

CAMP ADVENTURE GUIDE

Camp Adventure registrations are non-refundable and a credit will only be issued when and if a wait list is formed

Campers Backpack

Items campers need every day. Please be sure to clearly label all items with your child's first and last name.

Lunch

Sunblock

Water Bottle

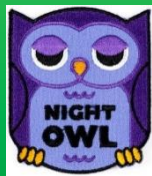
Swim Suit & Towel

Comfortable Sneakers

(no sandals, flip flops or open toe shoes)

Camp Adventure is perfect for children who:

- * Are between 5 and 12 years old
- * Love to experience new and exciting things
- * Enjoy being active all day
- * Want to make new friends and lifetime memories



Check out our NIGHT OWLS program at the YMCA Outdoor Education Center.

Camp Adventure, held at the Ithaca Y facility, 50 Graham Road West, not only provides a world of fun, friends and adventure for your child, we focus on values and character development. Caring, honesty, respect and responsibility are parts of every camp day. Campers will spend their days active and will explore new things focused around weekly themed activities. At the Y it is important that we engage campers in exciting experiences that keep their minds and bodies moving. Weekly trips will ensure they are never bored with their surroundings - there are always new things to discover.

YMCA CAMP ADVENTURE

Parent/Guardian Information

<u>Week</u>	<u>Dates</u>	<u>Weekly Themes</u>
1	June 26-June 30	Jump into Summer
2	July 3-July 7*	Beat the Heat, Water Week
3	July 10-July 14	Let the Games Begin
4	July 17-July 21	A Seussical Summer
5	July 24-July 28	The Animal Kingdom
6	July 31 - August 4	In a Galaxy Far Far Away
7	August 7-August 11	Slipping & Sliding through Summer
8	August 14-August 18	Retro Revolution
9	August 21-August 25	Minute to Win It
10	August 28-September 1	Nothing But the Best

*July 4th no camp in observance of Independence Day

A required Parent Orientation meeting will be held on Saturday, June 24 from 11:00–11:30 a.m.

Join us on this day to meet the counselors, staff, and experience the fun of camp, we will be meeting in the Y Wellness Center. We will be discussing the camp schedule, field trips, rules and regulations, discipline policy, and fees.

Weekly Trips: A community excursion is planned for each session; dates pending.

Camp Adventure Daily Schedule

(Tuesdays & Thursdays are 'field trip' days, campers must be here by 8:15a in order to catch the bus)

8:00 – 9:00	Morning Sign In	12:45 – 1:30	Activity 4 (swim classes)
9:00 – 9:10	Rotate to Activity 1	1:30 – 1:45	Rotate to Swimming
9:10 – 9:55	Activity 1	1:45 – 2:45	Group Swim
9:55 – 10:10	A.M. Snack	2:45 – 3:00	Rotate from Swimming,
10:10 – 10:20	Rotate to Activity 2	3:00–3:15	P.M. Snack
10:20 – 11:05	Activity 2 (swim classes)	3:15–4:00	Quiet time (reading program)
11:05 – 11:15	Rotate to Activity 3	4:00 – 4:45	Theme Fun &
11:15 – 12:00	Activity 3 (swim classes)		Character Development
12:00 – 12:45	Lunch, including cleanup	4:45 – 5:45	Choice Time & Sign Out
		5:45	Camp day ends

Children will rotate between 4 activities each day, which include:

- * Sports / Games
- * Arts / Crafts on Monday, Wednesday, Friday
- * Nature on Tuesday and Thursdays
- * Music on Monday, Wednesday, Friday
- * Swimming
- * Activity Rotations are now followed on certain field trip days.

☺ **Awards ceremony:** Every Friday during theme fun and character development time, an Awards Ceremony takes place, recognizing outstanding campers for their admirable accomplishments during the week.

