**Recsters**

**Summer Camp**



**2023**



Dear Families,

Here is a brief explanation of some of the activities that are included in the 2023 summer activity schedule:

**Rotations**- During this time Recsters will rotate to four different activities during the week. The activities are cooking, crafts, fitness, and science.

**Age groups**– During these times they will be divided into two groups based on their age and will participate in an activity.

**Quiet Reading**– Recsters will go to the library at the beginning of each week and will be expected to check out books at their appropriate reading level to enjoy during our quiet reading time each day after lunch. We also have books available in the Recsters room, if needed.

**Pool Time**– We will be swimming around two-three hours a day at the Aquatic Center. Recsters should bring their swimsuits, towels, and sunscreen, unless noted on the schedule. If needed, counselors will assist with putting on sunscreen. **It is required that each child has sunscreen on before they enter the pool.** We will reapply half-way through swimming time.We understand we will have some non-swimmers in the program. We will have lifejackets at the aquatic center if needed. We will also try to group non-swimmers into certain areas with a dedicated staff member.

**Field Trips– There will be one field trip scheduled each week. Please refer to the note section on the bottom of each page for any additional information. If your child does not go on the field trip, you will need to provide care for that time frame.**

**Library program**– We will be participating in the North Liberty Library Summer Reading Program, usually held on Tuesdays.

**Lunch & Snack- Recsters will need to bring a sack lunch every day to program unless noted otherwise. Recsters should also pack TWO snacks every day** because we have snack in the morning and afternoon.

**RAKs-** Random Acts of Kindness, or RAK, is an activity done every Friday before lunch. This involves all Recster kids performing an act of kindness somewhere around the Rec Center or within walking distance in the City. Nothing is needed to be provided by parents for RAKs.

The schedule is subject to change due to unforeseen circumstances but we like to stick as close to the schedule as possible. We are all looking forward to having a great summer! If you have any questions or concerns feel free to contact us at any time!

**Program Director**

***Matt Fielder***

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**Head Counselor**

***Kendra Schramm***

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Recster office- 319-626-5734

Recsters Cell– 515-490-3699

**Week 1** *June 12th-16th*

**Blank Park Zoo**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, June 12th, 2023 | | Tuesday, June 13th, 2023 | | **Wednesday, June 14th, 2023** | |
| 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up | **7:00-8:00** | **Waking Up** |
| 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda | **8:15-8:30** | **Daily Agenda** |
| 8:45-9:00 | Snack | 8:45-9:30 | Group Game | **8:15-8:30** | **Load Bus** |
| 9:00-9:30 | Group Game | 9:30-9:45 | Snack | **8:30** | **Leave Rec** |
| 9:30-10:00 | Library | 9:45-10:15 | Rotations | **10:00** | **Fun @ Zoo** |
| 10:00-10:30 | Rotations | 10:15-11:00 | Outside/Craft | **12:00-12:30** | **Lunch @ Zoo** |
| 10:30-11:15 | Free Time | 11:00-12:00 | FT | **5:30** | **Return to Rec** |
| 11:15-12:00 | Outside | 12:00-12:30 | Lunch | **5:30-6:00** | **Go Home!** |
| 12:00-12:30 | Lunch | 12:30-12:45 | Quiet Reading |  |  |
| 12:30-12:45 | Pool Rules Talk | 12:45-1:00 | Change for Pool |  |  |
| 12:45-1:00 | Change for Pool | 1:00-3:45 | Pool |  |  |
| 1:00-3:45 | Pool | 3:45-4:00 | Snack |  |  |
| 3:45-4:00 | Snack | 4:00-4:45 | Group Game |  |  |
| 4:00-4:45 | Group Game | 4:45-6:00 | Free Time |  |  |
| 4:45-6:00 | Free Time |  |  |  |  |
|  |  |  |  |  |  |
|  | Thursday, June 15th, 2023 | | Friday, June 16th, 2023 | |  |
|  | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |  |
|  | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |  |
|  | 8:45-9:30 | Group Game | 8:45-9:30 | Group Game |  |
|  | 9:30-9:45 | Snack | 9:30-9:45 | Snack |  |
|  | 9:45-10:15 | Rotations | 9:45-10:15 | Rotations |  |
|  | 10:00-11:00 | Library Program | 10:15-11:00 | RAKs |  |
|  | 11:00-12:00 | Free Time | 11:00-12:00 | Free Time |  |
|  | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |  |
|  | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Sticker Raffle |  |
|  | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool | |
|  | 1:00-3:45 | Pool | 1:00-4:00 | Pool |  |
|  | 3:45-4:00 | Snack | 4:00-4:15 | Snack |  |
|  | 4:00-4:45 | Group Game | 4:15-6:00 | #FridayFreeTime |  |
|  | 4:45-6:00 | Free Time |  |  |  |

