

YMCA SUMMER DAY  
**CAMP**



**Early Bird  
Registration  
Begins On  
Mar. 4/2024**

**YMCA of Central East Ontario**

**John Williams YMCA Summer Day Camps 2024**

[ymcaofceo.ca](http://ymcaofceo.ca)

# Camp Information

## **We Build Strong Kids**

All of our camps provide opportunities for campers to learn and grow. Campers will learn new skills, develop greater self-confidence and create memories that will last a life time.

## **We Create a Safe and Supportive Environment**

We provide a healthy, safe and secure environment for all participants. We treat everyone equally, understanding the individual needs of each camper as well as the overall group.

## **We are Committed to Quality**

The YMCA of Central East Ontario Day Camps are committed to maintaining the highest standard of quality care to ensure fun, safe and a memorable camp experience for all.

## **We Build Positive Relationships**

At the YMCA we understand that children and youth need positive peer and adult relationships in their lives. We create a camp environment that encourages campers to develop lasting relationships with their peers. At the same time we want to develop a relationship with our camp parents. We welcome you to ask questions and share your feedback with us.

## **The YMCA Camp Staff**

The YMCA recognizes the tremendous impact a positive day camp experience has on the development of a child. Our camp staff are carefully selected based on experience, leadership and the ability to work with children. Our camp staff are graduates of or current university, college and senior high school students who have a personal interest in ensuring that every camper's experience is one that they will cherish and remember forever. All YMCA staff hold current Standard First Aid/CPR 'C' certifications as well as a clear Vulnerable Sector Check. Our staff attend pre-camp training covering topics such as Healthy Child Development, Child Protection and Safety, Behaviour Management, Program Planning, Policies and Procedures, Camper Safety and on-site Situational Training.

## **Sharing Community Values with Values Beads**

Values Beads play an important role as a sign of character and personal achievement. As a form of recognition, beads at camp promote positive behaviour, and are a constant reminder of what we value as a camp community. Throughout the week, beads are awarded to children for demonstrating YMCA Core Values and achieving success.

## **Convenient Camp Hours**

Monday – Friday 8:00am-4:30pm

## **Inclement Weather**

YMCA Camp Staff will modify camp activities to accommodate for hot and humid weather. This will include frequent water breaks, increased water activities, less active games/activities, increased usage of shade and cooler areas of the camp. These precautions will allow campers to enjoy a fun and safe camp experience, even on the hottest days. Coordinators will inform you through text or email by 7:30am if the camp will be moved to another location.





# Camp Information

## **Inclusion Support Program (4-12 years old)**

The YMCA of CEO is committed to working with families to support campers with special needs, whether developmental, physical, cognitive, emotional or behavioural. Inclusion support is facilitated by our inclusion counsellors who are youth with at least 1 year of experience working with children. They receive YMCA training and are not licensed professionals. Inclusion support is given to children that may need extra help at certain times during the day, in order for the camper to have a successful experience during our day camps. Please note we do not offer personal care and campers should be able to use the toilet by themselves and dress and change themselves independently.

We do not offer a one-to-one support but families are welcome to send a personal support worker to camp with their child. Providing they have a full criminal and vulnerable sector police check, reads and comprehends and signs off on YMCA's child protection policy.

## **Behavior Policy**

The YMCA of CEO strives to be a fun, safe and active environment where everyone has a chance to be their best. All campers, staff and volunteers pledge to treat each other with dignity and respect. Behaviour that prevents others from enjoying a positive camp experience will not be permitted.

Campers may be asked to leave based upon inappropriate or unsafe behavior such as abusive language, aggression or use of prohibited items such as (but not limited to) tobacco, alcohol, non-prescription drugs or offensive printed materials. Refunds are not granted if a camper is sent home for misconduct.

## **Head Lice Policy**

We do regular head checks to help control the spread of head lice. It is our policy that if a child is found to have head lice, they will be permitted to return to the program only when they are nit free. You will be given information on how to best deal with head lice if your child is found to have it.



# Frequently Asked Questions

## How Do We Sign In and Out?

To ensure the safety and well-being of each camper, we require all campers to be signed in and out everyday by a parent or guardian 16 years or older. Please inform the sign in staff daily if there are any custody issues or extenuating circumstances we should be aware of. The sign in guardian will indicate who will be picking up the camper that day. The camper will be released to any person listed on the registration form under 'Who is authorized to pick up the camper'. Be prepared to present **Government Issued Photo Identification** when picking up campers.

