



Chris Beatrice  
TFA Assistant  
Camp Director



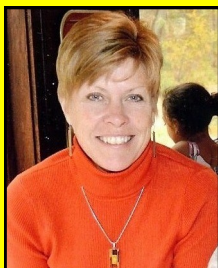
Kellie Brito  
TFA Dance  
Lead Counselor



Jacob Zapatka  
Nichols College, won 4  
Central Coast Conference  
Championships and went  
to 4 NCAA Division 3  
tournaments  
  
Named USPTA U30 Pro-  
fessional of the Year in  
2019



Sally Goldman  
Weymouth Club Owner  
TFA Founder 33 years  
USPTA Tennis Pro  
Thayer Academy Tennis  
Coach



Dianne Heinold  
Admin for TFA  
Tennis Academy



Lianne Mankus  
Energy Center Camp  
Director  
  
Professional Certified  
Teacher



Michael Brito  
Professional  
Certified Teacher

# Weymouth Club Camps

**Energy Center Camp**

**Tennis. Fitness. Arts.**

**TFA Dance/Acro Camp**

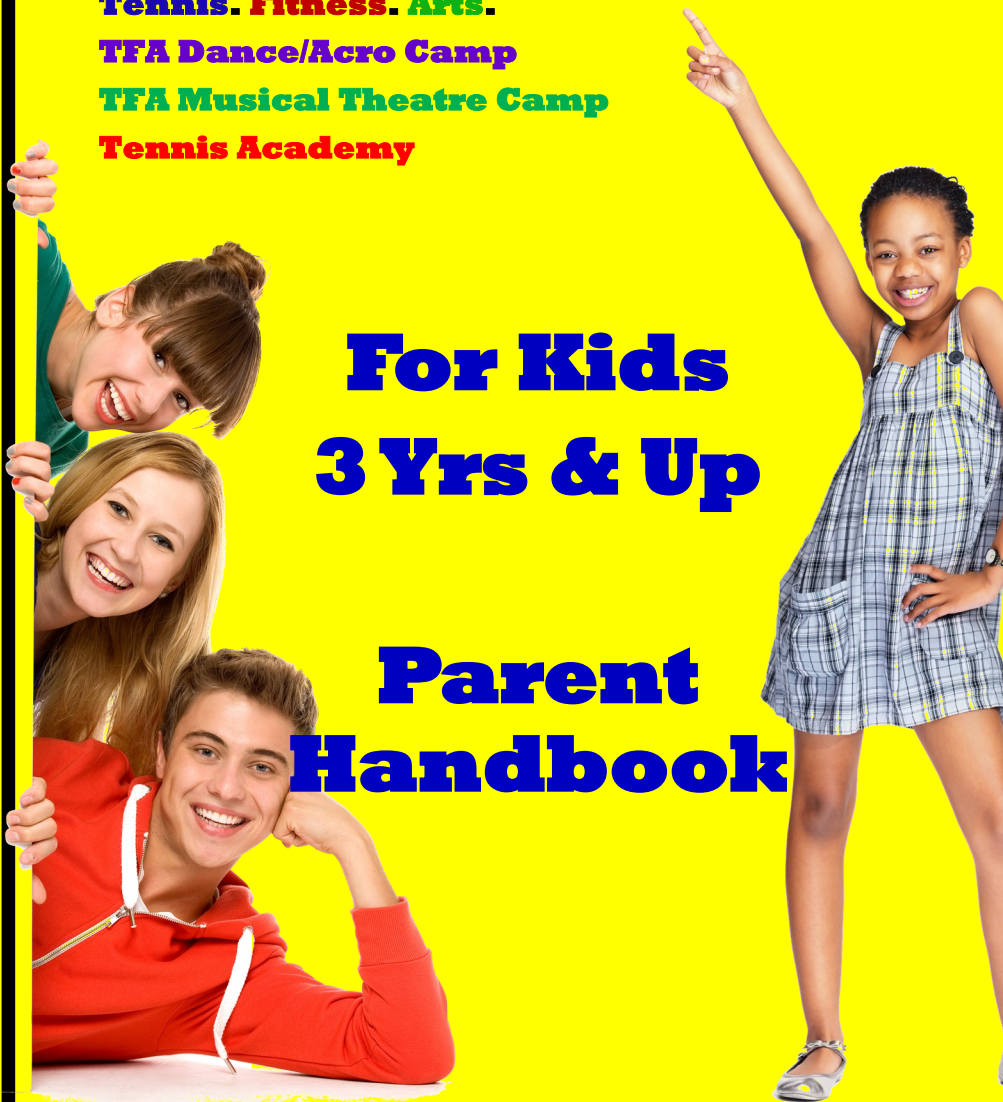
**TFA Musical Theatre Camp**

**Tennis Academy**

## For Kids 3 Yrs & Up

## Parent Handbook

**[www.weymouthclub.com](http://www.weymouthclub.com)**



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## Frequently Asked Questions

Q: How old are the counselors?

