



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



READY...SET...
SUMMER!

**Troy YMCA
SUMMER CAMP 2018**

Great Fun! Great Value! From 7AM to 6PM!

At the Y, summer camp is an enjoyable and impactful blast for your child, and flexible and convenient for you!

JUST LOOK AT ALL WE OFFER

Our camp day is scheduled with age-appropriate activities from 9AM to 4PM Monday through Friday. Plus! We're open for before and after care from 7AM to 9AM and 4PM to 6PM at no additional cost. That's 11 hours of care daily! For no extra charge, we provide two meals and one snack every day! And we offer campers swim lessons and in-house or traveling field trips as well as a t-shirt!

SIBLING SAVINGS = For Each Additional Child in Camp, Save \$100!

With our sibling savings option, you save more for each additional child you send together to camp. For each additional child who attends camp, you save \$10 a week! That's a savings of up to \$100 for each additional child.

FINANCIAL ASSISTANCE

We offer financial assistance for those who need help to afford summer camp. Please call us today to learn more at 518.272.5900. We're able to offer summer camp to those in need thanks to the generosity of many donors, who support our Annual Campaign. Please help us help others. Donate to the Y today.



CAMP CONTACTS

CAMP DIRECTOR:

Ashli Fragomeni — 518.272.5900 x 2201

BILLING & DSS QUESTIONS:

Billing Services Dept. — 518.869.3500 x 9960

IN CASE OF AN EMERGENCY:

If you need to reach your child while she/he is with us at camp, please call 518.272.5900.

Orientation Celebrations!

This June we'll host **two** family orientations!

NEW TO CAMP NIGHT Thursday, June 14

From 5:30 to 7PM, we'll have a **New to Camp Flag Day Celebration!** Hear about all the in's and out's of summer camp at the Troy YMCA!



GET TO KNOW YOUR COUNSELOR

Thursday, June 21

From 6 to 7:30PM our camp staff will host a **Get to Know the Staff Summer Solstice Party!** Campers and parents will get to meet the staff and enjoy a taste of summer as they make crafts and play games! Camp Leaders will be there too, happy to answer your questions!

Safety and Staff: A Winning Combo!

Our day camps meet the highest health and safety standards of the YMCA and the NYS Health Department. Camps are inspected twice each year by the Department of Health and files are available for inspection at your county health department office.

Our hand-picked staff are trained in First Aid, CPR, pool safety, heat and sun safety, age-appropriate activities, conflict resolution, rainy day play and more! Staff training includes almost 30 hours before camp begins.

Our camper to counselor ratios follow best practices, with ratios from 1 counselor to 6 campers to 1 to 12, and pool ratios from 1 to 3 (for non-swimmers) to 1 to 8 (for deep-end swimmers). There are always two certified lifeguards on deck when we're in the pool!

Camper Safety

Safety comes first at the Y. That's why we ask all campers to celebrate camp in ways that are respectful to themselves, other campers, and our staff. To ensure the safety of all those in our care, a camper whose behavior poses a risk to safety may be removed from camp.

Photos and Videos

To help share the fun of summer camp, YMCA staff use photographs and videos that feature children from our camps for promotional materials.

Refunds

We cannot refund the cost of camp for the voluntary withdrawal of a camper due to illness, vacation, or other absence (temporary or permanent), or for the dismissal of a camper.

OUR PROGRAMS — Building Confident Children

DAY CAMP

MOHAWKS

Entering Kindergarten

Our youngest and newest campers get their own group for Summer 2018! We're ready to provide the Mohawks with an experience like no other! They spend time honing in on social and cognitive skills with sing-a-longs, counting, colors and letters practice and memory games all while spending their days with campers their same age and staff ready to help bridge the gap between pre-school and kindergarten!

BRAVES

Entering 1st Grade

Campers in the Braves group will enjoy a camp experience all their own. We offer specific age appropriate activities that ensure fun for all! The group won't need to travel for field trips because we bring the field trips to them!! Braves will focus on social interaction, creative play and being active!

BLAZERS

Entering 2nd and 3rd Grade

The Blazers are sure to have their best summer yet! They'll travel about the Capital District for field trips, enjoy hands-on activities and engage in physical play. Social interaction and large group games will be a highlight for the Blazers!

WARRIORS

Senior Campers Entering Grades 4th, 5th and 6th

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The Warrior group (our senior campers!) will have a daily focus on fun and social interaction amongst peers. They'll explore the deeper meaning of the YMCA's core values, and begin to hone in on leadership skills and development. They'll have plenty of time dedicated to large and small group games and they'll get messy with fun, hands-on activities!

