



# Summer Day Camp Handbook



[regina.ymca.ca](http://regina.ymca.ca)



# Welcome to Camp!

**Welcome to the YMCA Day Camp Handbook!** In here, you will find everything you need to know about being a YMCA camper and a YMCA parent or guardian. Whether it is your first time at Day Camp or you are an experienced YMCA camp family, we would like you to take the time to read about our programs and policies. The YMCA of Regina is committed to providing the best possible camp experience for your children. I hope this booklet will help familiarize you with the important frameworks and policies used at the YMCA.

Setting a positive tone and clarifying expectations is an important step in helping your child make a successful transition into camp. The YMCA Summer Day Camps aim to support and encourage children to demonstrate values-based behaviour within the camp community. Your child will be encouraged to respect the YMCA, their fellow campers, counselors, and the environment; to share in the responsibility of keeping YMCA property and their own personal belongings in order; to foster an environment of caring and acceptance and to behave with integrity and honesty as they work and play positively with others. As parents, you can help reinforce these values 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 me.

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

Yours in camping,

*Sonya Musleh*

Sonya Musleh

YMCA of Regina

306-757-9622 ext. 336

[sonya.musleh@regina.ymca.ca](mailto:sonya.musleh@regina.ymca.ca)



*Building healthy  
communities*

# Summer Day Camp Handbook

*Day Camp the YMCA way*

## Our Values Based Approach

Our values are important as they help us grow and create the future we want to experience. They guide our behavior, attitudes and beliefs, and our motivation. Values, sometimes referred to as character, are the basis of who we are, how we live and how we treat others. Focussing on shared values allows us to better define the YMCA Day Camp culture and promote healthy interactions and behaviour. The values we try to instill at the YMCA, through character development are the five “Core Values” of *Respect, Responsibility, Caring, Honesty, and Inclusion*.

## Value Bead Program

The YMCA Value Bead Program puts the core values into action using beads as a symbol of character and personal achievement. They are an important form of recognition at camp that promote positive behaviour, and 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 achievement in special program areas. As campers and staff acquire beads, they 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 well-being 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

**Inclusion** - Appreciating diversity. Striving to be open to all. Seeking to understand differences and find common ground.



# Summer Day Camp Handbook

## Camper Code of Conduct

### Camper Code of Conduct

YMCA Day Camp staff trained in positive discipline and will work with your child to help make their camp experience the best that it can be. Our goal is for each camper to have a positive and memorable camp experience. In order to achieve this, parents/guardians and campers must recognize a personal responsibility to learn, understand, and comply with all behaviour guidelines and to interact appropriately with their fellow campers, staff, and volunteers.

### All Campers:

- **are responsible for their actions, choices, and words;**
- **will comply with safety instructions and remain in activity areas designated by staff;**
- **should participate in all aspects of camp programming including activities of learning, play, value sharing, and community engagement;**
- **will behave in ways consistent with a values-based camp culture that aids in the development of positive relationships**

### Behavioural Guidance

The safety of every camper is our highest priority. We expect all campers to follow the YMCA behaviour guidelines, and to interact in a positive and appropriate manner with their fellow campers, staff, and other members of the YMCA Day Camp community.

We understand that behavioural issues and inappropriate behaviour may arise during camp. If this occurs, our staff will work to ensure issues are dealt with efficiently and respectfully. Ideally, behaviour management is straightforward between campers and staff.

Behaviour (including, but not limited to: physical/verbal abuse, bullying, self-harm, etc.) that negatively affects one's physical or emotional state will result in immediate dismissal or removal from camp at the sole discretion of the YMCA of Regina.

In any instance where a camper is being sent home from camp (for behavioural or health reasons), YMCA staff will work with parents/guardians to develop a plan for when or if your child returns to camp. Fees associated with a camper's removal from camp for behavioural reasons are not refundable. *We appreciate your understanding and cooperation.*



# Summer Day Camp Handbook

## What to Expect at Camp

### What to expect at Camp

YMCA Summer Day Camps are so much more than fun in the sun! Our camps centre on purposeful programming with opportunities to be active, build friendships, learn new skills, engage imaginations, and have fun.

*YMCA Summer Day Camp activities are planned with certain outcomes in mind:*

- To play and have fun;
- To build positive relationships and feel a sense of community;
- To promote physical activity and well-being;
- To support children's natural curiosity and interests; and
- To be challenged or learn something new

### Day Camp Themes

At YMCA Day Camp, we plan activities around weekly themes where each child's interests and individuality can be celebrated. Campers can expect weekly themes infused into creative arts and sciences, games, activities, and outings into the community.

To maximize fun, campers will also have the opportunity for sports, swimming, and outdoor activities.



"My daughter looks forward to YMCA camps every year. Especially the swim camp! Very happy with the program."

