



Kids @ Play

Parents Guide

2025

Thank you for choosing Upton Recreation's popular Kids@Play program for your child this summer! We are looking forward to an exciting time of sports, arts & crafts, and crazy summer fun! This short guide will set you up to know what to expect and let you know the ins and outs of the Kids@Play program.

There are many new families this year, and we are very excited for the opportunity to have new friends! While we had a great summer last year, we are incredibly excited about once again offering field trips this summer. We have made some improvements that will help with growing numbers, including breaking up into 2 large groups, the first group will be kids going into K-3rd grade and the second will be kids going into 4th-6th grade. Each group will have the same types of activities (and often the exact same games/crafts/etc.) but will stay with their age group. Most days there will be at least one full program activity.

Drop off occurs between 8:00am—9:00 am at 99 Kiwanis Beach Road. There will be staff on site to sign your child in. We can also handle all registration questions or concerns there. We do not require any specific documentation requiring physicals, but we do ask that you make us aware of any allergies and provide any relevant documentation when EpiPens or other medications are involved. If there is anything else important that we should know about your child, please let us know!

Welcome

The big question on everyone's mind is how we are handling COVID . At this point, the state has lifted the requirements that we were under in previous years. There are some "best practices" and guidelines that the Department of Public Health has provided. Some of those include trying to utilize groups to minimize the number of people in one place, which we are doing this year. Also, we request that if your child or someone in your home is sick or has had a close contact, that you do not send them to Kids@Play for the day. This is pretty much a standard policy, but becomes more important in light of recent events. We are not requiring masks. We ask that parents make the best decision for their children and their families. If you request that your child wears a mask, we will do our best to enforce that during the day, but obviously, they can't wear a mask swimming, boating, eating, or drinking, so there will be times they don't wear it, even if you ask them to. It is always possible that these policies may change and adapt as guidance changes, and you can always come to us with concerns!

Water Safety is of critical importance to us. Before we have any swim time, your children will take a swim test. The result of this test will dictate what they can do in the swim area. The lifeguards who administer the test will base the swim level on the child's performance on the swim tests. Kids can choose to retest up to once a week over the summer as they gain skill and confidence. At a parent's request, we can move a swimmer down to a lower level, but we will NEVER move a swimmer up unless they demonstrate appropriate skills for a level. Feel free to reach out with questions on this!

What do we hope to accomplish this summer?

One definition of "Play" is "activity engaged in for enjoyment and recreation." The activity is generally freely chosen and is participated in for its own enjoyment. This is something that all too often is overlooked in children's lives now in the era of competitive youth sports, extracurricular classes every day, and structured play dates. There are a lot of benefits to children being free to choose what they want to do and adjust themselves to the group and activity they are involved in. This is a critical skill in life as it helps them to relate to others in various situations. Our goal is to provide that sort of experience to your children. Obviously, that doesn't mean they will run wild and do whatever they want, but each day, there will be a variety of activities going on and the children will be free to choose their schedule for the day based on the planned activities. The goal of this is to give them the freedom of choice, but still providing a structure to their day. We will also always take suggestions for activities. Some of our favorite games over the years have been ones that kids and parents suggested!

Maria Cherubino

Maria Cherubino
Recreation Director

What to Bring



• Bag Lunch	This does not have to be disposable (ie. reusable bags/Tubberware are fine).
• Snack	Please try to make this a fairly healthy snack as the kids are running around outside and need proper nutrition to stay healthy!
• Refillable Water Bottle	We have water filling stations on site, but please send them with a bottle, pre-filled for the day. It gets hot and hydration is crucial!
• Swimsuit	Most days, they will have the option to swim. While we will never force a child to go in the water, please make sure they have a swim suit in case they decide they want to swim.
• Towel	We do not provide towels on site, so please be sure to send your child with a towel.
• Life Jacket (optional)	We have life jackets available, but if your child feels more comfortable with their own, feel free to send it. All flotation devices MUST be USCG Approved (ie, no “water wings” or tubes)
• Spare Clothes	It’s always a good idea to have a change of clothes, we have all kinds of crazy fun and you never know when you might get dirty or wet!
• Sunscreen	Any sunscreen is fine, but if your child need assistance to put it on, we ask that you send the spray type that doesn’t have to be rubbed into the skin.
• Bug Spray	Any bug spray is acceptable if you feel your child needs it. Be mindful that there are people with allergies to some of the harsher chemicals.

What NOT to Bring



Toys	Electronics	Tools/Knives	Glass Bottles
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Upton Rec is not responsible for lost, stolen, or damaged items. Any items of value, be it monetary or sentimental should be left at home. At the discretion of staff, any item may be held in the office until the end of the day at which point it will be sent home with the child. For any items that present a safety risk, staff will only return it directly to parents/guardians or other authorized adult to pick up the child. If we request any items to specifically be brought, we will contact the family to make that request. An example of this may be “Wear a costume for Halloween day.”