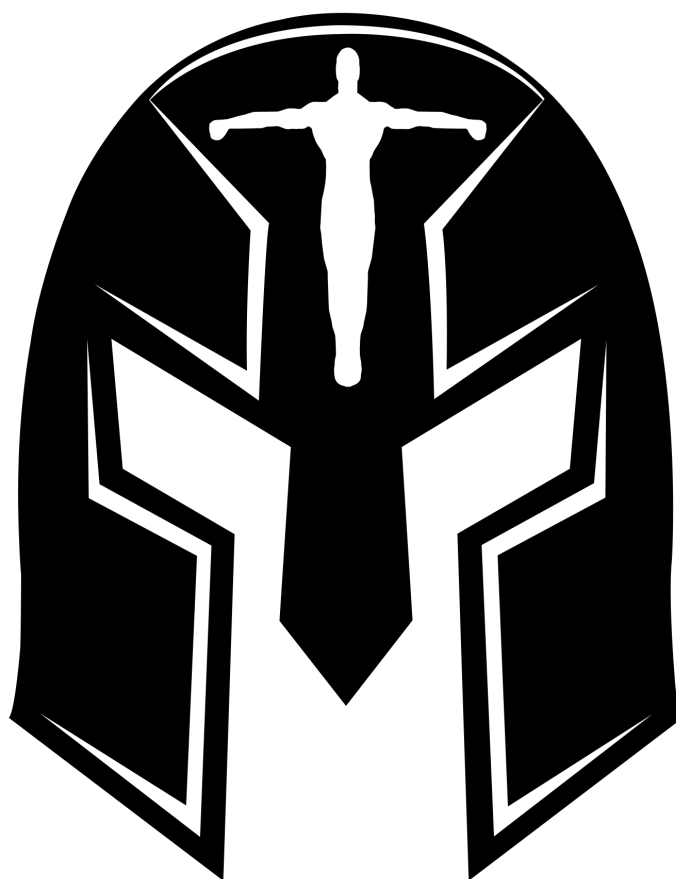


GYMNASTICS TUMBLING CHEER DANCE MUSIC ART SCIENCE MARTIAL ARTS

SUMMER CAMP!



IRON CROSS WARRIOR

CAMP STARTS MAY 30TH!

7AM-3PM

EXTENDED DAY 3PM-5PM

AGES 4-12

WWW.IRONCROSSGYMNASTICS.COM

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CAMP SCHEDULE & MORE

Sample Schedule (subject to change)

Day Camp

7:00-7:30	Open Gym
7:30-8:00	Group Games
8:00-8:10	Camp Rules/ Split Groups
8:10-8:40	Group A- Snack Group B- Boot Camp
8:40-9:10	Group A- Boot Camp Group B- Snack
9:10-11:10	Gym Rotations/Electives
11:15-12:00	Lunch
12:00-2:00	Movie/Reading Time
2:00-3:00	Obstacles Course/ Games, special electives

Extended Day

3:00-3:30	Group A- Snack Group B- Stretch Gym
3:30-4:00	Group A- Stretch Gym Group B- Snack
4:00-4:30	Board Games Art Room
4:30-5:00	Trampoline/Games Pick up

Our Camp Staff

Our Iron Cross Summer Camp staff is the best of the best! The staff is a combination of our year round class coaches and returning summer camp coaches that have been with us year after year. In addition, we hire new staff each year that have been hand picked by our management team to ensure they share and demonstrate the Iron Cross values and beliefs in the work they do each day.

Iron Cross is unique in that much of our coaching staff is made up of former students who have grown up with Iron Cross and understand what it means to be part of the Iron Cross Family!

Our Summer Camp will be lead by Coach Georgie! Coach Georgie has over 25 years experience coaching gymnastics and has been actively involved with Iron Cross summer camp for the past 2 years. Coach Georgie graduated with a degree in Kinesiology from the University of Texas and was a gymnast herself growing up. Your children could not be in better hands!

All of our camp staff is required to attend a series of camp trainings where they learn the ins-and-outs of Iron Cross, proper ways to safely spot children when teaching gymnastics and tumbling, tips for providing positive feedback and encouragement to all campers, strategies for problem solving and group management, and most important...how to have FUN!

