



# Urban Adventure Day Camp in Moose Jaw

Registration opens Monday, April 24, 2023

# Welcome to YMCA's Urban Adventure Day Camp!

Dear Parents,

The YMCA of Regina is committed to providing the best possible camp experience for your child through programming in Moose Jaw. 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 child about their upcoming camp adventure is a very important first step in preparing for their time at the YMCA. Life at YMCA's Urban Adventure Day Camp may be different from the routines and patterns at home and school. Setting a positive tone and clarifying expectations can greatly help your child have a successful transition into camp.

The YMCA's Urban Adventure Day Camp aims to support and encourage children in demonstrating value-based behaviour within the camp community. Your child will be encouraged to demonstrate respect for the YMCA, their fellow Campers, Staff/Volunteers, and the environment. They will be encouraged to share in all experiences and to work & 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 foster an environment of caring and acceptance, and to learn to behave with integrity and honesty. As parents, you can help reinforce the value of these duties.

We are all looking forward to having your child join us at camp. If you have any questions, please feel free to contact us.

Sincerely,

*Brenden Hutchinson*

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## About Day 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 in to the community, in addition to exploration into the creative arts and sciences.

## Hours

Daily programming runs from 9:00 AM - 4:00 PM.  
Drop off begins at 8:30 AM and pick up until 4:30 PM

## How to Register for Camps

Registration can be done online through your YMCA of Regina Member Portal, or over the phone. Registrations must be completed in full for each Camper before the Camper's first day. Registrations will be accepted beginning April 24, 2023.

Each camp week has a maximum capacity and we encourage early registration to avoid disappointment. There will be no daily drop-ins available.

## What is Urban Adventure Day Camp?

It is a traditional summer day camp offering an additional focus on social skills and belonging. Urban Adventure will include activities like canoeing, archery, crafts and games while matching the daily fun themes. Campers will jump into summer through natural outdoor spaces in and around Moose Jaw's community. With the added experience of developing campers' skills towards confidence, creating new friendships and building resiliency.



# Urban Adventure Day Camp Schedule

Urban Adventure Day Camps are designed for children ages 6-11

Week	Dates	Age	Theme	Cost
Week 1	July 3 - 7	6-11	Colours of Summer!	\$125.00
Week 2	July 10-14	6-11	Ahoy Mateys!	\$125.00
Week 3	July 17 - 31	6-11	Bugg'd Out!	\$125.00
Week 4	July 24-28	6-11	Wet & Wild!	\$125.00
Week 5	July 31 - August 4	6-11	Barnyard Palooza!	\$125.00
Week 6	August 8-11 <i>*no camp on Saskatchewan Day</i>	6-11	Busy in the City!	\$100.00
Week 7	August 14-18	6-11	Animal Planet!	\$125.00
Week 8	August 21-25	6-11	Wet & Wild...the finale!	\$125.00



# Weekly Camp Themes

**Colours of Summer!** - Get REDy for the colours of the summer! This week we will explore colours in fun ways. Tye dye activities, crafts using your favourite colours, painting with water balloons, rainbow relay race in Wakamow Valley & MORE!

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**Ahoy Mateys!** - Follow the treasure map to find X marks the spot...you will find a fun filled week with pirates! This week we will be building our own floating pirate ships, having canoe races, cannon ball competition at the Kinsmen Swimming Pool, a treasure hunt in Wakamow Valley & MORE!

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**Bugg'd Out!** - BEE ready for some creepy-crawly fun! This week we learn about bugs...catching, observing & releasing bugs. Learn about the growth cycles, critter catching in Wakamow Valley & MORE!

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**Wet & Wild!** - Soak up the fun with Wet & Wild! This week we will be exploring all things water...slip 'n' slide, water balloon fights, and painting with water colours. Swimming at the Kinsmen Swimming Pool, and water balloon archery at Wakamow Valley!

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**Barnyard Palooza!** - Trot on down to the Barnyard Palooza! This week we are planting our own crops, going on visits to Free to Be Me Animal Sanctuary & the Community Gardens. We will do plenty of farm crafts & games!

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**Busy in the City!** - You've arrived to a busy week! This week we will be visiting Moose Jaw...Yara Centre, Kinsmen Swimming Pool, the Public Library and splash parks! We will also welcome some visitors like the Police, EMS & Firefighters.

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**Animal Planet!** - Let's go explore! We will explore different biomes: *the jungle, the desert, the tundra, the ocean & prehistoric times of the dinosaurs*. During the week we will make safari binoculars, studying animal tracks & watching for signs of beavers and turtles in Wakamow Valley!

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**Wet & Wild...the finale!** - Continue to soak up the fun with Wet & Wild! We will continue with more splashtastic fun! Slip 'n' Slides, water balloon fights & a visit from Kona Ice to go along with the farewell to Camp 2023!