Notes: Swimming suit, towel, sunscreen: Monday, Tuesday, Thursday, and Friday

**FIELD TRIP: Wednesday June 14th, Blank Park Zoo, Des Moines, IA**

* Wear your field trip shirts on **Wednesday**
* Recsters will eat lunch at Blank Park Zoo (Please send money to purchase lunch at the Zoo). You may send extra money for the gift shop.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.

**Week 2** *June 19th-23rd*

**Kernels Game**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, June 19th, 2023 | | Tuesday, June 20th, 2023 | | **Wednesday, June 21st, 2023** | |
| 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up | **7:00-8:30** | **Waking Up** |
| 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda | **8:15-8:30** | **Daily Agenda** |
| 8:45-9:00 | Snack | 8:45-9:00 | Snack | **8:30-8:45** | **Snack** |
| 9:00-10:00 | Olympics | 9:00-10:00 | Olympics | **8:45-9:45** | **Group Game** |
|  |  | 10:00-10:45 | Rotations |  |  |
| 10:00-10:30 | Rotations | 10:45-11:30 | Outside | **9:45-10:15** | **Lunch @Rec** |
| 10:30-11:15 | Free Time | 11:30-12:00 | Free Time | **10:15-10:30** | **Load the Bus** |
| 11:15-12:00 | Outside | 12:00-12:30 | Lunch | **10:45** | **Leave for Kernels** |
| 12:00-12:30 | Lunch | 12:30-12:45 | Quiet Reading | **11:15-4:00** | **Kernels Game** |
| 12:30-12:45 | Quiet Reading | 12:45-1:00 | Change for Pool | **4:30** | **Return to Rec** |
| 12:45-1:00 | Change for Pool | 1:00-3:45 | Pool | **4:30-4:45** | **Snack** |
| 1:00-3:45 | Pool | 3:45-4:00 | Snack | **4:45-6:00** | **Free Time** |
| 3:45-4:00 | Snack | 4:00-4:45 | Group Game |  |  |
| 4:00-4:45 | Group Game | 4:45-6:00 | Free Time |  |  |
| 4:45-6:00 | Free Time |  |  |  |  |
|  |  |  |  |  |  |
|  | Thursday, June 22nd, 2023 | | Friday, June 23rd, 2023 | |  |
|  | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |  |
|  | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |  |
|  | 8:45-9:30 | Olympics! | 8:45-9:00 | Snack |  |
|  | 9:30-9:45 | Snack | 9:00-10:00 | Olympics! |  |
|  | 9:45-10:15 | Rotations | 9:45-10:15 | Rotations |  |
|  | 10:00-11:00 | Library Program | 10:15-11:00 | RAKs |  |
|  | 11:00-12:00 | Free Time | 11:00-12:00 | Free Time |  |
|  | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |  |
|  | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Sticker Raffle |  |
|  | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool | |
|  | 1:00-3:45 | Pool | 1:00-3:45 | Pool |  |
|  | 3:45-4:00 | Snack | 3:45-4:00 | Snack |  |
|  | 4:00-4:45 | Group Game | 4:00-4:45 | Group Game |  |
|  | 4:45-6:00 | Free Time | 4:45-6:00 | #FridayFreeTime |  |

Notes: Swimming suit, towel, sunscreen: Monday, Tuesday, Thursday, and Friday

**FIELD TRIP: Wednesday June 21st, Kernels baseball game in Cedar Rapids.**

* Wear your field trip shirts and bring sunscreen on **Wednesday**.
* Recsters will need a sack lunch as we will eat before we leave.
* You may send money for water and any other concessions at the ballgame.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.

