



CAPITALS

WELCOME to Camp Carson 2024! We have lots of fun activities planned for the summer. There will be a schedule available for each week, which will include our day to day events, weekly reminders, and general Camp Carson information. Thank you for joining us for what will be a fun and exciting summer!

CAMP CONTACTS:

Capital Phone: (775) 350-0353
Andrew Menendez: (775) 283-7428
Dawn Bateman: (775) 283-7430
Website: www.carson.org/ccpr

OPEN SWIM:

Open swim is every Thursday from 1:30-2:30pm. Make sure your child is prepared with a swimsuit and towel. Flotation devices are not allowed. Life Vests are provided by the pool if needed.

SWIM LESSONS:

Capitals will have the option to participate in swimming lessons. There is an EXTRA FEE OF \$44 per 2 weeks. Swimming lessons take place Monday-Thursday, from 9:00-9:30. Participants must be here by 8:00am!!

LUNCHES AND SNACKS:

Please send your child with a big lunch, two snacks and plenty of water. Do not send anything that needs to be heated or refrigerated.

DROP OFF AND PICK UP:

Camp is open from 7am-6pm. You may drop off your child any time throughout the day. All authorized pickups must have their photo I.D. or photo in our system to pick up your child. **NO DROP OFFS BEFORE 7:00 a.m**



REMINDERS

FIELD TRIPS:

The Capitals will have the opportunity to go on an additional trip on Fridays for an additional fee of \$30. You must pre-register online, in person or on the phone before the desired trip. **ENROLLMENT IS LIMITED.** There are **NO REFUNDS** or **ACCOUNT CREDITS** for additional field trips unless activity is cancelled by CCPROS Staff. No same day registration for field trips.

If you have any questions, please call

Andrew Menendez at 775-283-7428 or Dawn Bateman at 775-283-7430

- **Wear good walking shoes EVERY DAY!**
- **Each child is to wear their camper shirt each day.**
- **If a child shows up without a camp shirt, they will be provided one, and a charge of \$15.00 will be placed on your account.**
- **We will be at the community center all day on Fridays. If your child does NOT attend additional field trips, they will stay at the Community Center for a fun-filled day!**
- **Departure time for ALL field trips are final, so please make sure your child is here on time!**
- **Make sure to send your child with two snacks, a BIG lunch and lots of water.**
- **Electronics (Air pods, handheld games, etc.) are not allowed at Camp Carson. We suggest that your child leave them at home. Phones should NOT be out during program.**
- **We ask that your child leave their toys/trading cards at home to avoid being lost!**

If you have any questions during the day, please feel free to contact the Capitals at 775-350-0353!

MON. 6/10

TUES. 6/11

WEEK ONE

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-11:00 TEAM BUILDING
11:00-12:00 GROUP GAMES
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 ARTS & CRAFTS
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 EXPLORATION NATION:
ARCHERY
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 STEAM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

WED. 6/12

THURS. 6/13

FRI. 6/14

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-10:30 GROUP GAMES
10:30-12:00 CAMP SONGS & SKITS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 WALK TO COMMUNITY
CENTER
1:30-3:00 MOVIE
ELEMENTAL
3:00-3:30 WALK TO MARV
3:30-4:30 SNACK/ROLL/CLEAN UP
4:30-6:00 STATIONS

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 COLOR WARS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 GET READY FOR SWIM
WALK TO POOL
1:30-2:30 OPEN SWIM
2:30-3:00 WALK TO MARV
CHANGE FROM SWIM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

7:00-9:30 STATIONS
9:30-4:00 FIELD TRIP
CARSON VALLEY SWIM CENTER
4:00-5:00 SNACK/ROLL/CLEAN UP
5:00-6:00 STATIONS



Red, White & Blue
Dress up Day
Please wear your camp shirt

Schedule is subject to change

MON. 6/17

TUES. 6/18

WEEK TWO

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-11:00 TEAM BUILDING
11:00-12:00 GROUP GAMES
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 ARTS & CRAFTS
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 EXPLORATION NATION:
DISC GOLF
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 STEAM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

WED. 6/19

THURS. 6/20

FRI. 6/21

NO
PROGRAM

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 COLOR WARS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 GET READY FOR SWIM
WALK TO POOL
1:30-2:30 OPEN SWIM
2:30-3:00 WALK TO MARV
CHANGE FROM SWIM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

7:00-9:00 STATIONS
9:00-4:00 FIELD TRIP
NORTH VALLEY SPLASH PARK
4:00-5:00 SNACK/ROLL/CLEAN UP
5:00-6:00 STATIONS

Schedule is subject to change



WEEK THREE

MON. 6/24

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-11:00 TEAM BUILDING
11:00-12:00 GROUP GAMES
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 ARTS & CRAFTS
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

TUES. 6/25

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:30 EXPLORATION NATION:
RIVER WRANGLERS
12:30-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 STEAM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

