



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear Camp Parents,

Welcome to our YMCA Day Camp Family! Summer is a special time of the year and at Camp your campers will experience a variety of different activities geared towards developing them in all areas and making memories that will last forever.

Our camp kids will spend over 75% of the day outside rain or shine, so please dress them appropriately each day and ensure their sunscreen and bug spray is well stocked. While we are outdoors we will be encouraging the campers to take healthy risks, which means that they will probably get dirty and may end up with some scrapes and bruises. Know that your child's safety is always foremost in our counselor's minds and each YMCA employee is first aid and CPR certified.

As you are going through this folder of information please take the time to fill out the forms completely. Tell us all about your camper, even if they have been coming for years already! The more information we have, the better the counselors are able to plan activities that will interest and challenge them.

In order for campers to be successful during camp they will need a couple things from home: all of the required supplies from the supply list, a healthy lunch (please see the back for ideas), plenty of water, and at least 8-10 hours of sleep each night. They will also need things from our counselors and our counselors will be fully prepared to provide these when your child arrives. Some of these items are: clear limits, fun and laughter, guidance, new activities, and summers that will be remembered forever.

Finally, we are here for your family and encourage open communication throughout the summer. Please feel free to talk to any of the counselors about your child and their needs and know that my door is always open. We also encourage you to attend our family events throughout the summer and if you are interested you can also volunteer at camp.

Again, Welcome to our YMCA Day Camp Family!

Abbie Cline

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# Healthy Lunch Component Ideas

## Protein

Fish- Tuna, Salmon, Shrimp

Poultry- Chicken, Turkey

Meat- Ham, Sausage

Hard Boiled Eggs

Lentils- Peanuts, peas, chickpeas, hummus, beans, and nut spreads

Cheeses- cheese cubes, string cheese, cheese slices

Yogurt- frozen Gogurts, or try plain Greek yogurts flavored with honey and fresh fruits

## Fresh Fruit

Melon Chunks

Berries

Apple Slices

Orange Wedges

Kiwi

Mango

Grapes

Banana

## Fresh Vegetables

Sugar Snap Peas

Sweet Pepper Sticks

Sweet Potato Cubes

Avocado Slices (great on toast! add lime juice to keep from browning)

Cucumber Slices

Carrot Sticks

Broccoli and Cauliflower Florets

Spring Green Salad Mix

Spinach (in a salad or wrap)

Cherry Tomatoes

**Use dips to encourage eating!**

## Whole Grains

Whole Wheat- Crackers, Bread, Noodles

Granola

Oatmeal

Brown Rice

Tortillas

Quinoa

## Beverage

Milk

Water

Sports Drink

Pure juices (no sugar added)

**Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.**

**- <https://www.choosemyplate.gov>**



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# YMCA Day Camp Supplies

**\*\*Please ensure everything is labeled\*\***

- Tennis Shoes or Active Wear Sandals
- Water Bottle
- Towel \*On Swim Days
- Swimsuit (No Bikini's) \*On Swim Days
- Packed lunch (non microwavable, no soda, and iced or non refrigerated)
  - Consider
    - Protein
      - Such as meat, poultry, fish, eggs, cooked dried peas or beans, cheese or peanut butter
    - 2 vegetables or 1 fruit and 1 vegetable or 2 fruits
    - Whole grain bread or crackers
    - Milk or no sugar added juice
- Bug spray/ sun block
- No toys, electronics or weapons
- Any medication (prescribed or over the counter, including aloe or lotion) must be director approved and have a current med form on file.

## Things to Consider Bringing:

- Dress in active play clothes
- Sweatshirts
- Spare change of clothing

Each child will receive a Camp Shirt for field trips. This shirt will be kept at Camp until their last day of attendance.

A lost and found is located in the Multipurpose Room and the Welcome Center



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## Summer Camp FAQs

**Where do I drop my child off?** Please drop your child off outside at our sign in table. Their belongings will need to be put away and they will need to be signed in before you leave. The younger groups will head to the playground and the older groups to the field.

**Where will my child's belongings be kept?** Each group has a "base camp" or area where they will be keeping their belongings. Please refer to your child's group sheet for their assigned area.

**What do I do if my child loses something?** There are two lost and found areas: One at the front of the Multi-Purpose Room and one at the Front Desk. Please label your child's belongings.

**Which days will they be swimming?** Each week, each group will be going swimming on their assigned day. Please refer to your child's group sheet for their assigned day. We may swim on additional days but will notify you prior.

**How do you designate swimming ability?** Campers will be tested on their first day in the pool in order to designate their swimming ability. They wear a colored break away necklace that corresponds to their ability. Red= non swimmers, yellow=intermediate swimmers, green= advanced swimmers. These necklaces help to ensure their safety in the water. The campers can be retested at any time throughout summer.

**What is a special interest day?** Every Monday during opening ceremony the campers can sign up for a special interest activity with a counselor. These are activities that the kids are interested in doing with the counselor of their choice. Special interests could range from making fishing lures, building a fort, baking bread, or gardening. They will vary each week.

**What do you do if there is inclement weather?** We watch the weather closely throughout camp. If it is raining lightly we will still attend field trips and play outside. If there is more than a 50% chance of severe weather or there is lightning in the area we will be inside. If this happens for a field trip, we will reschedule the trip and will attempt to still provide a fun and different activity for the campers at the Y.

**What should I do if my child will not be attending for a day or more?** If your child will not be attending camp please notify us in writing at least 2 weeks prior. If your child is sick and will not be attending please call and leave a message at 715-362-9622 ext. 109.

**When is sunscreen and bug spray applied?** Sunscreen and bug spray are applied at least 3 times throughout the day.

**How do I sign my child up for additional Y programming like swim lessons?** If you are interested in signing your child up for any additional Y programming (swim lessons, gymnastics, ect.) please sign them up at the front desk and then fill out our alternative arrival and release form. This form both communicates to the counselors that they are signed up for these other programs and gives us permission to sign them out of camp for these programs.

**\*\* Assigned Group sheets will be available at Orientation or on your child's first day of attendance.**