



Welcome to March Break Camps!

MARCH 11 - 15, 2024

☒ HERE'S A HANDY CHECKLIST ON WHAT TO BRING TO CAMP:



WATER BOTTLE
PRETTY SELF-EXPLANATORY.



SPARE CHANGE (Optional)

WE HAVE A VENDING MACHINE AVAILABLE ON-SITE WHERE KIDS CAN PURCHASE SMALL SNACKS IF THEY'D LIKE. YOU'RE WELCOME TO PROVIDE THEM WITH SOME MONEY FOR IT, BUT PLEASE NOTE THAT IT'S ENTIRELY OPTIONAL. HOWEVER, WE RECOMMEND HAVING SOME SPARE CHANGE HANDY, JUST IN CASE THE KIDS GET REALLY HUNGRY - IT HAPPENS A LOT AT OUR CAMPS!



A HEALTHY LUNCH + AT LEAST 2 SNACKS
(BECAUSE YOUR KIDS WILL GET HUNGRY, TRUST US, THEY ARE GOING TO PLAY A LOT!)

****Snack Ideas****

granola bars, cheese cubes, fruits and vegetables, crackers, little muffins, or an extra sandwich.

Just remember, no nuts please!



HAIR TIES / CLIPS / BANDANAS

TO HELP KEEP LONG HAIR OUT OF THEIR FACES!



FLIP FLOPS OR INDOOR SHOES (Optional)

WHILE GYM TIME IS BAREFOOT FOR SAFETY, FEEL FREE TO BRING FLIP FLOPS OR INDOOR SHOES FOR CHILL TIME.



COMFY SPORTS CLOTHES

CAMPERS SHOULD WEAR COMFORTABLE ATHLETIC CLOTHING, PLEASE AVOID JEANS OR CLOTHES WITH LOTS OF ZIPPERS AND BUCKLES WHICH CAN DAMAGE THE MATS AND GYM EQUIPMENT.



OUTDOOR GEAR

DEPENDING ON THE TEMPERATURE, DON'T FORGET PROPER OUTDOOR JACKETS, HATS, GLOVES, AND SHOES FOR EXPLORING — WE'LL BE HEADING OUTSIDE WHEN THE WEATHER'S GOOD!



AN EXTRA CHANGE OF CLOTHES

(JUST IN CASE, BETTER TO HAVE IT AND NOT NEED IT, WE SAY!)



PRO TIPS:

- Label Everything
- Let the staff know about special conditions (meds, allergies, behaviour, etc)
- Don't bring anything valuable to the gym (jewelry, phones, toys)
- Camp hours are 9am - 4pm (before & after care 8 - 9am & 4 - 5:30pm)

IMPORTANT INFO!

Font Desk phone no.
613-627-0066

Camp Coordinator email
camps@resolutecenter.ca

Front Desk email
admin@rideaugymnastics.org