



All About M.E and Dance Summer 2026 Camp Checklist



1. **Attire:** We will dance every day! Girls, please wear some kind of leotard and convertible tights/leggings or unitard for dancing. Boys, please wear sweat pants and a t-shirt. This is Summer Camp, there is no color code - leotards, shirts, sweats, can be any color and design you want! However, leotard and tights/sweats and t-shirt are required as we are dancing on a gym floor and we want to keep the body covered while dancing to avoid any floor burns, etc. You may bring a change of clothes to change into once the dance portion of our day is done! **Please come to camp already in your dancing clothes. We will let campers change after dancing is done for the day. We like to have fun! Sometimes we make a little mess with paint, crafts, science experiments and more. Please do not wear anything that can't get messy!**

2. **Arrival and Dismissal:** Your dancer may arrive between 9:00 - 9:30am. If you will be late, please email us in advance so we can listen for the door. We begin our activities promptly at 9:30am to fit everything in our day. We may be outside or in a different room and do not stand by the door for late comers unless notified. Your dancer may be picked up between 3:00 - 3:30pm. There is no aftercare available and we must be out of the school in a timely manner. If picking up prior to 3:00pm please email us in advance so we can have your dancer ready.



3. **Outside Time:** We will try to get outside each day that we can (barring inclement weather.) Please be sure your child is wearing appropriate closed-toed shoes for outside activities, appropriate attire for the weather that day, and already come to camp with sunscreen applied!

4. **Yoga Mat:** There are times when we will be stretching, relaxing, eating picnic style, etc. Your child needs to bring a yoga mat for these times! Get one that is plush and comfy!



5. **Water Bottle:** Bring your water bottle every day! There are fountains to refill, but we plan to get lots of physical activity from dancing, outside time, etc. and need to stay hydrated.



6. **Lunch:** Lunch is provided on field trip days only. The lunch choice may vary dependent on the field trip/activity. All other days, you are responsible to pack your camper a lunch. **We will provide an afternoon snack daily.** If your child likes specific snacks, feel free to pack them extra in their lunch in case they do not want what is offered!



7. **Activities/Field Trip Days:** On all field trip days, we ask that campers wear their camp t-shirt. They will receive this on the Monday of their first camp week.

8. **Field Trip Dates/Activity Dates:** If any additional activities are added you will be notified. Our dates are:

-**Wednesday June 24th, 2026** Private Screening to Toy Story 5 (for campers enrolled in the June 22nd - June 26th week)

-**Friday June 26th, 2026** Young Chef Academy Cooking class (for campers who selected the OPTIONAL additional field trip. Campers who did not sign up for this will stay at the school and do alternate activities.)

- **Wednesday July 1st, 2026** Private Screening to Minions 3 (for campers enrolled in the June 29th - July 2nd week)

9. **Chaperones:** Some of our field trips may have room for chaperones. We must wait for our final camp numbers to see how many chaperones can join us on each trip.

This number will vary per trip. If you are interested in chaperoning a trip, keep your eye on your email as we get closer to trip dates. Chaperone spots are first come first serve!



10. **Cellphones:** We want your camper to get the most out of their camp experience! We also want campers to utilize technology in a safe way. Campers are not permitted on their devices (cellphones, tablets, etc.) during the day unless necessary. We have a lot of activities that we will be immersed in. If you need to check in on your camper, please email us at aamedance@gmail.com as we will be frequently checking for parent contacts.





11. **KINDESS AND CODE OF CONDUCT:** The last thing to check off your list is to always bring your kindness and smile each day! All About M.E and Dance have a high standard of conduct. Campers and staff alike are expected to show respect to all as well as kindness. We will remove campers from the program for lack of respect, kindness, or any other rude behavior without a refund. Our priority is to make sure everyone is comfortable and feels safe at camp. All campers and staff play a role in this! Please be sure your camper is putting their best foot forward each day!