



SUMMER DAY

# CAMP

CAPITAL DISTRICT YMCA



**FIND YOUR FUN**



**THE MORE YOU KNOW**

- Registration opens February 24
- 9 weeks of camp from June 30 to August 29
- CDYMCA members get discounted rates
- Expanded travel camp options
- Scholarships available

# WELCOME TO CDYMCA DAY CAMP



## CAMP BEGINS

JUNE 30

## CAMP ENDS

AUGUST 29



## 10 CAMP LOCATIONS

ADVENTURE CAMP  
JERRY BURRELL UNITY  
PARK  
BETHLEHEM YMCA  
GLENVILLE YMCA  
GREENBUSH YMCA  
GREENE COUNTY  
LALLY EARLY  
LEARNING CENTER  
LYNNWOOD  
PRESCHOOL  
SOUTHERN SARATOGA  
YMCA  
TROY YMCA

2

The recipe for a wonderful childhood includes adventure, learning, safety, friends, and fun! The CAPITAL DISTRICT YMCA uses these components to design our camp program, which will help your children grow by nurturing their sense of belonging as they meet new people and develop lifelong friendships. We have become more intentional in these areas by adding more opportunities for our campers.

Our staff aims to create a fun, adventurous atmosphere so all campers will have the best summer ever! Before your child arrives at camp, our team are trained according to Department of Health regulations, CPR, AED, First Aid, and more.

Our exciting activities will draw your child in, but the relationships formed at camp are why they want to come back year after year. We look forward to making new memories with your camper! Find your fun here at CDYMCA Summer Camp!

Sincerely,

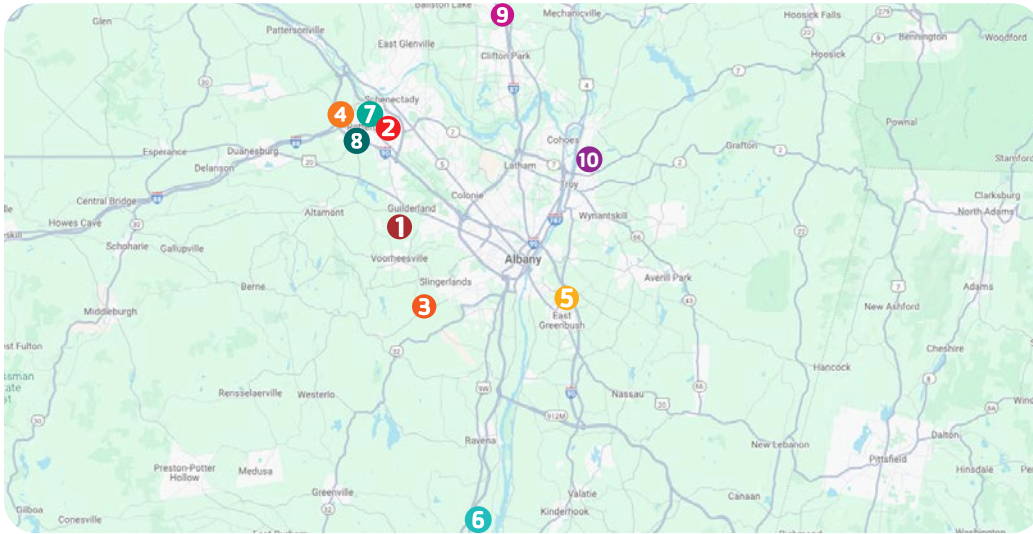
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# CAMP LOCATIONS



**1 ADVENTURE CAMP**  
1 Camp Nassau Lane  
Guilderland, NY 12084  
Ages 5-14, entering Kindergarten

**2 JERRY BURRELL UNITY PARK**  
Hamilton Street and Schenectady Street  
Schenectady, NY 12307  
Ages 5-14, entering Kindergarten

**3 BETHLEHEM YMCA**  
900 Delaware Avenue  
Delmar, NY 12054  
Ages 5-14, entering Kindergarten

**4 GLENVILLE YMCA**  
127 Droms Road  
Glenville, NY 12302  
Ages 6-14, entering 1<sup>st</sup> Grade  
Kindergarten will be at Learning Ladder

