

2014 SUMMER CAMP HANDBOOK

FIELD TRIPS & ENRICHMENT PROGRAMS



STANDISH
RECREATION  **N**

ENRICHMENT PROGRAMS:

These programs are offered for an additional fee, and are designed to give campers an exposure to other recreational skills. If your child is not going to attend camp for the entire summer, but wishes to participate in these programs, you need to register your child at the daily rate for each of the days the enrichment program is offered. (Please note you can pay either the regular day rate or the extended day rate for each day they will be coming to participate in the enrichment program.)

- **Field of Dreams Golf Program:** Designed to teach the basic skills of golf such as the swing, putting, equipment and club selection. The lesson plans includes calisthenics and drills; beverage and snack break. Skills Challenges held with prizes at end of each session; putting contest at the end of the program. Equipment is provided, clubs sized for your child. Golfing is one of those life-long sports enjoyed by both males and females!

AGES: 5 and up

TIME: Tuesdays, 9:30-11a.m

DATES: 5 weeks beginning 7/1;

program extended 1 week if rain date needed

FEES: \$85.00 camper



- **Kids Harvest:** Designed to bring together a community to help kids learn, grow and harvest food for the local food pantry. Campers will be transported to the Richville Library for this activity. Each week will be themed and includes a story read by the librarian, a craft, a snack and a garden activity presented by a master gardener. A trip to Pearson's Town Farm, part of Saint Joseph's College is included.

AGES: 5-15

TIME: Tuesdays, 9:30 -11:00 p.m.

DATES: 5 weeks beginning 7/8

FEE: \$35.00 camper



- **Swimming Lessons:** Held at St. Joseph's College, this is a six week program for all levels with transportation provided.

AGES: 5 and up

TIMES: 1:15-3:00p.m. (Lesson time is 1:45-2:30)

DATES: Tuesdays, 6 weeks beginning June 24

FEE: \$70.00

When registering for Swim lessons, please indicate which level your child is most likely at (a test will be given on the first day.) Please review the pool rules below. Please note that the locker rooms are a shared spaced with the groups and individuals using the pool before and after Standish Rec.

Novice: This class is for the child who is afraid or very, very leery of water.

Level 2: For the child who can doggy paddle; can dive down under; can swim a little bit on their back; and swims without taking their arms out of the water.

Level 3: For the child who can get their arms out of the water when they swim. They need to learn rhythmic breathing, the front crawl and the back crawl.

Level 4: For the child who knows the front crawl, back crawl and rhythmic breathing. They are ready to learn other strokes.

St. Joseph's College Pool Rules

GUARD MUST BE ON DUTY TO ENTER POOL AREA

- Every swimmer must shower with soap before entering pool
- Hair that is shoulder length or longer must be in a tight braid or a cap
- Any swimmer with a cold, nasal or ear discharge, boils, open cuts or sores, or wearing bandages should NOT enter pool
- Street shoes and clothes are NOT allowed on the pool deck
- NO spitting, spouting water or blowing nose in pool
- NO RUNNING, PUSHING OR HORSE PLAY
- NO pampers or diapers in the pool – A RUBBER PANT IS REQUIRED for any child who is not yet potty-trained and those in Quackers/Polliwogs class
- Children 10 years of age or under MUST be accompanied by an adult
- Anyone using floatation devices must stay in shallow water
- Diving is prohibited in shallow end and from sides of the pool
- FORWARD DIVING AND JUMPING ONLY
- Food and drinks are not permitted in the pool area
- Glass containers are not permitted in the pool, showers or locker room
- Bathing suits only (no cut-off, t-shirts, underwear, etc.)
- Fins are for Adult Use Only
- NO hanging on the lane markers

- **“Vintage Rec Activities”**: Go back in time, and recreate the way your parents used to... and perhaps they did this with Standish Recreation! Bowling at Yankee Lanes and Rollerskating at Happy Wheels, both in Portland. Bowling shoes and roller-skates are included, roller-blades can be rented for \$2, paid at Happy Wheels in cash. We’ll be rollerskating on 7/2, 7/16 and 7/30; bowling on 7/9 & 7/23.

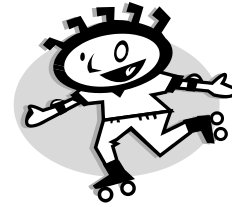


AGES: 5-15

TIME: Wednesdays, 11:30 a.m.-3:00 p.m.

DATES: 5 weeks beginning 7/2

FEE: \$50.00 camper



- **Zumba**: A dance fitness program involving dance and aerobic elements. Sheila's motto is, "If you're moving and having fun, you're doing it right!" Our goal is for everyone to feel welcome and have a great time getting fit! This program features age-appropriate music and moves that get kids movin' to the beat and exercising in a super fun way! Songs are broken down into sections, to ensure every child has a chance for success! Sneakers and water are recommended.