A Typical Day at Camp

A normal day of camp consists of open gym in the morning followed by group games! Then we will go over camp rules and split the kids into their age groups for the morning rotations. After that half of the kids will go to snack while the other half do a morning boot camp & then they will switch. Right at 9:10am the kids will start the morning rotations which consist of gymnastics, tumbling, games & activities that go along with the theme for the week! Our young half will go to lunch at 11:15 while the older half has open gym time. Then the older half will go to lunch at 12:00 while the younger half heads to the movie. After lunch the older group will also go to a separate movie time. During the movie, we split the girls from the boys and coaches are monitoring the whole time. We also have an option to go to a quiet room to read, draw, or do puzzles instead of watching the movie. For the last hour, the kids will get to do obstacles courses & play games until parents pick up. If they are enrolled for extended day they will transition to an afternoon snack, do some arts & crafts, and play games until their pickup time!

WEEKLY THEMES

Week 1: May 30-June 2 School's out & SUMMER is in!

School is out for the summer, and Iron Cross is the place to be. We're kicking off camp with traditional camp favorites like tug-o-war, campfire songs, s'mores, and tons of other fun summer activities!

Week 2: June 5-9 Spirit week ending with a water slide on Friday!

This week is all about Iron Cross Spirit! Join us for themed dress up days, fun and silly activities/games! **Water Day is on Friday!** (subject to change) Come to camp in your swimsuit and bring a change of clothes!

Week 3: June 12-16 Life sized arcade & games!

The world of games has just gotten bigger in this life-sized week of board games including Hungry Hippos, Sorry, Chutes & Ladders, Candy Land, Mini Golf, Game Shows, and more!

Week 4: June 19-23 Survivor week with a visit from our Reptile Friends!

Join us while we play "Survivor" themed games/activities. Campers will join a color-themed team to compete in various challenges for the week! We will challenge our fears together like walking across the beam, swinging from a rope to an island, and we will end the week with a **visit from our creepy crawler reptile friends!**

Week 5: June 26-30 Journey thru time

Get ready to go on an adventure! This week we will be time traveling through the prehistoric dino days to the, 70s, 80s, 90s and to the future! We will be dressing up in themed attire and our activities will be based on the time period of the day!

Week 6: July 3-7 Let's hear it for the Red, White, & Blue

We are celebrating America all week long! Remember we will be closed on Tuesday, July 4 but open all other days for camp. Come dressed in your patriotic attire all week long while we play fun games/activities celebrating the USA!

Week 7: July 10-14 Shark week ending with a water slide on Friday!

Dive into the fin-tastic world of sharks and beach fun during Shark Week. Run for your life in a game of sharks vs minnows, make shark snack cups, and so much more. You won't want to miss it, it's going to be "JAWSOME"! We'll close shark week with **Water Day on Friday!**

Week 8: July 17-21 Movie week

Join us as we celebrate some of the movie greats during IC Movie Week. **Popcorn snack on Friday!** Kids will be served movie theater popcorn from our popcorn machine! Dress in theme for the movie the day (themes will be announced at a later time).

WEEKLY THEMES & MORE

Week 9: July 24-28 Coaches vs Campers!

This week our campers will compete against the coaches in a variety of games and competitions! Help us defeat the coaches in a series of games and challenges!



Week 10: July 31 - Aug 4 Carnival week with SNOW CONES on Friday!

Come one, come all, it's carnival week at Iron Cross! All week we have tons of fun carnival games and activities planned. We will end the week with a **visit from a snow cone truck!** Try your luck at classic carnival games like ring toss, lucky ducks, ping pong toss, and more!



Special Visitors

Throughout the summer we will have additional special events planned including visitors from local venues. We are always adding things to camp to make it more fun and exciting for our campers! Examples may include inflatable bounce houses, reptile guests, and professional snow cones! Subject to change.

NEW ADDITIONS!!!

We are so excited to have a **BRAND NEW BUILDING** to add to your child's camp experience this summer. With 10,000 sqft. added, we are now able to provide Martial Arts, Ninja Warrior, and more Dance space to our rotations throughout the day! Our building is located across the parking lot and we have several safety procedures in place to make sure all our campers are safe crossing the parking lot (2 or more staff will escort groups when walking across, cones will be placed to create a cross walk, younger campers will all hold onto a rope when crossing, etc.)

SPECIAL ELECTIVES

Sign-up Early to Secure Your Spot

Throughout Summer Camp we will be offering a variety of different electives for campers. All electives will be on a first come, first serve basis, and we do expect them to fill up quickly. Electives allow campers to choose what they love most, and have a weekly lesson that focuses completely on this! Adding an elective does include a fee which will be charged upon enrollment. Be sure to sign up for your electives as soon as enrollment opens, spots will be limited! Electives will take place in the afternoon during and after movie/reading time for 40 minutes.



