

Balance 180 Summer Camp FAQ's

We are excited for you to join us for Balance 180 Summer Camp! Please carefully review the following camp frequently asked questions prior to your camper's first day.

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.
- Check-In: After signing in at our check-in tent, we will send your child into the gym with one of our escorts to get your child situated. Check your email before your child's first week of camp for your designated drop off time which will help us stagger the arrival of our campers.
- Pick-Up: *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 present a valid photo I.D. and know the safe pick-up password indicated on your registration form.
 - After being authorized for pick up, you will receive a slip of paper with your child's name saying that you are authorized to pick up the child. From there, you will be able to hand off this slip to an escort from the Balance 180 team who will return your child to you.
- Please **call or text us** (352) 340-1180 or **email** frontdesk@balance180.org 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 child wear to camp?

- Please have your child wear athletic shorts (no zippers, snaps, or buttons) and a t-shirt that is not too baggy. Leotards are also great, but not required. 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 child bring for camp?

- Change of clothes: All children should be potty trained but should bring a change of clothes just in case.
- Sunscreen: There will be days when we do outside activities for up to 20-30 minutes. We will not be in the direct sun for the entire duration. We will have spray sunscreen available, but you are welcome to pack your child with his or her own sunscreen due to preference or skin sensitivities.
- We will have your child store his or her belongings in one of our cubbies during camp hours.
- Please label all clothing items, food containers, water bottles, sunscreen, etc. with your child's name.

What is Fun Friday you ask?

- We will always close out the week of camp with a "Fun Friday" event and performance. We will take pictures and videos to share with you.
- We will send home a slip prior to Friday with any special attire to wear or accessories to bring along!

Should I pack a lunch, snack, and water bottle?

- We will provide one snack and drink in the morning. You are welcome to send your child with a snack (no nuts, please as we do have campers with nut allergies) if you would prefer or in addition to what we provide. Snacks we provide include things like pre-packaged Goldfish, animal crackers, pretzels, etc. and drinks will be water, Gatorade, and lemonade.
- 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.
- Please make a lunch for your camper so he/she can refuel before we begin our afternoon activities. We will not be providing lunch.
- We will not be able to refrigerate or microwave any food items, so please plan accordingly.
- All campers need to bring a water bottle with them. We have a water fountain with a water bottle filling feature so the campers can refill as needed. Only water will be allowed in the gym training area. Will be important for the kids to stay hydrated as we will be very active.

Thank you for joining us for Balance 180 Summer Camp. We are so excited to see you!