YMCA of Ithaca & Tompkins County
50 Graham Road West, Ithaca NY 14850
607-257-0101 (f) 607-257-5828 www.ithacaymca.com

Behavioral Guidelines

Camp Adventure understands the importance of social growth during these formative years for the campers. Behavioral guidelines will be established with the goal of maintaining the physical and emotional well-being of each camper, as well as teaching self-discipline, self-reflection, judgment, and manners. Positive behavior management methods will be used to enforce these guidelines. Staff will use a behavior log to keep record of any behavioral disturbances during the camp day. Parents will be made aware of problems as they arise and are encouraged to follow through with disciplinary action at home in special situations. If the program staff determines that a child cannot benefit from the program or presents a danger (emotional, mental, or physical) to other campers, parents will be asked to withdraw their child from the program, no credits or refunds will be issued. Camp Adventure has a **zero tolerance level**, and any camper who is physically violent will be asked to leave the program for that day by the discretion of the Director. The Camp Director will decide as to when the camper may return to camp, conducive to Y set policies.

Sign-In/Out Procedures

1. Camp Adventure begins at 8:00 a.m. and ends at 5:45 p.m. Please check your camper(s) in directly with your camper's counselor.
2. Morning sign-in, between 8:00 a.m. and 9:00 a.m., will take place at the side gym door off the North parking lot. After 9:00 a.m., parents will need to bring children through the front entrance which will require signing in at the front desk as well as signing the child in with camp. **Children are not allowed to just be dropped off without signing in with their counselor.** On Tuesdays and Thursdays when the camp is going off site, children will need to be dropped off by 8:15 a.m. or will miss their bus.
3. Only the individuals specified on the green emergency medical card will be authorized to pick a child up from camp. Please arrive prepared to show identification to verify you are allowed to pick your child up, and please inform other authorized persons of this policy.
4. A late fee of \$1.00/minute per child will be charged for campers who sign out after 5:45p. Families who call to let us know they will be late still have to pay the late fee. Late pick-up fee payments must be made within 48 business hours of receiving notice, after which the child may be removed from further participation in program. No credits or refunds will be issued due to removal for lack of payment.
5. The YMCA staff under no circumstances can sign a camper(s) out of the program and into daycare (ie. Stay & Play).
6. **Please remember to check the Parent Information Bulletin Board for important news and fun information about Camp Adventure. The board is located in the hallway leading to the gym. Field trip information and a copy of the State Regulations will be posted on this bulletin board.**

It is important to check the board for information including info on your camper's counselor, description of your camper's group, and location of the weekly field trip.

Everyday Camper Needs

1. **Weather-appropriate clothes.** Please remember that morning weather is cooler than afternoon, and the park is cooler than the YMCA site. ***Campers must wear their camp T-shirt on field trip days!***
2. **Comfortable sneakers:** Sandals are not appropriate for hiking or sports/games. **Any camper who is wearing sandals will have to sit out for about 90% of that camp day,** for we are constantly doing activities that require sneakers. Please only have your child/ren wear sneakers
3. **Swimsuit and towel:** Swimsuits and towels are required on a daily basis. Campers must bring their own goggles, ear plugs, and nose plugs if they wish to use them as optional items.
4. **Water bottle:** Campers are sometimes located far away from water fountains when off-site, and should always have a water bottle.
5. **Sunblock:** Counselors will assist younger campers in applying sunscreen; older campers are encouraged to protect themselves from the sun. We recommend SPF 30.
6. **Lunch.** Your child's lunch should be packed in a cooler-type bag, as we are unable to provide refrigeration for the entire camp. Please do not pack food that spoils easily or needs to be heated up. **Campers will not be permitted to use the vending machines.** Please inform the Camp Director of any food allergies or dietary needs your child may have. Additionally, please indicate these allergies and their triggers on the emergency card provided.

Things from Home

1. Our camp provides a wide variety of games and activities for every camper; therefore, we do not permit children to bring toys from home. **Please do not bring playing cards, magic cards and any electronics, including cell phones. These items will not be allowed.** If such items (or similar items) are brought to camp, the staff and the YMCA cannot be held responsible for their safe return.
2. **It is very important that all clothing, towels, goggles, water bottles, and lunch pails are clearly labeled. Staff is NOT responsible for lost items. Be sure to check the camp Lost and Found on a regular basis which is located by the gym.**

Early Pickups

- ❖ Early pickups are often hard to facilitate, especially on field trip days. If an early pickup is absolutely necessary, please notify the Camp Director ASAP.

Camp Swim Lessons

Swim lessons are available for all campers for an additional fee. The lessons are held on Mondays, Wednesdays, and Fridays during the camp day. Lesson fees are incurred in addition to the one hour of recreational swimming included in the camp day, and when registering your camper you must specify that you would like **additional camp lessons**. All campers **MUST** pass a "deep-end test" in order to swim in the deep end of the pool at the YMCA, as well as the deep areas of water during off-site trips. Each camper will be required to wear a bracelet that identifies his or her swimming ability level.

