



## Summer Fit & Fun Camp 2022 Frequently Asked Questions

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Answers are based on our current plan for Summer Fit & Fun Camp 2022. Policies will be updated as needed based upon the most current guidelines from health experts at the time of camp.

1. **How do I register my child?** Online registration is available—new families [register here](#) and returning families [register here](#).
2. **Why should my child attend camp?** Camp is a place that allows children to grow not only in athletic endeavors, but also in life skills such as leadership, patience, confidence, resilience, teamwork, friendship, flexibility and inclusion. Over the past two years, children have been asked to follow new rules, distance with friends and adapt to changing plans. Camp offers kids an opportunity to learn, grow, and play in a nurturing and encouraging environment. Campers develop and practice tools to face challenges on and off of the field and become their best selves.
3. **Will my child be required to wear a mask during camp?** Your child will not be required to wear a mask when inside or outside during camp. Guidelines are subject to change upon CDC recommendations and will be evaluated again prior to the start of camp.
4. **Where do I drop off and pick up my camper?** Drop-off and pick-up are in the semi-circular drive in front of Cooper Fitness Center (12100 Preston Road, Dallas, TX 75230; see the [summer camp map](#)). It's easiest to access the campus at the entrance at the corner of Preston Road and Willow Lane.
5. **How does carpool work?** To limit interaction with others, we require guardians to remain in their cars during carpool. If for any reason you are arriving late or need to pick up your camper early, please let Riley Owles, Camp and Youth Programs Manager, or a counselor know and they will arrange to greet you at the predetermined time.

*At drop-off*, you will stop at the entrance of the semi-circular drive and drop off any forms to Riley. You will then pull ahead to the counselors located near the end of the semi-circular drive. Your campers will exit here.

*At pick-up*, you will remain in your car with the carpool sign in your passenger window. Your camper will be escorted to the car.

*For Extended Care drop-off and pick-up*, you will walk your camper into the Cooper Fitness Center Conference Room (#14 on the [summer camp map](#)).

6. **What time do I drop off and pick up my camper?**

Kids Camp

- Drop-off: 8:45-9:15 a.m.
- Pick-up: 2:30 p.m.

Youth Camp – Half-Day Morning

- Drop-off: 8:45-9:15 a.m.
- Pick-up: 12 noon-12:15 p.m.

Youth Camp – Full-Day

- Drop-off: 8:45-9:15 a.m.
- Pick-up: 4 p.m.

Youth Camp – Half-Day Afternoon

- Drop-off: 12:45-1 p.m.
- Pick-up: 4 p.m.

7. **What is your cancellation and refund policy?** We understand plans change and the comfort that comes with flexibility. We are offering a full refund of camp up to one week prior to camp (the Monday prior to your scheduled camp arrival). Your registration can be pushed to another available week or fully refunded. In the event your camper becomes sick after the last date of refund, a full refund can be provided with a doctor's note. In any other instances, please contact Riley Owles, Camp and Youth Programs Manager.
8. **What are the ratios of your camp?** We keep a 10:1 (camper to counselor) ratio. In addition, we have Junior Counselors and support staff that provide additional care to both Kids and Youth camp.
9. **Do you pro-rate your camp price if my child cannot attend the entire week?** No, we do not pro-rate our camp since your child is reserving a spot that cannot be filled by someone else on the day(s) he/she doesn't attend.
10. **Can my child attend both Fit & Fun Camp and Tennis Camp and/or Swim Lessons?** Absolutely! We encourage campers to build their own perfect day of summer camp and take advantage of our great sports pros on campus. While Fit & Fun Camp provides a full day of fun active games, activities and sports, a sport-specific camp will give your child more individualized instruction and is a great opportunity to improve his/her skills and technique in tennis or swimming.
11. **If I register my child for Tennis Camp and/or Swim Lessons, will my child have to walk to and from camps on their own?** No. If your child is registered for Tennis Camp and/or Swim Lessons, a counselor will escort your child to ensure your child's safety.
12. **If I need to pick my child up early from camp, where should I go?** Please pull into the circle drive and await a counselor to bring your camper to you. If you have arrived to pick up your child early and have not yet communicated that with Riley Owles or a counselor, please call the Cooper Fitness Center Service Desk, 972.233.4832, and they will assist in locating the group and bringing your child to you.
13. **If my child has a food allergy, how do I ensure his/her safety during camp?** Please inform us of any important allergies and/or medical information on the enrollment form. We share this information with our counselors every week before camp so they have all of the necessary information to ensure your child has a safe and wonderful experience at camp!

14. **What are your counselors' credentials?** Our “coaches” are typically college students, many of whom are studying to be school teachers or sports professionals. Our junior counselors are typically high school students who have a passion for working with children. Many of our counselors and junior counselors have attended Cooper Camp as a child or have been a counselor at Cooper for two or more years.

Our Camp and Youth Programs Manager, Riley Owles, has her master's in health promotion and will be leading her third summer at Cooper. She has worked at Cooper in other capacities for more than 5 years. Riley leads youth programs throughout the year at Cooper.

15. **Who is the Camp Administrator and how can I reach him/her?** Due to the high volume of phone calls, we encourage parents to email us.

- Program Coordinator – Emily Williams, [ewilliams@cooperfitnesscenter.com](mailto:ewilliams@cooperfitnesscenter.com)

16. **Is there any additional information I should be aware of before sending my child to camp?**

Please add the administrator's email address above to your email contact list to help ensure emails from her are not marked as spam. These emails contain the most up-to-date information regarding camp for your child each week—including rain day schedules.