Art & Science

Art class will be once/week during the summer. Our staff will provide instruction using a variety of art mediums and interactive science experiments. If you like to discover new things and get your hands messy, this is the elective for you! (\$5 fee/week)



Martial Arts

With our newest building addition, we are so excited to offer Martial Arts classes as part of our yearly Iron Cross services. During camp, be the first to experience Martial Arts at Iron Cross with one of our trained professionals (black belt). (\$5 fee/week)



Tumbling & Cheer

A tumbling and cheerleading elective will be offered once a week this summer. Campers will be trained/spotted by one of our licensed staff members to learn the basics of tumbling and cheer. (\$5 fee/week)



Dance

Ballet, Jazz, Tap, and Hip Hop elective classes will be offered once a week during the summer. Campers will learn basic technique and have fun expressing themselves through the art of dance! (\$5 fee/week)



Music

Music will be offered once a week this summer. Our Music instructors will rotate through vocal lessons, drum circles, and other music equipment for the campers to learn rhythm, beat, and all about music! (\$5 fee/week)

CAMP MEMBERSHIPS

PLATINUM Full Summer 7:00-3:00 \$1600	GOLD 1st or 2nd 5 weeks 7:00-3:00 \$925	WEEKLY RATE M-F 7:00-3:00 \$225/\$200 siblings	DAILY RATE 7:00-3:00 \$60/\$50 siblings
PLATINUM + EXT Full Summer 7:00-5:00 \$1700	GOLD + EXT DAY 1st or 2nd 5 weeks 7:00-5:00 \$1025	WEEKLY + EXT M-F 7:00-5:00 \$275/\$250 siblings	DAILY + EXT 7:00-5:00 \$75/\$65 siblings
BEST DEAL! May 30-August 4	May 30-June 30 or July 3-August 4		

Dates are subject to change based on the release of the 2023-2024 LCISD Calendar.



Everyone has specific needs and we have designed our membership packages to try to accommodate every family. We have full summer, half summer, weekly, and daily rates. The full summer, Platinum Package, is 10 weeks long and is the **BEST VALUE!** For our half summer, Gold Package, you can choose either the 1st five -weeks of camp, or the 2nd five-weeks of camp. Sign up today to start your summer savings! All discount pricing is non-refundable.

WEEKLY RATE M-F 7:00-3:00 \$225/\$200 siblings	DAILY RATE 7:00-3:00 \$60/\$50 siblings
WEEKLY + EXT M-F 7:00-5:00 \$275/\$250 siblings	DAILY + EXT 7:00-5:00 \$75/\$65 siblings

ALL ABOUT CAMP

Items from Home

- Campers can bring a standard sized backpack to camp with their **name & carpool number** on the outside of it
- All belongings, including shoes, must fit inside the backpack and be put into our cubby shelves.
- Students may bring a change of clothes.
- Students may bring a book from home if parents choose to have their child opt out of movie time. Please have your child's name in the book. Iron Cross is not responsible for lost or damaged items.
- Any medications must be checked in to the front desk with instructions and the child's name.
- **Lunch/Snack will need to be supplied by parents.** On Fridays Iron Cross will supply 2 pieces of cheese pizza and a juice box for each camper.
- Water stations are available in all gyms so we recommend water bottles stay home and pack a disposable drink for lunch.
- Snacks and drinks will be available for purchase. We encourage kids to have a snack card rather than carrying cash. Snack cards must be a minimum of \$5 and can be purchased at the front desk.
- **We require sandals or flip flops** for a quick and seamless pickup from camp (socks get lost).

The following items will **NOT** be allowed at camp:

- NO Blankets or Pillows
- NO Jackets
- NO Toys
- NO Electronics

ALL items must be taken home daily so we are able to clean and sanitize at the end of the day!

Lunch

Campers must bring a sack lunch Monday – Thursday. Iron Cross will provide PIZZA on Fridays. Pizza will be ordered from Pepperoni's Pizza. Each camper will receive 2 slices of cheese pizza and a juice box.

Because campers bring their own lunch, Iron Cross is not able to completely control food allergens that your child could be exposed to. If your child has a food allergy, please let the front desk know, and we will do our best to monitor this. If your child is unable to eat pizza, please bring their lunch on all days.

