



YMCA  
DAY  
CAMP

# 2023 YMCA SUMMER DAY CAMP

## INFORMATION GUIDE

visit our website at  
[www.ycamp.ca](http://www.ycamp.ca)



# Dear YMCA Day Camp Family

Thank you for choosing YMCA Day Camp for your child's summer camp adventures. To help you and your camper prepare for their summer camp experience please read through this information carefully. Our day camp curriculum is based on the principals of YMCA Canada's Healthy Child Development. This is an intentional approach to developmentally appropriate programming; it's the basis of how we help your child grow the YMCA way. If you or your camper(s) have any questions about the upcoming summer, we encourage you to give us a call.

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## Camp Hours

The structured camp program operates between 8:30am and 4:30pm. Extended care is available from 7:30-8:30am and 4:30-5:30pm.

**Late Pick Up from Camp:** Families who are late picking up their child will be charged an additional \$15 per 15 minutes per late pick-up occurrence.

**IMPORTANT NOTE:** Only those indicated on the registration forms as authorized pick-up will be allowed to pick-up your child from camp. For your child's safety, no exceptions will be made to this rule. Authorized pick ups must be 16 years or older. **AUTHORIZED PICK-UPS WILL BE REQUIRED TO SHOW PHOTO ID EACH AND EVERY DAY.**

## Drop-Off Procedure

- Within 15 minutes of drop-off beginning, the Supervisor will be in place at their assigned drop-off location.

### Sample Drop-Off and Pick-Up Schedule

	DROP-OFF BEGINS	PICK-UP TIME CLOSES
Extended Care	7:30am	5:30pm
Regular Camp	8:30am	4:30pm

## Sign-In Procedure

- The Coordinator may greet each family and ask parent/guardian to answer all questions on the Sign In Document.
- Once the camper is signed in, the camper will be escorted from their guardian to their camper group location.

## Pick-Up and Sign-Out Procedure

- Pick-up schedule will begin as per the Drop-Off and Pick-Up Schedule.
- The Supervisor will greet each family and they will ask the parent/guardian to produce identification.
- The Supervisor will verify that the parent/guardian is authorized to pick up the camper as per the information on their form
- The child will be escorted from their camper group to their guardian

## Sign in and Sign out

In order to ensure the safety of campers, we require all campers to be signed in and out each day by a parent or guardian 16 years of age or older. At sign in you will indicate who will be picking up your camper at the end of the day. Your child will only be released to those indicated as authorized to do so. **Photo ID will be checked each and every day.** Please make sure to notify the YMCA Camping Branch office of any changes to those authorized to pick up your child.

## Typical Camp Day

TYPICAL DAY AT CAMP	
7:30am-8:30am	Optional extended care
8:30am-9:00am	Camper drop-off
9:00am-9:30am	Opening circle and morning announcements
9:30am-12:00pm	Camp fun! (craft, active games & circle activities)
12:00pm-12:30pm	Lunch time
12:30pm-3:30pm	More camp fun! (nature exploration, water activities & cooperative games)
3:30pm-4:00pm	Closing circle & core value beads
4:00pm-4:30pm	Camper pick-up
4:30pm-5:30pm	Optional extended care

## Home Notes

At the conclusion of the first day of camp, campers will bring home a more detailed outline of expected programming for the week. Programming may need to be altered in the event of inclement/hot weather, but it will give you an idea of what to expect. Some activities happen every day at certain YMCA branch camps that are outfitted for them (i.e., water activities). Some activities may only happen once during the week. We also remind campers about the Friday BIG DAY theme, so that you may start brainstorming costume ideas with your camper. It is important that your child knows what they are bringing to camp, and items are labelled as much as possible.

## Programming Expectations

YMCA Day Camp programming provides campers with a broad range of activity options. Our emphasis is on creating experiences for campers based on the principals of YMCA Canada's Healthy Child Development. YMCA Day Camp programming grows with your child, providing new activities or more challenging activities as a camper progresses through our day camps. Specific activities listed in the brochure are meant to give you and your camper an idea of what is available at a given day camp site and should not be considered a guarantee that they will participate in all those activities in a single day. Many of our activities are weather dependent. For example, nature hike is a program that will not occur during a thunderstorm or may need to be modified during excessively hot weather. Some activities may be affected by unforeseen circumstances, for example, mechanical failure. Our day camp sites will try to ensure that campers get to experience as many activities as possible as described in the brochure and on the website, but sometimes in order to ensure the overall safety and wellbeing of campers, it is not always possible. *Please talk to your camper's on site leadership team or Day Camp Counsellor for more specifics about daily programs.*

## Talking to your child's day camp counsellor

While we encourage parent communication and are happy to speak with you about your child's day camp experience, you may not get an opportunity to meet your Counsellor face-to-face. If you do have any specific questions or concerns about your child's day camp experience, please speak to your day camp's Site Director and they will help you out.

