

SENDING KIDS TO CAMP

At the YMCA of the Northwoods, we believe every child should experience a summer of imagination, wonder and adventure. As a nonprofit organization, we commit ourselves to removing financial barriers to camp through our camp scholarships.

Many families each year receive a camp scholarship. Our scholarships reduce camp fees by at least 25%.

Financial assistance is made available through the generosity of the YMCA Annual Support Campaign and other gifts and donations.

To help fund a camp scholarship please visit <https://www.ymcaofthenorthwoods.org/donate/> or visit the Welcome Center at the YMCA of the Northwoods to donate.

YMCA of the Northwoods

2003 E Winnebago St.

Rhinelander, WI 54501

715-362-9622

www.ymcaofthenorthwoods.org



**FIND YOUR FUN.
FIND YOUR Y.**

**YMCA Summer Day Camp
Parent Planner**

At Y day camp, your kids will make new friends and have tons of fun as they explore new adventures each day.

FOR A BETTER US

FIND YOUR Y AT

» YMCA of The Northwoods

[715-362-9622 ext. 109]

[acline@ymcanw.org]

[www.ymcaofthenorthwoods.org]

WELCOME TO CAMP!

We are so excited you have chosen our program to meet your family's camp needs.

Our camp provides the tools and activities for campers to make friends, belong and achieve while promoting our core values: caring, honesty, respect and responsibility. YMCA camps are planned and based on a set of beliefs that campers learn best from hands-on activities. We've created programs that center around the philosophy that campers need a chance to voice their preferences and make choices.

What happens next? Enjoy the rest of your school year. We will send you information about our Camp Open House, what to bring to camp and how to make sure you're registered for what your family needs. Check out our website and social media for updated information about schedules, special events and camp enhancements.

Please contact us with any questions.

LOCATIONS AND CONTACT INFORMATION

Rhineland Summer Day Camp 5-10 year olds	Abbie Cline acline@ymcanw.org
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Rhineland Leader's In Training Camp 11-13 year olds	Abbie Cline acline@ymcanw.org
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Rhineland Middle School Specialty Camps	Tammy Zellmer tzellmer@ymcanw.org
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Park Falls Summer Day Camp	Amy Weinberger aweinberger@csdk12.net
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Field Trip and Special Event Day Information

Field trips and Special Events are a major part of our programs. We feel that we have chosen experiences that are age appropriate for our campers. Below are some guidelines that will help us ensure that all of our campers have a safe, enjoyable time.

- Arrive on time! Review our Event Calendar to ensure your camper is on time for the special day.
- Be prepared! Make sure you have everything you need for the day.

Summer Camp T-Shirts

All Campers receive one YMCA Summer Camp Shirt to be worn on field trip days. Shirts will be kept at camp until the last field trip of summer. Camper names will be written on the collar of the shirt and shirts will be washed between wears.

Sunscreen and Bug Spray

In an effort to prevent sunburn at camp, we have established the following procedures for the safety of your child.

- All campers must apply sunscreen and bug spray before they come to camp, or upon arrival.
- All campers must have sunscreen and bug spray at camp with them. Both must be labeled and kept in a gallon size ziplock bag at camp. Counselors will inform you if you are running low.
- Please consider purchasing spray sunscreen, it is easier and quicker to apply so campers can get back to the fun faster.
- Sunscreen and bug spray will be applied 3 times a day (after each meal).

Electronics/toys

Please leave all electronic devices and toys at home. We will follow a schedule of predetermined activities each day and will not allow children to play with toys from home during this time. Anything brought to the Y from home must remain inside your child's backpack. The Y and its staff will not be held responsible for any items brought from home that are lost or broken. 19

Important Information

About Our Staff

We hire and train qualified and enthusiastic staff to help us provide a quality, safe and enjoyable program for all involved. All staff are trained to work with children in a Summer Camp, as well as trained in CPR, First Aid and Child Abuse Prevention. A national criminal background check and reference checks have been conducted, documented, and filed on all staff. The majority of our staff are college age and above, and have a passion for working with children.

Enrollment Forms

A YMCA Summer Camp questionnaire and Health History Enrollment Form must be completed annually for each camper. Registration is not considered complete until all documents have been turned in. These forms will be kept confidential; only staff working with your child will have access to this information. A copy of these forms will be sent with staff when campers are out of the building. If at any time your information changes, please inform the Camp Director or Coordinators. If we do not have all forms completed, your camper will not be able to sign in to our Summer Camp Programs.

Medication at Camp

All medication must be unexpired and in the original package with the child's full name on it. An authorization to administer medication form must be completed fully and on file. All medication must be turned into a Lead Counselor to be kept in a secure location while at camp. Rescue medications like inhalers and epinephrine injectors travel in the first aid kit with the camper's counselors at all times. All medical and allergy needs must be listed on the enrollment forms.

