

## Frequently Asked Questions

### What age does my camper have to be to attend camp?

Camp is for ages 6-9 (CrossFit Kids) 10-14 (CrossFit Teen)

### What does my camper need to bring to camp?

Campers will need to bring a water bottle and lunch daily. On pool day, please include a change of clothes, swimsuit, towel + goggles.

### What is a typical day at camp like?

9 – 9:10 – arrive and stretch

9:10 – 9:45 – workout

9:45 – 11 – nutrition and snack making/eating

11 – 12 – (Yoga, Strength Training, Conditioning, visiting expert)

12 – 12:30 – lunch

12:30 – 12:55 – team game

12:55 – pack up

1 – pick up

(Friday is pool day and campers will leave for pool at 10:45 – 12:45)

### How does pool day work?

Pool time is a free swim. There is no formal instruction by the counselors, although they will be in the pool with the campers.

### What if my camper cannot swim?

Campers who cannot swim need to bring a **coastguard approved** personal floatation device and are required to stay in the shallow end of the pool.

### Who monitors the campers during Pool time?

We take the campers to Glenlake Pool, a 7 minute walk from CrossFit Decatur. The pool has 2 lifeguards on duty and we increase the counselor to camper ratio to 1:10.

### What if my child has allergies?

We can discuss allergies on an individual basis. We are NOT a peanut-free camp, however, nutrition and snacks can be modified as needed. We want to include everyone! If your child requires an epi-pen, you must provide one in a labeled bag for emergency use.

### Who are the counselors?

The head instructors and counselors are all certified and experienced CrossFit Coaches who are active in sports.

Junior counselors help head counselors with day to day tasks and serve as additional monitors during gym time, explorations and swim time.