A: The head counselor of each group is an experienced employee, assisted by a trained group of high school and college students. Furthermore, each scheduled activity is led by an experienced counselor in his or her field of expertise.

Q: What is the child/counselor ratio?

A: Energy Center Camp 5 to 1  
TFA/TA/TTA 7 to 1

Q: Does every child get a swim lesson?

A: Younger campers enrolled in TFA (Blue & White groupers) have swimming lessons twice a week at 11:30-12pm taught by a WC Aquatics Staff.

Q: Is lunch + snack provided?

A: No, campers should bring their own nut free snacks and lunch and marked bottle of water.

Q: My child has food allergies, what should I do?

A: If your child has food allergies please let the camp counselors know, as well as bring their lunch.

\*WC Camps are Nut free.

Q: Does my child need to be potty trained?

A: Yes, no swim diapers or pull ups.

Q: Does my child need to be an excellent swimmer to participate?

A: No, our staff, along with the lifeguards at the pool diligently watches your child while swimming. If your child has or needs floaters or a life jacket we encourage the child to bring it. **\*\*Must pass a swim test to swim in the deep end.**

Q: Should I put sunblock on my child before he/she arrives?

A: Yes

Q: What time do the Energy Center campers swim?

A: The children swim from 10-10:50 in the outdoor splash park. We use the indoor pool if it's raining. It is free swim and not instructional.

Q: Does TFA/TA offer before & after camp?

A: Yes. Early camp 8-9am, after camp 3-5pm. Pay for what you use. CC must be on file. M \$14/hr, NM \$16/hr.

Campers arriving before 8:50am will be charged for a 15 increment of early camp. Campers still here after 5pm will be charged \$1/min.

## Welcome

Dear Parents,

I am delighted to welcome all new and returning families to Weymouth Club Camps for this upcoming summer! Please know that the staff members and I are deeply committed to providing the best experiences for your children. This summer, look for special program events, and most importantly, lots of friendly faces.

For children, summer is a time of fun, relaxation, and learning. It is also time to make new friends and renew old relationships.

This Parent Handbook outlines our policies and procedures to help you and your child have the most enjoyable summer possible. Please read it carefully before Camp begins, and be sure to review with your child the Principles of Conduct outlined on page

On page 9 important telephone numbers are listed. Please call the appropriate person if you have questions or concerns. We look forward to seeing you this summer.



Sally Goldman, Camp Director

We are a family friendly health, fitness, wellness and recreation center dedicated to continuous improvement of our members' experiences as we deliver

**M-O-R-E**

**METICULOUS FACILITIES**

**OUTSTANDING PROGRAMS**

**RESULTS**

**EXCEPTIONAL SERVICE**

## Checklist

### Things to bring/do daily:

- Sunblock (applied prior to camp)
- MUST wear sneakers
- Sign in
- Bring lunch
- Get wristband
- Tennis racquet
- Lip balm with sunscreen
- Bottle of water
- Extra snacks
- **Camp is NUT FREE**
- Towel
- Swim suit(s)
- Change of clothes/flip flops for pool time



### Do Not Bring:

- Electronic games or device
- Toys
- Sandals, clogs, or jelly shoes
- Money and valuables
- Medications not prescribed by a physician

\*Weymouth Club is not responsible for lost, stolen, or damaged items.

**\*Please  
ARRIVE ON TIME  
to avoid camper &  
program disruption.**

## Drop Off/Pick Up

Please observe all directional signs in all parking areas. Failure to do so presents a hazard for drivers and creates an unsafe environment for children.

Please DO NOT park in any areas marked "no parking", or fire lanes.

### Energy Center

Drop off and pick up will take place in Dance Studio 1 around the corner from the Energy Center receptionist desk. Your child must be signed in and out by a parent or guardian.

### TFA/TA, Dance, Acro and Musical Theatre

Drop off and pick up will take place at curbside at the Main Front entrance of the Weymouth Club (Not Energy Center door). Your child must be signed in and out by a parent or guardian.

