

OUR PHILOSOPHY

Camp at DHAC is committed to teaching the importance of leading a healthy lifestyle while having fun!

My First Camp provides a safe, non-competitive camp experience for campers age 4-6 years of age. Campers participate in new and different activities that allow them to challenge and express themselves while building self-esteem at a young age.

The Ultimate Day Camp provides a safe, non-competitive environment where campers ages 7 to 14 years of age participate in unique activities that will allow them to challenge and express themselves while building self-esteem. Our code of "camp spirit" includes teamwork, respect and support for each other as a camp community. This is the foundation for the ultimate summer vacation.



DEDHAM HEALTH™
& Athletic Complex

CAMPS

2026 Parents Handbook

- Communication & Contact Information
- Camp Policies & Procedures
- Discipline Policy
- Required Forms & Documents
- Attendance Policy
- My First Day Camp Overview
- Ultimate Day Camp Overview
- Junior Tennis Academy (JTA) Overview



KIDS PROGRAMS



TO OUR SUMMER CAMP PARENTS

We hope you find the information in this book helpful with your summer planning and getting the most from the summer experience at Dedham Health and Athletic Complex.

Our mission is to:

- Develop and practice decision-making skills;
- Practice respect for one’s self and others;
- Create long-lasting friendships that will last a lifetime;
- Build self-esteem throughout the summer;
- Spend time outdoors and learn to appreciate our environment;and
- Most importantly, we want your child to have FUN!

One of the best parts of a camp director’s job is the opportunity to create a fun summer community that allows campers to grow and learn.

We are so excited your child will be joining us this summer



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CAMP OFFICE INFORMATION

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CAMP SESSION DATES

Camp Enrollment is weekly with supervised activities. You may choose a full week for your child from the parent portal on our website.

Sessions from June - August

Type	Days	Hours
Day Camps	Monday-Friday	9:00am - 4:00pm

Extended Day Options*

Type	Days	Hours	Added Cost
Day Camps	Monday-Friday	7:30am - 8:45am	\$25/day
Day Camps	Monday-Friday	4:00pm - 6:00pm	\$30/day

PARENT/GUARDIAN COMMUNICATION

Parent/Guardian Communication

- All information will be displayed on our website.
- Information will be sent out through email communication.
- If you have any questions or concerns, you may reach out by email or phone. All calls will be returned after 4pm the same day.
- If your child will be out of camp for any reason, including illness, you must call and inform us of such.
- We must be informed if your child will be picked up by someone other than yourself.
- We will provide all information on camper pickup and drop off before the start of camp.

CHANGE & CANCELLATION POLICY

Deposits & Refund Policy

- Deposits are non-refundable
- Once registration is complete, you have until April 1, 2025 to make changes without an additional cost (pending availability). There are NO refunds of any kind after April 1st.
- Switching weeks is possible if we have availability within the week you would like to move to. Please note, there is a fee of \$100 for any change made after April 1, 2025. All deposits are non-refundable (\$100 per camper per week of camp).
- Once a camper has started a session, tuition will not be pro-rated or refunded for any reason, including missed days.
- All payments are due in full no later than May 1, 2025.

DISCIPLINE POLICY – 3 STRIKES, YOU'RE OUT!

DHAC has a strict discipline policy* in place to ensure the safety of all campers. We follow the "3 strikes, you're out!" policy as outlined below:

Strike 1

Child will be spoken to and an email is sent home to let parents know about behaviors that are not acceptable at camp.

Strike 2

A call will be placed to the parents for a camper pick up and they will not be allowed back at camp the following day.

Strike 3

Parents, Directors and General Manager will meet to determine if camper will be able to continue to attend camp at DHAC.

*The camp director reserves the right to dismiss a camper when, in their opinion, this action is in the best interest of the camp.

CAMPER'S RIGHTS & RESPONSIBILITIES

To ensure a successful camp experience for everyone, DHAC has principles of conduct in place for all campers. We ask that you please discuss these principles with your camper prior to their start of camp.

Principles of Conduct:

- Campers and counselors learn to respect one another.
- Campers treat each other respect.
- Campers and counselors follow the same safety rules.
- All counselors are at Camp to support and encourage campers at all times.
- A child should always feel that they can address any of their concerns with any counselor.
- Each camper will develop an awareness of the rights, needs and privileges of others, and will work cooperatively with other children and with their counselors.
- We expect cooperative and courteous behavior and language from each camper and require it from each counselor. Mutual respect is at the heart of the successful camping experience.
- We encourage all campers to make new friends and expand their circle of acquaintances.
- We are an unplugged camp. Please keep all electronics at home. We will not be held responsible if items are lost or stolen.
- Bullying will not be tolerated.

NOTE TO PARENTS

157. (E) Allows parents the right to review background checks, health care discipline policies and grievances procedure upon request (at time of application).

*The camp director reserves the right to dismiss a camper when, in their opinion, this action is in the best interest of the camp.



