



TEEN CAMP

This is *the* place for teens (ages 12-15) looking to get off the couch and get out of Oak Park for the summer! With at least two field trips per week plus swimming at Ridgeland and visits to the teen center, there's no time to get bored. No need to worry about admission fees—they're all included. And with great staff who love working with teens, parents can be assured that their teens are in good hands and teens can rest easy knowing that they'll have a great time with their friends—old and new!

DAILY ACTIVITIES

Monday

Welcome to camp! Each teen will get the chance to meet the rest of the group through some fun games. Afterwards, the camp will be introduced to this week's special project (volunteer, helping plan a teen event in Oak Park, learning a new skill, etc.)

Tuesday

Mornings will consist of a mix of indoor and outdoor activities—everything from cool crafts to the ultimate capture the flag game. In the afternoon, the camp will head to the pool to cool off with an afternoon swim!

Wednesday

Get on the bus! Each week, Teen Camp will go on a cool field trip to places like water parks, amusement parks, professional sporting events, and even a Broadway in Chicago show! All admission fees are included!

Thursday

Today's the day that the camp will get outside to play some games—everything from dodgeball to ultimate frisbee. In the afternoon, the camp will have special hours set aside at the teen center for just for Teen Camp!

Friday

Finish out the week with a bang! Under the supervision of Teen Camp staff, the group will learn to navigate and safely use the CTA & Metra to explore Chicagoland museums, parks, and events. Admission fees & train tickets are included!

CAMP INFORMATION

Camp Sessions

Ages: 12-15

Location: Ridgeland Common Comstock Room

Days & Times: Monday-Friday, 8:30am-3:30pm

Fees: \$175 (Oak Park residents)/\$263 (non-residents)

Dates:	Codes:
June 20-24	#612020-01
June 27-July 1	#612020-02
July 5-8	#612020-03
July 11-15	#612020-04
July 18-22	#612020-05
July 25-29	#612020-06
August 2-5	#612020-07
August 8-12	#612020-08
August 15-19	#612020-09

**Spots still available in all sessions!
Register today at www.oakparkparks.com!**

Contact Us

On-going and open communication between parents, guardians and staff is essential for a positive experience for each teen. Parents/guardians are encouraged to discuss questions and concerns with camp staff. Should there be something your teen is experiencing at camp or in their personal life which may reflect in their behavior or attitude at camp, please inform staff of the situation. Camp-specific contact information and more details will be provided to all parents at the beginning of each session. In the meantime, feel free to address any questions about Teen Camp to:

Bobbi Nance, CPRP

Recreation Manager

Park District of Oak Park

bobbinn@oakparkparks.com

(708) 725-2100

Sending Your Child to Teen Camp

We know that your teen doesn't need a babysitting anymore. So why should you send them to camp? Teen Camp staff won't just watch your teen—they'll encourage them to be active, try new things and meet new people. Check out our goals and results from past post-camp surveys below to see what we mean.

Camp Goals

It would be easy to say that Teen Camp is all about fun....because, well frankly it's a blast! But staff work to make sure that teens get more out of camp than just field trips. Teen Camp has created the following goals which are reinforced every day at camp and serve as a guideline for staff in how they plan daily camp activities as well as how they respond to those inevitable unplanned moments. These goals include

- To encourage campers to make new friends and learn to work and get along with different people and personalities by starting every single day with a camp-wide challenge or game that requires all campers to work together to complete.
- To challenge campers to push their limits by introducing them to new skills through camp activities such as bringing in a chef to teach a private cooking class for the camp, having campers assist with volunteer projects, and even teaching them safety skills on the way to and from trip destinations.
- To take advantage of the opportunity to model responsibility, teamwork, and other leadership skills throughout the camp day and by having a behavior plan that recognizes teens (and encourages them to recognize each other) for exhibiting these qualities at camp.

Past Camp Survey Results

- 100% of teens said that the other campers and leaders made them feel welcome
- 100% of teens said they made a new friend at Teen Camp and 78% of them kept in touch after Teen Camp was over
- 78% of teens said they tried something new at Teen Camp
- 92% of teens said they wanted to come back next summer
- 100% of parents said they would recommend Teen Camp to someone else

ACA Accreditation

The Park District of Oak Park is proud to be one of only a handful of park districts in the nation to be accredited by the American Camping Association (ACA). This nationally recognized program, developed exclusively for the camp industry, focuses on program quality, health, and safety issues. It also requires us to review every facet of our day camp operations on an annual basis. We have voluntarily submitted to this independent audit by camp experts and are proud to have earned this mark of distinction.



