

## Welcome to Camp!

Dear Parents,

The YMCA of Regina is committed to providing the best possible camp experience for your children. I hope that this booklet will help to familiarize you with some of the important systems and procedures used at the YMCA.

The YMCA believes that summer programs can be greatly enhanced through communication and preparation before and after the program. Please take a few minutes to review the information contained in this booklet.

Talking to your son/daughter about their upcoming camp adventure is a very important first step in preparing for their time at the YMCA. Life at YMCA Summer Day Camp may be different from the routines and patterns of home and school.

Setting a positive tone and clarifying expectations can greatly help your child make a successful transition into camp. The YMCA Summer Day Camps aim to support and encourage children in demonstrating values-based behaviour within the camp community. Your child will be encouraged to demonstrate respect for the YMCA, their fellow campers, counselors, and the environment. They will be encouraged to share in all experiences and to work and play positively with others.

They will be encouraged to share in the responsibility of keeping YMCA property and their own personal belongings in order. They will be encouraged to foster an environment of caring and acceptance, and to behave with integrity and honesty. As parents, you can help reinforce the value of these duties and the importance of taking a willing and cheerful attitude towards them.

We hope that this booklet will serve to answer many of your questions. If you are unsure about any aspect related to camp, please feel free to contact us.

We are all looking forward to having your child join us this summer!

Thank you for entrusting us with their care.

Sincerely,

Sonya Musleh YMCA of Regina 306-757-9622 ext. 336

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#### **About In-Person Camps**

YMCA Summer Day Camps are so much more than fun in the sun! Our in-person camps are structured around active living and recreation, where each child's interests and individuality can be celebrated. Campers will enjoy outdoor activities, sports, swimming, and outings into the community, in addition to explorations into the creative arts and sciences.

#### **Hours**

Day Camp operates from 9:00 am to 4:30 pm. For care before or after these times, Pre and Post Care is available from 7:30-9:00 am and 4:30-5:30 pm at an additional fee.

#### **About Virtual Camps**

YMCA Virtual Day Camp will be conducted through a combination of remote and online delivery to support children and families looking for a summer day camp experience with the option to attend by distance. Campers will meet for twice-daily Zoom video calls with the Camp Counsellor. Additional camp theme resources and links will be shared with parents and caregivers to help virtual campers stay active and engaged throughout the week.

#### **Supply Kits and Materials from home**

The YMCA will supply learning materials and Project Kits in order to facilitate camper engagement. However, expect to use some resources from home such as drawing and colouring supplies, paper, glue, scissors, etc. Projects will also rely on recycled materials; therefore, parents can start collecting newspaper, paper rolls, cardboard, etc. prior to the start of camp.

#### **Zoom call Times:**

9:30-10:30 am

1:30-2:30 pm

Pre & Post Care is not available for Virtual Summer Day Camps.

#### **How to Register for Camps**

Registrations can be done online through your YMCA of Regina Member Portal, over the phone or in person. Registrations must be completed in full for each camper before the camper's first day.

Registrations will be accepted throughout the summer. Each camp week has a maximum capacity and we encourage early registration to avoid disappointment.

There will be no daily drop-ins.

#### **Cancellation Policy**

Withdrawals made more than 7 days prior to the start of program will be provided a full refund. Parents may request a refund of the balance or leave a credit on their account for future use. You may withdraw and re-register into another program without penalty prior to 7 days before the program start date. No refund will be given if the withdrawal is within 7 days of the program start date.

## Camps (6 to 12-years old)

#### **Camp Descriptions**

#### **Artful Antics (In-person and Virtual)**

Creativity gets silly! Campers will use the arts as a means of self-expression and creative development – all while getting messy and having fun. Projects will include 2D and 3D visual artworks, drama, music, dance and storytelling.

#### **Swim Camp (In-person)**

Make a splash this summer! Swim camp is the perfect fit for the swimming fanatic looking to improve their skills. Daily swim instruction is provided by certified instructors based on the YMCA Learn to Swim and level 1-4 Star Programs. Campers can earn a full swim level within the week while having fun and making new friends! Other camp activities include co-operative games, outdoor activities, and creative arts. Please provide current swim level certification upon registration.

#### **Quest (In-person and Virtual)**

To go on quest is to seek something great. Throughout the week campers will be on a whirlwind adventure indoors and outdoors, spending time learning outdoor education while also participating in scavenger hunts and brain teasers! By the end of the week, Campers will be equipped with all the tools they need for any quest they might end up on! Indiana Jones, watch out!

#### **Survivor (In-person and Virtual)**

It's team against team in this week of games and challenges. Campers will be placed into their teams and compete throughout the week in various logic, problem solving, endurance, and strength activities, just like the iconic TV show! Start searching for your hidden immunity idol!

