

Randolph-Asheboro YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Summer Day Camp Program Information

YMCA Mission...

“To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.”

Randolph-Asheboro YMCA Summer Camp Programs

DAY CAMP

Youth ages 5-12 will be involved in devotions, new friendships, theme related activities, field trips, arts & crafts, sports, 4-H, swimming, team oriented games and much more! Groups are divided by age: Climbers (5-6), Hikers (7-8), Mountaineers (9-10) and Xtremes (11-12). Campers will participate in their designated group activities as well as camp-wide events!

CIT

An exciting leadership opportunity for teens ages 13-15 to interact with younger campers, learn expectations of a counselor, assist with day camp and do team building activities. Teens build character, knowledge, their volunteer resume and enhance their opportunity to excel in life with this program. Teens interested in this program need to submit a CIT Application. All applicants will not be selected-only those who show a true desire to be leaders. All teens selected to be in the program will be required to attend Y Camp and CPR/First Aid training sessions.

Day Camp Themed Sessions

Armor of God: *Put on the whole armor of God to fight against the devil.*

Jacob's Ladder: *God is always with us; watching over us and keeping his promises to us.*

The Miracle of Easter: *God loves us and gave his only son for us.*

Samson: *God made each of for a reason and exactly how he wanted us to be.*

Christmas in July: *Jesus is the reason for the season.*

Jesus Walks on the Water: *Do not doubt God; he performs miracles.*

The Ten Commandments: *God's instructions for how to live our lives.*

Hannah & Unanswered Prayers: *God knows what is best!*

Jesus Heals: *All wounds!*

Shadrach, Meshach & Abednego: *The three faithful men.*

Regular Group Activities include:

- *Swimming
- *Special Group Events
- *Splash Pad Fun
- *Community Programming (4-H, Scouts, etc.)
- *Outdoor games
- *Movies
- *Arts & Crafts
- *Sports
- *Scavenger Hunts
- *Field Trips
- *Teambuilding Activities
- *Community Service Projects

Summer Camp General Schedule

7:00-8:30	Drop off/Free Play/Social Time
8:30-9:00	Group Attendance/ Big Group Opening/Devotions
9:00-9:30	Snack
9:30-12:00	Organized Group Play/Activities/Field Trips
12:00-1:00	Lunch
1:00-3:00	Organized Group Play/Activities/Field Trips
3:00-4:00	Snack/Groups Gather for Dismissal
4:00-6:00	Free Play/ Teen Center/Classroom Centers/Pick-up

**Calendars for each week detailing each group's schedule of activities will be available on Thursday of the preceding week.*

Program Information

Safety

The YMCA believes that the safety and good health of your child is our first priority. Activities are planned and suited according to age. Each child is required to wear sunscreen daily for his/her protection. **IF YOUR CHILD DOES NOT HAVE SUNSCREEN HE/SHE WILL NOT BE ALLOWED TO PARTICIPATE IN OUTDOOR ACTIVITIES.** If a child has a mental and/or physical handicap, then a meeting must be set-up with the Program Directors to determine if a CAP worker will be needed to assist that child at camp. We have floatation belts for the children, who do not know how to swim, to wear (even in the shallow end of the pool). Many children actually learn how to swim just by "practicing" here at the Y. Also, a child (regardless of age) must first pass a swim test with a lifeguard in order to go past the 5 ft mark in the pool. The Aquatics Department offers swim lessons throughout the summer for infants all the way up to adults. If a camper is enrolled in swim lessons the Summer Camp Staff will take that child to swim lessons and pick him/her up. However; parents must let the staff know if their child is enrolled in swim lessons and the session time.

Staff

Your child will be carefully supervised by our counselors with a maximum of 15:1 child to adult ratio. All staff has passed a criminal background check before they are hired. Counselors are CPR/First Aid certified, have a safe driving record and completed YMCA Counselor Training. YMCA Staff Members are not allowed to transport children in their personal vehicles or “baby-sit” at any time.