## How Do I Register?

Registration can be done online at <https://ymcaofceo.ca/camp/> or in person at the John Williams YMCA. All camp registrations require a minimum \$25 non-refundable deposit. At time of registration payment may be made in full or the remaining balance may be paid by pre-authorized chequing, VISA, AMEX or Mastercard. Payment plans can be arranged with membership staff, payments must be received in full at least 2 weeks prior to each camp week. A \$20 NSF fee will apply to any payments that are returned to us.

If registering online to make the process easier please fully complete one week of camp and that will save your answers. You can then do the rest of your weeks and not need to re-answer the questions. Please answer all questions on the Registration fully and to the best of your ability.

The YMCA of Central East Ontario strives to provide a fun and inclusive experience for all of our campers. At the time of registration please make us aware of any special requirements for mobility, behavior, or other resources your child may need to participate. The more informed we are, the better service we can provide. If your child requires special assistance at school, they will be best cared for and set up for success with 1:1 support at camp (the YMCA is not able to provide 1:1 support).

***Early Bird Registration begins March 4, 2024. Rates increase April 10, 2024.***

## What If I Can't Afford the Camp Fees?

With the assistance of our Strong Communities Campaign, the YMCA fulfills our Mission by ensuring children, regardless of their financial circumstances can enjoy a positive day camp experience. Please stop by our Membership Services desk and we can assist anyone limited by their financial situation.

## Refund Policy

Requests for refund/credit or swap must be requested in writing at least 14 days in advance of the session start date. A \$25 administration fee applies to any camp refund (including those with a medical certificate). If cancellation is within 7 days of the camp starting, no refund will be issued. Refunds are not granted if a parent/guardian withdraws a camper early from the camp week or if a camper is sent home for misconduct.

## What Should My Child Bring to Camp?

Please bring the following items daily:

- Swimsuit and towel in a plastic bag
- Labelled reusable water bottle and snacks
- A hat, sunscreen, change of clothes and running shoes
- Weather appropriate clothing
- Nutritious PEANUT/NUT FREE Lunch (All lunches and snacks will be checked by the camp leaders at first snack)
- Please label any homemade or food that does not contain an ingredients label with the ingredients

Please do not bring any valuables, toys or electronics to camp. If these items are brought to camp, they will be removed and returned at the end of the day. The YMCA is not responsible for any lost items.

Lost and Found Items will be left at the camp sites for 2 weeks and then they will be donated.

## Camp Reminders

Please remember to label all of your child's belongings!

Valuables should stay at home. Money, electronic games, phones, iPods, jewellery, etc. are not always safe at camp.

For the safety of all campers, we ask that all parents and guardians provide Government Issued Photo ID when picking up your children.

Due to allergies, we ask that no nut or peanut products be brought to camp.

## Camp Checklist

- ✓ Reusable Water Bottle
- ✓ Sunscreen
- ✓ Hat
- ✓ Swimsuit & Towel
- ✓ Running Shoes
- ✓ Nut Free Lunch & Snacks
- ✓ Energy
- ✓ Smile

# Quinte West & Trenton Camps

**John Williams YMCA/School Camps**  
**Drop Off/Pick Up:** YMCA/Trent River School  
**Camp Hours:** Monday - Friday 8:00am - 4:30pm  
**Early Bird Camp Fees**  
**Members** \$225.00/wk | **Non-Members** \$250.00/wk  
**Camp Fees After April 10, 2024**  
**Members** \$250.00/wk | **Non-Members** \$275.00/wk

## Camp Kinder - Ages 4-5

*(Trent River School location only)*  
Ratio: 1 Counsellor to 8 Campers

Camp Kinder has been specially planned with our youngest campers in mind. We offer a safe setting with lower staff to camper ratios. This camp is a great introduction to structured programs. Campers have the opportunity to explore a variety of activities and materials. Each week also offers theme related activities, songs, circle time, stories and creative play. *Children must be 4 years of age by the week that they are enrolled in camp. All children in this age group must be able to independantly toilet, dress and change themselves.*

## Camp Junior - Ages 6-8

*(2 locations to choose from - YMCA branch or Trent River School)*  
Ratio: 1 Counsellor to 10 Campers

Camp Junior is designed for this age group's curiosity and energy. Each week presents a new theme which is highlighted in games, songs, arts and crafts, creative play, sports, adventures and more.

