

A CHILD'S PARADISE 2026

ARROWHEAD DAY CAMP

71 YEARS OF SERVICE TO CHILDREN

Edition 71
Volume 2

July 6, 2026

Upcoming Events

Monday, July 6 th	Mixed Up Monday-- wear mismatched clothes
Tuesday, July 7 th	SMILE! BUNK PICTURE DAY - campers will receive their Arrowhead shirts
Wednesday, July 8 th	HALLOWEEN DAY – CIT field trip to Top Golf
Thursday, July 10 th	CAMPER COUNSELOR DAY!
Friday, July 11 th	Camp Show- Juggling Hoffman's Overnight weekend # 1 begins
Monday, July 13 th	DECADE DAY! - dress from the 70's, 80's, 90's, 2000's!
Tuesday, July 14 th	Visiting Day for BOYS & First 4 Weekers (F4)
Wednesday, July 15 th	SPORTS LOGO Day -dress in your favorite sports team attire CIT field trip to Dave & Busters
Thursday, July 16 th	Wear TIE DYE
Friday, July 17 th	Camp Show- David Darwin

WHERE ARE THE CLOTHES I SENT TO CAMP?

Over the past several summers we have established a method of clothing conservation to minimize the loss of your children's clothing in camp. All bunks use the Stay at Camp Bag method of clothing storage.

This is what we do:

1. Children bring their laundry bag to camp with their bathing suits & towels. Extra set of clothing, a sweatshirt or raincoat are kept in the Stay at Camp bag.
2. Upon arrival to the bunk the counselor assigns children a cubbie with their name on it.
3. The counselor puts only the child's bathing suits and towels in the cubbie.
4. All other clothing remains in the Stay at Camp white bag with the child's name on it and stored on a separate shelf in the bunk.

The clothing is kept this way so that the children have less clothing to deal with on a daily basis. Usually, the children use only their bathing suits and towels. If the occasion should arise that they need their extra clothing, the counselor is able to locate it immediately and give your child what they need. For you, this means less laundry each week. The only things that should come home for washing each week are bathing suits and towels. At the end of the summer, you should get all of your children's clothing returned in their laundry bag. So, to answer the question- Where are the clothes I sent to camp? The clothes are safely stored in their Stay at Camp bag in their bunk!

**OUR CAMP PHONE NUMBER IS
(610) 353-KIDS
CALL THIS NUMBER ANYTIME YOU NEED US
DURING THE SEASON
7:00 A.M.- 6:00 P.M.- MONDAY THRU FRIDAY
FAX ANYTIME- (610) 695-8118
E-MAIL: chiefarrowhead@comcast.net
24 hours- 7 days a week**

*Please allow 24 hours for a response if e-mailing on a weekend

E-MAIL UPDATES- 2nd REMINDER

We will be communicating with our parents by sending out weekly emails & individual bunk photos. These weekly e-mails will contain specific information for the campers bunk (upcoming special events, what to wear, and bring in, etc.) along with newsy notes and tidbits of information of the prior week. We will be uploading weekly photos of our campers in action to our new **Arrowhead Bunk Photos app**. Notifications will be sent each time photos are uploaded. We thank you for your cooperation.

TEXT ALERTS

Arrowhead will be utilizing Text Alert updates throughout the year. This is the easiest & fastest way for us to communicate information to you. PLEASE DO NOT RESPOND AS IT'S A UNMONITORED NUMBER. If you have any questions about a text you receive, please call or email the office.

ATTENTION PARENTS:

If you are changing your child's transportation in any way (picking up early, etc.) please make sure the main office is aware of the change. You must do this by UTILIZING our **ARROWHEAD Transportation Request Forms** (blank form included in this edition or download from our website under "Forms & Applications" or call us and we will be happy to fax one to you or send it home with your child). Phone calls or just telling your child's driver will **not** be honored. Children must be picked up **NO LATER THAN 3:00 P.M.** Should you not be present by the 3:00 P.M. time, your child will be sent home on normal transportation. Camp dismissal is at **3:15 sharp!** Also, should you be dropping your child off at camp in the morning, it must be **no earlier than 9:30 A.M.** This is for your child's safety, as our staff arrives at **9:30** so there is no supervision before that time. Camp begins at 9:40 A.M. This is for you and your child's protection. **ARROWHEAD** times must be adhered to and will be strictly enforced. In addition, should your child not be coming to camp for any reason, telling the driver is sufficient. There is no reason to call camp for this. Thanks for all your help in this very important matter!

Reminder to all **Extended Day Campers**- Early drop off is between 7:30 and 9:15 and late pick-up is between 3:30 and 5:30.- **no later- please take note!**

JUST A REMINDER

If you have not already sent in your **green health form**, please do so to be sure that we may have current medical information, as well as emergency contacts for your child. If your child needs to take any medication during the camp day, please make sure they know to bring it to the Nurse's Office upon arrival to camp. This is for your child's protection!

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FOOD, SNACKS & TREATS

Due to allergies, NO outside food will be permitted. If your child is having a birthday during the summer, please let know if you would like us to sing and provide popsicles.

