

ST. CLOUD AREA FAMILY YMCA

# YMCA Summer Camp 2016

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Get Ready for the Best Summer EVER!!!

**Carolyne Anderson, Camp Director**

**Contact Information**

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## Weekly Camp Themes

### **Week 1- Aloha Summer**

Greet the summer with island fun, participate in sand art, Limbo, Hula Hoops and more. Enjoy island music and tropical treats at the Luau.

### **Week 2- Time Explorer (Oliver Kelley Farm)**

Ever wanted to go back in time? This week we will travel to different periods of time in history and see how life has changed.

### **Week 3- Drip, Drip, Splash**

Get ready to make a splash during this wet and wild week of camp! Campers will enjoy various water activities such as water bucket relays, water balloons, water balloon toss, water tag and more.

### **Week 4- Idol (Stages Theater Company- Annie Jr.)**

This week is designed for all of our campers to get on stage and give it all they got! We will have a talent show so you'll get to see all the amazing singers, dancers, and magic acts that our camp kids have to offer.

### **Week 5- Celebrate America (No camp of July 4)**

Enjoy a week of Red, White, and Blue. Learn about the USA and what makes us the melting pot of the world.

### **Week 6- Animal Planet (Como Zoo)**

We're starting off this week on the wild side. Our imaginations will take us to the zoo to explore the animals that live there.

### **Week 7- Harry Potter Week**

I solemnly swear that I am up to no good. Join us for a fun week of Harry Potter trivia, Quidditch, and YMCA magic. We will end the week by watching one of our favorite Harry Potter films.

### **Week 8- Back in time (Fort Snelling)**

Hop on board our time machine, we'll be traveling back in time to old school games, pioneer arts, and survival strategies that helped humans live off of the land. Come along for the ride!

### **Week 9- H2WOW**

There's no better way to spend a hot summer day than in the water. This week will be packed with fun water activities and swimming!

### **Week 10- Mysteries, Maps and Riddles (Charles Lindbergh Museum)**

Can you figure it out? What's that? Who did it? Where are we? Become a detective, discover new places and have fun with friends while trying to unravel the mysteries of camp.

### **Week 11- Super Hero Adventure (Summerland)**

Is it a bird? No. Is it a plane? No. Is it going to be a great camp week full of costumes, super powers and good deeds? Yes! Join us for this new theme where the adventures never stop.

### **Week 12- Spirit Week**

We've got spirit, yes we do. We've got spirit, how about you? Get ready for an explosion of camp spirit! Camp activities will be based on a new theme each day, such as backwards day and totally tie-dye day. It is sure to be a silly, spirited week.

### **Week 13- Games-games-games**

A week full of games and activities that focus on having fun, developing sportsmanship and learning to be a team player. You'll enjoy new games from variations on tag to Ultimate Frisbee®.

# Important Facts

## **All parents must attend ONE parent meeting**

- All meetings take place from 6-7pm.
- May 16<sup>th</sup>, May 24<sup>th</sup>, and June 2<sup>nd</sup>

**The St. Cloud Area Family YMCA is a non-profit, human service organization that puts Christian principles into practice through programs that build a healthy spirit, mind, and body for all.**

- Camp curriculum is centered on the YMCA Character Development traits of caring, honesty, respect, and responsibility. There will be a primary focus on fun, fitness, nutrition, and reading!

## **Financial Assistance is available to those who qualify.**

- Financial assistance applications are available at the Y or at [www.scymca.org](http://www.scymca.org). (50% and 25% assistance available).

## **Safety and Qualified Staff are a priority.**

- All camp staff are First Aid/ CPR certified and have experience working with children.

## **A Y family membership will save you money.**

- Save up to \$20 per child each week of summer camp with YMCA family or youth membership! Y family members also receive discounted rates on programs classes.

**It is our mission to provide a safe, thriving environment for young people to explore personal interests, build self-esteem, develop interpersonal skills, discover the benefits of the outdoors and learn about importance of living a healthy lifestyles in a relationship based environment.**

# YMCA SAFETY PRACTICES

The St. Cloud Area Family YMCA seriously takes the importance of the protection and safety of the children involved in programs. The St. Cloud Area Family YMCA has policies, procedures, and guidelines for staff members and volunteers who work with children. The following is a list of safety practices:

- YMCA staff members and volunteers immediately report any suspected abuse of children.
- The YMCA completes comprehensive pre-employment screening for staff members and volunteers, including employment reference checks and criminal history checks.
- All YMCA staff trainings include safety information, First Aid and CPR certifications, behavior management, and curriculum standards. Staff receives 20 hours of training.
- YMCA staff members are identifiable by a YMCA name tag and red shirt.
- YMCA staff takes child safety seriously.
  - Staff constantly count heads, perform roll call, and maintain visual contact with children at all times.
  - YMCA staff never leaves children unsupervised.
  - YMCA staff always remains aware of intruders, hazardous situations or areas, and unsafe practices.
  - Children will always remain within visual and hearing range of YMCA staff.
  - YMCA staff continues to reinforce the “buddy system” between children.

