

---

# YMCA SUMMER DAY CAMP



## PARENT HANDBOOK 2010



### RED WING FAMILY YMCA

**DAY CAMP  
DIRECTOR**  
KRISTY KETTE

**PROGRAM  
COORDINATOR**  
JESSICA WHEELER

**ASSOCIATE EXECUTIVE  
DIRECTOR**  
DAVID ANDERSON

**USEFUL INFORMATION FOR PARENTS REGARDING THIS SUMMER'S:  
WEE BACKPACKERS,  
TRADITIONAL DAY CAMP,  
&  
SPECIALTY DAY CAMPS.**

---

# YMCA Summer Day Camp

## Red Wing Family Y Day Camp Mission

The Red Wing Family Y provides safe and fun recreation that will develop skills and teach leadership while allowing participants to build lasting friendships and unforgettable memories. We would like to welcome you to an exciting summer!

## *What we have to offer...*

Y Day Camp is for children ages 4-10. The Y's day camp program offers a safe, positive, diverse environment where children gain confidence and build self-esteem while enjoying a fun-filled summer with the Y. Our program introduces campers to a variety of challenging and exciting activities that will strengthen their appreciation for teamwork and personal accomplishment. The strength of our camp stems from our groups, experienced staff, and dedication to enriching the lives of children.

---

## *What We Teach...*

### Red Wing Family YMCA's Core Values

All Y programs have a strong emphasis on the values of caring, honesty, respect, and responsibility. Adopted formally by the YMCA of the USA in the early 1990s, the four core YMCA values were developed to help teach kids right from wrong. We take pride in emphasizing these values in all of our programs at the Red Wing Family YMCA.

---

#### Caring

To love others, to be sensitive to the well-being of others, to help others.

#### Honesty

To tell the truth, to act in such a way that you are worthy of trust, to have integrity; making sure your choices match your values.

#### Respect

To treat others as you would have them treat you; to value the worth of every person, including yourself.

#### Responsibility

To do what is right, what you ought to do; to be accountable for your behavior and obligations.

---

---

## Behavior

The Y strives to make each child feel safe and cared for while at camp. When rules are broken, it is our goal to guide children based on our values for caring, honesty, respect, and responsibility. Misbehavior will be viewed as an opportunity to develop self-control, strengthen character, and resolve conflict in a non-violent way. When a child's behavior is not in the best interest of the total camp, counselors will take the following steps:

1. Redirection and reminder of rules and the consequences
2. Verbal warning and discussion
3. Time away from the group, writing, drawing, or no activity
4. Parent Notification
  - The first parent contact is a warning
  - The second contact we will ask that the parent pick up the child
  - The third contact will result in a suspension from camp lasting 1-5 days.



We embrace each and every child's differences. If you have any special concerns or an individualized education plan, please let us know. We will do our very best to accommodate your child's needs. If your child's behavior alters the service or safety we provide to the other participants, you could be asked to make other arrangements for the summer.

---

---

## *Summer Day Camp Policies*

### Medication and Illness (Camper Health)

Please be aware that to keep all our campers in good health, we ask that your child not participate in camp if she/he displays any of the following within 24 hours of camp:

- Fever over 100 degrees
- Vomiting
- Diarrhea
- Head lice or constant itching
- Unidentified rash or open lesions
- Pink eye
- Persistent cough or sore throat



If symptoms occur during camp session, we will notify you to pick up your child within one hour.

#### ADMINISTERING MEDICATION

Medication must be sent in a prescription-labeled bottle. Designated staff will only be able to dispense medication if all the following is clearly stated on the bottle:

- Name of medication and child's name
- Date of original issue
- Directions of use
- Prescription number and expiration date
- Physician's name
- Dosage and duration
- Name and address of licensed pharmacy issuing the medication

#### MANDATORY HEALTH FORM/WAIVER

Please download and complete health form and waiver at [www.redwingymca.org](http://www.redwingymca.org) and return to us by June 1<sup>st</sup>.

If you are unable to download the form online, please pick-up a copy at the front desk of the YMCA.

**\*\*Every child must complete a waiver before participating in camp activities.**

---

---

## Payment

**PAYMENT/BALANCE:** Any balance due must be paid in full by June 1<sup>st</sup>, 2010. Please contact the Red Wing YMCA with any payment and/or billing questions.

## Safety

Your child's safety is the most important thing here at our Summer Day Camp. Each and every one of our staff is CPR Certified. They go through an intensive training that emphasizes risk prevention and emergency procedure. We use the buddy system at all times, and there is no unsupervised intermingling with the public. We do our best to maintain a 1 to 5 ratio of staff to student, so your child will never go unaccounted for. Our capable and well-trained staff is committed to making each camper's experience at camp the best –and safest– it can be.