**Week 3** *June 26th-30th*

**Adventureland**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, June 26th, 2023 | | Tuesday, June 27th, 2023 | | **Wednesday, June 28th, 2023** | |
| 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up | **7:00-7:45** | **Waking Up** |
| 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda | **7:45-8:00** | **Daily Agenda** |
| 8:45-9:00 | Snack | 8:45-9:15 | Group Game | **8:00-8:15** | **Load Bus** |
| 9:00-9:30 | Group Game | 9:15-9:30 | Snack | **8:15** | **Leave Rec** |
| 9:30-10:00 | Library Groups | 9:30-10:00 | Rotations | **10:00** | **Fun @ Park** |
| 10:00-10:30 | Rotations | 10:00-11:00 | Free Time | **12:00-12:30** | **Lunch @ Park** |
| 10:30-11:15 | Free Time | 11:00-12:00 | Outside | **4:30** | **Return to Rec** |
| 11:15-12:00 | Outside | 12:00-12:30 | Lunch | **5:45-6:00** | **Go Home!** |
| 12:00-12:30 | Lunch | 12:30-12:45 | Quiet Reading |  |  |
| 12:30-12:45 | Quiet Reading | 12:45-1:00 | Change for Pool |  |  |
| 12:45-1:00 | Change for Pool | 1:00-3:45 | Pool |  |  |
| 1:00-3:45 | Pool | 3:45-4:00 | Snack |  |  |
| 3:45-4:00 | Snack | 4:00-4:45 | Group Game |  |  |
| 4:00-4:45 | Group Game | 4:45-6:00 | Free Time |  |  |
| 4:45-6:00 | Free Time |  |  |  |  |
|  |  |  |  |  |  |
|  | Thursday, June 29th, 2023 | | Friday, June 30th, 2023 | |  |
|  | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |  |
|  | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |  |
|  | 8:45-9:30 | Group Game | 8:45-9:30 | Group Game |  |
|  | 9:30-9:45 | Snack | 9:30-9:45 | Snack |  |
|  | 9:45-10:15 | Rotations | 9:45-10:15 | Rotations |  |
|  | 10:00-11:00 | Library Program | 10:15-11:00 | RAKs |  |
|  | 11:00-12:00 | Free Time | 11:00-12:00 | Free Time |  |
|  | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |  |
|  | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Sticker Raffle |  |
|  | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool | |
|  | 1:00-3:45 | Pool | 1:00-3:45 | Pool |  |
|  | 3:45-4:00 | Snack | 3:45-4:00 | Snack |  |
|  | 4:00-4:45 | Group Game | 4:00-4:45 | Group Game |  |
|  | 4:45-6:00 | Free Time | 4:45-6:00 | #FridayFreeTime |  |

Notes: Swimming suit, towel, sunscreen: Monday, Tuesday, Thursday, and Friday

**FIELD TRIP: Wednesday June 28th, Adventureland Amusement Park in Altoona.**

* Kids **MUST** wear field trip shirts and bring sunscreen on **Wednesday**.
* **Recsters will need to bring money for lunch and water on Wednesday.**
* We **WILL NOT** be using the water park while there!!

