



# **PARENT HANDBOOK**

## **Summer Camp**

Where every child is a STAR!

Last Updated: February 1, 2020



Dear Family,

Welcome to our **Summer Camp Program!** We are so happy that you decided to spend your summer with us! We are looking forward to action-packed, fun filled summer days. We have a lot of great activities and field trips planned to keep your camper entertained and active all summer long!

Attached to this letter you will find:

- ❖ a copy of our Parent Handbook which outlines all of our Summer Camp Policies and Procedures
- ❖ a schedule of our weekly themes and field trips
- ❖ a Frequently Asked Questions section
- ❖ a copy of our Cosmic Café Menu and Client Deduction Form

If you have any questions as you are reading through the handbook or at any point over camp days, please do not hesitate to contact me. My direct email is [Erica.P@flyinghighgym.com](mailto:Erica.P@flyinghighgym.com).

I look forward to spending a wonderful summer with you and your child!

Sincerely,  
**Erica A. Perez**  
Camp Director

Flying High Sports & Rec Center  
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Countryside, IL 60525  
708.352.3099  
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## **Where every child is a STAR! Flying High Summer Camp**

### **About the Camp:**

Your child can spend the summer staying active, learning and discovering, and making new friends! Flying High's camp will provide your child with a non-stop, action-packed, fun-filled summer! Ages 4-12 welcomed!

### **Daily activities will include:**

- Open Gym Time
- Structured Games and Sports
- Weekly Field Trips (Tuesday and Thursday)
- Trial classes in many of the programs offered at Flying High
- Science Experiments
- Weekly Silent Reading
- Creation Station
- Zumba Classes
- Outdoor Adventures
- Special Guest Instructors
- Pizza Pajama Party every Friday—Kids wear pajamas, eat pizza, and watch a movie on “the big screen”! (Only during 3-, 4- or 5-day camps)

### **\*Hours of Operation:**

Pick and choose between full weeks, whole days, half days, and field trips days:  
**Every weekday from June 1<sup>st</sup>-September 4<sup>th</sup>**

**Whole Day(s):** 9:00 am – 4:00 pm

**Half Day(s):** 9:00am – 11:30am or 1:30pm - 4:00pm

**Field Trip Day:** 9:00am - 4:00pm **\*(Field Trip Days are hosted on Tuesday & Thursday) \***

**Before/After Care: NO CHARGE (EARLY drop offs before 8am or LATE pickups past 5:30pm will automatically be charged our Extended Before (\$8)/After Care program fee (\$15) per child, NO sibling discounts)**

**Before Care:** Monday – Friday, 8:00am - 9:00am

**After Care:** Monday – Friday, 4:00pm – 5:30pm

## **Extended Before/After Care:**

**Extended Before Care:** Monday-Friday, 7:30am-8am

**Extended After Care:** Monday-Friday, 5:30pm-6:30pm

**\*\*Pre-registration is preferred so that we can staff accordingly. Payment will be processed in full upon submitted registration.**

## **\*Price:**

*All campers will be charged a non-refundable administration fee of **\$35.00** at time of registration.*

## **Weekly Options:**

### **Option A: Full Week without Field Trip**

Monday-Friday, 9:00am-4:00pm (field trip NOT included)  
\$252 per child/per week

### **Option B: Full Week with Tuesday Field Trip**

Monday-Friday, 9:00am-4:00pm (field trip included)  
\*Not available week 1, 14\*  
\$264 per child/per week

### **Option C: Full Week with Thursday Field Trip**

\*Not available week 1, 13, 14\*  
Monday-Friday, 9:00am-4:00pm (field trip included)  
\$264 per child/per week

### **Option D: Full Week with Two Field Trips**

\*Available weeks 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12\*  
Monday-Friday, 9:00am-4:00pm (field trip included)  
\$271 per child/per week

