



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to YKnots Camp

Small steps. BIG discoveries!

How will my child benefit by attend YKnots Camp this summer?

You can be assured that your camper will be safe and have tons of fun while attending YKnots Camp this summer. Beyond that, we want to help them work on mastering the following life long skills:

- 1.) Independence
- 2.) Teamwork
- 3.) Confidence
- 4.) Curiosity
- 5.) Responsibility/Respect/Honesty/Caring
- 6.) Appreciation for Nature
- 7.) Problem-Solving skills
- 8.) Social skills

How can my child and I get ready for the first day of camp?

- **Visiting the campsite before camp begins** will help to foster a smooth transition from home to camp- our **Meet and Greet held Saturday June 22nd**, is a great time for new campers to do this. This event will be held at the Y located at 13 Jefferson Avenue- please park in the child care lot or the Columbia HS parking lot, which is next to the train tracks on Parker Avenue. Be sure to come at the right time!

YKnots 1 Campers 12:30-1:30 (Groups 1-4/Preschool)

YKnots 2 Campers 2:00-3:00 (Groups 5-9/entering K)

The first day of camp is very exciting for the campers and knowing in advance where they are going when they get to camp can help with first day 'jitters'!

- **Attending our New Parent Orientation**, held before camp begins in June, which will give you the opportunity to learn more about camp and ask questions before the first day!
- **Having pleasant, positive conversations about what will happen at camp**, as well as going over the daily schedule/theme for the week and talking about friends that they will see while at camp before camp begins will also help your camper feel more comfortable and will hopefully excite them for camp!
- **Leaving plenty of time on the first day to get ready and to eat breakfast at home.** We have found from experience that having a routine and knowing what to expect allows your camper to have less anxiety about his/her camp day, and starts your day off right too!

- **Helping your child begin to acquire Self Help skills, such as:**

- putting on their own shoes, opening foods/drinks that they may have in their lunchboxes, dressing themselves, cleaning up after themselves, etc.

Starting camp having already been introduced to these skills will help build your camper's confidence and self-esteem, as well as give them a sense of perceived competence.

List of items that your camper will need for camp:

- **Lunch** – In a labeled lunchbox with an ice pack or frozen water/juice box to keep it cold- they will not be refrigerated. Their lunch will be left at the campsite, in their group lunch bin.
- **A backpack** – filled with:
 - a plastic bag for their wet bathing suit
 - a small, non-perishable snack for the pool-EVERY day!
 - Sunscreen
 - Small towel
 - Labeled water bottle (this will be refilled throughout the day)
 - And clothes for them to change into after swimming.
(a pair of underwear for the girls and underwear and a pair of shorts for the boys)
- **LABEL EVERYTHING!!!!** And we mean **EVERYTHING!!** There are **MANY** moving parts and **MANY** opportunities for campers to drop/misplace their items.
- **Sneakers!** Your camper will be moving all day long-walking to the pool, playing sports, running, jumping and more. For their safety, they need to have sneakers or athletic type sandals with a **CLOSED** toe and a sturdy back strap (no crocs!) to be able to participate in activities.
 - **Crib sheet/Small Blanket-** for nap time. These items will be kept in their homeroom during the week and sent home on Friday's to be washed. **YKnots1 Campers ONLY!**

Swimming

Send your camper in each day dressed in their swimsuit with sunscreen applied and outer clothes over their bathing suit. Even if the skies look grey, please send them in ready to swim.

We swim at the Maplewood County Club, located on the corner of Valley and Baker Street.

All campers will be swim tested on the first day of swimming each session. Please help us to prepare them by letting them know that the counselors will be asking them to show them how they swim. They will be placed into their appropriate level and will be given a swim band to wear while they are at the pool. Each camper is taken, one at a time, for individualized swim lessons. We do not offer free swim at YKnots camp, although the campers may have an opportunity to frolic in the small wading pool at the Country Club after their swim lesson.

