

## Preschool Camps Frequently Asked Questions

### What are the age requirements for preschool camps?

We offer two types of preschool camps. Sprouts half-day camps run from 9 am-12 pm and are open to children ages 3-5. Saplings full-day camps run from 9 am-3 pm and are open to children ages 4-5. In order to ensure program quality and to fairly allocate limited spots, we are unable to make exceptions to these age requirements.

### Is my child ready for camp?

Our preschool camps provide a safe, nurturing, and developmentally appropriate environment for children ages three through five. In order to provide the best experience for our campers, we require that they meet age criteria for their chosen camp *and*:

- are fully potty trained and can independently use the bathroom at Gilsland Farm;
- are willing and able to sit for short circle times, as this is when we review safety expectations and daily routines;
- can, with support and guidance, transition between activities and locations throughout the day (ex. snack to bathroom to hike).

Participation in our on-site [family programs](#) gives younger children a chance to build relationships with Maine Audubon educators and become familiar with Gilsland Farm without having to separate from their caregiver, making this an ideal way to prepare for attending camp when they are ready!

### What is your adult-child ratio?

We follow a 1:5 ratio and have room for ten campers each session. During the summer, our staff educators are often joined by one or more high school-aged volunteers participating in our Environmental Education Assistant (EEA) program.

### What is the camp day like?

Our daily schedule is a mix of structured outdoor activities and free play. Below is our typical routine, though changes due to weather, special activities, or children's needs or interests may occur.

We ask that all campers try to use the bathroom after snack and offer opportunities to use the bathroom during other transitions or as needed. We take water breaks frequently throughout the day and encourage everyone to drink water during snack and lunch.

Half-day camps (Sprouts)		Full-day camps (Saplings)	
9 am	Check in	9 am	Check in
9-9:20	Free play	9-9:20	Free play
9:25-9:45	Circle time	9:25-9:45	Circle time
9:45-10:15	Snack time	9:45-10:15	Snack time

10:30-11:30	Nature hike and art project	10:30-11:30	Nature hike and outdoor activities
11:30-12	Closing circle and free play	11:30-12	Art project and free play
12 pm	Check out	12-12:45	Lunch
		1-1:30	Rest/quiet time
		1:30-2	Free play/sunscreen reapplication
		2-2:30	Afternoon game or activity
		2:30-3	Snack time and closing circle
		3 pm	Check out

### **Is camp nut-free?**

Because Gilsland Farm is open to the public and we sell nut products in the Nature Store, neither our camp nor our facility is nut free. We wash hands before and after eating and use separate picnic blankets to separate campers from allergens as needed. Please contact camp staff before your child attends if you have any concerns or questions.

### **Do you offer before or after care?**

Unfortunately, we do not have the staff capacity to offer before or after care at this time. Our staff put lots of time and energy into creating an enjoyable and immersive camp experience for your child. We also factor camper stamina into our schedule - our young campers need time to rest and recharge after a busy day spent almost entirely outdoors.