**5 GREENBUSH YMCA**  
20 Community Way  
East Greenbush, NY 12061  
Ages 5-14, entering Kindergarten

**6 GREENE COUNTY**  
24 Sunset Boulevard  
Coxsackie, NY 12051  
Ages 5-14, entering Kindergarten

**7 LALLY EARLY LEARNING CENTER CAMP**  
204 S Ten Broeck Street  
Scotia, NY 12302  
Ages 4-12, entering Kindergarten

**8 LYNNWOOD PRESCHOOL CAMP**  
3714 Carman Road  
Schenectady, NY 12303  
Ages 3-4, Preschool only

**9 SOUTHERN SARATOGA YMCA**  
1 Wall Street  
Clifton Park, NY 12065  
Ages 5-14, entering Kindergarten

**10 TROY YMCA**  
2500 21st Street  
Troy, NY 12180  
Ages 5-14, entering Kindergarten

# SAMPLE SCHEDULE

Camper sample schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9am	Extended Care	Extended Care	Extended Care	Extended Care	Extended Care
9am – 4pm	Camp day includes: <ul style="list-style-type: none"> <li>• Arts &amp; Crafts</li> <li>• Swim or Water Play</li> <li>• Archery or Outdoor Activities</li> <li>• Team Building</li> <li>• Lunch</li> <li>• STEM Projects</li> <li>• Drama &amp; Theater</li> <li>• Sports &amp; Games</li> <li>• Snack</li> </ul>	Camp day includes: <ul style="list-style-type: none"> <li>• Arts &amp; Crafts</li> <li>• Swim or Water Play</li> <li>• Archery or Outdoor Activities</li> <li>• Team Building</li> <li>• Lunch</li> <li>• STEM Projects</li> <li>• Drama &amp; Theater</li> <li>• Sports &amp; Games</li> <li>• Snack</li> </ul>	Camp day includes: <ul style="list-style-type: none"> <li>• Arts &amp; Crafts</li> <li>• Swim or Water Play</li> <li>• Archery or Outdoor Activities</li> <li>• Team Building</li> <li>• Lunch</li> <li>• STEM Projects</li> <li>• Drama &amp; Theater</li> <li>• Sports &amp; Games</li> <li>• Snack</li> </ul>	Camp day includes: <ul style="list-style-type: none"> <li>• Arts &amp; Crafts</li> <li>• Swim or Water Play</li> <li>• Archery or Outdoor Activities</li> <li>• Team Building</li> <li>• Lunch</li> <li>• STEM Projects</li> <li>• Drama &amp; Theater</li> <li>• Sports &amp; Games</li> <li>• Snack</li> </ul>	Camp day includes: <ul style="list-style-type: none"> <li>• Arts &amp; Crafts</li> <li>• Swim or Water Play</li> <li>• Archery or Outdoor Activities</li> <li>• Team Building</li> <li>• Lunch</li> <li>• STEM Projects</li> <li>• Drama &amp; Theater</li> <li>• Sports &amp; Games</li> <li>• Snack</li> </ul>
4 – 5:30pm	Extended Care	Extended Care	Extended Care	Extended Care	Extended Care

Themes will vary weekly by location!

## WHAT WE OFFER

CDYMCA outdoor summer camp provides children (ages 5-14) with fun, supervised activities that teach character values, conflict resolution, and leadership skills. We offer a variety of activities, from crafts to science projects to songs and water activities. All activities are age-appropriate, and children are placed in respective age groups to enjoy activities geared toward their development level.

## CAMP HOURS

Monday through Friday, from 9am to 4pm, with before-care from 7:30 – 9am and after-care from 4 – 5:30pm at no additional charge.

## RESPECTFUL CONDUCT

To ensure all children enjoy a positive experience while in our care, we ask that your child is able to follow these guidelines:

- Remain with their counselor at all times
- Always remain with their group
- Avoid entering unauthorized areas
- Use respectful language and be courteous to staff and others
- Be respectful to others, making sure never to fight, injure, or bully
- Take proper care with their items and the items of others, never stealing or defacing property
- Follow check-in and check-out procedures

We will notify you to ensure you're aware of any situation regarding an incident with your child. We will provide you clear information about the situation and direction regarding the next steps for your child.



