



# 2025 PARENT HANDBOOK



CITY OF  
**FOLSOM**  
PARKS & RECREATION  
DEPARTMENT

## Destination Recreation Parent Handbook

The Destination Recreation Program is operated by the City of Folsom Parks and Recreation Department. We are committed to offering a dynamic and engaging recreational experience by promoting active participation in sports, STEAM, and outdoor adventures. Our team focuses on creating memorable moments filled with laughter, fun, and friendship while nurturing a lifelong love for recreation and exploration.

This handbook is designed to provide you with important information about our program, policies, and procedures. We encourage you to read it thoroughly and keep it handy for reference throughout the summer. We look forward to partnering with you to make this summer a truly unforgettable experience for your child!

### Program Details

**Dates:** Camp runs from June 9 through August 11, 2025, with closure dates on July 3 and 4 in observance of the holiday. We also offer Preview Days from June 4–6, 2025. Families may register for individual weeks that best suit their summer plans.

**Hours:** The regular camp day runs from 8:30 AM to 4:00 PM, Monday through Friday. Morning drop-off begins at 8:25 AM. Campers picked up after 4:00 PM will incur a late fee.

**Location:** Our home base for camp is Theodore Judah Elementary School (101 Dean Way, Folsom). Drop-off and pick-up details, including maps and instructions, will be emailed to families prior to the start of each camper's registered weeks.

### Contact Information:

- **Parks & Recreation Front Counter** (for registration, cancellations, payment of late fees, etc.): 916-461-6601
- **Camp Cell Phones:** 916-496-1889 or 916-496-1987
- **Program Coordinator:** Whitney Kahn – [wkahn@folsom.ca.us](mailto:wkahn@folsom.ca.us)
- **Camp Directors:** [destinationrecreation@folsom.ca.us](mailto:destinationrecreation@folsom.ca.us)

All of our programs are supported entirely by participant fees. Camp fees are all-inclusive. We strive to deliver a high-quality experience and appreciate your understanding of our operating procedures.

- Payment must accompany registration and is required to secure your child's spot.

- Refunds will not be issued after the start of the program.
- A full refund will be given only if the program is canceled.
- To receive a refund (minus a \$10 processing fee), you must cancel no later than **Friday at 4:00 PM, two weeks prior** to the registered start date.

### **Camp Schedule Highlights**

Each week of Destination Recreation is carefully planned with activities that build community and camaraderie across age groups. Campers will participate in a mix of structured and free-choice activities including:


- Sports, both indoor and outdoor games
- Arts & crafts, hands-on STEM projects
- Daily group gatherings and theme-based activities
- Time with peers and camp staff to develop new friendships

**Every Wednesday** includes a field trip to the **Steve Miklos Aquatic Center** for swimming and water fun!

### **Our Weekly Specials include:**

- **Make Connections Mondays** – Focused on icebreakers and team-building games to foster group connection.
- **Tasty Tuesdays** – A visit from a fun and delicious local food vendor (a treat is included).
- **Wet & Wild Wednesdays** – Our weekly aquatic field trip day!
- **Thrilling Thursdays** – A special guest or experience brought directly to camp.
- **Fun Fridays** – Camp-wide dress-up days and extra fun to celebrate the week's end.

To help combat high summer temperatures, outdoor activities are scheduled in the mornings whenever possible. Swimming takes place Wednesday afternoons. Campers are grouped by age and rotate through stations to ensure a well-rounded and engaging experience.

 **Stay tuned!** We'll be sharing information soon about how families will be able to view and enjoy photos of all the fun happening at camp this summer.

# Look at what we have planned!

## WEEK 1: JUNE 4-6

### SUMMER CAMP PREVIEW DAYS

Join us for special preview days where new and returning campers can explore activities, meet our staff, and get a glimpse of the fun ahead. (*Spaces are very limited, and are only available for campers registering for at least one week of Destination Recreation.*)

#### AGES 6-10

214611-01	Wednesday	June	10:00 A.M.–2:00 P.M.
214611-02	Thursday	4	12:00 P.M.–4:00 P.M.
214611-03	Friday	June	8:30 A.M.–12:30 P.M.
<b>FEE:</b> \$29 / day		5	
		June	

6

## WEEK 2: JUNE 9-13

### DEEP SEA MONSTER HUNT (241611-02)

An underwater adventure featuring mythical sea creatures, sunken treasures, and ocean mysteries.

