



# CAMP PONEMAH

LITTLE WARRIORS & TROOP T

at Hampshire Hills Athletic Club



## PARENT PACKET 2024

**W**e believe that every child who attends Camp Ponemah at Hampshire Hills should leave camp each day with an enhanced feeling of self worth, independence, and general well-being.

**W**e believe every child should participate in a wide variety of fun activities which would stimulate, challenge, and improve their social, emotional and physical development.

**W**e believe that each experience offered should be one which fosters a positive attitude about working with one's peers and adults as well.

**W**e believe that every child will return home each day having had a fun, safe and memorable experience at Camp Ponemah.



603.673.7123

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# CAMP PONEMAH & TROOP T

# KINDERGARTEN - 9TH GRADE

## CAMP HOURS

**MORNING DROP: 7:30-9:30**

**CAMP REGULAR DAY: 9:00-3:30**

**AFTERNOON PICK UP: 3:30-4:00**

**PAID EXTENDED CARE: MONDAY-THURSDAY 4:00-5:30**

Please accompany your child to the check in area each morning. Campers are not allowed to be dropped off prior to 7:30 a.m.

**Morning drop off and afternoon pick up are at the function field to the right of the Hampshire Hills. In the event of bad weather signs will direct you to an alternate drop-off location which is usually The Hampshire Dome. You will need to sign out your child with camp staff.**

**Paid After Care** begins at 4:00 p.m. and ends at 5:30 p.m., Monday-Thursday only.

Extended care is available at \$7 per camper if you did not pre-pay.

**NO AFTER CARE ON FRIDAYS.** Pick up on Friday is 3:30-4:00. After camp pick up is at the function field.

**Important: You need to sign out your child with the camp staff at their group flag.**

**If you are late you will be charged \$3 per minute per child.**

Some days snacks, juice and Gatorade will be available to purchase during camp pick up and at Extended Care if you would like to pack cash for your child. We are not responsible for lost money or any items while at camp.

## LATE ARRIVAL & EARLY PICK UP

**Please have your child at camp no later than 9:00 am.**

This is important for the smooth flow of every camper's day.

If your child is going to arrive after 9:00 a.m. bring them inside the club to the Front Desk. The staff at the desk will radio your child's camp group.

*You must wait with your child until their counselor comes to pick them up.*

If you or someone else is picking your child up before 3:30 p.m. go to the Front Desk. The Front Desk staff will radio your child's camp group and they will be brought down to the desk. Please remember a note if your child is being picked up by someone else. The note must be brought in that morning. Please allow extra time for your camper to be escorted to the Front Desk.

**ALL LATE ARRIVAL & EARLY PICK UPS TAKE PLACE AT THE FRONT DESK**

**Pick Ups Between 3:00-3:30 Are Not Allowed-No Exceptions**

Groups arrive at the function field by 3:30. Please go the field to pick up your child. If your child's group should arrive prior to 3:30 you may pick them up. **Reminder, campers need to be signed out with the camp staff at their group flag.**

**PLEASE DRIVE SLOWLY AT ALL TIMES**

**PLEASE BE CAREFUL WHEN WALKING THROUGH THE PARKING LOT**

## **BEHAVIOR EXPECTATIONS**

The camp staff reserves the right to use professional discretion in suspending or dismissing any camper for any behavior that is, or is perceived as, causing harm to any individual, to property at Hampshire Hills or at any field trip location. In extreme circumstances, parents of campers may need to come and pick up their child from the field trip location in the case of dismissal or suspension due to behavior. In most cases, we operate on a 3 strikes rule; however a serious offense may necessitate suspension or dismissal immediately. A camper who physically assaults another person at Camp or who brings a weapon to Camp will immediately be dismissed. The child's parent(s)/guardians will be notified for any serious disciplinary matters.

All parents and campers are expected to follow camp rules. There are no refunds offered for campers who are asked to leave camp due to behavior issues.

