



Summer 2020: It's a Wild One!

“Camp in a Box” / Virtual Summer Camp

August 2020 Calendar

Although this summer looks a lot different than most Access Leisure summers, we are so excited to offer a virtual camp option for young adults and adults with intellectual and/ or developmental disabilities.

Summer 2020: It's a Wild One! Access Leisure staff have created a fun-filled week of virtual and at-home activities for you to enjoy! Each day (Monday – Friday) will have a new and exciting theme (details are listed on the next page). Camp sessions on Zoom will last between 2-3 hours per day (with breaks taken between activities). Sessions range from approximately 3-6pm most evenings, Monday – Friday, August 10th – 14th. Activities will be varied from day to day and will include arts & crafts, physical activities, friendly competitions, songs, games, special guests, virtual field trips and more! Each activity has been adapted from an “in-person” camp version to a virtual version.

This flyer includes; fee information, “Camp in a Box” information, the camp calendar, and Zoom information. Additional registration information can be found on the Summer 2020 Camp Registration Form. Thank you!

All participants will have an opportunity to receive their own “Camp in a Box.” Boxes will include a variety of materials that will be utilized throughout the week (e.g. craft materials for daily crafts, song books, coping resources, activity sheets, recipes and more)! Be sure to keep your boxes in order! Staff will organize materials based on the day of the week they are needed.

Box Pick-Up Times:

**You may stop by during one of these timeframes to receive your “Camp in a Box.” The box will include a copy of this calendar for your convenience. If neither of these timeframes work for your schedule, please let us know as soon as possible so we can find an alternate time to meet with you. All staff will be physically distancing and wearing proper face coverings/ gloves during these times. Staff will be set up at a table in the Belle Cooledge Community Center parking lot (5699 S. Land Park Drive, Sacramento, CA 95822). We can bring the box to your car. Or, you may come to the table. Be sure to maintain appropriate physical distancing when picking up your materials. Thank you!*

- Friday, August 7th between 1-3pm, OR
- Saturday, August 8th between 10am-12pm

Pre-registration and payment due prior to all participants.

Registration information can be found on the Summer 2020 Camp Registration form (including mail in and call in options). You may register online at https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/11307.

To ensure a quality Zoom experience for all participants, there will be a 40 person limit for this camp. It will be filled on a first come, first serve basis. Once registered, you will receive a confirmation email that you are on the list for the full week of camp. If camp is full and you are still interested, please contact Program Coordinator, Heather Everett at 916-808-7970 or heverett@cityofsacramento.org, to be added to the waiting list.

Fee Structure: Program fees help us cover the cost of staff, program materials and ongoing program needs

Cost: \$125.00 per participant

Please keep the following dates open for organized virtual camp sessions. Join in on this fun opportunity for socialization, creativity, friendly competition, skill building and more! Parents, care providers, and/ or in-home staff are welcome to join sessions to assist participants as needed.

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All Zoom sessions will have at least one break per hour for participants, staff and volunteers to take a break from the screen. Many activities will be active (e.g. crafts or exercises). Therefore, no one will be expected to be looking at the screen for the full duration of the times listed.

Times listed are approximations. Some activities may take less or more time than the timeframes listed below based on participation. Activity schedule subject to minor changes.

Date/ Time Schedule	Theme	Program Information
Monday, August 10th Log-in time: 3:00pm Approximate end time: 6:00pm	<i>Olympic Monday</i>	3-4pm: Zoom Overview and Meet & Greet 4-5pm: Scavenger Hunt and Olympic Torch Making 5-6pm: Opening Ceremony
Tuesday, August 11th Log-in time: 3:00pm Approximate end time: 5:00pm	<i>Taco Tuesday</i>	3-4pm: Taco Craft & TACOS (BINGO) 4-5pm: Kitchen Demonstration and "Cookalong"
Wednesday, August 12th Log-in time: 3:00pm Approximate end time: 5:00pm	<i>Wild Wednesday</i>	3-4pm: Live (on Zoom) Reptile Talk & Show and Zoo/ Aquarium Tours (video) 4-5pm: Nature Craft and Name that Tune – Animal Edition
Thursday, August 13th Log-in time: 3:00pm Approximate end time: 5:00pm	<i>Trail Thursday</i>	3-4pm: Show & Tell – Nature Scavenger Hunt and Staff Virtual Nature Outings 4-5pm: Nature Collage Project
Friday, August 14th *Two program sessions today* First program: Log-in time: 3:00pm Approximate end time: 5:00pm Second program: Log-in time: 7:00pm Approximate end time: 8:00pm	<i>Survivor Friday</i>	3-4pm: Survivor Craft 4-5pm: Camp Skits 7-8pm: Campfire! (Zoom version)

Zoom Log-In Information (Please use the same link, meeting ID, and/ or phone number for each day):

Zoom Link: <https://cityofsacramento-org.zoom.us/j/91091840537>

Meeting ID: 91091840537

Phone Number: (669) 900-6833

Additional Zoom Information: Next Page

Zoom Information:

What you will need: internet connection (Wi-Fi, dial up, or cellular data all work – the faster your internet connection is, the better) + a Zoom account + a smart phone, laptop, tablet, or a desktop computer with a camera.

**If you do not have a camera on your computer and still wish to participate, you may. Please note that for the best “full” experience, having functional audio & video capability will be ideal.*

To create a Zoom account, go to this link: <https://zoom.us/>

In the top right-hand corner of the screen, click “Sign Up for Free.” Follow the prompts, and you will be all set!

Enter the meeting link into your device, and you will be ready to go! ☺ Depending on how you log in, you may also need the meeting ID (provided on the previous page).

Zoom activities will start on time. We will have casual “hang out” time for the first 3-5 minutes of each session to be sure everyone has logged in.

Snacks, water, etc. are all okay to have during Zoom as needed.

While utilizing Zoom for our programs, please keep the following in mind:

Only participants who are on our official attendance roster will be allowed in each Zoom session.

Participants will need to be able to “mute and unmute” themselves for the best possible experience.

Having video capabilities (utilizing a camera for your Zoom session) will be ideal so that we can all interact with each other live.

At any given time, staff may “mute” participants as needed. However, we do not have the option to manually “unmute” participants. Therefore, participants must be able to “unmute” themselves if they would like to verbally participate.

We will utilize the “chat” function during most programs as well. This gives staff and participants the option of communicating by typing messages to the full group or individually.

If needed, staff may remove participants from the session (e.g. for inappropriate behavior online).

Sessions will NOT be video recorded.

Pictures may be taken of the group during Zoom. This media release is covered in your registration form.

Participants can choose to take breaks any time. However, we will provide time for breaks during every hour of every session. It’s important to take breaks from looking at the screen.

We will do our best to ensure that everyone has an opportunity to share.

We will utilize “breakout rooms” for smaller group activities and conversations. Participants will need to push the blue “join” button on their screens to join “breakout rooms” when we prompt them to do so.

It is okay if participants miss a day of camp. If possible, please contact us if you know you are going to miss a session so we can plan ahead for our group activities.

All activities can be taken at your own pace. It is okay if you do not finish every activity.

If you would like additional assistance setting up your Zoom account, you may email Heather at heverett@cityofsacramento.org. If you are new to Zoom, please try logging in and creating an account prior to the first day of camp if possible. We are hoping for as much success on Zoom as possible and are happy to assist in this process as much as we can.

Thank you!