



CITY OF DUBUQUE AMERICORPS  
PARTNERS IN LEARNING



Dear Four Mounds Campers & Parents/Guardians,

Summer 2010

It's time for the Four Mounds' Summer Adventure Day Camp! Below is important information for attending. Please be sure to review the information prior to camp starting, as there are some requirements that are critical for your child to participate.

**TRANSPORTATION:** You must transport your child to and from one of our pickup locations each morning and afternoon. A camp counselor will meet them there. Transportation to and from the camp and pickup locations, as well as to and from field trips, is provided by RTA at no cost to families. Pick-up locations include **Lincoln School** (entrance – 555 Nevada St), **Jackson Park** (across from St. Pat's – 15<sup>th</sup> & Iowa Sts), and **Audubon School** (entrance – 605 Lincoln Ave). **Please have your camper at their stop by 8:25 am. It is important that campers be ON-TIME in the morning, or they will miss the bus and the day's activities. Afternoon drop-off will be at approximately 3:10 pm.**

**CLOTHING:** This is an outdoor camp, so dress your campers in clothes that can, and will get dirty and no open-toed or backless shoes (sandals/flip flops). Please see the weekly schedule (on the backside of this letter) for specific clothing needs each day.

**SUPPLIES:** We will supply campers with bottled water, sunscreen, insect repellent, ponchos (in case of rain), life jackets, first aid, bandanas, and art supplies. You are required to bring supplies listed on attached list. If you have special needs or allergies, you must indicate that on the permission slip.

**CONTRABAND:** The following devices and items are not allowed at camp: personal electronic devices such as cell phones, Game Boys, or MP3 players; sharp tools or knives; and matches and lighters. Rules are strictly enforced.

**PERMISSION SLIP:** Please send the attached permission slip(s) back with your child on the first day of camp and hand them to a counselor. *Your child will not be able to participate in any activities without the permission slip.*

**BAD WEATHER:** If there is a forecast of storms, we will likely cancel camp for the day. As well, with any indication of thunder and lightning, we will cancel camp. The counselors at the drop off locations will inform you of cancellations. If it starts raining after camp has started, we will continue activities outdoors, unless there is threat of storms with lightning and thunder, in which case we will go indoors. *If two or more days are cancelled in one week, we'll make every attempt to offer a rain-date. We do not offer refunds when camp is cancelled.*

I carry a cell phone for the camp. If you have questions or there is an emergency, please feel free to call me at 712-253-7963, and *please be sure to leave a message.* The counselors and I are eagerly awaiting your arrival next week. We're going to have a great summer!

Sincerely,

Amanda Dellwo, Camp Director  
Four Mounds Foundation

Turn Over 

## **CAMP SCHEDULE AND REQUIRED SUPPLIES**

### ***SUPPLIES YOU NEED TO BRING EACH DAY:***

Sack lunch (water is supplied by the camp)  
Bag or backpack to carry all items  
Change of clothes  
Plastic bag (for dirty/wet clothes)

### ***SUPPLIES PROVIDED BY FOUR MOUNDS:***

Bug Spray	Ponchos (for rain)	Bandanas
Sun Protection Lotion	Drinking Water	First Aid
Life Jackets	Art Supplies	

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### **Monday: Four Mounds, Challenge Low Ropes Course**

Campers will explore the land around Four Mounds, work on the low ropes of the Challenge Ropes Course, build wooden birdhouses, go hiking, and play games. Bring a packed lunch. Tennis shoes or hiking boots are preferred. Wear pants and t-shirts; bring a change of clothes which may include shorts.

### **Tuesday: Ecosystem Adventure at Catfish Creek**

RTA will take the campers to Swiss Valley Preserve to hike, wade/swim and study macro-invertebrates and other biological systems in and around the waters of Catfish Creek. Bring a packed lunch and a towel. Tennis shoes or hiking boots are preferred, but bring a pair of shoes that can get wet. Wear pants and t-shirts with a swim suit underneath; bring a change of clothes which may include shorts.

### **Wednesday: Catfish Creek Canoe Trip**

RTA will take the campers to either the Catfish Creek at the Mines of Spain, or in case of high waters, to Mud Lake. Campers will be wearing life jackets (supplied by the camp) at all times when they are in canoes or in the water. Bring a packed lunch. On this day wear sandals with backs (no flip flops), water socks or tennis shoes that can get wet. Also, wear clothes that may get wet including swimsuits; bring a change of clothes which may include shorts.

### **Thursday: Ecosystem Adventure at Whitewater Canyon**

RTA will take the campers to Whitewater Canyon where they will hike, wade/swim and explore the ecosystems of the canyon and creek. Bring a packed lunch and a towel. Tennis shoes or hiking boots are preferred, but bring a pair of shoes that can get wet. Wear pants and t-shirts with a swim suit underneath; bring a change of clothes which may include shorts.

### **Friday: Four Mounds, Challenge High Ropes Course**

Campers conclude with the always popular High Ropes supervised by operator of the course, Dan Block. Campers take on the fun, exciting and safe challenge of the High Ropes. These activities involve the controlled climbing of trees, the zip-line, swing and other activities. The campers will wear helmets and harnesses (supplied by Dan Block) and are attached to safety ropes at all times. Bring a packed lunch. As we will be out in the woods and climbing high ropes, we ask that your camper not wear sandals or any other form of open-toed shoes. Tennis shoes or hiking boots are preferred. Wear pants and t-shirts; bring a change of clothes which may include shorts.