

# DR. JOHN'S SPORTS CENTER

## AFTER SCHOOL CARE LISD SCHOOL YEAR 2011-12

Only  
\$77 per  
week.

Dr. John's is a neighborhood center that offers a unique after-school program specifically designed to meet children's need to move and help them develop physical activity and nutrition behaviors that will keep them healthy everyday for a lifetime.

Dr. John's incorporates the CATCH Program (Coordinated Approach to Child Health) to teach children the knowledge and skills required to lead a physically active and healthy lifestyle. John Krampitz, PhD, owner of Dr. John's is a national spokesperson and national trainers for the CATCH program.

The \$77 rate applies to students attending our program Monday—Friday. \$50 deposit is required at the time of registration and is applied to your last week of tuition. We also offer partial week care and drop-in care on a space availability basis.

- 60 + Minutes of Daily Physical Activity.
- Dedicated homework time everyday.
- CATCH Program with emphasizes on healthy lifestyles.
- Well planned snacks with emphasis on fresh fruits, whole grains and low fat protein.
- Skill Development and Sport Education that introduces children to a variety of sport, dance and movement activities that teaches the fundamental and advanced skills and game strategies that lead to successful play.



Pick up Service  
from:  
Mason, Knowles,  
Winkley,  
Whitestone,  
Pleasant Hill,  
Block House Creek,  
Deer Creek,  
Westside,  
Giddens & Naumann

**Hours - 2:45—6:00**

Cost -

Full Week Care: \$77 per week. You must complete a 2011-12 School Year Registration Update or Application Form PLUS provide \$50 deposit.

Partial Week Care (limited # of spaces) is 3 days per week \$65.

Daily Rate Care (pre-approved & based on availability): \$23 per afternoon.

### Full Day Student Holiday Camps & Summer Camp

Offered at an additional charge for all Student Breaks & Teacher Staff Development/Student Holidays. Includes snacks, lunch & organized activities. Registration & Pre-Payment required.

Children do not need to be part of the After School Program to take advantage of our 1-Day and Student Holiday Camps. Sign up only for the days you need during school year. \$40/day or \$200 for full week.

## DR. JOHN'S SPORTS CENTER

"The Most Unique and Exciting Place for Children in Leander & Cedar Park."

1800 Clover Lane ♦ Cedar Park, Texas  
Phone: 512-259-7545 ♦ [www.DrJohnsSportsCenter.com](http://www.DrJohnsSportsCenter.com)

## 2011-2012 After School Care Calendar & Student Holiday Child Care Camp Schedule

Child Care Event	Month and Dates	Cost
August After School Care	August 22—Sept 2	\$154
September After School Care	Sept 6—Sept 30	\$295 (Sept 21 - Early Release, no add'l charge)
Labor Day	September 7	Closed
October After School Care	Oct 3—Oct 28	\$295
Staff Development/Student Holiday (Columbus Day)	October 10	Optional Full Day Child Care—\$40/day. Includes snacks, lunch and activities
November After School Care	Oct 31—Nov 18	\$231 (Nov 2 - Early Release, no add'l charge)
Thanksgiving Camp	November 21-November 23	Optional Full Day Child Care—\$40 per day. Sign up for the days you need Includes snacks, lunch and activities
Thanksgiving Holiday	November 25 & 26	Closed
December After School Care	November 28-December 16	\$231
Winter Break Camp	December 19-22, December 27-30 Closed December 23 Closed December 26	Optional Full Day Child Care—\$40 per day. Sign up for the days you need Includes snacks, lunch and activities
January After School Care	January 2-January 27	\$295(Jan 25 - Early Release, no add'l charge)
Staff Development/Student Holiday (MLK Day)	January 16	Optional Full Day Child Care—\$40/day. Includes snacks, lunch and activities
February After School Care	January 30—Feb 24	\$263
Staff Development/Student Holiday February Teacher Conference	February 6, 7 & 8	Optional Full Day Child Care—\$40 per day. Sign up for the days you need. Includes snacks, lunch and activities \$30 discount to any Faculty/ Staff for 3-day enrollment.
March After School Care	Feb 27—March 30	\$308* (No charge for Spring Break Week.— must register separately)
Spring Break Camp	March 14-18	Full Day Child Care \$200 or \$40 per day for partial week; Half Day Child Care \$100. Full Day includes snacks, lunch & activities. Half Day Child Care includes snacks & activities.
Student Holiday (Good Friday)	April 6 April 9 - possible holiday.	Optional Full Day Child Care—\$40/day. Includes snacks, lunch and activities
April After School Care	April 4-April 29	\$295(Bad Weather makeup day on 04/09/12. Tuition may change.)
May & June After School Care	May 2-June 1	\$372
Memorial Day	May 31	Closed

**All Summer Camp & Student Holiday Camps are a separate registration. There is NO AUTOMATIC registration from After School Care to ANY Camp.**

\*All After School Care is charged by the day. Each accounting month is figured as close to 4 weeks as possible at \$77 per week. Weeks where a holiday falls, we charge \$16 for each day. We do not charge for after school care on days we do not offer after school care—hence the fluctuation in monthly price. Part time After School is limited to the number of designated spaces available. All Part Time After School Care is 3 days per week at \$65 for the week. Drop-in (not regularly enrolled in After School Care) is \$23 per afternoon. Pre-approval and pre-paid is required and is based on available spaces in our Center and on our private busses.

Operation Name Dr. John's Sports Center		Director's Name John Krampitz	
Child's Full Name		Child's Date of Birth	Child's Home Telephone No.
Child's Home Address		City	State Zip
Date of Admission	Date of Withdrawal	Email Address:	
Parent's or Guardian's Name		Address (if different from child's address)	
List telephone numbers below where parents/guardian may be reached while child will be in care:			
Mother's Telephone No.	Father's Telephone No.	MotherCell Telephone No.	FatherCell Phone No
Give the name, address and <u>phone number</u> of person to call in case of an emergency if parents / guardian cannot be reached:			Relationship
I hereby authorize the childcare operation to allow my child to leave the childcare operation <b>ONLY</b> with the following persons. Please list name & telephone number for each. Children will only be released to a parent or a person designated by the parent/guardian after verification of ID.			

<b>CHECK ALL THAT APPLY:</b> I hereby <input type="checkbox"/> give <input type="checkbox"/> do not give – consent for my child to be transported and supervised by the operation's employees:			
1. <input type="checkbox"/> <b>TRANSPORTATION:</b> <input type="checkbox"/> for emergency care <input type="checkbox"/> on field trips <input type="checkbox"/> to and from home <input type="checkbox"/> to and from school			
2. <input type="checkbox"/> <b>FIELD TRIPS:</b> I hereby <input type="checkbox"/> give <input type="checkbox"/> do not give – my consent for my child to participate in Field Trips: <b>Parent's Comments:</b>			
3. <input type="checkbox"/> <b>WATER ACTIVITIES:</b> I hereby <input type="checkbox"/> give <input type="checkbox"/> do not give – my consent for my child to participate in Water Activities: <input type="checkbox"/> sprinkler play <input type="checkbox"/> splashing/wading pools <input type="checkbox"/> swimming pools <input type="checkbox"/> water table play			
4. <input type="checkbox"/> <b>RECEIPT OF WRITTEN OPERATIONAL POLICIES:</b> I acknowledge receipt of the facility's operational policies including those for discipline and guidance.			
5. <b>I UNDERSTAND THAT THE FOLLOWING MEALS WILL BE SERVED TO MY CHILD WHILE IN CARE:</b> <input type="checkbox"/> None <input type="checkbox"/> Breakfast <input checked="" type="checkbox"/> AM Snack <input checked="" type="checkbox"/> Lunch <input checked="" type="checkbox"/> PM Snack <input type="checkbox"/> Supper <input type="checkbox"/> Evening Snack			
6. <b>MY CHILD IS NORMALLY IN CARE ON THE FOLLOWING DAYS AND TIMES:</b> <input type="checkbox"/> Mondays from: to: <input type="checkbox"/> Tuesdays from: to: <input type="checkbox"/> Wednesdays from: to: <input type="checkbox"/> Thursdays from: to: <input type="checkbox"/> Fridays from: to: <input type="checkbox"/> Saturdays from: to: <input type="checkbox"/> Sundays from: to:			

