



VERTICAL ZONE™
TRAMPOLINE CLUB

TAKE FLIGHT

WELCOME TO VERTICAL ZONE DAY CAMP!



At Vertical Zone Day Camps kids take flight, both literally and figuratively. In addition to approximately 4 hours of instructional trampoline time per day, there are many exciting activities to keep athletes engaged on and off the trampolines. Campers will learn about themselves, others and the world around them through activities that match their age, interests, needs and abilities. (Note: The camp structure and programming may change once the session starts depending on space and campers' needs).

DROP OFF AND PICK UP:

1. Upon arrival, sign-in your camper with the camp director at the front desk. On the first day of camp, please review and sign the camper collective commitment; sign waiver if needed
2. Parents/guardians or authorized persons must have ID in order to sign their camper(s) out.

NOTE: If you require before or after care, please email charlie@verticalzone.ca. Before care is available as of 7:30am and after care is available until 5:30pm. \$5/ 30mins and \$5/ 15 minutes outside of those times.

BE PREPARED FOR CAMP:

- Bring refillable water bottle; nutritious peanut free lunch with 2 snacks and drinks
- WEDNESDAYS: Bring bathing suit, towel
- Dress in comfortable, fitted athletic clothing without buckles, zippers or buttons; long hair tied back
- PLEASE DON'T BRING: Cell phones, portable gaming devices, iPods, iPads/Tablets, Toys, Money. If any of these items arrive at camp, staff will store them safely until pick up.

FRIDAY SHOW DAY!

In order to showcase the week's learning, there will be a camper show case on Fridays, starting at 4pm. Parents/ Guardians are encouraged to attend and film their athlete!

Medications

If your child is bringing medication to camp it must be in its original container and clearly labeled with the child's name and instructions for use. Please give the medication to the camp director in the morning. The camp director will oversee the administration of all medication at camp.

If your child requires a Ventolin inhaler, an Ana kit, EpiPen or other special medication for allergies which must be kept with them at all times, we suggest you bring two to camp. This will allow us to have the camper carry one at all times and a second safely stored.

Should you have any specific instructions, please do not hesitate to call or email charlie@verticalzone.ca. Please note that you are responsible for providing us with written notification of any changes to the child's health after you have submitted a registration form to our office and prior to the start of camp.

In Case of Injury or Illness

There is always at least one staff member on site who is Standard First Aid and CPR certified. If any child is in need of minor first aid, the staff are fully trained and equipped to care for the child. If a child becomes overtired, or just needs some TLC, we can provide a quiet rest area supervised by our camp staff. If a child takes ill or has a serious problem, he/ she may be required to be picked up from camp before the end of the day. We will ensure the best possible care until you arrive.

In the event a child requires immediate medical treatment, apart from injuries of a minor or routine nature, senior camp staff will ensure immediate transportation to a local hospital. We will make every effort to contact you as soon as possible. A camp staff member will stay with the child until the emergency is over and you arrive.

Vertical Zone Summer 2019 Camp *Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:30 am	Welcome/ Crafts & Board Games/ Morning ALL CAMP FUN Warm-up starts at 8:30				
8:30 - 9:00 am	JUMPING	JUMPING	JUMPING	JUMPING	JUMPING
9:00 - 9:30 am	JUMPING	JUMPING	JUMPING	JUMPING	JUMPING
9:30 - 10:00 am					
10:00 - 10:30 am	Snack & Craft/ Cooperative Games				
10:30 - 11:00 am					
11:00 - 11:30 am	JUMPING	JUMPING	JUMPING	JUMPING	JUMPING
11:30 - 12:00 pm					
12:00 - 12:30 pm	Lunch & Craft/ Cooperative Games				
12:30 - 1:00 pm					
1:00 - 1:30 pm	JUMPING	JUMPING	JUMPING	FIELD TRIP: Kaleidoscope Indoor Playground	JUMPING
1:30 - 2:00 pm	CAMP GAMES	FIELD TRIP: Champion Taekwondo	FIELD TRIP: Swimming at Holly Rec Ctr		ZooTek Reptile Show
2:00 - 2:30 pm					
2:30 - 3:00 pm					
3:00 - 3:30 pm	JUMPING			JUMPING	Snack & Camp Games
3:30 - 4:00 pm		JUMPING			
4:00 - 4:30 pm					SHOW TIME!
4:30 - 5:00 pm	ALL CAMP Warm Down/ Snack/ Craft/ Board Games				

*Scheduled activities are subject to change without prior notice