# Summer Day Camp Handbook

## School Age Summer Camp Themes

### School Age Camp | 6-12 years old | Full Day

School Age Day Camp will be hosted at the Northwest YMCA  
5939 Rochdale Blvd. *\*No camps offered on Monday, August 7 (Saskatchewan Day)*

#### Swim Camp 9:00 am - 4:30 pm

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 Star 1 to 4 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.*

Date	Theme	Member Price	Non-Member Price
July 3-7	Swim Camp	\$245.00	\$271.00
July 10-14	Artful Antics	\$223.00	\$250.00
July 17-21	Swim Camp	\$245.00	\$271.00
July 24-28	Skills Lab	\$223.00	\$250.00
July 31-August 4	Swim Camp	\$245.00	\$271.00
August 8-11*	H <sub>2</sub> O!	\$178.40	\$200.00
August 14-18	Swim Camp	\$245.00	\$271.00
August 21-25	Game Squad	\$223.00	\$250.00

#### Artful Antics 9:00 am - 4:30 pm

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.

#### Skills Lab 9:00 am - 4:30 pm

This camp will encourage Campers to explore all sport areas, and help develop a sense of physical literacy. Focus will be on throwing, catching, jumping, striking, running, kicking, agility, balance, and coordination. Games and activities will have your child learning fundamental movement skills in a setting where we play for fun.

#### H<sub>2</sub>O! 9:00 am - 4:30 pm

Let's make a splash out of summer! We welcome you to a fun filled world of water and imagination. Join us for an epic journey learning about this life sustaining force through hands on activities and crafts. Be prepared for an immersive experience in an environment created by imagination.

#### Game Squad 9:00 am - 4:30 pm

Calling all players! This camp will have your kids playing all sorts of activities and games. Mix in a healthy dose of non-traditional sports like capture-the-flag and water relays, and we will give your camper a full week of fun in the sun.

# Summer Day Camp Handbook

## Pre-School Summer Camp Themes

### Pre-School Camp | 4-5 years old | Half Day

Pre-School Age Day Camp will be hosted at the South YMCA 3801 B Albert Street.

*\*No camps offered on Monday, August 7 (Saskatchewan Day)*

#### Smart Art 9:00 am - 12:00 pm

This camp has been created to develop your child's inner artist and scientist. Campers will explore a wide range of artistic endeavors including drawing, painting, print making, and sculpting – all with a fun, scientific twist!

Date	Theme	Member Price	Non-Member Price
July 10-14	Smart Art	\$90.00	\$100.00
July 24-28	Dino Tykes	\$90.00	\$100.00
August 8-11*	Brain Games	\$72.00	\$80.00
August 21-25	Mini Fit Kids	\$90.00	\$100.00

#### Dino Tykes 9:00 am - 12:00 pm

*Dinosaur, dinosaur turn around; Dinosaur, dinosaur stomp the ground!* Your preschooler is going to dig our hands-on science, math, art, games and literacy activities all with a dinosaur theme.

#### Brain Games 9:00 am - 12:00 pm

STEAM (*Science, Technology, Engineering, Art, and Math*) aligns with the way children's minds learn and work from a very early age. It promotes curiosity, exploration and play. Hands-on projects allow kids to practise critical thinking and problem solving skills where it is no challenge to have fun.

#### Mini Fit Kids 9:00 am - 12:00 pm

This camp is for the 'lil mover in your family. Activities will center around developing healthy living habits in young campers through age-appropriate physical activity and nutritional learning. Fundamental movement and sport skills are practiced through fun-filled games while nutritional activities will get the kids exploring how we fuel our bodies.





# Summer Day Camp Handbook

## What to Expect During Camp

### A Day in the Life - Full Day Camp

9:00 AM	Arrivals & Morning Meeting
9:30 AM	Activity 1
10:30 AM	Snack
10:45 AM	Activity 2
12:00 PM	Lunch
1:00 PM	Activity 3
2:15 PM	Snack & Structured free time
3:00 PM	Activity 4
4:00 PM	Bead Ceremony
4:30 PM	Camp Wrap-up & Departures

### A Day in the Life - Half Day Camp

9:00 AM	Arrivals & Morning Meeting
9:30 AM	Activity 1 & 2
10:30 AM	Snack
10:45 AM	Activity 3 & 4
12:00 PM	Camp Wrap-up & Departures

Campers love structure (what!?). Then again, it's a bummer having to stop an activity they enjoy. Staff consistently monitor camper activity and remain flexible to extend, reorder, or revisit planned activities whenever appropriate.



More play  
every day!



