

# FLYING HIGH

## SUMMER CAMP

2020

### INFORMATIONAL PACKET:

- ☆ Dates, Hours, and Prices
- ☆ Schedule Information
- ☆ FAQs

Stay healthy, fit, and active all summer long!



Camp Director: Erica Perez  
Erica.D@flyinghighgym.com

FLYING HIGH   
SPORTS & REC CENTER

5400 East Ave, Countryside, IL 60525  
www.flyinghighgym.com

P: (708) 352-3099 | F: (708) 589-7320

# Flying High Summer Camp 2020

## Summer Camp FUN for Boys and Girls Ages 4 to 12yrs!

Our 14-week *flexible* schedule begins *Monday, June 1<sup>st</sup>* and runs through *Friday, September 4<sup>th</sup>*.

**About the Camp:** Your child can spend the summer staying active, learning, discovering, and making new friends! Flying High Summer Camp will provide your child with a non-stop, action-packed, fun-filled summer!

### **Weekly activities will include:**

- Daily Open Gym
- Structured Games, Sports and Other Activities
- Weekly Silent Reading
- Weekly Field Trips (Tuesday and Thursday)
- Weekly Zumba Classes with a certified instructor
- Weekly Gymnastics, Ninja and Martial Arts classes with our Flying High instructors
- Science Experiments
- Creation Station
- Outdoor Adventures
- Movie Pizza Pajama Party every Friday —Kids wear pajamas, eat pizza, and watch a movie on “the big screen”!

### **\*Hours of Operation:**

Pick and choose between full weeks, whole days, half days, and field trips days.

**Every Monday, Tuesday, Wednesday, Thursday and Friday from June 1st-September 4th**

**Whole Day(s):** 9:00 am – 4:00 pm

**Half Day(s):** 9:00am – 11:30am or 1:30pm -4:00pm

**Field Trip Day(s):** 9:00am-4:00pm (every Tuesday and Thursday)

### **Extended Care:**

**Before Care:** Monday – Friday, 8:00am – 9:00am

**After Care:** Monday – Friday, 4:00pm – 5:30pm



**SUMMER**

**Before/After Care: NO CHARGE (EARLY drop offs before 8am or LATE pickups past 5:30pm will automatically be charged our Extended Before (\$8)/After Care program fee (\$15) per child, NO sibling discounts)**

**Extended Before/After Care:**

**Extended Before Care:** Monday-Friday, 7:30am-8am

**Extended After Care:** Monday-Friday, 5:30pm-6:30pm

**\*Pre-registration is preferred so that we can staff accordingly. Payment will be processed in full upon submitted registration.**

**\*Price:**

*All campers will be charged a non-refundable administration fee of \$35.00 at time of registration.*

**Weekly Options:**

**Option A: Full Week without Field Trip**

Monday-Friday, 9:00am-4:00pm (field trip NOT included)

\$252 per child/per week

**Option B: Full Week with Tuesday Field Trip**

Monday-Friday, 9:00am-4:00pm (field trip included)

\*Not available week 1, 14\*

\$264 per child/per week

**Option C: Full Week with Thursday Field Trip**

\*Not available week 1, 13, 14\*

Monday-Friday, 9:00am-4:00pm (field trip included)

\$264 per child/per week

**Option D: Full Week with Two Field Trips**

\*Available weeks 2, 3, 4, 5, 6, 7, 8, 10, 11, 12\*

Monday-Friday, 9:00am-4:00pm (field trip included)

\$273 per child/per week

**Daily Options:**

**Option E: Whole Day(s) without Field Trip (9am-4pm)**

\$59 per child/per day

**Option F: Whole Day(s) with Field Trip (9am-4pm)**

\$71 per child/per day

**Option G: Half Day(s) Morning (9am-11:30am)**





**Option H: Half Day(s) Afternoon (1:30pm-4pm)**

\$35 per child/per day

**Before/After Care (8am-9am and 4pm-5:30pm)**

Before Care: NO CHARGE

After Care: NO CHARGE

**Extended Before Care (7:30am-8am)**

\$8 per child NO sibling discount

**Extended After Care (5:30pm-6:30pm)**

\$15 per child NO sibling discount



**\* Price does not include lunch. Lunch packages and snack items available for purchase from the Cosmic Café.**

**Savings:**

**Sibling Discounts:**

-10% off the 2<sup>nd</sup> sibling

-15% off the 3<sup>rd</sup> sibling

-4<sup>th</sup> sibling is FREE!