17. **How much of camp is held outdoors?** Cooper Fitness Center has the benefit of our 30-acre campus with an abundance of outdoor space. A large portion of the camp day is spent outdoors; however, we move camp indoors during the hottest part of the day and on rainy days. Youth Camp also swims twice a day. Our campers take water breaks after each activity and we conduct many of our camp activities in the shade of our large trees.

18. **What happens when it rains?** Camp will still be held and will be equally as fun for your children. If it is raining or there is a high chance of precipitation, we will email you as quickly as possible if there are any alternate rain day drop-off and pick-up locations. Please be sure to check your email on days with inclement weather. On rain days, Splash Camp will be held indoors with fun indoor games for the kids and games led by the counselors. Splash Camp will *not* be cancelled or rescheduled.

## Kids Camp (ages 5-7)

1. **If my child is 4 years old, can I register him/her for Kids Camp?** Children may be registered for Kids Camps if they are turning 5 by Sept. 1, 2022.
2. **If my child is 7 years old, should I register him/her for Kids Camp or Youth Camp?** If your child is 7, but turning 8 by September 1, you may register him/her for Youth Camp. Otherwise, you need to register him/her for Kids Camp. PLEASE NOTE: If you register your 7-year-old child for Youth Camp but we feel he/she would do better in Kids Camp, we will call you to discuss moving him/her to Kids Camp instead. We want the experience to be the best for your child and the other children. Each week of camp a new group of kids is registered. Some weeks have older kids in the group and some weeks have younger. Because of this and depending on your child, one week Kids Camp might be the best fit and other weeks Youth Camp might be a good fit.
3. **What are the Kids Camp hours?** Kids Camp is held Monday-Friday, 9 a.m.-2:30 p.m. Each session of camp is one week. You may register for as many weeks as you would like—each week is different.
4. **What if I need my child to arrive earlier than camp or stay later than camp hours?** We have “add-on” programs for Kids Campers.
  - **Splash Camp** – Your child must be able to swim on his/her own in order to participate in Splash Camp. Splash Camp is not a swim lesson, but rather swim games that allow children time to practice their swim skills. To be eligible for Splash Camp, your child must be able to swim 30 feet and not have any fear of the water and. Each child must meet these requirements. Splash Camp fills up quickly, so if you are interested in this add-on, make sure you register in advance.
  - **Extended Care** – By adding Extended Care you may drop your child off as early as 7:30 a.m. *For children registered in Splash Camp*, Extended Care is available until 5:30 p.m. We accept a maximum of 10 kids per week in Extended Care.
5. **What does my child need to bring for Kids Camp and Splash Camp?** **Kids Camp** – Your child needs to arrive with sunscreen applied, a water bottle and lunch, and we recommend a morning and afternoon snack because your child will be hungry after playing. On Fridays, we have a water day and your child needs to ARRIVE in a swimsuit and bring a towel and dry clothes. **Splash Camp** – If your child is registered for Splash Camp, he/she needs to bring a lunch, swimsuit, towel and sunscreen every day.
6. **What items should my child leave at home?** Video games, Pokemon and other trading cards, fidget toys, stuffed animals, cell phones, iPads and other electronics should stay at home to avoid being lost or damaged and distracting your child from the scheduled camp activities.
7. **What is a general Kids Camp schedule?** This [general Kids Camp schedule](#) is also posted on our [Camp Resources web page](#).

## Youth Camp (ages 8-13)

- 1. If my child is 7 years old, can he/she attend Youth Camp?** If your child is 7, but turning 8 by Sept. 1, 2021, you may register him/her for Youth Camp. Otherwise, you need to register him/her for Kids Camp. PLEASE NOTE: If you register your child for Youth Camp but we feel he/she would do better in Kids Camp, we will call you to discuss moving him/her to Kids Camp instead. We want the experience to be the best for your child and the other children. Each week of camp a new group of kids is registered. Some weeks have older kids in the group and some weeks have younger. Because of this and depending on your child, one week Kids Camp might be the best fit and other weeks Youth Camp might be a good fit.
- 2. What are the Youth Camp hours?** We have three options in Youth Camp.  
Full Day: 9 a.m.-4 p.m. | Half Day: Morning, 9 a.m.-12 noon, OR Afternoon, 1-4 p.m.
- 3. What if I need my child to arrive early for camp or stay later?** We have an Extended Care add-on option for Youth Campers. Your child may be dropped off as early as 7:30 a.m. and be picked up as late as 5:30 p.m. We allow a maximum of 10 children in Extended Care and it tends to fill up quickly, so we recommend registering for it as soon as you know you need it.
- 4. What does my child need to bring to camp?** Each child needs to arrive in a swimsuit (may have clothes over it) and bring a water bottle, snack, towel, lunch if they are staying full day, tennis shoes and a change of clothes.
- 5. What items should my child leave at home?** Video games, Pokemon and other trading cards, fidget toys, cell phones, iPads and other electronics should stay at home to avoid being lost or damaged and distracting your child from the scheduled camp activities.
- 6. If my child does not know how to swim, what will he/she do during swim time?** To participate in swim time, each child must pass a swim test the first day of camp. They must be able to swim the width of the pool one time. For those who do not pass or do not feel like swimming, we always offer an alternate activity for them. They must choose to participate in swim time or the scheduled alternate activity. The alternate activity will be determined by the number of kids choosing to participate, but could be a craft, board game, soccer, kickball, etc.
- 7. What is a general Youth Camp schedule?** This [general Youth Camp schedule](#) is also posted on our [Camp Resources web page](#).