## **Daily Options:**

### **Option E: Whole Day(s) without Field Trip (9am-4pm)**

\$59 per child/per day

### **Option F: Whole Day(s) with Field Trip (9am-4pm)**

\$71 per child/per day

### **Option G: Half Day(s) Morning (9am-11:30am)**

### **Option H: Half Day(s) Afternoon (1:30pm-4pm)**

\$35 per child/per day

**Before/After Care (8am-9am and 4pm-5:30pm)**

Before Care: NO CHARGE

After Care: NO CHARGE

**Extended Before Care (7:30am-8am)**

\$8 per child NO sibling discount

**Extended After Care (5:30pm-6:30pm)**

\$15 per child NO sibling discounts

**\* Price does not include lunch. Lunch packages and snack items available for purchase from the Cosmic Café.**

**Savings:**

**Sibling Discounts:**

-10% off the 2<sup>nd</sup> sibling

-15% off the 3<sup>rd</sup> sibling

-4<sup>th</sup> sibling is FREE!

**\*Competitive Team Families see the Front Desk for pricing!**

**Admission**

- In compliance with Federal and State Laws, applicants are considered and admitted without regard to race, color, religion, sex or national origin.

**Attendance**

- Arriving on time is important! We are in and out of the building at different times during the day. Flying High expects all children to attend on his/her scheduled day and at his/her scheduled time unless notified ahead of time. Any alterations must be arranged with the Director in advance.
- If your child is going to be absent or late, please call Flying High at least 30 minutes before camp starts so you can be certain we will be in the building when you arrive. If a parent or guardian does not call at least 30 minutes before the start of camp, and the child is more than 30 minutes late, the child may not be admitted to the facility for that day.
- If your child is not going to attend camp, please call Flying High at least 30 minutes before the start of camp each day he/she will not be attending.

## Arrival & Departure

- Parents/guardians are responsible for arrangements regarding transportation to and from the facility. All children are expected to arrive at Flying High when camp starts.
- Do not park in neighboring lots. Vehicles may be towed at the owner's expense.
- Each child must be escorted into the building and to camp each day by an adult. The adult must also sign the child in on the daily attendance sheet with the correct time.
- Children become anxious when they are not picked up at a regular time. If you are going to be late, please call Flying High so our staff can let your child know that you will be late.
- When you pick up your child, you must sign him/her out on the attendance sheet with the time of departure. A child will only be discharged to parents/guardians or to an authorized pickup person. Please notify the Director when someone other than the parents or guardians will be picking up your child. A refusal may be made to release a child, related or not, to someone who has not been authorized in writing to receive the child.
- An I.D. may also be required by anyone picking up a child until staff becomes familiar with him/her.
- **Early Drop-offs and Late Pick-Up:** It's important to respect the start and end times of the camp program. Our camp program currently offers Before Care (8am-9am) and After Care (4pm-5:30pm) at NO CHARGE and we welcome families to use it. Likewise, we encourage you to drop off/pick up your child within those stated hours unless you have signed-up or wish to use our **Extended Before/After Care services**. Children who are drop-off/picked up before our **Before Care time 8am** or past our **After Care time 5:30pm**, will automatically be placed in and charged our **Extended Before Care (7:30am-8am) service fee of \$8 per child or Extended After Care (5:30pm-6:30pm) service fee of \$15** per child (NO sibling discounts). Children who are repeatedly picked up more than 15 minutes later than the end of Extended After Care camp will be billed \$20.00 for first 15 minutes and \$1 every minute afterwards beyond the time the camp has ended. This balance will be run to the credit card on file.
- **Flying High will keep a child in its care for no longer than 1 hour past Extended After Care time (6:30pm), unless notified by the child's family, before contacting the appropriate authorities.**

## Payment Policies

- All families **are required to have a credit card on file**. Payment will be processed in full upon submitted registration.
- **ALL families are required to have a household email on file**. Any billing and invoicing will be done electronically.

## Refund Policies

### **Annual Student Administration fee**

- \$35.00 is due upon initial enrollment of camps and on the anniversary of each students start date. The Annual Administration fee is **NON-REFUNDABLE**.

