



**Fitness by the Sea, Inc.**  
Camp Office:  
1541 Palisades Drive  
Pacific Palisades, CA 90272

310-459-2425 tel

[www.fitnessbythesea.com](http://www.fitnessbythesea.com)

**Dear Parents & Campers,**

Thank you for choosing Fitness by the Sea “FBS”. We have an incredible, fun-filled summer planned for you!!! We can hardly wait to see you out on the beach and we’re looking forward to making some unforgettable memories with you at FBS this year. Please review the enclosed information to ensure that you and your child are prepared for your time at camp.

## **Your On-Line Account**

Our online enrollment and scheduling system allows you to make changes to your schedule and/or account information at any time. You may add to or make changes to your schedule, add authorized pick-up people, check your reservation, etc. We encourage you to familiarize yourself with the system and let us know if you have any problems along the way.

## **Driving Directions**

Driving directions to each of our locations are posted on our website under the locations link. If you need additional information on any of our locations, please either email us at [info@fitnessbythesea.com](mailto:info@fitnessbythesea.com) or call us at (310) 459-2425.

**Special parking instructions for Pacific Palisades and Palisades North locations** - Once you enter the beach parking lot there will be an FBS staff member waiting at the gate with parking passes. You will need to place the pass in your front window so that it is visible to the parking attendant. ***Please be aware that FBS is not affiliated with the parking company and drivers who stay beyond the 30 minute window could be ticketed.***

## **Drop Off & Pick Up Procedures**

Regular camp hours are from 9:00am – 3:00pm. Early Care is available starting at 8:30am and After Care is available as late as 5:30pm.

**If you would like to pick up your child early** you will need to either notify the on-site staff at the time of drop off or call our office during the camp day and we will communicate your need to the on-site staff.

# What to Bring

Please review this information carefully. While this information is also provided on our website, we wanted to list it again here as campers often arrive at camp with either too many items or too few.

**Label Everything** with both first and last names. Due to the unique nature of our camp - located directly on the beach - campers belongings tend to get lost in the sand and, despite our efforts, dozens of items ... are left on the beach. We cannot possibly hold on to such a large volume of items, so every Saturday, we donate all unclaimed items to charity. If you notice that your child has lost something at camp, you may call us in the office so that we can have the staff look for it and, if found, save it for you.

**Backpack** - When campers arrive at camp, their belongings are stored in bins in each cabana. Therefore, we ask that you send only the items below and packed in the smallest backpack possible.

## Campers Need to **ARRIVE WEARING:**

- **FBS Rash Guard** - Campers will receive a rash guard (uniform shirt) on their first day at camp and need to wear it at all times while at camp thereafter.
- **Bathing Suit** - Even if your child doesn't think they want to go in the water, please encourage him/her to wear a bathing suit anyway. Once at camp they tend to change their. (Hint for Girls: 2 piece suits make bathroom visits much easier! If your camper chooses a one piece suit she will have to remove both her uniform shirt and her bathing suit each time she uses the restroom.)
- **Sunscreen** - Please apply sunscreen liberally to your child's entire body BEFORE arriving at camp. There is no need to send extra sunscreen with your child, as we supply it for reapplication during the day.
- **Shoes** - Have you ever tried walking in the sand with shoes on? It's nearly impossible, right? That's why we ask that you **send your child to camp with only one pair of shoes**, either flip-flops or aqua shoes. If your child won't be wearing shoes in the water (there are sometimes pebbles along the shore), just a pair of flip-flops will do fine for trips to and from the bathroom.

## Campers Need to **ARRIVE WITH:**

- **Packed Lunch & Snacks** - We do offer catered lunches that are available to purchase during the enrollment process, but if you chose not to purchase those, you will need to send your child with a packed lunch. Being on the beach is one of the best things about FBS, but it makes eating lunch a bit of a challenge! A few suggestions for "sand friendly" items are string cheese, pudding or yogurt cups, bananas, Lunchables, single serving packages of Goldfish crackers or other crackers/chips, baby carrots, and definitely don't forget a cool drink. We provide plenty of water, but it is nice to have some Gatorade or fruit juice as well.
- **Towel** - Just like everything else at the beach, towels get forgotten, buried in the sand, etc, so an older/inexpensive towel would be best.
- **Aqua Shoes or Socks** (optional) - On very hot days, the sand gets hot in the afternoon and socks or aqua shoes will stay on camper's feet better than flip-flops or other shoes.
- **Sunglasses & Hat** (optional) - Sunglasses and hats are some of the easiest things to lose at the beach because they are taken off to go in the water. If you choose to send these items, please be sure they are neither expensive nor irreplaceable.

## ***Just a Reminder...***

Camp Hours are from 9:00am - 3:00pm

Regular Drop Off starts at 9:00am

Regular Pick Up *starts* at 3:00pm and *ends* at 3:30pm

Extended Care is Available from 8:30am – 5:30pm

Early drop offs and late pick ups will automatically result in extended care charges.

## **Smile, You're on Candid Camera**

Well, not really, but photographs may be taken and shared with the public through brochures, press releases, our camp website, and social media...you get the picture. These photos are the sole property of Fitness by the Sea. By enrolling your child, you hereby give the camp your permission to take and utilize these photos. If your child becomes a star as a result, you'll thank us for it!

**We have provided a printable camper preparation checklist  
on the next page for your convenience.**

**Looks great on refrigerators!**



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## Fitness by the Sea – Camper Preparation Checklist

### What to Wear:

- Rash Guard (you will receive this on the first day of your schedule)
- Bathing Suit
- Shoes (flip-flops or aqua shoes)
- Sunscreen

### What to Bring:

- Lunch – If not pre-ordered.
- Snacks
- Drink
- Towel
- Sunglasses & Hat (optional)

### Helpful Tips:

- Label everything
- Store everything in a small backpack

### Camp Hours

9:00am - 3:00pm

Regular Pick Up *starts* at 3:00pm and *ends* at 3:30pm

Extended Care is Available from 8:30am – 5:30pm