

North Ridgeville Department of Parks and Recreation

7307 Avon Belden Road ■ North Ridgeville, Ohio 44039 ■ Phone: 440.353.0860 ■ Website: www.nridgeville.org

PARENT INFORMATION PACKET

Outdoor Yoga Camp

My Yoga Workshops and Summer Camps are designed for middle school & high school aged girls interested in exploring health, fitness, creativity, friendship and leadership via the avenue of yoga.

Camp themes and activities are specially chosen for their enriching qualities and alignment with the goal of offering children a fun, empowering, educational, and creativity-boosting camp experience. Children will enjoy a nurturing, supportive, non-competitive atmosphere, will stretch, strengthen and energize their bodies and minds, learn to express themselves creatively and compassionately, practice working cooperatively in large and small groups, be introduced to activities they may not have tried before, learn self-regulation techniques, develop special friendships and have loads of fun!

Students explore a variety of yoga styles with emphasis on how yoga supports our life regarding the issues that young adults face today, such as peer pressure, balancing emotions, dealing with stress and the dynamics of school, friendships, and making positive, healthful choices.

Daily Yoga: We will start the day with a 60 minute themed yoga class. (Yoga mats provided, you may bring your own, must be labeled).

Daily journaling, reflection, discussion and activity revolving around the themes of health and wellness, self-esteem, friendship, personal growth, creativity and fun!

Daily Yoga tutorial: Different each day, we will spend 15-30 minutes exploring a different aspect of yoga – pose breakdowns, breathing, meditation (silent time).

Daily Yoga themed craft to take home.

Lots of fun yoga themed games and partner poses to be had!

Heather Gillespie

200 Hour Certified Yoga Instructor



Yoga Bio

Heather Gillespie

After several decades of being a poor stretcher after running, spinning and boot camp style workouts I initially pursued yoga as a compliment to these other physical fitness practices that I enjoyed. As I continued on the yoga path I quickly fell in love and realized that practicing yoga had become so much more to me. Yoga felt like home- my heart had found its passion and I felt the need to share it with others, especially kids. I committed myself to the practice for the last 4 years and completed my 200 hour Yoga Teacher Training Program through the Carrie Treister School of Yoga in May of 2018. I also went on to complete a Tween/Teen Yoga Workshop.

To begin on my path of sharing yoga with others and coupling that with my experience as a Girl Scout Leader of 8 years I started up an after school Yoga Club at the Avon Middle School of which I am the Advisor and Instructor. I have taught Family and Kids Yoga at the French Creek YMCA, Summer Yoga Club through NR Parks & Rec, and you will find me at Burn Boot Camp in Avon Lake every other Saturday.

I aim to make my classes fresh, uplifting and fun for all levels. I love to share the joy of yoga with each and every student that I meet along the way. I will forever be a student of the practice and I am continually studying to improve my knowledge of yoga.

When I am not on the mat you can find me doing something active outdoors, with my nose buried in a book or spending time with my family.



ARRIVAL – CURBSIDE DROP-OFF:

Our day begins at 9:00 a.m. on July 9, 10 and 11 (Tuesday, Wednesday, and Thursday) for summer 2019. Outdoor Yoga Camp is held at South Central Park. You may drop your child off between 8:45 a.m. – 9:00 a.m. Pick up and drop off will be at Community Cabin in South Central Park. There will be staff to monitor at all times. If you need to speak with our yoga instructor please park in the parking lot and walk with your child. Please do not leave your child unattended. Attached to this packet is a map for location information. Safety is our main priority, in the event of inclement weather the pick-up and drop off location may change. Please make sure to check your email.

PICK-UP:

Please make sure to pick your child up at 12:00 p.m. Our day ends at 12:00 p.m.

Parents are reminded that our staff supervision is during camp hours only. Please be sure to pick - up and drop -off your children at the stated times.

Important: If you need to speak to the yoga instructor, park your car and wait until pick-up is over.

CARPOOL:

If your child is going home with a friend or has another ride, please send a note to camp that morning. We will not permit children to go home with anyone without a written note from the parent or guardian.

INSTRUCTOR:

The Outdoor Yoga Camp site is managed by a qualified 200 hour certified yoga instructor, Heather Gillespie. Please see the bio on page 2 of the parent packet.