## STAFF TRAININGS

Staff attend trainings before working at any of our camp locations. Their training covers CPR, first aid, character development, age appropriate activities, bullying prevention, child abuse awareness, and a variety of additional topics that ensure that your child enjoys a safe and fun experience.

## DROP OFF AND PICK UP

Always have your ID with you. Children will only be released to those individuals listed on the emergency and/or authorized pick up section of the enrollment form.



# 2025 CDYMCA TRAVEL CAMP

## Schedule

### • Week 1 @ Southern Saratoga: June 30–July 4

Monday: Team building and safety at camp  
Tuesday: LegoLand–6pm return  
Wednesday: Mine Kill State Park  
Thursday: Spare Time Clifton Park  
Friday: OFF for Holiday

### • Week 2 @ Glenville: July 7–11

Monday: Team building and safety at camp  
Tuesday: Schenectady County’s Ice Rink & Zurich Cinemas  
Wednesday: Mine Kill State Park  
Thursday: Six Flags New England– 7pm return  
Friday: Thompson’s Lake & Thacher State Park

### • Week 3 @ Bethlehem: July 14–18

Monday: Team building and safety at camp  
Tuesday: Regal Crossgates & Del Lanes  
Wednesday: Moreau Lake State Park  
Thursday: Six Flags New England– 7pm return  
Friday: Lake Taghkanic State Park

### • Week 4 @ Adventure Camp: July 21–25

Monday: Team building and safety at camp  
Tuesday: Lanes n’ Games  
Wednesday: Thompson’s Lake & Thacher State Park  
Thursday: Utica Zoo– 5:30pm return  
Friday: Moreau Lake State Park

### • Week 5 @ Greenbush: July 28–August 1

Monday: Team building and safety at camp  
Tuesday: Tri–City ValleyCats Baseball Game & Camp Day  
Wednesday: Lake Taghkanic State Park  
Thursday: Utica Zoo– 5:30pm return  
Friday: Grafton Lakes State Park

### • Week 6 @ Southern Saratoga: August 4–8

Monday: Team building and safety at camp  
Tuesday: Regal Clifton Park & Saratoga Ice Rink  
Wednesday: Grafton Lakes State Park  
Thursday: Six Flags New England– 7pm return  
Friday: Thompson’s Lake & Thacher State Park

### • Week 7 @ Adventure Camp: August 11–15

Monday: Team building and safety at camp  
Tuesday: Schenectady County’s Ice Rink & Zurich Cinemas  
Wednesday: Lake Taghkanic State Park  
Thursday: Six Flags New England– 7pm return  
Friday: Mine Kill State Park



## Quick Info:

The trips are subject to change and based on the weather.

4th grade to 10th grade

Arrive daily by 8:30am

Busses return at 4:30pm unless otherwise noted.

Pick up is from 4:30–5:30pm.

Pick-up on late trip days is at the time of return.

Drop-off and pick-up are at the camp of the week.

Attendance on Monday is mandatory for participation in the field trips scheduled for Tuesday through Friday.

More detailed information about the week is emailed out about a week ahead of time.

Paper copies detailing the week are sent home with the campers on Mondays.

Returning paperwork is due directly to Travel staff on Tuesdays.

Camp Docs profiles at 100% completion are due on Mondays at drop-off.



Bri Bogatka

Travel Camp & Childcare Coordinator

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bbogatka@cdymca.org

www.cdymca.org/summer-camp

# COUNSELORS IN TRAINING (CIT)



## AGES

14 & 15  
ENTERING 9<sup>TH</sup> AND  
10<sup>TH</sup> GRADE

The Counselor-in-Training (CIT) program is designed to develop leadership skills in young people entering 9<sup>th</sup> and 10<sup>th</sup> grades. CIT applicants must be 14-15 years of age and/or entering 9<sup>th</sup> and 10<sup>th</sup> grades.

The CIT program is the first step in an individual's transition from camper to a potential staff member. We take pride in helping youth develop the necessary skills through interactive training, team building activities, and hands-on learning experiences. The goal of our program is to help CITs develop a positive work ethic that they can apply to any leadership experience in the future.

CITs shadow actual counselors, plan and facilitate activities, and participate in nearly every aspect of camp. We accept applications for teens 14 and older and/ or are entering the 9<sup>th</sup> grade. CITs are selected based on maturity, enthusiasm, and a desire to be a future leader at camp. This program does NOT guarantee employment.