**Week 4** *July 3rd- 7th*

**Putnam Museum**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, July 3rd, 2023 | | Tuesday, July 4th, 2023 | | **Wednesday, July 5th, 2023** | |
| 7:00-8:30 | Waking Up | No Program! | 4th of July! | **7:00-8:45** | **Waking Up** |
| 8:30-8:45 | Daily Agenda |  |  | **8:45-9:00** | **Daily Agenda** |
| 8:45-9:00 | Snack |  |  | **9:00-9:15** | **Snack** |
| 9:00-9:30 | Group Game |  |  | **9:15-9:30** | **Get ready to go** |
| 9:30-10:00 | Library Groups |  |  | **9:30** | **Load bus** |
| 10:00-10:30 | Rotations |  |  | **10:30** | **Arrive @ Museum** |
| 10:30-11:15 | Free Time |  |  | **10:30-12:00** | **Do museum stuff** |
| 11:15-12:00 | Outside |  |  | **12:00-12:30** | **Lunch at Museum** |
| 12:00-12:30 | Lunch |  |  | **12:30-4:15** | **Museum Stuff** |
| 12:30-12:45 | Quiet Reading |  |  | **4:30** | **Load Bus** |
| 12:45-1:00 | Change for Pool |  |  | **5:30** | **Back at the rec** |
| 1:00-3:45 | Pool |  |  | **5:30-6:00** | **Go Home!** |
| 3:45-4:00 | Snack |  |  |  |  |
| 4:00-4:45 | Group Game |  |  |  |  |
| 4:45-6:00 | Free Time |  |  |  |  |
|  |  |  |  |  |  |
|  | Thursday, July 6th, 2023 | | Friday, July 7th, 2023 | |  |  |  |
|  | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |  |
|  | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |  |
|  | 8:45-9:30 | Group Game | 8:45-9:30 | Group Game |  |
|  | 9:30-9:45 | Snack | 9:30-9:45 | Snack |  |
|  | 9:45-10:15 | Rotations | 9:45-10:15 | Rotations |  |
|  | 10:00-11:00 | Library Program | 10:15-11:00 | RAKS |  |
|  | 11:00-12:00 | Free Time | 11:00-12:00 | Free Time |  |
|  | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |  |
|  | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Sticker Raffle |  |
|  | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool | |  |
|  | 1:00-3:45 | Pool | 1:00-3:45 | Pool |  |
|  | 3:45-4:00 | Snack | 3:45-4:00 | Snack |  |
|  | 4:00-4:45 | Group Game | 4:00-4:45 | Group Game |  |
|  | 4:45-6:00 | Free Time | 4:45-6:00 | #FridayFreeTime |  |

Notes: Swimming suit, towel, sunscreen: **Every Day**

**FIELD TRIP: Wednesday July 5th, Putnam Museum in Davenport, IA**

* No program July 4th!
* Wear your field trip shirts on **Wednesday.**
* Kids can bring lunch OR money for lunch at Putnam Museum.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.

**Week 5** *July 10th- 14th*

**Fun City**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday, July 10th, 2023 | | | | Tuesday, July 11th, 2023 | | | | | **Wednesday, July 12th, 2023** | | | |
| 7:00-8:30 | Waking Up | | | 7:00-8:30 | | Waking Up | | | **7:00-8:00** | | **Waking Up** | |
| 8:30-8:45 | Daily Agenda | | | 8:30-8:45 | | Daily Agenda | | | **8:00-8:15** | | **Attendance/RR** | |
| 8:45-9:00 | Snack | | | 8:45-9:15 | | Group Game | | | **8:30** | | **Load bus** | |
| 9:00-9:30 | Group Game | | | 9:15-9:30 | | Snack | | | **10:00** | | **Arrive at Fun City** | |
| 9:30-10:00 | Library Groups | | | 9:30-10:00 | | Rotations | | | **10:00-12:00** | | **Fun City stuff** | |
| 10:00-10:30 | Rotations | | | 10:00-11:00 | | Free Time | | | **12:00-12:30** | | **Lunch** | |
| 10:30-11:15 | Free Time | | | 11:00-12:00 | | Outside | | | **12:30-4:00** | | **Fun City Stuff** | |
| 11:15-12:00 | Outside | | | 12:00-12:30 | | Lunch | | | **4:00** | | **Get on bus** | |
| 12:00-12:30 | Lunch | | | 12:30-12:45 | | Quiet Reading | | | **5:45** | | **Back to rec** | |
| 12:30-12:45 | Quiet Reading | | | 12:45-1:00 | | Change for Pool | | | **5:45-6:00** | | **Go home!** | |
| 12:45-1:00 | Change for Pool | | | 1:00-3:45 | | Pool | | |  | |  | |
| 1:00-3:45 | Pool | | | 3:45-4:00 | | Snack | | |  | |  | |
| 3:45-4:00 | Snack | | | 4:00-4:45 | | Group Game | | |  | |  | |
| 4:00-4:45 | Group Game | | | 4:45-6:00 | | Free Time | | |  | |  | |
| 4:45-6:00 | Free Time | | |  | |  | | |  | |  | |
|  |  | | |  | |  | | |  | |  | |
|  | Thursday, July 13th, 2023 | | | | | Friday, July 14th, 2023 | | | | |  | |
|  | 7:00-8:30 | Waking Up | | | | 700-8:30 | Waking Up | | | |  | |
|  | 8:30-8:45 | Daily Agenda | | | | 8:30-8:45 | Daily Agenda | | | |  | |
|  | 8:45-9:30 | Group Game | | | | 8:45-9:30 | Group Game | | | |  | |
|  | 9:30-9:45 | Snack | | | | 9:30-9:45 | Snack | | | |  | |
|  | 9:45-10:15 | Rotations | | | | 9:45-10:30 | Outside | | | |  | |
|  | 10:00-11:00 | Library Program | | | | 10:30-11:15 | RAKS | | | |  | |
|  | 11:00-12:00 | Free Time | | | | 11:15-12:00 | Free Time | | | |  | |
|  | 12:00-12:30 | Lunch | | | | 12:00-12:30 | Lunch | | | |  | |
|  | 1230-12:45 | | Trivia | | 12:30-1:00 | | Sticker Raffle | | |
|  | 12:45-1:00 | Change for Pool | | | | 12:45-1:00 | | Change for Pool | | | |
|  | 1:00-3:45 | Pool | | | | 1:00-3:45 | | Pool | | |  |
|  | 3:45-4:00 | Snack | | | | 3:45-4:00 | | Snack | | |  |
|  | 4:00-4:45 | Group Game | | | | 4:00-4:45 | | Group Game | | |  | |
|  | 4:45-6:00 | Free Time | | | | 4:45-6:00 | | Free Time | | |  | |

