



Phoebe Needles Center, Inc.



## Welcome to Summer Day Camp 2025!

### Drop-Off

- Mondays Only > Drop-off is from 7:30 –8:15 AM
- Tuesday—Friday > Drop-off is from 8:00—8:15 AM
- Park in front of rock building (Phoebe Needles Hall) and come up front steps.
- Campers must be signed in and out by a parent/designated person each day.
- Parents may designate other people to pick up their child(ren) using our “Authorization to Pick Up a Child” form.

### Pick-Up

- Regular Pick-Up > Monday-Friday is from 3:30 PM –3:45 PM.
- If you are going to be late (past 3:45 PM), please call ahead to 540-483-1518 to let us know.
- Parent/designated pick-ups arriving after 4:00 PM may incur a \$15.00 after hours fee.

Questions: Contact Tabatha Chitwood at 540-243-0509, or Stacey Sink at 540-483-1518 or [officemanager@phoebeneedles.org](mailto:officemanager@phoebeneedles.org)

### What to Bring to Day Camp

- Backpack or bag to hold belongings
- Water Bottle (NO GLASS!)
- Extra Bathing Suit
- Change of Clothes
- Two Towels (bath or beach)
- Sunscreen lotion or spray (NO OIL!)
- Swim Shoes for the pool
- Close-toed Shoes for outdoor activities
- Lunch (if your child has food allergies or is a picky eater)
- Swim Goggles (optional)
- Insect Repellant (optional)

### Helpful Tips for Your Camper

- ⇒ **Be Ready to Swim:** Have your child dressed and “ready to swim” each morning with bathing suit already on and shorts & shirt over the swimsuit.
- ⇒ **Shoes:** Please have your child bring 2 sets of shoes: Close-toed shoes for outdoor exploring and field trips, and water shoes for the pool.
- ⇒ **Extra Bathing Suit & Towel:** Leave an extra bathing suit & towel at camp for the week for those “just in case” moments. Leave these with the Camp Staff in a bag marked with your child’s name.
- ⇒ **PLEASE LABEL ALL ITEMS:** Please mark ALL items brought to camp with your child’s name. This includes, towels, lunch boxes, clothing, shoes, backpacks , water bottles, etc.
- ⇒ **PLEASE CHECK THE LOST & FOUND TABLE AT PICK-UP EACH DAY.**
- ⇒ **Field Trips:** Campers in Camp Weeks 1-5, should expect to go on at least one short field trip (2 hours). During Week 6 (Swim Camp 3) the “field trip” will be brought to us!
- ⇒ **Last Day of Camp (Friday, each week):** You are invited to attend a “Celebration of Camp Achievements” starting at 3:00 PM on the Amphitheater Stage near the Camp Office.

### Breakfast, Snacks, & Lunch

#### Breakfast

We serve a breakfast snack each morning, consisting of milk, cereal, granola bars, whole grain muffins, donuts, or pastries, and fruit.

#### Lunch

Lunch usually consists of a daily entrée, with sides like chips, raw veggies or fruit, cookies, water and lemonade.

#### MONDAY, TUESDAY & THURSDAY

Choice of Cold Sandwich  
(Ham, Bologna, Cheese, PB&J)

#### WEDNESDAY

Mac & Cheese, Veggies & Dip

#### FRIDAY

Grilled Cheese & Soup  
(lunch menu subject to change without notice)

#### Afternoon Snack

Afternoon snack usually consists of whole grain chips with fresh or canned fruit and milk or water.

### HOLIDAYS AT CAMP celebrated weekly on Thursdays!

- Swim 1:** Valentine’s Day
- Sports Fun:** 4th of July (Thursday & Friday Celebration)
- Swim 2:** Christmas in July
- Nature & Art:** Halloween
- Adventure:** St. Patrick’s Day
- Swim 3:** Thanksgiving

### THEME DAYS

- Mondays:** Music Day / Mystery Mondays
- Tuesdays:** Beach Party Day / Talent Show Day
- Wednesdays:** Crazy Hair Day / Pajama Day / Superhero Day
- Thursdays:** “Holidays at Camp” (July 4th will be on a Friday this year)
- Fridays:** Tie Dye T-shirt Day! Camp Photo Day. End of Week Celebrations & Special End of Week Dessert before camper pick up (cake or ice cream)