More play  
every day!

# What to Expect During Camp

Each Urban Adventure Day Camp will include outdoor & creative activities, active games, and friendship builders that provide opportunities for Campers to learn new skills, engage their imagination, and make memories.

YMCA Urban Adventure Day Camps have structure and routine that promotes active living and recreation. Some camp activities will be done within the YMCA facility (*located in the Early Learning Centre at 1250 11th Ave North West*). These activities include educationally based experiences, artistic and scientific endeavors, and drama activities. Other activities will be done outside of the YMCA as we try to spend as much time as possible interacting with nature and engaging in the community.

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

- **To enhance Campers' potential and provide positive opportunities during the Summer season**
- **To develop lifelong routines of healthy emotional skills, active living, positive mental health, self-esteem and healthy lifestyle behaviours**
- **To reinforce the YMCA of Regina/Moose Jaw's core values of caring, respect, responsibility, honesty and inclusiveness**

## **Staff Information**

YMCA Urban Adventure Day Camps are developed, administered and supervised by full-time YMCA staff. Staff are recruited from educational and health study 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.



## Clothing & Equipment Checklist

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

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

Packed lunch <i>(must be ready to eat as Campers will not have access to a microwave)</i>
Snacks X 2
Water bottle
Backpack
Running shoes or athletic-style sandals <i>(no flip flops)</i>
Swimsuit & towel
Weather appropriate clothing <i>(hat, jacket, shoes or boots, sunscreen and insect repellent)</i>

## Label Everything

Everything your child brings to camp should be labelled. 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 labelled 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 Urban Adventure Day Camp is located at the camp sign-in table. Just ask 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 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's lunch and snack items are **NUT FREE**.

"Going to Wakamow was the best part of camp! My favourite was canoeing, archery, and roasting smores, & seeing friends I haven't seen since Pre-K"

~2022 Camp Participant





### **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 (between 8:30 AM - 9:00 AM)**

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

### **Sign Out (between 4:00 PM - 4:30 PM)**

At the end of the day, it is very important that you personally pick-up your child(ren) and officially sign them out of the programming with the staff on duty at the end of the day.

### **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 staff to ensure your 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/Moose Jaw 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 4:30 PM must pay a **'Late Pickup' fee of \$15.00 per 1/2 hour or any portion thereof.**

### **YMCA Child Protection Policy**

At the site of drop-off and pickup, staff will require parents/guardians, and authorized individuals to produce valid Government issued photo I.D. 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 in July and August. Please make sure your child(ren) have the appropriate clothing they need for rain or shine!

### **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 of breathable material.*
- *Outdoor camp activities on less-than-sunny weather will proceed as planned until staff judge otherwise. In Saskatchewan, cool, wet weather means Campers need to be provided with insect repellent.*
- *In the event of sudden on-set or severe weather, outdoor camp activities will be a NO GO, and programming will stay indoors or move indoors quickly.*

### **Transportation**

Throughout the summer, for any of the programming aspects that are not in close vicinity to the YMCA's space, we will be using a 15-passenger van to transport Campers. Staff will have completed an SGI Drivers Abstract, verifying that they have a clear drivers history. By registering for the YMCA's Urban Adventure Day Camps, you are consenting to your child being transported in the 15-passenger van.

### **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 staff to administer medication. All medications must be given to a staff upon arrival and will be locked in a secure location only to be administered by a designated staff member.

### **Photographs**

Any photographs taken of your child while at camp by a staff or representative of the YMCA of Regina/Moose Jaw, will become the property of YMCA of Regina/Moose Jaw, and may be used for various promotional purposes. If you or your family wish otherwise, please inform the staff.

## 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 lead, 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 & remain in activity areas designated by staff
- Refrain from behaviours that are physically or emotionally harmful to oneself or others
- Behave in ways consistent with value-based camp culture that aids in the development of positive relationships between fellow Campers, Staff, & Volunteers

The safety of every Camper is our highest priority. Staff are trained in positive discipline & 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 may arise during camp. If this occurs, 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 staff.

There may be circumstances where having your child remain at camp is not in their best interest, or the interest of others.

Behaviour (including, but not limited to: physical/verbal abuse, bullying, self-harm, etc.) that negatively impacts one's physical or emotional state will result in dismissal from Camp at the discretion of the YMCA of Regina/Moose Jaw. Fees associated with a Camper being dismissed for behavioural reasons will not be refunded.

We all want children 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 feel that camp is no longer an appropriate place for your child. At that time we will discuss better options for when/if your child returns to camp. *We appreciate your understanding and cooperation.*





### **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 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.



**For more information, contact  
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