<b>AUTHORIZATION FOR EMERGENCY MEDICAL ATTENTION:</b>		
In the event I cannot be reached to make arrangements for emergency medical care, I authorize the person in charge to take my child to:		
Name of Physician:	Address:	Ph.#:
Name of Emergency Medical Care Facility:	Address:	Ph.#:
I give consent for the facility to secure any and all necessary emergency medical care for my child.		
_____ Signature - Parent or Legal Guardian		

List any special problems that your child may have, such as allergies, existing illness, previous serious illness, injuries and hospitalizations during the past 12 months, any medication prescribed for long-term continuous use, and any other information which caregiver's should be aware of:

Child daycare operations are public accommodations under the Americans with Disabilities Act (ADA), Title III. If you believe that such an operation may be practicing discrimination in violation of Title III, you may call the ADA Information Line at (800) 514-0301 (voice) or (800)-514-0383 (TTY).

**SCHOOL AGE CHILDREN:**

My child attends the following school:

\_\_\_\_\_ Name of School and Address \_\_\_\_\_ School Ph.#

**CHECK ALL THAT APPLY:**

His / her immunization record is on file at the school and all required immunizations and/or tuberculosis test are current. Vision and Hearing screening records are also on file.

My child has permission to:  walk to and from school,  
 ride a bus, and/or  be released to the care of his/her sibling(s) under 18 years old.

Name of sibling(s): \_\_\_\_\_

**IMMUNIZATION RECORD:**

I have provided the childcare operation with a copy of my child's most current immunization record.

**ADMISSION REQUIREMENT:** If your child does not attend pre-kindergarten or school away from the child-care operation, one of the following must be presented when your child is admitted to the child-care operation or within one week of admission.

Please check only one option:

1.  HEALTH-CARE PROFESSIONAL'S STATEMENT: I have examined the above named child within the past year and find that he / she is able to take part in the day care program.

\_\_\_\_\_ Health Care Professional's Signature \_\_\_\_\_ Date

2.  A signed and dated copy of a health care professional's statement is attached.

3.  Medical diagnosis and treatment conflict with the tenets and practices of a recognized religious organization, which I adhere to or am a member of; I have attached a signed and dated affidavit stating this.

4.  My child has been examined within the past year by a health care professional and is able to participate in the day care program. Within 12 months of admission, I will obtain a health care professional's signed statement and will submit it to the child-care operation.

Name and address of health care professional:  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Signature - Parent or Legal Guardian \_\_\_\_\_ Date

<b>VISION</b>	R 20/ _____	L 20/ _____	<input type="checkbox"/> PASS <input type="checkbox"/> FAIL
SIGNATURE _____		DATE _____	
<b>HEARING</b>	<b>1000 Hz</b>	<b>2000 Hz</b>	<b>4000 Hz</b>
R			
L			
SIGNATURE _____			<input type="checkbox"/> PASS <input type="checkbox"/> FAIL
DATE _____			

\_\_\_\_\_  
Signature – Parent or Legal Guardian

\_\_\_\_\_  
Date

# AUTHORIZATION FOR EMERGENCY MEDICAL CARE

Print and Complete

If I cannot be reached to make arrangements for emergency medical care for my child at the time of an illness or accident, I give my permission for:

Si en caso de alguna enfermedad o accidente no me pueden localizar para arreglar atención médica de emergencia para mi niño, doy permiso para que:

<b>Name of Day Care Facility Owner or Director</b> DR JOHN'S SPORTS CENTER; JOHN KRAMPITZ
--

to take my child (or children):

a que lleve a mi niño (o mis niños):

<b>Name of Child (1)/Nombre del Niño (1)</b>	<b>Name of Child (2)/Nombre del Niño (2)</b>
<b>Name of Child (3)/Nombre del Niño (3)</b>	<b>Name of Child (4)/Nombre del Niño (4)</b>

to:

a:

<b>Name of Doctor/Nombre del Doctor</b>	<b>Telephone No./Teléfono</b>
<b>Address of Doctor/Dirección del Doctor</b>	

or to:

o a:

<b>Name of Hospital or Clinic/Nombre del Hospital o Clínica</b>	<b>Telephone No./Teléfono</b>
<b>Address of Hospital or Clinic/Dirección del Hospital o Clínica</b>	

I give consent for necessary emergency treatment when my child is in the care of this physician or hospital or clinic.

Doy mi consentimiento para el tratamiento médico necesario estando mi niño bajo la atención de este doctor u hospital o clínica.

\_\_\_\_\_  
Signature-Parent or Legal Guardian  
Firma-Padre o Tutor

\_\_\_\_\_  
Date/Fecha



Dr. John's Sports Center  
1800 Clover Lane  
Cedar Park, TX

P. O. Box 1178  
Cedar Park, TX 78630

Phone: (512) 259-7545  
[www.DrJohnsSportsCenter.com](http://www.DrJohnsSportsCenter.com)  
email: [drjohnsinfo@DrJohnsSportsCenter.com](mailto:drjohnsinfo@DrJohnsSportsCenter.com)

## AFTER SCHOOL CARE, PRE-KINDERGARTEN & FULL DAY STUDENT CAMP ENROLLMENT AGREEMENT

Effective Date July 1, 2011

**Date:** \_\_\_\_\_

This Agreement is between Dr. John's Sports Center and

\_\_\_\_\_ (the "Parents"),

the parents or guardians of \_\_\_\_\_ (the "Child").

Enrollment will continue until terminated in accordance with Section "B." of this Agreement. This Agreement becomes effective upon execution.

### **Guiding Principles of Dr. John's Child Care Program**

- Dr. John's Sports Center promotes the social, emotional, cognitive, physical, educational and cultural outcomes for children and youth through sport, recreational and health related fitness activities.
- We respect, teach to and promote the diverse learning styles of children and youth.
- We value, engage and require accountability from our stakeholders (e.g. participants, families, educators and community members) to protect the emotional and physical safety of children.
- Our practices at Dr. John's Sports Center reflect knowledge and appreciation for diverse backgrounds, cultures, families and communities.

#### **A. BASIC SERVICES**

- Dr. John's Sports Center will provide an after school child care, pre-kindergarten child care and class, summer camp, student holiday program and enrichment activities of recreation, sport and learning experiences appropriate for the ages of the children enrolled. Each child will be placed in a group of peers based on age, level of development, and special needs for skill development & physical activity classes and nutrition lessons as determined by the staff of Dr. John's Sports Center. Pre-Kindergarten children have a separate classroom designed specifically for their needs. A balance of physical activity, educational pursuits or homework time and quiet play will be established, with individual and group activities geared toward the emotional, social, physical and individual needs of children ages 4 & 5 and elementary age children.
- Regular operating hours for all full day child care is 7 am – 6 pm Monday through Friday. After School Care will be 2:45 p.m. - 6:00 p.m., Monday through Friday throughout the school year (school days). Our Full Day Holiday Camps/Summer Camps are considered optional enrollment days are from 7:00 am until 6:00 pm on days children are not in school as established by the official Leander

Independent School District Calendar, except closings for national holidays and inclement weather as described in the Operational Handbook.

