

# MOUNTAIN ADVENTURE CAMP

## Summer Camp

Ages 5-12

Dates: June 3-July 19, 2019 (Monday-Friday)

When & Where: 8:30-4:30, Mountain School Gym

Price: \$170 per week/per child OR \$37 per day/per child

\*\$30 Registration Fee per child, due with Registration Sheet and Emergency Form to secure a spot at camp.

Ms. Mary is a current teacher and Ms. Sally runs the Before/Aftercare program at Mountain School and we are excited about the opportunity to provide summer camp. We will be basing ourselves out of Mountain School's gym, but will take adventures all around the neighborhood, the city and we will even head down to Sedona! Our staff is CPR/First Aid certified.

Summer camp is a **VERY active** environment! We will be constantly engaged in physical activities. We will have a theme each week throughout camp. We invite all Flagstaff children who have completed kindergarten through fifth grade in the 2018-2019 school year to attend camp. If you have questions regarding your child's eligibility to attend camp, contact us. Please be aware that spots fill up quickly and are filled on a first come, first served basis upon receipt of your registration form, registration fee paid in full, and emergency information sheet.

## Field trips every day!

- ❖ Red Rock Crossing
- ❖ Lava Tubes
- ❖ Biking
- ❖ West Fork
- ❖ Beaver Creek
- ❖ Aquaplex
- ❖ Aspen Corner
- ❖ Parks

And more!

## CAMP AT A GLANCE

**Mondays** will be our School Activity & Bike day. We will do a school activity (science, baking or arts & crafts) and we will go on a bike ride. Your child needs to be able to ride their bicycle proficiently without training wheels.

**Tuesdays & Thursdays** will be our main Field Trip days. For hikes, your child needs to have enough stamina to hike over 2 miles and for water days, your child needs to be able to swim independently. There is no exception to this. For these days, they must have a backpack as they will be responsible for carrying their own lunch, water bottles, towel, etc.

**Wednesdays** are our park, activity in the community and school activity days. The activities in the community will include going to Willow Bend, Fire station #6, Heritage Square activities, the Library, etc.

**Fridays** are our movie days. We head to Harkins Theater to enjoy the Summer Movie Fun passes and the air conditioning!

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## BE PREPARED

**Lunches:** Every day, your child will need a morning and afternoon snack as well as a healthy lunch. Please send a big lunch and plenty of fruits and vegetables.

**Water Bottles:** Every day, bring one large, or two small water bottles, labeled with your child's name.

**Shoes:** When we go on water trips, the best shoes are a type of water sandal that can be worn while we hike AND while playing in the water. We require the kids to wear their shoes in the water at all times to prevent injuries. Sneakers are recommended for days when we are generally active, like hiking on the Peaks, riding bikes or park days.

**Sun Protection:** Load your kids up with sunscreen BEFORE they come to camp EVERY DAY. We will assist in reapplying after we eat our lunches and after heavy water play to keep them covered all day. We highly suggest having them wear sun protective shirts/shorts and to have a hat to prevent sunburns (all labeled, please).

If you are interested in camp, please fill out (per child) the attached Registration Sheet and Emergency Form and return them to the front desk of Mountain School, mail, or email them to us, along with the Registration Fee of \$30, accepted as cash or check (made out to Mountain Adventure Camp LLC).

Please feel free to contact me at school (928-779-2392), by cell or email.

Ms. Mary Cagigas- (928) 200-1441, [maryc@mountaincharterschool.com](mailto:maryc@mountaincharterschool.com)  
<http://www.mountaincharterschool.com>

We have an absolutely fantastic time at camp and are excited for the summer to start!

Thank you,

Mountain Adventure Camp LLC Staff

Detach the following Registration Sheet & Emergency Form & keep the rest of the information with you as a reference.

## **Mountain Adventure Camp LLC- Weekly Schedule & what to bring**

Please remember, your child needs a lunch, plenty of snacks, appropriate shoes, water bottle and to be sunscreensed before they come to camp. Below is a list of tentative activities & additional items your child will need on specific days.

### **Week 1 June 3-June 7**

**Monday**= School Activity/ Biking - Bike, helmet, water bottle.

**Tuesday**= Sandy Seep Hike/School Activity -Sneakers, backpack, water bottles, hat

**Wednesday**= Activity in the Community/ Thorpe Park - Sneakers, backpack, water bottles, hat/  
School Activity

**Thursday**= Beaver Creek - Hiking/water sandals, swimsuit, towel, backpack, 2 water bottles,  
hat

**Friday**= Movie/ Griffith Springs - Sneakers, backpack, water bottles, hat

### **Week 2 June 10-14**

**Monday**= School Activity/ Biking - Bike, helmet, water bottle.

**Tuesday**= Fort Building on the Peaks - Sneakers, backpack, water bottles, hat

**Wednesday**= Activity in the Community/ Wetlands & Raymond Park - Sneakers, backpack,  
water bottles, hat/ School Activity

**Thursday**= Kendrick Watchable Wildlife Trail-Sneakers, backpack, water bottles, hat

**Friday**= Movie/FoxGlenn Park- Sneakers

### **Week 3 June 17-21**

**Monday**= School Activity/ Biking - Bike, helmet, water bottle.

**Tuesday**= Fat Man's Loop - Sneakers or hiking boots, backpack and hat

**Wednesday**= Activity in the Community/ Duck Pond & Thorpe Park - Sneakers, backpack, water  
bottles, hat / School Activity