AGES: 5 and up

TIME: Wednesdays 9:30 - 10:30 a.m. Camp Jack

 Thursdays, 9:30 - 10:30 a.m. Camp Edna

DATES: 6 weeks beginning 7/2

FEES: \$35.00 camper

- **RE-Create with Standish Recreation**: “Bottles and Cardboard and Cans, oh my!” Learn all about reusing and recycling and how to utilize materials right in our own homes for school projects, crafts and other fun activities while being creative. Students will get to work hands on while also being able to recognize how they can do their part to help improve the environment.

AGES: 5-15

TIME: Thursdays, 1:00 - 2:30 p.m.

DATES: 6 weeks beginning 6/26

FEE: \$35.00 camper

Challenger British Soccer Camp:

- **British Soccer Camps at Johnson Field:** This program provides players of all ages and abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Camp programs include a free t-shirt, ball, poster and player evaluation. And for anyone registering before *July 4th* the camper also receives a FREE Game Jersey! To register, go to: <https://registration.challengersports.com>

~ Mini Soccer

AGES: 3-6

TIME: 5:30 - 6:30 p.m.

DATES: August 18 - 22, Monday - Friday

LOCATION: Johnson Field, 89 Chadbourne Road, Standish

FEE: \$76.00 camper

~ Half Day

AGES: 7-14

TIME: - 9:00 a.m. - 12:00 p.m.

DATES: August 18 - 22, Monday - Friday

LOCATION: Johnson Field, 89 Chadbourne Road, Standish

FEE: \$126.00 camper



Adventure Camp

This program is offered to both full and part-time campers ages 11-15 to promote self-esteem, confidence, leadership skills & teamwork through involvement in adventure programming. Members of the group will make decisions as to what activities they will participate in, and should be committed to assisting in fundraising efforts to support these activities. There are no additional costs to the parent for their child's participation in this program. There is also a community service component to this program. Each camper will sign a contract, and if this contract is not kept then the camper will no longer be allowed to participate.



Explorer Camp

This camp is designed to prepare the 9 - 10 year old campers for their eventual involvement in the Adventure Camp Program. Activities will promote team-building and leadership skills, with an emphasis placed on exploring the leisure opportunities available to them. There is no additional fee to participate, however, the "explorers" will be required to participate in fund raising events to support their activities.

Sign-ups for Adventure and Explorer Camp take place during the first week of camp—if your child is not going to be in camp that first week but is interested in participating in either Adventure or Explorer's Camp, please contact the office at 642-2875 or e-mail us at lbrooks@standish.org. Possible activities include the Kancamangus Highway Waterfall Trip, a Laser show at the Southworth Planetarium, an overnight camping trip... maybe even a white water rafting trip. Fundraising events may include a car wash, bike-a-thon, bake sales, a raffle... and anything else the enterprising campers can come up with. The success of this program depends upon them!



REGISTRATION PROCESS

Our software program enables you to register and pay on-line with a credit card, or you can complete the process on-line, create a registration form and send that in with your payment. (Child is not registered until we receive that form and payment.) If you are a veteran of our programs and don't have too many questions, you are able to do everything from the comfort of your home! If you are new to our program, you may have many questions, and may prefer to come to the Standish Municipal Center during the following registration times only in order to register your child.

Registrations will not be accepted in the clerk's office. Registration dates, times and locations are as follows:

Monday, May 12	5:00 – 7:00 p.m.	Sebago Lake Room
Wednesday, May 14	7:30—9:30 a.m.	Recreation Office
Tuesday, May 20*	5:00 – 7:00 p.m.	Sebago Lake Room

***For anyone wishing to register after May 21, there will be a \$25.00 per person late charge. Since space is limited in our programs, there is no guarantee that late registrants will be accepted.**

Late Registration Day: Wednesday, May 28 7:30 – 9:30 a.m. Recreation Office

THURSDAY, JUNE 12 - FINAL PAYMENTS DUE

- Enrichment Programs are required to be paid for at time of registration to secure a space.
- Campers must be enrolled in camp on the day of the enrichment program or field trip.
- Field Trips are the only activities that aren't required to be pre-paid, as we will accept payments for those by the Wednesday prior to the Friday field trip, and payment must be made on-line. **Field Trip registrations and payments will not be accepted in the clerk's office.** Campers are confirmed a space on the bus only after the payment has been made.
- All balances are due by **Thursday, June 12**. Any child with a balance due on their account will not be permitted to participate in any of the Enrichment Activities or Field Trips until the balance is paid.
- There is an additional registration charge for nonresidents enrolling in camp (\$35/child; maximum charge of \$60/family).
- Camp T-shirts are needed for all field trips and one is included with your registration. If you wish to order an extra t-shirt for your child, you can indicate that on the Registration form and there will be an additional \$8.00 charge for extra t-shirts.