



Welcome to Camp UNPLUGGED!

Camp unplugged will be a fun filled week for campers aged 6-12 years! Campers will enjoy daily yoga, arts and crafts, outdoor adventures, and weekly workshops like jewelry designing, print making and historical tours of our local museums and galleries!

Dates

Session 1: July 8th - July 12th

Session 2: July 15th - July 19th

Session 3: July 22nd - July 26th

Session 4: August 12th - August 16th

Session 5: August 19th - August 23rd

Cost

Camp: \$175+hst/week, \$40+hst/day

Early drop off: \$7.50+hst/day

FAQ

- 1. What time does camp start?** Camp runs from 9:00 am to 4:00 pm daily. Early drop off, starting at 8:30 am is available.
- 2. Arrival and drop off.** Your child must be signed in and out of camp each day by a pre-approved parent/guardian. Last minute changes will not be accepted.
- 3. Lunch and snack times.** When the weather permits we will enjoy lunch outside at Little Lake Park or at the Town Dock Pavilion in Midland. Lunch will be from 12:00-12:30. We will also break for two 20 minute snack times during the day, at 10:30am and 2:30pm. Please send your camper with a nut/peanut free, litter-less lunch, and a refillable water bottle.
- 4. Cancellation policy.** We require 7 days notice for all cancellations. Please note that all cancellations are subject to a \$25 administration fee.



Health and Safety

Nut/peanut sensitivity. Karma Kids Canada and Karma Kids 'Camp Unplugged' operate in both public buildings and in public locations, and are therefore not able ensure a nut/peanut free environment. We do remain peanut sensitive and require that campers do not bring products containing nut/peanuts to camp.

Sabrina's Law. Anaphylaxis is a growing concern among schools and camps. If your camper carries and Epi-pen for their allergy they must carry it with them at all times. Please ensure that the camp director is aware of your campers condition.

Yoga and outdoor clothing. We will be practicing yoga, and travelling out doors daily, to walk, run and play! Please ensure that your child comes prepared with comfortable clothing for yoga (no need for a separate outfit), and clothing and footwear for outdoor activities. Do bring: sun hats, running shoes, light jackets, and backpacks for trips to the park.

Sunscreen, and bug spray. Please ensure that you apply sunscreen and bug spray to your child before their arrival.

Electronics and Devices. Please do not bring electronic devices or phones to camp!

Happy Camper Policy

It is the goal of Karma Kids Canada to provide a fun safe, and secure environment for all participants. Each camper is expected to commit to the following guidelines to ensure that everyone has a positive camp experience!

1. I commit to respecting myself.
2. I commit to respecting others.
3. I commit to respecting the environment.
4. I commit to respecting the studio and places we visit.

When a camper acts inappropriately at camp they will be reminded of the Happy Camper Policy and be given a verbal warning. If the behaviour continues it will be documented by staff, and discussed with parents/guardians. If the behaviour becomes disruptive to the program additional measures, including expulsion, may be considered if absolutely necessary.



Registration Form and Waiver

Session: _____ Early Drop Off: _____

Camper's Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email: _____

Parent(s) /Guardian(s) Responsible for drop off or pick up, and cell phone numbers:

Parent/ Guardian 1: _____

Parent/ Guardian 2: _____

Parent/ Guardian 3: _____

Emergency Contact: _____

Emergency Contact Phone Number: _____

Have you practiced yoga before? YES / NO (Please circle)

Do you have any current / recurring injuries or limitations?

Do you have any additional concerns?

I consent to my child's photo being taken for promotional use. YES / NO (Please circle)



Registration Form and Waiver Cont'd

If at any time during the yoga portion/class you feel discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga to listen to your body, and respect your limits on any given day.

I, the undersigned, understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment. I should consult a physician prior to beginning any activity, including yoga. I recognize that it is my responsibility to notify my instructor of any serious illness or injury before every yoga class. I will not perform any postures to the extent of pain or strain.

I have read and agree to the terms in the registration package, FAQs, Health and Safety terms, and Happy Camper Policy.

I accept that neither the instructor, staff, nor the hosting facility, is/are liable for any injury, or damages, to my person or property, resulting from my participation in any class or classes.
Those under 18 years of age must have this form signed by a parent or guardian.

Name(Print): _____

Signature: _____

Date: _____

How to Register

1. Please scan/email the completed registration form + waiver to: kellyj@karmakidscanada.ca
2. Once your completed registration form is received, you will be emailed an invoice. Payment can be made directly online, or by email transfer to: kellyj@karmakidscanad.ca
3. Once payment is received your camper is officially registered!