- Dr. John's Sports Center operates both as a licensed child care center and recreation center. At 6:00 p.m. our recreation program begins. To ensure the safety of your children, our children are placed in the Pre-Kindergarten Classroom until your arrival. If you know that you can not arrive by 6:00 p.m., **you must call and let our staff know of your estimated time of arrival.** Parents who abuse this generous policy will be asked to pay extended hour charges of \$30 per week per child.
- The After School Care Program and Pre-Kindergarten class works in conjunction with our Student Holiday Full Day Camp program. This program operates on days when Leander Independent School District is closed for extended breaks (Thanksgiving Break, Winter Break, Spring Break, Teacher Workdays, State/National Holidays) except for those holidays where Dr. John's Sports Center is also closed as based on our published calendar. Students enrolled in our Pre-Kindergarten Program or After School Care Program are not automatically enrolled in our Student Holiday Full Day Camps and parents are responsible for completing a separate reservation. Tuition for the Pre-Kindergarten Program and After School Care is pro-rated to exclude these days and a separate tuition is charged for Student Holiday Full Day Camp. This camp is also open to children not currently enrolled in Dr. John's Sports Center child care programs. Therefore parents need to ensure their child's Student Holiday Full Day Camp Application and payment is submitted to ensure a space.
- Children in attendance of the Pre-Kindergarten class will receive a nourishing morning snack and afternoon snack. After school Care children will receive an afternoon snack after arriving at the center from school. All children attending our full day camps will receive a full lunch and morning/afternoon snack. We do not serve lunch to the Pre-Kindergarten class during regular school days.
- Children will receive assistance with personal care as needed.
- The Center will notify Parents of suspected exposure to any communicable illness.
- The Center will make reasonable efforts to safeguard children's personal belongings, but will not be responsible for lost or broken items. Please do not allow your child to bring electronics to our Center.
- The Center or any staff member will report any suspicion of child abuse, neglect or endangerment to appropriate authorities.
- After all measures have been taken to correct a child's behavior as outlined in our Operation Manual, Discipline and Guidance section, and the child continues to pose a threat to physically harm themselves or other children, the child may be asked to leave Dr. John's Sports Center program.

Information specific to Pre-Kindergarten Program. Full Day child care participants will need to provide their own nap mat. These mats can be left at the center. No lunch is served during the regular school year. We do have a refrigerator and microwaves where children's lunches can be stored and meals can be heated.

## **B. PAYMENT PROVISIONS**

- Dr. John's Sports Center provides to you and your children a dedicated space within our programs. That means we will have not only the physical space to accommodate your child, but adequate staff, staff resources and supplies to meet your child's needs every day as per our published calendar. In addition, your child is involved in a developed Pre-Kindergarten and after school care curriculum specifically geared toward age appropriate skills. Parents need to be aware that you are not purchasing from Dr. John's Sports Center an hour by hour babysitting service. Because of our dedication to providing quality service, there are no provisions for missed days.
- Tuition is **due and payable on the first of each month, in advance and all payments are pre-paid prior to services being delivered.** A late charge of \$25.00 per child is due if payment is received after the fifth of the month. Enrollment is terminated if payment is not received by the tenth of the month. Initial Deposit of \$50.00 with Dr. John's Sports Center is forfeited by the parent if enrollment is terminated due to non-payment.
- The initial Deposit and Monthly Tuition Fees are shown at the end of this ***ENROLLMENT AGREEMENT SIGNATURE FORM***. The initial Deposit is applied to the last month's tuition in June.
- Payment options for twice monthly tuition payments are made through special arrangement and with prior notification. A late charge of \$25.00 per child is due if payment is not received within 3 days of the scheduled payment due date.

- **NO PROVISIONS CAN BE MADE FOR WEEKLY PAYMENTS EXCEPT FOR SUMMER CAMP.**
- Payment for Student Holiday Full Day Camp is an additional charge to the Pre-Kindergarten and After School Child Care. Arrangements can be made at the beginning of the month to include the full day care charge within your monthly or bi-weekly tuition payment.
- Part-time care is available at Dr. John’s Sports Center and must be pre-arranged at the time of registration. Part time care consists of regularly scheduled days at Dr. John’s and is consistent each and every week. There is no credit, refunds or “exchange” days given for any days missed for any week. Dr. John’s has the right to limit part-time care. Our prices for part-time Pre-Kindergarten, after school care & summer camp are charged at a higher daily rate.
- Drop-in Care is provided on a select basis for families needing only occasional After School Care. Drop in care is not available for Pre-Kindergarten. Drop-in care is designed for children who are familiar with our program either by attending our one day camps, Spring Break or Summer Camps and whose families need only occasional After School Care. Each child must have a completed application on file at Dr. John’s Sports Center and prior approval must be obtained from the Center’s Directors (Child Care Directors or Business Director). All payments are pre-paid and no refunds are issued for missed days.
- Dr. John’s Sports Center may change tuition rates with thirty- (30) day’s written notice for all currently enrolled students, immediately for any new enrollment or at the beginning of a new school year (August). The tuition information is provided to parents in writing through a notification letter, by picking up new our Application Form or visiting Dr. John’s Sports Center web site ([www.DrJohnsSportsCenter.com](http://www.DrJohnsSportsCenter.com))
- The initial Deposit can be applied to the final tuition payment following a written or direct verbal notification of withdrawal to the Business Director. This notification must be provided to Dr. John’s two (2) full childcare weeks prior to the last day of anticipated enrollment. Two full childcare weeks constitutes a time period that your child would be actively involved in our program.
- Parents may submit their Deposit as a “reservation fee” to hold their child’s place for the next fall’s After School Care from May to August. This Deposit is refundable if written notice is provided to Dr. John’s Sports Center prior to August 1 of the new school year.
- **There are NO REFUNDS OR CREDITS allowed for time missed from the Pre-Kindergarten, After School Child Care or Full Day Camp program for any reason.**

### C. PAYMENT RATES

#### After School Care effective 08/01/11

<b>Deposit</b> Applied to last week of tuition. Non-refundable but can either be applied to child care tuition or to other programs at Dr. John’s.	<b>\$50.00</b>
<b>Weekly Rate – Full Time (Monday – Friday)</b> <b>Pro-rated partial weeks (for Student Holidays; see Sec “A”- bullet #4)</b>	<b>\$77.00 per week or \$16/day – pro-rated rate.</b>
<b>Part-time Rate per day (Monday – Friday)</b> <u>Days must be consistent every week</u> – i.e. Monday, Wednesday & Friday). Part-time is 3 days a week. Child must be able to go to the correct pickup point on the designated days.	<b>\$65.00 per week</b>
<b>Drop In Care (Monday – Friday)</b> Each child must have a completed application on file at Dr. John’s Sports Center and prior approval must be obtained from the Center’s Directors (Child Care Directors or Business Director). All payments are pre-paid and no refunds are issued for missed days.	<b>\$23.00 per day</b>
<b>Full Day Rate: One-Day, Student Holiday &amp; Spring Break Camps</b> All Student Holiday camps are optional for our After School Care Families. Enroll only for the days you need.	<b>\$40.00 per day</b>
<b>Early Release Days</b> For any full time After School Care student, there is no extra charge for early release days. Early release must fall on Partial week children designated day for no extra charge to apply.	<b>No charge for ASC students. Drop in rate applies to other students.</b>