Refrigerators and microwaves are NOT available for camp lunch, so please plan accordingly.

Snacks

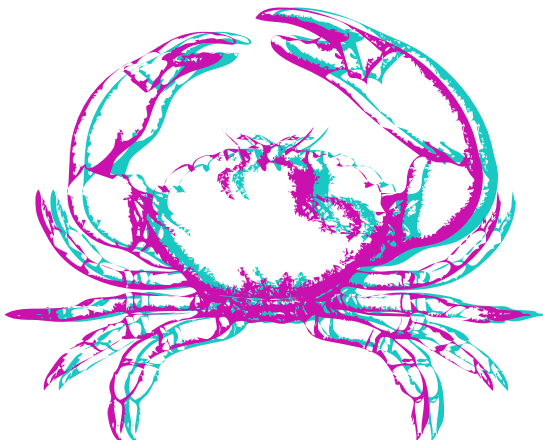
We have a morning and afternoon snack time each day. Campers are welcome to bring a snack from home, or we have snack items available for purchase. Iron Cross Snack Cards can be reloaded with money and kept at the front desk for their snacks.

The cost of snacks and drinks is generally between \$0.50 to \$2.50. If you have any requests regarding the number or kinds of snacks your child can purchase in a day, please speak with the front desk. We will do our best to accommodate this. Snack time is short, so please plan accordingly.

DROP-OFF PROCEDURES

We will have a staff member stationed at our main entrance (red entrance) for parents to drop off for camp between 7:00-9:00AM.

- Upon arrival, staff will check you in using your child's name and verify you have accepted all current policies and liability waivers.
- Staff will check to make sure campers have brought only approved items to camp (lunch, no toys, no pillows or blankets, wearing flip flops.)
- Campers will then exit the vehicle fully dressed in camp attire and be escorted into the facility by another staff member.
- Once inside our facility, each camper will be escorted to a cubby where they will store their flip-flops, bag with approved items for camp, and their lunch. (all items including shoes must fit inside their bag)
- If your child has a severe allergy, they will first go to the Front Desk to put on their allergy bracelet.



PICK-UP PROCEDURES

3:00 Pickup will be from 2:45-3:00pm

5:00 Extended Day Pickup will be from 4:45-5:00pm.

- All Gold & Platinum members will receive a carpool number that is unique to their family. Weekly & Daily members will receive a card with their name on it. These can be picked up the first day of camp.
- Please turn in an approved person pickup list to the Front Desk prior to or on your child's first day of camp. List should include the names and phone numbers of those who are approved to pick up your child. We can provide extra copies of your number to the guardian, or please let the others on the list know what the child's carpool number is.
- **Carpool number/name MUST be displayed on your vehicle's visor with a clip so it is visible to our carpool staff (please do not rest it on the dashboard; it is not easily visible this way)**
- Upon arrival, staff will greet you, determine who you are picking up, and send a runner to get your child **(Please remain in your vehicle during this time).**
- If you need to buckle your child in, please pull into a parking space to allow the line to keep moving. Iron Cross staff is not responsible for buckling in the campers.
- If your child forgot something inside, please park and come inside, or call our office and we will do our best to locate it & have it for you to pick up the next day.
- Please do not park and come inside to pick up your child once carpool has started. To ensure a safe and smooth pickup process, all guardians must enter the carpool line and remain in their vehicles.
- If your child is enrolled in extended day, and you need to pick them up at the 3:00 pickup time, please call our office to allow time to get them ready to go from their group.
- All students who are leaving at 3:00 after camp, or 5:00 after extended care, will be ready with all of their belongings to ensure a smooth pick up process. Please allow us to work out any kinks the first couple days of camp as everyone gets accustomed to the process.
- Campers will be escorted to your car and camp staff will relay any important information about the day.
- If you need to pick your child up in the middle of the day, we request that you call ahead to 281-342-IRON(4766) and we will get your child ready and be waiting when you arrive. If for some reason you are unable to call or cannot reach us by phone, we ask that you enter through the main lobby doors & wait for a staff person to assist you.
- **Late pickups may be subject to an additional charge.**
- **Note: When entering the parking lot, please drive slowly (5 miles per hour limit). Follow the white arrows towards the back of the lot to the pond, then circle around to the drop-off and pick-up locations.**

SAFETY & MORE

Gym Safety

Safety in the gym is our main priority. Our safety director does periodic checks of the equipment and facility to ensure that all children are safe while at Iron Cross. If you ever see a safety concern, please notify the front desk, and we will share your concerns with the appropriate person to resolve the situation. We appreciate all customer feedback!