# Summer Day Camp Handbook

## What to Bring to Camp

### What to bring to Camp

Camp is full of activity. To ensure your child is prepared for each day, please send the following items in the checklist below:

	Masks ( <i>optional</i> )
	<b>NUT-FREE</b> lunch and snacks ( <i>must be ready to eat as Campers will not have access to a microwave</i> )
	Water bottle
	Backpack
	Indoor running shoes or athletic style sandals ( <i>no flip flops</i> )
	Swimsuit & towel ( <i>in water resistant/plastic bag</i> )
	Weather appropriate clothing ( <i>hat, jacket, shoes or boots, sunscreen and insect repellent</i> )
	A book to read or other quiet time activity

### Lunches & Snacks

Due to the potential of serious allergies in children attending YMCA Programs, the YMCA of Regina adheres to a strict **nut-free** policy. We respectfully ask that parents and guardians do not send nut products to Camp.

### What not to bring to Camp

Despite best efforts, personal belongings can go missing during camp. As such, please refrain from sending the following to camp:

- Electronics (tablets, gaming systems, etc.)
- Money/valuables

***\*The YMCA will not assume responsibility for lost or stolen articles.***

# Summer Day Camp Handbook

## Frequently Asked Questions

### Frequently Asked Questions

You have come to the right place for quick access to answers for commonly asked Summer Day Camp questions. For more information, refer to our **Camp Communication** section.

### About payments, cancellations and refunds:

#### *What is the refund/cancellation policy?*

*Cancellations made more than seven (7) days prior to the start of program will be provided a full refund. Parents may request a refund of the balance or a credit on account for future use. No refund will be given if the cancellation is less than seven (7) days to the program start date.*

#### *Our summer plans have changed. Can I transfer my child's registration from one week to another?*

*Yes, if registration space is available in the alternative week and if the transfer is requested prior to seven (7) days to the original program start date. Fees are transferable between weeks and any net difference between weekly fees will be applied. YMCA Day Camp refund/cancellation policy applies to all transfers submitted with less than seven (7) days to the original program start date.*

#### *I do not require a full week of camp. Can my child attend a partial week?*

*If a camper is registered partway through a week, the fees associated with that week will be prorated. If a camper is withdrawn partway through a week, no refund for the remainder of the week will be issued as per the YMCA refund/cancellation policy.*

#### *Can I get a receipt for camp?*

*Receipts for camp fees can be obtained from your YMCA Member Portal. Parents can also request a receipt printout from Membership Services at the time of registration.*



# Summer Day Camp Handbook

*Frequently Asked Questions Continued...*

## About arrivals and departures:

### *How do I sign my child in and out?*

Parents escort campers to and from a YMCA Camp designated location and sign them in and out on a camp roster. It is important for your child(ren)s safety that staff are aware of when campers are arriving and departing from camp. Our responsibility begins and ends when you sign the camp roster. **Parents, guardians, or other authorized individuals will be asked to present valid government issued photo identification upon sign in and out. This is for the safety of your child(ren).**

### *What if someone other than me is picking up my child from camp?*

When registering for camp, parents will be required to indicate who is authorized to escort their child(ren) from camp. These authorized individuals and emergency contacts are the only ones able to escort your child(ren) from camp. In the event that someone other than those listed on the registration form is picking up your child(ren) from camp, we require notification in advance. **That person will be asked for government issued photo identification and must be 16 years of age or older.**

### *When can I drop my child off?*

Parents may drop-off their child(ren) for a 9:00am camp start time. Parents who have registered and paid for the extended supervision option can drop-off between 7:30am and 9:00am and pick-up between 4:30pm and 5:30pm.

If parents need to drop-off their child(ren) later in the camp day or pick-up early, we ask that you inform camp staff in advance.

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 are 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.



# Summer Day Camp Handbook

## Frequently Asked Questions Continued...

### About Camper health and wellness:

#### *When should I keep my child home from Camp?*

Parents and guardians must assess their child(ren) daily for symptoms of the common cold, influenza, COVID-19 or other communicable diseases before sending them to day camp. **Children who are ill are NOT permitted to attend camp.** A Doctor's note is required if parents wish to receive full or partial refund in the case that a camper is unable to attend camp due to medical reasons.

#### *What if my child gets sick at Camp?*

If a camper falls ill while at camp, and their illness prevents them from participating, or being comfortable in normal activities, or if staff cannot provide the care required, then the camper will be considered too ill to attend camp. Parents will be contacted immediately and requested to pick up the camper. If the parent cannot be reached, emergency contacts will be notified.

#### *My child needs medication during camp hours. Is it okay to send medication to camp?*

Camp staff are authorized to help administer prescription medications to campers. For safety reasons, a medication form must be completed by parents, which authorizes staff to administer medication to your child. Medication must be sent to camp in the original container, clearly labeled with the camper's name, date, name of drug, instructions for storage and administration.