# Character Counts

## **Character Building**

The St. Cloud Area Family YMCA Summer Camp has a strong focus on building the confidence of each child through character challenges that encourage personal growth and the development of strong values. Campers will build character this summer as they focus on the core values below.

## **Caring**

Be kind and show concern for others. Express gratitude. Forgive others. Help those in need. Be compassionate.

## **Honesty**

Don't cheat, steal, or deceive. Keep your promises. Be reliable. Have the courage to do the right thing. Build a good reputation. Be loyal to your family, friends, and country.

## **Respect**

Live by the Golden Rule. Value the abilities and characteristics of others. Use good manners. Be considerate of another's feeling. Honor everyone's dignity, privacy, and freedom. Be courteous and polite.

## **Responsibility**

Do what you are supposed to do. Finish what you start. Always do your best. Exercise self-control. Be accountable to your choices.

# WHAT PARENTS NEED TO KNOW

## PAYMENT INFORMATION

- To make the payment process seamless on both ends (yours and the Y's), our regularly attending families will be set up in the auto-pay program. These "draws" will happen on the Friday before each week of camp that you are registered for. Auto payments will commence on June 3<sup>rd</sup> (for those kids registered for Week1).
- For anyone who prefers to prepay for Summer Camp (and thereby opt out of the auto-pay program), full payments needs to be made at the time of registration.
- Full payment is due by the end of business on the Friday BEFORE the week your child attends. A \$10 LATE FEE WILL BE CHARGED FOR EACH PAYMENT MADE AFTER FRIDAY. Children will only be allowed to attend camp on Monday morning if a receipt can be provided proving payment.
- Refunds/ credit will NOT be issued after the Wednesday preceding the week of camp unless the program is canceled by the YMCA.
- There are NO fee reductions for absent/sick days.
- There is a required deposit of \$25 per week per child to reserve a spot in camp.

## DROPPING OFF/ PICKING UP YOUR CHILD

- A parent/ authorized person must sign children in when they arrive and leave with camp staff when they depart daily. If not signed in, the YMCA cannot be responsible for the child!
- Photo ID REQUIRED at the time of pick up.
- Parents will be given 1 warning for a late pickup. Each time after there will be a LATE FEE of \$1 per minute.
- Chronic late pick up is grounds for dismissal from the camp program.
- If a child is not picked up by 7pm and the parent has not been in contact with the YMCA, Child Protective Services will be called.

## ABSENCES

- If you find that you will not be sending your child to a week of camp for which you pre-enrolled, please call the YMCA so that we may fill your child's spot.
- Please notify the YMCA in the event of an absence (due to illness, etc).
- There are no fee reductions or refunds for absences due to illness, vacations, etc.

## ADMISSION

- St. Cloud Area Family YMCA provides Summer Camp for children ages 5-13. Children with special physical or emotional needs will be accepted if the camp program is determined to be in the child's best interest and meets the child's Individual Education Plan (special needs families must meet with Carolyne, Camp Director, prior to camp).

## SWIMMING

- We will be swimming most days at camp. All campers will be put through a swimming test on their first day for access into the deep end of pools.

## **HEAT POLICY**

- Physical activity is limited when the heat index reaches 100F. Children will remain indoors when the temperature is 102 or above. Campers are given frequent water breaks and are encouraged to bring water bottles, hats, and sunscreen.

## **HEALTH & ILLNESS**

- If a child arrives ill or becomes ill, the parent or authorized individual will be notified immediately to pick up the child within one hour.
- Sick children will be monitored and isolated, with necessary supervision, until designated pick up arrives.
- Notify Carolyne, Camp Director, if your child contacts a communicable disease.
- The YMCA will administer prescription medication only WITH WRITTEN PARENTAL/GUARDIAN PERMISSION and instructions.
- All medications must be in the original container and clearly marked with the child's first name and last name, and MUST be given directly to a STAFF MEMBER. Aspirin will not be given without the express, written permission of the child's physician.

