



SUMMER 2026

DAY CAMP PARENT HANDBOOK



CAPITAL DISTRICT YMCA

cdymca.org

WELCOME TO CDYMCA DAY CAMP



CAMP BEGINS

JUNE 29

CAMP ENDS

SEPTEMBER 4



CAMP HOURS

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

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,

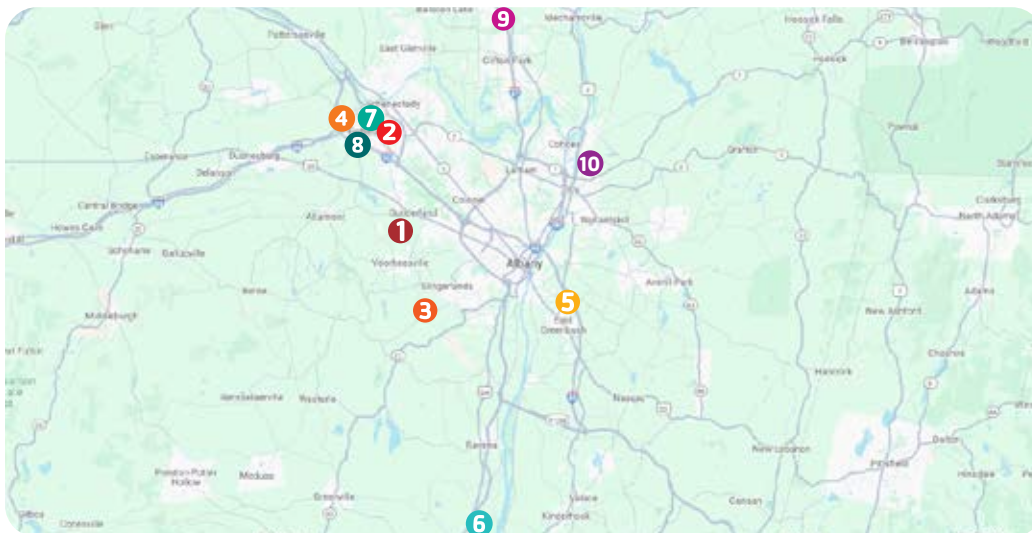
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Table of Contents

Page 2 | Welcome to Camp!
Page 3 | Camp Locations
Page 4 | Sample Schedule
Page 5 | CIT Campers
Page 6–8 | Travel Camp
Page 9 | Day Camp Pricing
Page 10–11 | Registration Information
Page 12–15 | Family Corner
Page 16 | Health & Wellness
Page 17 | Contact Information

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 1st 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
Kindergarten will be at KidzLodge

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

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"> • Arts & Crafts • Swim or Water Play • Archery or Outdoor Activities • Team Building • Lunch • STEM Projects • Drama & Theater • Sports & Games • Snack 	Camp day includes: <ul style="list-style-type: none"> • Arts & Crafts • Swim or Water Play • Archery or Outdoor Activities • Team Building • Lunch • STEM Projects • Drama & Theater • Sports & Games • Snack 	Camp day includes: <ul style="list-style-type: none"> • Arts & Crafts • Swim or Water Play • Archery or Outdoor Activities • Team Building • Lunch • STEM Projects • Drama & Theater • Sports & Games • Snack 	Camp day includes: <ul style="list-style-type: none"> • Arts & Crafts • Swim or Water Play • Archery or Outdoor Activities • Team Building • Lunch • STEM Projects • Drama & Theater • Sports & Games • Snack 	Camp day includes: <ul style="list-style-type: none"> • Arts & Crafts • Swim or Water Play • Archery or Outdoor Activities • Team Building • Lunch • STEM Projects • Drama & Theater • Sports & Games • Snack
4 – 5:30pm	Extended Care	Extended Care	Extended Care	Extended Care	Extended Care

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.

