



Parent/Guardian Session Letter – Sports Camp CHDRC

March Break: March 10, 2025 – March 14, 2025

Welcome to **Sports Camp**. We are thrilled to have your child join us for an exciting, active, and engaging camp experience. Whether it's their first time at camp or they're returning for another adventure, we are dedicated to providing a safe, inclusive, and memorable environment for all campers. Please read the attached information carefully and do not hesitate to contact us if you have any questions or concerns.

Camp Details

The camp day runs from 9:00 am - 4:00 pm (daily).

Location: Chestnut Hill Developments Recreation Complex – 1867 Valley Farm Rd, Pickering – East and West Salons (Banquet Halls).

Meet Your Camp Director

My name is Liam Moodley I am a dedicated Kinesiology and Health Science student at York University. With years of experience working at a variety of camps, I have developed a strong focus on sports and physical activity, helping participants of all ages improve their skills while fostering teamwork and sportsmanship. This March break, I am excited to provide an engaging, fun-filled atmosphere that prioritizes building lasting friendships and ensuring an unforgettable experience for all participants.

Camper Pick-Up/Drop-Off Procedures

Sports Camp will be held at the Chestnut Hill Developments Recreational Complex, in the East and West Salons, from **9:00 am - 4:00 pm**, Monday to Friday. For the safety of all campers, please drop off and pick up your child at **the West Salon entrance**. Be sure to check your child in and out with the designated Pick-up/Drop-off counsellor.

*For safety reasons, any alternate pick-up person you designate will be required to show **photo ID** to camp staff before your child is released into their care. Please make sure they are aware of this protocol and that your child is picked up **on time**.*

Absenteeism / Safe Arrivals

If you know in advance that your child will be absent or late, please email us at camps@pickering.ca. If a camper is absent without prior notification, we will attempt to contact the parents.

What To Expect

Get ready for an action-packed week at our Sports Camp, where campers will stay active and have a blast! Designed for kids who love sports and fun, this camp offers a variety of exciting activities, including ice skating, basketball, floor hockey, soccer, swimming, and group games. Get ready for an exciting Pickleball workshop at Sports Camp on Thursday, March 13, 2025! Expert instructors will guide kids through the game's rules, techniques and strategies in a fun and interactive setting. It's the perfect chance to develop new skills! Whether they're shooting hoops, scoring goals, splashing in the pool, or playing team games, campers will improve their skills, make new friends, and stay active in a fun, supportive environment.

What to Bring to Camp

- **Clothing:** Campers should wear comfortable clothes suitable for activities. Please do not send valuables, as campers are responsible for their own belongings. Remember to label all items (e.g., lunch bags, extra clothes, coats) to help prevent mix-ups. Indoor shoes (running shoes are recommended) are also required.
- Campers may be outside during the camp day so please pack appropriate clothing for outside play (**hat, mitts, jacket, snow pants**).
- **Lunch and Snacks:** Campers must bring a **nut-free** lunch each day. Please pack lunch in non-breakable containers (no glass). Campers will have two snack breaks and lunchtime, so extra snacks are encouraged.

Allergy Notice:

Please be sensitive to any food allergies that may be brought to your attention (i.e. tree nut allergies that can be life threatening). For this reason, please do not pack tree nuts, tree nut products, or any products containing traces of nuts in your child's lunch for camp. If staff are unsure of snacks (i.e. granola bars), Campers will be asked not to eat them at camp. Fruit is always a healthy and allergy safe snack! Please feel free to send a copy of the ingredients of any items we may be unsure of (i.e. cookies). Your cooperation is greatly appreciated.

- **Water Bottle:** Please pack a **reusable water bottle**. There are water fill stations available at camp to keep your child hydrated throughout the day, as they may be outside.

Swimming

Campers will swim daily in the indoor pool at the CHDRC from 2:00 pm – 3:00 pm. Please ensure your child brings a towel and bathing suit in a separate bag. Campers who choose not to swim may play games in the East and West Salons under counsellor supervision.

Pool Guidelines:

- **Turtle Pool:** Campers aged 7 and under have priority. If full, they will wear a lifejacket and swim in the shallow end of the large pool. A **2:1 counsellor-to-camper ratio** applies to this group.
- **Older Campers (8 years – 12 years):** A **4:1 counsellor-to-camper ratio** applies.

Deep End Swim Test:

Campers aged 8 - 9 may take a swim test to swim in the deep end without a life jacket. To pass, they must swim 10 meters and tread water for 30 seconds. If they do not pass the test, they will be required to wear a life jacket for the remainder of the week. Even if they pass, a counselor must accompany them in the deep end to maintain the **4:1 ratio**, so access to the deep end may be limited. No exceptions and the lifeguard's decision is final. We also must always adhere to a 4:1 ratio so therefore your child may not be able to swim in the deep end of the large pool at all times.

Important: If your child will not be swimming, please ensure to notify us ahead of time.

Ice Skating

On Tuesday, March 11, 2025, campers will have the opportunity to go skating in the morning on the O'Brien Ice Rink. Campers who choose to go skating must bring the following:

- CSA Approved Helmet
- Sharpened Skates
- Gloves/Socks
- Winter Jacket/Snow Pants
- Facemask, Elbow and Knee Pads

Alternate engaging activities will be planned for campers not going skating.

Special Guest Information

On Thursday, March 13, 2025, a team of expert Pickleball instructors will be joining our Sports Camp to facilitate an exciting and dynamic workshop. This special event will

provide all campers with the unique opportunity to engage in the fast-growing sport of Pickleball. Under the guidance of experienced instructors, participants will learn the essential rules, techniques, and fundamentals of the game, all while enjoying a fun and interactive experience. Whether new to the sport or looking to refine their skills, campers will leave with a deeper understanding of Pickleball and an enthusiasm to continue playing

The following is a list of the special theme days at Sports Camp:

Monday, March 10	Tuesday, March 11	Wednesday, March 12	Thursday, March 13	Friday, July March 14
<p>Orientation Day!</p> <p>Welcome to Camp!</p>	<p>Superhero Day</p> <p><i>Dress up as your favorite superhero and unleash your super powers!</i></p>	<p>Crazy Hat/Hair Day</p> <p><i>Get wild with the wackiest hats or hairstyles you can imagine!</i></p>	<p>Disney Day</p> <p><i>Step into a magical world by dressing as your favorite Disney character!</i></p>	<p>PJ and Stuffie Day</p> <p><i>Get cozy in your comfiest pajamas and bring your favorite stuffed animal!</i></p>

If you have any questions or concerns, please feel free to contact us directly via email at camps@pickering.ca

Looking forward to enjoying a fantastic week together!

Liam Moodley, Camp Director Sports Camp CHDRC