Notes: Swimming suit, towel, sunscreen: EVERY DAY

**FIELD TRIP: Wednesday, July 12th, to Fun City in Burlington, IA.**

* Wear your shirt on Wednesday, sunscreen, and clothes for **swimming.**
* Recsters will be able to swim at the indoor and/or outdoor waterpark. They will also receive a preloaded $30 card which can be used for arcade, bowling, laser tag, etc. Parents may send more money to add to the card.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.
* **Recsters will need Money for lunch at Fun City!**

**Week 6** *July 17th-21st*

**Movie @ the Mall**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, July 17th, 2023 | | Tuesday, July 18th, 2023 | | **Wednesday, July 19th, 2023** | |
| 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up | **7:00-8:30** | **Waking Up** |
| 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda | **8:30-8:45** | **Daily Agenda** |
| 8:45-9:00 | Snack | 8:45-9:15 | Group Game | **8:45-9:00** | **Snack** |
| 9:00-9:30 | Group Game | 9:15-9:30 | Snack | **9:00-9:45** | **Group Game** |
| 9:30-10:00 | Library Groups | 9:30-10:00 | Rotations | **9:45-10:30** | **Rotations** |
| 10:00-10:30 | Rotations | 10:00-11:00 | Free Time | **10:30-11:00** | **Free Time** |
| 10:30-11:15 | Free Time | 11:00-12:00 | Outside | **11:00** | **Load the bus** |
| 11:15-12:00 | Outside | 12:00-12:30 | Lunch | **11:30** | **Arrive @ Mall** |
| 12:00-12:30 | Lunch | 12:30-12:45 | Quiet Reading | **11:30-12:15** | **Lunch @ Mall** |
| 12:30-12:45 | Quiet Reading | 12:45-1:00 | Change for Pool | **12:15-1:30** | **Walking around** |
| 12:45-1:00 | Change for Pool | 1:00-3:45 | Pool | **1:30-4:00** | **Movie** |
| 1:00-3:45 | Pool | 3:45-4:00 | Snack | **4:00** | **Leave for Rec** |
| 3:45-4:00 | Snack | 4:00-4:45 | Group Game | **4:15-4:30** | **Snack** |
| 4:00-4:45 | Group Game | 4:45-6:00 | Free Time | **4:30-5:00** | **Group Game** |
| 4:45-6:00 | Free Time |  |  | **5:00-6:00** | **Free Time** |
|  |  |  |  |  |  |
|  | Thursday, July 20th, 2023 | | Friday, July 21st, 2023 | |  |
|  | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |  |
|  | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |  |
|  | 8:45-9:30 | Group Game | 8:45-9:30 | Group Game |  |
|  | 9:30-9:45 | Snack | 9:30-9:45 | Snack |  |
|  | 9:45-10:15 | Rotations | 9:45-10:15 | Rotations |  |
|  | 10:00-11:00 | Library Program | 10:15-11:00 | RAKs |  |
|  | 11:00-12:00 | Free Time | 11:00-12:00 | Free Time |  |
|  | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |  |
|  | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Sticker Raffle |  |
|  | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool | |
|  | 1:00-3:45 | Pool | 1:00-3:45 | Pool |  |
|  | 3:45-4:00 | Snack | 3:45-4:00 | Snack |  |
|  | 4:00-4:45 | Group Game | 4:00-4:45 | Group Game |  |
|  | 4:45-6:00 | Free Time | 4:45-6:00 | #FridayFreeTime |  |