**\*Competitive Team Families see the Front Desk for pricing!**

**Frequently Asked Questions about Flying High Summer Camp**

**Q. Can my child attend camp if he/she is not enrolled in classes at Flying High?**

A. Yes!

**Q. What is the staff/camper ratio?**

A. Our ratio is approximately 10:1-15:1 in-building and 4:1-8:1 out-of-building (depending on the activity).

**Q. What do campers do all day?**

A. Kids will be busy, busy, busy ALL day long! They will participate in activities including: group games, safe science experiments, sports, arts and crafts, Gymnastics, Martial Arts, Ninja Zone, Zumba, playtime at the park, Open Gym, Field Trips, Pizza Pajama Parties and so much more! You can find our Daily Activity Schedules on our website.

**Q. When is payment due?**

A. Payment will be processed in full upon submitted registration.

**Q. Our plans changed. What is your refund policy?**

A. Please notify our Front Desk and a credit will be added to your Flying High account.

**Q. Who instructs the extra classes for campers (Gymnastics, Martial Arts, Ninja Zone, Zumba and Yoga)?**

A. Flying High's experienced instructors host the Gymnastics, Martial Arts, and Ninja Zone Classes. \*Please note that the Gymnastics, Martial Arts, and Ninja classes offered in our camp program were created for the kids to stay active and have fun while building strength, flexibility, endurance, and confidence. If your child is currently enrolled in Flying High Classes, our recreational camp classes are not intended to replace those classes. Our Zumba and Yoga classes are instructed by certified instructors.

**Q. Can I request that my child be grouped with his/her friends or siblings?**

A. Campers are separated into 3 groups based on age, but exceptions can be made.

Child Group: Ages 4-6

Youth Group: Ages 7-9

Tween Group: Ages 10-12

Junior Camp Counselor: Ages 13-14



**Q. When/What are the Field Trips?**

A. Field Trips for Summer Camp will be on Tuesdays and Thursdays. A school bus takes us to and from our destinations. Examples of Field Trips include Oakbrook Indoor Pool and Outdoor Splash Pad, Blackberry Farm, and Lincoln Park Zoo. NEW SUMMER 2020: Every Thursday Field Trip will be to the pool! More specific information regarding Field Trips will be included in our Parent Handbook.

All children that attend a Field Trip will be given a Flying High Field Trip Shirt. It is REQUIRED, for safety reasons, that ALL children attending Field Trips wear this shirt! If your child does not wear his/her Field Trip Shirt, he/she may not be permitted to attend the Field Trip. Wearing this shirt is VERY important.

**Q. What is a Pizza Pajama Party?**

A. Every **Friday** campers get to wear their pajamas ALL day! Children will participate in open gym, games, arts and crafts and will have pizza for lunch! We will spend the afternoon watching a different, age-appropriate movie every week! Pizza Pajama Party days are a great way for children to unwind and relax after an action-packed week of camp!

**Q. What should my child wear?**

A. Children should wear comfortable, weather-appropriate clothing each day. We will be participating in activities indoors and outdoors on a daily basis. While in the building, children usually do not wear shoes. While out of the building, it is important for children to wear athletic shoes so he/she can walk comfortably and participate in outdoor sports and games! Please make sure your child wears athletic shoes every day or has a pair of athletic shoes to keep in his/her cubby to use when needed.

All children that attend a field trip day will be given a Flying High field trip shirt. It is REQUIRED, for safety reasons, that ALL children attending field trips wear this shirt. If your child does not wear his/her field trip shirt, he/she may not be permitted to attend the field trip. Wearing this shirt is VERY important.