CITs

Depending on the age(s) and size of the group, two to three Counselors In Training (CIT) will be assigned per group. The Program Directors will carefully screen CITs by assessing their applications, conducting & evaluating interviews with applicants and finally, contacting references with a detailed questionnaire regarding the applicant. After the application, interview and references have been compiled and calculated CITs will be chosen based on the most qualified and deserving individuals. ALL CITs will attend CPR/First Aid training sessions provided by the YMCA. They will also be trained by the Program Directors in a modified version of the YMCA Day Camp Training Module. CITs will be supervised by the Program Directors and the Camp Counselors. They ARE NOT responsible for facilitating program activities, direct care to Day Campers, bathroom/locker room supervision, behavior management or be solely responsible for a group or group of children. The role of CITs is to assist the Counselors, primarily with transition, lunch & snack times and with activities (crafts, games, sports, set-up/clean-up) and learn the characteristics it takes to be a YMCA Counselor. If a CIT is not fulfilling their role, they will be dismissed from the program by the Directors. ALL CITs who complete the program will be rewarded with an all-expenses paid trip to Wet N’ Wild Emerald Pointe!

Goals

Through a Christian perspective we want to provide your child with an experience that they will remember for years. We want to provide service that is convenient and affordable. We have scholarships available to families who may need assistance in providing a quality summer camp program for their child. Our programming will offer safe, fun, structured programs with games, devotions, field trips, arts & crafts, community programs, such as 4-H, and other enjoyable activities.

Camp Readers

The Randolph-Asheboro YMCA is participating in an exciting new program called *Camp Readers*. By including 30 minutes of reading time in camp time, the Camp Readers Program shows kids that reading is fun and builds their reading skills. Reading doesn't have to stop at camp. Here are some things you can do to help your child read home:

- **Read Together:** Read to your child every day to build good reading habits. Once your child learns how to read, take turns reading to each other.
- **Get Comfortable:** Look for good lighting, comfy chairs and quiet space for reading. If it's hard to set aside quiet space at home, plan a trip to your local library.
- **Read for Fun:** Help your child find children's magazines, comic books for kids, and books that match his or her interests.
- **Read and Play:** Help your child experience what he or she is reading. For example, if a book is about animals in the forest, go for a walk in the woods.
- **Start a Discussion:** Ask your child questions like, "What is the most interesting thing about what you are reading?" or "Who's your favorite character and why?"

Healthy Lunchbox Challenge

The Challenge is a fun and exciting way to help summer day camp providers improve the types of foods and beverages children bring for snacks and lunch. The Challenge focuses on encouraging children and their parents to pack daily Fruits and Vegetables for snacks and lunch and Water to drink – consistent with the National Afterschool Associations Healthy Eating Standards. The Challenge offers points to groups of children for bringing a Fruit, Vegetable, or Water to the camp. Points are tallied each Monday through Thursday, with the winner announced on Friday. Groups with the most points receive an award designated by the summer camp.

A Guide to Building...

Healthy Snacks & Lunchbox

P21P

Bring **WATER** everyday!

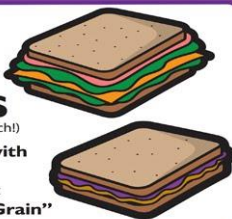
Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



Whole Grains

(Great for Snack or Lunch!)

Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

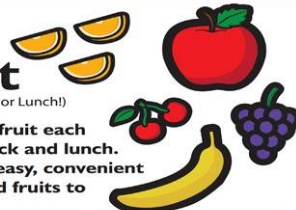
Snacks



Fruit

(Great for Snack or Lunch!)

Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Veggies

(Great for Snack or Lunch!)

Cost

Day Camp

\$30 registration fee (one-time, non-transferable, non-refundable fee)

\$95 per week- member rate

\$120 per week- non-member rate

***There will be weeks where additional fees for trips and programming will be due.**

Part-Time Day Camp

\$30 registration fee (one-time, non-transferable, non-refundable fee)

\$65 per week- member rate

\$90 per week- non-member rate

***This does not include fees for field trips or additional programming.**

CIT

\$30 registration fee (one-time, nontransferable, nonrefundable fee)

\$55 per week-member rate

\$80 per week-non-member rate

Payment Policy (Applies to Day Camp & CIT)

The Registration fee and first week's payment are due at the time of registration (scholarship members must pay the registration fee in full). For each week of attendance payments must be **paid by Friday of the week prior and are late if they are not made by 10pm of the following Monday**. Failure to make payments on time will result in the child not being able to attend the summer camp program until the account is paid up-to-date. There is a 10% fee on past dues. Also, any balance not paid prior to the start of your child's session may be charged on the account given for payment or result in the cancellation of the child's registration for that session. If a child comes one day during the week, full week's payment is required. If a child does not attend at all during the week, there will be no fees for that week.

