



Dear Four Mounds Campers & Parents/Guardians,

Summer 2017

We welcome your campers to our Adventure Day Camp! We're continuing a number of changes we made to improve camp last year:

- 45 minute drop-off timeframe in the morning and a half-hour pickup timeframe in the afternoon (if you choose to use before & after care services)
- Optional child-care services at the above locations and times (there is no extra cost for these services; services detailed on page 3)
- Campers grouped more closely together by age
- Multiple improved systems to reduce possible weather cancellations
- Transportation so all campers arrive to camp locations at the same time

SCHEDULE & SUPPLIES: See page 2

TRANSPORTATION & CHANGES: see page 3

Your child will also experience The Jule, Dubuque's public transit system. The Jule Transit and Trolleys will provide transportation for campers, teaching the about public transit and how it works in their community. Youth receive free rides on daily bus services and because of the sources of funding for our camp, The Jule is able to provide trolley rides for our camp outings. (You will choose which location your child will participate in on the enclosed permission slip and waiver form.)

**PERMISSION SLIP & WAIVER:** Hand in the completed forms to a staff person on Day 1. **Your child will not be able to participate without the permission slip and waiver.**

**BAD WEATHER:** We're making a number of changes this year to accommodate students indoors if there is rain, and prevent cancellations. If strong forecast for severe weather, we may cancel for the day, in which case, we'll try to have a make-up day. Counselors will call and/or text phone numbers provided and be stationed at the drop off locations to inform you of cancellations. If it starts raining after camp has started, we will continue activities outdoors, unless there is threat of storms with lightning and thunder, in which case we will try to go indoors.

**CONTACT INFO:** I carry a cell phone for the camp. If you have questions or there is an emergency, please feel free to call me at 563-590-0944, and please be sure to leave a message.

This is my first year as director of the camp and I am experienced in leading camping, canoeing and hiking excursions. Thank you for the opportunity to serve your family.

Sincerely,

*Ruth Berning*

Ruth Berning, Adventure Day Camp Director  
Four Mounds Foundation

Turn Over 

## CAMP SCHEDULE AND REQUIRED SUPPLIES

### ***SUPPLIES YOU NEED TO BRING EACH DAY:***

Sack lunch & reusable water bottle if possible (water is supplied by the camp)

Bag or backpack to carry all items                      Change of clothes

Plastic bag (for dirty/wet clothes)

### ***SUPPLIES PROVIDED BY FOUR MOUNDS:***

Bug Repellent                      Ponchos (for rain)                      Bandanas                      Art Supplies                      Sunscreen

Drinking Water                      First Aid                      Life Jackets                      “Rainy Day” activities

### ***INAPPROPRIATE ITEMS:***

No cell phones, ipods or similar devices. Campers get wet and we aren't responsible for personal items. Absolutely no tools, weapons, lighters, etc. We trust you to use good judgement and check your camper's bag.

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### ***MONDAY: Challenge Low Ropes Course at Four Mounds***

Campers will explore the land around Four Mounds, work on the low ropes of the Challenge Ropes Course, complete arts and crafts, go hiking, and play games. Bring a packed lunch. Tennis shoes or hiking boots are preferred. Wear pants or shorts and t-shirts.

### ***TUESDAY: Ecosystem Adventure at Nature Center & Catfish Creek, Swiss Valley***

Campers explore the nature center and hike, play, wade/swim and study macro-invertebrates and other biological systems in and around the waters of Catfish Creek. Bring a packed lunch and a towel. All campers must wear shoes in the water due to rocks and life jackets (supplied by camp). Water shoes, tennis shoes or hiking boots are preferred, but bring a pair of shoes that can get wet and a towel. Wear pants or shorts and t-shirts with a swimsuit underneath, and bring a change of clothes.

### ***WEDNESDAY\*: Canoe Trip on Catfish Creek, Mines of Spain***

Campers enter the Catfish Creek at the Mines of Spain, or in case of high waters, go to Mud Lake where they will have a canoe trip on the creek. Campers will be wearing life jackets (supplied by the camp) at all times when they are in canoes or in the water. Bring a packed lunch. All campers must wear shoes in the water due to rocks. On this day wear sandals with backs (no flip flops), water socks or tennis shoes that can get wet, and bring a towel. Wear clothes that can get wet with a swimsuit underneath; bring a change of clothes and socks.

### ***THURSDAY\*: Hiking and Exploring at the Mines of Spain***

The Jule will take the campers to the Mines of Spain where they will be exploring and hiking. We will tour the EB Lyons Interpretive Center and learn about many biological systems in this area. Bring a packed lunch. Tennis shoes or hiking boots are preferred, but bring a pair of shoes that could get wet/dirty. Wear pants or shorts and t-shirts, and bring a change of clothes.

### ***FRIDAY: Challenge High Ropes Course at Four Mounds***

The Jule will take the campers to Four Mounds where they will conclude their week of camp with the always popular High Ropes supervised by Dan Block of Team Building Blocks. Campers take on the fun, exciting and safe challenge of the High Ropes. These activities involve the controlled climbing of trees, the zip-line, swing and other activities. The campers will wear helmets and harnesses (supplied by Dan Block) and are attached to safety ropes at all times. Bring a packed lunch. Tennis shoes or hiking boots are preferred. Wear pants or shorts and t-shirts, and bring a change of clothes.

