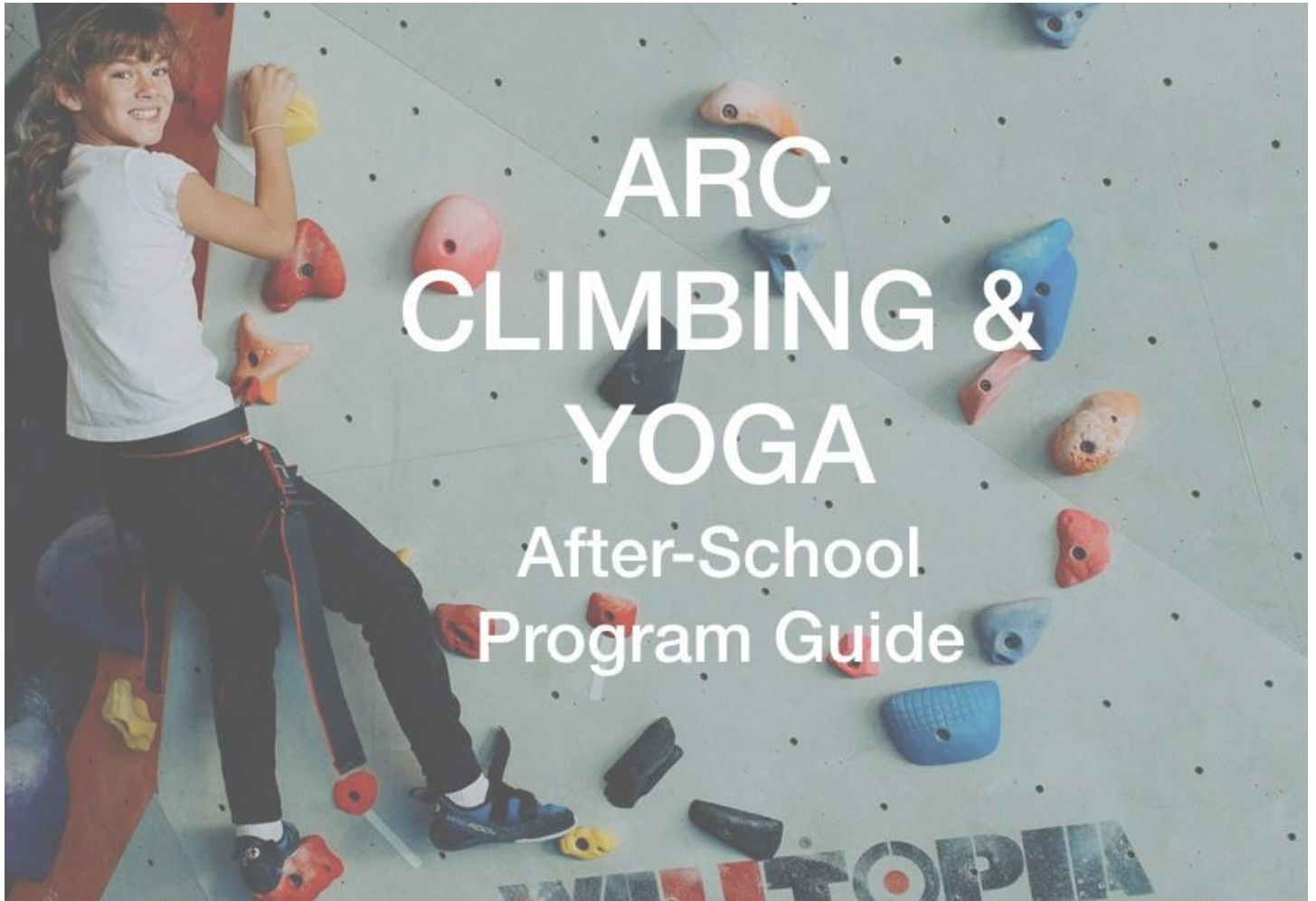




ARC CLIMBING + YOGA
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ARC CLIMBING & YOGA

After-School
Program Guide



INTRODUCTION

Welcome to ARC Climbing and Yoga After-School Program! We hope this guide will provide you with the information needed to understand your child's program and daily activities. We also hope it will answer any questions you have as a parent or guardian who has enrolled their child in our program.

ABOUT ARC

ARC is the hub of a growing climbing and yoga community in Northern Ontario. We're way more than a gym, we're a place where people get together, do what they love, and transform the way they move in a fun and social space.