DIRECTIONS FOR DROP-OFF & PICK-UP

Camper Drop-Off

Regular camp drop-off will be made under the tunnel at the Summer Club entrance. Follow signs for Summer Club once you arrive at DHAC.

- Drop-off will start at 8:45am and end by 9:15am.
- DHAC staff will provide name plates for pickup at every Monday morning drop-off.
- If your child will be late for any reason, please let us know and bring them to the Summer Club desk upon arrival.
- Parents do NOT leave your car Drop-off is NO CONTACT.

Extended Morning Drop-off (7:30am-8:45am)

- Drop-off will be made at the camp main entrance.
- Parents are to walk camper to the door every morning but not enter the building. Parents are not allowed to enter the building at this time.

Camper Pick-Up

Regular camp pickup will be made at the camp entrance in the side parking lot behind Dick's Sporting Goods.

- Regular pickup will start at 3:45pm and continue until 4:15pm.
- After 4:15pm, you will be considered late and charged for extended day (\$30).
- Staff will walk all campers to the cars.
- Follow staff directions for pickup.
- Have your name plate visible on the right side of your dash.
- Parents are NOT to exit cars.

Extended Afternoon Pickup (4:00pm-6:00pm)

- Pickup will be made at the camp main entrance. Walk up to the entrance and knock on the door. Parents are not allowed to enter the building at this time.
- You will be charged if your camper is not picked up by 6:00pm.



REQUIRED FORMS (PRIOR TO CAMP)

All camp information will be sent out via email. Please be sure to have all the required forms and documents completed before the start of camp. Forms are accessible through our parent portal.

Required Forms found in Parent Portal:

- Health History
- Camper Profile
- Physical//Immunization (*you may use a doctor's copy from your child's yearly checkup. Please upload form to parent portal.*)
- Meningococcal Form (*Please sign and upload form to parent portal.*)
- Parent Authorization Form (*Please sign and upload form to parent portal.*)
- Additional forms are required to register for extended morning and afternoon hours.

NOTE: All forms **MUST BE COMPLETED** prior to the start of camp. Your camper will not be allowed to attend camp until all forms are completed and uploaded to parent portal. All forms can be found within the parent portal under **FORMS & DOWNLOADS**.

HEALTHCARE POLICY & PROCEDURES 157.(D)

The health history form and updated physical/immunization record must be on file **BEFORE** your camper will be allowed to attend any camp. The following are mandated by the Massachusetts Department of Public Health to provide the utmost safety of each camper:

- All campers must have an updated physical.
- All immunizations must be up-to-date.
- A health history must be completed yearly.

Medication Policy 157.(D)

- All prescriptions & over the counter medications (not listed in the health history form) **MUST** be administered at camp with an **ORIGINAL** physician's order, signed by the parent and doctor.
- Parent/guardian/designated adult **MUST** hand deliver any medications to the director or staff.
- All medications **MUST** come in the original packaging/pharmacy containers with instructions.
- **ALL** medications, except for emergency medication such as inhalers and epi-pens, will be kept in a locked storage locker, which can only be addressed by healthcare supervisors. Refrigeration is also available for medications that need it.

Toileting Policy

All campers must be toilet trained and self-sufficient in the bathroom prior to the start of camp. Counselors will provide supervision, but **CANNOT** accompany campers into the bathroom stalls.

ATTENDANCE POLICY

Campers may not be sent to camp with the following symptoms, even without a fever. Please remember that sending in a camper with any of these symptoms puts other children and staff at risk of becoming ill.

- Runny nose, mild cough, sore throat with hoarse voice and/or cough, aches, pains or fatigue.
- Single episode of diarrhea or vomiting without a fever.
- Ear infections.
- **ANTIBIOTICS TREATMENT:** Any child receiving antibiotics must have received at least 24 hours of treatment before returning to camp.
- **APPEARANCE/BEHAVIOR:** Unusually fatigued, pale, lack of appetite, difficult to awaken, confused and/or irritable behavior are all considered reasons to not attend camp.
- **EYES:** Thick mucus/pus draining from one/both eyes or "pink eye" (with conjunctivitis there also must be a white discharge, matted eyelids after sleep, eye pain and/or redness).
- **FEVER:** Temperature of 100° F or greater. (NOTE: Child must be fever free for 24 hours without medication, ie. Ibuprofen, Motrin, Tylenol, Advil, Acetaminophen, etc.)
- **SORE THROAT:** Particularly with a fever and/or swollen glands in the neck, should be evaluated by a healthcare provider. (NOTE: If your child has strep, they must be on antibiotics for a full 24 hours before returning to camp).
- **VOMITING:** 2 or more times within the past 24 hours.
- **DIARRHEA:** 3 or more watery stools within a 24 hour period.
- **RASH:** Body rash accompanied by fever and/or itching.
- **LICE/SCABIES:** If your child has an active case of either lice or scabies, parents must confer with the Camp Nurse prior to attending camp.
- **CHICKEN POX:** Children must stay home for 5 days following the onset of blisters or until all pox are scabbed over and dry.
- **COVID-19 SYMPTOMS:** Follow Massachusetts Guidelines regarding COVID protocols by scanning the QR code to the right.

