

EXCLUSIVE:
We Offer a Full
Week of Camp
the Week of
July 4th!

SUMMER VIBES



2020 Summer Camp Guide
YMCA Adventure Camp
1 Camp Nassau Lane, Guilderland, NY
Less than a mile west of the corner of Rt. 20 and Rt. 155
518.456.6929 • www.CDYMCA.org

YOUR GUIDE TO

SUMMER VIBES

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 camp care from 7AM to 9AM and 4PM to 6PM at no additional cost. That's 11 hours of care daily! And we offer campers an in-house or traveling field trip 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 518.456.6929. 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.

BUS INFORMATION

We offer transportation to camp by bus from Albany (location to be determined) and the Schenectady High School. Please call the Capital District YMCA at 518.463.9622 or the Schenectady YMCA at 518.881.0117 for more information or check our website for updates on the pick-up location.

CAMP CONTACTS



CAMP DIRECTOR:

Kate Leto — AdventureCamp@CDYMCA.org
Starting June 29, 2020: 518.456.6929

BILLING & DSS QUESTIONS:

Billing Services Dept. — 518.869.3500 x 9960
ChildcareBilling@CDYMCA.org

IN CASE OF AN EMERGENCY:

If you need to reach your child while she/he is with us at camp, please call 518.456.6929.



NEW! Sports Camps!

- Rowing
- Pickle Ball

Safety and Staff: A Winning Combination!

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.

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.

CAMP REGISTRATION



TWO WAYS TO REGISTER:

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

ADDITIONAL INFORMATION/APPROVALS:

Once you register, you will receive an email from **CampDoc.com** requesting medical information, immunization records, emergency contacts and authorized pickups, as well as approved medical emergency information, photo/video permission, activities, and sunscreen release forms. These items need to be completed online **before the first day of camp.**

LET'S GET ORIENTED!

**Healthy Kids Day • Guilderland YMCA
SATURDAY, APRIL 18**

**Open Houses • Adventure Camp
WEDNESDAY, MAY 13**

5 to 7PM

SUNDAY, JUNE 7

11AM to 1PM

CAMP PROGRAMS

DAY CAMP

Entering Kindergarten through Grade 8

We help your child build confidence while enjoying a variety of programs and activities that encourage her/him to develop independence while learning new skills. Campers enjoy climbing our rock wall, zooming down our zip line (for grades 1 – 8), fun art projects, swimming lessons three times a week*, sports*, and a variety of special events. *(Weeks 1 – 8)

Children also engage in building community and experience many opportunities for personal growth with our focus on discovery, hands-on education, and enriched learning opportunities.

Day Camp Skills Classes

Campers enjoy new experiences through our day camp skills classes, which include:

- Outdoor Education
- Arts and Crafts
- Archery (Grades 2 & Up)
- Team Sports
- Pond Activities
- Swimming (Weeks 1 to 10)



LEARNING THROUGH PLAY

Adventure Games

Grades K and Up

Adventure Games is a dynamic low ropes course that offers an opportunity to work in a team environment using various problem solving activities to achieve the goal set forth by each team.

Archery

Grades 2 and Up

Our trained instructor will help your child learn how to safely and accurately shoot a bow as campers learn safety procedures, drills, stance and target games.

TRAVEL CAMP

Entering Grades 5—10

High Demand

Join us for an adventure-packed summer! Campers travel Tuesday through Friday to fun-filled locations. They enjoy different summer locations such as amusement and water parks, state parks, kayaking trips and more! Join us for one week or for all 7 weeks of travel camp. You choose!

This popular program fills up quickly. Please register early.

Most trips take place during regular camp hours, departing at 9AM and returning to Adventure Camp by 4PM. Campers need to be at Adventure Camp by 8:45AM on trip days. Attendance on Mondays is essential to a child's safety on trips. Please note that on late return trip days, campers will miss PM bussing, and will need to be picked up at Adventure Camp. Campers are grouped by age and supervised by experienced camp staff. Please see the chart for late return trip information.

In case of inclement weather, Travel Camp will visit indoor facilities and activities for fun. Any changes to the travel schedule will be provided to you by Briana Bogatka, our Travel Camp Coordinator and Unit Leader. Specific information and paperwork regarding weekly trips will be provided each Monday of that week.

Weekly Snack Options For Travel Camp

Bruegger's Bagels and ice cream are offered occasionally throughout the summer. If you would like your child to have these items, please see staff for cost information.

Trips are subject to change based on the weather.

Please contact Briana Bogatka with any questions or concerns regarding Travel Camp at 518.858.0147 or BBogatka@CDYMCA.org.