Notes: Swimming suit, towel, sunscreen: Monday, Tuesday, Thursday, and Friday

**FIELD TRIP: Wednesday July 19th, Coral Ridge Mall in Coralville.**

* Wear your field trip shirts on Wednesday.
* There will be a little time to walk around the mall so you may send money with your child to shop if you’d like.
* Kids will have the option of eating at the food court or bringing their own packed lunch that they will eat at the mall.
* You may also send money for optional snacks at the movie theater.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.

**Week 7** *July 24th-28th*

**Super Skate**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, July 24th, 2023 | | Tuesday, July 25th, 2023 | | Wednesday, July 26th, 2023 | |
| 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |
| 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |
| 8:45-9:00 | Snack | 8:45-9:15 | Group Game | 8:45-9:30 | Group Game |
| 9:00-9:30 | Group Game | 9:15-9:30 | Snack | 9:30-9:45 | Snack |
| 9:30-10:00 | Library Groups | 9:30-10:00 | Rotations | 9:45-10:15 | Rotations |
| 10:00-10:30 | Rotations | 10:00-11:00 | Free Time | 10:15-11:00 | Weekly Cleanup |
| 10:30-11:15 | Free Time | 11:00-12:00 | Age Groups | 11:00-12:00 | Free Time |
| 11:15-12:00 | Outside | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |
| 12:00-12:30 | Lunch | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Quiet Reading |
| 12:30-12:45 | Quiet Reading | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool |
| 12:45-1:00 | Change for Pool | 1:00-3:45 | Pool | 1:00-3:45 | Pool |
| 1:00-3:45 | Pool | 3:45-4:00 | Snack | 3:45-4:00 | Snack |
| 3:45-4:00 | Snack | 4:00-4:45 | Group Game | 4:00-4:45 | Group Game |
| 4:00-4:45 | Group Game | 4:45-6:00 | Free Time | 4:45-6:00 | Free Time |
| 4:45-6:00 | Free Time |  |  |  |  |
|  |  |  |  |  |  |
|  | **Thursday, July 27th, 2023** | | Friday, July 28th, 2023 | |  |
|  | **7:00-8:45** | **Waking up** | 7:00-8:30 | Waking Up |  |
|  | **8:45-9:00** | **Daily Agenda** | 8:30-8:45 | Daily Agenda |  |
|  | **9:00-9:15** | **Snack** | 8:45-9:30 | Group Game |  |
|  | **9:15-10:00** | **Group Game** | 9:30-9:45 | Snack |  |
|  | **10:00-10:45** | **Free Time** | 9:45-10:15 | Rotations |  |
|  | **10:45-11:15** | **Lunch @ Rec** | 10:15-11:00 | RAKs |  |
|  | **11:15-11:30** | **Get Ready to go** | 11:00-12:00 | Free Time |  |
|  | **11:30** | **Load Bus** | 12:00-12:30 | Lunch |  |
|  | **12:00** | **Arrive @ SS** | 12:30-12:45 | Sticker Raffle |  |
|  | **1:00-4:30** | **Skate!** | 12:45-1:00 | Change for Pool | |
|  | **4:30** | **Leave SS** | 1:00-3:45 | Pool |  |
|  | **5:00** | **Back at Rec** | 3:45-4:00 | Snack |  |
|  | **5:00-5:15** | **Snack** | 4:00-4:45 | Group Game |  |
|  | **5:15-6:00** | **Free Time** | 4:45-6:00 | #FridayFreeTime |  |

Notes: Swimming suit, towel, sunscreen: EVERY DAY!