WED. 6/26

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 CAMP SONGS & SKITS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 WALK TO COMMUNITY
CENTER
1:30-3:00 MOVIE
RUBY GILLMAN TEENAGE KRAKEN
3:00-3:30 WALK TO MARV
3:30-4:30 SNACK/ROLL/CLEAN UP
4:30-6:00 STATIONS

THURS. 6/27

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 COLOR WARS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 GET READY FOR SWIM
WALK TO POOL
1:30-2:30 OPEN SWIM
2:30-3:00 WALK TO MARV
CHANGE FROM SWIM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

FRI. 6/28

7:00-8:00 STATIONS
8:00-3:00 FIELD TRIP
LAKE TAHOE
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

Schedule is subject to change

MON. 7/1

TUES. 7/2

WEEK FOUR

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-11:00 TEAM BUILDING
 11:00-12:00 GROUP GAMES
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-2:00 CAMP SONGS & SKITS
 (PRACTICE)
 2:00-3:00 ARTS & CRAFTS
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-12:00 EXPLORATION NATION:
 KAYAKING
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-2:00 CAMP SONGS & SKITS
 (PRACTICE)
 2:00-3:00 STEAM
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

WED. 7/3

THURS. 7/4

FRI. 7/5

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-12:00 COLOR WARS
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-1:30 GET READY FOR SWIM
 WALK TO POOL
 1:30-2:30 OPEN SWIM
 2:30-3:00 WALK TO MARV
 CHANGE FROM SWIM
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

NO PROGRAM



7:00-9:00 STATIONS
 9:00-2:00 FIELD TRIP
 FLY HIGH
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

Schedule is subject to change

MON. 7/8

TUES. 7/9

WEEK FIVE

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-11:00 TEAM BUILDING
11:00-12:00 GROUP GAMES
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 ARTS & CRAFTS
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:15-12:00 EXPLORATION NATION:
NDOW
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 STEAM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

WED. 7/10

THURS. 7/11

FRI. 7/12

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 CAMP SONGS & SKITS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 WALK TO COMMUNITY
CENTER
1:30-3:00 MOVIE
MIGRATION
3:00-3:30 WALK TO MARV
3:30-4:30 SNACK/ROLL/CLEAN UP
4:30-6:00 STATIONS

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN
10:00-12:00 COLOR WARS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 GET READY FOR SWIM
WALK TO POOL
1:30-2:30 OPEN SWIM
2:30-3:00 WALK TO MARV
CHANGE FROM SWIM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

7:00-8:00 STATIONS
8:00-3:00 FIELD TRIP
LAKE TAHOE
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

Schedule is subject to change



MON. 7/15

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-11:00 TEAM BUILDING
 11:00-12:00 GROUP GAMES
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-2:00 CAMP SONGS & SKITS
 (PRACTICE)
 2:00-3:00 ARTS & CRAFTS
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

TUES. 7/16

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-12:30 EXPLORATION NATION:
 FISHING WITH NDOW
 12:30-1:00 LUNCH/ROLL/CLEAN UP
 1:00-2:00 CAMP SONGS & SKITS
 (PRACTICE)
 2:00-3:00 STEAM
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

WED. 7/17

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-12:00 CAMP SONGS & SKITS
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-1:30 WALK TO COMMUNITY
 CENTER
 1:30-3:00 MOVIE
 WISH
 3:00-3:30 WALK TO MARV
 3:30-4:30 SNACK/ROLL/CLEAN UP
 4:30-6:00 STATIONS

THURS. 7/18

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-12:00 COLOR WARS
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-1:30 GET READY FOR SWIM
 WALK TO POOL
 1:30-2:30 OPEN SWIM
 2:30-3:00 WALK TO MARV
 CHANGE FROM SWIM
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

FRI. 7/19

7:00-9:00 STATIONS
 9:00-4:00 FIELD TRIP
 NORTH VALLEY SPLASH PARK
 4:00-5:00 SNACK/ROLL/CLEAN UP
 5:00-6:00 STATIONS

Schedule is subject to change

MON. 7/22

TUES. 7/23



WEEK SEVEN

7:00-9:00 STATIONS

9:00-9:30 SWIMMING LESSONS

9:00-10:00 SNACK/ROLL/CLEAN UP

10:00-11:00 TEAM BUILDING

11:00-12:00 GROUP GAMES

12:00-1:00 LUNCH/ROLL/CLEAN UP

1:00-2:00 CAMP SONGS & SKITS

(PRACTICE)

2:00-3:00 ARTS & CRAFTS

3:00-4:00 SNACK/ROLL/CLEAN UP

4:00-6:00 STATIONS

7:00-9:00 STATIONS

9:00-9:30 SWIMMING LESSONS

9:00-10:00 SNACK/ROLL/CLEAN UP

10:00-12:30 EXPLORATION NATION:

RIVER WRANGLERS

12:30-1:00 LUNCH/ROLL/CLEAN UP

1:00-2:00 CAMP SONGS & SKITS

(PRACTICE)

2:00-3:00 STEAM

3:00-4:00 SNACK/ROLL/CLEAN UP

4:00-6:00 STATIONS

WED. 7/24

THURS. 7/25

FRI. 7/26

7:00-9:00 STATIONS

9:00-9:30 SWIMMING LESSONS

9:00-10:00 SNACK/ROLL/CLEAN

10:00-12:00 CAMP SONGS & SKITS

12:00-1:00 LUNCH/ROLL/CLEAN UP

1:00-1:30 WALK TO COMMUNITY

CENTER

1:30-3:00 MOVIE

3:00-3:30 WALK TO MARV

TROLLS BAND TOGETHER

3:30-4:30 SNACK/ROLL/CLEAN UP

4:30-6:00 STATIONS

7:00-9:00 STATIONS

9:00-9:30 SWIMMING LESSONS

9:00-10:00 SNACK/ROLL/CLEAN UP

10:00-12:00 COLOR WARS

12:00-1:00 LUNCH/ROLL/CLEAN UP

1:00-1:30 GET READY FOR SWIM

WALK TO POOL

1:30-2:30 OPEN SWIM

2:30-3:00 WALK TO MARV

CHANGE FROM SWIM

3:00-4:00 SNACK/ROLL/CLEAN UP

4:00-6:00 STATIONS

7:00-8:45 STATIONS

8:45-2:00 FIELD TRIP

ROLLER KINGDOM

3:00-4:00 SNACK/ROLL/CLEAN UP

4:00-6:00 STATIONS

Schedule is subject to change



WEEK EIGHT

MON. 7/29

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-11:00 TEAM BUILDING
11:00-12:00 GROUP GAMES
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 ARTS & CRAFTS
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

TUES. 7/30

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN UP
10:00-12:00 EXPLORATION NATION:
DISC GOLF
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-2:00 CAMP SONGS & SKITS
(PRACTICE)
2:00-3:00 STEAM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

WED. 7/31

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN
10:00-12:00 CAMP SONGS & SKITS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 WALK TO COMMUNITY
CENTER
1:30-3:00 MOVIE
TMNT MUTANT MAYHEM
3:00-3:30 WALK TO MARV
3:30-4:30 SNACK/ROLL/CLEAN UP
4:30-6:00 STATIONS

THURS. 8/1

7:00-9:00 STATIONS
9:00-9:30 SWIMMING LESSONS
9:00-10:00 SNACK/ROLL/CLEAN
10:00-12:00 COLOR WARS
12:00-1:00 LUNCH/ROLL/CLEAN UP
1:00-1:30 GET READY FOR SWIM
WALK TO POOL
1:30-2:30 OPEN SWIM
2:30-3:00 WALK TO MARV
CHANGE FROM SWIM
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

FRI. 8/2

7:00-9:00 STATIONS
9:00-2:00 FIELD TRIP
FLY HIGH
3:00-4:00 SNACK/ROLL/CLEAN UP
4:00-6:00 STATIONS

Schedule is subject to change

MON. 8/5

TUES. 8/6

WEEK NINE

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-11:00 TEAM BUILDING
 11:00-12:00 GROUP GAMES
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-2:00 CAMP SONGS & SKITS
 (PRACTICE)
 2:00-3:00 ARTS & CRAFTS
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 10:00-2:00 EXPLORATION NATION:
 ROCK CLIMBING
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-2:00 CAMP SONGS & SKITS
 (PRACTICE)
 2:00-3:00 STEAM
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

WED. 8/7

THURS. 8/8

FRI. 8/9

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK/ROLL/CLEAN UP
 WALK TO COMMUNITY CENTER
 10:00-12:00 MOVIE
 LION KING LIVE ACTION
 12:00-3:00 FAMILY MEAL DAY
 3:00-3:30 WALK TO MARV
 3:30-4:30 SNACK/ROLL/CLEAN UP
 4:30-6:00 STATIONS

7:00-9:00 STATIONS
 9:00-9:30 SWIMMING LESSONS
 9:00-10:00 SNACK TIME/ROLL/CLEAN UP
 10:00-12:00 COLOR WARS
 12:00-1:00 LUNCH/ROLL/CLEAN UP
 1:00-1:30 GET READY FOR SWIM
 WALK TO POOL
 1:30-2:30 OPEN SWIM
 2:30-3:00 WALK TO MARV
 CHANGE FROM SWIM
 3:00-4:00 SNACK/ROLL/CLEAN UP
 4:00-6:00 STATIONS

NO PROGRAM

Schedule is subject to change

HOPE YOU ALL HAVE A GOOD SCHOOL YEAR!

**A friendly reminder
that there is NO
summer program
August 12th - 16th.
Capital Kids Before
and After School
program will begin on
August 19th.**