**Q. What should my child bring every day?**

A. Each child will be given a cubby when they arrive at Flying High. This cubby will belong to the child for the entire time he/she is at camp. Children should keep a bottle of sunscreen and change of clothes (just in case!) in their cubby at all times. Children should bring a bottle of water (for outside time) and a bag lunch every day (except Friday) or money to purchase lunch. A snack will be provided by Flying High each day, but children are more than welcome to bring their own or to bring money to purchase one from the café.

Remember, Flying High field trip shirts are required for field trip days!

**Q. How do I purchase lunch for my child/children from the Cosmic Café?**

A. If you would like to purchase a lunch package, you can do so from the Cosmic Café for \$5.00. Packages include a main course, side item, dessert. Payment can be made in advance via cash, credit card, or check at the front desk. Lunch packages and other café items may also be charged to your Flying High Account. Please see a staff member to set up a Café Tab if you'd like to utilize this option.

All lunch orders are placed during sign in time. Forms will be available each morning when you drop off your camper.

**Q: What if my child has class on a camp day?**

A: No problem! If your child is attending camp and has a Flying High Class any time during camp hours, our staff will be sure to get your child to and from class. It is the parent's responsibility to let the camp staff know the day and time of their child's class.

**Q. What if my child needs to take medication?**

A. If your child needs to take medication during camp hours, a parent/legal guardian will need to fill out a Medication Permission Form. You can fill this form out in the Camp Room during drop off time or at the Front Desk.

**Q. What if someone else will be picking my child up from camp?**

A. Please notify the staff and fill out the "Camper Authorization Release Form". You may leave a note for staff with the front desk, tell a staff member in person at drop off, or call or email the Camp Director or Front Desk as soon as possible. Children will not be released to an unauthorized pick-up person! A photo I.D. may be required.

**Q. What if I am running late to pick my child up from camp?**

A. Please give us a courtesy call to make us aware of the situation. We will keep your child in our care until you arrive (see Parent Handbook for exceptions). Based on the situation, you may be charged a fee for the extra time.

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If you have any additional questions, comments or concerns please contact our Camp Director, Erica A. Perez, by emailing [Erica.P@flyinghighgym.com](mailto:Erica.P@flyinghighgym.com) or calling 708.352.3099.





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# SUMMER CAMP



<b>WEEK 1</b> <b>June 1-June 5</b> <b>COLOR ME HAPPY</b> There are no Field Trips this week.	<b>WEEK 2</b> <b>June 8-June 12</b> <b>MYSTERY ISLAND</b> Tuesday Field Trip to Mystic Waters Family Aquatic Center. Thursday Field Trip to Phillips Park Family Aquatic Center.	<b>WEEK 3</b> <b>June 15-June 19</b> <b>HIDDEN IN THE GARDEN</b> Tuesday Field Trip to The Morton Arboretum. Thursday Field Trip to Paradise Bay Water Park.	<b>WEEK 4</b> <b>June 22-June 26</b> <b>ISLAND FIESTA</b> Tuesday Field Trip to Cypress Cove Family Aquatic Center. Thursday Field Trip to Pelican Harbor Aquatic Park.	<b>WEEK 5</b> <b>June 29-July 3</b> <b>CAMP CHOICE AWARD</b> Tuesday Field Trip to In the Game Hollywood Park. Thursday Field Trip to Coral Cove Water Park.	<b>WEEK 6</b> <b>July 6-July 10</b> <b>ON THE BOARDWALK</b> Tuesday Field Trip to Bartlett Aquatic Center. Thursday Field Trip to Splash Country Water Park.	<b>WEEK 7</b> <b>July 13-July 17</b> <b>ANIMAL SUPERPOWERS</b> Tuesday Field Trip to Lincoln Park Zoo. Thursday Field Trip to Wheeling Family Aquatic Center.
There are no Field Trips this week. <b>YOUNG ENVIRONMENTALIST</b> Aug 31-Sept 4 <b>WEEK 14</b>	Tuesday Field Trip to The Field Museum. There is no Thursday Field Trip. <b>MYSTERIES AT THE MUSEUM</b> Aug 24-Aug 28 <b>WEEK 13</b>	Tuesday Field Trip to Goebbert's Pumpkin Patch and Apple Orchard. Thursday Field Trip to Splash Country Water Park. <b>LET'S GO GARDEN</b> Aug 17-Aug 21 <b>WEEK 12</b>	Tuesday Field Trip to Blackberry Farm Village. Thursday Field Trip to Mystic Waters Family Aquatic Center. <b>GETTING S'MORES</b> Aug 10-Aug 14 <b>WEEK 11</b>	Tuesday Field Trip to Coral Cove Water Park. Thursday Field Trip to Rice Pool & Water Park. <b>WILD WORLD OF SPORTS</b> Aug 3-Aug 7 <b>WEEK 10</b>	Tuesday Field Trip to Adler Planetarium. Thursday Field Trip to Bensenville Water Park & Splash Pad. <b>WHAT'S BEYOND THE MOON?</b> July 27-July 31 <b>WEEK 9</b>	Tuesday Field Trip to Rainbow Falls. Thursday Field Trip to Pelican Harbor Aquatic Park. <b>ALL-AMERICAN ROAD TRIP</b> July 20-July 24 <b>WEEK 8</b>