## Goals of the Program

- Prepare teens to work with children of all ages and backgrounds by providing lessons on age characteristics, diversity and inclusion, and behavior management.
- Prepare teens to become successful camp counselors by embedding the majority of their experiences within camper groups, working alongside counselors.
- Encourage role-modeling behavior.
- Provide hands-on training experiences in safety procedures, game and curriculum implementation, and group supervision.
- Establish a feedback system to enhance professional and personal development.
- Empower teens to enhance their abilities by providing them opportunities to explore and learn.

# DAY CAMP PRICING

**Deposit:** \$50 deposit per camp week for each camper registered is due upon registration.

**Sibling Discount:** A sibling discount of \$20 per week is honored for families with two or more children enrolled in this program.

CDYMCA DAY CAMP	
MEMBER PRICING	NON-MEMBER PRICING
\$330 per week	\$380 per week

CDYMCA TRAVEL CAMP	
MEMBER PRICING	NON-MEMBER PRICING
\$390 per week	\$440 per week

The cost of Travel Camp for Week 1 is the same as the other weeks, even with the holiday off, due to a specialty trip.

**Camper MUST be a member at the time of registration through the last week of camp to receive member pricing.**

Weekly payments for camp can be made by automatic draft, cash, online, or by mailing check to Childcare Billing Capital District YMCA, 465 New Karner Road Albany, NY 12205.

Please print your child's name in the memo section of your check. Because the Capital District YMCA processes checks as electronic funds transfers, the check will appear as a debit on your statement, and you will not receive a cancelled check.

We do not mail a bill each week. All payments are due Monday of the week they are registered for camp. If your payment is not received by the Tuesday of that week, your child will be removed from the program. If you have any additional questions, contact the Billing Department at [billing@cdymca.org](mailto:billing@cdymca.org) or call 518.869.3500.

Please note that if you need to cancel any week for any reason, we need at least one-week notice. This will assist with proper staffing. To submit a cancellation request, please contact our Billing Department at [billing@cdymca.org](mailto:billing@cdymca.org) 518-869-3500 x9961.

## FREQUENTLY ASKED QUESTIONS

**Q: How is my deposit applied?**

**A:** Your deposit will be applied to the weekly draft. To calculate your weekly fees, subtract \$50 (the deposit).

**Q: My child may not attend every day. Is there a drop-in option?**

**A:** Sessions are purchased and billed weekly. We don't have an option for daily rates.

**Q: How do I make payments?**

**A:** You can log into your YMCA account anytime to make or change a payment method or contact [billing@cdymca.org](mailto:billing@cdymca.org)

**Q: Can I cancel my registration online?**

**A:** No, you cannot cancel your registration online, you must contact our Billing Department at [billing@cdymca.org](mailto:billing@cdymca.org) or 518-869-3500 x9961 with one-weeks' notice.



# CAMP REGISTRATION INFORMATION

Visit [cdymca.org/summer-camp](https://cdymca.org/summer-camp) to register online!

Review pricing on page 8. **Campers MUST be members prior to registering to receive member pricing.** If they are not and you'd like to sign them up for a membership, be sure to register them online or at your local branch prior to registering for our CDYMCA Summer Camp!

