

CAMP PONEMAH

at Hampshire Hills Athletic Club

2020



PLEASE SEE COVID-19 INFO ON WEBSITE

We believe that every child who attends Camp Ponemah at Hampshire Hills should leave camp each day with an enhanced feeling of self worth, independence, and general well-being.

We believe every child should participate in a wide variety of fun activities which would stimulate, challenge, and improve their minds and bodies.

We believe that each experience offered should be one which fosters a positive attitude about working with one's peers and adults as well.

We believe that each parent or guardian has the right to expect that their children will return home each night having had a happy, fun and safe experience.



603.673.7123
50 Emerson Rd, Milford, NH
hampshirehills.com

CAMP PONEMAH

KINDERGARTEN - 7TH GRADE

Camp Hours - Check In: Drop off & Pick Up

Camp hours are 9:00 a.m. - 4:00 p.m. Please accompany your child to the check in area each morning and pick them up by 4:00 p.m. Campers are not allowed to be dropped off prior to 7:30 a.m. For your child’s protection we ask that a note be brought in prior to dismissing the child with anyone other than his or her parent or guardian.

Morning drop off and afternoon pick up are at the function field/tent to the right of the main entrance. In the event of bad weather signs will direct you to an alternate drop-off location which is usually The Hampshire Dome. EVERY CHILD MUST COMPLETE A COVID-19 HEALTH SCREENING DAILY PRIOR TO THE PARENTS DEPARTURE

Extended Care

Camp drop off begins at 7:30 a.m. until camp starts at 9:00 a.m. There is no cost for this service. Children will be supervised by camp staff. For your child’s safety, please do not drop off before a staff member is present or leave them to wait in the club.

Post-camp begins at 4:00 p.m. ends at 5:00 p.m. Extended care is available at \$3 per camper. After camp pick up is at the function field. **Important: You will need to sign out your child with the camp staff.**

Late Arrival & Early Pick Up

Please have your child at camp no later than 9:00 am. This is important for the smooth flow of their day. If your child is going to arrive after 9:00 a.m. bring them inside the club to the Front Desk. The staff at the desk will radio your child’s camp group. Please wait with your child until their counselor comes down to pick them up.

If you or someone else is picking your child up before 4:00 p.m. go to the Front Desk. The Front Desk staff will radio your child’s camp group and they will be brought down to the desk. Please remember a note if your child is being picked up by someone else. The note must be brought in that morning.

Pick Ups Between 3:15-3:45 Are Not Allowed

Groups arrive at the function field between 3:30-3:45. Please go the field to pick up your child. If you child’s group should arrive prior to 3:45 you may pick them up.

Withdrawal/Refund Policy

Camp tuition is due in full on June 1, 2020. No refunds given for withdrawal, dismissals, failure to attend, or incomplete attendance. The Director reserves the right to withdraw any camper when in his/her judgment the camper’s behavior interferes with the rights and safety of others and the smooth functioning of the group or activity. In such cases no refund will be given.

Health/Sick Days

Please keep your child be kept home if any of the following symptoms occur: temperature, persistent cough, diarrhea, vomiting, or unknown rash. To help us inform parents of potential health risks please report any cases of a contagious disease immediately and keep your child at home: chicken pox, strep throat, lice, viral infections, or conjunctivitis. If your child is going to be absent please call Camp Ponemah at 673-7123 x 272.

PLEASE SEE GUIDELINES FOR COVID-19 RELATED ILLNESS PROTOCOLS

Medication

If your child will be on medication while at camp, it MUST be in the original prescription bottle and given to the morning check in staff. For your convenience you may provide us with enough doses for the week and the bot-tle will be returned on Friday. A medication authorization release form must be filled out the first day we receive the medication. The form is valid for the summer unless the medication or doses change. This release will pro-vide us with accurate information as to when to administer the correct dosage to your child. Forms are available from Lauren Desmarais at 673-7123 ext. 272. No child will be given medication without the authorization form.

Health Forms

Immunization records are needed on or before your child’s first day of camp. Any standard physical exam form is fine. The state of NH also requires that each camper have on file at camp a list of most recent immunizations. If your child is exempt from immunization we need a notarized, religious exemption form to accompany the physical exam form for your child’s file stating exemption.