### **“In-House Credit” Camp Refund Policy**

(Non-Field Trip Day Camps)

- If you have signed up and paid for a 1/2 or whole day of camp (**no field trip**) and can no longer attend, you will receive a credit to your Flying High Account. That credit can be applied to your next Flying High purchase, whether it be for classes, private lessons, open gyms, special events, camps, or Café/Pro Shop items.
- If you have signed up and paid for a **FULL WEEK with/without Field Trip** and can no longer attend a day, you will be move to daily rates. If any applicable credit applies, you will receive a credit to your Flying High Account.

### **Camp Field Trip Day Refund Policy**

- If you have signed up and paid for a camp Field Trip Day but are no longer able to attend, a credit will be applied to your Flying High Account **minus \$20**. The \$20 covers the cost of staff, transportation and any fees associated with the field trip.
- If you have signed up and paid for a camp Field Trip Day (value \$71) and choose to stay in the building (value \$59) instead of attending the field trip, you do forfeit the difference of \$12. **No credit is given**.

### Processing Fees:

- Any family with a credit card that is declined at time of payment will be charged a \$10 reprocessing fee.

### Personal Belongings

- We encourage not sending your child with a cell phone/tablet. Any child who does bring a cell phone/tablet will be allowed to use them during before care hours (8am-9am) or after care hours (4:00pm-5:30pm); however the use of electronics is prohibited during camp hours (9am-4:00pm). If a child needs to contact their parent or guardian, he/she will be permitted to use one of Flying High's telephones.
- Children may bring money to purchase food and snack items from the Cosmic Café. However, please do not send your child with more money than is needed to limit the borrowing and sharing of money. A Cosmic Café menu is included in this handbook to help determine the amount of money to send with your child. **If you do not want to send money, all families with a credit card on file can charge any Cosmic Café purchase to their account! If you would like to set up an account with the café, please fill out the attached Client Deduction Form and submit it to the front desk.**
- Children may bring special games, toys, or books to be used during homeroom time. These items must be kept in the child's cubby during other times.

### Lost or Stolen Items

Flying High is not responsible for lost, stolen or damaged items.

### Attire

All children should wear comfortable, athletic clothing (no zippers, buttons or snaps) every day. Girls may wear leotards under their clothes. We will be participating in indoor and outdoor activities on a daily basis. Please make sure your child has athletic shoes with them every day (a pair can be kept in his/her cubby)! All children are required to remove shoes and socks before entering the gym. Jewelry of any kind (except stud earrings) is not to be worn.

Please do not send your child to camp in clothing that cannot get dirty or accidentally damaged.



All children that attend a field trip day will be given a Flying High field trip shirt. It is REQUIRED, for safety reasons, that ALL children attending field trips wear this shirt. If your child does not wear his/her field trip shirt, he/she may not be permitted to attend the field trip. Wearing this shirt is VERY important.

### **Extra Clothing**

All families are required to provide a spare change of clothes to be kept at Flying High and used in case of an accident or emergency. This spare change of clothes should be placed in a bag and the child's name should be clearly written on the bag. This bag will be kept in the child's cubby.

### **What to Bring Everyday**

All children should bring a **bag lunch** that does not require refrigeration (except on Friday and certain field trip days) or money to purchase a lunch from the Cosmic Café (can also be charged to café tab), a bottle of water and athletic shoes every day. Children should have a spare change of clothing and a bottle of sunscreen (preferably the spray kind) to keep in their cubby the entire time they attend camp.

Please remember— all children that attend a field trip day will be given a Flying High field trip shirt. It is REQUIRED, for safety reasons, that ALL children attending field trips wear this shirt. If your child does not wear his/her field trip shirt, he/she may not be permitted to attend the field trip. Wearing this shirt is VERY important.

### **Snack**

Flying High will provide a daily snack. Snacks will include Cheez-Its, Goldfish crackers, animal crackers, pretzels, Chex Mix, etc. Flying High will make accommodations for children requiring a special diet when able, and when not able, will ask that parents/guardians provide an appropriate snack for their child. Parents may also choose to pack a daily snack for their child or send money to purchase one from the café.