COUNSELORS IN TRAINING (CIT)



AGES

14 & 15
ENTERING 9TH AND
10TH GRADE

The Counselor-in-Training (CIT) program is designed to develop leadership skills in young people entering 9th and 10th grades. CIT applicants must be 14–15 years of age and/or entering 9th and 10th 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 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 9th grade. CITs are selected based on maturity, enthusiasm, and a desire to be a future leader at camp. This program does NOT guarantee employment.

The CITs responsibilities may vary by location and number of campers enrolled. Please apply with Camp Director.



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.

TRAVEL CAMP

WELCOME TO TRAVEL CAMP!

We explore, make memories, and build new friendships—while rekindling old ones—through fun and exciting trips and activities!

SAFETY FIRST

Please review the Summer Camp Handbook, along with the information below, to help ensure a safe and successful summer for everyone.

BUS POLICY

All campers are expected to follow bus safety rules and staff instructions at all times. Staying seated, using appropriate language, and showing respect to others helps keep every trip safe and enjoyable.

BUS CONDUCT

- The day camp handbook applies while riding the bus and on trips
- Riders must be seated with seatbelt fastened
- Riders' hands, arms, feet etc may not extend outside the bus
- Riders must not tamper with bus emergency doors
- Electronic devices, including cell phones are not to be used by riders
- Riders may not throw objects or display any other behavior that is may distract the driver and compromise the safety of those riding the bus

TRIPS

- Field trip dates are tentative and are **subject to change**
- Trip schedules are provided to parents/guardians.
- If a field trip extends beyond normal camp hours, staff will notify parents/guardians
- The day camp handbook behavior policies are to be followed on all trips

SWIM

To ensure all campers are safe, campers will take a swim test on the first day of the session (Monday) this is mandatory for the campers to attend the swim Trips.

TRAVEL CAMP

WHAT TO BRING

- Backpack labeled with camper's name
- Refillable water bottle
- Snacks
- Lunch (if applicable) see schedule
- Money
- Sunscreen, non aerosol (applied before arrival when possible)
- Comfortable clothing and sneakers
- Weather-appropriate gear
- Bathing suit, water shoes, towel, goggles, swim gear
- Extra clothes
- Any required forms or medications (as instructed)

WHAT NOT TO BRING

- Cell phone and any electronics
- Toys
- Valuable items

MONEY

Please note that we will make every effort to allow campers time to visit gift shops and concession stands. However, due to strict bus schedules and potential wait times at venues, we may not always be able to accommodate these visits. We appreciate your understanding.

COMMUNICATION

We will share important updates through email and our website. Please be sure your contact information is current and check messages regularly. If you have questions or concerns, feel free to reach out to our staff at any time.

the **Y** **TRAVEL CAMP SCHEDULE**

July

YMCA Adventure Travel Camp 5 weeks

Wild Waters & Kayak Shak:

*** For this trip all campers must be able to pass the swim test as a deep end swimmer to attend the rafting trip please check with Kim, kkowalski@cdymca.org to schedule the swim test***