**FIELD TRIP: Thursday July 27th, to Super Skate in Cedar Rapids.**

* Wear your field trip shirts on **Thursday** and **BRING SOCKS!!!**
* We will be eating at the rec center before we leave so still pack lunch as usual.
* You may also send money with your kid for concession stand at Super Skate.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.

**Week 8** *July 31st- August 4th*

**Lost Island**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, July 31st, 2023 | | Tuesday, August 1st, 2023 | | **Wednesday, August 2nd, 2023** | |
| 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up | **7:00-8:15** | **Waking Up** |
| 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda | **8:15-8:30** | **Daily Agenda** |
| 8:45-9:00 | Snack | 8:45-9:15 | Group Game | **8:30-8:45** | **Snack** |
| 9:00-9:30 | Group Game | 9:15-9:30 | Snack | **8:45-9:00** | **Load the Bus** |
| 9:30-10:00 | Library Groups | 9:30-10:00 | Rotations | **9:00** | **Leave for L.I.** |
| 10:00-10:30 | Rotations | 10:00-11:00 | Free Time | **10:30-3:45** | **Fun at Lost Isl.** |
| 10:30-11:15 | Free Time | 11:00-12:00 | Outside | **3:45-4:00** | **Load the Bus** |
| 11:15-12:00 | Outside | 12:00-12:30 | Lunch | **4:00** | **Leave for Rec** |
| 12:00-12:30 | Lunch | 12:30-12:45 | Quiet Reading | **5:45-6:00** | **Free Time** |
| 12:30-12:45 | Quiet Reading | 12:45-1:00 | Change for Pool |  |  |
| 12:45-1:00 | Change for Pool | 1:00-3:45 | Pool |  |  |
| 1:00-3:45 | Pool | 3:45-4:00 | Snack |  |  |
| 3:45-4:00 | Snack | 4:00-4:45 | Group Game |  |  |
| 4:00-4:45 | Group Game | 4:45-6:00 | Free Time |  |  |
| 4:45-6:00 | Free Time |  |  |  |  |
|  |  |  |  |  |  |
|  | Thursday, August 3rd, 2023 | | Friday, August 4th, 2023 | |  |
|  | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |  |
|  | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |  |
|  | 8:45-9:30 | Group Game | 8:45-9:30 | Group Game |  |
|  | 9:30-9:45 | Snack | 9:30-9:45 | Snack |  |
|  | 9:45-10:15 | Rotations | 9:45-10:15 | Rotations |  |
|  | 10:15-11:00 | Weekly Cleanup | 10:15-11:00 | RAKs |  |
|  | 11:00-12:00 | Library Program | 11:00-12:00 | Free Time |  |
|  | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |  |
|  | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Sticker Raffle |  |
|  | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool | |
|  | 1:00-3:45 | Pool | 1:00-3:45 | Pool |  |
|  | 3:45-4:00 | Snack | 3:45-4:00 | Snack |  |
|  | 4:00-4:45 | Group Game | 4:00-4:45 | Group Game |  |
|  | 4:45-6:00 | Free Time | 4:45-6:00 | #FridayFreeTime |  |

Notes: Swimming suit, towel, sunscreen: EVERY DAY!

**FIELD TRIP: Wednesday August 2nd, to Lost Island Waterpark in Waterloo.**

* Wear your field trip shirt, bring swimming suit, towel, and sunscreen.
* We will get lunch at park so **please bring money for lunch** and any other concessions.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.