## Camp Senior - Ages 9-12

*(2 locations to choose from - YMCA branch or Trent River School)*  
Ratio: 1 Counsellor to 15 Campers

During this multi-activity week, campers will play sports, get artsy, unplug from technology, and participate in a variety of games. Camp Senior will give campers the opportunity to learn, grow, make new friends, try new things and have fun.

| Week | Dates           | Theme               |
|------|-----------------|---------------------|
| 1    | July 2-5*       | Blast Off to Summer |
| 2    | July 8-12       | Sea, Sand & Sun     |
| 3    | July 15-19      | Super Hero          |
| 4    | July 22-26      | Animal Week         |
| 5    | July 29- Aug. 2 | Olympic Week        |
| 6    | August 6-9*     | Around the World    |
| 7    | August 12-16    | Great Outdoors      |
| 8    | August 19-23    | Carnival            |

*\*Camp doesn't run August 5. Fees are adjusted accordingly.*





# Leaders In Training

## Leaders in Training (LIT's) Ages 13-15

**Location:** Trent River Public School

**Dates:** July 22 - Aug 2 and Aug 12- 23

**Camp Hours:** Monday - Friday 8:00am - 4:30pm

**Member Fee:** \$225.00 **Non-Member Fee:** \$250.00

Do you want to make new friends? Build your confidence and skills for the future? Help your community? Feel even better about yourself? If so, the YMCA Youth Leaders in Training program (LIT's) could be for you.

Designed especially for youth between 13 and 15 years old, the program takes the best of today's youth and helps them become the leaders of tomorrow. LIT's combines leadership training, teamwork, self-government, and volunteer placement within camps to help build confidence – and connections.

This program can open doors for you, giving you the opportunity to:

- Meet other youth
- Build new skills
- Participate and get involved in your community
- Earn volunteer hours

This two-week program will provide the opportunity to learn the technical skills associated with delivering camp activities through group discussions and planning. Participants will have applied those learned skills in real time with the campers, helping them to develop and grow as leaders as well as focusing on responsibility.

If participants would like to continue to volunteer through the summer, they are welcome to return if they have shown strong leadership in their placement week.



## Aquatic Leaders in Training (LIT's) Ages 13-15

**Location:** John Williams YMCA

**Dates:** July 22 - Aug 2 and Aug 12- 23

**Camp Hours:** Monday - Friday 8:00am - 4:30pm

**Member Fee:** \$225.00 **Non-Member Fee:** \$250.00

Aquatic Leader in Training provides youth the opportunity to get involved in the YMCA Aquatic department as well as their community. Community service, philanthropy, volunteerism and health and wellness are all covered. The program will also see participants complete their bronze star and work on assistant swim instructing, water proficiency, first aid and recognition of rescue situations.

As they have built up their leadership skills, they will be giving the opportunity to use their new skills with the aquatics team on the pool deck and during swimming lessons. This is a great stepping stone towards Bronze Med and becoming a lifeguard and swim instructor while giving back to the community.



# Daily Schedule

|             | John Williams YMCA  |  | School Camps     |
|-------------|---|--|------------------|
| 8:00-9:00am | Arrival/Sign In   |  |                  |
| 9:00-9:30am | Morning Circle<br>All campers come together to welcome the camp day (camp rules, songs, circle games)<br>Group Time<br>Review of the camp values, review value of the day, go over daily activities, sunscreen, SNACK |  |                  |
|             | Activity Block 1  |  | Activity Block 1 |
|             | Activity Block 2  |  | Activity Block 2 |
| Noon        | LUNCH (sunscreen)   |  |                  |
| 12:30pm     | Free Choice - Games, climbers, colouring & bracelets, sports  |  |                  |
|             | Activity Block 3  |  | Activity Block 3 |
|             | Activity Block 4  |  | Activity Block 4 |
| 3:30pm      | Afternoon Circle<br>Program announcements, individual/group beads for demonstration of character, SNACK   |  |                  |
| 4:00-4:30pm | Sign Out<br>Organized activity stations   |  |                  |

**Activity Blocks** include a variety of different activities that are designed to match the weekly theme. The staff will introduce new and exciting activities on a daily basis to complement the traditional camp games that the children look forward to year after year. The activities are organized in a way that balances high energy activities with quiet activities while adapting to the needs of the campers, the weather, and the camp area. Examples of daily activities include: active games, teambuilding activities, nature activities, crafts, science experiments, trivia, scavenger hunts, sports, and more.

**Swimming:** Campers at John Williams YMCA camp will participate in swimming or water activities. Swimming times may be subject to change depending on the weather, the condition of the pool, and the size of the camp group. Staff will provide adequate time for the campers to change to ensure they do not miss out on their swim time or activities.

This schedule may vary to accommodate special events and weather conditions. A weekly newsletter that outlines a detailed schedule based on the weekly theme and upcoming events will be distributed on the first day each week.







**Balsillie Family Branch**  
123 Aylmer Street South  
Peterborough  
705-748-9622

**Belleville Branch**  
433 Victoria Avenue  
Belleville  
613-966-9622

**John Williams YMCA**  
50 Monogram Place  
Trenton  
613-394-9622