The Yoga instructor has completed a screening process that meets the requirements set forth by the North Ridgeville Parks and Recreation Department. All instructors are required to complete and pass criminal background checks.

The Tot & Youth Program Supervisor, Melissa Shirley, from the Parks and Recreation Department is the coordinator of the Outdoor Yoga Camp program.

CAMP RULES & REGULATIONS:

Our goal is to provide your child with a safe and caring atmosphere during their time with us. With this goal in mind, it is essential all campers understand the rules and regulations of Outdoor Yoga Camp. All campers are expected to follow all the rules below.

1. Staff members are to be given proper respect.
2. All campers must stay with their assigned counselor or activities director.
3. All campers should show proper respect to each other as well as their surroundings.
4. Physical violence (i.e. hitting, fighting, throwing, biting, damaging property) and consistent disobedience will not be tolerated. Such action may be grounds for removal from camp and forfeiture of camp fees.
5. In and around water all safety rules regarding the Splash Pad will apply.
6. Campers are not to display any disruptive or inappropriate behavior toward any person while at camp. The North Ridgeville Parks and Recreation Department reserves the right to remove any child who consistently disobeys or breaks the rules stated above. This will result in the forfeiture of camp fees.
7. Parents are asked to have their children wear apparel which is appropriate for summer camp activities. We strongly recommend that all campers wear sneakers each day. "Open Toe Shoes" are not recommended at while camp.

8. We are **NOT** responsible for items stolen or lost, but we will make every effort to prevent it. Please make sure any and all items are clearly labeled with your child's name. The following list of items are prohibited at camp:
 - a. iPods / MP3 Players
 - b. Video Games (Gameboy, DS, DSi, Nintendo Switch, etc.)
 - c. Knives, any type of weapons
 - d. Toy Guns
 - e. Cell Phones*

*It is recommended cell phones be left at home. The Camp Director has access to a phone if parents need to be contacted. If a parent or guardian needs to contact their child or camp staff for any reason, please contact the Parks and Recreation Department at (440) 353-0860. If a child must bring a cell phone, all cell phones must remain in the camper's backpack during camp hours. Campers are not permitted to carry cell phones during camp hours.

9. If a child brings any prohibited items to camp, the item will be confiscated and returned to his / her parent at the end of the day. These items are banned in order to eliminate any disruption or safety concerns that may arise from their use.
10. Lost & Found items will be kept in a Lost & Found bin at the camp site. If items are not claimed by the end of camp, all items are donated.

ABSENCES:

If a camper will be absent for any reason, please call the Parks and Recreation Department **BEFORE** 8:30 a.m. at (440) 353-1503. Please leave your child's full name and the reason they will not be attending. If absence is due to a communicable disease, please be sure to inform us so we can send home the proper notification to other camper parents.

If your child is arriving late, please be sure to call as well. All late arrivals will need to report to the Parks and Recreation Department's office. Please do not drop your child off curbside if they are running late, each child needs to be escorted to Outdoor Yoga Camp.

MEDICAL INFORMATION:

It is extremely important that we have all the necessary medical information concerning your child. This also includes any learning disabilities.

The responsibility for administering medications rests with the camper's legal parent or guardian. **No camp staff is permitted to administer medication.** It is important that all medication be taken at home. No medication is to be sent to camp unless it is a prescription drug for preventative reasons or emergency conditions such as seizures, heart conditions, asthma, bee stings or allergy conditions.

These preventive or emergency medications may be sent to camp if the rules listed below are followed:

1. **Note from the doctor stating name of medication, how it is to be given, amount, time and diagnosis of illness. The medication must have the prescription label on the container.**
2. **Note from the parent or legal guardian giving approval for the medication to be administered by the camper under staff supervision.**
3. **For emergency conditions such as bee sting reaction, the Camp Director or Assistant Camp Director will call the parents / guardians.**

All medical information is kept strictly confidential.

Please apply sunscreen to your child daily. If your child is susceptible to sunburn, please send sunscreen to camp in a Ziploc bag with child's name on it. Staff members are not permitted to apply lotion to children but will remind the children to re-apply when necessary.

It is important to remind your children that they need to stay hydrated during the hot weather. The yoga instructor will have water / drink breaks throughout the duration of camp.