PATHFINDERS

Leaders in Training Entering 7th and 8th Grade

Our Pathfinder group will spend time to focus on leadership development and skills. They'll dive into the Y's core values (caring, honesty, respect, and responsibility) and focus on positive social interactions as well as developing self-esteem and confidence. They'll do this through a variety of activities including journaling, leading their peers in activities and small group games. For field trips, they'll have the option of hanging at the Y and shadowing the Braves team, attending Blazers field trips and shadowing their team, or attending the Warriors field trips!

FIELD TRIPS

Mohawks and Braves will experience a variety of interesting and engaging in-house field trips each week. Blazers, Warriors and Pathfinders will experience traveling field trips weeks 1-8 and in-house field trips weeks 9 and 10.



CAMP REGISTRATION



TWO WAYS TO REGISTER:

1. **ONLINE AT** www.CDYMCA.org/CAMP to complete your child's registration.
2. **AT YOUR YMCA BRANCH,** kiosks will be available for you to complete your child's registration. Staff will also be available for assistance.

ADDITIONAL INFORMATION/APPROVALS:

Upon registration, you will receive an email from **CampDoc.com** requesting medical information, immunization records, emergency contacts and authorized pickups, as well as approve medical emergency, photo/video permission, activities, and sunscreen release forms. This is all completed online.

CAMP ENHANCEMENTS — Extra Fun!

Weekly Swim Instruction for EVERY Camper!

Whether your camper needs to work on beginner skills like kicking and blowing bubbles or has already graduated to the deep end and wants to develop swim stroke skills, our weekly swim instruction will help your camper get there!



SPECIAL EVENTS!

Lunch with Local Heroes

Our 2nd Annual Lunch with Local Heroes Event is set for Friday July 27, from 11AM to 1PM! We're thrilled to welcome local first responders, influencers, parents, partners, staff and campers with a luncheon honoring all of their hard work and dedication to making Troy a city full of positive impact!

If you have a business or personal interest in honoring our local heroes, and would like to support this special event, please contact Ashli Fragomeni at afragomeni@CDYMCA.org

Troy Camp Talent Show

Back and better than ever! Our Talent Show promises to be an afternoon full of entertainment for our audience! With past performances and collaborations that include dancing, singing and even some basketball and karate skills, this year is sure to be the best yet! Join us Friday, August 10 at 3PM!



Color Run

We'll spend the week working on our form and color combos! Join us on Friday, August 24 for our 2nd Annual Color Run as each camp group uses our trails and fields to complete between .1 and .5 miles of fun run while other campers are dousing them with colorful corn starch! Remember to wear your white t-shirt and bring sunglasses or clear goggles!

MYSTERY READERS!

This year, we're taking reading and literacy to a whole new level by inviting community leaders, influencers, volunteers and parents to join us for a weekly Mystery Reader Day! Each week, a book and matching activity will be led by a mystery reader! Interested in becoming a Mystery Reader? Please contact Ashli at afragomeni@CDYMCA.org today!



Mystery Reader — Every Tuesday and Thursday!
Lunch with Local Heroes! — Friday, July 27
Troy Talent Show! — Friday, August 10

SUMMER CAMP PLANNER — Summertime Fun!

CAMP	Member Rate	Non Member Rate	Camp Week										Sub Total		
			#1 6/25 to 6/29	#2* 7/2 to 7/6	#3 7/9 to 7/13	#4 7/16 to 7/20	#5 7/23 to 7/27	#6 7/30 to 8/3	#7 8/6 to 8/10	#8 8/13 to 8/17	#9 8/20 to 8/24	#10 8/27 to 8/31			
DAY CAMP - Campers are grouped by age	\$180	\$230													+
Mohawks - Entering Kindergarten															+
Braves - Entering 1st Grade															+
Blazers - Entering 2nd & 3rd Grade															+
Warriors - Entering 4th, 5th & 6th Grade															+
LEADERS-IN-TRAINING (LIT) - Entering 7 & 8th Grade	\$180	\$230													+
* WEEK 2 RATES prorated for July 4 th holiday • Day - \$144/\$184 • LIT - \$144/\$184															
Subtract \$10 (per week) if you qualify for the sibling discount (for each child after the first child).														-	
You will need to include weekly \$10 non-refundable camp deposit (per child) when registering.												TOTAL	=		

BILLING SCHEDULE

Camp Week	Payment Due	Camp Begins
Week 1	June 25	June 25
Week 2*	July 2	July 2
Week 3	July 9	July 9
Week 4	July 16	July 16
Week 5	July 23	July 23
Week 6	July 30	July 30
Week 7	August 6	August 6
Week 8	August 13	August 13
Week 9	August 20	August 20
Week 10	August 27	August 27

*Will be pro-rated due to July 4th Holiday



WEEKLY CAMP THEMES — Weekly Fun!

