



Hello Camp Families!

Palo Alto Swim and Sport would like to officially welcome you and your child into Camps for the Summer of 2024. We are excited to launch Camp and bring your kids a wonderful summer experience!

Please read through our welcome email and **learn about our check in/out system**, the daily schedule, and what to bring with you.

**Schedule:**

Day Camp: Junior Lifeguard Training: 9:00am to 2:00pm

Extended Camp: 2:00pm to 5:00pm

**Check-in/ Check-Out:**

KidCheck is a secure electronic check in/out system that will add a level of convenience and safety to the process.

**You will not be able to check in/out without a KidCheck profile.**

Prior to your first day at camp please download the KidCheck App or visit the KidCheck website and create a profile.

[iOS/Android](#)  
[Online](#)

**Daily Check In:**

At the Kiosk

1. Provide the attendant with your phone number.
2. Tell the attendant your child's name.
3. Tell the attendant what Camp(s) your child is enrolled into.
4. Pickup your child's Name Badge and your Guardian Receipt at the kiosk.

Using the App

1. Select Check-In at the bottom.

2. Select Use Express Check-In.
3. Select Start a New Check-In.
4. Select Your Camp(s) (if your child is in AM and PM select both).
5. Select Your Child.
6. Submit Check-In (when in Bluetooth range of the Express Hub).
7. Pickup your child's Name Badge and your Guardian Receipt at the kiosk.

Day 1 check in may take longer than expected. Please plan accordingly.

### **Daily Check Out:**

1. Provide the attendant with your phone number.
2. Provide the attendant with your child's name and Guardian Receipt.
3. The attendant will radio the counselors and your child will meet you at the kiosk.

If someone else is picking up your child from camp, you **MUST** add them as an authorized guardian on KidCheck in order for the counselors to release them.

### **Camp Schedule:**

Each day the group will go through a series of activities in relation to lifeguard preparation and training.

1. **Water Time:** Each group will do several exercises in water, work as a team to reach goals and practice entering/exiting the pool as it pertains to water safety
2. **Land/Deck Training:** There will be field exercises that include obstacles and timed training. A fun and competitive way to keep students engaged and energized!

### **What to Bring:**

1. Towel
2. Swimsuit (changing tents will be available)
3. Goggles (loaners ones available for those without them)
4. Sunscreen / We have some, but if a specific kind is needed, please bring it.
5. Lunch, snacks & beverage (No food will be provided.)
6. Tennis Shoes for lawn games
7. Backpack or bag to store these items
8. Hat; nice to have, but not required
9. Sweatshirt (Optional)

\*Your camper will need to bring their things to and from home and camp daily.

\*\* If your camper is enrolled in both Day Camp & Extended Camp, please pack them a lunch

If you have any questions:

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