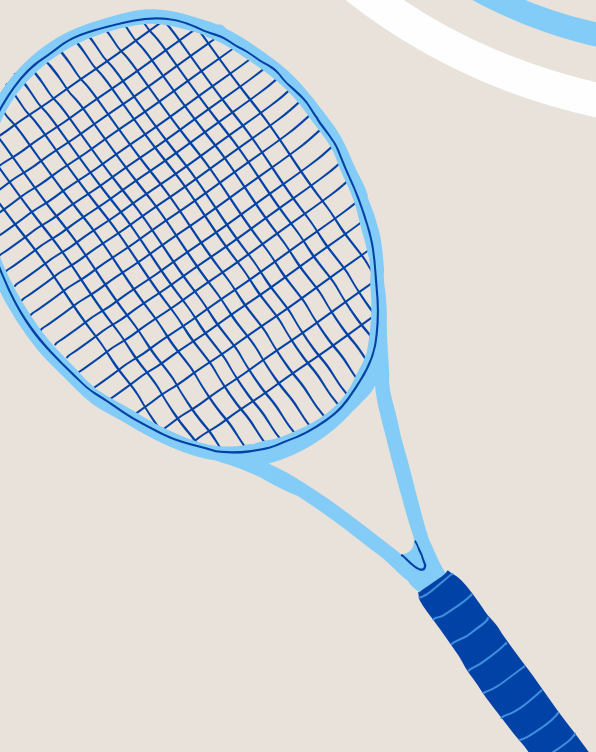




# SPORT CAMP INFO







HEY,

Your child has been accepted to a sport camp.

Please take a close look at the camp booklet, which contains instructions for the camp. Parents should complete and return the bottom section of the camp letter to the camp counselors on the first day of camp.

Please also look into the weekly camp program outline, which will give you an idea of what the weekly program will consist of. The programme will be completed and modified by the counsellors during each week of camp.

If your child is unable to attend the camp, you can cancel your participation: via the online registration system until the Monday before the week of the camp, or by e-mail to [liikunnalliset.paivaleirit@vantaa.fi](mailto:liikunnalliset.paivaleirit@vantaa.fi). If the cancellation is not made by the deadline, the camp fee will be charged in full.

The cost of the camp is 45,00€/ week per child. The invoice will be sent to the participant's home address at the end of the week. The unpaid invoice will be sent for collection.

Absences during the camp week should be reported directly to the camp office by phone or SMS.

Welcome to our sporty summer camps!

Best camp wishes,

*Milla Sjöblom*

040 1836 113

[liikunnalliset.paivaleirit@vantaa.fi](mailto:liikunnalliset.paivaleirit@vantaa.fi)



# FOR PARTICIPANT



Read this camp invitation and the weekly programme carefully to get a good overview of the camp activities. The weekly camp programme serves as a framework for the camp activities. It tells you what will happen on the days of the camp, what equipment you might need to bring. The camp framework is the same each week, but the weekly programme is not permanent, but is intended to provide information to guide you through the camp activities. The content of the topics will evolve from week to week and, for example, in outdoor sports, the sports will change from week to week. Children also have the opportunity to submit programme requests. The instructors will complete the programme at the beginning of the camp week and inform the homes of any additional equipment that may be needed during the week. The outdoor sports activities are weather permitting, but we are not afraid of a little rain, and dressing for the weather is important.

The camps start on Monday at 8.30 am at the site you have been selected for! The day camps will run from 8.30 to 15.30. The camps will be led by sports instructors. The day always starts and ends at the camp site or in the immediate vicinity. If you are leaving camp earlier in the day, we hope that your parents will take note of the activities and their nature in the programme. Campers do not spend the whole day in the same place, so arriving or leaving outside of the program may make it difficult to complete the planned program. Arrivals and departures that deviate from the normal start and end times of the camp day must always be notified to the counsellors in advance.

Day camp meals are provided by your own picnic. It is therefore advisable for your child to have a proper breakfast before arriving at the camp. Your own snacks will be eaten in the day camp's own facilities at lunchtime. The snacks should be products that can be kept without refrigeration. No sweets, fizzy drinks or crisps. We cannot promise refrigerator storage or a microwave to heat your snacks. Please take into account the physical activity of the day; it is a good idea to bring a generous, energy-rich pack of snacks, including rye bread, fruit, vegetables, nuts, snack bars. A change of clothes may also be necessary.

The fee for the week is 45€/child/week and will be invoiced after the week. If you are prevented from attending the camp, please inform us immediately at the phone number below or by email so that we can take another child from the camp queue.

If you have any questions or concerns about the day camps during the week, please contact the sports services coordinator or the summer camp leader. We will respond to any questions or changes regarding the day camp and forward any feedback or messages to the counselors at the camp in question. Each camp has its own camp phone, where you can directly report any absences or if a camper arrives late/leaves camp early.

# FOR PARENT

The camp fee of £45/child/week will be invoiced after the camp week.

There is no fridge or microwave at the campsites, so pack healthy snacks that don't require them.

Below is a questionnaire for parents, which must be completed and returned to the counselors at the start of the day camp!



print and cut

or write down all the information and bring paper to the camp leaders

Name of the child \_\_\_\_\_

Week(s) the child is participating \_\_\_\_\_

Entering and leaving the camp (circle)

entering ☐  
with escort

leaving ☐  
with escort

entering on ☐  
his/her own

leaving on ☐  
his/her own

Anything the camp leaders should know about the child (allergies, chronic illnesses, special needs etc.)

