



LIFESEEDS 2019 CAMP LOCATION AND DATES

JUNE 24-28, JULY 1-3, 2019 (2 sessions; second week will 3 days only M/T/W)

Jenkintown Elementary/Middle School

Located at 325 Highland Ave, Jenkintown, PA 19046.

Follow signs to LifeSeeds Camp.

JULY 22-26, July 29-AUGUST 2, AUGUST 5-9, 2019 (3 sessions)

Arcadia University's Kuch Athletic and Recreation Center and fields

Located at 450 S. Easton Rd, Glenside, PA 19038.

Follow signs to LifeSeeds Camp, enter Kuch Athletic and Rec Center's main entrance.

WHAT TO BRING FOR EACH SPORT

ALL CAMPERS PLEASE LABEL BELONGINGS!

ALL campers should wear sneakers, t-shirts, and shorts to camp.

(DO NOT wear cleats on gym floor.)

BASKETBALL (CAMPERS 8+ YRS OLD): Recommended: court shoes

FLAG FOOTBALL: Recommended: bring cleats.

LACROSSE: Recommended: bring cleats, goggles, lacrosse stick, & mouth guard (please "fit" mouth guard to camper's mouth before arriving at camp); extra goggles & sticks will be available.

QUICKBALL: Optional: bring cleats; all other equipment will be provided.

SOCCER: Recommended: bring shin guards and cleats; soccer balls will be provided, camper may bring own ball.

TENNIS: tennis racquet recommended; racquets will be available

THEATER ARTS: Presented by 'Scattered Seeds' DATES STILL PENDING

IMPORTANT REMINDERS

- **DROP OFF:** A parent, guardian, or authorized adult must accompany camper and sign them in/out each day at entrance. **PICK UP:** Sign out your camper with their pride group counselor. Remember pride group number. (Listed on check-in sheet.)
- Please provide authorized persons to pick up your camper. Bring a signed form or note. You may authorize your camper (13+ years old) to sign themselves in/out each day.
- **MONDAY - FRIDAY: Arrival time: 8:45-9 a.m. Pick-up time: 3:00 p.m.****
- **LUNCH:** Please bring an insulated lunch and a large refillable water bottle.
- **SNACK BAR:** healthy and sweet snacks, water, and Gatorade will be available for purchase.
- Campers will be reminded to bring swimsuit and towel for water games on specified days.
- Pizza on Friday! (Recommend campers still bring a snack/fruit/drink.)
- Remember sunscreen. All sports will have outside activities.
- Let us know if your camper has any health concerns ie: allergies or if medications are needed during camp. Please give to LifeSeeds' Athletic Trainer with instructions.
- **Extended Care:** \$10 per camper for Before Care (starting at 7:30AM) and \$10 per camper for After Care** (until 4PM) offered daily 'pay-as-you-go.'
- Family and friends are welcome to visit LifeSeeds. All guests will be required to sign in.