Campers will change to their street clothes in the locker rooms. We ask that you include a Ziploc bag in your camper's backpack to have them put their wet swimsuit into. After changing, they will eat the small non-perishable snack that **you provide** in their backpack as they wait for the bus to return to the Y.

Communication

During the summer we will be communicating with you through weekly emails every FRIDAY. **These emails will arrive from South Mountain YMCA.** Once you open his email, you will click on the YKnots Link, which will take you to our weekly newsletter. The weekly newsletter will also have a link, with our weekly web. This web will give you the chance to see what we will be up

to for the week and enable you to ask your camper questions about their day. If you need to change your email, or add another email, please contact Kate, our Marketing Director, at kcestar@metroymcas.org and she will ensure that you are on placed on the correct email list.

Feel free to approach your camper's counselors with any questions or concerns. Please understand that drop off time may not be a convenient time to have a lengthy discussion, as the counselor's first responsibility is to the campers. If you feel that you need to have a longer conversation with the counselor- ask them to call you during the afternoon when they have a chance. You can also email Jennifer at jmacafee@metroymcas.org and she will pass along your email to your Sr. Counselor.

Parking

The parking lot of the South Mountain YMCA at Jefferson Avenue will be blocked off for parking between the hours of 8:30am and 4pm. (Please use the Columbia High School Parking lot on West Parker Avenue if you wish to park and walk into camp with your camper during drop off and pick up.) This is to ensure the safety of all during drop off and pick up times.

If your child is enrolled in Before Care, you will be able to park in the Jefferson lot to drop them off in our Program Center before 8:25am.

Pick Up and Drop Off Procedures

YKnots 1: drop off between **8:30am and 8:50am**- pick up between **2:45 and 3:15pm**

YKnots 2: drop off between **8:50am and 9:10am**- pick up between **3:15 and 3:45pm**

Drop off

At 8:30 we will begin our drop off procedure for those campers in YKnots 1 who are not in Before Care. (All YKnots 1 campers in Before Care will move to the Y field as the rest of their camp group arrives). You will be asked to pull into the Jefferson Avenue entrance and move up to where the counselors are standing. There will be two counselors who approach your car. One will give you the sign in sheet so you can sign your camper in and the other will open the car door and take your camper out of the car, along with his/her belongings. This process should not take longer than a minute **as we need to keep the traffic moving.**

The car drop-off line is a convenience we provide. You can help us ensure that the lines of cars keeps moving by prepping your camper as you approach the drop off point- letting them know that they need to gather their things so when the counselor opens the door they are all ready for camp. Try and say your goodbyes before you reach the drop off point. If your camper is having a difficult time during drop off, we will ask that you pull around to the Columbia High School parking lot on West Parker and walk them into camp. This is to try and keep both the parents and camp on schedule. Additionally, if you'd like to walk your camper into camp, you will need to park in the Columbia HS parking lot, walk over to the Y lot on Jefferson Avenue, bring them to their group and sign them in with their group counselors. **YKnots 2 will follow the same procedure, beginning at 8:50am.**

Pick Up

At 2:45pm, the YKnots 1 campers that are not in After Care will make their way out into the parking lot and sit on the curb. We will begin the pick up process at this time. The process will

basically work in reverse of drop off. A counselor will come out to your car and have you sign out your camper. They will call out the camper's name and group number to the waiting counselor and the waiting counselor will bring your camper to your car, buckle them in, put their belongings into your car and close the car door. If you'd like to walk up and pick up your camper, you will need to park in the Columbia HS parking lot, then proceed to where your camper is sitting and sign them out with their group counselor. **YKnots 2** campers will follow the same procedure, beginning at 3:15pm.

****If someone other than yourself will be picking up your camper, and they are not listed as an Emergency/Alternate Pick Up on your camp registration form, you must provide us with an Alternate Pickup form that morning at drop off. The form can be obtained from Miss Joi or your Senior Counselor when you drop off in the morning. Your alternate pick up person may be asked for identification before we will allow your camper to get into the car with them. Please remind them to have this available. Please ask us if you have any questions regarding alternate pick up.**

Arriving Late to camp

If you are late arriving to camp and your camper's group has already left for the Maplewood Country Club pool (8:55am for YKnots 1 and 9:15am for YKnots 2), you need to drive your camper to the pool, wait with them until their group arrives and sign them in with the Senior Counselor. All counselors have been trained to only allow campers to join their group in the parking lot at the Y or at the Maplewood Country Club, **not** en route to the Country Club. Please help us enforce this safety standard.

