

GYMNASTICS TUMBLING DANCE MUSIC ART KARATE

# IRON CROSS



# SUMMMER CAMP

CAMP JUNE 2ND - AUGUST 8TH

7AM-3PM

EXTENDED DAY 3PM-5PM

AGES 4-11

[WWW.IRONCROSSGYMNASTICS.COM](http://WWW.IRONCROSSGYMNASTICS.COM)

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# CAMP SCHEDULE & MORE

## Sample Schedule (subject to change)

### Day Camp (7am-3pm)

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- Stretch/Warm-Up
8:40-9:10	Group A- Stretch/Warm-Up Group B- Snack
9:10-11:10	Gym Rotations
11:15-12:00	Lunch
12:00-2:00	Movie/Reading Time/ Electives
2:00-3:00	Obstacles Course/Games

### Extended Day (3pm-5pm)

3:00-3:30	Snack
3:30-4:45	Movie/Reading Time
4:45-5:00	Gather Belongs & Wait in Lines for 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 who 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!

During the summer, we hire someone who's only job is to lead summer camp. Our Summer Camp Director will ensure this is the BEST SUMMER EVER while monitoring camp and making sure all our safety rules are being followed. Everyday of camp we will have our Summer Camp Director, Office Manager, General Manager, and/or owners in the gym to assist with camp.

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 / 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 stretch/warm-up & 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 younger half will go to lunch at 11:15am while the older half has open gym time. Then the older half will go to lunch at 12:00pm 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 afternoon snack then watch a movie and/or read until their pickup time!

# WEEKLY THEMES

## Week 1: June 2-6 CAMP IRON CROSS!

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, volleyball, and learning ways to survive in the great outdoors while beating the summer heat.

## Week 2: June 9-13 SHARK WEEK

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, see if you can survive ship wreck, 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 3: June 16-20 DISNEY / MOVIE WEEK!

Join us as we enjoy the magical world of Disney! We'll have karaoke, dress up contests, & end the week with Movie Theater Popcorn for snack!

## Week 4: June 23-27 FIRST RESPONDER WEEK!

This week we will have special guests from our local fire and/or police departments + **WATER DAY on Friday!**

## Week 5: June 30 - July 3 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!

Reminder we will be closed on Friday, July 4 for the holiday.

## Week 6: July 7-11 SPACE WEEK!

This week we are venturing out of this world and going into space! Come play space themed games, bounce in our bounce houses like you're on the moon, and close out the week with us for **WATER DAY on Friday!**

## Week 7: July 14-18 REPTILE WEEK!

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 8: July 21-25 CARNIVAL WEEK!

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!

## Week 9: July 28 - Aug 1 NINJA WARRIOR WEEK!

This week we will train to be a ninja and test the limits as a team. Are you quick enough to stay clean during a silly string war? Are you ready to take on a giant **NINJA WARRIOR COURSE?!** Come find out at week 9!

## Week 10: Aug 4-8 IRON CROSS HAS TALENT!

We are ending the summer with an epic **TALENT SHOW** for all our campers to show-off their amazing skills! The last day of summer camp we will have a **WATER DAY on Friday!**

# WEEKLY THEMES & 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.

## Water Days

When a water day is scheduled, please have your child arrive in their swimsuit with sunscreen already applied. We will apply additional spray sunscreen right before campers go on water slides unless a parent or guardian tells us otherwise. Inside each camper's backpack should be a spare change of clothes, towel, and plastic bag to put wet clothes into. Campers will change into their dry clothes after water rotation in one of our many restrooms throughout the building. Coaches will wait outside restroom doors to escort campers back to their group.

