

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

Summercise Contact Information:

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

*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.

FREQUENTLY ASKED QUESTIONS

Registration:

Registration is online - following the link below. If you do not have access to a computer, please visit the CAMP Department and staff can assist you.

<https://www.nortonsoundhealth.org/services/community-health-services/camp/summercise/>

7+ children will choose their classes. 5/6 children will participate in all classes.

Payment:

Payment options: All payment will be due by June 10th. Payments can be brought to the CAMP Department or paid the first day of Summercise.

- Cash
- Check made out to "Norton Sound Health Corporation CAMP"
- Card payments accepted by the Cashier's Office located on the first floor at Norton Sound Regional Hospital
- NSHC Payroll Deduction, forms can be found at the CAMP Department

Drop Off and Pick Up:

5/6 Year Old: All children will need to be dropped off or picked up from their homeroom - assigned to the bowling alley or MPR room. All children will need to be signed in and out of Summercise unless authorized prior on registration.

7+ Year Old: All children will be dropped off in the main gym. Children will need to be signed in and out of Summercise unless their registration indicates otherwise.

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 you 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.