Monday	Tuesday	Wednesday	Thursday	Friday
6 No Trip Teambuilding Drop off and pick up at Adventure Camp	7 Minne Ha Ha Lake George Mini Golf/Arcade/Shopping Downtown Lake George Bagel Breakfast is included	8 Wild Waters Lake Luzerne <i>"Must be able to pass swim test as a deep end swimmer to attend this trip"</i>	9 Bowling and More! @Lanes and Games Lake George Pizza Lunch is included	10 Drop off and pick up at the Guildland Branch Y on the Fly visiting Swimming, Special Event! Pizza Lunch is included
13 No Trip Teambuilding Drop off and pick up at Adventure Camp	14 YMCA CAMP Chingachgook Kattskill Bay Pizza Lunch included	15 AMC Movies Saratoga Saratoga Springs Congress Park Saratoga Saratoga Springs	16 Kayak Shak Saratoga Springs Saratoga Strike zone, Saratoga Springs Pizza Lunch is included <i>"Must be able to pass swim test as a deep end swimmer"</i>	17 Ice Skating Glenville Glenville YMCA Archery, Swimming, Special Event! Ice Cream included!
20 No Trip Teambuilding Drop off and pick up at Adventure Camp	21 Minne Ha Ha Lake George Mini Golf/Arcade/Shopping Downtown Lake George Bagel Breakfast included	22 Valley Cats Game Troy Lunch is included Greenbush YMCA Swimming, Archery, Special event!	23 Lake Taghkanic And cook out BBQ lunch provided	24 Drop off and pick up at the Guildland Branch Y on the Fly visiting Swimming, Special Event! Pizza Lunch is included
27 No Trip Teambuilding Drop off and pick up at Adventure Camp	28 YMCA CAMP Chingachgook Kattskill Bay Pizza Lunch included	29 Kayak Shak Saratoga Springs Congress Park Saratoga Saratoga Springs <i>"Must be able to pass swim test as a deep end swimmer"</i>	30 Bowling and More! @Lanes and Games Lake George Piney Meadows Community Farm Saratoga Springs	31 Ice Skating Glenville Glenville YMCA Archery, Swimming, Special Event! Ice Cream included!
YMCA Adventure Camp August				
3 No Trip Teambuilding Drop off and pick up at Adventure Camp	4 Ice Skating Glenville AIR Museum Glenville	5 Jungle Experience Zoo Granville Hicks Orchard Granville Ice cream is provided	6 Lake Taghkanic And cook out BBQ lunch included	7 Drop off and pick up at the Guildland Branch Y on the Fly visiting Swimming, Special Event! Pizza lunch included

CAPITAL DISTRICT YMCA

the **Y** **TRAVEL CAMP SCHEDULE**

July 2026

Southern Saratoga YMCA Travel Camp – 5 weeks

Wild Waters & Kayak Shak:

*** For this trip all campers must be able to pass the swim test as a deep end swimmer to attend the rafting trip please check with Kim, kkowalski@cdymca.org to schedule the swim test***

Monday	Tuesday	Wednesday	Thursday	Friday
6 No Trip Teambuilding Drop off and pick up at Southern Saratoga YMCA	7 Minne Ha Ha Lake George Mini Golf/Arcade/Shopping Downtown Lake George Bagel Breakfast included	8 Wild Waters Lake Luzerne <i>"Must be able to pass swim test as a deep end swimmer to attend trip"</i>	9 Ice Skating @Saratoga Saratoga Springs AIR Museum Glenville	10 AMC Movies 19 Railroad Pl Saratoga Congress Park Saratoga Springs
13 No Trip Teambuilding Drop off and pick up at Southern Saratoga YMCA	14 YMCA CAMP Chingachgook Kattskill Bay Pizza Lunch included	15 AMC Movies Saratoga Springs Congress Park Saratoga Springs	16 <i>"Must be able to pass swim test as a deep end swimmer"</i> Kayak Shak Saratoga Spring Saratoga Strike zone Saratoga Springs Pizza Lunch is included	17 Bowling @Spartane Clifton Park Ice cream at Hayners Clifton Park Ice Cream included!
20 No Trip Teambuilding Drop off and pick up at Southern Saratoga YMCA	21 Minne Ha Ha Lake George Mini Golf/Arcade/Shopping Downtown Lake George Bagel Breakfast included	22 Valley Cats Game Troy Lunch is included Greenbush YMCA Swimming, Archery, Special Event	23 Lake Taghkanic And cook out BBQ lunch is included	24 AMC Movies Saratoga Springs Congress Park Saratoga Springs
27 No Trip Teambuilding Drop off and pick up at Southern Saratoga YMCA	28 YMCA CAMP Chingachgook Kattskill Bay Pizza Lunch included	29 <i>"Must be able to pass swim test as a deep end swimmer"</i> Kayak Shak Saratoga Springs Congress Park Saratoga Saratoga Springs	30 Ice Skating @Saratoga Saratoga Springs AIR Museum Glenville	31 Bowling @Spartane Clifton Park Ice cream at Hayners Clifton Park Ice cream included!
Southern Saratoga YMCA August				
3 No Trip Teambuilding Drop off and pick up at Southern Saratoga YMCA	4 AIR Museum Glenville Ice Skating @Saratoga Saratoga Springs	5 Jungle Experience Zoo Granville Hicks Orchard Granville Ice cream is provided	6 Lake Taghkanic and cook out BBQ lunch is included	7 Drop off and Pick up at Southern Saratoga YMCA Visit from Y on the Fly, Archery, Swimming Walk to Movies Clifton Country Mall in Clifton Park Pizza lunch is included