Child's swimming skills (cross)

Note! The swimming skills will always be tested by the sport instructors, regardless of the parents' assessment, in a teaching pool before entering the deeper pool.

can swim 10m backstroke and "dog-paddle" ☐

can not swim ☐

I'm not sure ☐

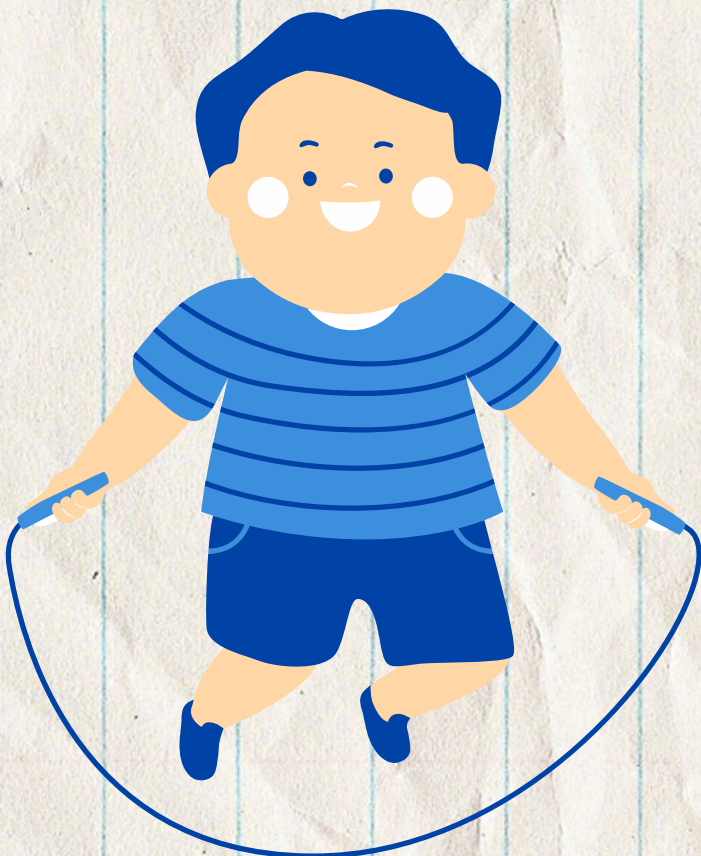
Guardians signature, name and phone number



# CAMP CHECKLIST

## REMEMBER

- ✓ daily camptime is 8:30-15:30
- ✓ eat a proper breakfast before coming to the camp!
- ✓ take your own snacks, e.g. bread, fruits, vegetables, snackbar
- ✓ dress accordingly to the weather and bring spare clothes
- ✓ print the info part and bring on the first day of the camp



### Contact:

Milla Sjöblom

040 1836 113

[liikunnalliset.paivaleirit@vantaa.fi](mailto:liikunnalliset.paivaleirit@vantaa.fi)

# CONTACT INFO FOR CAMPSITES

- ★ Tikkurilan uimahalli 043 827 2517
- ★ Myyrmäen uimahalli 040 670 5437
- ★ Veromäen koulu 040 481 2470
- ★ Rajakylän koulu 040 358 5079
- ★ Hiekkaharjun koulu 043 827 2480
- ★ Uomarinteen koulu 040 640 2926
- ★ Keimolanmäen koulu 043 827 2521
- ★ Lehtikuusen koulu 043 827 2481
- ★ Leppäkorven koulu 043 827 2476
- ★ Tikkurilan urheilutalo 043 827 2479
- ★ Ilolan koulu 040 484 2438
- ★ Kytöpuiston koulu 0438272523



# SCHEDULE

THE CITY OF VANTAA  
Sportservices

Sporty day camp program

Weeks 8, 23, 24, 26 and 42

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30	arrival to camp	arrival to camp	arrival to camp	arrival to camp	arrival to camp
8.30- about 10.00	Getting to know each other, the campsite and agreeing on camp rules	Sports and games or a trip to a swimming hall	Sports and games or a trip to a swimming hall	EXPEDITION DAY:	Wish day
about 10.00-	Getting to know each other, the campsite and agreeing on camp rules	Sports and games or a trip to a swimming hall	Sports and games or a trip to a swimming hall		
11.30-12.15	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
about 12.15-	Handicrafts / board games	Handicrafts / board games	Handicrafts / board games		Wish day, actions vary between camp sites
13.00-15.00	Outdoor sports	Outdoor sports	Outdoor sports	Getting back to the camp site...	
about 15.00-					
15.30	the end of camp day	the end of camp day	the end of camp day	the end of camp day	the end of camp day

THE CITY OF VANTAA  
Sportservices

Sporty day camp program

WEEK 25

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30	arrival to camp	arrival to camp	arrival to camp	arrival to camp	
8.30- about 10.00	Getting to know each other, the campsite and agreeing on camp rules	Sports and games or a trip to a swimming hall	EXPEDITION DAY	Wish day	MIDSUMMER EVE,
about 10.00-	Getting to know each other, the campsite and agreeing on camp rules	Sports and games or a trip to a swimming hall			NO CAMP!
11.30-12.15	Packed lunch	Packed lunch	Packed lunch	Packed lunch	
about 12.15-	Handicrafts / board games	Handicrafts / board games		Wish day, actions vary between camp sites	
13.00-15.00	Outdoor sports	Outdoor sports	Getting back to camp site...		
about 15.00-					
15.30	the end of camp day	the end of camp day	the end of camp day	the end of camp day	