*\* We may switch Wednesday and Thursday in case we run into storms on Wednesday, to avoid being on the creek and away from shelter. In that case, we'd go canoeing on Thursday instead.*

## TRANSPORTATION CHANGES NEW BEFORE & AFTER CARE SERVICES

TRANSPORTATION: Transportation is provided by the City of Dubuque’s Jule Transit and Trolley systems. You must transport your child to and from one of our pickup locations each morning and afternoon. You must choose Option A or B and continue at location for the entire week. (Please select your location on the attached form.)

OPTION CHOICE	NAME	LOCATION	MORNING DROP OFF	AFTERNOON PICK UP
OPTION A	Allison Henderson Park	Nowata Street between University & Loras	8:00-8:45 AM	4:00-4:30 PM
OPTION B	Prescott School yard	Access dropoff lane off of 13 <sup>th</sup> St. or White St.	8:00-8:45 AM	4:00-4:30 PM

### BEFORE & AFTER CARE: (OPTION A or B)

Optional supervised childcare and play time at the parks. There is no charge for this service.

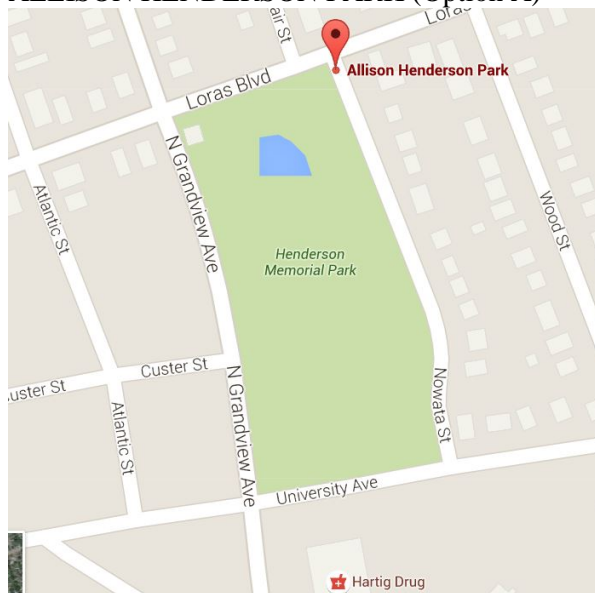
**Before camp**, campers can spend up to 45 minutes of supervised play time at either Prescott School yard or Allison Henderson Park, from 8:00-8:45 am.

**After camp**, campers can spend up to 30 minutes of supervised play time at Prescott School yard or Allison Henderson Park, from 4:00-4:30 pm.

Here’s a rundown of their morning:

- Campers arrive at either Prescott or Allison Henderson between 8:00-8:45
- At 8:50, they walk with camp leaders to the nearby Jule Transit bus stop.
- At about 9:00, the Jule takes them to the Intermodal Center at East 10<sup>th</sup> & Elm St.
- At about 9:15, both groups get on a City Trolley and are taken to the day’s activities.
- *In the afternoon, we reverse the steps, with campers arriving at Prescott and Allison Henderson around 4:00 pm. All transportation costs are included in the camp.*

ALLISON HENDERSON PARK (Option A)



PRESCOTT SCHOOL (Option B)



**FOUR MOUNDS SUMMER ADVENTURE DAY CAMP 2017**  
**PERMISSION SLIP & CAMP PARTICIPATION WAIVER**

**Both pages must be completed, signed and turned in by the first day of camp to participate.**

I, \_\_\_\_\_, give permission for  
(parent or legal guardian printed name)

\_\_\_\_\_, to participate in the following:  
(camp participant printed name)

(please check mark each activity you agree with)

Traveling by City Transit bus to:

- Four Mounds on Monday & Friday
- Swiss Valley Nature Preserve on Tuesday
- Mines of Spain /Catfish Creek on Wednesday and Thursday

Participating in all Camp Activities:

- Four Mounds Challenge Ropes Courses (high & low)
- Canoeing and swimming/wading in Catfish Creek at the Mines of Spain (life jackets are mandatory)
- Exploring ecosystems & nature center at Swiss Valley
- Exploring hiking trails and EB Lyons Center at Mines of Spain
- Camp games, activities, and arts & crafts

Allowing the use of bug repellent with DEET during the camp, as supplied by camp counselors.

Allowing the use of sunscreen during the camp, as supplied by camp counselors.

Allowing camp counselors to apply first aid or utilize CPR should they find it medically necessary.

Allowing photos to be taken for use in program materials for Four Mounds and partnering organizations.

**ALLERGIES – Please checkmark one of the two boxes listed below:**

No, my child has no known allergies

Yes, my child has the following allergies or conditions that could be a concern. Please include any allergies to medicines, bug bites, bug repellent or sunscreen, food allergies, etc. Let us know if the condition has any possibility of needing professional medical treatment, or whether it can be life threatening. You may write more detail on the back of this page if you would like.

<i>Description</i>	<i>Treatment necessary</i>	<i>Life threatening? (Yes/No)</i>
_____	_____	_____
_____	_____	_____

If Allergies or conditions exist, please call me \_\_\_\_\_ at \_\_\_\_\_.  
*Name* *phone #*

***I have signed off on all activities and informed staff of any allergy or medical condition that is pertinent for my Camp Participant.***

**Parent/Guardian Signature**

**Phone Number**

**Date**