- Speak with all staff and other campers courteously. Foul/vulgar/inappropriate language/conversation will not be tolerated.
- Act appropriately towards staff and campers, respecting people's personal space and belongings. Any physical (hitting, fighting, etc.) or verbal assault on any person at camp will result in an immediate suspension or dismissal from camp. Any vandalism of camp property or personal belongings will result in an immediate suspension or dismissal from camp and financial restitution will be sought.
- Remain with his/her counselor and be under adult supervision at all times and follow directions given by camp staff.
- NEVER bring an item that is a weapon, can be used as a weapon, or is a weapon look-alike (even a toy). These items will be confiscated and will result in an immediate suspension or dismissal from camp.
- NEVER bring drugs/alcohol/tobacco or look-alikes or be under the influence of such substance. If someone is found to be in possession or under the influence of such substances, an immediate suspension or dismissal from camp will result.
- Campers should maintain a positive attitude, be willing to try new things and make new friends; be cooperative with and courteous to all.

## **WITHDRAWAL/REFUND POLICY**

No refunds given for illness, quarantine, withdrawal, dismissals, failure to attend, or incomplete attendance. The Director reserves the right to withdraw any camper when in his/her judgment the camper's behavior interferes with the rights and safety of others and the smooth functioning of the group or activity. In such cases no refund will be given.

## **HEALTH/SICK DAYS**

Please keep your child be kept home if any of the following symptoms occur: temperature, persistent cough, diarrhea, vomiting, or unknown rash. To help us inform parents of potential health risks please report any cases of a contagious disease immediately and keep your child at home: chicken pox, strep throat, lice, viral infections, or conjunctivitis. If your child is going to be absent please email Lauren: lauren@hampshirehills.com

## **MEDICATION**

If your child will be on medication while at camp, it MUST be in the original prescription bottle and given to the morning check in staff. For your convenience you may provide us with enough doses for the week and the bottle will be returned on Friday. A medication authorization release form must be filled out by the first day we receive the medication. The form is valid for the summer unless the medication or doses change. This release will provide us with accurate information as to when to administer the correct dosage to your child. Forms are available online. No child will be given medication without the authorization form.

## **HEALTH FORMS**

Immunization records are needed on or before your child's first day of camp. Any standard physical exam form is fine. If your child is exempt from immunization we need a notarized, religious exemption form to accompany the physical exam form for your child's file stating exemption.

## **SWIM LESSONS**

Each day your child is at camp they will have a swim lesson. Please dress your child in their bathing suit when they come to camp in the morning. Bathing suits can be worn under their clothes if you'd like. Be sure to pack everything for your child to change into after their lesson.

*New For 2024: Groups K & 1 will have two, 45 minute lessons a week.*

*All other groups will have three, 30 minute a week.*

## **SNACK/LUNCHES**

Please supply a morning snack for your child. We provide a popsicle for afternoon snack. It's always a good idea to pack extra snacks.

*The vending machines and The Cafe are off limits during the camp day.*

Extended care campers may bring cash for Lauren's Snack Shack. Snack Shack is not available every day.

Parents are to provide a lunch, beverages, and necessary utensils for your child. Please pack in a small cooler or thermal bag with an ice pack. A frozen juice boxes work great as ice packs and are ready to drink by lunch. No glass, please. Hot Lunches or the ability to heat up lunch is not available.

**EACH CHILD MUST HAVE A WATER BOTTLE EVERYDAY CLEARLY MARKED WITH THEIR NAME  
IF YOUR CHILD DOES NOT HAVE A WATER BOTTLE YOU WILL BE CHARGED \$4 FOR A  
PLASTIC WATER BOTTLE**

## **RAINY DAYS**

We are outdoors, rain or shine, down pours and heat. Please dress and pack accordingly.

## **FIELD TRIPS**

We go on a wide variety of Field Trips throughout the summer. All trips are during the regular camp day hours and are well supervised. Bus transportation and thr trip are at no additional cost. Please send your child to camp prepared for the field trip, rain or shine. In the event of inclement weather or several rainy days we may cancel last minute or go elsewhere. We do not make up Field Trips. Please do not send your child

## Camp Ponemah Weekly Fun!

Campers at Camp Ponemah are grouped according to what grade they are entering in the fall.

Group K - Kindergarten

Group 3 - Third

Group 7 - Sixth/Seventh

Group 1 - First

Group 4 - Fourth

Troop T -Eighth/Nineth

Group 2 - Second

Groun 5 - Fifth

Campers have a very active summer camp experience. Each day is structured and filled with fun activities. Groups have the opportunity to make decisions on what activities they want to play as well as pre-planned daily camp activities. Days are jam packed full of fun so camp starts promptly at 9:00 a.m. Please be timely.