### **Field Trip Days**

Field Trip Days are hosted on **Tuesday and Thursday during SUMMER CAMPS**. Returning campers attending the field trip must wear their **BLUE FLYING HIGH CAMP SHIRT**. New campers will be given a camp shirt on the day of the field trip and it is theirs to keep. If your child has out grown his/her

camp shirt please return the old shirt and a new one will be given. If your child has misplace his/her camp shirt a \$10 fee will charged to the family account for a new one.

**Lunch:** All children should bring a lunch; unless stated otherwise. **A disposable bag is preferable (1gallon Ziploc or brown bag works great).** Children are welcome to bring a bottle of water or sport drinking bottle. We ask to please label the lunch bag, water bottle or sport bottle with your child's name.

**Field Trip Cancelation due to Severe Weather:** As most field trips are scheduled well in advance, it is impossible to predict the weather for the specific day of the field trip. In the event that our field trip destination is closed due to severe weather, our field trip will then be hosted at our Hickory Hills location. Campers will enjoy 3 hours of open gym field trip, having access to the inflatable and the zip line. If a field trip needs to be changed due to weather concerns, construction, facility closure, etc., an email will be sent to parents as soon as the trip is confirmed to change.

### **Park Days**

Park Days are hosted on **Thursday afternoons (weather permitting)**. We will leave the building around 12pm and will be back around 2pm. Friendly reminder, children should wear comfortable, athletic clothing (no zippers, buttons or snaps) every day. Girls may wear leotards under their clothes. Please make sure your child has athletic shoes with them every day (a pair can be kept in his/her cubby)! Children are welcome to bring a bottle of water or sport drinking bottle.

**Please be aware that we do walk to and from the playgrounds. The two-family neighborhood parks we visit are:**

#### ***Hollands Park***

7<sup>th</sup> Avenue and Bob O Link Drive  
Countryside, IL 60525

#### ***Ideal Park***

58th St. East of LaGrange Rd. near Ideal  
School

**\*\*Note: Both playgrounds are NOT equipped with bathrooms. We do encourage campers to use the bathrooms before we leave the building. If a child needs a bathroom break while we are at the park the child will be escorted by a camp counselor back to our facility and then back to the park to join the group. \*\***

### **Pizza Pajama Movie Day**

Pizza Pajama Movie Day are hosted on **Fridays (Only during 3-, 4- or 5-day camps)** and played at 1:30pm. All kids are invited to wear their PJs and bring pillows, blankets and stuffed animals. Flying High will provide pizza for lunch, so no need to pack one! We feature two movies. Kids are grouped according to their age: 4-6yrs old and 7-12yrs old. All movie selections are **PG rated**; “Movie of the Week” information can be found in our “Daily Activity Schedule” posted on our website. If you wish for your child to swap age groups during the movie, please notify a camp counselor. Flying High provides popcorn but the Cosmic Café will also be open to purchase alternative or additional snacks

### **Birthdays/Holidays**

If you would like to provide a treat for your child’s birthday (this is not required), please notify the Director beforehand. All treats must be store bought and un-opened upon arrival at camp and can consist of healthy snacks or small toys or gifts. Please take into consideration any allergies (i.e. peanuts) that may be present.

### **Child Abuse Reporting**

Illinois State Law requires all licensed professionals having reasonable cause to believe a child may be abused or neglected to report the matter immediately to the Illinois Department of Children and Family Services.

### **Open Communication and Parent Involvement**

Flying High believes that parents and caregivers must work together to create a stable and effective environment for all children. Flying High recognizes that effective partnerships are characterized by clearly defined responsibilities, open communication, understanding, mutual respect and a common goal of always doing what is best for the child.

Flying High asks that all families:

- share any religious, cultural, medical or personal information that may help staff to best serve your child’s needs.
- notify the Director immediately of any issues or concerns.
- recognize that when issues arise, adults must work together to resolve the issues.
- provide at least one household email that is checked on a regular basis to receive day-to-day information. Through this email, you will

receive weekly schedules, field trip information, important reminders, etc.