If any of these symptoms occur during the camp day, your child will be isolated with adequate supervision and the parent/emergency contact will be contacted and asked to pick up your camper. If symptoms, such as fever, rash, diarrhea, sore throat, vomiting or jaundice are prominent, the camp director, physician and healthcare consultants will be involved in the decision of sending them home and reporting it to the Board of Health.

PLEASE NOTE:

- Attendance is taken daily.
- If your camper is going to miss a day, please be sure to call the office or send an email.
- If your camper is absent without contacting the camp, the director will call the campers' family to confirm the absence.

LUNCH AT CAMP

Each camper is provided lunch and snacks daily. We have a variety of food available for campers to choose from, including those needing nut/tree free food. All lunches are served with fries and snack of choice.

- Chicken Nuggets
- Hot Dog
- Tuna Sandwich
- Turkey and Cheese Sandwich
- Hamburger/Cheeseburger
- Garden Salad/Garden Salad with Chicken
- Sun Butter and Jelly Sandwich
- Pizza every Friday!

All campers have access to the Snack Shack during free swim, where they can purchase additional food, snacks, ice cream and beverages. If your family is a Summer Club member, your camper can charge items on your account or pay in cash.

WHAT TO BRING TO CAMP (AND WHAT NOT TO BRING)

Camp Essentials:

- Water bottle
- Towel
- Bathing suit
- Sun screen and bug spray
- Sneakers or shoes with rubber soles
- Change of clothes
- Hat

Tennis Camp Extras: Tennis Racquet

Do NOT bring any of the following:

- Electronics
- Weapons of any kind
- Pokemon Cards
- Ipads, Cameras or Cell Phones

*Camper's name **MUST APPEAR** on all belongings, including clothing, bathing suit, towels, backpack, tennis racquet, as well as any other personal item brought from home. The camp will not be held responsible for lost or stolen items.*

CAMP SCHEDULE

A daily, structured schedule with choice activities will be provided for every camper. This schedule will include the following:

- swim lessons for all campers in our heated pool;
- access to the water park (weather permitting);
- arts & crafts (My First Camp and Ultimate Day Camp);
- one of a kind rope course and more.



My First Camp is for our littlest campers, and includes children age 4 to 6 years of age. They will participate in a well-rounded program of age appropriate activities that encourage physical and social development skills.

Campers in this age group will join in activities that include:

- Daily swim instruction
- Free swim in the Summer Club
- Daily arts & crafts
- Karate
- Sports & games

All activities are geared towards learning how to interact with other campers and having fun!

Camp Facts:

- 5:1 camper to counselor ratio
- Trained and highly-qualified counselors
- Weekly enrollment
- Access to our waterpark (during camp days)
- "Tree House" indoor soft play area
- Structured schedule
- Lunch and snacks provided

NOTE: all campers must be toilet trained to participate in this camp.



This camp is geared towards those children who are ages 7 to 14 years of age and are able to be on their own. Campers are given the opportunity to design their own camp experience based on their interests and expectations.

Campers in this age group may join activities that include:

- Daily swim lessons
- Sports & games
- Arts & crafts
- Outdoor rope course
- Science activities
- Gaga ball

Camp is geared toward older campers who want to experience familiar activities or who want to try something new.

Available Camp Activities:

- Outdoor water park
- Outdoor ropes course
- 11 covered tennis courts
- Outdoor soccer field
- Indoor lesson pool
- Indoor/Outdoor Basketball Courts



2026 CAMP THEME DAYS

My First Camp and Ultimate Day Camp offer various "theme" days throughout the summer camp season. Campers are encouraged take part in these fun-filled theme days!

JUNE

Island Fiesta
Wild, Wild West
Peace, Love & Summer
Party in the USA

JULY

Mad Science
Disney
Camp Carnival
Space

AUGUST

Color Wars
Jurassic Jungle
Superhero
Rock Stars



Whether your child is a beginner or a competitive player, The Junior Tennis Academy's Summer Camp will have them excited to be playing this lifelong sport! Our Tennis Professionals give each camper personal attention and age-appropriate instruction ranging from basic skills to match play strategy.

The tennis facility at DHAC includes six indoor courts, four outdoor courts with permanent roof structure. Your camper will enjoy the summer outdoor weather while being protected from the sun and rain. Multiple indoor fitness and recreation areas are utilized for "off court activity". The Summer Club Water Park is available to campers during their swim/free time. Two large water slides, wave pool, water obstacle course, bumper boats, splash pad and tons more water all are vigilantly life guarded by the Ellis and Associates, licensed lifeguards of The Summer Club.

Lunch Included

Do not worry about packing a lunch. We supply both lunch and snack from our on-site snack bar, your children will have a wide variety of healthy choices daily. The menu includes sandwiches, salad, hamburgers, hot dogs, chicken tenders and MORE! *Friday is Pizza Party Day! (Mon – Thurs) lunch options are still available upon request)