## REGISTER FOR CAMP ONLINE!

### EACH WEEK INCLUDES:

- ⇒ Open Gym Time
- ⇒ Science Experiments and Art Projects
- ⇒ Outdoor Adventures
- ⇒ Instruction in Flying High Classes
- ⇒ Specialty Classes such as Zumba and Yoga

### AGES 4-12 WELCOME!

- WHOLE WEEK OPTIONS
- WHOLE DAY OPTIONS 9AM-4PM
- HALF DAY OPTIONS 9AM-11:30AM OR 1:30-4:30PM
- EXTENDED CARE OPTIONS

ASK ABOUT OUR  
 JR. CAMP COUNSELOR  
 PROGRAM FOR  
 13 & 14 YEAR OLDS!

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# JUNIOR CAMP

## COUNSELOR PROGRAM

Ages 13-14

The Junior Camp Counselor Summer Program is a 3-week educational program with curricula designed for the participant to develop the technical skills necessary to be an effective camp counselor, babysitter, or role model! Jr. Camp Counselor will work with kids of all ages 4-12.

### THE JUNIOR CAMP COUNSELOR WILL RECEIVE BASIC TRAINING IN THE FOLLOWING AREAS THAT CAN BE USED IN THEIR FUTURE:

- \* First aid/CPR
- \* Group Leadership
- \* Problem Solving
- \* Community Involvement
- \* Communication
- \* Time Management
- \* Supervising kids ages 4-12
- \* And more!

### THE JUNIOR CAMP COUNSELOR WILL ALSO RECEIVE:

- \* 50% off regular camp fees
- \* A certificate of Completion
- \* A letter of recommendation
- \* First Aid/CPR certificate through American Heart Association

The Junior Camp Counselor Program will be limited to no more than 10 Junior Camp Counselors per Summer and admittance is through a competitive process that will include a written component and an interview process. The Junior Camp Counselor Application can be found on the Summer Camp Page of our website.

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# 2020 WEEKLY THEMES



## WEEK 1

June 1-June 5

### COLOR ME HAPPY

Explore the dazzling world of color! Investigate how color works through science experiments, vivid works of art and colorful games. We'll get messy and creative working with all the colors of rainbow in many ways and spend the week showing off your favorite color combos! There are no Field Trips this week.

## WEEK 2

June 8-June 12

### MYSTERY ISLAND

Summer is finally here! Bring your leis, grass skirts, Hawaiian shirts, and your best Hawaiian Luau dance because we are celebrating the beginning of summer in a tropical style. Campers will participate in water and land games, learn water safety, make fun beach scene crafts, and learn water science. Tuesday Field Trip to Mystic Waters Family Aquatic Center. Thursday Field Trip to Phillips Park Family Aquatic Center.