## **EMERGENCY PROCEDURES**

- The following procedures will be followed in an emergency situation:
  - A staff member will administer immediate first aid.
  - A staff member will notify parent/guardian.
  - If parent/guardian cannot be reach, or situation warrants immediate emergency assistance, the camp director will notify the designated physician and/or call the local emergency unit for treatment, accompany the child to the hospital, and stay until the parent/guardian arrives.
  - An accident report will be completed and kept on file at the YMCA.
  - Camp Leads will have cell phone on them at all times for emergencies.

## **PARENT PARTICIPATION**

- Parent are welcome to visit the camp site-contact Carolyne, Camp Director, for more information
- Parent must attend 1 meeting to learn about camp procedures.

## **CAMPERS NEED**

- Athletic shoes (no open toed shoes allowed)
- Weather-appropriate clothing (hats are encouraged)
- Girls must wear a one-piece swimsuit or a two piece tankini
- A nutritious peanut free snack lunch if not participating in hot lunch program (Details below). No sharing food. Campers do NOT have access to facilities to reheat or refrigerate food. The YMCA provides a morning and afternoon snack daily. Campers may bring an additional healthy snack with them.
- Breakfast will be provided for early drop off campers (those who pay the early drop off fee) before 7:15am.
- Waterproof sunscreen or sun block and bug spray. We recommend a waterproof, long-wearing formula for best protection. YMCA staff will remind campers to apply sunscreen on a scheduled basis.
- Backpack
- Water bottle
- Swimsuit and towel
- Book
- LABEL all items with camper's full name. Leave toys, knives, toy guns, water guns, etc. AT HOME. The YMCA has a zero tolerance policy for weapons, tobacco products, alcohol, drugs, etc.

### **DAILY READING**

- Please have your camper bring a book because we will read for 30 minutes every day. Camp does have books available for campers to borrow if needed.

### **HOT LUNCH PROGRAM**

- This summer we will offer a FREE hot lunch for all campers.
- We will send out monthly menus each month.

### **COUNSELORS IN TRAINING (CIT)**

- This program will last for 2 weeks and will be offered three different times throughout the summer.
- Cost-\$250 which includes CPR/ First Aid Training
- Contact Carolyne Anderson at [carolyne.anderson@scymca.org](mailto:carolyne.anderson@scymca.org) for more details.

### **LOST & FOUND**

- The St. Cloud Area Family YMCA will collect lost and found on a daily basis. It is the camper's responsibility to check the lost and found for misplaced items.
- Lost and found items will be kept for 2 weeks then taken to a local charity.
- The YMCA does not accept responsibility for lost or stolen items.

### **Field Trips**

- A signed permission slip is required to attend the field trip.
- DO NOT bring extra money for field trips unless specifically requested in advance. YMCA staff are NOT responsible for lost or stolen money.
- Behavior guidelines are enforced on field trips as well as at camp. Campers who cannot adhere to the rules may meet one or more of the consequences listed in discipline policy.
- We will be going on weekly walking field trips as well as bused field trips. There will be an extra charge of \$12 on weeks with a bused field trip (exception Summerland). If you do not wish to participate in the field trips you are unable to attend camp that day.
- Bused field trips will be during weeks 2, 4, 6, 8, 10, and 11. For the bused field trips we will need parent volunteer chaperones. To volunteer as a chaperone, please contact Carolyne at [carolyne.anderson@scymca.org](mailto:carolyne.anderson@scymca.org). Spots are limited. See form at end of packet for more information. Walking field trips will include local parks, St. Cloud Technical College, and the Whitney Senior Center.
- Campers must attend a minimum of three days of camp during the week of a field trip.

### **BEHAVIOR EXPECTATIONS**

- Camp staff and campers will create a set of rules which communicate the YMCA's expectation that each and every camper strive to be caring, honesty, respect, and responsibility during the first week of camp. These will be posted at the Y for all to see.
- See Discipline Policy for action steps taken.
- When inappropriate behavior occurs staff will: redirect behavior, speak with the child to determine the cause/ resolution and when appropriate assign special responsibilities to help the child build self-esteem.
- Chronic behavior problems will lead to dismissal from camp. These behaviors include, but are not limited to:
  - Destroying or taking property of other children, staff, or that of the site.
  - Rudeness or discourteous behavior to other children or staff.
  - Causing physical and/or emotional harm to other children or staff.
  - Any camper who vandalizes, damages, or otherwise destroys YMCA equipment, and/or supplies WILL BE HELD RESPONSIBLE for making the appropriate repairs and amends.