Snack/Lunches

Please supply a morning snack for your child. We provide a popsicle for afternoon snack. *The vending machines, soda machines and The Cafe are off limits during the camp day.* Parents are to provide a lunch, beverages, and necessary utensils for your child. Please pack in a small cooler or thermal bag with an ice pack. A frozen juice boxes work great as ice packs and are ready to drink by lunch. No glass, please. Hot Lunches or the ability to heat up lunch is not available. **EACH CHILD MUST HAVE A WATER BOTTLE EVERYDAY CLEARLY MARKED WITH THEIR NAME**

Rainy Days

We like to say “There are no rainy days at Camp Ponemah!”. The Hampshire Dome provides us with 3 full size sport fields, batting cage, running track, roller way, and so much more. Everything else we need is at Hampshire Hills Athletic Club...except the sun, of course.

DUE TO COVID-19, THE GUIDELINES FOR DAY CAMPS DO NOT ALLOW FOR FIELD TRIPS AT THIS TIME

TRANSPORTATION ADVANCE PAYMENT/SIGN UP WITH LAUREN REQUIRED

\$40.00 per week, per camper. One way service is also available at \$30.00 per week.

As a convenience to all our camper parents, Camp Ponemah offers daily bus service to and from camp. Bus stops are in Bedford, Merrimack, Nashua, and Hollis, if we have campers registered at these stops.

It is important to make sure your camper understands which bus stop they will be getting off. Please meet your camper, as well as, see your camper off at their designated area bus stop. Campers must be dropped off and picked up on time. If there are any changes to your bus rider’s schedule send a note with the camper or call the camp director.

MORNING RUNS:

BUS 1:

Bedford ~ Harvest Market ~ 8:00am

Merrimack ~ Burger King (Rt. 3) ~ 8:20am

BUS 2:

Hollis ~ Elementary School (Rt. 122) ~ 8:00am

Nashua ~ Chunky’s Cinema ~ 8:20am

AFTERNOON RUN:

BUS 1:

Bedford ~ Harvest Market ~ 4:15pm

Merrimack ~ Burger King (Rt. 3) ~ 4:30pm

Nashua ~ Chunky’s Cinema ~ 4:45pm

Hollis ~ Elementary School (Rt. 122) ~ 5:00pm



Camp Ponemah Weekly Fun!

Campers at Camp Ponemah are grouped according to what grade they are entering in the fall.

Group K - Kindergarten	Group 3 - Third	Group 7 - Sixth/Seventh
Group 1 - First	Group 4/5 – Fourth/Fifth	
Group 2 - Second		

Each group is supervised by at least 2 qualified camp staff. Numbers in each group vary between 8-14 campers.

Campers have a very active summer camp experience. Each day is structured, with a chance for a little “Camper Siesta” at lunch time. Groups have the opportunity to make decisions on what activities they want to play as well as the pre-planned daily camp activities. Days are jam packed full of fun so camp starts promptly at 9:00 a.m.

Daily Swim Lesson
DUE TO COVID-19 SOCIAL DISTANCING GUIDELINES THERE ARE NO LESSONS

Daily Recreational Free Swim

Tennis Lesson
Each group has a weekly tennis lesson.

Other Fun Stuff
Here’s a list to give you an idea of some of the activities your camper will participate in through out the summer. The list can vary from week to week and is not the end of unlimited activities they will experience while at camp:

street hockey	soccer	dance parties
volleyball	specialty days	whiffle ball
silly games	drama	weekly themes
nature hikes	beach volleyball	team building games
arts & crafts	parachute games	basketball
scavenger hunts	drama	music
mystery walks	relay races	zip line
drama	weekly themes	



CAMP PONEMAH
LIKE US ON FACEBOOK
to stay up to date and see pictures of
Camp Ponemah fun!



CHECK LIST
and Stuff You Need To Know

Arrive Ready To Play

Dress in Layers
If it is cool in the morning wear sweats over shorts and T-shirt. It could warm up later in the day.

A Swim Suit-WEAR TO CAMP DAILY

Wear Sneakers or sturdy shoes.
No sandals or opened toed shoes.

Bring Spray On Sunscreen
And apply before leaving home.

Pack & Bring With You

Bathing Suit & Towel
Labeled with your name.
Underwear to change into after swim.

Extra T-Shirt
Just in case.

Spray On Sunscreen
So we can re-apply at lunchtime.

Lunch, Snack, & Beverages
Packed to keep cool, with utensils, and labeled with your name.
No glass, please.

Refillable Water Bottle
Labeled with your name.

Back Pack
Filled with everything listed above and labeled with your name.

A Fun & Positive Attitude

A Smile!

Leave These Things At Home

Toys, Games & Personal Belongings
This includes:
stuffed animals
beanie babies
electronic devices/pads
video games
cell phones
money