## WEEK 3

June 15-June 19

### HIDDEN IN THE GARDEN

Most people look down on insects, but a closer look will show there is an amazing world waiting to be discovered. Campers will have the opportunity to investigate all aspects of Mother Nature. Their green thumbs will be put to the test as they create their own mini gardens. Tuesday Field Trip to The Morton Arboretum. Thursday Field Trip to Paradise Bay Water Park.

## WEEK 4

June 22-June 26

### ISLAND FIESTA

¡Ay Caramba! Join in on our celebration and let's have a FIESTA playing fiesta inspired games, and dancing to the Macarena! Try your luck at hitting our pinata and enjoying some delicious walking-tacos or nachos. NO SIESTAS allowed or you will miss our special guest! Tuesday Field Trip to Cypress Cove Family Aquatic Center. Thursday Field Trip to Pelican Harbor Aquatic Park.

## WEEK 5

June 29-July 3

### CAMP CHOICE AWARD

Who will be voted the "Funniest Camper," "Silliest Laugh," or "Future Camp Counselor" award? Based on the popular children award ceremony, Nickelodeon Kids' Choice Awards, campers this week will have the opportunity to create their own awards and plan the amazing event. We will have the opportunity to celebrate every campers' achievements and individuality. Tuesday Field Trip to In the Game Hollywood Park. Thursday Field Trip to Coral Cove Water Park.

## WEEK 6

July 6-July 10

### ON THE BOARDWALK

We're bringing the beach to you this summer. Campers dive into seaside adventures while exploring ocean creatures, building sandcastles, and playing beach games. They will also get hands-on learning with liquid science experiments. Tuesday Field Trip to Bartlett Aquatic Center. Thursday Field Trip to Splash Country Water Park.

## WEEK 7

July 13-July 17

### ANIMAL SUPERPOWERS

KA-POW! Animals have amazing superpowers: falcons fly at incredible speeds, fish breathe underwater, squirrels "fly" and owls can hunt even when it's dark. Learn about all different habitats and animal life on our planet. Tuesday Field Trip to Lincoln Park Zoo. Thursday Field Trip to Wheeling Family Aquatic Center.

## WEEK 8

July 20-July 24

### ALL-AMERICAN ROAD TRIP

What lies out in the big cities and small towns of America? From famous monuments to little known landmarks, we'll explore some of the places that make this country special. Tuesday Field Trip to Rainbow Falls. Thursday Field Trip to Pelican Harbor Aquatic Park.

## WEEK 9

July 27-July 31

### WHAT'S BEYOND THE MOON?

Blast off into space! Campers will learn about real-life space exploration and build models related to the NASA space program. We'll make rockets, explore the galaxy, create an alien attire and even go on a moon rock scavenger hunt. Tuesday Field Trip to Adler Planetarium. Thursday Field Trip to Bensenville Water Park & Splash Pad.

## WEEK 10

Aug 3-Aug 7

### WILD WORLD OF SPORTS

On your mark, get set...GO! This week is all things sports and we need everybody in the game! Each day will offer a chance to stretch and test your muscles in variety of friendly competitions. Tuesday Field Trip to Coral Cove Water Park. Thursday Field Trip to Rice Pool & Water Park.

## WEEK 11

Aug 10-Aug 14

### GETTING S'MORES

Tents and flashlights, sleeping bags, and backpacks! Beyond the fun and fresh air, camping can teach kids valuable life lessons about taking risks, respecting nature and being active. Join us on a week-long camping trip, right here at Flying High. We'll make forts, play games, learn campfire songs, and prepare our own s'mores. Tuesday Field Trip to Blackberry Farm Village. Thursday Field Trip to Mystic Waters Family Aquatic Center.

## WEEK 12

Aug 17-Aug 21

### LET'S GO GARDEN

A garden is a grand teacher. It teaches patience, careful watchfulness, an encourages an attitude of conservation and respect for nature. Campers will have the opportunity to learn the names of different plants and growth requirements by managing their own garden project. In addition, we will learn more about healthy food and where they come from. Tuesday Field Trip to Goebbert's Pumpkin Patch and Apple Orchard. Thursday Field Trip to Splash Country Water Park.