# DISCIPLINE POLICY

**Step 1 – Redirect:** Staff will redirect the camper to more appropriate behavior. Inappropriate behavior could include:

- Not treating other campers and/or staff with respect. Examples: swearing, pushing and shoving, name calling, confrontational attitude, and not following directions.
- Not acting appropriately during camp. Examples: running in halls, leaving group without supervision, not obeying stated rules, disrespecting equipment or property.
- Not behaving responsibly. Examples: lying, staling, horseplay, creating a dangerous situation for themselves or others.
- Any action or inaction that negatively affects other campers or staff.

**Step 2 – Time Out:** If a warning is ineffective, the child will sit out immediately for 5-10 minutes depending on the severity of their action.

- The camper will be reminded of the behavior guidelines and day camp rules, and a discussion will take place.

**Step 3 – Incident Report:** If a time out is ineffective or the child continues to display inappropriate behavior, the counselor will complete an incident report. This report will be given to the camp director. The director will have the discretion of speaking to the camper and/or parent depending on the action.

- If a child's behavior at any time threatens the immediate safety of them, other children, or staff the parent may be notified and expected to pick up the child immediately.\*

**Step 4 – Parent Meeting:** If problems persist the parents will be contacted to meet with the camp director and other pertinent staff. Guidelines will be established for the child to remain in camp.

- Continuing disruptive behavior may result in a 1 - 3 day suspension from the Summer Camp program.\*\*

**Step 5 – Suspension:** If established guidelines are not followed the parents will be called to pick up their child. At this time, the camp director and parents will establish a timeframe for re-admittance to camp.

**Step 6 – Dismissal:** For the safety and enjoyment of all campers the YMCA will dismiss a camper for unacceptable behavior upon return from suspension. The dismissal would result in loss of all program fees and exclude the camper from all other day camp sessions.

- Expulsion from the Summer Camp program will be considered if a camper's disruptive behavior cannot be redirected.

\* Parents are notified about any inappropriate behavior experienced at Summer Camp when they pick their child up at the end of the day (or at work if necessary).

\*\* The YMCA reserves the right to suspend any child from the program if necessary.

# Day Camp Vending Procedure

The vending machine is strictly prohibited during camp hours. Please be aware that this will be strictly enforced by camp staff during camp hours for all campers.

This decision has been made as we continue to educate our campers to make healthier food choices. While an occasional treat is ok, we encourage you to send healthy food at camp. Also, with the different food allergies affecting our youth, we need to control what they are exposed to.

## **HOW TO CONTACT US**

St. Cloud Area Family YMCA

Carolyn Anderson, Camp Director, [carolyne.anderson@scymca.org](mailto:carolyne.anderson@scymca.org) or 320-253-2664.

# ST. CLOUD AREA FAMILY YMCA SUMMER CAMP WAIVER PAGE

*Please read through and sign bottom of page and return to the Y!*

In signing this form, I DO hereby give permission for my camper to leave the St. Cloud Area Family YMCA without a parent/ guardian on all Summer Camp field trips. All campers will be under direct care of camp staff during field trips. I also agree to follow the St. Cloud Area Family behavior standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/educational materials.

In signing this form, I DO hereby give permission for the camp staff to apply sun screen and/or insect repellent on my child IF assistance is needed. Parents are responsible to make sure each child has sun screen and insect repellent. We recommend a waterproof, long wearing formula for best protection. The children should wear a minimum of SPF 30 product, but this may be higher if the child has the characteristics for a greater chance of burning. The guidelines on the product should be followed. For insect repellent, parents should stay away from providing products that include DEET. If necessary, they should get a product with a concentration of less than 10% DEET. Pump, liquid, and cream products are safer to use than aerosol products.

In signing this form, I DO hereby consent and authorize the St. Cloud Area Family YMCA staff to take any and all action, including use of medical services and hospital facilities as they deem appropriate in the event that my child should become ill or otherwise injured under the care of the Summer Camp program. In signing this form I release the St. Cloud Area Family YMCA from all claims of injury which may be sustained by above child while participating in any YMCA sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required I give my permission for such medical care.

In signing this form, I DO hereby agree to the everything in this parent information packet and this form and hold free from any and all liability the St. Cloud Area Family YMCA and its respective officers, employees, volunteers, and members, and do hereby for myself, my heirs, executors, and administrators, waive and release and forever discharge any and all rights and claims for damages which I may have hereafter accrued to me arising out of or in connection with my child's participation in any of the activities of the St. Cloud Area Family YMCA.

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Camper

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Parent/Guardian's Name (printed)

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Parent/ Guardian's Signature

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Date