Child Abuse

The YMCA takes seriously the importance of the protection and safety of the children involved in its programs. Protecting children from child abuse is a special concern of the Y, because of the organizations role in promoting the personal growth and development of children and families. The YMCA will document any incident of abuse in writing and report in accordance with relevant state or local child abuse reporting requirements and will cooperate to the extent of the law with any legal authority involved.

DAY CAMP

Camp Philosophy

At camp our purpose is to provide a safe, fun and exciting camper driven experience through the demonstration of our 4 core values with a proactive member and camper first philosophy. We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause.

Check In/ Check Out Information

We use daily attendance sheets that require parents/caregivers to sign their camper in and out upon arrival and departure.

Absences

If your camper will be absent from the program, please notify the staff at least a half hour before their scheduled arrival time. If we do not hear from you by this time, the staff will contact the family; this is for the child's safety.



HOURS & DAYS OF OPERATION

The Rhinelander Day Camp for both 5-10 year olds and Leader's In Training starts at 8:00am and lasts until 4:00pm, Monday through Friday. Drop off is available at 7:45am and pick up as late as 4:15pm. The majority of our camp day is spent outside, please dress accordingly.

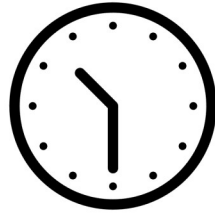
Schedule for a Day at Camp

*Wrap Care 6:30am-8:00am

Camp Activities 8:00am-4:00pm

*Wrap Care 4:00pm-5:30pm

*Campers must be enrolled in Wrap Care to utilize either of these time slots.



The Rhinelander Day Camp offers 12 weeks of Summer Camp. Pre-registration is required.

Camp Weeks are listed below:	July 22-26
June 10-14	July 29-August 2
June 17-21	August 5-9
June 24-28	August 12-16
*July 1-5	August 19-23
July 8-12	August 26-30
July 15-19	*Adjusted rate when Camp is closed on July 4th

PARENT CHECKLIST

REGISTRATION

- ⇒ Enrollment Forms
- ⇒ Camp weeks chosen and paid or scheduled
- ⇒ Programs enrolled in are correct
- ⇒ Supplies needed are acquired



EMAILS

PHONE NUMBERS

CAMP QUESTIONS ANSWERED

REGISTRATION CONFIRMED

A Camper is not officially enrolled in camp until all fees are paid or scheduled and all enrollment forms are complete.

Billing Policy



Billing is based off of the weeks and programs selected.

There is a \$25 registration fee.

All payments are auto drafted on Mondays for that week. A \$25 fee will be incurred per week for late payments.

There are limited spots in each program, schedules may be adjusted until **May 31st**. After May 31st a \$25 convenience fee will be processed for any schedule changes. All schedule changes must be communicated in writing at least 2 weeks prior.

There is a \$1.00 per minute fee for early arrival or late pickup outside of a campers registered program.

Campers must be enrolled in Wrap Care to utilize this service. Campers who are not picked up by the end of their registered program will be automatically placed into Wrap Care and charges will be incurred. Campers not enrolled in Wrap Care must be picked up by 4:15pm.

A \$35 fee will be incurred for returned payments.

Due to extensive scheduling for staff, activities and materials fees will not be pro-rated or refunded for any reason.

Split payments must be communicated and approved in writing to the billing department before charges are incurred. The agreement must state what account will be charged what amount and cover the entirety of the bill.

All outstanding balances must be paid before any camp services will be provided.

We accept Wisconsin Shares Child Care Subsidy Program.

All Split Household arrangements and Subsidy program payments must be arranged with our billing department before care is provided. Or individual on registration paperwork will be charged.

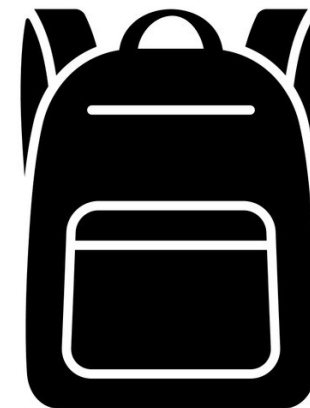


WHAT TO BRING TO CAMP

The majority of our camp day is spent OUTSIDE! Please make sure to dress appropriately, and leave any unnecessary items at home.

BRING TO CAMP

- Backpack (labeled with Camper's name)
- Cool, comfortable play clothes
- Gym shoes (no sandals or open toe shoes)
- Swimsuit
- Towel
- Healthy Lunch (see page 6 for guidelines)
- Water bottle (labeled with Camper's name)
- Sunscreen and bug spray (labeled with Camper's name)
- Sweatshirt (labeled with Camper's name)



OPTIONAL ITEMS

- Hat
- Sunglasses
- Goggles

ITEMS TO LEAVE AT HOME!