- Tasty Tuesday: Leatherby's Family Creamery
- Thrilling Thursday: Family Slime Co.

## WEEK 3: JUNE 16-20

### ROYAL HERO ACADEMY (241611-03)

Where superheroes and princesses train together for daring quests and epic rescues.

- Tasty Tuesday: **Pizza  Guys**
- Thrilling Thursday: Howdy Do Dat? Magician

## WEEK 4: JUNE 23-27

### BARNYARD BONANZA & FRONTIER FEST (241611-04)

A lively mix of farmyard fun and old-fashioned Wild West excitement.

- Tasty Tuesday: Kona Ice
- Thrilling Thursday: Amazing Animal Adventures

## WEEK 5: JUNE 30-JULY 2 \*

### NINJA WARRIOR GAUNTLET (241611-05)

Action-packed obstacle courses, strength challenges, and ultimate ninja training.

- Tasty Tuesday: Candy Sushi Making

\*Note: Camp will be closed on July 3 and 4, with a prorated weekly fee of \$207.



Looking for leadership opportunities for your teen? Check out our Trailblazers-N-Training on page 30.

## WEEK 6: JULY 7-11

### SILLY SCIENCE & SUPERCHARGED GIZMOS (241611-06)

Wacky experiments meet futuristic tech, robots, and out-of-this-world inventions.

- Tasty Tuesday: Pink Ice Cream Cart
- Thrilling Thursday: The Science Wizard

## WEEK 7: JULY 14-18

### ULTIMATE SPORTS SHOWDOWN (241611-07)

A high energy mix of classic sports, wacky competitions, and game show-style challenges.

- Tasty Tuesday: Handel's Homemade Ice Cream
- Thrilling Thursday: Kovar's Martial Arts Demo

## WEEK 8: JULY 21-25

### CIRCUS SPECTACULAR (241611-08)

Step right up and get ready to clown around in a spectacular adventure under the big top.

- Tasty Tuesday: Spun Craze Treats
- Thrilling Thursday: All Party Art Face Painting

## WEEK 9: JULY 28-AUGUST 1\*

### RHYTHMS OF THE WILD: A DANCE SAFARI (241611-09)

Move, groove, and explore the rhythms of the wild in this high-energy dance safari! Guided by a dance choreographer, each age group will learn and rehearse a special routine to perform on Friday—don't miss the show!

- Tasty Tuesday: Wendy's
- Thrilling Thursday: Walking Field Trip and scavenger hunt at the Folsom City Zoo Sanctuary
- Fun Friday: Dance Performance for families at 4 P.M.

\*Note: This week will be held at the Folsom Community Center, 52 Natoma Street



Please visit [www.folsom.ca.us/camps](http://www.folsom.ca.us/camps) for more details and FAQs

## Health & Safety

At Destination Recreation, camper well-being is our number one priority. We have established thorough health and safety protocols to support a secure and nurturing environment.

### 1. Medical Information & Emergency Procedures

- Families will receive an invitation via email from **ePACT** shortly after registration. If you've never used ePACT for a City of Folsom activity, you will be prompted to create a brand-new account (this is separate from your WebTrac login). If you've used ePACT in the past, you'll simply need to reconfirm that your information is correct—this process is quick and easy!
- Emergency forms must be completed before your child's first day of camp. It's also the parent/guardian's responsibility to update any changes.
- Camp staff cannot update your ePACT record on your behalf.
- All staff are CPR/First Aid certified and trained in emergency response. In the event of a medical emergency, we will take immediate action and notify families right away.