Throughout the summer, we will conduct random fire drills. Children will participate in these, and will be evacuated from the building into the parking lot.

Inclement Weather

In the event of inclement weather, IC Staff will monitor the weather and take appropriate actions. Should there be a need to take shelter, we will use the interior restrooms and the foam pits with covered mats. For the safety of our campers and staff, we may not be able to answer the phone during active weather situations. Please leave a message on the machine, and we will return all messages as soon as possible. Our first priority is always the safety of everyone in our care.

Safe Sport USAG Guidelines

Iron Cross is a proud member of USA Gymnastics. To provide a safe environment for all IC members and staff, we follow the USA Gymnastics Safe Sport Guidelines, and the following IC safety procedures:

- All full-time IC Employees are professional members of USA Gymnastics. They get their certification through USA Gymnastics as well as a criminal background check.
- IC provides ongoing behind the scenes training to all employees for correct spotting techniques, appropriate verbal interactions, providing encouragement and praise, professionalism, etc.
- Students are monitored at all times, and 2 staff and/or an adult must be present anytime a student is on the premises. This includes during business operations and private lessons.
- IC uses social media to communicate IC events and team information through IC approved social media accounts. Use of personal social media accounts between IC staff members/coaches and students is not permitted. This includes Facebook, Twitter, Snap Chat, Instagram, texting, or any other form of social media.
- IC is a mandatory reporter in compliance with the USA Gymnastics Safe Sport Policy.
- A link to the full version of the USA Gymnastics Safe Sport Policy is available on our website at www.ironcrossgymnastics.com

POLICY & PROCEDURES

Medications/Sick Policy

All medications must be in the original container and kept at the front desk with your child's name and instructions for use.

Please use the following guidelines when determining if your child is too ill for camp:

- Fever- must be fever FREE for 24 hours without the use of fever reducing medication before returning to camp (See additional information below regarding COVID-19).
- Unexplained Rash- please see your physician, and supply a note from the physician, indicating your child has been cleared to return to camp.
- Vomiting and/or Diarrhea- FREE of any episodes for 24 hours before returning to camp.
- Head Lice- must be treated and free from nits and live bugs prior to returning to camp. Please notify the gym immediately so we can take appropriate precautions to prevent the spread of lice.



Our Mission

- To provide a positive, loving, and encouraging environment for our students.
- To build meaningful relationships with our students and their families.
- To make a positive and lasting impact in our community.

Policies & Procedures

Before coming to our facility for camp or classes, a Parent or Legal-Guardian of each student, will need to login through our Parent Portal, and agree to the most current Parent/Guardian Policies, General Business Policies, Student Policies, and General Liability Waiver.



GYM RULES & REGULATIONS

Gym Rules

We have established 10 basic rules for the gym to keep all campers safe while at Iron Cross. The rules will be discussed each day as a reminder and for any new kids joining camp.

1. No running
2. No food or drinks in the gym
3. Tell your coach if you need to use the restroom
4. Stay with your group
5. Hands to yourself and use kind words
6. If something is too high, ask your coach for help
7. No flips unless approved by your coach
8. No sitting or standing on the equipment
9. Look before you leap
10. Remember to Safety Fall

Gym Disciplinary Action

The disciplinary procedures at Iron Cross have been outlined below. The coaches will also verbally go over the rules with the kids. In the case of an ongoing disruptive pattern, a parent conference and disciplinary action may be necessary. Iron Cross must protect the interest of all campers and their ability to have fun in a safe environment.

1. The camper will be verbally warned and asked to correct the behavior in a nice and respectful manner.
2. The camper will be asked to sit out for five minutes to think about their misbehavior and about how to correct it.
3. If the camper repeats the behavior, the coach will inform the parent about the behavior and the camper may be asked to sit out of camp for a day.
4. If the behavior continues, a formal meeting between the coach and parent will be scheduled to discuss strategies to help the camper be more successful.
5. If steps 1-4 do not correct the behavior, the camper may be dismissed from the summer camp program.

Zero Tolerance

At Iron Cross we take great pride in our 3-part mission:

- To provide a positive, loving, and encouraging environment for our students.
- To build meaningful relationships with all of our students and their families.
- To make a positive and lasting impact in our community.