#### *What qualifications do camp staff have?*

YMCA 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. Staff selection includes a thorough background check and current Police Information Check. **YMCA staff receive a comprehensive, multi-day training that includes YMCA Child Protection, Standard First Aid & CPR, YMCA Healthy Child Development, and emergency procedures.**

### About camp communications:

#### *Whom can I talk to if I have any questions?*

At drop-off or pick-up, please feel free to ask your child's counsellor any questions you may have. If you have a concern about your child's camp experience, we ask that you share it with us immediately so we can work towards a better experience for you and your child(ren).

#### *How can I share supplemental information about my child with camp staff?*

A great time to share additional information about your child(ren) is at drop-off or pick-up. Supplemental information can also be shared at the time of registration, by email or phone call. Contact information is included in the Welcome to Camp section on page one.



# Summer Day Camp Handbook

## Frequently Asked Questions Continued...

### About camp communications continued:

#### Parent Survey

Each year, we strive to improve our programs and rely on your feedback! At the close of each week of camp, parents will be given access to the YMCA of Regina Day Camp survey. Results will be used to direct future programming and staff training.

#### Will I receive updates from staff?

Prior to your child's week at camp, you will receive an email confirming registration details and specific information about the week ahead. Parent notifications will continue throughout the week as needed.

### About programming and schedules:

#### Who swims with my child?

Day Camp staff will facilitate activities in the pool and swim with campers while YMCA lifeguards supervise the aquatic environment. Campers able to demonstrate comfort in the water and complete the facility swim test (1 pool length, uninterrupted) may swim independently. Life jackets will be provided to all Campers who are not able to successfully complete the swim test and to those who would feel more comfortable in the water wearing a PFD.

#### I've registered my child for Swim Camp. Do they swim all day?

Although an all-day swim session sounds amazing to some, campers will be in the water for **45 to 60 minutes** for swim instruction during Swim Camp. In addition to structured skill development, Aquatic Instructors will plan games and activities that reinforce swim skills, and provide time for free swim upon the completion of lessons.

#### How do I know my child's current swim level?

If your child has recently participated in YMCA Swim lessons please refer to their most recent report card and register accordingly. If your child has recently participated in Red Cross or Lifesaving Society swim lessons, refer to the conversion chart to the right, and register accordingly.

6-12 years old	Lifesaving Society	Red Cross	YMCA
	Swimmer 1	Swim Kids 1	Otter
	Swimmer 2	Swim Kids 2	Seal
	Swimmer 3	Swim Kids 3	Dolphin
	Swimmer 4	Swim Kids 4	Swimmer
	Swimmer 5	Swim Kids 5	Swimmer
	Swimmer 6	Swim Kids 6	Star 1
	Rookie	Swim Kids 7	Star 2
	Ranger	Swim Kids 8	Star 3/4

# 2023 Summer Day Camps

## Frequently Asked Questions Continued...

### About programming and schedules:

#### *How do I know my child's current swim level? Continued...*

As children turn six years of age, they will transition in to the YMCA Learn to Swim program from the YMCA Pre-School program. Swimmers do not have to start at the beginning of the YMCA Learn to Swim program if they are currently enrolled in the YMCA Pre-School program.

YMCA Pre-School Swim program	YMCA Learn to Swim program
Completed Floater	Otter
Completed Glider	Otter
Completed Diver	Seal
Completed Surfer	Seal
Completed Jumper	Dolphin

#### *What happens to outdoor activities if the weather is too hot or rainy?*

We try to spend as much time as possible interacting with nature and many of our activities are planned to occur outdoors. In less-than-ideal weather conditions, outdoor activities will proceed as planned, staff will run modified activities, or move activities indoors. We recommend your child(ren) has the appropriate clothing and protection need for rain or shine!

#### *Can my 5-year-old attend a camp designed for an older age group?*

Age parameters for camps are designed to include the majority of children. If a five year old has completed full-day Kindergarten, and is registered for Grade 1 in the fall, they are eligible to attend a camp designed for an older age group. **However, to ensure compliance with YMCA Aquatic Safety Standards, this policy does not apply to Swim Camps where a child must be six years old at the start of the program to attend.**

#### *How do campers travel when outings are planned?*

During the week, campers will go on small "out trips" to community parks and centres. Campers will travel on foot to any destination one kilometre from the YMCA facility. Any distance deemed unreasonable for campers to walk will be travelled via bus or City transit.

#### *My children are attending camp together. Will they be in the same group?*

Each day offers the opportunity for campers to participate in full-group and small-group activities. Full-group activities include outings to the park, games in the gym, and free swim. Smaller groups occur during instructional and discovery-learning activities where campers can select work groups and focus on building friendships.

# Building healthy communities

# 2023 Summer Day Camps

YMCA Values

## YMCA 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.

## Our Aspirations

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.

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



**YMCA of Regina**

**(306)757-9622**

**info@regina.ymca.ca**

**5939 Rochdale Blvd**

**Regina, SK S4X 2P9**