#### **Urban Adventure (In-person and Virtual)**

Share the wonders of nature with your child. This camp will feature direct experiences with the natural world through hands-on activities, games, crafts and nature exploration. We will explore the world of animals, insects, habitats and ecosystems, animal adaptations and survival. Our campers have endless hours of fun while learning about the natural environment in our own backyards.

#### **Camp Rewind (In-person)**

Wish you could relive the fun games, sport activities or splash-able moments from summer? Well, this is the week you've been waiting for! We are going to take some of the most fun and action filled moments over summer and jam them all into one week of awesomeness. Let's play games, move, shake and splash with a full blown camp REWIND!



#### **In-Person Camps**

| Date                                  | Camp            | Ages    | Cost per week<br>Members | Cost per week<br>Non-Members | Pre-Care<br>Post-Care |
|---------------------------------------|-----------------|---------|--------------------------|------------------------------|-----------------------|
| Week 1 - July 5th to 9th              | Artful Antics   | 6 to 12 | \$210                    | \$235                        | M \$32 NM \$37        |
| Week 2 - July 12th - 16th             | Swim Camp       | 6 to 12 | \$230                    | \$255                        | M \$32 NM \$37        |
| Week 3 - July 19th to 23rd            | Survivor        | 6 to 12 | \$210                    | \$235                        | M \$32 NM \$37        |
| Week 4 - July 26th to July 30th       | Swim Camp       | 6 to 12 | \$230                    | \$255                        | M \$32 NM \$37        |
| Week 5* - August 3rd to August 6th    | Urban Adventure | 6 to 12 | \$168                    | \$188                        | M \$25 NM \$30        |
| Week 6 - August 9th to August 13th    | Quest           | 6 to 12 | \$210                    | \$235                        | M \$32 NM \$37        |
| Week 7 - August 16th to August 20th   | Swim Camp       | 6 to 12 | \$230                    | \$255                        | M \$32 NM \$37        |
| Week 8 - August 23rd to August 27th   | Swim Camp       | 6 to 12 | \$230                    | \$255                        | M \$32 NM \$37        |
| Week 9 - August 30th to September 3rd | Camp Rewind     | 6 to 12 | \$210                    | \$235                        | M \$32 NM \$37        |

\*Please note no camp on Monday, August 2nd

### **Virtual Camps**

| Date                                | Сатр            | Ages    | Cost per week<br>Members | Cost per week<br>Non-Members |
|-------------------------------------|-----------------|---------|--------------------------|------------------------------|
| Week 1 - July 5th to 9th            | Artful Antics   | 6 to 12 | \$80                     | \$100                        |
| Week 2 - July 12th - 16th           | Quest           | 6 to 12 | \$80                     | \$100                        |
| Week 3 - July 19th to 23rd          | Survivor        | 6 to 12 | \$80                     | \$100                        |
| Week 4 - July 26th to July 30th     | Artful Antics   | 6 to 12 | \$80                     | \$100                        |
| Week 5* - August 3rd to August 6th  | Urban Adventure | 6 to 12 | \$64                     | \$80                         |
| Week 6 - August 9th to August 13th  | Quest           | 6 to 12 | \$80                     | \$100                        |
| Week 7 - August 16th to August 20th | Survivor        | 6 to 12 | \$80                     | \$100                        |
| Week 8 - August 23rd to August 27th | Urban Adventure | 6 to 12 | \$80                     | \$100                        |

\*Please note no camp on Monday, August 2nd

He became so much more confident in his abilities. The positive impact was tremendous!! He was also recognized for being a supportive help when others had conflicts which also boosted his confidence and drive to want to support others.

## **2021** Summer Day Camps

## What to Expect During Camp

#### **What to Expect During Camp**

While each YMCA camp is unique in its own way, all our camps will include active games, creative activities, and friendship builders that provide opportunities for campers to learn new skills, engage their imagination, and make memories.

YMCA Summer Day Camps have structure and routine of active living and recreation. Some camp activities will be done within the YMCA facility. These activities include swimming, gym games, educationally based experiences, artistic and scientific endeavours, drama activities and fun friendship builders. Other activities will be done outside of the YMCA as we try to spend as much time as possible interacting with nature and engaging with the community.

YMCA Summer Day Camp activities are planned with certain objectives in mind.

These objectives include:

To enhance campers' potential and provide positive opportunities during the summer season

To develop lifelong routines of active living and healthy nutritional choices

To develop future community leaders

To reinforce the YMCA of Regina's core values of respect, responsibility, caring, honesty, and inclusiveness.

#### **Staff and Volunteer Information**

YMCA Summer Day Camps are developed, administered and supervised by full-time YMCA staff. Staff are recruited from educational and health studies fields and are selected for their maturity, experience, and skills with children. Our staff have First Aid and CPR certification and receive a comprehensive multi-day training session that includes YMCA leadership, YMCA Child Protection, Inclusion, crisis prevention, policies and programming guidelines, and emergency procedures. Volunteers are screened, and the selection of volunteers is based on their commitment to and experience within the YMCA.



