



THE PHOEBE NEEDLES CENTER, INC
732 Turners Creek Road
Callaway, Virginia 24067
540-483-1518 Fax 540-483-2235
Email PNCenter@gmail.com Web www.PhoebeNeedles.org

Summer 2017

Dear Parents/Guardians and Phoebe Needles Center Day Campers,

The purpose of the Phoebe Needles Center instructional swimming program for rising first through fourth graders is to accomplish the following goals:

- I. Become comfortable in and around the water
- II. Demonstrate ability to swim underwater
- III. Demonstrate ability to float
- IV. Demonstrate ability to swim using a basic stroke and proper breathing
- V. To improve in any stroke they already know

Each participant should meet the following objectives as a participant in the Phoebe Needles Center instructional swimming program:

1. For each participant to demonstrate comfort in and around the water by their ability to participate in water games which are age and ability appropriate
2. To be able to put your face in the water and blow bubbles
3. To be able to go underwater at a shallow depth and retrieve an object
4. To know how and demonstrate how to float on your back without movement
5. Jump feet first into water over your head, come to the surface and float
6. To know how and demonstrate how to float face down without movement
7. To propel yourself on your back by kicking your feet
8. Propel yourself face down in the water by kicking your feet
9. To swim the length of the pool without stopping using a basic swimming stroke and proper breathing
10. Dive headfirst into water over your head, come to the surface and swim to the side of the pool using a basic swimming stroke

Youth attending summer camp at The Phoebe Needles Center will be exposed to a variety of activities and experiences that provide a context for them to gain the knowledge, skills and values listed above. In addition to this, we would also like to inform you of the situations in which parents or guardians of campers will be contacted during their camper's stay Phoebe Needles. It is important to remember that all decisions to contact parents or guardians are made by the Executive Director. The Executive Director (or specifically designated staff member) will notify parents or guardians by phone of an illness or injury to their camper in the following situations:

- Camper is home sick and requests to go home or talk with parents.
- Camper requires treatment from the local Emergency Medical Service.
- Camper is taken to the emergency room.
- Camper is hospitalized.

Please make sure you child wears their swimming suit and has sunscreen applied each day. They should have a towel, change of clothes, sunscreen, water shoes (to wear in the pool) and sneakers (for playing games).

If you have any questions about Summer Camp @ Phoebe Needles, please do not hesitate to give us a call at (540) 483-1518 or e-mail us at PNCenter@gmail.com.

**PLEASE REMEMBER THAT DROP OFF TIME IS BETWEEN 8:30am and 9:00am.
PICK UP TIME IS BETWEEN 3:30pm and by 4:00pm each day.**

Sincerely,

John H. Heck
Executive Director