### Full Day Camp Child Care effective 08/01/11

<b>Deposit</b> Applied to last week of tuition. Non-refundable but can either be applied to child care tuition or to other programs at Dr. John's. Required to hold any Summer Camp Session.	<b>\$50.00</b>
<b>Weekly Rate – Full Time (Monday – Friday; 7am – 6pm)</b> <b>Summer Camp: Sign up only for the weeks you need.</b>	<b>\$200 per week</b>
<b>Partial Rate per day (Monday – Friday; 7am – 6pm)</b> Used for all one day Student Holidays as well as vacation weeks during the summer for participants using only a portion of a week.	<b>\$40 per day</b>
<b>Drop In Care (Monday – Friday).</b>	<b>Not Available</b>
<b>Full Day Rate: One-Day, Student Holiday &amp; Spring Break Camps</b> All Student Holiday camps are optional for our After School Care and Pre-Kindergarten families. Enroll only for the days you need.	<b>\$40 per day</b>
<b>Summer Half Day Camps: Morning only or Afternoon only; <u>no half day partial weeks available during Summer Camp.</u> Half Day partial weeks are available for all Student Holiday Camps including Spring Break.</b>  Only a limited number of half day camps are available and we reserve the right to limit the number of participants in these slots.  Half Day Morning: From 9am – 12 noon (with supervised free play from 7a-9a at no additional charge). Morning snack included  Half Day Afternoon: From 12:45 pm – 4:00 pm (with supervised free play from 4p-6p at no additional charge). Afternoon snack and regularly scheduled water activities included.	<b>Morning Camp: \$125</b>  <b>Afternoon Camp: \$145</b>  Lunch can be purchased at \$5 per day

### Pre-Kindergarten Child Care effective 08/01/11

<b>Deposit</b> Applied to last week of tuition. Non-refundable but can either be applied to child care tuition or to other programs at Dr. John's. Required to hold any Summer Camp Session.	<b>\$50.00</b>
<b>Weekly Rate – Full Time (Monday – Friday; 7am – 6pm)</b> <b>Student holiday camps/summer camps are optional and a separate registration.</b>	<b>\$160 per week</b>
<b>Partial Rate per day (Monday – Friday; 7am – 6pm – School Year only)</b>	<b>\$35 per day</b>
<b>Drop In Care (Monday – Friday)</b>	<b>Not Available</b>
<b>Full Day Rate: One-Day, Student Holiday &amp; Spring Break Camps</b> All Student Holiday camps are optional for our After School Care Families. Enroll only for the days you need. LUNCH IS INCLUDED.	<b>\$40 per day</b>
<b>Half Day Pre-Kindergarten: 8:30 – 12:30.</b>	<b>\$100 per week</b>
<b>Partial Rate per Day (Monday – Friday; 8:30 am – 12:30 pm – Regular School Year only)</b>	<b>\$25 per day</b>

**Date:** \_\_\_\_\_

**I have read the After School Care Enrollment Agreement (effective date August 1,2011 understand the policies and payment provisions for Dr. John's Sports Center After School Care Program.**

**I have received a copy of the Operational Policy and Procedures which includes the Discipline Policy.**

---

**Parent's Signature**

---

**Parent's Name**



# **Dr. John's Sports Center Pre-K, After School Care & Full Day Camps Operational and Discipline Policies**

## **TABLE OF CONTENTS**

	<b>Page</b>
Basic Information on After School Care	2
Basic Information on Full Day Camp Care	3
Basic Information on Pre-Kindergarten Class	4
Philosophy	5
Staff	5
Nutrition and Snacks	6
Weekly After School Program Activities	5
Sample of After School Daily Schedule	6
Full Day Camp Program Activities	7
Sample of Weekly Full Day Camp Schedule	8
Dance, Gym & Outdoor Activities	9
Interest Groups	10
Discipline and Guidance Policy	10-11
Discipline & Guidance Policy Signature Page	12

**Dr. John's Sports Ventures, LP  
DBA: Dr. John's Sports Center  
P. O. Box 1178  
1800 Clover Lane  
Cedar Park, TX 78613**

**512-259-7545**

**[www.DrJohnsSportsCenter.com](http://www.DrJohnsSportsCenter.com)**

**email: [drjohnsinfo@DrJohnsSportsCenter.com](mailto:drjohnsinfo@DrJohnsSportsCenter.com)**

## **Basic Information on After School Care**

---

### **After School Care**

**Days offered:** Monday – Friday from the first day of Leander ISD school year to the last day of school.

**Hours of operation:** 2:45 p.m. to 6:00 p.m.

**After Hours Pick-up** – Dr. John’s Sports Center operates both as a licensed child care center and recreation center. At 6:00 p.m. our recreation program begins. To ensure the safety of your children, at 5:55 pm our After School Care children are placed in the Pre-Kindergarten classroom until your arrival. If you know that can not arrive by 6:00 p.m. **you must call and let our staff know of your estimated time of arrival.** Parents who abuse this generous policy will be asked to pay extended hour charges of \$50 per week per child.

**Grades Served:** Kindergarten to 5<sup>th</sup> Grade.

**Pick up Service:** Although subject to change based on enrollment, the follow schools are part of our service pick area up: Whitestone, Winkley, Knowles, CC Mason, Giddens (delivered on LISD bus), Pleasant Hill, Block House Creek, Deer Creek, Nauman and Westside Elementary. Please see our listings on our web site for additional pick up services if changes must occur.

**Cost per Week / Full Week Care:** \$77.00. We prorate all weeks for any Student or national holidays at \$16 per day.

**We use a 4 week accounting period and therefore each “month” may fluctuate in the monthly rate. Please see our payment calendar under separate cover.**

**THERE IS NO CREDIT GIVEN FOR MISSED DAYS. YOU ARE PURCHASING A SPACE.**

**Cost per Week / Partial week Care:** \$65.00 per week. This rate applies to any child where Dr. John’s Sports Center is providing transportation services for the child and is for children attending 3 days per week. Partial week care is at the discretion of Dr. John’s Sports Center Staff. We only accept partial care for pre-determined days that are consistent each week (i.e. Monday, Wednesday, and Friday). Partial days can not be changed on a week to week or month to month basis. Our pick-up time is limited at each school and therefore parents must consider the child’s maturity level in being able to match the day of the week with the correct pickup point at their child’s school.

**Daily Rate:** \$23.00 per day per child. Each child must have a completed application on file at Dr. John’s Sports Center and prior approval must be obtained from the Center’s Directors (Child Care Directors or Business Director). All payments are pre-paid and no refunds are issued for missed days. Drop in/daily care is designed for children that are familiar with our program – attended summer camp, winter break camps or previously attended Dr. John’s After School Care program.

### **Optional Enrollment in our Student Holidays/Teacher Workdays**

Dr. John’s Sports Center offers full day care for teacher workdays and student holidays. Please check our posted calendar to learn more about the specialized programs that are offered on those days.

Even if you are enrolled in the after school program, space reservation is required for all our camps. Dr. John's Sports Center also accepts children who are not enrolled in the After School Program and we want to ensure your child has a place.

**Full Day Camp Hours of Operation:** 7:00 a.m. to 6:00 p.m.  
**Grades Served:** Ages 4 & 5 and Kindergarten to 5<sup>th</sup> Grade.  
**No Pick up Service for Student Holiday/Teacher Workdays.**  
**Cost per Day:** \$40.00; includes snacks, lunch and all activities.

## **Basic Information for Full Day Camp Care**

---

### **Camp Basics**

**Days offered:** Monday – Friday for Summer Camp, Winter Break Camp, Spring Break Camp and student/teacher holidays.

**Hours of operation:** 7:00 a.m. to 6:00 p.m. Our center offers recreational programming beginning at 6:00 pm. All campers remaining at 6:00 pm will be moved to a specific location within our building (Dance Studio/Rita's Room). No programming is offered after 6:00 pm. If you know that can not arrive by 6:00 p.m. **you must call and let our staff know of your estimated time of arrival.** Parents who abuse this generous policy will be asked to pay extended hour charges of \$50 per week per child.

We also offer ½ day camps that can either be during the morning hours or the afternoon hours. These camps can be offered with or without lunch service. Please refer to our published price list for additional information.

