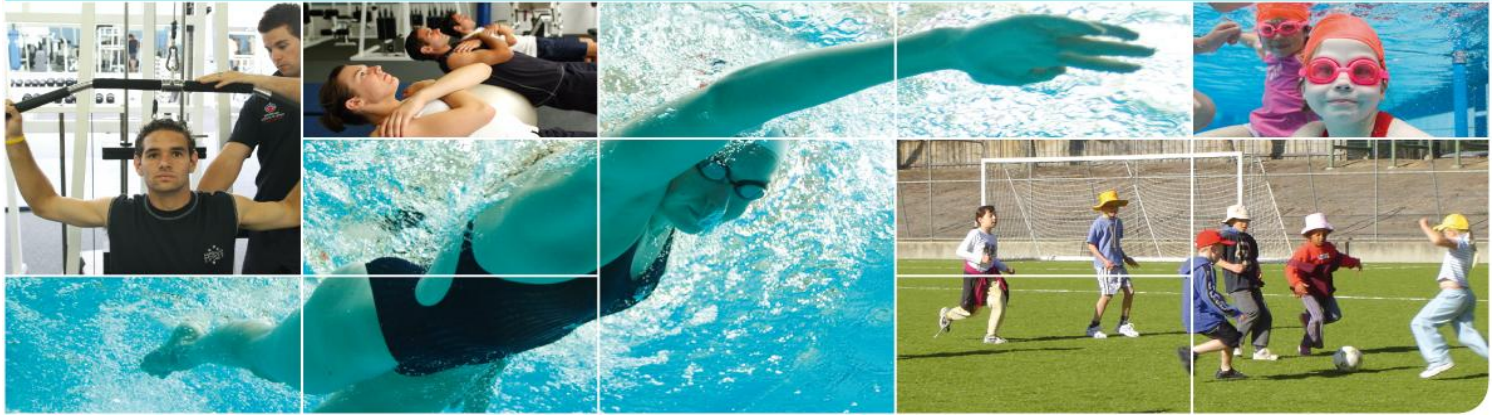


SWIM AND FITNESS AT THE AIS



Sports Vacation and Soccer Camp program Important parent information

Checklist- Has your child packed everything they need for a happy day at the AIS?

1. **Hat**– All children must have a hat to play outside
2. **Appropriate sporting attire**– No tank tops, T. Shirts that cover the shoulders are ideal
3. **Appropriate footwear**– No thongs or sandals, this increases the risk of injury. Joggers/runners are ideal (soccer camp only; please wear your runners and pack your boots if you own them)
4. **Sunscreen**– please make sure your child applies sunscreen BEFORE you arrive, we will re-apply throughout the day
5. **Swimmers**, towel, swim cap (Mon, Wed & Fri only)
6. **Shin guards** (soccer camp only)
7. **Healthy food**– kids get really hungry with the physical activity that they do during the day. A lunch box packed with healthy food will help get them through
8. **Water bottle**– essential for hydration during physical activity and hot weather

Please make sure your child does NOT have

Money– there is no canteen facility available

Any foods that contain peanuts– we have children that attend the program who are allergic to peanuts

Hand held computer games, swap cards or small Toys. We cannot be responsible for lost, stolen or broken items, so please leave them at home

Expensive clothing– please clearly label all items of clothing, and check the lost property table each day

Parking

Under no circumstances are you to park in the 'No Parking' area in front of the AIS. Security will be patrolling this area, and you will be fined. Free parking is available across the road in the dirt car park directly opposite the pool building (where drop off and pick up is)

Drop off and Pick up Times

Drop off time: 8am-9.00am

Pick up time: 4:30pm-5:30pm

Please note that our program is running to a very busy schedule pick- up's and drop off's outside these times interrupts the flow of the program, your help with this matter is appreciated