### Swim Lessons

Optional for \$15/week. Email Lauren to enroll: [lauren@hampshirehills.com](mailto:lauren@hampshirehills.com).

### Daily Recreational Free Swim

### Other Fun Stuff

Here's a list to give you an idea of some of the activities your camper will participate in through out the summer. The list can vary from week to week and is not the end of unlimited activities they will experience while at camp:

street hockey

soccer

dance parties

volleyball

specialty days

wiffle ball

silly games

drama

slip 'n slide

nature hikes

team building games

zip line

arts & crafts

parachute games

basketball

scavenger hunts

music

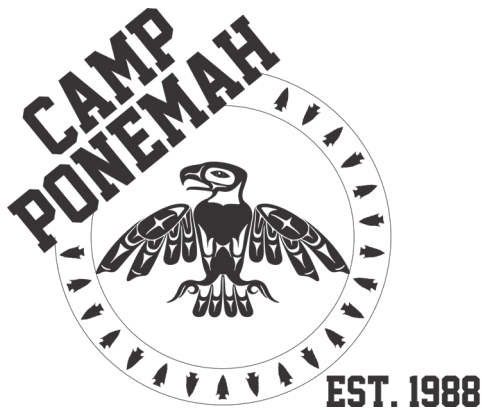
weekly inflatables

mystery walks

relay races

weekly themes





## CAMP PONEMAH, LITTLE WARRIORS & TROOP T CHECK LIST & OTHER IMPORTANT STUFF

**\*Please Label Everything\***

### Arrive Ready To Play

#### **ALL CAMPERS**

#### **A Swim Suit - WEAR TO CAMP DAILY**

Wear Sneakers or sturdy shoes.  
No sandals or opened toed shoes.  
Crocs are a great option.

#### Sunscreen

And apply before leaving home.  
We will reapply mid-day.

### Leave These Things At Home

#### **Toys, Games & Personal Belongings**

This includes:  
stuffed animals  
beanie babies  
electronic devices/pads  
video games

**cell phones-not allowed no matter the age**

**smart wathes**

**Pokemon cards**

### Pack & Bring With You

- Bathing Suit & Towel**  
Labeled with your name.  
Underwear to change into  
after swim.
- Extra T-Shirt**  
For Field Trip Days, labeled with  
your name.
- Sunscreen**  
So we can re-apply mid-day.
- Lunch, Snack, & Beverages**  
Packed to keep cool, with utensils,  
and labeled with your name.  
No glass or heat-ups, please.
- Refillable Water Bottle**  
Labeled with your name.  
If forgotten, you will be charged  
\$4 for a plastic water bottle.
- Back Pack**  
Filled with everything listed above  
and labeled with your name.  
Your child is responsible.
- Field Trip Day**  
Wear your field trip shirt.  
(You will receive on your first field  
trip.) If your child shows up  
without the shirt you will be  
charged **\$10** for a new shirt.  
These shirts are for safety.
- A Fun & Positive Attitude**
- A Smile!**



# LITTLE WARRIORS

# AGES 4 -5 YEARS OLD. MUST BE POTTY TRAINED.

## **HOURS- DROP OFF & PICK UP:**

Camp hours are 9:00am-12:30pm. Drop off is 8:30-9am. Please accompany your child to the check in area each morning and pick them up by 12:30pm. Campers are not allowed to be dropped off prior to 8:30am. For your child's protection, we ask that a note be brought in prior to dismissing the child with anyone other than his or her parent or guardian. LITTLE WARRIORS check in/OUT is at the Junior Activities Room at the far end of the basketball court. **There is no extended care for LITTLE WARRIORS. \*No LITTLE WARRIORS on Fridays.**

## **LATE ARRIVAL & EARLY PICK UP**

If your child is going to arrive after 9:00am bring them inside the club to the Front Desk. The staff at the desk will radio the counselors to locate them.

If you or someone else is picking your child up before 12:30pm go the Front Desk. The Front Desk staff will radio your child's camp group and they will be brought to the desk. Please remember a note if your child is being picked up by someone else. The note must be brought in that morning.

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**EST. 1988**



**CAMP PONEMAH**

LIKE US ON FACEBOOK

to stay up to date and see pictures of Camp Ponemah fun!

[hampshirehills.com](http://hampshirehills.com)