**Grades Served:** Ages 4 & 5 during the School Year within our Pre-Kindergarten Child Care Services and Kindergarten to 5<sup>th</sup> Grade for school year Student Holidays. During summer months we accept age 4 going into Kindergarten the following fall up to age 11 for Summer Camp (5<sup>th</sup> going into 6<sup>th</sup> Grade).

**Pick up Service:** We do not have pick up service for our full day programs.

**Cost per Week:** \$200.00 per week. The week is prorated on the daily amount for national holidays or center closures. With the exclusion of Summer Sports Camp, we will offer partial week care (i.e. 3 days a week) at \$40 per day. You are registering your child for a space and therefore there is no credit for missed days.

- Full day camp is from 9:00 am – 4:00 p.m. We have extended hours from 7:00 a.m. to 9:00 am and again from 4:00 pm to 6:00 p.m. There is no additional charge for our extended hours.

**Cost for the Week: Full Day Camp - \$200 includes snacks, lunch, activities, and extended hours.**

- Half day Morning camp is from 9:00 am – 11:45 p.m. Extended hours for half day campers is from 7:00 am to 9:00. There is no additional charge for our extended hours. No lunch is served to half day campers – only morning snack. Charge for Morning Camp only is \$125 and includes snack and activities.
- Half day after noon camp is from 1:00 pm – 4:00 pm. Extended hours for half day afternoon campers is from 4:00 – 6:00 pm. There is no additional charge for our extended hours. No lunch is served to half day campers – only afternoon snack. Charge for Afternoon Camp is \$145 and includes afternoon snack and activities.
- Should you need to add lunch to either morning or afternoon camp session, lunch is billed at \$5 per day per child.

## **Basic Information for Pre-Kindergarten Services**

---

### **Class and Child Care Basics**

**Days offered:** Monday – Friday during the LISD school year. The Pre-Kindergarten class follows the same schedule as LISD, meaning when LISD children are out school our class is not held. Optional full day camps are offered for parents needing child care services for Summer Camp, Winter Break Camp, Spring Break Camp and student/teacher holidays.

**Hours of operation:** 7:00 a.m. to 6:00 pm for child care services. The Pre-Kindergarten class starts at 8:30 am and goes until 12:30 pm. Parents have a 15 minute grace period for Pre-Kindergarten Class participants to pick up their child after lunch. For full day child care, we offer extended afternoon care until 6:00 pm. Our center offers recreational programming beginning at 6:00 pm. All children (Pre-K through 5<sup>th</sup> grade) remaining at 5:55 pm will be moved to the Pre-Kindergarten class until parents arrive. No programming is offered after 6:00 pm. If you know that can not arrive by 6:00 p.m. **you must call and let our staff know of your estimated time of arrival.** Parents who abuse this generous policy will be asked to pay extended hour charges of \$50 per week per child.

During student holiday camps, we also offer ½ day camps that can either be during the morning hours or the afternoon hours. These camps can be offered with or without lunch service. Please refer to our published price list for additional information.

**Ages Served:** Ages 4 & 5. Children must be eligible to enter Kindergarten the following fall school year.

**Pick up Service:** We do not have pick up service for Pre-Kindergarten Class or Pre-K Child Care.

**Field Trips:** Field trips are scheduled though out the school year during morning hours only. Children are transported in our 15 passenger van with approved booster seats. Field trips have a 7 to 1 child/staff ratio.

**Cost per Week:** \$160 per week for full day child care (7 am – 6 pm) that occurs during the LISD school year. For children registered only in the Pre-Kindergarten class (8:30 am – 12:30 pm), the cost is \$100 per week. The week is prorated on a daily amount for national holidays or center closures. With the exclusion of Summer Sports Camp, we will offer partial week care (i.e. minimum 2 days a week) at \$35 per day for full day child care (during a regular school day) or \$25 per day for the Pre-Kindergarten class during regular school day. Do keep in mind you are registering your child for a space and therefore there is no credit for missed days. For parents needing child care during student holidays, cost is \$40 per day and includes lunch. You register only for the days you need.

- Lunch is not served during the school year Pre-Kindergarten class. Lunch is served during all student holiday camps and during summer camp. Snacks (morning and afternoon), juice and milk are provided for the Pre-Kindergarten class and child care.

## **Philosophy**

---

Dr. John's Sports Center understands the hectic lifestyles of today's parents. Having a center in your own neighborhood that offers pre-kindergarten, after school care, recreational sports leagues and skill instruction in individual sports alleviates a lot of stress. We provide a safe and well-supervised environment that has been specifically designed to meet the needs of active children and provide many opportunities for enrichment activities. Dr. John's emphasizes a combination of developmentally appropriate yet challenging indoor and outdoor play that encourages children to become involved in physical activity.

The Pre-Kindergarten Class and After School Program offers healthy snacks, organized activities, interest groups, and supervised homework periods. We place a high value on EFFORT and strong importance on learning and improving. Much work has been devoted to providing enjoyable and age-appropriate activities that allow your child to experience success.

How does Dr. John's Sports Center child care program ensure successful experiences? Our well-trained staff provides careful assignment of teams, selected activities that are rotated on a daily basis and offer positive reinforcement to your child. Our approach is to always maintain a climate where there is cooperation among peers. This can be as simple as placing emphasis on staff's continual direct interaction with the children to designing games and sport activities that are cooperative play in nature. Games such as Beach Ball Volleyball or Pillow Polo keep children active for the entire duration of the game and do not focus on skill levels.

## **Staff**

---

Our Pre-Kindergarten is staffed with both a certified teacher specializing in Early Childhood Development as well as two aides that are experienced with younger children. The after school and summer camp groups are lead by two qualified staff members. Staff members are selected through a highly competitive screening and interview process. We select individuals who are caring adults and understand and enjoy working with children. Many of our staff members are pursuing recreational or educational degrees at local colleges and universities. Staff members are certified in First Aid and CPR. They are required to undergo a background check, receive specialized training as well as orientation prior to being assigned to your child's group. Children learn by participating and when they see their program leaders participating and actively involved in their group's activities, they are able to place a higher value on their own effort. This basic, but critical approach to our Pre-Kindergarten and after school care is emphasized in bi-weekly meetings and regularly scheduled trainings conducted throughout the year.

## **Nutrition and Snacks**

---

**Dr. John's Nutritional Philosophy:** Our Center follows the CATCH Program (Coordinated Approach to Child Health) where we to promote physical activity and healthy food choices. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proved that establishing healthy habits in childhood can promote behavior change that carry into adulthood. We are permitted as a food establishment and take great care in preparing food that not only exposes children to a variety of healthy food choices, but also creates fun ways to experience new foods. We do this through hands on cooking lessons, taste tests and teaching children all about SLOW, WHOA and GO foods.

If you child has health issues that impact their nutritional needs, we are well equipped and happy to handle those issues. Please discuss your concerns with our staff and we can work together to make eating at Dr. John's enjoyable and fun. A weekly menu sample is provided at the end of the packet of information and our weekly menu is posted on the bulletin board outside the kitchen.

We encourage healthy eating and learning how to make good food choices throughout the day. We are also aware that most all of our full day child care and after school participants will probably not have dinner until after 6:30 p.m. We follow the USDA guidelines for morning and after school snack which includes at least two different items from the following four groups:

- Serving of milk
- Serving of meat or meat alternative (cheese or peanut butter)
- Serving of vegetables or fruits or full-strength vegetable or fruit juice
- Serving of whole grain bread, enriched bread, or cereal.

Our lunches during our full day camps provide ¼ of your child's nutritional needs and include a meat or meat alternative, two servings of fruit or vegetable, serving of whole grain, enriched bread or cereal as well as milk.

