



# QUINIPET CAMP AND RETREAT CENTER

HONESTY ~ FAITH ~ LOVE ~ HUMILITY ~ COURAGE

Dear Day Camp Parents:

Summer 2011

Welcome to Quinipet Rocks Day Camp. It is that wonderful time of year when we are excited and busy making plans for the summer.

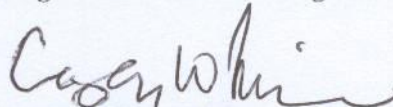
If you are interested in registering your 3 1/2 to 4 year-old son or daughter for day camp, I am pleased to announce that you now have some extra choices. This year you will be able to choose from a morning (AM) or an afternoon (PM) program. So if you want to sleep in and have a leisurely family breakfast, you can, or if your family would prefer to get up early and regroup in the afternoon for a family luncheon, you can choose that option.

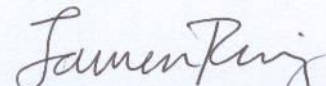
As you look forward to happy sunrises and awe-inspiring sunsets, please take the time to think about what time of day suits your needs best, whatever age your camper(s) may be, and register as soon as you know what you want. Then you can start looking forward to the times you will enjoy relaxing, recreating and making new memories of times spent on Shelter Island.

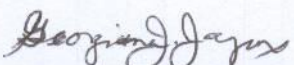
Be sure to create a brief "to do" checklist to help establish a daily "going to camp" routine, include the following:

- ✓ A good nights sleep, every night
- ✓ A nutritious breakfast, every morning
- ✓ A camp backpack with child's name with a beach towel & dry socks
- ✓ Water shoes with child's name
- ✓ A bathing suit with child's name (wear it under the clothing coming to camp) and include a set of undergarments with child's name to put on after swim time (a plastic bag is a good idea)
- ✓ Sneakers ( For safety - NO SANDALS or THONGS) with child's name
- ✓ SUNBLOCK (please put this on your child prior to dressing at the start of the day) *An adult needs to put this on as children are less cautious and run the risk of getting it in their eyes and this is never a good thing – it stings, and they will be distressed. Whoever applies the sun block needs to remember to wash it off of their hands afterwards.)*
- ✓ A full water bottle
- ✓ Insect repellent (please put this on your child's clothing whenever possible – read the various labels (brands) and make an educated decision regarding the various DEET and non-DEET products available.)
- ✓ Fill out your child's registration form as you would for school, including emergency contacts (create new ones if you are new to the island), health concerns, and any other information you know to be pertinent to your child's happiness and well being.
- ✓ Count on daily fun and adventures with new and old friends

We are looking forward to seeing everyone. We have an outstanding group of counselors to lead your children through a summer filled with good times and great camp adventures.

  
Gregory Nissen, Quinipet Director

  
Lauren Ruiz, Administrator

  
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