



# *Summer Day Camp*



 **MIDAMERICAN**  
ENERGY COMPANY.

REC  PLEX

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6500 Grand Avenue  
West Des Moines, IA 50266

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



The MidAmerican Energy Company RecPlex is West Des Moines's newest multi-use sports and event complex. The RecPlex features nearly 300,000 square feet of space for sporting events, conventions, concerts, community events, business meetings, corporate events and adaptive recreation.

The RecPlex is excited to offer our new **RP Kids Summer Day Camp**. Our RP Kids Summer Day Camp is perfect for all boys and girls ages 6-12.

This camp offers kids the opportunity to spend an entire day filled with activities of all kinds, arts & crafts, snacks and fun! Every camp is guided by our recreation staff who are trained to encourage participation, good sportsmanship and most of all FUN!

More than just a regular day camp, campers will play multiple sports and activities such as basketball, soccer, dodgeball, lacrosse, volleyball, esports and much more!

Can't make the whole week? Build your own schedule for \$55/day.

# FAQ'S

Q. Who are the recreation staff and how many are there?

A. Our Program Directors and Recreation Leaders are a variety of trained individuals from multiple different backgrounds. Several have been highly involved in sports for many years and are all CPR, AED and First Aid Certified. The average recreation leader to camper ratio will be around 10:1.

Q. Do you have medical trainers?

A. We do have very quick access to medical professionals at the RecPlex. If we ever need any medical assistance, they are there within minutes to help us! Again—safety is our number one priority.

Q. How are the groups divided?

A. Campers are divided as much as possible into two age groups: 6-9 and 10-12.

Q. Can my child bring money to the camp to buy snacks?

A. Yes—we can't be totally responsible for the money or items purchased so this is at the discretion of the parent. We do highly encourage packing additional snacks for the day—the kids really get hungry burning off all kinds of calories throughout the day!

Q. Does my child need to be signed-in at the beginning of the day and signed-out at the end?

A. Yes—we ask that parents/guardians/grandparents/etc. come in each day to do this.

Q. I need to pick-up my child early from camp—or drop them off late—can I do this?

A. Yes—just make sure to check-in with us to confirm where we will be. The daily schedule is on-line but depending on several situations, including weather, it may change. Our phone numbers are posted on the website.

Q. Can my child attend sport specific camps while attending RP Kids?

A. Yes—The RecPlex will be hosting multiple sport summer camps and our staff will happily get your child to and from the correct sport surface within the RecPlex for their sport camp.

Q. My child has dietary restrictions. Will they be able to eat the provided lunch?

A. We will do our best to accommodate all dietary restrictions. However, if they are quite severe we would recommend packing them a sack lunch. We cannot promise that we can accommodate all restrictions or eradicate the potential of cross contamination.

If you have any questions that you don't see here, please let us know and we'll be happy to answer them!



# Sample Daily Schedule

8:00-8:30:	DROP OFF
8:30-10:30:	ACTIVITY (SOCCER/SOFTBALL/BASKETBALL)
10:30-11:15:	SNACK/REST
11:15-12:00:	ARTS & CRAFTS
12:00-12:30:	LUNCH
12:30-2:00:	MOVIE/INDEPENDENT TIME
2:00-2:45:	ACTIVITY (ESPORTS, ETC.)
2:45-3:00:	SNACK
3:00-4:30:	ACTIVITY (KICKBALL/FLAG FOOTBALL/ETC.)
4:30-5:00:	PICK-UP

Campers will have the opportunity to try many activities throughout the RecPlex including soccer, football, basketball, Esports, pickleball and many others.

## Meal Plan:

The meal plan covers lunch Monday through Friday.

\*Weekly Sample Menu—Menu subject to change\*

- Monday: Hot Dog, Mac and Cheese, Fruit, Water
- Tuesday: Chicken Strips, Chips, Fruit, Applesauce, Milk
- Wednesday: Pizza Party
- Thursday: Sandwich, Chips, Fruit, Water
- Friday: Pizza Party

## Camp Fees:

Campers have the opportunity to register for a full week or by individual days.

- Full week camp registration: \$250/week
- Individual day camp rate: \$55/day

## How to register:

Registration for the RP Kids Summer Day Camps can be completed in several ways:

- Visit the WDM Parks & Recreation website at: [www.wdm.iowa.gov/parkrecreg](http://www.wdm.iowa.gov/parkrecreg)
- Call the RecPlex at: 515-440-4820

## Additional Questions

For more information on the Summer All Sports Sampler Day Camp at the RecPlex please contact Administrative Assistant, Shanna Elliott at:  
515.440.4819 or [shanna.elliott@wdm.iowa.gov](mailto:shanna.elliott@wdm.iowa.gov)