## Big Day Themes

Every Friday at Day Camp is BIG DAY! This is a special day where everything revolves around a fun theme. Campers and staff are encouraged to dress up according to the BIG DAY theme; while costumes are not mandatory they do make the day more enjoyable. Simple ideas work well too, like a towel for a cape or swim goggles for a mask. Please remember to leave toy weapons at home. It's a really fun way to end the week and all our age sections join in the fun. All our sites celebrate the same BIG DAY theme at the same time!

### Take a look at our BIG DAY themes for 2023

<b>WK 1:</b> July 3-7	Carnival
<b>WK 2:</b> July 10-14	Superhero
<b>WK 3:</b> July 17-21	Outer Space
<b>WK 4:</b> July 24-28	Animal Planet
<b>WK 5:</b> July 31-August 4	Detective Days
<b>WK 6:</b> August 8-11	Construction Camp
<b>WK 7:</b> August 14-18	The "Magic" of Camp
<b>WK 8:</b> August 21-25	Wellness Week
<b>WK 9:</b> August 28-September 1	Celebration Nation

## What to Bring to Camp

We expect your child to be responsible for everything they bring to camp. Your child's day camp Counsellor will certainly help their campers manage their belongings, but it is important that your child knows what they are bringing to camp. Keep in mind that your child will be very active, and camp can be rough on clothes. Try not to send campers in new or expensive clothing. Proper footwear is essential and we recommend running shoes. Camp continues rain or shine; please check the weather each morning to ensure your camper is properly prepared for the day.

### Label Everything Your Child Brings To Camp

We suggest iron-on/stick-on labels or permanent marker for all items. Campers are expected to be responsible for their own belongings. Your camper should help you pack their backpack each day so that they know what is coming with them to camp. The YMCA of Southwestern Ontario cannot accept responsibility for clothing and/or equipment lost at camp or in transit.

### Day Camp Packing List

- Appropriate clothing for weather conditions (jacket, rain gear, and rubber boots)
- Comfortable, closed-toe footwear (running shoes). **No flip-flops, Crocs or sandals, please!**
- Sun hat and sunscreen (waterproof minimum SPF 30)
- Swim suit and towel
- Refillable water bottle ESSENTIAL (metal or strong plastic)

- Insect repellent (Outdoor camps)
- Lunch, snacks and drinks (details below)
- Pack it all in a properly sized backpack

## Lunches

Your camper will be active for most of the day and may be hungrier than usual, so be sure to pack a large, nutritious lunch, 2 snacks, a drink, plus a refillable water bottle. In our ongoing efforts to respect the environment try packing your camper's food and drinks in clearly labeled, reusable containers. We recommend that you send lunches in an insulated lunch bag with an ice pack to keep them cool during the day. You can also try freezing water bottles and juice boxes the night before camp. YMCA Day Camp does not provide lunch or snacks and we strive to be nut-free. There are lots of websites that can provide you with lunch ideas. Feel free to share on our Facebook page any links to great sites that you have found. **Please be respectful of campers with severe life threatening allergies, and keep peanut butter and other nut products at home.**

### Recommended snacks:

Fruit, pretzels, granola bar (peanut free), cheese and crackers, yogurt, drink boxes/ bottle of water.

### Recommended lunch:

- Sandwiches (whole grain bread, meat, cheese)
- Fruit (apple, pear, orange, banana)
- Vegetables (carrot, celery, cucumber)
- Drink boxes / bottle of water

Campers will not have access to a microwave or refrigerator at camp. Please do not send items that need to be heated up with your camper.

Campers will not have access to a food court. Do not send money with them with the expectation that they will purchase their lunch at camp. You must pack a bag lunch for your camper.

## What NOT to Bring to Camp

PEANUT / NUT PRODUCTS, ipods/itouch, video games, knives, cell phones, matches, pets, personal toys, playing or trading cards. YMCA Day Camp will not be responsible for any lost, broken, or stolen items.

## Lost & Found

All Lost & Found items will remain at the camp site until the end of the summer. Socks and underwear are not kept. Items will be stored at the camp site until the last week of camp. Items may be claimed by appointment between 9:00am and 4:00pm. All unclaimed items will be disposed of after this time.

## Inclement and Hot Weather

Campers spend a considerable amount of time outside at all of our day camp sites. In the event of inclement weather, activities will be modified to ensure the safety of our campers. For YMCA branch camps this involves spending more time indoors. For our outdoor camps this involves moving activities into areas or cancelling some activities.