1. Go to [cdymca.org/summer-camp](https://cdymca.org/summer-camp) to review the information and our CDYMCA Summer Camp Brochure.
2. Find the CDYMCA Summer Camp location where you would like to register your camper at.
3. When you are ready to register, click on the type of camp you wish to register your child(ren) for (ie. Day Camp, CIT Camp, Travel Camp).
4. Once selected, the website will take you to Daxko to complete your registration.
5. It will now ask you to log in unless you are already logged into our site for other program registrations. If this is the case, you can skip these steps as it will not ask you to log in. \*Tip: log into Daxko a few days prior to registration opening to make sure you remember/update your password
  - a. If you know your camper's membership/participant email and password, log in. Use the login information you have used to register for YMCA programs (this would be the same credentials as registering for camp last year or for Before and After School programs).
  - b. If you do not know the login information for your camper's profile, or your attempt in the previous step fails, click the "I don't know my credentials" option. It will ask you to enter information and verify the email that we have on file.
  - c. If your camper has never enrolled in any of the Capital District YMCA programs or classes and has never been a member, you can select "I have never been a member or participant and I want to create a new account."
  - d. Enter the required information for your camper, and select a membership type. If you are not interested in registering for a membership, please select the "non-member" option.
  - e. If you have any concerns or questions at any point of this process, please contact our billing department at [billing@cdymca.org](mailto:billing@cdymca.org).
6. Please be aware that your camper can only attend ONE OPTION/CAMP TYPE EACH WEEK.
  - a. You can register your camper for one option or multiple options throughout the summer, just not in the same week
7. On the next page, review and select "Add to Cart."
8. Go to your cart and REVIEW. Make sure there are NO overlapping dates.
9. Once you have all of the weeks you would like in your cart, checkout and complete the billing information.
10. Review and sign all waiver and notifications. **Please note this will include you accepting the \$50 deposit.**
11. After completing registration, you will receive a confirmation email.

Please note: Deposits are non-refundable and non-transferable. Make sure you are registering your child for the camp location you want them to attend.

<b>ADVENTURE CAMP</b> Day Camp CIT Camp Travel Camp	<b>BETHLEHEM YMCA CAMP</b> Day Camp CIT Camp Travel Camp	<b>GLENVILLE YMCA CAMP</b> Grades 1-8 Day Camp CIT Camp Travel Camp Kindergarten camp at Learning Ladder registration, please email us.
<b>GREENBUSH YMCA CAMP</b>	<b>LALLY EARLY LEARNING CENTER CAMP</b>	<b>LANSINGBURGH CAMP</b>

# PAYMENT/REGISTRATION

## WEEKLY AUTO PAYMENTS

Payments for camp are processed via a weekly auto draft. On the registration form, you will provide credit/debit card or bank account information which will be automatically charged each week. The charge is made on the Monday of the camp week.

## DEPOSIT

A \$50 deposit is due for each week of camp at the time of registration. For example, if a camper is registered for 9 weeks at initial registration, a deposit of \$450 is taken. This deposit is applied to the child's weekly draft. The full deposit amount is drafted from the bank or credit/debit card that you provide within your registration form.

## CANCELLATIONS/SCHEDULE CHANGES

- All cancellations and schedule changes must be submitted at least one week prior to the draft date.
- To submit cancellation and change requests, please contact our Billing Department at [billing@cdymca.org](mailto:billing@cdymca.org) or 518-869-3500 x9961.
- No changes will be accepted after 6/27/2025.

## SPLIT PAYMENTS

If a family needs to split payments between two parties, both parties need to supply banking information. Please email the CDYMCA Billing Department. We cannot split deposit payments.

## DISCOUNTS

A sibling discount of \$20 is honored for families with two or more children enrolled in this program or full-time child care. Typically, the discount applies to the oldest child/children.

## NON-SUFFICIENT FUNDS (NSF) POLICY

Should any payment draft not be honored by your financial institution for any reason, you will be charged a \$25 NSF fee. Campers with an outstanding balance will not be allowed to attend camp until the balance is paid. In addition, if a camper has an outstanding camp balance, they will be ineligible to register for any other Y programs, including Y-Time, until the balance is paid.

## ANNUAL CAMPAIGN SCHOLARSHIP

The Y has a financial assistance program that awards a percentage off of CDYMCA Summer Camp to qualifying families based on income. To qualify for a scholarship, families must apply with our Membership for All application located on our website. Please note that childcare/day camp scholarships are different than membership scholarships. **Please note Day Camp scholarships do not apply to Travel Camp.** Please contact [billing@cdymca.org](mailto:billing@cdymca.org) with questions.

# POLICIES AND PROCEDURES

## POSITIVE GUIDANCE

Behavior management is accomplished through a positive approach that respects the child as an individual. Praise and positive reinforcement are effective methods of managing children's behavior. When children receive positive feedback and interaction from adults and others, they develop good self-awareness, problem solving abilities, and self-discipline.

Y staff will address normal day-to-day behavior by guiding children to resolve their own conflicts. The following techniques will be used to influence children's behavior: positive role modeling, setting limits, re-direction, and positive behavior alternatives.