My child has been going to Y camps since she was seven and loves it more every year. Camp has taught her many important lessons about herself and others. After camp is completed she starts talking about how much she wants to come back next year.

#### **Clothing and Equipment Checklist**

The following is a list of items that each camper will need to bring to camp every day:

Masks – it is recommended that each camper brings two masks in the event one becomes soiled or wet

Packed Lunch – Must be ready to eat as campers will not have access to a microwave

Snacks X 2

**Water bottle** 

**Backpack** 

Running Shoes or Athletic-style sandals (no flip flops please)

Swimsuit and swim towel

Weather appropriate clothing - hat, jacket, shoes or boots

Sunscreen and insect repellent

A book to read or other quiet time activity

Please do not send valuable items to camp, as the YMCA of Regina will not assume responsibility for any lost articles. This includes toys and electronics.

#### **Label Everything**

Everything your camper brings to camp should be labeled. We recommend iron-on or sew-on labels or laundry markers for clothing and permanent marker for other items. It is easier to return lost-and-found articles that are clearly labeled with both first and last names. We will hold lost-and-found items for three (3) weeks following each camp week. The Lost and Found for the Summer Day Camp is located at the camp sign-in table. Just ask a Camp staff for assistance in finding what has been lost.

#### The YMCA is a NUT-FREE ZONE

Due to the potential of serious allergies in children attending YMCA programs, the YMCA of Regina adheres to a strict no nut policy. We ask that parents and guardians do not send nut products with your child(ren). Please read food labels carefully to ensure that your child(ren)'s lunch and snack items are NUT FREE.

### **2021** Summer Day Camps

### What to Expect During Camp

#### **Arrival and Departure Procedures**

The following procedures are in place during our summer programs. We believe this system ensures safe drop off and pick up of your child(ren) each day. We ask for your assistance and cooperation in helping make our programs safe for your child(ren).

#### Sign In

Upon arrival at camp, it is important that the staff on duty are aware that your child(ren) has arrived. Please sign your child(ren) in at the sign-in table.

#### **Sign Out**

At the end of the day it is very important that you personally pick-up your child(ren) and that the staff on duty are aware that your child(ren) is leaving.

#### **Authorized Individuals**

On the registration form parents can indicate who is authorized to pick-up your child(ren) and who is not. This information will be communicated to all Camp Staff to ensure you child(ren)'s safety. The authorized individual(s) is the only person(s) that staff will send your child(ren) home with. If, after the registration process is complete, the authorized individual(s) information needs to be altered, please notify the Camp Director. Last minute changes to the authorized individual(s) information can be submitted to the staff on duty via a handwritten, signed note. Upon pick-up, photo I.D. will need to be presented to the staff on duty by the individual there to pick-up your child(ren).

#### **Late Departures**

When parents are late in picking up their child(ren), the YMCA of Regina is required to pay staff for the extra time worked. Staff members will be required to stay until all children have been picked up. Any parent picking up their child(ren) after 5:30 p.m. must pay a Late Pickup fee of \$15.00 per ½ hour or any portion thereof.

#### **YMCA Child Protection Policy**

As an added security measure, the Member Services Desk will be supplied with a list of the names of all Campers attending each week. Any adult who wishes to have access to Day Camp facilities will need to state their intentions before being allowed access to the facility. These procedures are in place for all parents and guardians, as well as authorized individuals. Furthermore, at the site of drop-off and pickup, Camp staff will require parents, guardians and authorized individuals to produce valid Government issued photo ID to verify identity.

#### **Outdoor Activities Weather Watch**

Since many of our programs are scheduled to occur outdoors, a weather watch is in effect for all Day Camp Programs this July and August. Please make sure your child(ren) has the appropriate clothing they need for rain or shine!

Here are a few points to consider when dressing your child(ren) for their day at camp:

On all outings, everyone must wear a hat to protect them from the sun and be well covered with sunscreen. If your child is unable to wear sunscreen please ensure they wear appropriate clothing that covers their skin and is made out of a breathable material.

For days when less-than-sunny weather is forecast, outdoor camp activities will proceed as planned until Camp Staff judge otherwise. And in Saskatchewan, cool, wet weather means campers need to be provided with insect repellent.

In the event of severe weather or the sudden onset of severe weather, outdoor camp activities will be a NO GO, and programming will stay indoors or move indoors quickly.

#### **Transportation**

Throughout the summer, individual groups will also go on small "out trips" to community parks. These smaller trips are done via walking. If you have any questions regarding transportation, please speak to the Camp Director of the YMCA facility your child will be attending.