## Contact Information

### TFA/TA, TFA Dance, Acro & Musical Theatre Camp

Dianne Heinold

dheinold@weymouthclub.com

### Energy Center Camp

Lianne Mankus

lmankus@weymouthclub.com

781-682-5833

### Weymouth Club

781-337-4600

### Energy Center

781-337-0381

The Camp Director reserves the right to dismiss a camper when, in the Directors judgment, the camper's behavior interferes with the rights of others, prevents the functioning of a group activity, or violates the Weymouth Clubs principle of conduct.

### Prohibitions

- No child shall be punished for soiling, wetting, or not using the toilet.
- No child shall be denied food or shelter as a form of punishment.
- No child shall be subjected to cruel or severe punishment.
- Punishment including spanking is prohibited.



## Attendance Policy

Attendance is taken at the beginning and end of each camp day.

If your child will be absent please contact:

- TFA/TA Dianne Heinold, [dheinold@weymouthclub.com](mailto:dheinold@weymouthclub.com)
- Energy Center Lianne Mankus 781-682-5833
- send a note
- or email the appropriate camp counselor

If we are not contacted, a counselor will reach out to the parent to verify the absence. If your child is to be discharged early, or is being picked up by someone other than authorized person(s), please send a note, or speak with a camp counselor directly. All campers being picked up must be signed out before leaving camp.

## Sample Day

8-9am Early Camp

9-9:10am Check in

9:10-9:25am Opening Game

9:25 - 10:20am

Blue A & C

White Fitness

Red Tennis

TA Tennis

10:20 - 10:35am Snack and hand sanitize

10:35– 11:30

Blue Fitness

White Tennis

Red A & C

TA Tennis

11:30– 12:25pm

Blue Swim Lesson M & W

White Swim lesson T & TH

Red Fitness

TA Fitness

12:25-12:55pm

Hand sanitize and LUNCH

1-1:55pm

Blue Tennis

White A & C

Red Ladder Matches

TA Ladder Matches

2-2:45pm Free Swim or Extra Tennis

## Safety/ Medical Policies

All children are supervised directly by camp counselors during their time here at the club. Your child will be walking from each activity so please make sure the appropriate footwear is selected and worn at all times (except during swimming).

In the event that your child has been involved in a **minor physical accident** an "accident form" will be filled out and must be signed by a parent or guardian upon pickup.

In the event that a **major physical accident** has occurred, an "accident form" will be filled out, and the parent or guardian will be immediately contacted. The child will not be moved. Appropriate first aid and medical attention will be given to stabilize the child's condition.

If the parent or guardian cannot be reached the Camp Director will determine the best course of action considering the seriousness of illness or injury. If your child needs to be taken to the hospital, the Camp Director or another Club Administrator will either transport the child in his/her own vehicle, or call for an ambulance. Every effort will be made to reach the parent, guardian and emergency contact listed.

Campers complaining of stomach-ache, headache, or cold like symptoms are seen by a health administrator. A camp counselor will call the campers parents to describe symptoms and plan of action.

Symptoms that may prohibit the return to Weymouth Club Camps following an illness include:

- Fever (over 100 degrees) without medications
- Vomiting twice in the previous 24 hours
- Diarrhea more than four times in the previous 24 hours
- Inability to participate comfortably in activities.

**Our camp is in compliance with the Massachusetts Department of Public health regulations and is licensed by the local Board of**



## Principles of Conduct

It may be helpful to discuss with your child the following:

- We play constructively with other children
- We do not fight
- We respect the rights of others
- We follow all safety rules
- We are courteous to other children and counselors
- All counselors are here to support and encourage the children in their activities. Children should always feel they can discuss any of their concerns with a camp counselor.
- Children in a group have different patterns of behavior than children alone; each child will develop an awareness of the rights, needs, and privileges of others and will work cooperatively with other children and with counselors.
- Children make activity choices. All are encouraged to reach beyond what is familiar and "safe" in order to grow and make discoveries.

## Disciplinary Policy

Children attending Weymouth Club Camps are expected to maintain appropriate behavior at all time. If a child is experiencing disciplinary actions he/she will be handled by the head camp counselor. In the event of **minor disciplinary incidents**, an "incident form" will be filled out, and is to be signed by a parent or guardian upon pickup. If a child is involved in repetitive minor incidents he/she will be referred to the Camp Director. Disciplinary actions include:

- Time out from the group or activity
- A phone call to the parent to pick up child

Any **major disciplinary incidents** will be referred directly to the Camp Director. These actions include disrespect towards other children or staff members, inappropriate language, fighting, vandalism, and disobedience. In addition to an incident report, major disciplinary actions include:

- Time out from the program
- A phone call to the parent to pick up child
- Suspension for one or two days
- Termination from Weymouth Club Camps