BEHAVIOR ISSUES:

North Ridgeville Parks and Recreation Department takes behavior issues very seriously and has protocols to deal with situations involving misbehavior. Parents and guardians will be notified on the day of the offense, in order to keep parents/guardians informed.

Bullying, fighting, inappropriate behavior / language and breaking camp rules will NOT be tolerated. Please refer to the behavior grid to learn how our system works. Your child will have the same behavior grid all summer. Consequences depend on the severity of the offense. A report will be filled out for each individual incident and will be available for review upon request.

Please keep in mind that North Ridgeville Parks and Recreation reserves the right to change our behavior procedures based on the severity of the incident.

North Ridgeville Parks and Recreation Department

DISCIPLINE INFRACTION GRID – SUMMER 2019

Camper Name: _____ Age: _____

| Offense: | 1 | 2 | 3 | 4 | 5 |
|--|--|--|--|--|--|
| Drugs, Alcohol, Weapons Sexual Harassment | IMMEDIATE REMOVAL FROM CAMP (No Refund!) ____/____/____ | | | | |
| Disrespect Towards Staff | Write Up & Phone Call ____/____/____ | Write Up, Loss of Privilege, Discussion of Removal ____/____/____ | IMMEDIATE REMOVAL FROM CAMP (No Refund!) ____/____/____ | | |
| Fighting Bullying Cursing Inappropriate Behavior | Write Up & Phone Call ____/____/____ | Write Up, Phone Call, Loss of Privilege. ____/____/____ | Write Up, Loss of Privilege, Discussion of Removal ____/____/____ | IMMEDIATE REMOVAL FROM CAMP (No Refund!) ____/____/____ | |
| Breaking Camp, Park, and Playground Rules | Write Up & Phone Call ____/____/____ | Write Up & Phone Call ____/____/____ | Write Up, Phone Call, Loss of Privilege. ____/____/____ | Write Up, Loss of Privilege, Discussion of Removal ____/____/____ | IMMEDIATE REMOVAL FROM CAMP (No Refund!) ____/____/____ |

North Ridgeville Parks and Recreation Department reserves the right to change or alter the above procedures based on the severity of each individual incident.

Outdoor Yoga Camp

South Central Park 7565 Avon Belden Rd. North Ridgeville, OH 44039



Safety is our priority, in the event of inclement weather the pick up and drop off location may change. Please make sure to check your email.

Key

- 1 = Community Cabin
Main Drop off & Pick up
- 2 = Gazebo
Alternate Drop off & Pick up
- 3 = Safetyville
Alternate Drop off & Pick up

Community Cabin

35717 Bainbridge Rd.
North Ridgeville, OH 44039

Main Drop off & Pick up



Gazebo

7565 Avon Belden Road
North Ridgeville, OH 44039

Alternate Drop off & Pick up



Safetyville

35753 Bainbridge Rd.
North Ridgeville, OH 44039

Alternate Drop off & Pick up



Child's Medical Information

This form only authorizes the City of North Ridgeville Parks and Recreation Department to secure emergency transportation for a child. This form DOES NOT authorize or guarantee treatment upon arrival at the designated source of emergency medical facility as each emergency facility sets their own treatment procedures.

Child's Name (Required): _____

Birthdate (Required): _____

Gender (Required):

(Select only one option)

Female

Male

Primary Contact (Required): _____

Relationship To Child (Required): _____

Cell/Home Phone (Required): () - _____

Work Phone: () - _____

Secondary Contact: _____

Relationship To Child: _____

Cell/Home Phone: () - _____

Work Phone: () - _____

List allergies:

.....

List special precautions or treatment for allergies:

.....

List any medications currently being administered:

.....

Emergency Contact

In case I cannot be reached, the following person/persons is/are designated to act on my behalf.

Name (Required): _____

Relationship To Child (Required): _____

Cell Phone (Required): () - _____

Physician Information

Physician (Required): _____

Phone (Required): _____

Insurance Carrier: _____

Policy Number: _____

Permission To Transport

I give the City of North Ridgeville Parks and Recreation Department permission to have the above listed child transported for emergency medical care to the doctor or clinic listed on this form or the nearest available source of assistance.

Signature (Required): _____

Date (Required): _____