Drop-Off/Pick-Up

When dropping off your child (drop off begins at 7am) we will sign your child in so we can assure that your child makes it safely to the program. When picking up you **MUST** sign your child out. Each counselor in charge of child pick-up will have a "pick-up" list, which contains names of all persons which you specified that have permission to pick-up your child. Any person other than the parent/guardian must present a picture I.D. for use to verify the name on the list. This is for your child's safety. If you want to add anyone to the list please let the counselor know. Pick-Up time ends at 6:00pm. **If your child is not picked up earlier than 6:00pm, charges will apply. The fee is \$1 for every minute past 6pm per child.** CITs do not have to be "signed-out", but we do ask that you notify their counselor that you have picked him or her up or that you have arrangements with the Program Director (in writing) for your teen to remain on site to work-out, use the Teen Center, etc.

Sickness/Illness/Medications

If your child is running a temperature or vomiting/diarrhea, please do not send them to camp until they have been fever/virus free for at least 24 hours. Also, if your child becomes sick while at the YMCA, you will be contacted by a counselor or program director to come pick him or her up with-in **ONE** hour of contact. If your child requires medication while at camp, please give it to a counselor or program director for safe keeping and discuss any dosing instructions with them.

Prolonged Absences/Vacations

Please inform your child's counselors or the program directors if you know your child will be absent from camp for one week or more. This will aid in program scheduling.

Randolph-Asheboro YMCA Basic Summer Camp Rules

- Listen and follow directions at all times.
- Respect the counselors and each other.
- Use appropriate language. NO PROFANITY!
- No fighting or horseplay.
- Keep hands and feet to one's self.
- Respect all YMCA property and equipment.
- No electronic devices are allowed at camp.

What happens if a rule is broken?

If a behavior continues after corrections, the individual will be asked to sit down. The counselor will let the individual know why they are sitting out and for how long. After the time is over the counselor will talk with the individual about the incident and what they can do better next time. If a child consistently behaves inappropriately, a parent conference will be arranged by the Program Directors. Depending on the behavior, an incident report may be written up and signed by the counselor and the parent and put on file. Suspensions will occur when the behavior interferes with the safety and/or well being of the rest of the children/or at anytime due to the severity of the offense. **A child can be suspended at any time.**

1st Offense: Write up to be signed by parent/parent conference

2nd Offense: Write up to be signed by parent/parent conference

3rd Offense: Write up plus suspension from camp for 1 day

***Also, if any vandalism or property damage occurs as the result of a deliberate act, the parent of the offending child will be held financially responsible for damages.**

YMCA Summer Day Camp Important Things To Remember

- Your child will be signed in by a counselor each day upon drop-off.
- If your child is not attending please let us know.
- We will have snack times twice a day (9am & 3pm).
- We will have individual group devotions each day at 8:30am.
- On splash pad & swimming days please remember to bring a swimsuit and towel (please put names on belongings).
- Please take time to pick-up your receipt when making payments – this helps with accuracy.
- You **MUST** sign your child out each day.
- If someone who is not on your pick-up list attempts to pick-up your child, the child will not be able to leave. However; if you need to make any additions or deletions to the pick-up list, please see a counselor.
- If you pick your child up after 6:00pm you **will** be charged \$1 for every minute late per child. **NO EXCEPTIONS!!**
- Payments must be made on Friday of the week prior to your child's session. If it's not received by Monday at 10pm late charges will apply (10% late charge will be added to accounts not paid on time). Also, your child will not be allowed to attend camp until the account is made current.
- **PLEASE BRING A WATER BOTTLE AND SUNSCREEN WITH YOUR CHILD'S NAME ON IT EACH DAY!**
- If you know that your child may be prone to accidents, please send a change of clothes each day (or speak with the program directors about leaving a change of clothes at the YMCA).
- Your child **MUST** have a bag lunch and drink daily! If he or she does not have a lunch, you will be contacted to bring them an appropriate lunch. *The YMCA vending machines do not carry sufficient items for an appropriate lunch.*
- Lunches should be ready-to-eat (no microwave dinners please)-Include a drink (no refrigeration)
- Lunches should have names on the bags or containers.
- Please send a morning appropriate snack along with lunch, daily. We will provide an afternoon snack.
- If you send money, please send it in a secure manner as the YMCA will not be responsible for lost or stolen items.
- **NO** electronic games or devices (including cell phones, ipods, etc) should be brought to the YMCA due to the possibility of theft. The YMCA will not be held liable for such items.
- **NO** game cards, toys, etc should be brought to the YMCA due to the possibility of theft. The YMCA will not be held liable for such items.
- If your child wants to purchase a snack from the vending machine, they have to buy it that morning before they come to camp.
- A schedule detailing your child's activities will be released on Thursday of the week prior to each session.