### **Illness Policy**

- If your child becomes ill or has an accident while at camp he/she will be isolated in a supervised area until picked up. Illness at camp includes one or more of the following:
  - fever of 101° F or above with behavioral changes
  - vomiting
  - diarrhea
  - lethargy
  - extreme coughing

Parents will be notified of the illness/accident and asked to pick up the child or make arrangements for him/her to be picked up. It is the parent's/guardian's responsibility to keep emergency contact information current. All families are required to provide one emergency contact (other than parents/guardians) at time of registration. Families may also provide an emergency contact number on the attendance sheet on a day-to-day basis.

- Children shall be screened upon arrival at Flying High for any obvious signs of illness.
- The following symptoms require immediate removal of a child from Flying High:
  - Fever of 101° F or higher
  - Diarrhea
  - Vomiting
  - Body Rash
  - Sore throat with fever and swollen glands
  - Severe coughing
  - Eye discharge or pink eye, for a minimum of 24 hours
  - Yellowish skin or eyes
  - Impetigo
  - Scabies, until treatment is complete
  - Lice
  - Chicken pox (varicella), until at least six days after the onset of rash
  - Whooping cough (pertussis), until five days of antibiotic treatment have been completed
  - Mumps, until nine days after onset of parotid gland swelling
  - Measles, until four days after disappearance of the rash
  - Child is irritable, continuously crying, or requires more attention than the staff can provide without compromising the health and safety of the other children in their care.
  - Any symptoms that may be indicative of one of the serious, communicable diseases identified in the Illinois Department of Public Health Control of Communicable Diseases Code (77 Ill. Adm. Code 690).

- A physician's note clearing the child to return to camp will be required for pink eye, strep throat, rashes or common diseases.
- In case of a contagious disease, parents are asked to contact Flying High immediately so that a memo can be sent out to the parents of children that may be at risk. Please assist our front desk staff by describing a specific disease or symptom when you call.

### **Lice Policy**

If Flying High determines that your child has lice, you will be called immediately to remove your child from the facility. Your child must be treated with an over-the-counter medication and must be checked by your family physician. Prior to returning to Flying High, you must provide a physician's note stating that your child is egg and lice free. Your child will also be checked by staff prior to being allowed to return to camp. If your child has lice three consecutive times upon re-entry, we reserve the right to dismiss the child from the program.

### **Medication Policy**

As a general principal, medication shall not be given during camp hours unless it is certified in writing by the attending physician that such medication cannot be administered before or after camp hours.

In instances of exceptions, medication (prescription and over-the-counter) will only be administered with a signed parent/guardian permission slip. All medication must contain the current prescription label and/or must be in the original container. Only the amount of medication listed on the bottle can be administered. Any additional dosages require a physician's note.

All medication must be clearly labeled with the child's name and will be kept out of the reach of children. Children are not allowed to have medication in their possession. Staff members have the right to take medication from the child and contact parents.

### **Allergies**

All allergies must be listed in the Flying High family account under the child's medical tab. Additional medications, such as Epi-pens, inhaler, must be accompanied by current signed orders from a physician. All medication is stored in our camp room, it is the parents' responsibility to insure that camp's supply is maintained and medications are not expired. If your child (ren) requires an allergen free eating area or specific instructions, please email the camp director before the child (ren) attends camp.

### **Emergency Procedures**

## **Medical Emergency**

In the case of a medical emergency, Flying High reserves the right to obtain prompt services of a physician and hospitalization if needed. Parents may provide a written plan to access the services of a certified practitioner for a child who is exempt from medical care on religious grounds.

Parents will be notified immediately if their child becomes ill or injured while at Flying High. Parents are required to provide at least one other (besides parents/guardians) emergency contact number. Parents should notify Director if emergency contact numbers change.