## Themed Weeks

Themed weeks are planned months in advance and subject to change depending on visitor availability, weather, etc. We try to stick to our schedule as best as we can. Should you have any questions, please speak with Summer Camp Director



# SPECIAL ELECTIVES

## Sign-up Early to Secure Your Spot

Throughout Summer Camp we will be offering a variety of different electives for campers. Electives will take place in the afternoon during and after movie/reading time for 40 minutes. All electives will be on a first come, first serve basis, and we do expect them to fill up quickly. Adding an elective does include a fee which will be charged upon enrollment. **Spots will be limited!**



### **Mondays = Tumbling**

A tumbling elective will be offered once a week this summer. Campers will be trained/spotted by one of our staff members to learn the basics of tumbling using our floor, mats, and trampolines. (\$10 fee/week)



### **Tuesdays = Art**

Art class will be once per week during the summer. Our staff will provide instruction using a variety of art mediums. If you love crafts, this elective is for you! (\$10 fee/week)



### **Tuesdays = Bible Study**

Study the Word in our Iron Cross Youth Group Bible Study elective! Mr. Jeremy (who teaches at United Methodist Church youth group) will guide students in different lessons each week. Bring your Bible and let's grow in faith together this summer! (\$10 fee/week)



### **Wednesdays = Dance or Music**

Ballet, Jazz, Tap, and Hip Hop elective classes will be alternating with our music elective during the summer. Campers will learn basic technique and have fun expressing themselves through the art of dance and music! 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! (\$10 fee/week)



### **Thursdays = Karate**

Get a taste of Karate with Coach G (black belt)! Coach G runs our Karate program and will help teach the fundamentals of Iron Cross Karate to your child while at camp. (\$10 fee/week)



### **Fridays = Science or Magic**

Science and magic will alternate Fridays over the summer. Our staff will provide instruction using a variety of interactive science experiments and magic tricks. If you like to discover new things and get your hands messy, this is the elective for you! (\$10 fee/week)

# SUMMER CAMP

## CAMP MEMBERSHIP OPTIONS



### PLATINUM

Full Summer  
7:00am - 3:00pm

**\$1650**

only \$34 a day!

### GOLD

Half Summer  
7:00am - 3:00pm

**\$975**

only \$40 a day!

### WEEKLY RATE

M-F 7:00am - 3:00pm

**\$250/\$225 siblings**

### DAILY RATE

7:00am - 3:00pm

**\$60/\$50 siblings**

### PLATINUM + EXT

Full Summer  
7:00am - 5:00pm

**\$1900**

only \$39 a day!

### GOLD + EXT

Half Summer  
7:00am - 5:00pm

**\$1150**

only \$47 a day!

### WEEKLY + EXT

M-F 7:00am - 5:00pm

**\$300/\$275 siblings**

### DAILY + EXT

7:00am - 5:00pm

**\$75/\$65 siblings**

## Summer Camp runs from June 2 - August 8

Platinum Full Summer is June 2 - Aug 8

Gold Half Summer options are June 2 - July 3 OR July 7 - Aug 8

AGES 4-11 YEARS OLD

All sales are final and not eligible for refunds

**BEST CAMP!  
BEST PRICE!  
BEST SUMMER!**

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!

Sign up today to start your summer savings!

All camp purchases are non-refundable.



**Where sports, creativity,  
and fun unite!**

# 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 cheese PIZZA on Fridays. 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 Platinum & Gold 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 cones and stay in your car outside of Building 3 (building on right-hand side of parking lot when entering). We will escort your child to your car and help them in.**

# 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](http://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.
- 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. No refunds for any student who is asked to leave camp due to behavioral issues.

## 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 4-11. 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.

## **Is there a sibling discount for PLATINUM or GOLD memberships?**

Because these rates are already so heavily discounted, there is no additional sibling discount for these packages.

## **When do I have to pay by?**

For PLATINUM and GOLD passes, you must pay by the end of the sale period to get the discounted prices. The price will increase after specified dates. If you choose to wait and pay after our sale pricing ends, 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 a PLATINUM or GOLD membership?**

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

## **Can we split up the GOLD pass weeks?**

No, because Gold passes are discounted you must select the first 5 weeks or last 5 weeks of camp. If you would like to select specific weeks, you would need to purchase each week individually.

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

The kids start the day together and then 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 8-11).

***All Summer Camp purchases are non-refundable. Once these fees have been charged, Iron Cross reserves the right to use the capital towards investing in operational cost.***

## 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](mailto:info@ironcrossgymnastics.com)

(all emails are returned within 1-business day)

**Iron Cross Website**

[ironcrossgymnastics.com](http://ironcrossgymnastics.com)

**Iron Cross Parent Account**

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



**Where sports, creativity,  
and fun unite!**