



# Summer Camp FAQ's

## Do I need to sign my child in and out of camp?

- Yes, be sure to sign your child in and out of camp each day with the time and your name. A valid photo I.D. must be presented at pick up to verify identity.
- Only the individuals noted on your Camp Registration form will be authorized to pick up your child unless you submit a written notice to the office stating otherwise. Authorized individuals need to know the safe pick-up password indicated on your registration form.
- After signing out your child for pick up, we will send one of our escorts into the gym to get your child and their belongings ready and will bring the child to you outside. For the safety of your child and our campers, we kindly ask that you wait outside of the gym for your child to be brought to you.
- Please **call or text us** (352) 340-1180 if you ever need to pick up your child early, if you are running late, or if you need to get a hold of us for any reason during camp hours. If you call, kindly leave a message if you do not get an answer and we will give you a call back as soon as we can.

## What should my athlete wear to camp?

- Each child will receive a Balance 180 Gymnastics Camp t-shirt on his or her first day of camp. The shirt is just for fun, so the kids can wear it whenever they would like to.
- Please have your child wear athletic shorts (no zippers, snaps, or buttons) and a t-shirt that is not too baggy. Girls are welcome to wear a leotard. Socks and shoes should be removed before camp begins.
- Please have your child's hair pulled back out of his or her face.

## What should my athlete bring for camp?

- Please have your athlete store his or her belongings in one of our cubbies during camp hours.
- Please label all clothing items, lunchboxes, water bottles, sunscreen containers, etc.
- All children should be potty trained, but should bring a change of clothes just in case.
- We ask that you do not send your child with any toys or electronic devices as these may be a distraction.

## Should I pack a lunch, snack, or water bottle?

- We will provide one snack and drink in the morning half day session and another snack and drink in the afternoon half day session. You are welcome to send your athlete with a snack if you would prefer or in addition to what we provide. Snacks we provide include things like Goldfish, animal crackers, pretzels, etc.
- Please only pack a lunch if your child is staying with us for the **full day** of camp. We will not have lunch time for the half day morning or afternoon campers.
- We will not be able to refrigerate or microwave any snack or lunch items, so please plan accordingly.
- We recommend that all athletes bring a water bottle with them. We have water fountains available, but want to make sure our athletes are staying hydrated. Only water will be allowed in the gym.
- Please make sure you have notified us of any allergies your child has on our Camp Registration Form or Getting to Know Your Camper Form. We will do our best to accommodate allergies, but you are welcome to pack your child with a snack that meets his or her needs if you would prefer.

## What is Fun Friday you ask?

- Our themes for the three weeks of camp are: Superheroes, Willy Wonka, and Dr. Seuss. We will always have a "Fun Friday" event that goes along with the theme. Parents are encouraged to attend.
- We will send home a notice at the beginning of each week with more information on Fun Friday festivities.