#### **Medications**

If medications are being sent to camp, please make sure that they are clearly labeled with the camper's name, Doctor's name, and instructions for use. A Medication Form must be completed, which authorizes Day Camp Staff to administer medication to your child and informs Staff of the medi-cation administration procedures. All medications must be given to a day camp staff member at the time of arrival and will be locked in a secure location only to be administered by your child's camp counsellor.

#### **Photographs**

Any photographs taken of your child while at camp by an employee or representative of the YMCA of Regina, will become the property of YMCA of Regina, and may be used for various promotional purposes. If you or your family wish otherwise, please inform the Camp Director of the YMCA Facility your child(ren) will be attending.

## **2021** Summer Day Camps

## What to Expect During Camp

#### **Code of Conduct**

#### **YMCA Value Bead Program**

Focusing on the core values allows us to better define the YMCA Summer Day Camp culture and promotes healthy interactions and behaviour. The YMCA Value Bead Program allows the core values to be put into action through the use of beads as a symbol of character and personal achievement.

They are an important form of recognition at camp that promote positive behaviour, and are worn as a reminder of what we value as a YMCA camp community.

Beads are awarded to individuals (campers and staff) for demonstrating YMCA Core Values and success in specific program areas. As Campers and staff acquire beads all are given the opportunity to develop a sense of excellence, friendship, leadership, and personal mastery in a values-based, supportive environment.

Caring - Acting with compassion and concern for the wellbeing of others

Respect - Recognizing and protecting the inherent worth of every person, including oneself

Responsibility - Being dependable and accountable for choices, actions, and commitments

**Honesty** - Demonstrating integrity and trustworthiness

Inclusiveness - Accepting diversity, striving to be open to all. Seeking to understand differences and find common ground



#### **Behaviour Guidelines**

Our goal is for each camper to have a positive and memorable camp experience. In order to achieve this, parents/guardian(s) and campers must recognize a personal responsibility to learn, understand, and comply with all safety rules and to interact appropriately with their fellow campers, staff, and volunteers.

All campers should strive to adhere to the following guidelines:

Participate in all aspects of daily camp programming including activities of play, value sharing, and community engagement

Comply with safety instructions while remaining in activity areas designated by camp staff

Refrain from behaviours that are physically or emotionally harmful to oneself or others

Behave in ways consistent with a values based camp culture that aid in the development of positive relationships between fellow campers, staff, and volunteers

The safety of each camper is of the utmost importance. Our staff are trained in positive discipline and will work with your child to help make their camp experience the best that it can be.

#### **Behavioural Guidance Policy**

We understand that behavioural issues can arise during camp. If behavioural issues arise, our staff will do their best to ensure any issues are dealt with efficiently and in a respectful and supportive manner. Ideally, resolutions to behavioural issues will occur quickly between campers and counsellors.

However, there may be circumstances where having your child remain at camp is not in their best interest, or the interest of others around them. Behaviour, (including, but not limited to: physical or verbal abuse, bullying, self-harm, etc.) that negatively impacts ones physical or emotional state will result in dismissal from camp at the discretion of the YMCA of Regina. Fees associated with a camper being dismissed for behavioural reasons will not be refunded.

We, just as you do, want your child to participate and remain at camp. However, if you have been called to pick up your child, it is because we have exhausted all of our resources and we feel that camp is no longer an appropriate place for your child that day. At that time we will discuss better options for when your child returns to camp. We appreciate your understanding and cooperation in this matter.

## **ABOUT THE YMCA OF REGINA**

#### **Our Aspiration**

Our communities are diverse and inclusive where citizens of all ages are connected, thrive, and care for one another.

#### **Our Vision**

By reducing barriers, everyone can achieve a healthy spirit, mind, and body.

#### **Our Mission**

The YMCA is a charity that supports connection, friendship, and the healthy development of our community.

Our programs and services focus on youth and families to support lifelong healthy living.

We develop leaders and committed citizens who care about our values and the health of our community.

Members belong to the YMCA to actively support our mission and vision and to participate in our community programming.

At our core, we deliver community development; child care; leadership development; and, healthy living programs.

#### **Our Values**

#### **Positivity**

We believe meaningful change is accomplished by focusing on the strengths of individuals and community

#### **Belonging**

We are committed to providing a place of acceptance, friendship, and security for all.

#### **Empowerment**

We support a society where individuals thrive through self-determination and independence.

#### **Well-being**

We foster the whole of the individual in spirit, mind and body.

#### **Inclusivity**

We are accessible to all and work to remove barriers to self-development.



# Camp Facility and Contact Information

## Sonya Musleh Day Camp Director

YMCA OF REGINA 5939 Rochdale Blvd Regina, SK S4X 2P9 (306) 757-9622 ext. 336 sonya.musleh@regina.ymca.ca