In order to achieve this mission, we live by high moral standards and core values, all of which we try to instill in the children we work with every day.

These values include but are not limited to teamwork, commitment, like-mindedness, gratitude, humbleness, honesty, accountability, integrity, responsibility, empathy, caring, and compassion.

With this in mind, Iron Cross has a Zero Tolerance Policy in regards to bullying, emotional or physical abuse, shaming, and any other action taken for the purpose of intentionally injuring or hurting another person.

We understand that children will argue and sometimes fight with each other. We will take action to help them resolve disputes in ways that are appropriate and healthy.

If a child demonstrates aggressive or abusive actions that are not in line with our mission and core values, we reserve the right to dismiss them from camp with no refund.

GYM RULES & REGULATIONS

Strike System

We have a simple Strike 1, 2, 3, 4 approach to consequences for when our campers break the rules. They are listed on the back of the Summer Camp Rules flyers which the coaches go over with the campers every day.

Strike 1: WARNING

Coach will talk with camper, explain which rule was broken, and give them a warning.

Strike 2: TIME OUT

Camper will receive a time out for 1 minute per year of age. Example- 5 year old + 5 minute time out.

Strike 3: PRIVILEGE TAKEN AWAY

Camp lead will remove camper from their group, talk with them about their decisions, and take away a privilege (open gym, game, sitting w/ friends, move groups, etc.)

Strike 4: CALL HOME

Camp Director will talk with camper and call their parent.

We created this system to keep all punishments fair and equal. The only time campers would not start off with a warning is if there was bullying or any of the above offenses occurred.

Actions in which could result a camper being immediately sent home regardless of what "strike" they are on that day:

1. Striking/leaving a mark on another camper.
2. Striking an instructor.
3. Using profanity after being warned.
4. Bullying in any form (physical, verbal, emotional).
5. Destruction or attempted destruction of property.

If any of these offenses occur 3 times, they will not be allowed back at Summer Camp that year.

If a child demonstrates aggressive or abusive actions that are not in line with our mission and core values, we reserve the right to dismiss them from camp with no refund.

FAQS

What are the age limits? Can my 3 year old come to camp?

The camp ages are 4-12. We do not accept 3 year olds mainly for safety reasons. We do have a large facility and all campers must be fully potty trained, able to follow instructions, and able to stay with their group.

What is the coach to camper ratio?

The highest camper to coach ratio we operate at is 1 coach to 15 kids, however we normally keep it to 1 coach to 10 kids.

How do you handle campers with allergies?

If your child has an allergy, there is a space to list this when you enroll for camp. If this allergy is severe, we will have them wear a special bracelet every day and have the option for them to eat separately from the other campers if needed. We have all kids wash their hands after eating lunch before they return to their group.

For the GOLD membership, can I pick which 5 weeks to attend?

No, it must be the first 5 weeks or the last 5 weeks.

Is there a sibling discount for GOLD and PLATINUM memberships?

Because these rates are already so heavily discounted, there is no additional sibling discount for the GOLD or PLATINUM passes.

When do I have to pay by?

For GOLD and PLATINUM passes, you must pay by the end of the month to get the discounted prices. The price will increase each month from January-April. If you choose to wait and pay after the March Madness sale, the total sum at regular price must be paid by the first day of camp.

Do you prorate if we miss a day and have paid for the GOLD or PLATINUM membership?

We do not prorate or provide makeup camp days for missed days of camp with the GOLD or PLATINUM memberships.

Can we split up the 5 days and still get the weekly rate?

No, the only way to get the weekly discounted rate is to enroll for camp Monday-Friday.

Are the campers split up by age group or all together?

The kids start the day together, and then are split into age groups for the morning rotations. If you would like your child to be with a sibling or a friend you can suggest this at drop off. For the second half of the day (lunch, movie, afternoon activities), the kids are split into 2 age groups (usually 4-7 and 8-12).

CONTACT INFORMATION

How to contact us

Iron Cross Address

225 Gonyo Lane Suite #202
Richmond, Tx 77469

Iron Cross Phone Number

281-342-4766

Voice messages are returned daily during normal business hours

Iron Cross Email

info@ironcrossgymnastics.com

(all emails are returned within 1-business day)

Iron Cross Website

ironcrossgymnastics.com

Iron Cross Parent Account

<https://app.iclasspro.com/portal/ironcrossgym>