Depending on the frequency and/or severity of a child's negative behavior, a meeting will be held with the parent(s), Site Director and the Childcare Director. With parental assistance, a plan will be devised to help us work with the child. The Y reserves the right to suspend or terminate a child from the program if behavior does not improve or is severe enough. Any child who inflicts physical harm on other children or Y staff may be immediately dismissed from the program.

## BEHAVIORAL POLICY

At the Capital District YMCA, our childcare programs are designed to build capacity for students to succeed. The purpose of our Behavioral Policy is to reflect our four core values of **caring, honesty, respect** and **responsibility**. Our goal is to promote and maintain a positive atmosphere within each school-age childcare program; a child's misbehavior may prevent our staff from fulfilling this goal. A child exhibiting disruptive behavior (minor or major) will be guided using the following guidelines.

## MINOR INCIDENTS

Minor incidents are minor day-to-day infractions that occur and are dealt with on the spot by our staff. Examples include:

- Misuse of YMCA equipment
- Disruptive outbursts
- Spontaneous slip of questionable words
- Playground disagreements and squabbles
- Rough housing

When these types of incidents occur, we focus on problem-solving and helping the child make better decisions in the future. Our staff use positive working strategies to help a child realize that negative behavior is ultimately nonproductive.

Each child should enjoy activities planned with the understanding that she/he is responsible for her/his actions. With prior knowledge of our basic rules for safety and behavior, we help each child learn to exercise self-discipline with our guidance. If a child exhibits repeated behavioral problems, you will be notified and encouraged to guide your child's behavior.

## MAJOR INCIDENTS

Major incidents endanger the physical and mental safety of the child, other children and/or staff. Though most of the following misbehaviors are not evident in YMCA programs, it's important to be aware of them. Major incidents include, but are not limited to:

- Minor incidents that become repetitive or chronic
- Weapons
- Bullying
- Theft
- Lying
- Leaving supervised area without permission
- Throwing stones or other projectiles
- Abusive language
- Verbal threats
- Direct disobedience of and/or defiance of our staff
- Violation of any school's Code of Conduct

# POLICIES AND PROCEDURES

A child exhibiting any of these behaviors will be separated from the group, a Behavioral Report completed, and a conference with the parent/guardian/responsible adult will occur. The child will be required to complete a behavior contract and submit it to our staff before returning to the program. Failure to comply with the contract will result in suspension or expulsion from our program.

For the safety and well-being of children in our care, we cannot care for children who display chronically disruptive behavior. Chronically disruptive behavior is defined as verbal or physical activities which may include, but are not limited to:

- Behavior that requires constant attention from staff
- Behavior that inflicts physical or emotional abuse on other children or self
- Behavior that abuses staff and/or ignores or disobeys rules

In response to any activities that involve fighting, assault, vandalism, using illegal substances, or any other endangering behavior, our Camp Director or Childcare Director will immediately remove the child from the program and contact you. Expulsion from the program will follow.

## **PARENT CONDUCT POLICY**

Any misconduct by a parent/guardian/responsible adult toward Y staff and/or program participants may result in termination of your child from our program. This behavior includes threats, harassment, swearing, and violations regarding picking up your child.

## **WHAT TO BRING TO CAMP EACH DAY**

To help your child keep track of their belongings, please add your child's name on everything they bring to camp. Please send your child in comfortable clothing that is okay to get dirty.

- **Hand sanitizer**
- **Water bottle**
- **Healthy snacks and lunch that does not need to be refrigerated/heated**
- **Bathing suit and towel**
- **Cap/hat/visor**
- **Non-aerosol sunscreen**
- **Non-aerosol bug spray**
- **Backpack**
- **Weather appropriate apparel, including closed-toe or athletic shoes**

## **WHAT TO LEAVE AT HOME**

To provide the best experience for your child, and help them focus on each fun activity, please leave these items at home:

- **Cell phones and electronic devices**
- **Toys or stuffed animals**
- **Money**
- **Trading cards**
- **Make up**
- **Excessive jewelry**

Lost items are placed in our Lost & Found area. Please let us know immediately when an item is lost. During the summer, items not claimed are donated to local charities. The CDYMCA is not responsible for lost, misplaced, or stolen items.