TRAVEL CAMP TRIPS

- | | |
|---------------|--|
| WEEK 2 | Bousquet Mountain Adventure Park
Old Sturbridge Village (8PM return)
Grafton Lakes State Park
Great Escape Amusement Park (7PM return) |
| WEEK 3 | Wild Waters Outdoor Center
Basketball Hall of Fame (5PM return)
Mine Kill State Park
Wax Museum (8PM return) |
| WEEK 4 | Gimnerglass State Park
National Baseball Hall of Fame (5PM return)
Adirondack Tubing Adventures
Bronx Zoo (7AM departure, 8PM return) |
| WEEK 5 | Hildene - The Lincoln Family Home (6PM return)
YMCA Camp Chingachgook
Animal Adventure Park (6PM return)
Water Safari (8PM return) |
| WEEK 6 | Howe Caverns
Jiminy Peak Ariel Park (5PM return)
Moreau State Park
Six Flags New England (8PM return) |
| WEEK 7 | Natural History Museum (8PM return)
Million Dollar Beach & Pirates Cove
Atlanta Braves vs. NY Mets (8AM departure, 8PM return)
Grafton Lakes State Park |
| WEEK 8 | Ausable Chasm Tour
Great Escape Indoor Water Park (5PM return)
Lake Taghkanic State Park
New England Aquarium (8PM return) |



TEEN PROGRAMS

LEADERS-IN-TRAINING (LIT) PROGRAM

Grades 7 and 8

Let us help your child develop sound decision making skills by providing challenging and fun character building experiences. LITs enjoy all the fun of camp: swim lessons, games, sports, crafts, a community service project, and more!

Campers entering 7th and 8th grade are automatically included in our LIT program.

COUNSELOR-IN-TRAINING (CIT) PROGRAM

Grades 9 and 10

Learn the skills necessary to be a counselor. The CIT program offers teens the opportunity to develop leadership and program skills with the potential for a counselor position in the future. The focus is on small group dynamics, communication skills, teamwork and values clarification. CITs help to organize games and activities with the campers and assist the counselors with daily responsibilities. A CIT experience allows teens the chance to see "behind the scenes" at Camp and have a lasting impact on our campers this summer.



SPECIALTY CAMPS

GRADES 1 to 3

Fairy Tale Camp

Week 2

Campers are immersed in the wonderful world of fairy tales as they enjoy stories and discover illumination, castle building, and more. Recreational swimming is offered each day.

GRADES 2 to 5

LEGO® Robotics Camp

Week 7

Use LEGOs to imagine, create and build as you learn fun facts and information about the history of LEGO®. Campers also work on a themed project that they will present at the end of the week.

GLAM Camp

Week 6

GLAM stands for Girls Leadership and Mentoring. This camp focuses and inspires creativity while building confidence. We will explore the spa world, jewelry making, the science of color, and the fun of being a girl! Throughout the week, each camper will have leadership based activities infused into their daily routine.

STEAM (Science, Technology, Engineering, Art and Math)

Week 4

STEAM camp engages campers in fun, interactive experiments. We will explore rocks and minerals, chemical reactions, the stars and Science, Technology, Engineering, Art and Math (STEAM). Creativity and curiosity are also important elements of STEAM camp, and are an integral part of the formation of new ideas.

GRADES 2 to 8

Pop Art Camp

Week 5

Your child will love exploring different artistic mediums and art forms. No experience is needed; just a love for fine art. All abilities are welcome. On Friday afternoon, campers display their artwork in an art show for other campers and parents to visit and enjoy.

Drama Camp

Weeks 2 through 8

Our welcoming, encouraging atmosphere is designed to help your child develop her/his creativity and confidence while creating and performing in a production. No previous experience with drama, chorus, or dance is needed.

With the guidance of our caring, trained instructors, children rehearse daily and assist in making costumes, scenery and props. At the end of the week, campers perform their production to a live audience of family and friends. Please sign up early. Each production is limited to **24 campers**.

Here are this summer's plays:

Week 2 — Lemonade Mouth

Week 3 — Frozen

Week 4 — The Lion King

Week 5 — Coco

Week 6 — Descendants

Week 7 — Camp Rock 2: The Final Jam

Week 8 — High School Musical 1

GRADES 3 to 8

Muggles and Magic

Week 3

Welcome to the Magical World of Hogwarts! Campers will be sorted into their houses and learn spells and potions. Our young wizards will also learn about magic wands, make and eat fun magical treats, and participate in their own Quidditch tournament.

All specialty campers participate in day camp activities such as swimming, Adventure Games and more!

SPORTS CAMPS

GRADES 2 to 8

Tennis Camp

Week 3 • 9AM to 12PM

Our instructors introduce your child to the joys of tennis.

Within a short time, children are rallying, playing, and excited about the game of tennis.

GRADES 4 and Up

Flag Football

Week 5

From beginners to advanced players, all are welcome! We focus on skill sets that can be transferred into real game situations. Campers learn how to properly throw and catch a football as well as design plays and implement concepts that improve her/his understanding of the game. We encourage player progression in a fun-filled, safe environment.

Lacrosse

Week 6

Lacrosse is one of the fastest growing sports in the country! Lacrosse Camp focuses on proper techniques and game play through drill sessions designed to mimic actual game play. Campers learn to throw, catch, and shoot all while developing an understanding of the game. Campers can bring their own equipment or use ours. All skill levels are welcome.

NEW! Pickle Ball

Week 7

Campers will have tons of fun in this high-energy and fast paced paddle sport which was created for all ages to enjoy! Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. This camp is perfect for your camper who wants to try a new sport and test their skills.

