



Dear Little Cubs Parents,

Welcome to Little Cubs Camp! We are thrilled to plan a fun-filled week for your campers! Preceding each week of camp (on Fridays), I will send an email with information explaining everything you need to know and how we can work together to ensure a safe and SUPER fun program this summer.

All campers must complete a [Camper Information 2024 Form](#) by June 1st.

The information outlined below includes;

- Daily Schedule
- Pick Up/Drop Off Details
- Daily Packing List
- Swim Lessons
- Sickness & Covid
- Toilet Training Policy
- Contact Information

STAFF

- Lead Counselor: Jen Murphy
- Lead Counselor: Verna Gordon or Jenny Allen
- Counselor: Ashley
- Counselor: Anya
- Junior Counselors: Sage, Abbie, Will

DAILY SCHEDULE

- **8:30 AM** – Drop Off at the Cape Care Playground Parking Lot unless your child was dropped off to Before Camp Care or it is raining, in which case we will meet at the Cape Care classrooms in the Community Center.
- **8:45 - 9:30** - Groups will alternate swim lessons Monday through Thursday so please be prompt.
 - Each group will have swim lessons twice per week (8:45 – 9:30 AM):
 - Mondays & Wednesdays: Miss Verna or Miss Jenny & Ashley
 - Tuesdays & Thursdays: Miss Jen & Anya
 - Please note that if your child does not come to camp on their swim day or comes late and misses their lesson, we are not able to sub them into the other groups on alternative days.

- **8:45 AM** – Morning Fun (Playground, Games, Sprinkler, Water Table, Baseball, Waffle Blocks, etc.)
- **9:45 AM** – Bathroom, Wash Hands, Snack
- **10:15 AM** – More Morning Fun (Playground, Games, Sprinkler, Water Table, Baseball, Waffle Blocks, etc.)
- **11:00 AM** – Clean up and walk to the classrooms
- **11:15 PM** – Indoor Play (Gym, Arts and Crafts, Stories, Play Dough, Yoga, etc.)
- **Noon** - Bathroom, Wash Hands, Lunch and Rest
 - Rest time is simply a time for campers to rest their bodies on a mat and transition to the afternoon. They do not have to sleep (most do not except some of the three-year-olds). Please do not send in anything for rest (pillows, blankets, etc.)
- **1:00 PM** – More Indoor Fun (Gym, Arts and Crafts, Stories, Play Dough, Yoga, etc.)
- **2:30 PM** – Clean Up, Bathroom, Wash Hands, Pack Up
- **2:50 PM** – Pick Up at the high school parking lot at the top of the hill (near the baseball/field hockey fields). There will be a sign.

*Please note that this schedule is subject to adjustments should the counselors feel it is necessary.

DROP OFF/PICK UP

	WEATHER	LOCATION
Morning Drop Off (8:30 AM)	Not Raining	Playground
Afternoon Pick Up (2:50 PM)	Not Raining	Parking Lot
Morning Drop Off (8:30 AM)	Rain	Community Center
Afternoon Pick Up (2:45 PM)	Rain	Community Center



DROP OFF AT 8:30 AM |

Playground Parking Lot Directions: Turn into the High School entrance off Route 77, drive down, and take a right, then a quick left down the hill (the high school will now be on your left). There is a parking lot on your right, across from the tennis courts and turf field.

Lead Counselors will be there at 8:30 AM to check campers in. Please do not arrive before 8:30 as we are busy setting up and getting ready for the day.



Please say your goodbyes before the orange cones. The traffic cones are a wonderful visual transition tool that helps kids transition from drop off to camp and it hinges on parents not passing them 😊 It can be very confusing and upsetting to other campers if

some parents stay longer than others which is why we use the orange cone as a visual. We truly appreciate your cooperation with this!



PICK UP AT 2:50 PM

High School Parking Lot Directions: Instead of turning into the CECS parking lot, continue past the entrance, take a right, and then a quick left; the parking lot is on your right (near the high school baseball and field hockey fields). Please park in a parking space, and a counselor will walk your camper to you.

If you are picking up siblings from Adventure Camp, please pick up your Little Cub Camper FIRST (at 2:45 PM) and then into the Pond Cove/Middle School entrance on Scott Dyer Road to pick up your older camper.

AFTER CAMP CARE

If your child is registered for After Camp Care, please pick them up at the playground or Community Center (their location depends on what time you come).

After Camp Care kids will be walked to the playground for After Camp Care at 2:45 PM.

Please email [Kelly Phinney](#) if you'd like to enroll your child in before or after camp care.

Campers should arrive daily with the following (please put their name on all of their things).

- Backpack
- Full water bottle (kid-sized water bottles with a straw are ideal, including ice is a great idea!)
- Food
 - Morning Snack and Lunch (please pack this separately so it is clear to your camper what is a snack and what is lunch).
 - Please do not send candy
- On your camper's designated Swim Day:
 - Please send your camper wearing their bathing suit under their clothes (this is hugely helpful to us). We have swim lessons at 8:45, so please be prompt to arrive at camp.
 - Pack them in a separate Swim Bag:
 - Towel
 - Underwear
 - Wet Bathing Suit Bag (this can be a Ziplock or plastic bag and is optional but super helpful)
 - Goggles (optional)

SICKNESS POLICY

- Please keep your camper home if they are not feeling well.
- Please keep your camper home if they have had a fever, thrown up, or had diarrhea in the past 24 hours.

TOILET TRAINING POLICY

- Campers must be FULLY potty trained to attend camp.
- Campers cannot attend camp in a pull-up. We do not have the staffing to handle campers who are not fully potty trained.

CONTACT INFORMATION

Cape Elizabeth Community Services
343 Ocean House Rd
Cape Elizabeth, ME 04107
Phone: (207) 799-2868

- **Kelly Phinney**, Summer Camp Coordinator: kelly.phinney@capeelizabeth.org
 - For questions or concerns regarding the following:
 - Adding/Dropping Camp Weeks (there is a long waitlist for each week and campers will be offered open spots in the order they appear on the list).
 - Adding/Dropping Before/After Camp Care.

We appreciate your support in making this a wonderful summer!



Little Cubs Staff