PROPER FOOTWEAR AT CAMP

We are informing all of our parents that sneakers and sneakers only are the appropriate footwear for your children to wear during our camp day. Any variety of sandals, flip-flops, pool shoes etc. are not only inappropriate, but also dangerous. Our campers are engaged in various activities, including: running, jumping, climbing, etc. and sneakers are for these endeavors. Parents, we ask you to use common sense and please follow our advice for the safety of your children. Thank you.

ELECTRONIC POLICY

One of the best, if not the best part, of summer camp is being able to enjoy the great outdoors. This is especially true with the winter we just had which trapped us indoors. Add to this that our children have spent so much time sitting in rows with pencil & paper and taking standardized tests, and they really need to be participating in all that **ARROWHEAD** has to offer so we respectfully request that all cell phones, mp3 players, tablets, etc. stay at home where they will be "safe & sound."

SWIM BANDS

To keep all campers safe, they were given Red, Yellow, or Green bracelets on their 1st day.

Red= Only shallow end

Yellow= Monitor

Green= Anywhere

****Campers must have their band on to swim. Pool will have extras**

PAJAMA DAY & BUILD A BEAR

Who says you can't wear your pajamas to camp? Arrowhead Junior campers wore their pajamas to camp, heard stories from their counselors, and even enjoyed a midmorning breakfast in the Mess Hall. Everyone looked comfy and happy in their pajamas, even the counselors! Junior campers had an extra treat this summer....they got to make their very own **stuffed animal** dressed in an Arrowhead t-shirt to bring home! It was a wonderful day in Junior Camp!

A NOTE TO ARROWHEAD DAY CAMP
Transportation Change Request
FAX (610) 695-8118 chiefarrowhead@comcast.net

Date _____

Camper's Name(s) _____ / _____

Bunk(s) _____ / _____

Vehicle _____

REQUEST FOR TRANSPORTATION CHANGE

My child(ren) will be picked up at _____ on _____
Time Date . Please call the camp office upon arrival.*

****PICK UP MUST BE NO LATER THAN 3:00!!!***

Please allow my child to be dropped off at the home of _____ who also rides on the same vehicle as my child.


My child(ren) will be dropped off at camp at _____
Time on _____
Date

****DROP OFF MUST BE NO EARLIER THAN 9:30!!!***

Parent's Signature _____

* Please indicate name of individual if not parent or guardian

ARROWHEAD'S world famous **“Learn to Swim”** campaign is now in high gear. All of our campers have been tested and placed in the appropriate swim “school.” Listed below are the skill levels pertaining to our 10 Fish Schools. We will all be working hard throughout the summer to pass as many schools as possible & always remember **SAFETY FIRST!!!!**

10 “SCHOOLS”	SKILLS	TESTS
POLLIWOG SKILLS:	<ol style="list-style-type: none"> Physical & mental orientation to water Breath holding & submerging entire body Floating, front glide and recovery 	BEGINNER'S TEST
GUPPY SKILLS:	<ol style="list-style-type: none"> Front glide, 10 ft. Front glide with flutter kick, 10 ft. Back float 	GOLDFISH TEST: Camper jumps or dives into deep water, levels off, swims beginner or front crawl stroke down the lane, changes direction, turns over onto back and floats for ½ minute, then turns back over and swims the front crawl stroke back to the starting point.
MINNOW SKILLS:	<ol style="list-style-type: none"> Back glide, 6ft. Back glide with flutter kick and skulling, 20 ft. Front crawl stroke, 20 ft. (beginners) 	Awareness and understanding of basic safety skills and attitudes.
GOLDFISH SKILLS:	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. Beginning back crawl stroke, 10 yds. Changing direction Turning over Leveling off Jump- chest deep water Jump- deep water Front dive- (beginners) 	ADVANCED BEGINNER'S TEST
BARRACUDA SKILLS:	<ol style="list-style-type: none"> Rhythmic breathing Front crawl stroke, 20 yds. with good rhythmic breathing Beginning back crawl stroke, 20 yds. Survival float, 1 minute Treading water, 30 seconds Diving underwater, swimming 30 ft. 	CATFISH TEST: Part 1- Camper dives into the water, swims under water approx. ½ lane, surfaces, treads deep water for 1 minute, swims front crawl stroke remainder of lane, changes direction and swims front crawl back down lane. Part 2- Camper jumps into deep water, swims ½ lane under water, surfaces and performs survival float for 2 minutes, swims elementary backstroke remainder of the lane, changes direction, swims back down the lane doing elementary backstroke.
CATFISH SKILLS:	<ol style="list-style-type: none"> Elementary back stroke 25 yds. Front crawl stroke, 25 yds. Review/improve Back crawl stroke, 25 yds. Review/improve Treading water, 1 min. Survival float, 1 min. Bobbing 	
DOLPHIN SKILLS:	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. Review/improve Sidestroke (arms), 20 yds. Scissors kick, 20 yds. Sidestroke, 20 yds. Treading water, 1 min. Survival float, 2 min. 	 <p>ARROWHEAD AD Swim Program</p>