Electronics, cell phones, flip flops/open toe shoes, dressy clothes, jewelry, trading cards, toys, items of value.

The YMCA will not be responsible for items that are lost or stolen.

All campers should bring a refillable water bottle to camp each day. It's important for the health and safety of campers to stay hydrated. Campers are regularly reminded to refill their bottles at stations located around the camp spaces. If a camper comes without a water bottle, a \$2 fee will be added to the camper's account for a disposable water bottle to be provided for the day.

Ideas for Lunch

Lunches should contain the following:

- 1 Protein
- 1 Whole Grain
- 1 Vegetable
- 1 Fruit
- 1 Beverage

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 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!

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>

Beverage

Milk
Water
Sports Drink
Pure juices
(no sugar added)

Fresh Fruit

Melon Chunks
Berries
Apple Slices
Orange Wedges
Kiwi
Mango
Grapes
Banana

Whole Grains

Whole Wheat- Crackers, Bread, Noodles
Granola
Oatmeal
Brown Rice
Tortillas
Quinoa

Illness and Injury at Camp

With each child's welfare in mind, we ask parents/guardians not to send a child to camp if he/she has an illness or other contagious symptoms. Once given authorization from a supervisor, staff will have the right to ask for a doctor's note before a child may return to the Y. Please notify staff immediately if your child displays symptoms of any communicable diseases or contagious conditions. In order for your child to be allowed to return to the program after being ill, your child must be fever/symptom free for at least 24 hours.

If a child becomes ill or injured during camp hours, appropriate measures will be taken. Parents/guardians will be contacted and asked to pick up their child from the YMCA. In the event that we are unable to contact the parent or guardian we will review the emergency contact information to locate one of your designees who can pick up the child.

Criteria for Children Returning to Camp After Being Ill

Temperature	Fever Free for 24 hours
Ear Infection	After the first dose of medication
Conjunctivitis	(Pink Eye) May return after two doses of medication
Strep Throat	May return after 3 doses of medication; fever free
Rash	(with fever or behavior change) until a physician determines that the rash is non-communicable; bring note from doctor
Head Lice	After medicated shampoo is applied and hair is free of all nits; parents must notify Y immediately; inspection by staff is required
Mouth Sores	Until a physician determines that the sores are non-communicable; bring note from doctor
Vomiting	24 hours after vomiting stops

Behavior Guidelines

It is the Y's goal to provide a healthy, safe, and secure environment for all participants. Children who attend the program are expected to follow the behavior guidelines based on the Y's four core values and to interact appropriately in a group setting.

Behavior Guidelines:

- We will care for ourselves and for those around us.
- Honesty will be the basis for all relationships and interactions.
- People are responsible for their actions.
- We respect each other and the environment.

When a participant does not follow the behavior guidelines, we will take the following steps:

1. Staff will redirect them to more appropriate behavior.
2. The participant will be reminded of the behavior guidelines and rules, and a discussion will take place.
3. If the behavior persists, a parent or guardian will be notified of the problem through the appropriate means listed below.
4. The staff will document the situation.
5. Staff will schedule a conference with the parent or guardian and an Individual Learning Plan will be implemented.
6. Staff will schedule a progress check or a follow-up conference.
7. If the problem persists, staff will schedule a conference that includes the parent or guardian, participant, staff, and program director. The program director will have all documentation and the notes from the previous conferences for review.
8. If a child's behavior at any time threatens the immediate safety of that child, other children, or staff, the parent or guardian may be notified and expected to pick up the child immediately.
9. If a problem persists and a child continues to disrupt the program, the Y reserves the right to suspend the child from the program. Expulsion from the program will be considered if the needs of the child cannot be met.

The following behaviors are not acceptable and may result in the immediate suspension of a participant:

- Endangering the health and safety of children or staff, members, and volunteers
- Stealing or damaging Y or personal property
- Leaving the program without permission
- Continually disrupting the program
- Refusing to follow the behavior guidelines or rules
- Using profanity, vulgarity, or obscenity frequently
- Acting in a lewd manner

SWIMMING AT CAMP

One of many campers' favorite time of the week is swimming! Our summer camp offers swimming once a week for each group. See the schedule for your camper's specific swim schedule. Camp counselors will accompany the children to the locker room and pool. Children in camp must be able to handle their own dressing needs—counselors are unable to dress or undress children. Since campers enjoy swimming during the day, we ask parents to plan pick up times around their child's swim times, or have the child not swim that day.

Swimming Pool Safety Policy

All campers will be swim tested once a month. Campers that do not know how to swim or do not pass the swim test will be fitted in a coast guard approved life jacket and will only be allowed in the shallow water. All campers must wear a break away swim necklace that designates their swim ability while in or near the water. No exceptions to this rule.