CAPITAL DISTRICT YMCA

DAY CAMP PRICING

Deposit: Non-refundable \$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
\$340 per week	\$390 per week

CDYMCA TRAVEL CAMP	
MEMBER PRICING	NON-MEMBER PRICING
\$400 per week	\$450 per week

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 canceled check.

We do not mail a bill each week. **All payments are due the Friday before the upcoming 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 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 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

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 or 518-869-3500 x9961 with one-weeks' notice.

CAMP REGISTRATION INFORMATION

Visit 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 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.
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.

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 Friday before the upcoming camp week.

DEPOSIT

A \$50 non-refundable deposit is due for each week of camp at the time of registration. For example, if a camper is registered for 10 weeks at initial registration, a deposit of \$500 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 or 518-869-3500 x9961.
- No changes will be accepted after 6/26/2026.

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 with questions.

CAMPDOC

Please note, an email will be sent to the primary email on file in Daxko with a link to CampDoc. This must be completed in full before attending camp.

FAMILY CORNER

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.

DROP OFF & PICK UP

Always have **your ID** with you. Children will only be released to those individuals 18 years or older listed on the emergency and/or authorized pick up section of the enrollment form.

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), Camp 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 camp 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 camp program; a child's misbehavior may prevent our staff from fulfilling this goal.

FAMILY CORNER

INCIDENTS

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

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.

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.

PARENT RESPONSIBILITIES

- Parents must follow all established policies and procedures outlined in the YMCA Day Camp Handbook including the pick-up policy, payment policy, late pick-up policy, cancellation policy, etc.
- Parents are responsible for reading all emails, newsletters, flyers, etc. sent home regarding the Day Camp program as well as regularly reviewing the Y website, Facebook page, and materials available at your child's Day Camp location to keep well-informed about the program.

Parents should read, review, and model the Camper Code of Conduct with their children regularly. Please ensure camp documentation is completed before campers start camp.

FAMILY CORNER

DIVERSE ABILITIES; SPECIAL EMOTIONAL / PHYSICAL NEEDS

Campers with special emotional or physical needs should be called to the attention of the Camp Director by fully describing any unique requirements of the camper at least two weeks prior to arrival. Please call Camp if you have questions regarding children with special needs. **WE WILL MAKE EVERY REASONABLE ACCOMMODATION POSSIBLE TO SERVE CHILDREN WITH DIVERSE ABILITIES.** Please contact the Day Camp Director regarding special circumstances.

EQUITY STATEMENT

As an anchor in the communities we serve, the CDYMCA is committed to diversity, equity and inclusion, knowing that these efforts create better opportunities for all. In the critical role as community advocate and partner, the Y is uniquely positioned to bring our community together.

We work to be an anti-racist multicultural YMCA that embraces and celebrates all dimensions of diversity – ensuring equity within our organization, to ensure in all cases, we denounce any form of racism, homophobia, transphobia, xenophobia, misogyny, and ageism, and all explicit and implicit forms of hate or oppression.

INTERACTION WITH YMCA STAFF OUTSIDE OF YMCA PROGRAMMING

YMCA staff is not permitted to engage with program participants outside of official YMCA channels, including but not limited to the following important guidelines:

- YMCA Staff and volunteers are not allowed to transport children at any time outside of YMCA programs.
- YMCA Staff are not allowed to babysit any campers involved in any YMCA programming.

