



## **Welcome to Hit the Gym!**

Camp Dates: **July 7-11**

This camp is perfect for teens who want to get active and learn about fitness! They'll have a blast with fun activities like swimming, cycling and/or rowing classes, strength workouts, pilates & yoga, boot camp-style challenges, obstacle courses, and recovery sessions. After completing the Fitness Centre's "Youth Orientation"(included), they'll gain the skills, knowledge, and confidence to use the gym on their own. The camp includes one swim day each week.

To have the best camp experience,

**\*Arrive a few mins early the first day of camp to allow for transitions.**

### **What to wear**

- Gym and fitness appropriate attire (gym shorts, t-shirts, tights, tank tops)
- Clean running shoes

### **What to bring** (label everything)

- **YOGA MAT (daily)**
- Hat, sunscreen, and bug spray
- Water bottle
- Lunch bag: morning snack, lunch, afternoon snack.  
\*All items must be Nut free\*  
\*Lunches will not be available for purchase on or offsite\*
- Swimsuit, rash guard (sun shirt), towel extra bag for wet items.
- Weather appropriate clothing, raincoat etc. (we play rain or shine)
- Any medication, such as an Epi-Pen or inhaler, must always be worn in a fanny pack except for the pool.

\*Trico Centre is not responsible for lost or stolen items, please leave valuables at home.

### **Drop-off**

- Camp begins at 9:00am.
- Staggered drop off anytime between 7:30am-9:00 am.
- Upon arrival, go to the check-in table located on the upper level across from the pool viewing area.
  - After checking in, Day Camp staff will direct you and your camper(s) to their room.
  - **The check-in desk will *only* apply to the first day of camp.**
  - Check-in will be done by the individual camp leaders in their rooms Tuesday-Friday.



- Campers arriving after 9am must be accompanied by a caregiver (unless camper has been pre-approved for **self-check-in/out** to Guest Services where their camps will be notified).

### **Swimming**

- € Swimming will take place on **Friday, July 11th** from **1:15 PM to 2:30 PM**.
  - ⌘ Please bring a swimsuit, towel, and an extra bag for wet items.

### **Theme Day**

- We're wrapping up the week with **Yeehaw Day** on **Friday, July 11th**! Campers are encouraged to come dressed in their best western wear, think cowboy hats, plaid shirts, bandanas, and boots (if they're comfy for camp!).

### **Pick-up**

- Camps end at 4:00pm
- Staggered pick up anytime between 4:00-5:30 pm.
- Upon arrival, please head to the campers' designated room. This will be the same as drop off and remain for the duration of camp.
  - Individual camp leaders will sign out the camper(s).
- Camper(s) will only be released to authorized pick-ups.
- **Photo ID will be required.**
- If your camper has been pre-approved for self-sign out. Please have a designated meeting spot planned.

### **Camp activity schedule:**

- **Monday, July 7<sup>th</sup> from 1:30-2:15 PM: Pilates & from 3:30-3:45 Hot Tub Soak**
  - Please bring a swimsuit, towel, and an extra bag for wet items.
- **Tuesday July 8<sup>th</sup> from 1:30-2:15 PM: Bootcamp & from 3:00-3:45 PM Yoga**
- **Wednesday July 9<sup>th</sup> from 10:30-11:30 AM: Fitness Centre Time & from 1:30-2:15 PM Cycling & from 3:30-3:45 Hot Tub Soak**
  - Please bring a swimsuit, towel, and an extra bag for wet items.
- **Thursday July 10<sup>th</sup> from 1:30-2:15 PM: Bootcamp & from 3:00-3:45 PM Yoga**
- **Friday July 11<sup>th</sup> from 11:00 AM-12:00 PM: Fitness Centre Time**

If running late, please call (403) 815-9750 or Guest Services at (403) 278-7542.

- A minimum \$15 late fee will be charged for pick-ups past 5:30 pm.
- After 30 mins, all emergency contacts will be contacted.
- After 1 hour, the relevant authorities will be notified to collect the camper



We are excited for the week ahead!

Trico Day Camps Team

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