ARC was founded in 2014 by a small group of young climbers from Sudbury. We wanted to create a facility where local climbers could train to compete across Canada or to prepare for climbing trips, but also a place where beginners could try climbing and yoga in a positive and motivating environment.

We have since grown and will continue to grow our programs and offerings to reflect the needs and interests of our members! Our after-school program will aim to expose our next generation of climbers and yogis to healthy activities away from screens and electronics.

PROGRAM STATEMENT

ARC provides a safe place where children are valued for their uniqueness and supported and encouraged to explore and learn about the world around them as well as within.

PROGRAM HOURS

Our program hours run from approximately 3:00 pm to 5:30 pm and dependent on bus arrivals at our pick-up location.

PICK-UP LOCATION

Our staff will meet each child at the bus stop closest to ARC located at the South End Library located at 1991 Regent St, Sudbury, ON P3E 5V3.

Once the children arrive the staff will walk them to our location at 1981 Old Burwash Road. Approximately 200 meters walking distance.

PICK-UP TIMES

Children must be picked up by 5:30pm. Late fees will be applied to late pickups. Late Pick-up fee is \$15.

AGES OF PARTICIPANTS

Children must be between the ages of 4 – 13 years to participate.



TRANSPORTATION

Parents and guardians are responsible for arranging bus drop offs at the South End Library with the Sudbury Bus Consortium <http://businfo.ca/en/>

Children who attend R.L. Beattie will be picked up by an ARC staff member and will walk to ARC.

COLD WEATHER POLICY

We will be using taxis as alternate transportation for student walking from R.L. Beattie. We will be following the school's cold weather recess policy as a guideline. Students will be picked up by their instructor via taxi if temperatures dip below -25 degrees Celsius (including wind chill) or if deemed appropriate by management based on the weather conditions.

DAILY ATTENDANCE

Parents are requested to notify ARC any time their child will not be attending the Program due to illness or other factors. Upon pick-up, guardians are required to notify staff that they are picking up their child by signing them out. If late, please notify staff by calling ARC. If someone other than those listed on the Health Form will be picking up your child, please notify us in advance by calling ARC.

REGISTRATION OPTIONS

We currently offer Full-time registration (5 days a week) and Part-time registration. Full-time registration is available online. Please contact management about Part-time care.

PAYMENT

Payment can be made via Cash, Credit, Debit or Cheque

MISSED OR SICK DAYS

There are no re-funds made for missed days.

HEALTH

In order to maintain a healthy environment, children who display the following symptoms are asked to stay home: diarrhea, vomiting, severe coughing, fever, earache, or headache. If a child arrives at the program with any of these symptoms, their primary parent or guardian will be called and asked to come pick up the child.

MEDICATION

The staff will not administer medication, unless it has been prescribed or authorized, in writing, by a physician. Medications must be in their original containers, labeled with the physician's name, the child's name, dosage, and times. Parents must complete the Health Form prior to staff administering medication.

THINGS TO BRING

We suggest packing the following list for each child to have available for them during the After-School program hours:

- *Water bottle*
- *Snack – non-refrigerated*



- *Indoor shoes – Climbing shoes are available if indoor shoes are not an option*
- *Clothing for climbing – easy to move in*

Please label as many items as possible so all items go home with the right owner.

FOOD

Snacks are not provided. Please send an after-school snack for children to eat if hungry. We have an area for them to sit and eat, a microwave, and kettle. Please do not send any snacks that need to be refrigerated.

PA DAYS AND HOLIDAYS

PA/PD Days, statutory holidays, and school vacation periods (March Break, Christmas break) are not included in the registration. Registration for PA days and holiday camps is separate. We will send out information to After School registrants about our holiday and PA Day camps during the month for pre-registration.

School Year Calendars

Catholic School Board Calendar <https://www.sudburycatholicschools.ca/board-calendar/>

Rainbow District School Board Calendar <https://www.rainbowschools.ca/schools/school-year-calendar/>

DAILY ACTIVITIES

During the program, participants can expect to partake in climbing and climbing related games, yoga, arts & crafts, and quiet time activities such as reading and snack time.

2021 RATES

Full Time

\$15/day when registering for the full term

\$17/day when registering by month

Part Time

\$17/day – payment required monthly

Pricing per term or month subject to change dependent on the number of days in school

CANCELLATION POLICY

Cancellations made within two weeks of the beginning of the first month are subject to forfeit their payment.