YMCA Day Camp staff will modify camp activities to accommodate for hot weather in order to ensure

the health and safety of all participants. This will include frequent water breaks, water activities, less active games and the use of shaded and cooler areas of the camps. These precautions will allow all campers to enjoy a fun and safe camp experience, even on the hottest of days.

## Camper Behaviour

Please take a moment and review our behaviour expectations with your child.

At YMCA Day Camp, safety is of the utmost importance and our goal is to provide a caring, respectful and supportive environment for every individual, campers and staff alike. Our staff are trained and experienced in providing high quality care for our campers. If a situation arises in which a camper threatens the safety or well-being of another person or themselves, or diminishes the camp experience for others, we will make every effort to correct the behaviour. Parents/guardians will be notified and if the behaviour continues the YMCA reserves the right to remove the camper from camp on a one day suspension. Should the behaviour continue upon the camper's return to camp, the YMCA reserves the right to remove the camper for the remainder of the camp session and/or future camp sessions. Should removal be required no refund will be granted.

In certain circumstances, a camper may be removed from the camp environment without warning if their behaviour jeopardizes the safety of campers or staff or where the camper is engaged in illegal activities. The YMCA will not be held responsible for any costs associated with a camper's dismissal and no refunds will be provided.

Your child's needs are important to us. If there is anything you feel we should know to ensure your child's success at camp, please email [daycamp@swo.ymca.ca](mailto:daycamp@swo.ymca.ca).

## Camper Health and Wellbeing

Your child's safety is our first priority. All day camp staff are fully trained and certified in First Aid and CPR. In the event of a minor incident, YMCA staff will provide immediate appropriate care. All day camp Counsellors carry a basic First Aid Kit with them at all times during the camp day. Each Day Camp site has a quiet rest area where your child can rest if they become ill.

In the event that your child needs medical attention apart from minor injuries, we will ensure immediate, staff-accompanied transportation to the nearest hospital. If the situation warrants, we will call an ambulance. We will make every effort to contact you or your designated authorized/emergency contact(s), and will stay with your child until you arrive. Please note you will be billed for any additional costs.

We also expect that all campers are toilet trained prior to attending day camp.

## Protecting our Community

The safety and well-being of our campers, their families, and our staff team is our number one priority. In order to protect our community, our YMCA Day Camps have implemented a number of new practices to help prevent the spread of COVID-19 and other communicable illnesses that all day campers and their families will be required to follow. If you have any questions or concerns about these additional protective practices please get in touch with us at 519-453-8858.

## Medications

If you are sending medications to camp with your child, they must be in their original package, clearly labeled with both the child's name and the instructions for use. YMCA staff will collect any medication from campers each morning and hand them in to the office for secure storage and distribution to your child. Medications that require immediate use, such as an asthma inhaler or Epi-pen, will remain with the child or the day camp Counsellor. Parents must complete a Medication Administration Form.

## Absence

If your child is going to be absent from camp, please call your child's camp site directly and report the absence to the Camp Supervisor in advance (see contact numbers below). If it is an unforeseen absence, please call your child's camp site first thing that morning to again report the absence. If you are leaving a voice message to report the absence please be sure to give the full name of your camper and the specific camp program they are attending, as well as the details of the absence. If a camper is not present at morning attendance and no absence has been called in, YMCA staff will begin calling the contacts listed on your camper's registration to ensure you are aware of this absence.

Families receiving financial assistance through their municipality should confirm with their case worker the number of eligible absent days available to you for the summer. Should you exceed those number of absent days, you will be responsible for full cost of the non-assisted rate for the days in which your child is registered but not present nor cancelled prior to the regular registration closure deadline. In order to avoid being charged for the exceeded absent days, you must give the YMCA Financial Assistance Administrator notification of withdrawal from any day camp program by the regular registration closure deadline of noon 6 days prior to the program start date by email.

Please review your agreement with your city or municipality to ensure you understand their policies regarding total number of absent days allowed for registered programming.