Week 1

June 25 - 29

ADVENTURE AWAITS

Find your tribe! Meet your squad! Begin to make your way through summer 2018! We'll explore the Y's Core Values of caring, honesty, respect, and responsibility through engaging "get to know me" activities that start summer off right by helping every camper to make friends, memories and fun!

Week 2

July 2 - 6
Closed 7/4

SPIRIT WEEK

Let's celebrate our Troy pride! We'll continue to welcome summer with traditional spirit week days, activities, games and contests.

Week 3

July 9 - 13

COLOR GAMES

Get ready for one of our most popular weeks of camp, filled with fun, friendly competition. Spend the week showing off your favorite color combos! We'll get messy and creative working with all the colors of the rainbow in many different ways!

Week 4

July 16 - 20

DANCE THE DECADES

The mashed potato! The hustle! The moon walk and MORE! This week promises to keep campers on their feet as we listen and move to the sounds of the 70s, 80s and today.

Week 5

July 23 - 27

SUPERHERO WEEK

With so many superheroes to choose from, we had to make a whole week to celebrate them all! Show off your favorite of all time and help us celebrate our favorite local superheroes!

Event: Lunch with Local Heroes! Friday, July 27 at Noon

Week 6

July 30 - Aug 3

PASSPORT TO SUMMER

This week, we celebrate fun from around the world! We'll uncover games like Frog Friendship from Cambodia and Marbles from Vietnam! We'll round the week out representing countries from around the world at **Ultimate Summer Games!**

Event: Ultimate Summer Games! Friday, August 3
10AM at Adventure Camp

Week 7

Aug 6 - 10

HOLLYWOOD WEEK

Whether it's singing, performing, inventions or magic, we've got the space to celebrate each camper's talents! We'll spend the week practicing a stellar program for our family and friends as we put on our **Annual Troy Camp Talent Show!**

Event: Camp Talent Show! Friday, August 10 at 3PM

Week 8

Aug 13 - 17

H2 OH YEAH!

In the heat of summer, the Y has never been cooler! We're taking water week to a whole new level! Games, activities, indoor and outside, we're making fun using water all week long!

Week 9

Aug 20 - 24

GAME ON!

In the spirit of competition, we're kicking week 9 up a notch with minute to win it competitions, camp-wide sporting events and our very own **COLOR RUN!**

Event: Color Run! Friday, August 24. Campers are encouraged to bring a white t shirt to camp this day.

Week 10

Aug 27 - 31

GREATEST HITS WEEK

For our grand finale week, campers decide the activities! We'll take the most popular themed days, games and activities and relive them one last time this summer!

OVERNIGHT CAMP FUN!



Camp Chingachgook on Lake George

FREE TOURS & FAMILY DAYS!

Please join us at Chingachgook for our **Open House** events on April 22 & 29 and May 6 & May 20. Join us for our **Winter Wonderland** and **Spring Fling Days**, free opportunities for families to experience Camp (archery, crafts, hikes, and more!), lunch is included. Our Winter Wonderland Days are February 17 and 24 and the Spring Fling is May 12.

To RSVP for these events please call 518.656.9462. You can also call to request a personal tour with our Summer Camp Director or Adventure Trips Director at a time that works for your family. Visit www.LakeGeorgeCamp.org or call 518.656.9462 to learn more and sign up for programs.



DAY CAMP FUN!



