



Phoebe Needles Center, Inc.
732 Turners Creek Road
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(540)-483-1518
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www.PhoebeNeedles.org

Summer 2023

Dear Day Camp Parents/Guardians and Campers,

The purpose of Phoebe Needles Center, Inc. Day Camp program for rising first through fourth graders is to accomplish the following goals:

- I. Learn to participate with a group of peers in a group project (art, nature, etc.)
- II. Demonstrate ability to participate in a variety of activities
- III. Demonstrate ability to play well and cooperatively with other children
- IV. Demonstrate ability to focus and concentrate to complete a variety of projects (art, nature, etc.)
- V. Improve problem solving skills

Each participant should meet the following objectives as a participant in the Phoebe Needles Center, Inc. Day Camp program:

1. To demonstrate the use of a variety of materials
2. To use materials to complete a craft or nature project
3. To work with others to complete a group task
4. To know and demonstrate how to use a variety of art materials
5. To develop an appreciation for the natural environment and how to care for it
6. To complete the projects presented at camp

For those attending swim camp, the purpose of the Phoebe Needles Center, Inc. **INSTRUCTIONAL SWIMMING PROGRAM** for rising first through fourth graders is to accomplish the following goals based on their ability:

- I. At a minimum, 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 on any stroke they already know

Each participant will have the opportunity to meet the following objectives as a participant in the Phoebe Needles Center, Inc. instructional swimming program based on their ability:

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

Your camper's safety is of utmost concern to Phoebe Needles Center, Inc. staff. Per Virginia Code, PNCI is a mandated reporter of suspected child abuse. If you wish to be provided with our full policy, it is available upon request. Youth attending Day Camp at Phoebe Needles Center, Inc. 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. 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 homesick for more than 24 hours 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 or hospitalized
- Camper contracts a contagious disease
- Camper exhibits symptoms related to COVID-19 virus
- Camper is lost

**** IMPORTANT INFORMATION FOR PARENTS TO HELP CAMP RUN SMOOTHLY ****

DROP OFF is between 8:30 and 9:00 AM each day. Prior to 8:30 AM, there is no one to wait with your child. Camp begins at 9:00 AM. All campers must be **SIGNED IN** and **OUT** each day. Late arrival is okay. When you have a late arrival, if there is no staff in the sign-in area, go to the office and office staff will radio for day camp staff to come get your child.

PICK UP is between 3:30 and 3:45 PM. In case you are running late, day camp staff is on site until 4:00 PM. Usually, the last 15 minutes of staff time is used to meet, clean up and prep for the next day, so we appreciate parents being on time for pick up. Still, we know that life happens! So, **IF YOU ARE GOING TO BE LATE**, please call 540-483-1518 to make arrangements for someone to stay with your child until you can pick them up.

If your pick up person is different from your drop off person, or is not a parent/guardian as identified on your registration form, then you will need to complete a form at the registration table advising us who is authorized to pick up your camper.

Campers **SWIM EVERY DAY**. Please make sure to send sunscreen and a towel, daily. A swim shirt is a great guard against sunburn. A sweatshirt is also useful if your camper gets cold after swimming. If your child is not already a swimmer, then it is also helpful to bring swim shoes, as toes sometimes get scraped on the pool surface.

ALL CAMPERS SHOULD BRING A WATER BOTTLE, DAILY.

LUNCH AND SNACKS are provided by the Center for all campers, daily. Generally, this consists of a sandwich (usually, choice of ham/turkey, with or without cheese, or peanut butter and jelly), along with fruit, veggies, yogurt, chips, cereal bars and the like. If your child is a picky eater or has food allergies, you are welcome to send a packed lunch that can be eaten as-is (no items that must be heated).

IT IS HELPFUL TO US IF YOU LABEL ALL YOUR CAMPERS BELONGINGS WITH THEIR NAME. This includes shirts, water bottles, bags, lunchboxes, swim suits, towels, etc.

Please, **DO NOT** bring any electronic devices to camp.

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

Sincerely,



John H. Heck
Executive Director