## Site Attendance Lines

Bob Hayward YMCA Day Camp	519-451-2395 ext. 357
StarTech.com (Bostwick) YMCA Day Camp	519-907-3300
Brights Grove YMCA Day Camp	519-336-9622
Camp Saredaca Outdoor Centre	519-336-9622
Centre Branch YMCA Day Camp	519-667-3300
Chatham YMCA Day Camp	519-360-9622
Central Huron YMCA Day Camp	519-482-3655
Fanshawe Conservation Area Day Camp	519-902-8666
Goderich YMCA Day Camp	519-524-2125
Lambton Shores YMCA Day Camp	519-786-9622
Middlesex Centre YMCA Day Camp	519-601-7033
North Middlesex Day Camp	519-459-9622
Petrolia Day Camp YMCA Day Camp	519-882-2232
Sarnia - Jerry McCaw Family Centre Day Camp	519-336-9622, option 0, ext. 245
Sarnia - YMCA Learning and Career Centre	519-381-2430
Strathroy YMCA Day Camp	519-245-6075
St. Thomas YMCA Day Camp	519-631-2418
Stoney Creek YMCA Day Camp	519-667-4400
Woodstock YMCA Day Camp	519-539-6181
Wortley YMCA Day Camp	519-453-8858

If at any time you are unsure who to contact at the above numbers please contact the Camping Branch Administration at [daycamp@swo.ymca.ca](mailto:daycamp@swo.ymca.ca) or 519-453-8858.

## Weekly Registration Closure

If your child(ren) had a really great week at camp and want to attend another week, please ensure that registration happens before Thursday at noon prior to the start of the following week of camp. This is when registration closes for the upcoming session.

## Cancellations/Withdrawal Policy

All cancellation requests must be submitted by email directly to the Camping Branch Office at [daycamp@swo.ymca.ca](mailto:daycamp@swo.ymca.ca) with subject line "Withdrawal Request" followed by your camper's first and last name. Cancellation requests received prior to 6 business days before start of the affected camp session will receive a refund less the \$50 non-refundable deposit. Any cancellation requests received less than 6 business days prior to the affected camp session or during a camp session will not qualify for a refund. A doctor's note is required for cancellations due to medical reasons or if you cancel due to signs of COVID-19. Refunds may take 2 to 3 weeks to process.

**The YMCA reserves the right to cancel any program where registration numbers are not adequate to run an effective program. If a camper does not pass the COVID-19 screening they will not be allowed to participate. Families will be notified at the weekly registration close. Options for a refund or transfer to another site will be discussed at that time.**

For further information please contact your local branch or the Camping Branch office in London.

## Session Changes

Changes to camp sessions (camp weeks) can be made by calling our Camping Branch office 519-453-8858 or at your local branch. All changes must be made at least six (6) business days in advance of the camp week. Due to limited spaces in certain programs at certain sites, change requests may not always be possible.

**IMPORTANT:** If you are receiving financial assistance, two weeks notice for all changes is required.

**HOLIDAYS:** All day camps closed on Monday, August 7, 2023.

## Photographs

Photographs are taken continually throughout the camp season. Your child's photo may appear in publications produced by the YMCA of Southwestern Ontario. Should you wish your child's photo NOT be used, please contact the Camping Branch office prior to the start of your child's camp.

## Tax Receipts

For eligibility criteria, please check your tax return information package. Receipts are issued at the time of registration. Please keep the original receipts.

## Change of Contact Information

Please inform the Camping Branch office at 519-453-8858 if any of your contact information changes. It is important to us to maintain current phone, email, mailing address and emergency/authorized pickup information.

## Follow the Day Camp Experience

YMCA Day Camps is boldly embracing social media to help our families share their camper's experience. You can become connected by "liking" our Facebook group, search the name YMCA of Southwestern Ontario Day Camps.

## YMCA Community Starts Here

The YMCA is one of Canada's oldest and most diverse charities – since our beginnings in 1851, the YMCA continues to serve all ages, all backgrounds and abilities through all stages of life. The YMCA is for everyone. We believe that everyone should be able to participate in programs they need regardless of their ability to pay the full fee. To ensure affordable access, the YMCA offers financial assistance to those who would otherwise be unable to benefit from proven programs and services.

Learn more about YMCA Community Starts Here campaign at [www.ymcaswo.ca/donate-now](http://www.ymcaswo.ca/donate-now).

Community starts here. 

## **Feedback**

We welcome your feedback on all aspects of our YMCA Day Camps. We participate in the national YMCA Canada parent satisfaction survey which will be given to you during the camp session. This survey is an important component of our quality assurance measurement and we encourage all families to participate for as many weeks as your camper is registered.

We welcome your feedback at any time.

Please direct your feedback about our day camps to [daycamp@swo.ymca.ca](mailto:daycamp@swo.ymca.ca).

## Contact Us

519-453-8858

165 Elmwood Ave E., London,  
Ontario, N6C0A8

Visit us online at  
[www.ycamp.ca](http://www.ycamp.ca)



### MISSION

The YMCA of Southwestern Ontario's mission is to be dedicated to the enrichment of our communities through growth in spirit, mind, and body for people of all backgrounds, beliefs, and abilities.