**Week 9** *August 7th- 11th*

**AIRFX**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday, August 7th, 2023 | | Tuesday, August 8th, 2023 | | **Wednesday, August 9th, 2023** | |
| 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up | **7:00-8:30** | **Waking Up** |
| 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda | **8:30-8:45** | **Daily Agenda** |
| 8:45-9:00 | Snack | 8:45-9:15 | Group Game | **8:45-9:00** | **Snack** |
| 9:00-9:30 | Group Game | 9:15-9:30 | Snack | **9:00-9:45** | **Rotations** |
| 9:30-10:00 | Library Groups | 9:30-10:00 | Rotations | **9:45-10:30** | **Group game** |
| 10:00-10:30 | Rotations | 10:00-11:00 | Free Time | **10:30-11:30** | **Free Time** |
| 10:30-11:15 | Free Time | 11:00-12:00 | Age Groups | **11:30-12:00** | **Lunch** |
| 11:15-12:00 | Outside | 12:00-12:30 | Lunch | **12:00-12:15** | **Prepare to leave** |
| 12:00-12:30 | Lunch | 12:30-12:45 | Quiet Reading | **12:15** | **Get on bus** |
| 12:30-12:45 | Quiet Reading | 12:45-1:00 | Change for Pool | **1:00-3:30** | **Jump around!** |
| 12:45-1:00 | Change for Pool | 1:00-3:45 | Pool | **4:30** | **Back at the rec** |
| 1:00-3:45 | Pool | 3:45-4:00 | Snack | **4:30-6:00** | **Free Time** |
| 3:45-4:00 | Snack | 4:00-4:45 | Group Game |  |  |
| 4:00-4:45 | Group Game | 4:45-6:00 | Free Time |  |  |
| 4:45-6:00 | Free Time |  |  |  |  |
|  |  |  |  |  |  |
|  | Thursday, August 10th, 2023 | | Friday, August 11th, 2023 | |  |
|  | 7:00-8:30 | Waking Up | 7:00-8:30 | Waking Up |  |
|  | 8:30-8:45 | Daily Agenda | 8:30-8:45 | Daily Agenda |  |
|  | 8:45-9:30 | Group Game | 8:45-9:30 | Group Game |  |
|  | 9:30-9:45 | Snack | 9:30-9:45 | Snack |  |
|  | 9:45-10:15 | Rotations | 9:45-10:15 | Rotations |  |
|  | 10:00-11:00 | Library Program | 10:15-11:00 | RAKs |  |
|  | 11:00-12:00 | Free Time | 11:00-12:00 | Free Time |  |
|  | 12:00-12:30 | Lunch | 12:00-12:30 | Lunch |  |
|  | 12:30-12:45 | Quiet Reading | 12:30-12:45 | Sticker Raffle |  |
|  | 12:45-1:00 | Change for Pool | 12:45-1:00 | Change for Pool | |
|  | 1:00-3:45 | Pool | 1:00-3:45 | Pool |  |
|  | 3:45-4:00 | Snack | 3:45-4:00 | Snack |  |
|  | 4:00-4:45 | Group Game | 4:00-4:45 | Group Game |  |
|  | 4:45-6:00 | Free Time | 4:45-6:00 | #FridayFreeTime |  |

Notes: Swimming suit, towel, sunscreen: Monday, Tuesday, Thursday, and Friday.

**FIELD TRIP: Wednesday, August 9th, to AirFx in Hiawatha, IA**

**IMPORTANT: Parent/Guardian must sign a waiver before we leave!**

* Remember your field trip shirt! Special “jumping socks” will be provided by AirFx or you can bring your own jumping socks, if you have them.
* We will eat lunch at the rec center as usual. You can send money for your child to spend at the concessions.
* All Recsters are encouraged to bring water bottles each day in case we walk to a park.

**NORTH LIBERTY**

**PARTICIPANT EMERGENCY INFORMATION FORM**

Child’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home phone: \_\_\_\_\_\_\_\_\_\_\_\_\_ Mom’s/Dad’s Work phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In case of emergency, and parents cannot be reached; Notify the following:

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please list authorized adults able to pick up your child:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child have any health concerns and/ or special needs? Please

explain:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child take any medication? Please explain:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note any additional information that may be helpful in relating to your child.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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