Dr. John's Sports Center does not have vending machines and does not serve carbonated soft drinks. Dr. John's Sports Center staff also models good nutritional choices by not consuming carbonated drinks at the center. If you feel you child will not eat the lunches we serve, please pack them a lunch. They are free to supplement their lunch with items we are offering the rest of the camp.

## **Weekly After School Care Program Activities**

---

The benefits of physically active children are numerous. We strive to daily to:

- Involve the children in 30 – 60 minutes of daily moderate to vigorous physical activity.
- Provide children with many opportunities to participate and practice skills.
- Provide children with a variety of enjoyable physical activities.

All afternoons begin with a snack and community social time to make the transition from school to Dr. John's. The day's welcome and theme for the activity session will be announced before the Participants break out into the age appropriate groups. On a rotating basis the Participants are involved in sport and aerobic games, interest groups and homework time. No two days are alike and the activities change weekly. There may be some continuity with a particular sport that is "in season". For instance, soccer might remain one of the activities for three to four weeks depending upon interest.

## Sample of Daily After School Care Schedule

---

All children receive snack when they first arrive at Dr. John's Sports Center. Snack time is followed by a short free play time in our gym.....except on Fridays and the free play time is followed by snack. Children are placed in age or developmentally appropriate groups with approximately 20 children per group. The age breakout listed below is only a sample, as the groups vary depending on enrollment.

### Monday

	1st Period	2 <sup>nd</sup> Period	3 <sup>rd</sup> Period	4th Period
<b>Group</b>	<b>3:10 – 3:50</b>	<b>3:50-4:30</b>	<b>4:30- 5:15</b>	<b>5:15 – 6:00</b>
Kinder/1 <sup>st</sup>	Snack & Free Play	Homework	Gym	Free Play
2 <sup>nd</sup>	Snack & Free Play	Homework	Outdoor	Free Play
3rd	Snack & Free Play	Homework	Dance	Free Play
4 <sup>th</sup> /5th	Snack & Free Play	Homework	Nutrition/Interest Grp MRP	Free Play

### Tuesday

	1st Period	2 <sup>nd</sup> Period	3 <sup>rd</sup> Period	4th Period
<b>Group</b>	<b>3:10 – 3:50</b>	<b>3:50-4:30</b>	<b>4:30- 5:15</b>	<b>5:15 – 6:00</b>
Kinder/1 <sup>st</sup>	Snack & Free Play	Homework	Nutrition/Interest Grp – MPR	Free Play
2 <sup>nd</sup>	Snack & Free Play	Homework	Gym	Free Play
3rd	Snack & Free Play	Homework	Outdoor	Free Play
4 <sup>th</sup> /5th	Snack & Free Play	Homework	Dance	Free Play

### Wednesday

	1st Period	2 <sup>nd</sup> Period	3 <sup>rd</sup> Period	4th Period
<b>Group</b>	<b>3:10 – 3:50</b>	<b>3:50-4:30</b>	<b>4:30- 5:15</b>	<b>5:15 – 6:00</b>
Kinder/1 <sup>st</sup>	Snack & Free Play	Homework	Dance	Free Play
2 <sup>nd</sup>	Snack & Free Play	Homework	Nutrition./Interest Grp- MPR	Free Play
3rd	Snack & Free Play	Homework	Gym	Free Play
4 <sup>th</sup> /5th	Snack & Free Play	Homework	Outdoor	Free Play

### Thursday

	1st Period	2 <sup>nd</sup> Period	3 <sup>rd</sup> Period	4th Period
<b>Group</b>	<b>3:10 – 3:50</b>	<b>3:50-4:30</b>	<b>4:30- 5:15</b>	<b>5:15 – 6:00</b>
Kinder/1 <sup>st</sup>	Snack & Free Play	Homework	Outdoor	Free Play
2 <sup>nd</sup>	Snack & Free Play	Homework	Dance	Free Play
3rd	Snack & Free Play	Homework	Nutrition/Interest Grp - MPR	Free Play
4 <sup>th</sup> /5th	Snack & Free Play	Homework	Gym	Free Play

### Friday Schedule

	1st Period	2 <sup>nd</sup> Period	3 <sup>rd</sup> Period	4th Period
<b>Group</b>	<b>3:10 – 4:00</b>	<b>3:50-4:30</b>	<b>4:30- 5:15</b>	<b>5:15 – 6:00</b>
Kinder/1 <sup>st</sup>	Free Play & Snack	Supervised games of their favorite activities during the week.		Free Play
2 <sup>nd</sup>	Free Play & Snack			Free Play
3rd	Free Play & Snack			Free Play
4 <sup>th</sup> /5th	Free Play & Snack			Free Play

## **Full Day Student Holiday and Summer Camp Program Activities**

---

Our Full Day Programs expand on our After School Care Program by rotating the activities within one day. Our goals are to:

- Introduce children to a variety of sport and physical activity to help them expand their interests in being healthy and active.
- Involve children in well over 60 minutes of moderate to vigorous daily physical activity each day.
- Provide children with many opportunities to participate and practice skills.
- During Student Holidays our 4 and 5 year olds are separated from the older children during morning Supervised Free Play, Period 1, Period 2, Period 3, lunch preparation, quiet time, Period 4 and end of day free play. During summer camp swimming, 4 & 5 year olds are transported with the main group, but are assigned a counselor at the pool area. During the summer camp prior to this group's entry into Kindergarten, they become part of youngest group – the Yellow Group.

Pre-Kindergarten children join in with the older children for meals/snacks and opening/closing ceremonies. This allows many of our sibling groups to spend time with each other as well as allows all children to relate to other children in a different age group....similar to what children from large families' experience.

All mornings begin with a "community social". The day's welcome and theme for the activity sessions will be announced before everyone breaks out into the age appropriate groups. Each Monday of Summer Camp, the morning social includes distribution of t-shirts or some other promotional give away (cinch bags, sunglasses, etc.) On a rotating basis the children are involved in age-appropriate sport and aerobic games and interest groups. No two days are alike and the activities change weekly.

### **Sample of Daily Schedule (swimming only occurs during summer camp)**

7:00 – 9:00	Supervised Free Play
9:00 – 9:30	Community Social and Group Games
9:35 – 10:05	Period 1
10:05 – 10:20	Snack Break
10:20 – 10:50	Period 2
10:55 – 11:25	Period 3
11:25 – 11:45	Prepare for Lunch
11:45 – 12:30	Lunch
12:30 – 1:00	Quiet Time in Multipurpose Area and Dance Studio
1:00 – 1:30	Period 4
1:45 – 3:30	Swimming
3:30 – 4:00	Snack Break, Awards, Group Dismissal
4:00 – 6:00	Supervised Free Play – Individualized Instruction

Also attached is a weekly rotation of activities that your child may experience. Although it looks complicated, it simply denotes the Age Groups (Y = Yellow – youngest, R = Red, G = Green and B = Blue - oldest). The pool we attend determines the number of children we may take at any one time. Days where we attend a smaller pool, we perform split swim days where one half of the group goes earlier than the other.

