

MELODIC REMEDY DANCE CAMP

>>> THINGS TO KNOW <<<

LOCATION

Melodic Remedy Dance Studio – *Main Studio Location*

767 Industrial Road

San Carlos, CA 94070

DROP OFF & PICK-UP

- Camp Drop Off & Pick Up will be around the back of our building by our grass area.
- For the safety of all campers, campers will only be released to authorized individuals listed on the camper information form. All authorized pickup individuals must check out their camper at the designated Check-In/Check-Out Table at pickup time. Staff may request photo identification if needed.
- If there are any changes to pickup arrangements during the week, please notify our staff in advance whenever possible. We appreciate your cooperation in helping us maintain safe and organized pickup procedures for all families.

MORNING DROP OFF

- 8:45–9:00 AM (Beforecare drop-off starts at 8:00 AM)

AFTERNOON PICK-UP:

- 3–6 years: 12:30 PM
- 6–13 years: 2:45–3:00 PM

CAMP CARE: BEFORE & AFTER

- Beforecare Hours: 8:00–9:00 AM
- Aftercare Hours:
 - **LITTLE ONES CAMP (3–6 yrs): 12:30–6:00 PM**
 - *If you would like your camper to take a nap or rest during aftercare, please send them with a nap mat or a pillow/blanket. We plan to have an hour of downtime at around 12:45 PM for these campers to rest during aftercare.*
 - **KIDS CAMP (6–13 yrs): 3:00–6:00 PM**

Camp Care sign-ups can occur at any time during the week, just let us know! Charges for camp care will be applied on the last day of camp, in case any schedule changes are made.

****IMPORTANT**** If your child is signed up for aftercare, please ensure they come with extra snacks for their time during aftercare!

THEME DAYS

Each day will consist of a different theme! We encourage all campers to come dressed up and ready to have fun! Camp themes will be announced in your Camp's Info Packet **Bring a change of clothes/swimsuit and a towel on Friday. We have a water slide and fun water games outside on our last day!*

CAMP SNACKS/LUNCH ****NO NUTS****

Campers must bring their own snacks and lunch each day. We have a fridge and microwave campers can use for their lunch. Friday we will be providing a pizza lunch so campers do not need to bring a lunch unless they are not eating pizza.

****DO NOT INCLUDE ANYTHING WITH NUTS IN YOUR CHILD'S SNACK OR LUNCH!! (This includes Nutella!) WE HAVE CAMPERS WITH SEVERE NUT ALLERGIES.****

WHAT TO BRING EACH DAY:

- Sneakers
- Refillable Water Bottle
- Dance Shoes (not required, but if you have them, bring them!)
- Snack & Lunch (NO nuts!) *Please pack extra snacks if your child is staying for aftercare
- **FRIDAY:** Bring a swimsuit/towel and extra change of clothes for water slide & games!
- Sunscreen, Hat, Sunglasses (optional)

LITTLE ONES CAMP

- Please pack an extra change of clothes for your child in case of any accidents or spills. You may send the clothes in a labeled Ziploc bag with your child's name, and we will keep it at the studio for the week.
- If your child is planning to stay for Extended Care and you would like them to take a nap/rest, please send them with a nap mat or pillow/blankets. We will have a designated napping room for our Little Ones who need a rest.

FRIDAY PERFORMANCE RECORDING

On the last day of camp we will record a performance video of everything our campers have learned over the week. We will give them their camp T-Shirts on Friday to wear for the recording. We will send out the edited recording the week after camp. Unfortunately this performance is not open to spectators as we do not have the parking capacity nor the studio space to fit all campers and their family. You will all get a front row seat with the recording!

FAQ's

What should my child wear to camp?

Campers should wear comfortable clothing they can move around in easily. Athletic wear is great! Dancewear is welcome, but not required. Please send campers in closed-toe shoes and bring any additional dance shoes if they have them.

What should my child bring each day?

Please send your camper with:

- A labeled water bottle
- Nut-free snacks and lunch
- Sunscreen if needed
- Any required medications
- **LITTLE ONES CAMP** - Please pack an extra change of clothes for your child in case of any accidents or spills. You may send the clothes in a labeled Ziploc bag with your child's name, and we will keep it at the studio for the week.

Do campers need dance experience?

Not at all! Our camps are perfect for those with little to no dance experience. The main focus of camp is having fun, making friends, building confidence, and learning beginner dance skills and choreography in a positive and encouraging environment!

Will campers eat lunch at the studio?