Before Care and After Camp Care

Before Camp Care in the Y Program Center

If your camper is registered for Before Care (which begins at 7am), you can enter the campsite via Jefferson Avenue and park in our Y lot. You will walk in together, stopping to sign them in with **Miss Chanelle** as you enter the building. You can then take them down the stairs into the Program Center with **Miss Joi** (one of our Assistant Directors), where they will put their lunchbox in their group bin- located against the right wall and hang their backpack on a hook, in their designated group spot in the Program Center. During Before Care they will be engaged in board games, art activities and dramatic play with the staff. A Counselor from your camper's group may not be working during Before Care, but rest assured a staff member from each group should be in by 8am. (And it is great for them to be familiar with all of the staff!) While in Before Care, you are welcome to bring in breakfast for your camper- we do not supply any breakfast items during Before Care.

After Camp Care in the Early Childhood Learning Center

If your camper is registered for After Care, they will head up to the Early Childhood Learning Center (ECLC- up the stairs) as we get ready for pick up time. They will be checked into After Care by one of the After Care Staff and put their belongings in one of the ECLC Rooms. After being checked in, they will have a healthy snack (that we supply) and then enjoy some outside organized games on the field/gym. Then they will head back up to the ECLC where they will be engaged in activities throughout the afternoon.

When you come to pick up your camper, you should enter through the Child Care Doors on West Parker Avenue and proceed around the Baby Gym to the right and down the hallway where you will find a staff member waiting to let you know which room they are in. The staff will direct you

toward the room and tell you where you can find their backpack/lunch bag. You are responsible for your camper after you sign them out, so please make sure to keep an eye on them.

Please remember that After Care ends at 7pm. If you are late picking up, you will be charged a late pick-up fee of \$15 in 15 minute increments.

**Please refer to the Alternate Pick Up procedure listed under drop off/pick up if someone other than yourself will be picking up your camper.

Labels

Please label EVERYTHING- with your **camper's name/initials** and **group number!!!** This will hopefully help your camper's belongings find their way back to you!

Peanut Safe Facility

A reminder that we are a PEANUT SAFE FACILITY. Please make sure your camper comes to camp without any nuts, nut products or peanut butter items.

Adding Weeks to Your Camper's Summer Camp Experience

It is very common that many first-time parents register for the first session of camp and decide after the first week or two that they would like to extend their stay. Additional weeks can be added, as long as space is available. **We cannot guarantee that your camper will be kept in the same group if you add weeks as the summer progresses.** Please call early if you think that you will be staying with us longer than expected. All Changes and additions must be in by the Wednesday prior to the week involved.

Trips and Special Events

Each week we will have a special event at the Y or take a field trip. The full schedule of special events and trips is posted on our YKnots Camp webpage (www.metroymcas.org/south-mountain-ymca/y-knots-camp). Your camper will receive a camp T-shirt during the first few days of the session. **Please have them wear this t-shirt on every field trip!**

Medication at Camp

If your camper needs to take any type of medication at camp, it needs to be handed to one of the Assistant Directors when you drop your child off. You also need to hand in our **Authorization to Medicate** form. The form is linked on our YKnots webpage noted above. If your camper is in need of an inhaler or Epi-Pen, one should be given to your Senior Counselor in a clearly labeled baggie which will travel with them all day, along with the **Authorization to Medicate** form.

Please don't hesitate to call us with any further questions or comments you may have now or in the future about camp. We are always open to your suggestions and ideas.

Yours in Camping,

Jennifer, Joi, Karen, Laura and the rest of the AMAZING YKnots Staff =0)

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