NON-SMOKING ENVIRONMENT

The YMCA is a non-smoking environment.

- No person will be permitted to use tobacco products inside or outside any YMCA facility or facilities being used by the YMCA.
- Students and other persons under 18 may not possess or display tobacco products at any time on YMCA properties, in vehicles or while participating in sponsored events.
- Tobacco product is defined as: cigarettes, cigars, pipes, chewing tobacco, vaping, etc.

SPEED LIMITS

To ensure the safety of all children in YMCA programs, please respect posted stop signs, speed limit signs etc. The unposted speed limit on YMCA property is 10 mph. Please be cautious while driving through any program parking lot – children are everywhere.

STAY INFORMED

It is our priority to make sure parents are informed of what is going on in our programs. The Y will make every effort to communicate with you about activities, special events and especially about your child! We communicate through newsletters, social media, signs posted at pick-up or drop-off time, phone calls, in person and email. It is required that parents provide email addresses so you can receive important updates. If there is ever a time you want to know more, please contact your Y and speak with the program director.

FAMILY CORNER

WHAT TO BRING TO CAMP

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.

- **Sunscreen**
- **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.

HEALTH & SAFETY

WELLNESS

It is our sincere desire to provide quality care for your camper while they are participants at Camp. It is absolutely imperative that we work together to make this happen. Please keep your child at home if they have a fever, cold, or virus. If a child becomes ill during the program and is unable to participate in activities, we will contact the parent/guardian. Any child running a temperature over 100 degrees or has vomited will be required to go home. Camper must be fever free with no medications and no signs of vomiting/diarrhea for 24 hours.

If a child is hurt, a certified staff member will administer first aid. If the situation requires further medical attention, a staff member will attempt to contact the parent/guardian. In the event that the parent/guardian cannot be reached all contacts on the authorized pick-up list will be contacted.

IMPAIRMENT

Your child's safety is our priority. At times we are called to make judgments concerning a camper's safety. If a YMCA staff member suspects that a parent, guardian, or other adult authorized to pick up the child is impaired when he or she arrives to pick-up the child, the YMCA will keep the child at the YMCA facility until alternative transportation can be arranged. The YMCA will first try to contact another family member or spouse; then one of the emergency contacts listed on the child's registration form. The YMCA reserves the right to involve appropriate authorities if necessary to protect the child and the YMCA.

MEDICATION POLICY

All medications being administered at camp, including Epi-pens, inhalers, and over-the-counter medications, require a current signed physician's medication order along with signed written consent from the parent/guardian. The medication must be in the original container and labeled with the child's first and last name and dosing instructions. Please hand all medication directly to the Camp Director on site at the time of drop off.

IMMUNIZATION RECORDS

Per NYS DOH policy each family is required to provide their child's immunization records. These records are to be uploaded to the CampDoc portal.

KEEP KIDS MOVING

Movement is essential for physical health, emotional regulation and cognitive function. We encourage all campers to participate in enriching activities that keep them moving.

CONTACT INFORMATION

SUMMER CAMP DIRECTOR EMAILS & LOCATIONS

DAY CAMPS

- Adventure Camp, Bethlehem & Greene County: Taylor, Tesperti@cdymca.org
- Glenville & Jerry Burrell: Scott, scyoung@cdymca.org
- Greenbush & Troy: Leshelle, lbellamy@cdymca.org
- Southern Saratoga: Dallas, dgarven@cdymca.org

KINDERGARTEN AND PRESCHOOL LOCATIONS

- Lally: Colleen, cmunger@cdymca.org
- Learning Ladder & Lynnwood: Kathleen, krutledge@cdymca.org
- Kidzlodge: Deb, dround@cdymca.org

TRAVEL

Rachel, rbonacquisti@cdymca.org

Please note- our camp teams are hard at work during the summer months and generally are out at camp ensuring the children are having the best summer. Please allow 24hours to respond back to email. If you need immediate attention, please call the camp cell phone.