### 2. Allergies & Dietary Restrictions

- Please clearly document any allergies (including severity) and dietary needs in ePACT. This ensures our team can plan accordingly during snack and mealtimes.

### 3. Medication

- If medication needs to be administered during camp, complete a **Medication Authorization Form** on your camper's first day. Meds must be in their original packaging and not expired.

### 4. Illness & Communicable Disease Policy

- If your camper is unwell or showing signs of illness, please keep them home.
- Notify camp immediately if your child is diagnosed with a contagious illness (e.g., strep throat, COVID-19).
- Campers must be symptom-free for 24 hours before returning.
- Staff reserve the right to deny attendance to any child who appears ill.

## 5. Sun Protection & Hydration

- Apply sunscreen before drop-off. Campers may reapply if they bring sunscreen.
- Hats and refillable water bottles are encouraged daily.

## Communication & Parent Involvement

We believe in strong communication between camp staff and families. Here's how we stay connected:

### 1. Weekly Communication

- **Friday Email Updates:** These include reminders, upcoming theme days, and details for the week ahead.
- **ePACT Messaging:** Staff may also send timely notes via ePACT, which will be delivered to your email.

### 2. Connecting with Staff

- You're welcome to speak with staff during drop-off or pick-up. If needed, the Camp Director can schedule a time to chat more in depth.
- Significant incidents or behavior-related updates are documented in our **Communication Log** and shared with families.

### 3. Sharing Feedback

- We love feedback! Parent surveys will be emailed at the end of the summer. We welcome suggestions anytime to help us grow and improve.

## Camp Policies & Procedures

### 1. Attendance & Timeliness

- Please arrive **before 9:30 AM** so your camper can take part in the morning meeting and activity rotations. (Reminder: 8:25a is the earliest campers may be dropped off)
- If your child will be late or absent, please let us know by phone, text, or email.

### 2. Drop-Off & Pick-Up Procedures

- Campers must be signed in/out each day by an adult.

- Only individuals listed in ePACT will be allowed to pick up, and must show ID.
- Drop-off begins at 8:25 AM. Pick-up ends promptly at 4:00 PM.

If a camper is picked up after 4:00 PM, a **\$1 per minute late fee per child** will be assessed by staff. The front counter team will follow up via email with instructions for payment.

- Specific drop-off and pick-up instructions (including maps) will be emailed prior to the start of camp.

### **3. Behavior Expectations**

- Campers are expected to treat others with kindness, respect, and empathy.
- We promote a safe, inclusive environment free from bullying or disruptive behavior.

### **4. Personal Items**

- Label all belongings. **Leave valuable or unnecessary items at home**, including toys, electronics, trading cards, and stuffed animals.
- Camp is not responsible for lost or damaged items.

### **5. Dress Code**

- Closed-toe, athletic shoes are required. No sandals or flip-flops, except at the pool.
- On Wednesdays, campers may bring sandals/water shoes to wear at the Aquatic Center.
- Sunscreen, hats, and water bottles are encouraged.

### **6. Electronic Devices**

- Please do not send tablets, gaming devices, or phones with your child.
- If you need to reach your child, please contact the camp cell.

### **7. Food & Snacks**

- Campers should bring a healthy lunch and two snacks (morning and afternoon).
- Please avoid sending candy, gum, or soda.
- Refillable water bottles are required.
- Sharing food is prohibited for hygiene and allergy reasons.

## **8. Special Events**

- If you do not wish for your child to participate in a Tasty Tuesday or Thrilling Thursday experience, let us know at drop-off.

## **9. Weather & Air Quality**

- When needed, camp activities may be modified or moved indoors to ensure camper safety.

## **10. Photo/Video Consent**

- By agreeing in ePACT, you give permission for your child to be photographed or recorded for promotional purposes. Opt out in writing if needed, and please notify your child of this decision.

## **11. Cancellation & Refund Policy**

- Refer to your receipt or contact our office for details.

## **Behavior Expectations & Discipline**

We work to foster a positive, supportive camp culture where every child can shine. Our behavior expectations are centered around respect, kindness, and accountability.