## WEEK 13

Aug 24-Aug 28

### MYSTERIES AT THE MUSEUM

Is Mona Lisa really smiling? The extraordinary, often bizarre treasures housed in America's museums represent wondrous chapters in history, but a physical display can tell only part of their story. Behind each artifact are amazing tales and secrets to be revealed. Put on your thinking cap and grab your magnifying glass as we step back in time to solve historical mysteries. It's an upside-down adventure through the great museums of the world. Tuesday Field Trip to The Field Museum. There is no Thursday Field Trip.

## WEEK 14

Aug 31-Sept 4

### YOUNG ENVIRONMENTALIST

Reduce, reuse, recycle are the three pillars of waste reduction. By helping to instill a sense of pride in being eco-friendly, kids can learn at a young age to actively protect our planet. Campers will have the opportunity to learn about and implement various ways we can protect our environment while creating art projects out of recycled materials. There are no Field Trips this week.



# SUMMER CAMP 2020

## Field Trips

WK#	FIELD TRIP DATES:	TUESDAY LOCATION	ADDRESS	TRAVEL TIME	THURSDAY POOL LOCATION	ADDRESS	TRAVEL TIME
1	June 2nd & June 4th	NO FIELD TRIP			NO FIELD TRIP		
2	June 9th & June 11th	 Mystic Waters Family Aquatic Center	2025 Miner St, Des Plaines, IL 60016	30 min	 Family Aquatic Center	828 Montgomery Rd, Aurora, IL 60505	45 min
3	June 16th & June 18th	 The Morton Arboretum	4100 IL-53, Lisle, IL 60532	30 min	 Paradise Bay Water Park	437 E St Charles Rd, Lombard, IL 60148	30 min
4	June 23rd & June 25th	 Cypress Cove	8301 Janes Ave, Woodridge, IL 60517	30 min		5221, 200 S Lindsey Ln, Bolingbrook, IL 60440	30 min
5	June 30th & July 2nd	 Hollywood Park	5051 Cal Sag Rd, Crestwood, IL 60418	25 min	 CORAL COVE WATER PARK	849 W. Lies Rd., Carol Stream, Illinois 60188	40 min
6	July 7th & July 9th	 BARTLETT AQUATIC CENTER	620 W Stearns Rd, Bartlett, IL 60103	45 min	 Splash Country	195 S Barnes Rd, Aurora, IL 60506	45 min
7	July 14th & July 16th	 LINCOLN PARK ZOO. FOR WILDLIFE. FOR ALL.	2001 N Clark St, Chicago, IL 60614	45 min	 FAMILY AQUATIC CENTER	105 Community Blvd, Wheeling, IL 60090	45 min
8	July 21st & July 23rd	 Rainbow Falls	200 Rev Morrison Blvd, Elk Grove Village, IL 60007	35 min		5221, 200 S Lindsey Ln, Bolingbrook, IL 60440	30 min
9	July 28th & July 30th	 ADLER PLANETARIUM	1300 S Lake Shore Dr, Chicago, IL 60605	35 min	 Bensenville Water Park & Splash Pad	1000 W Wood Ave, Bensenville, IL 60106	30 min
10	Aug 4th & Aug 6th	 CORAL COVE WATER PARK	849 W. Lies Rd., Carol Stream, Illinois 60188	40 min		1777 S. Blanchard Street, Wheaton, IL 60189	30 min
11	Aug 11th & Aug 13th	 Blackberry FARM	100 S Barnes Rd, Aurora, IL 60506	45 min	 Mystic Waters Family Aquatic Center	2025 Miner St, Des Plaines, IL 60016	30 min
12	Aug 18th & Aug 20th	 Goebbert's Pumpkin Patch & Apple Orchard	42W813 Reinking Road Pingree Grove, IL 60140	50 min	 Splash Country	195 S Barnes Rd, Aurora, IL 60506	45 min
13	Aug 25th	 The Field Museum	1400 S Lake Shore Dr, Chicago, IL 60605	35 min	NO FIELD TRIP	195 S Barnes Rd, Aurora, IL 60506	45 min
14	Sep 1st & Sep 3rd	NO FIELD TRIP			NO FIELD TRIP		