**Sample of Weekly Full Day Camp Schedule – swimming only occurs during summer camp**

DAILY SESSIONS	ACTIVITY ROTATIONS – JUNE 11 - 15				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPENING</b> 9:00 – 9:25	EVERYBODY'S IT FREEZE TAG	INDIVIDUAL GROUPS NAME GAMES	PAC- MAN GHOST TAG	PAC-MAN LINE TAG	LEMONADE
<b>PERIOD 1</b> 9:30 – 10:00	PICTURES	Y: FLAG THROW & CATCH G: POWERBALL R: DANCE B: FOOTBALL BB	Y: FLAG (TEAM PLAYS) G: FLAG (TEAM PLAYS) R: DANCE B: SCOOTER FB	FREE PLAY  PREPARE FOR TRIP	Y: FLAG THROW & CATCH G: POWERBALL R: DANCE B: FOOTBALL BB
<b>10:05 – 10:40 SNACK BREAK AND FREE PLAY</b>					
<b>PERIOD 2</b> 10:45 – 11:15	Y: FLAG (PULLING) G: SCOOTER FB R DANCE B: THROW- CATCH-ROUTES	Y: FRISBEE GOLF G: FLAG (THROW/CATCH) R: DANCE B: POWERBALL	Y: SCOOTER FB G: FRISBEE GOLF R: DANCE B: FLAG GAME	<b>FIELD TRIP WITH LUNCH MILBURN PARK</b>	Y: SKILL STATIONS G: SKILL STATIONS R: DANCE B: FRISBEE GOLF
<b>PERIOD 3</b> 11:20 – 11:50	Y: THROW- CATCH- ROUTES G: FLAG (PULLING) R: DANCE B: SCOOTER FB	Y: FRISBEE GOLF G: FOOTBALL BB R: DANCE B: FLAG (TEAM PLAYS)	Y: INDOOR FLAG GAME G: FRISBEE GOLF R: DANCE B:		Y: FLAG GAME G: FLAG GAME R: DANCE B: FRISBEE GOLF
<b>12:00 – 1:00 LUNCH AND QUIET TIME</b>					
<p align="center"><b>SCHEDULE A - All SWIM</b></p> <p>NOON – 12:20 GROUP 1 LUNCH , GROUP 2 FREE PLAY 12:25 – 12:45 GROUP 2 LUNCH, GROUP 1 FREE PLAY 12:45-1:15 QUIET TIME 1:15 – CHANGE &amp; LEAVE TO SWIM</p> <p align="center"><b>SCHEDULE B – SPLIT SWIMMING</b></p> <p>NOON – 12:25 GROUP 1 LUNCH , GROUP 2 FREE PLAY 12:30 – 12:50 GROUP 2 LUNCH, GROUP 1 LEAVE FOR SWIM 12:55 – 1:20 GROUP 2 QUIET TIME 1:30 – 2:00 GROUP 2 LEAVE FOR SWIM 2:20 – 3:00 GROUP 1 RETURN FROM SWIM &amp; QUIET TIME 3:00 – 3:40 SNACK BREAK &amp; FREE PLAY ALL GROUPS</p>			<p align="center"><b>AFTERNOON SWIMMING:</b></p> <p align="center"><b>REFER TO SCHEDULE “A” OR “B” FOR DESIGNATED TIMES</b></p> <p align="center">M T W Th F Swim Location Milburn Leander Splash Park Buttercup Btrcup</p>		
<b>2:45 – 3:30</b>	<b>SNACK BREAK AND FREE PLAY</b>				
<b>CLOSURE</b> 3:30 – 4:00	SUM GAME	TOUCH A HAND	PIRATE'S TREASURE	GROUP R-S-P	AWARDS & PICTURES

## **Gym Activities**

---

Gym activity often centers on many of our indoor recreation league sports. Emphasizing age and skill appropriate activities we add specialized equipment such as lighter or larger balls for basketball and volleyball and lower nets. This provides younger children the ability to practice skills and gain confidence. In addition to sports such as basketball and volleyball we add activities that enhance specific skills such as dribbling, ball control, agility, and eye-foot coordination. We use INCLUSION games that are fun, promote movement skills and have a structure that allows the game to be modified in complexity and intensity.

- Jackhammer (K-5) – Students are scattered in boundaries with a ball. On signal, students begin to dribble the ball in place (or bounce-catching) with preferred hand. On stop signal, the students hold the ball in the ready position. This is repeated several times, and then switched to the non-preferred hand. Teaching emphasis encourages proper dribbling techniques (“Spread fingers, dribble with pads, not the tips of your fingers.”)

## **Outdoor Activities**

---

With Texas’ mild weather from fall through spring, we are able to play outside throughout the school year. We work on seasonal specific sports such as flag football, baseball, soccer and lacrosse. We also include many activities that use flying disc or a 24-foot nylon parachute!

- Out for a Flying Disc Pass – Participants are in pairs (one flying disc per pair) with one student stationary while the other student runs to open space to receive a pass. After the catch, the thrower runs to catch a return pass. For younger children, the pass is kept short, while with older children they are challenged to be moving while they are throwing and catching.
- Popcorn – Students stand around a 24-foot parachute holding the edge with the both hands. Placed in the middle are beach balls (the “popcorn”). Pretending the parachute is the popcorn popper, on signal the students are told the corn is ready to pop. They must keep the beach balls popping but inside the popper for 2 minutes. On signal, the students attempt to shake the popcorn out of the chute over the heads of the students on the opposite side.

## **Dance Studio Activities**

---

Each August we convert our Dance Studio into a dedicated Pre-Kindergarten classroom. This room is reserved for this purpose through out the year until the last day of school. During full day Student Holiday Camps, our 4 & 5 year olds will hold their rotation of activities and free play in this room as well as experience group games that are age appropriate and separate from the other groups in the gym and outdoor area.

During Summer Camp our large dance studio provides children multiple opportunities to be involved with rhythmic activities that teach them to recognize, learn and move in a variety of creative ways. We emphasize there is no “wrong” way to move as they become creative and free while moving their body. We also use the Dance Studio for our activities that work better in smaller spaces. Some samples of these activities are:

- Hoop Beat (K-2) – Plastic Hoops are scattered throughout the area. On signal (music), students complete specific loco motor skills throughout the area, staying out of the hoops. On

stop signal (music off), the Leader claps rhythms for students to jump in and out of their hoop. Using a 4 beat rhythm, the Participants do 2 jumps in, 2 jumps out.

- Non-Elimination “Simon Says” (K-5) - The Students are divided into 2-4 groups with a leader assigned to each group. The groups are spaced around the room. The Leader performs a movement exercise (jumping jacks, hop on one foot, little arm circles, do the twist) by saying “Simon Says” to cue the students to imitate the movement. If the leader does not say “Simon Says” and the students move, students go to a new group. Leaders change frequently throughout the game.

## **Interest Groups**

---

These activities are held once a week and include board games, card and dice games, cooking class, arts and crafts and seasonal activities (Valentines, President’s Day, etc). Emphasis is placed on teaching life long leisure activity skills. So if your child wants to learn chess in a non-competitive atmosphere, this is the place to do it!