## **Safety and Emergency Procedures:**

Flying High has the following Safety and Emergency procedures in place:

- Tornado Procedure
- Fire Evacuation Procedure
- Power Outage Procedure
- Gym Safety Procedures (including foam pit extraction procedures)
- Cleaning of Bodily Fluids and Blood Born Pathogens
- Injury Procedure (including the use of a travel first-aid kit)
- All staff members are trained in CPR and First-Aid

## **Emergency Closing Procedures**

In the event of an emergency that requires the facility to close, families will be contacted by phone and/or email when possible. All closing is posted immediately on Facebook. Flying High recommends that you “like” our Facebook page in order to stay up-to-date on emergency closings. Flying High reserves, the right to close the facility for reasons including, but not limited to, the following:

- Hazardous weather conditions and the ability for students and/or staff to arrive at the facility safely.
- Building or utility emergencies including power outages and plumbing problems.

If camp is already in session when an emergency arises, families will be contacted at home or work and asked to pick up their child immediately.

Flying High will try, when possible, to contact all families of emergency closing at least one hour before camp begins.

## **Insurance Coverage**

Flying High has purchased general public liability for all children.

## **Use of Photos, Video, and Audio**

Flying High may use your child's picture or video of your child in marketing publications without compensation to you.

## **Field Trips and Excursions**

Parents and/or guardians will be notified of all field trips at time of registration. If parents or guardians do not want their child to attend any given trip, they are responsible for notifying the Director at least one week in advance and must provide alternative plans for their child.

There may be instances, usually based on weather, in which Flying High staff makes the decision to conduct a certain activity outdoors or at a nearby park without prior notice.

Visits, trips and excursions will include, but are not limited to: field trips, walks around the neighborhood, visits to playgrounds or community businesses and establishments, etc.

Transportation will be provided by a licensed, insured vendor when walking is not an option.

On field trips, children will be required to wear their Flying High t-shirt. Any child who does not wear their t-shirt on field trip days may be refused entry to camp that day and parents and/or guardians will be responsible for making alternative arrangements. If your child loses his/her t-shirt, a replacement t-shirt may be purchased for an additional fee. All staff members are required to carry a cell phone with them when out of the building.

## **Guidance and Discipline Policy**

Flying High's discipline methods center on positive reinforcement, redirection to a more acceptable behavior, guidance and gentle reminders of behavioral expectations to help children develop self-control and assume responsibility for their actions. If these methods fail, the teacher will utilize logical, age appropriate consequences (i.e. "Think Breaks") to resolve the issue at hand.

Flying High is committed to helping children work through behavior issues. However, any child exhibiting behavior that threatens the safety of the child, his/her fellow campers, the environment or a staff member will be immediately removed from the situation so he/she can regain composure before rejoining the group.

No child, under any circumstances, will be subjected to:

- Corporal punishment of any kind
- Verbal/emotional abuse or public humiliation
- The threatened or actual withdrawal of food or use of the restroom
- Punishment for toilet accidents.

Families will be notified of any continuous or serious behavior issues and families may be asked to pick up the child. The Director will be notified of any serious or on-going issues and may request a meeting with the child's family.

### **Discharge Policy**

- Illinois State Law mandates that any child who, after attempts have been made to meet the child's individual needs, demonstrates inability to benefit from the type of care offered by the facility, or whose presence is detrimental to the group, shall be discharged from the facility.



# What will Children Do All Summer?

Below you will find the theme for each week of our summer camp program and a brief description of the activities involved.

\*Field trips are tentative and subject to change.

- **Week 1 (June 1<sup>st</sup>-June 5<sup>th</sup>): “Color Me Happy”**-Explore the dazzling world of color! Investigate how color works through science experiments, vivid works of art and colorful games. We’ll get messy and creative working with all the colors of rainbow in many ways and spend the week showing off your favorite color combos!

❖ **Tuesday Field Trip:** No Field Trip

❖ **Thursday Pool Trip:** No Field Trip

- **Week 2 (June 8<sup>th</sup>-June 12<sup>th</sup>): “Mystery Island”**-Summer is finally here! Bring your leis, grass skirts, Hawaiian shirts, and your best Hawaiian Luau dance, we are celebrating the beginning of summer in a tropical style. Campers will participate in water and land games, learn water safety, make fun beach scene crafts, and learn water science.