Swim Test Requirements

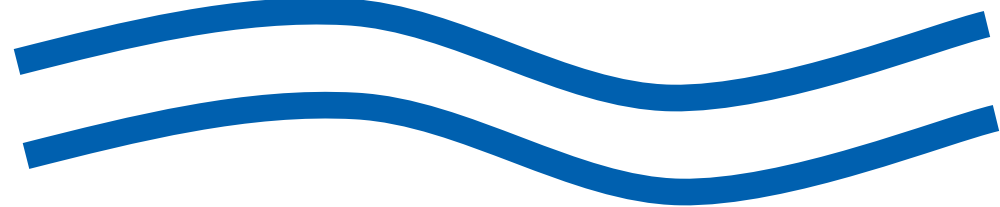
Red Band: Non swimmers. May not go past deep side of mushroom area.
No slide is available for red bands

Yellow Band: Can swim across the mushroom area well- no doggy paddle. Can go up to armpit deep (when standing flat footed) in water. Can go down the water slide if tall enough (4ft).

Green Band: Can swim 25 yards with face in water, feet behind them, not out of breath when done, and has a relaxed stroke. Can float on back when done with 25 yard swim. Can swim anywhere. Can go down the water slide if tall enough (4ft).

Slide Rules for Camp:

Must be green or yellow band
Must be 4 feet or taller



Daily Schedule

Camp starts at 8:00am and goes until 4:00pm.

- Drop off starts at 7:45am
- Pick up ends at 4:15pm

Sample daily schedule:

8:00-8:30	Breakfast
8:30-9:00	Playground
9:00-9:30	Opening Ceremony
9:30-11:00	Arts and Crafts
11:00-11:30	Lunch
11:30-12:00	Reset
12:00-1:00	Swim
1:00-1:30	Gym
1:30-2:00	Playground
2:00-2:30	Snack
2:30-3:30	Science
3:30-4:00	Closing Ceremony

*Schedules are subject to change.

WRAP AROUND CARE

Care is available outside of the regular camp day from 6:30am-8:00am and 4:00pm-5:30pm Monday through Friday.

*Campers must be enrolled in wrap care to use this service.

Middle School Enrichment Camps



For Youth Entering Grades 7-9

9:00am-4:00pm Monday- Friday: Starting July 8th

Enrichment camps offer campers a fun and safe environment to stay active, build new friendships, learn skills, and develop new interests. Our welcoming and inclusive environment is ideal for students to develop their independence and build supportive relationships.



DATE	THEME
July 8-12	Immersed in Art
July 15-19	Game On!
July 22-26	Let's Get Cooking
July 29-Aug 2	Ricochet Leader's Camp
August 5-9	Snack Attack
August 12-16	Immersed in Art
August 19-23	Full STEAM Ahead

Leader's In Training

Leader's In Training (LIT) is a part of camp for campers age 10-12 years.

The LIT program uses a strong curriculum that not only allows them to participate in all of the fun of camp, but also helps campers develop leadership skills in...

- › GOAL SETTING
- › TEAMWORK
- › CONFIDENCE
- › CHARACTER DEVELOPMENT
- › LEADERSHIP SKILLS

Camper's are introduced and build upon skills throughout their camp experience.



Each summer the LITs lead a service learning project that gives back to our Rhinelander community.

Due to the nature of the curriculum, the LIT program is only offered for full week enrollment.

Weekly Themes

Welcome to the Jungle

Real Life Heroes

Masters of Destruction

Are You Smarter than a Camp Counselor?

H2Whoah!

Holiday Bonanza

Mess Fest

Lights, Camera, Action!

Spirit Week

Lost in Space

Around the World

Where the Wild Things Are

No Theme Week

At Camp each week we use a theme to help guide our activities and enrichment. The above are a list of some of our favorite themes.

Field trips

We will take at least 3 **FIELD TRIPS** off property during Camp.

Places we may go:

Nicolet College

Children's Museum

Monk Botanical Gardens

Hodag Lanes

We will also have pick up and drop off at **HODAG PARK** at least 3 times.

Beach Swimming

Capture the Flag

Kickball

Cardboard Boat Races

A permission slip must be signed prior to each trip that communicates time and place, any additional supplies to bring and gives the Y permission for your camper to attend.



Special Events

Throughout Camp we will also have Special Events like All Camp Activities, Guest Speakers, and Interest Days.

ALL CAMP ACTIVITIES

Splash Fest

Trick or Treating

Talent Show

Camp Car Wash

Color Wars

Safety Around Water

Egg Drop



GUEST SPEAKERS

Northwoods Explorers

Rhinelander Police Department

Rhinelander Fire Department

Wild Instincts

Rhinelander Public Library

INTEREST DAYS

Campers sign up to participate in an activity planned and led by a counselor, showcasing the counselor's interest or talent.