**Meals And Snacks** Campers will need to bring a nutritious sack lunch to camp each day, and a group snack for one day out of the week. You will receive a note the first day of camp with his/her elected day for group snack. Please provide enough for about 12 kids. When making choices for group snacks and your own child's lunch, we ask that you consider the ingredients that are on the packaging. If sugar is listed as one of the top 3 ingredients for an item, we would prefer your child to not bring it. We appreciate your cooperation in the nationwide effort to combat Childhood Obesity by choosing nutritious food over junk food. *Some healthy, preferable snacks would be:*

*For some more ideas on suitable, nutritious food ideas contact us here at the YMCA.*

- 
- Granola Bars
  - Fresh Fruit (grapes; sliced apples; oranges; bananas)
  - Applesauce
  - Goldfish Crackers
  - Pretzel

\*\*If possible please send items that do not contain peanut products, as in the past we have had some children with peanut allergies.



---

## ***Parent Checklist...***

The following are things your child will need to have with them at camp every day to make sure they have the most fun possible!

(Please label your child's belongings to avoid confusion with other campers')

**Sweatshirt or Jacket**

**Sturdy closed-toe shoes**

**Swimsuit & Towel**

**Raincoat (even if sunny!)**

**Sunglasses**

**Insect Repellent**

**1 box/bottle of 100% juice**

**\*No milk or pop**

**1 bottle of water**

**Non-perishable Lunch**

**Brush or Comb**

**Sunscreen**

## ***Special Weekly Events***

- **Camp Pepin Wednesday** - Every Wednesday we load up all of the Day Campers for a bus ride down to Camp Pepin. While there, they will explore all the excitement that our overnight camp has to offer. They will be enjoying the beach and other planned activities as guests of honor.
- **Thursday Cookout** – On Thursdays, instead of snack time, we have a group cookout! Each group will decide what they want to have to eat, and then each child will be responsible for bringing one item for the cookout. It may be ketchup, plates, buns etc... Again, you will only need to provide enough for your child's group (usually 10-12 campers). The kids really enjoy putting this on with their Camp Counselors!
- **Parent Lunch & Songfest** – On Friday, from 11:30-12:15, you are invited to join us for our weekly lunch and songfest! Bring lunch for yourself and let our campers provide the entertainment and fun. Meet us at the pavilion at 11:30 and at about 12:00 we will have a short songfest. Your entire family is more than welcome to join us!



# *A Day in the Life of Our Campers...*

---



## Spirit

- Team building games and activities
- Special events that incorporate teamwork, cooperation and fair play
- Activities and discussions that teach life skills and peaceful conflict resolution

## Mind

- Problem solving through group activities and projects
- Discussions on specific themes and related activities
- Special events and enrichment instruction
- Development of social skills and socialization through group discussion, snack and lunchtime conversation, and group projects

## Body

- Skill level achievement through enrichment activities
  - Good sportsmanship demonstrated during active games
  - Promotion of physical fitness through various sports challenges and contests
  - Awareness of need for nutrition and hydration
- 

## **Traditional Day Camp Schedule**

**9:00 AM – 4:00 PM**

**Monday – Friday**

9:00-9:15	Welcome
9:15-9:30	Cabin Group Meeting
9:30-10:00	Activity Period 1
10:00-10:30	Activity Period 2
10:30-11:00	Activity Period 3
11:00-11:30	All Camp Game
11:30-12:00	Lunch
12:00-12:30	Playtime
12:30-1:00	Storytime
1:00-2:00	All Camp Activity
2:00-3:30	Swimming
3:30-4:00	Snack, Songs, Closing

### **Drop Off & Pick Up Time & Place:**

Please drop your child off at 9:00 AM at Colvill Park. We meet at the Pavilion- you will see the Day Camp Banner. Then, please pick your child up at the YMCA at 4:00. Please be prompt as many of our staff members have other commitments that they need to get to.

---

---

## Wee Backpackers

4 & 5 Year Olds

9:00AM – 12:00PM

9:00-9:15	Welcome
9:15-9:30	Cabin Group Meeting
9:30-10:00	Activity 1
10:00-10:30	Activity 2
10:30-10:45	Snack Time
10:45-11:15	Activity 3
11:15-11:45	Playtime
11:45-12:00	Songs and Closing

### Drop Off & Pick Up Time & Place:

Please drop your child off at 9:00 AM at Colvill Park. We meet at the Pavilion- you will see the Day Camp Banner. Then, please pick your child up at the same location at 12:00 Noon. Please be prompt as many of our staff members have other commitments that they need to get to.

---

## Typical Specialty Camp Schedule

9:00 AM – 4:00 PM

Monday – Friday

9:00-9:15	Welcome
9:15-9:30	Cabin Group Meeting (transport to special camp if necessary)
9:30-11:30	Specialty Activity Based on Camp
11:30-12:00	Lunch (Join all other Day Campers)
12:00-12:30	Playtime at Colvill Playground
12:30-1:00	Storytime (Cool Down)
1:00-2:00	All Camp Activity
2:00-3:30	Swimming
3:30-4:00	Snack, Songs, Closing

### Drop Off & Pick Up Time & Place:

Please drop your child off at 9:00 AM at Colvill Park. We meet at the Pavilion- you will see the Day Camp Banner. Then, please pick your child up at the YMCA at 4:00. Please be prompt as many of our staff members have other commitments that they need to get to.

(We will mail any specific information needed for specialty camps to your house.)

---