

Exhale Summer Camp Expectations and Information
All summer camps are held at 18 Union Street, Norfolk, MA



FULL DAY CAMPERS:

Drop-off & Pick up:

- Drop-off is at the front door and starts at 9:00am and finishes at 9:30am. Please email or call the office if you plan on arriving late. The doors will close at 9:30am and campers may go right to town hill to begin outdoor activities.
- Pick up starts at 3pm and finishes at 3:30pm.

Attire:

- Campers should wear comfortable activewear that they can move in. The studio is air conditioned, however, we do play outdoors.
- Please apply sunscreen at home and pack extra to come to camp.
- A change of clothes is always a great idea for campers to have in their bags.
- Campers should wear sneakers.

What to pack:

- Water
- 2 snacks
- Lunch
- A change of clothes
- Sunscreen

Pizza Friday! Campers attending full day camp will get lunch provided for them on Friday's. If you have any allergies or dietary restrictions please contact the office by the Wednesday before pizza Friday. We ask that packed snacks are allergy friendly to keep everyone safe.

AM HALF DAY CAMPERS (9-12pm):

Drop-off & Pick up:

- Drop-off is at the front door and starts at 9:00am and finishes at 9:30am. Please email or call the office if you plan on arriving late. The doors will close at 9:30am and campers may go right to town hill to begin outdoor activities.
- Pick up starts at 11:30am and finishes at 12pm.

Attire:

- Campers should wear comfortable activewear that they can move in. The studio is air conditioned, however, we do play outdoors.
- Please apply sunscreen at home and pack extra to come to camp.
- A change of clothes is always a great idea for campers to have in their bags.
- Campers should wear sneakers.

What to pack:

- Water
- 1 snack
- A change of clothes
- Sunscreen

If your child has any allergies or medical conditions please contact the office prior to camp starting to let us know. We ask that packed snacks are allergy friendly to keep everyone safe.

PM HALF DAY CAMPERS (12:30-3:30pm)**Drop-off & Pick up:**

- Drop-off is at the front door and starts at 12:30pm and finishes at 1:00pm. Please email or call the office if you plan on arriving late. The doors will close at 1:00pm and campers may go right to town hill to begin outdoor activities.
- Pick up starts at 3pm and finishes at 3:30pm.

Attire:

- Campers should wear comfortable activewear that they can move in. The studio is air conditioned, however, we do play outdoors.
- Please apply sunscreen at home and pack extra to come to camp.
- A change of clothes is always a great idea for campers to have in their bags.
- Campers should wear sneakers.

What to pack:

- Water
- 1 snack
- A change of clothes
- Sunscreen
- PM campers are welcome to bring lunch if needed. They will catch the tail end of lunch and can sit and finish lunch while other activities begin.

If your child has any allergies or medical conditions please contact the office prior to camp starting to let us know. We ask that packed snacks are allergy friendly to keep everyone safe.