10 "SCHOOLS"	SKILLS	TESTS
<p>PORPOISE SKILLS:</p> <p>SHARK SKILLS:)</p> <p>WHALE SKILLS:</p>	<ol style="list-style-type: none"> 1. Breaststroke (arms), 20 yds. 2. Breaststroke (kick), 20 yds. 3. Breaststroke, 20 yds. 4. Sculling, 10 yds. 5. Survival floating, 5 min. <ol style="list-style-type: none"> 1. Sidestroke, review/improve 2. Back crawl stroke, review/improve 3. Crawlstroke, review/improve 4. Breaststroke, review/improve 5. Surface dives- pike, tuck, and feet first 6. Long shallow dive 7. Stride jump 8. Inverted scissors kick 9. Sculling 10. Open turns, front, side, back 11. Survival stroke/float 12. Underwater swim, 20 ft. 13. Basic rescues 14. Artificial respiration <ol style="list-style-type: none"> 1. Elementary back stroke, review/improve 2. Back crawl stroke, review/improve 3. Breaststroke, review/improve 4. Sidestroke, scissors and inverted scissors kick 5. Front crawl stroke, review/improve 6. Overarm sidestroke 7. Inverted breaststroke 8. Trudgen stroke 9. Open turns, review/improve 10. Surface dives, review/improve 11. Survival float/stroke clothed 12. Standing dives, review/improve 13. Rescues 	<p>INTERMEDIATE TEST</p> <p>PORPOISE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims 50 yds. Doing the elementary backstroke 2. Camper dives into deep water and swims 50 yds. Doing the crawl stroke 3. Camper swims 50 yds. doing the sidestroke. 4. Student jumps into deep water, swims underwater 3 body lengths, surfaces, treads water for 1 minute using arms and legs, then swims survival stroke 15 yds. 5. Camper swims nonstop for 5 minutes using any combination of strokes. <p>SWIMMER'S TEST</p> <p>SHARK TEST:</p> <ol style="list-style-type: none"> 1. Camper swims breaststroke 50 yds. 2. Camper swims backcrawl stroke 50 yds. 3. Camper swims crawl stroke 100 yds. 4. Camper swims sidestroke 100 yds. 5. Camper surface dives (pike or tuck) to 8 ft., swims 20 ft. underwater, surfaces and survival floats 5 min. 6. Nonstop 10 minute swim <p>ADVANCED SWIMMER'S TEST</p> <p>WHALE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims continuously using sidestroke 50 yds, followed by the overarm sidestroke 50 yds (each stroke performed on both sides, with scissor kick 25 yds.) 2. Camper swims crawl stroke 100 yds. 3. Camper swims backcrawl stroke 100 yds. 4. Camper swims breaststroke 100 yds. 5. Camper swims inverted breaststroke 50 yds. followed by the elementary backstroke for 50 yds. 6. Camper swims trudgen stroke 50 yds. 7. Camper performs survival stroke 5 min. fully clothed 8. Camper swims continuously for 30 min.

MENU

Monday 7/6

**CHICKEN TERIYAKI & RICE
BOWL**

Steamed Broccoli
Pudding

Monday 7/13

**Finger Lickin' Good
POPCORN CHICKEN**

French Fries
Watermelon

Tuesday 7/7

**Really Rad RIGATONI &
MEATBALLS**

Garlic Bread
Apple Slices

Tuesday 7/14

**BOYS VISITING DAY
Fluffy PANCAKES and Apple
Slices
Ice Pops**

Wednesday 7/8

Cheesy QUESADILLAS

w/Chips & Salsa
Popsicles

Wednesday 7/15

Mor's MAC & CHEESE

Hummus & Veggies
Vanilla Pudding

Thursday 7/9

Mor's Perfect PIZZA

Edamame
Fruit Cups

Thursday 7/16

**CHICKEN TERIYAKI & RICE
BOWL**

Steamed Broccoli
Popsicles

Friday 7/10

Super Hero HOAGIES

Corn on the Cob
Popsicles

Friday 7/17

**Wrap it Up! Make Your Own
WRAPS**

Chips
Fruit Cups

All food is served "family style" by our Jr. Counselors & is available in our delightfully air conditioned Mess Hall. For those campers who do not care for the main meal of the day we always have available daily – soy butter & jelly & marshmallow fluff (in any combination) on fresh whole wheat bread, hard boiled eggs, baked potatoes, buttered noodles, fresh sliced NY bagels with cream cheese, cereal, & grilled hotdogs with all the fixins'. Mixed green salad and yogurt bar available too.

LIQUID REFRESHMENT- All campers will have a variety of flavors of Arrowhead's world famous ice-cold bug juice served during lunchtime in unlimited quantities- (Monday thru Thursday). Lemonade is served to all campers every Friday.

SNACK- All campers (JR, INT & SR) receive daily snack which includes special treats (cookies, pretzels, fresh fruit)