



UNIGYM  
GATINEAU



## GUIDE SUMMER CAMP 2023

We are looking forward to welcoming children to our **2023 summer camp**! The camp is going to be a summer full of adventures that will leave the kids filled with fun and excitement and allow them to spend their energy. Children will be transported through a fascinating theme each week and will have the opportunity to practice the sport of **gymnastics** at least **3 hours a day**!

Our summer camp is designed for beginners as well as for gymnasts already registered in this discipline. The goal of the camp is to offer children the enjoyment of gymnastics in a social and educational environment and to familiarize them with the basic gymnastics movements.

Please make sure that your account information on our website is up to date. Please read the details and instructions to ensure that your child's stay at camp goes smoothly:

### Specific instructions

- ✓ Arrival and departure: Only one parent per child is allowed in the reception area.
- ✓ Each day, the child will be required to put their personal belongings in their assigned place.
- ✓ It will be forbidden to circulate without the permission of the instructor.
- ✓ It will not be permitted to share personal belongings or games.



## General information

- ✓ Daycare included
- ✓ One special activity included
- ✓ Qualified coaches
- ✓ Bilingual environment
- ✓ Statement 24 for tax purposes (SIN required)
- ✓ No peanuts or nuts allowed



## Opening hours

- ✓ Daycare (included in the price): 7:00 a.m. to 9:00 a.m. and 4:00 p.m. to 5:30 p.m.
- ✓ Day camp activities: 9 a.m. to 4 p.m.

## How to dress

- ✓ Comfortable clothing
- ✓ Gymnastics leotard (not mandatory), ideally already under the clothes at the arrival
- ✓ Sneakers
- ✓ Socks

## In the backpack

- ✓ Sunscreen (the child must apply it alone)
- ✓ Cap or hat
- ✓ Spare clothing
- ✓ Warm sweater
- ✓ A bathing suit
- ✓ A towel
- ✓ A pencil case with pencils or markers of your choice
- ✓ A reading book
- ✓ An individual game kit: skipping rope, Aki ball, marbles, sidewalk chalk, individual indoor quiet games, card game, etc.
- ✓ An individual bottle of hand sanitizer
- ✓ An individual bottle of hand cream (optional)



## In the lunch box

- ✓ A cold lunch (no meal to be reheated) or a meal in a thermos
- ✓ 2 snacks
- ✓ No peanuts or nuts allowed
- ✓ A bottle of water (IMPORTANT for outdoor activities)



### Documents to be completed if necessary



- ✓ Identification form for children with allergies using an EpiPen® or TwinJect® (if applicable)
- ✓ Medication Administration Authorization Form (if applicable)

You will find these documents attached. Please complete the applicable forms and email them back to us before your arrival.

### Typical day (hours and activities may vary)

7:00 - 9:00 am	Arrival of children, daycare, individual quiet activities
9:00 - 10:20 am	Outdoor games/ crafts/ gymnastics and trampoline
10:20 - 10:40 a.m.	Snack
10:40 - 12:00 p.m.	Outdoor games / crafts / gymnastics and trampoline
12 - 1 pm	Lunch outside if no rain
1 - 2:30 pm	Outdoor games / Organized activities / Park
2:30 - 2:50 pm	Snack
2:50 - 4:00 pm	Outdoor games / Gymnastics and trampoline
4:00 - 5:30 p.m.	Daycare, individual activities, departure of children



We look forward to welcoming you this summer!

If you have any questions, please do not hesitate to contact us:

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