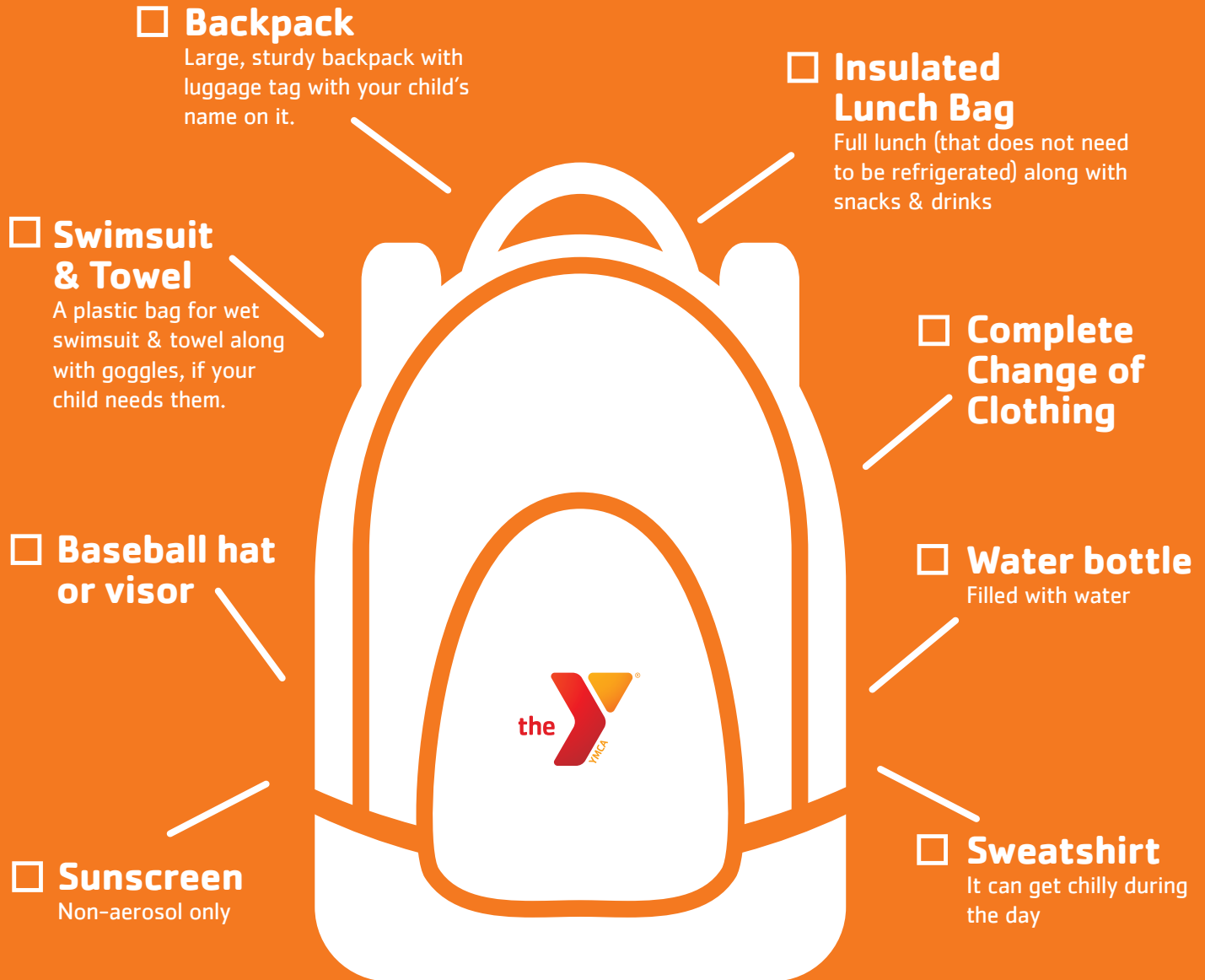
YMCA Adventure Camp

Located just off Route 155 in Guilderland, YMCA Adventure Camp is our **premier regional day camp**, with an outdoor pool, pond with paddle boats, zip line, rock wall, and much more!

FREE TOURS!

Visit www.CDYMCA.org today for our tour schedule, or call 518.456.6929. Also, join us for one of our **Open House** events: Wednesday, May 16 (5 to 7PM) and Sunday, June 3 (11AM to 1PM).

WHAT TO BRING TO CAMP — Camper Essentials!



PLEASE ADD YOUR CHILD'S NAME TO EVERYTHING THEY BRING TO CAMP.

Also, please have your child dress appropriately for outdoor play (no dresses/skirts/dress shoes).

Please send your child in SNEAKERS EVERYDAY (no flip-flops or sandals).

Each camper receives a camp T-shirt.

For the safety of your child, we ask that all campers wear their camp T-shirt on field trip days.

To help your child take full advantage of all that we have to offer, please leave these items home:



Personal toys from home
Electronic equipment
(including cell phones, Nintendo DS, and other gaming devices)
Trading or game cards



CAPITAL DISTRICT YMCA

Troy Branch
2500 21st Street
Troy, NY 12180

PHONE 518.272.5900
FAX 518.272.4409

Non-Profit Org.
US Postage
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Albany, NY
Permit #227

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JOIN US!

NEW TO CAMP NIGHT

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GET TO KNOW YOUR COUNSELOR

Thursday, June 21 • 6 to 7:30PM