Yes! Campers will eat lunch at the studio each day. Please pack a labeled lunch. Please pack enough food for your child - They will be busy burning energy all day! On the last day of camp, we will provide pizza lunch for campers. Parents will be able to indicate pizza permission or dietary preferences on the camper information form.

Do you accommodate allergies or dietary restrictions?

Yes. Please include all allergies, medical needs, and dietary restrictions on your camper information form so our staff can plan accordingly.

What is your bathroom policy for younger campers?

Our staff assists younger campers with bathroom reminders and supervision as needed. Campers should be independently potty trained unless otherwise discussed with staff prior to camp.

What happens if my child misses a day of camp?

Unfortunately, we are unable to offer refunds for missed camp days, but we can credit your account the pro-rated daily camp price for future use!

How does camp drop-off and pick-up work?

- Campers must be checked in and checked out by an authorized adult.
- Only individuals listed on your camper information form will be permitted to pick up your child.
- Photo ID may be requested if staff are unfamiliar with the pickup person.

If there are any additional details about authorized pickup restrictions, custody schedules, co-parenting arrangements, or other family situations you feel our staff should be aware of to help maintain safe and organized pickup procedures, parents may share those details on the camper information form.

What if my child needs medication during camp?

Please notify staff ahead of time and include all medication instructions on your camper information form. Medications must be clearly labeled.

How will I communicate with camp staff during the week?

You may contact the studio office during camp hours for any questions, concerns, or important updates. (650) 622-9390

What do campers do during Aftercare?

Our Aftercare program includes a variety of fun, low-key activities for campers to enjoy after camp ends each day! Monday - Thursday activities may include outdoor games, arts & crafts, board games, coloring, free play, and more. Fridays include a movie day and other activities.

FAQ's Cont.

Q: Is it possible to add camp care the day of?

A: Yes! If you need camp care and didn't already sign up, you can let us know the day of. Remember anyone who is dropped off before 8:45am will be charged for before care, and any campers who are not picked up by 3:20pm will be subject to the after care charge.

Q: What if I don't have any dance experience?

A: Not to worry! We cater to ALL levels of dance! Whether you've been dancing for a couple years or have never stepped foot onto the dance floor, we offer camp classes for beginning to intermediate dancers!

Q: What can I expect at camp each day?

A: Everyday we start out with a Camp warmup. These are high energy warm ups and stretches that are led by our Camp Instructors and Counselors. Announcements about the days activities will follow. Campers will split into their groups and start their classes for the day. See Camp Sample Schedule on the first page for a breakdown of the day.

Q: What will I learn?

A: Each day at camp you will learn multiple routines, each in a different style of dance.

Q: What do I wear to camp?

A: Activewear. Something you are comfortable moving around and dancing in! (ex. shorts, leggings, t-shirt, tank top, any active wear, etc.) Please come to camp wearing closed in shoes or tennis shoes, as some of our activities will be outside! We will have spray sunscreen, but feel free to send your child with their own sunscreen if there is a special type they use. Bring a hat and sunglasses too! Don't forget to bring your dance shoes if you have them! We encourage all campers to come dressed for each theme day! Make sure to check out the themes so you don't miss out on the costume fun! Long hair should be pulled back and out of their face!

Q: Do I need dance shoes?

A: No. You are not required to own or bring any dance shoes for camp. For dance classes you will be perfectly fine wearing tennis shoes. If you do own dance shoes, make sure to bring them!

SAMPLE: DAILY SCHEDULE

(these schedules are not exact, just used as a guideline)

Campers will take class in the following styles: Jazz, Musical Theatre, Lyrical, Hip Hop, Tap, & Acro

3-6yr CAMP

9-9:15am: Welcome Warm-up
9:15-9:45am: Dance Class
9:45-10am: Snack Break
10:00-10:45am: Dance Class
10:45-11:30am: Dance Class
11:30am-12pm: Lunch
12:00-12:30pm: Outdoor Activities/Pickup
12:30 - 6pm: Extended Care

6-13yr CAMP:

9-9:30am: Welcome Warm-up
9:30-10am: Camp Dance
10-10:45am: Dance Class
10:45-11:00am: Snack Break
11am-11:45am: Dance Class
11:45am-12:30pm: Dance Class
12:30pm-1:00pm: Lunch
1:00-1:45pm: Dance Class
1:45-2:30: Dance class
2:30-3pm: Games/Pick Up
3:00-6pm: Extended Care