe allergies or medical concerns should be addressed with the Day Camp Staff at the beginning of the week.



Age groups are as follows:

6-7 years: learn basic boating skills using sit-on-kayaks. These young participants will spend time playing structured games, swimming, dragon boating, etc.

8-9 years: enhanced boating skills using mini kayaks & canoes as well as dragon boats and some crew boats. Dry land games & swimming will be part of this age group along with boating.

10-11 years: participant will engage in learning boating skills using most of the boats throughout the week including war canoe. Activities including games, swimming, running, etc. will be part of the daily program.

12-13 years: participants at this age group will paddle in all of the boats including all team boats. There will be dry-land conditioning along with swimming each day. These athletes will be invited to participate with athletes of their same age who will be here for the full summer to learn in a group setting.

****THE GOAL OF THE DAY CAMP EXPERIENCE IS TO ALLOW PARTICIPANTS THE OPPORTUNITY TO ENGAGE IN ACTIVE STRUCTURED PLAY, LEARN SAFE BOATING SKILLS, SAFETY ON AND AROUND THE WATER, SWIMMING ACTIVITIES, TEAM BUILDING SKILLS, ENDURANCE, AGILITY, RESPECT AND HEALTHY LIFESTYLE CHOICES.***