**Thursday**= West Fork - Hiking/water sandals, swimsuit, towel, 2 water bottles, hat, backpack

**Friday**= Movie /Campbell Mesa Loop -Sneakers, backpack, water bottles, hat

### **Week 4 June 24-June 28**

**Monday**= School Activity/ Biking - Bike, helmet, water bottle.

**Tuesday**= Veit Springs - Hiking boots or sneakers, backpack, hat

**Wednesday**= Activity in the Community/ McPherson Park - Sneakers, water bottles, hat/ School  
Activity

**Thursday**= Red Rock Crossing-Hiking/water sandals, swimsuit, towel, 2 water bottles, hat

**Friday**= Movie/ Arboretum - Sneakers, backpack, water bottles, hat

**Week 5 July 1-July 5 (no camp July 4th)**

**Monday**= School Activity/ Biking - Bike, helmet, water bottle.

**Tuesday**= Kendrick Watchable Wildlife Trail-Hiking boots or sneakers, backpack, water bottles, hat

**Wednesday**= Activity in the Community/Keyhole Sink hike - Sneakers, backpack, water bottles, hat

**Thursday**= July 4<sup>th</sup>, no camp

**Friday**= Movie/ Bushmaster Park- Sneakers

**Week 6 July 8-July 12**

**Monday**= School Activity/ Biking - Bike, helmet, water bottle.

**Tuesday**= Lava Tubes - Your child MUST have all of these things in order to go! Sneakers or hiking boots, long pants, sweatshirt or jacket and a headlamp (flashlight if you don't have a headlamp, however headlamps work better because then hands are free). Gloves and hats are optional, but good to have.

**Wednesday**= Activity in the Community/Bowling- Sneakers. Kids will wear their own sneakers, NOT bowling shoes

**Thursday**= School Activity/ Aspen Nature Loop Trail-Hiking boots or sneakers, backpack, water bottles, hat

**Friday**= Movie/ Picture Canyon hike- Hiking boots or sneakers, backpack, water bottles, hat

**Week 7 July 15-July 19**

**Monday**= School Activity/ Biking - Bike, helmet, water bottle.

**Tuesday**= Fort Building on the Peaks - Hiking boots or sneakers, backpack, water bottles, hat

**Wednesday**= Activity in the Community/ Walnut Canyon hike - Sneakers, backpack, water bottles, hat/School Activity

**Thursday**= School Activity/ Aquaplex - Sandals, swimsuit, towel.

**Friday**= Movie/ Peter Piper Pizza & Games!

**Save this sheet as a reminder for what you need on a daily basis.**

Activities may change based on weather and availability. Please be aware, we will be leaving the school shortly after 8:30 for many of the field trips, so if you know you are running late, call us so we know to wait for you or let you know where you can meet us.

# Mountain Adventure Camp LLC

## Registration Sheet

June 3-July 19, 2019

8:30am - 4:30pm

\$170 per week/per child OR \$37 per day/per child

Return this Registration Sheet, Emergency Form AND the Registration Fee of \$30 (made out to Mountain Adventure Camp LLC) per child to ensure your child's spot at camp

Child's Name & Age: \_\_\_\_\_

### Desired Camp Dates

Indicate specific dates you wish your child to attend camp for each week.

Week 1 = June 3-7 \_\_\_\_\_

Week 2 = June 10-14 \_\_\_\_\_

Week 3 = June 17-21 \_\_\_\_\_

Week 4 = June 24-28 \_\_\_\_\_

Week 5 = July 1-5 (July 4<sup>th</sup>, no camp) \_\_\_\_\_

Week 6 = July 8-12 \_\_\_\_\_

Week 7 = July 15-19 \_\_\_\_\_

### Parent/Guardian Permission Waiver & Agreement

\_\_\_\_\_(initial) As a legal guardian, I give permission for the registrant to participate in all phases of camp activities and off-site trips and will not hold Mountain School, Mountain Adventure Camp LLC, Mary Cagigas, or Sally Yakimovich responsible. I understand and agree to cooperate with all regulations. I will not allow registrant to attend if not in good physical condition. In an emergency, when the undersigned or other person named cannot be reached, I give permission for the camp authorities to take any emergency measures deemed appropriate. It is understood that all reasonable efforts will be made to contact the parent/guardian.

\_\_\_\_\_(initial) I am signing that I will give written notice before May 24<sup>th</sup>, 2019 of any changes to the above schedule or I will be required to give payment for those dates, even if services are not rendered.

\_\_\_\_\_(initial) I agree that if my child acts inappropriately or endangers oneself or anyone else during camp hours that he/she will be asked not to return to camp and all dates signed up for will be paid in full by the parent/guardian signing below.

\_\_\_\_\_(initial) I am aware that the staff phone numbers provided are for emergency use only during camp hours. The camp staff will notify me if needed.

\_\_\_\_\_(initial) I give permission to use photos taken during camp for slide show and website.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone number: \_\_\_\_\_