### **Campers are expected to:**

- Treat others with respect, empathy, and kindness.
- Listen to camp staff and follow directions.
- Participate positively in group activities.
- Help keep camp safe, fun, and inclusive for all.

### **Our Approach:**

- Positive reinforcement and praise for kind, cooperative behavior
- Redirection and support through conflict resolution

### **If issues arise, staff may:**

1. Offer a verbal redirection or reminder
2. Provide a cool-down break

3. Make a supportive phone call home to check in
4. Document and discuss ongoing issues via our communication log
5. In severe or repeated cases, dismiss a camper for a day, week, or the remainder of the season

### **Important Notes:**

- Physical aggression, threats, or violence result in **immediate dismissal**.
- No refunds are given for missed days due to behavior-related dismissal. Future weeks may be refunded if removed for the season.
- If dismissal occurs, a parent/guardian (or authorized pick-up person) must arrive within **30 minutes** of being notified.
- The Camp Director and Program Coordinator may determine that our program is not the right fit for a camper.
- Appeals beyond the Recreation Manager will not be granted.

### **Camper Well-Being & Support**

Our team is committed to helping your child grow, connect, and succeed while having a blast at camp.

- **Caring Staff:** Our trained staff bring energy, compassion, and creativity. All are CPR/First Aid certified and trained in child development.
- **Emotional Support:** Staff are here to support campers through nerves, homesickness, or big feelings.
- **Conflict Resolution:** We help campers navigate peer conflicts with empathy and positive communication.
- **Bullying Prevention:** We take all reports seriously and act promptly.
- **Accommodations:** Please share any support needs with us in advance so we can prepare.

## **Wet & Wild Wednesdays – Steve Miklos Aquatic Center**

Every Wednesday (weather permitting), campers will travel via **school bus** to the Steve Miklos Aquatic Center (1200 Riley Street), approximately one mile from camp. Campers will travel in two shifts depending on age group.

### **Aquatic Center Features:**

- **Multi-Purpose Pool:** 4.5–14 ft depth with high and low dives (no life jackets permitted).
- **Instructional Pool:** 3.5 ft depth, warm water for swim instruction and newer swimmers.
- **Activity Pool:** 0–3.5 ft with water features, beach entry, and a 25-ft slide (48” height required).
- **Facilities:** Locker rooms, restrooms, and shaded areas.

### **Important Notes:**

- Campers **may not bring money** for concessions.
- Younger campers will use the instructional and activity pools. Older campers may access all pools.
- Lifeguards and staff supervise all areas. Campers must swim with a buddy and inform staff before using the restroom.
- If your child requires a life jacket, indicate this on the camp form. Coast Guard-approved jackets are provided by the facility.
- Apply sunscreen before camp. You may send additional sunscreen.
- Sandals/water shoes are recommended for pool use.

**Pick-up will take place at the Aquatic Center between 3:45–4:00 PM.** Staff will be stationed on the grassy roundabout. Early pick-up is not available on pool days.

If you have questions or concerns about the pool trip, please contact the Camp Director or Coordinator Whitney Kahn.

## **Frequently Asked Questions**

### **What will my camper's day be like?**

Camp days are packed with fun! Activities include games, arts & crafts, free time, STEM projects, and more—all tailored to camper age and interests.

### **Who are the staff?**

Our team includes adults and high school students who are CPR/First Aid certified and trained in safety, child development, and program planning. We maintain a 10:1 camper-to-staff ratio.

### **What if my child doesn't want to participate in an activity?**

Participation is encouraged but not forced. Campers who sit out must remain with their group.

### **Can staff help with sunscreen?**

Yes—but only if your child brings aerosol spray sunscreen.

## **Conclusion**

Thank you for taking the time to review our Parent Handbook! We're so excited to spend the summer with your child. With your support and partnership, we're confident this will be a season full of growth, laughter, and lifelong memories.

If you ever have questions, concerns, or suggestions, please don't hesitate to reach out. Let's work together to give your camper the best summer ever!