Payment

Payment is due in full at the time of registration. Registration should be made in advance, as we allow a maximum of 90-110 campers per week, and spots quickly fill.

Fees are non-transferable and non-refundable. In emergency situations, an in-house credit will be applied *if a wait list is established for that camp week*.

Illnesses and Emergencies

1. Children who show signs of illness, including a runny nose, continuous cough, sore throat, unexplained rashes, swollen glands, headaches or stomach aches, or have had a fever within the past 24 hours, will not be accepted into the program that day. Other ailments that would restrict your child from summer camp include diarrhea, difficult or rapid breathing, yellowish skin or eyes, conjunctivitis, unusually dark urine and / or gray or white stool, stiff neck, vomiting, and evidence of lice, scabies, or other parasitic infestation.
 2. When a child becomes ill or seriously injured, the parent will be promptly notified and expected to pick their child up from camp.
 3. YMCA Camp Adventure is not able to administer medications. If your camper has to be given medication on a regular basis while at camp, the staff will be unable to administer that medication, with the exception of the description below.
- ❖ Camp Adventure is able to administer emergency medications as they relate to epinephrine auto injectors (epi pen), asthma rescue inhalers & nebulizers.

Transportation Policy

1. Parents are responsible for transportation to and from the Ithaca YMCA for drop off and pick up.
2. Tuesdays and Thursdays are field trip days for the summer camp. Parents are responsible to drop their child off at the YMCA no later than 8:15. If a camper misses the bus it is the parent's responsibility to get their camper to the field trip location. Location of the field trip is located on the parent bulletin board located in the hallway leading to the gym.
3. Campers must wear the seat belt while being transported.

4. If a parent needs to pick their camper up before departure from the field trip location it is the parents responsibility to contact the camp director and make plans for pick up.
5. In the event of an emergency the camp director and/or assistant camp director will if needed transport camper in his/her vehicle to the nearest hospital.
6. Parents must sign a field trip waiver before any camper can be transported by bus and/or staff member.

Important Phone Numbers.

Syracuse Regional Office
Dianne McLaughlin, R.O. Manager
NYS Office of Children and Family Services
Syracuse Regional Office
The Atrium
100 S. Salina Street, Suite 350
Syracuse, NY 13202
(315)423-1202

In the event of suspected child abuse or maltreatment, the YMCA staff or parent may contact the child abuse hotline at 1-800-732-5207 to make a report to the statewide Central Register of Child Abuse and Maltreatment.
Child Care Complaint Hotline: 1-800-462-8261

Evacuation Plan by Location

From Racquetball Courts:

- Primary Exit: proceed out past front desk and out the front exit
 Assembly area rear of main parking lot
- Secondary Exit: proceed to exit court turning towards Stay .N. Play to go to exit door.
 Assembly area rear of side parking lot

From Youth Activity Area:

- Primary Exit: out the rear of building
 Assembly area field out in back of the pavilion
- Secondary Exit: proceed out through the lobby and out front door
 Assembly area rear of main parking lot

From Gymnasium:

- Primary & secondary exit: Out any exit door
- Assembly area: rear of side parking lot

Once all students have been evacuated we will take attendance from the sign in sheets before proceeding back into the building

Prevention of Childhood Obesity.

Obesity and being overweight are the second leading cause of preventable death in the United States (US) and may soon overtake tobacco as the leading cause of death. By the year 2050, obesity is predicted to shorten life expectancy in the US by two to five years. Obesity is a significant risk factor for many chronic diseases and conditions, which reduce the quality of life, including type-2 diabetes, asthma, high blood pressure and high cholesterol. Increasingly, these conditions are being seen in children and adolescents. New York ranks second highest among states for medical expenditures attributable to obesity. The YMCA asks that families pack healthy nutritious lunches and beverages for summer camp. The Y has added the HEPA (Healthy Eating and Physical Activity) Initiative to our camp programs. This initiative focus' on insuring kids develop healthy habits around activity and healthy eating.

Contact Information for Camp Director Rachael Jackson rjackson@ithacaymca.com; 607-339-5298 (Cell)