A DAY IN 5/6 OR 7+ AGE GROUPS

Day in 7+ Age Groups

1:15-1:30PM
Arrive to Summercise
Sign in at the main gym
Join group leader in main gym

1:30PM
Summercise Begins
Children go to their first class

2:30PM
Children go to second class

3:30PM
Children go to their third class

4:30PM
Sign Out
Children are released

All children will need to be signed in and out of Summercise unless authorized prior on registration

Day in 5-6 Age Group

1:15-1:30PM
Arrive to Summercise
Sign in at the MPR or Bowling Alley
Find homeroom on the first day of Summercise.

1:30PM - 4:30 PM
Children will participate in various Summercise classes offered

4:30PM
Child can be picked up from main group MPR or Bowling Alley

All children will need to be signed in and out of Summercise unless authorized prior on registration

*On swimming and hiking days, this schedule may differ slightly.
Swim will be a 90-minute class followed by 90 minutes at the NRC - children will be bused to and from the pool. These take place Mondays and Wednesday for 5/6 and Tuesday/Thursday for 7+ Hiking classes are 2.5 hour-long classes.

Summercise Contact Information:

CAMP: 443-3365
Summercise Director Main Line: 434-1043
Nome Recreation Center: 443-6645
Nome Swimming Pool: 443-5717
**Rules and Policies:**

We will follow the three-strike policy. A strike will be given when a child is disruptive during classes. With three strikes, they will not be invited back the following day. If a child is sent home three times, they will be excused from Summercise for the summer.

**Capping Classes:**

To ensure the safety and enjoyment of Summercise, some classes will be firmly capped this year. Priority will be given to the first children to sign up. These include, but are not limited to, KNOM - Traditional Living - Floor Hockey, etc. Summercise Staff will have the right to switch your chosen classes should this be needed.