

Let's Dance

Program Director – Amelia Mierzwa 636-532-3100 x259
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Drop-off/Pick-up

Drop-off time is at 9:00 am at the tents across the street from the main entrance of the Y. Please arrive no earlier than 8:50 am. Campers must be signed in and out each day; there is no exception to this rule. If you will be dropping your child off before 8:50 am you must enroll him/her in Fun Club. Pick-up is at 4:00 pm by the tents.

Dates and Hours

Week 4: June 13-17

What to Wear and Bring

Please label everything! Each day your child should wear comfortable, workout friendly clothing since the campers will be working out and playing games throughout the day. It may be a good idea to bring a set of dry clothes to change into. Campers should wear tennis shoes. No sandals or open toe shoes should be worn to camp, however, flip-flops for swimming is advised. Campers should bring a backpack, a swimsuit for our pool day, bottle of sunscreen in a zip lock bag, flip-flops and towel. **It is very important that your child wears sunscreen each day as we will venture outside sometimes. Please apply it before your child comes to camp.** Counselors are not permitted to apply sunscreen. All campers should bring a **non-perishable lunch and water bottle** – please avoid peanut products.

Parent Communication

Your child's counselor will call you the Sunday before camp to introduce him/herself. If during the camp season, you have questions about your child, please Amelia. As the fitness office is a busy place during the day and the Director spends most of her time observing the staff and interacting with campers, it is quite possible you will reach the voice mail system. When this happens please leave a detailed message and the call will be returned as soon as possible. Please leave a day and evening phone number. If you have an emergency, please call the Service Center at 636-532-3100.

Rainy or Extremely Hot Days

We will be doing both indoor and outdoor activities dependent upon the weather.

Special Events

Each child will get to work with a certified Zumba/dance instructor. On Friday the kids will perform a dance they learned for their family and friends.

Swimming

We will swim, the day determined by the weather forecast and other swim schedules.

Sample Day For Camp

The schedule is a sample and is subject to change.

9:00	Opening Ceremony
9:15	Introduce workout plan for the day- warm up exercises
10:15	Break
10:30	Dance lesson
11:30	Games and activities
12:00	Lunch
1:30	Dance lesson
2:30	Snack
2:45	Games and activities
3:30	Clean up
4:00	Sign out at fun club tents