❖ **Tuesday Field Trip:** *Mystic Waters Family Aquatic Center*

❖ **Thursday Pool Trip:** *Phillips Park Family Aquatic Center*

- **Week 3 (June 15<sup>th</sup>-June 19<sup>th</sup>): “Hidden in the Garden”**-Most people look down on insects, but a closer look will show there is an amazing world waiting to be discovered. Campers will have the opportunity to investigate all aspects of Mother Nature. Their green thumbs will be put to the test as they create their own mini gardens.

❖ **Tuesday Field Trip:** *The Morton Arboretum*

❖ **Thursday Pool Trip:** *Paradise Bay Water Park*

- **Week 4 (June 22<sup>nd</sup>-June 26<sup>th</sup>): “Island Fiesta”-** ¡Ay Caramba! Join in on our celebration and let’s have a FIESTA playing fiesta inspired games, and dancing to the Macarena! Try your luck at hitting our pinata and enjoying some delicious walking-tacos or nachos. NO SIESTAS allowed or you will miss our special guest!

- ❖ **Tuesday Field Trip:** *Cypress Cove Family Aquatic Center*

- ❖ **Thursday Pool Trip:** *Pelican Harbor Aquatic Park*

- **Week 5 (June 29<sup>th</sup>-July 3<sup>rd</sup>): “Camp Choice Award”-**Who will be voted the “Funniest Camper,” “Silliest Laugh,” or “Future Camp Counselor” award? Based on the popular children award ceremony, Nickelodeon Kids’ Choice Awards, campers this week will have the opportunity to create their own awards and plan the amazing event. We will have the opportunity to celebrate every campers’ achievements and individuality.

- ❖ **Tuesday Field Trip:** *In the Game Hollywood Park*

- ❖ **Thursday Pool Trip:** *Coral Cove Water Park*

- **Week 6 (July 6<sup>th</sup>-July 10<sup>th</sup>): “On the Boardwalk”-**We’re bringing the beach to you this summer. Campers dive into seaside adventures while exploring ocean creatures, building sandcastles, and playing beach games. They will also get hands-on learning with liquid science experiments.

- ❖ **Tuesday Field Trip:** *Bartlett Aquatic Center*

- ❖ **Thursday Pool Trip:** *Splash Country Water Park*

- **Week 7 (July 13<sup>th</sup>- July 17<sup>th</sup>): “Animal Superpowers”-**KA-POW! Animals have amazing superpowers: falcons fly at incredible speeds, fish breathe underwater, squirrels “fly” and owls can hunt even when it’s dark. Learn about all different habitats and animal life on our planet.

- ❖ **Tuesday Field Trip:** *Lincoln Zoo*

- ❖ **Thursday Pool Trip:** *Wheeling Family Aquatic Center*

- **Week 8 (July 20<sup>th</sup>-July 24<sup>th</sup>): “All-American Road Trip”**-What lies out in the big cities and small towns of America? From famous monuments to little known landmarks, we’ll explore some of the places that make this country special.
  - ❖ **Tuesday Field Trip:** *Rainbow Falls*
  - ❖ **Thursday Pool Trip:** *Pelican Harbor Aquatic Park*
  
- **Week 9 (July 27<sup>th</sup>-July 31<sup>st</sup>): “What’s Beyond the Moon?”**- Blast off into space! Campers will learn about real-life space exploration and build models related to the NASA space program. We’ll make rockets, explore the galaxy, create an alien attire and even go on a moon rock scavenger hunt.
  - ❖ **Tuesday Field Trip:** *Adler Planetarium*
  - ❖ **Thursday Pool Trip:** *Bensenville Water Park & Splash Pad*
  
- **Week 10 (Aug 3<sup>rd</sup>-Aug 7<sup>th</sup>): “Wild World of Sports”**-On your mark, get set...GO! This week is all things sports and we need everybody in the game! Each day will offer a chance to stretch and test your muscles in variety of friendly competitions.
  - ❖ **Tuesday Field Trip:** *Coral Cove Water Park*
  - ❖ **Thursday Pool Trip:** *Rice Pool & Water Park*
  