PARK DISTRICT OF OAK PARK'S TEEN CAMP

Preparing for Camp

- Bring a reusable water bottle to help keep your camper hydrated throughout their active day.
- Please have camper apply sunscreen before leaving home. Pack additional sunscreen so that it may be reapplied by campers throughout the day.
- Dress campers in comfortable clothing that can get dirty. Make sure that they are wearing shoes that the camper can play a variety of sports in; tennis shoes are strongly recommended.
- Pack a healthy lunch and snack marked with your camper's name. Do not send mayonnaise or milk-based products as refrigeration is not available. Due to potential allergies, please do not send peanut-based products (including peanut butter) or any other tree-nut based products.
- Check the weekly schedule sent home on the first day of the session for any additional needed items such as a towel and swimwear or waivers or special clothing for a fieldtrip.
- We've got plenty of fun packed into each day at camp. Please leave all games, electronic equipment (including cell phones), and any other valuable items at home. They only serve as a distraction that can lead to behavior problems or disappointment if the item is lost, stolen, or damaged.

Sign In and Sign Out Procedures

- Campers who walk or bike to camp must have written permission in advance from a parent. Unless indicated on the Participant Emergency Form, parents are responsible for signing their child both in and out of camp at the designated pick-up and drop-off locations. Parents may designate other responsible parties to pick-up or drop-off their child, but this must be indicated on the Participant Emergency Form.
- Any adults picking up a child from camp must be prepared to show a picture ID to staff until they become familiar with those authorized to pick campers up. We realize that this is a slight inconvenience, but hope that you understand that it is for the safety of your child.
- In order for the staff to properly prepare for the camp day, camper sign-in will begin at the scheduled camp start time. If teens should arrive to camp early, they should be prepared to wait outside of the camp location.
- Late pick-ups result in a substantial cost for the Park District. A late fee will be billed to you at the following rates for each occurrence that your child is picked up late:

1-15 minutes:	\$10
16-30 minutes:	\$20
31-45 minutes:	\$30
over 46 minutes:	\$40

Registration Deadlines and Forms

So that staff can be adequately prepared for the first day of each camp session, all campers must be registered and have Participant Emergency Forms on file by 5pm on the Thursday before each camp session. Staff are unable to accept registration on-site. **Please be aware that your child will not be allowed into camp unless he/she is pre-registered and has a Participant Emergency Form on file. If your child comes to camp on the first day without a form, he/she will be sent home.** All registration information and forms are available online at www.oakparkparks.com.

If Your Camper Isn't Feeling Well

For the benefit of everyone attending our camps, we require that any campers suspected of having (or have been diagnosed as having) a contagious illness stay home from camp. If a camper begins exhibiting symptoms such as those listed below while at camp, parents will be contacted to pick their child up.

- Fever of 100.5 or higher
- Persistent, deep, or hard cough
- Runny nose with green or yellow discharge
- Vomiting or Diarrhea (camper must be symptom-free for 24 hours before returning to camp)
- Contagious infections or infestations such as pinkeye, lice, ringworm, unexplained rashes, scabies, or impetigo

If Your Camper Will Miss a Day

If your child will miss camp for any reason, you should call the camp Site Supervisor to notify the camp of the absence. If we do not hear from you by phone or written note, your child will be marked absent and staff will make every attempt to contact you by phone. Please help the staff avoid unnecessary phone calls by reporting your camper's absence or late arrival.

Camper Responsibilities

We want camp to be a great experience for everyone involved. In order for this to happen, everyone needs to play a role in creating a positive and safe environment. Campers have a responsibility to help with this as well including:

- Showing respect to all campers, staff, equipment, and facilities
- Only using appropriate, kind, and positive language with others
- Using caution when playing games & sports so as to avoid causing bodily harm to participants or staff

Consequences for not following these or any other rules developed for specific camps will be shared with the campers each session. Staff will address each incident with the camper (and parent if the situation requires) in a positive and fair manner meant to help teach campers how to make better choices. The Park District reserves the right to dismiss a participant whose behavior endangers the well-being of themselves or the camp and no refunds are issued in these circumstances.



Inclusion

The Park District of Oak Park works cooperatively with the West Suburban Special Recreation Association (WSSRA) to integrate campers with disabilities into recreational programs. Inclusion aides may be present at camp to work one-on-one with a specific camper, only intervening when necessary. If you feel that your camper would

benefit from additional assistance at camp, be sure to communicate the necessary information to the Park District or WSSRA's Inclusion Coordinator. There is a 2 week minimum notice required by WSSRA for proper staffing and training purposes.