## Pre-Kindergarten Daily Schedule

DAILY SESSIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Sign In</b> 8:30 – 9:00	<b>Sign In, Greeting &amp; Message of the Day: Sign-in</b> – an opportunity to write their names on the sign in board and be able to progress through out the year with additional information. This daily ritual provides each child a meaningful opportunity for guided instruction with specific writing skills every day. <b>Greeting:</b> Children are individually acknowledge & made to feel welcome and valued as important member of the group. <b>Message of the Day:</b> Supports understanding the connection between written word and oral language.				
<b>PRE-K PERIOD 1</b> 9:00 – 10:00	Group 1: L. Arts Group 2: Math	Group 1: S. Studies Group 2: Science	Group 1: Centers Group 2: Centers	Group 1: Math Group 2: L. Arts	Group 1: Science Group 2: S. Studies
<b>10:00 – 10:30</b>	<b>SNACK BREAK AND FREE PLAY</b>				
<b>PRE-K PERIOD 2</b> 10:30 – 11:00	Group 1: Music Group 2: Art	Group 1: Art Group 2: Music	Group 1: <i>Special (Sign Language, Spanish)</i> Group 2: <i>Specials</i>	Group 1: Music Group 2: Art	Group 1: Art Group 2: Music
<b>PRE-K PERIOD 3</b> 11:20 – 11:50	Group 1: Math Group 2: L. Arts	Group 1: Science Group 2: S. Studies	Group 1: Centers Group 2: Centers	Group 1: L. Arts Group 2: Math	Group 1: S. Studies Group 2: Science
<b>12:00 – 12:30</b>	<b>LUNCH AND CONCLUSION OF PRE-K CLASSES</b>				
<b>12:45 – 2:00</b>	<b>QUITE TIME FOR CHILD CARE SERVICES</b>				
<b>CHILD CARE PERIOD 1</b> 2:00 – 2:30	Group 1: PE (Gym) Group 2: Outdoor Play	Group 1: Outdoor Play Group 2: PE (Gym)	Group 1: PE (Gym) Group 2: Outdoor Play	Group 1: Outdoor Play Group 2: PE (Gym)	Group 1: PE (Gym) Group 2: Outdoor Play
<b>CHILD CARE PERIOD 2</b> 2:30 – 2:55	Group 1: Outdoor Play Group 2: PE (Gym)	Group 1: PE (Gym) Group 2: Outdoor Play	Group 1: Outdoor Play Group 2: PE (Gym)	Group 1: PE (Gym) Group 2: Outdoor Play	Group 1: Outdoor Play Group 2: PE (Gym)
<b>2:55- 3:30</b>	<b>SNACK BREAK AND FREE PLAY / PRE-K &amp; K IN CLASSROOM</b>				
<b>CHILD CARE PERIOD 3</b> 3:30 – 4:15	ISLAND HOP	EYE OF THE STORM	BLOB TAG	CLUB DAY	ROCK-PAPER-SCISSORS-GROUP
<b>CHILD CARE PERIOD 4</b> 4:15-4:45	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K
<b>CHILD CARE PERIOD 5</b> 4:45-5:15	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K	HOMEWORK TIME FOR AFTER SCHOOL CARE – STORY TIME FOR PRE-K
<b>CHILD CARE PERIOD 5</b> 5:15 – 6:00	FREE PLAY/ TABLE GAMES	FREE PLAY/ TABLE GAMES	FREE PLAY/ TABLE GAMES	FREE PLAY/ TABLE GAMES	FREE PLAY/ TABLE GAMES

## **Keeping Children Safe**

---

Reporting Abuse and Neglect. Texas law requires caregivers to report suspected child abuse or neglect to Texas Department of Protective and Regulatory Services or law enforcement. Call 1-800-252-5400 to make confidential reports. Failure to report suspected abuse or neglect is a crime. Employers are prohibited from retaliating against caregivers who make reports in good faith.

## **Discipline and Guidance Policy**

---

Dr. John's Sports Center discipline policy is based on the belief that self-discipline is a learned behavior that children acquire through interaction with their peers and the guidance of thoughtful and compassionate adults. Misbehavior is often the result of complex emotions that cause the child to react to situations without being in control or understanding why they misbehaved. The focus of the discipline policy is to help children understand their feelings and develop strategies to handle their anger in acceptable ways.

Children will be held responsible for their behavior. However, the goal of any disciplinary action should be to teach the child how to make better decisions regarding their behavior. Shoving or cursing at, or physically grabbing a child in anger will not be productive or tolerated. Cool heads and understanding hearts will have more beneficial and lasting results.

## **Dr. John's Rules and Regulations for our After School & Full Day Participants**

Each child is expected to adhere to all rules and regulations of Dr. John's Sports Center. A participant may be subject to dismissal from the After School Program, Student Holiday Camps, Summer Camps or Pre-Kindergarten Program if infraction(s) occur.

### **Bus and Van Transportation Rules**

The rules we use for transportation are much stricter and with no tolerance for misbehavior. Children are to remain seated at all times and in assigned seats as deemed necessary by the driver. Children must keep hands, arms, and heads inside the bus and we will not tolerate throwing items outside the windows or doors. There is no yelling on the bus and children must keep bodily parts to themselves. Any infraction of any rule on the bus can and will result in immediate dismissal of the child. The driver has final say in all matters concerning misconduct on the bus or van.

#### **Physical Activity Rules:**

1. Listen and follow directions.
2. Stay in assigned area.
3. Keep all body parts to yourself.
4. Treat equipment safely and with care.
5. Move with control and awareness of others.
6. Be a good Sport.

#### **General Center rules:**

1. Each child is responsible and must pay for any destruction and/or defacing of equipment or property.
2. No Participant will be permitted to leave the Dr. John's Sport Center property without written permission of parents, parental supervision or accompanied by a staff member.
3. Participants should report injury or sickness to staff immediately.
4. Participants will not fight with, ridicule, or treat other Participants in a hurtful manner.

## **Discipline Procedures**

The After School staff should follow the following procedure when dealing with children who are involved in a disciplinary action.

The Center Director will keep a written record of all offenses. Each incident will be considered separately. Dr. John Krampitz or After School Site Director is the disciplinarian for the Center. Behaviors, which will result in disciplinary action, include:

- Vandalism
- Stealing
- Fighting
- Failure to follow directions given by staff members
- Pulling the fire alarm or playing with the fire extinguisher
- Any offense which is judged by staff to be harmful to the best interests of the program.

### **First Offense**

The rules and regulations of Dr. John's Sports Center will be discussed and disciplinary actions to be taken in the future will be fully explained. The student will be sent back to the group when he/she feels able to participate in a positive manner. The Leader will administer this.

### **Second Offense**

The child's parents will be notified by telephone or written note of the nature of the offense and action taken. The student will be restricted from participation in the program for a minimum of one hour. Dr. Krampitz or After School Site Director will administer this.

### **Third Offense**

Parents will be notified and invited to come to the Center for a consultation. The child will be brought before the Dr. Krampitz or After School Site Director for appropriate action. Usually a 1 to 3 day suspension from the program will result.

### **Fourth Offense**

The child will be subject to expulsion from the camp.

If an offense is considered to be serious enough to warrant a variation from these guidelines, Dr. Krampitz may exercise any discretion in application of discipline.

## **Reporting Procedures**

When a child commits a serious offense, counselors are to:

- Personally escort the child to Dr. Krampitz or After School Site Director and give a verbal report of the offense, and
- Fill out discipline slip in the center's office.

There will be a Time Out Area identified for children to go to for short periods during the day if the Leader or child so wishes. This area may be used in those situations in which the student is upset or needs a cooling off period. This is not for discipline purposes.

**Program information and Discipline and Guidance Policy for Dr. John’s Sports Center.**

Discipline is:

- Individualized and consistent for each child;
- Appropriate to the child’s level of understanding; and
- Directed toward teaching the child acceptable behavior and self-control.

A staff member uses only positive methods of discipline and guidance that encourage self-esteem, self-control, and self-direction, which includes at least the following:

- Using praise and encouragement of good behavior instead of focusing only upon unacceptable behavior;
- Reminding a child of behavior expectations daily by using clear, positive statements;
- Redirecting behavior using positive statements; and
- Using brief supervised separation or time out from the group, when appropriate for the child’s age and development, which is limited to no more than one minute per year of the child’s age.

There must be no harsh, cruel, or unusual treatment of any child. The following types of discipline and guidance are prohibited:

- Corporal punishment or threats of corporal punishment;
- Punishment associated with food, naps, or toilet training;
- Pinching, shaking or biting a child;
- Hitting a child with a hand or instrument;
- Putting anything in or on a child’s mouth;
- Humiliating, ridiculing, rejecting or yelling at a child;
- Subjecting a child to harsh, abusive or profane language;
- Placing a child in a locked or dark room, bathroom, or closet with the door closed; and
- Requiring a child to remain silent or inactive for inappropriately long periods of time for the child’s age.

My signature verifies I have read and received a copy of the Program Information and Discipline and Guidance Policy.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Check one please:

- Parent       Employee/ Caregiver