- **Week 11 (Aug 10<sup>th</sup>-Aug 14<sup>th</sup>): “Getting S’mores”**-Tents and flashlights, sleeping bags, and backpacks! Beyond the fun and fresh air, camping can teach kids valuable life lessons about taking risks, respecting nature and being active. Join us on a week-long camping trip, right here at Flying High. We’ll make forts, play games, learn campfire songs, and prepare our own s’mores.
  - ❖ **Tuesday Field Trip:** *Blackberry Farm Village*
  - ❖ **Thursday Pool Trip:** *Mystic Waters Family Aquatic Center*

- **Week 12 (Aug 17<sup>th</sup>-Aug 21<sup>st</sup>): “Let’s Go Garden”** - A garden is a grand teacher. It teaches patience, careful watchfulness and encourages an attitude of conservation and respect for nature. Campers will have the opportunity to learn the names of different plants and growth requirements by managing their own garden project. In addition, we will learn more about healthy food and where they come from.

- ❖ **Tuesday Field Trip:** *Goebbert’s Pumpkin Patch and Apple Orchard*
- ❖ **Thursday Pool Trip:** *Splash Country Water Park*

- **Week 13 (Aug 24<sup>th</sup>-Aug 28<sup>th</sup>): “Mysteries at the Museum”**-Is Mona Lisa really smiling? The extraordinary, often bizarre treasures housed in America's museums represent wondrous chapters in history, but a physical display can tell only part of their story. Behind each artifact are amazing tales and secrets to be revealed. Put on your thinking cap and grab your magnifying glass as we step back in time to solve history mysteries. It’s an upside-down adventure through the great museums of the world.

- ❖ **Tuesday Field Trip:** *The Field Museum*
- ❖ **Thursday Pool Trip:** *No Field Trip*

- **Week 14 (Aug 31<sup>st</sup>-Sept 4<sup>th</sup>): “Young Environmentalist”**- Reduce, reuse, recycle are the three pillars of waste reduction. By helping to instill a sense of pride in being eco-friendly, kids can learn at a young age to actively protect our planet. Camper will have the opportunity to learn about and implementing various ways we can protect our environment while creating art projects out of recycled materials.

- ❖ **Tuesday Field Trip:** *No Field Trip*
- ❖ **Thursday Pool Trip:** *No Field Trip*



# Cosmic Café Client Tab



I am approving that expenses incurred at the Cosmic Café be placed onto my account weekly; therefore allowing *Flying High Sports and Rec Center* to charge all expenses on my tab to my account on the 20<sup>th</sup> of every month.

\_\_\_\_\_  
Family Last Name (Print)

\_\_\_\_\_  
Parent(s) First Name (Print)

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\*\*List **ALL** family members that are allowed to charge account:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please return to Cosmic Café

For Office Use Only

<b>Café Staff Checklist</b>
_____ Check List

<b>Admin's Checklist</b>
_____ Update Excel File

**Cosmic Café**  
**Lunch Order Form**  
**Cost \$5.00**

**First/Last Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Main Course:** Hotdog Corndog Mac & Cheese 5pc Chicken Nugget PB&J  
 Turkey Lunchable Ham Lunchable Noodle Soup  
 Chef Boyardee (*circle one*) Beef Ravioli Spaghetti & Meatballs  
 Beefaroni Lasagna

**ADD \$1.00:** Cheese Pizza

**Drink:** Apple Juice Capri Sun Water White Milk Chocolate Milk  
 Coke Diet Coke Minutemaide Lemonade Lite Sprite Fanta/Orange Vitamin Water  
 Gold Peak Sweet Black Tea Gold Peak UnSweet Black Tea

**Chips/Side:** Applesauce Fruit Cup String Cheese Doritos Veggie Chips  
 Cheetos/Flamin Hot Lays Pretzels Cheez-its Goldfish

**Dessert:** Ice Cream Sandwich Animal Crackers Freeze Pop

Office Only \_\_\_\_\_ :  
**Payment:** Cash Check Credit Card Charge Café Tab **Initials:** \_\_\_\_\_

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