GRADES 6 to 12

NEW! Rowing

Week 2

In partnership with the Albany Rowing Center, campers will participate in a week-long camp designed to introduce middle and high school students to the sport of rowing. Campers learn water and boat safety, stroke mechanics on the ergometer and the basic techniques of sweep rowing and skulling on the Hudson River.

Campers spend the first half of their day in sports sessions and the second half enjoying regular camp activities.





CHECK OUT OUR OVERNIGHT CAMP IN LAKE GEORGE!

Looking to build on your Y day camp experience this summer? Check out Camp Chingachgook for 1-week and 2-week overnight camp sessions for campers 7 to 15 years old and exciting adventure trips for campers ages 11-17. Learn more about Camp by scheduling a tour or joining us for one of our open houses set for April 5, April 19 or May 3. To set up a tour or RSVP for an open house, please call 518.656.9462. Registration for Chingachgook summer programs is now open at LakeGeorgeCamp.org!

VISIT US FOR A FREE FAMILY DAY!

We hope to see you at one of our Family Fun Days that help give a glimpse into all Chingachgook has to offer (archery, crafts, hikes, and more! Plus lunch is included). Winter Wonderland Days are happening January 18 and February 15, Spring Fling Day is May 9 and our Fall Halloween Festival is on October 31. To RSVP for these events, please call 518.656.9462



SUMMER CAMP PLANNER — Summertime Fun!

Adventure Camp

CAMP	Member Rate	Non Member Rate	Camp Week										Sub Total	
			#1 6/29 to 7/3	#2 7/6 to 7/10	#3 7/13 to 7/17	#4 7/20 to 7/24	#5 7/27 to 7/31	#6 8/3 to 8/7	#7 8/10 to 8/14	#8 8/17 to 8/21	#9 8/24 to 8/28	#10 8/31 to 9/4		
Day Camp (Grades K - 8)	\$250	\$300												+
Travel Camp (Grades 5 - 9)	\$320	\$370												+
Counselor-in-Training (CIT) (Grades 9 - 10)	\$190	\$240												+
Fairy Tale (Grades 1 to 3)	\$275	\$325												+
LEGO® Robotics (Grades 2 to 5)	\$275	\$325												+
STEAM (Grades 2 to 5)	\$275	\$325												+
GLAM (Grades 2 to 5)	\$275	\$325												
Pop Art (Grades 2 to 8)	\$275	\$325												+
Drama (Grades 2 to 8)	\$275	\$325												+
Muggles and Magic (Grades 3 to 8)	\$275	\$325												+
Tennis (Grades 2 to 8)	\$275	\$325												
Flag Football (Grades 4+)	\$275	\$325												
Lacrosse (Grades 4+)	\$275	\$325												
Pickle Ball (Grades 4+)	\$275	\$325												
Rowing (Grades 6 to 12)	\$320	\$370												
Subtract \$10 (per week) if you qualify for the sibling discount (for each child after the first child).												-		
Please include a weekly \$10 non-refundable camp deposit (per child) when registering.											TOTAL	=		

BILLING SCHEDULE

Camp Week	Payment Due	Camp Begins
Week 1	June 29	June 29
Week 2	July 6	July 6
Week 3	July 13	July 13
Week 4	July 20	July 20
Week 5	July 27	July 27
Week 6	August 3	August 3
Week 7	August 10	August 10
Week 8	August 17	August 17
Week 9	August 24	August 24
Week 10	August 31	August 31

Payment is due the Friday before a Monday start.



WEEKLY CAMP THEMES — Weekly Fun!

Week 1 **PARTY IN THE USA!** June 29 – July 3

Red, White, and Blue! Stars and Stripes! We will celebrate all the reasons why we love the USA!

Week 2 **SUPERHERO WEEK** July 6 – July 10

SNAP! BAM! POW! With great power, comes great responsibility. Show off your superhero swag all week! Who will save our Camp?

Week 3 **HOLIDAY HULLABALOO** July 13 – July 17

Trick or Treat! Give Thanks! We wish you a fun filled week to celebrate the holidays. Happy New Year of Camp!

Week 4 **GO FOR THE GOLD** July 20 – July 24

The 2020 Summer Olympics are on the horizon! Campers, bring your "A" game this week! We will take a trip across nations to celebrate a week of friendly competition.

Event: Ultimate Summer Games at YMCA Adventure Camp on Friday, July 24

Week 5 **CARNIVAL WEEK** July 27 – July 31

Come one! Come all! Step right up! Join us for a week of carnival games, prizes, lots of fun and smiles.

Week 6 **COLOR COLLISIONS** August 3 – August 7

Get ready to show off your favorite color combinations and participate in one of our most popular weeks of Camp!

Week 7 **SPLASHTACULAR!** August 10 – August 14

Dive into Summer Camp! This will be a wild, water-filled week. Don't forget to pack your swimsuit and towel!

Week 8 **SHIPWRECKED** August 17 – August 21

Arrrr Matey! This week, we'll enjoy party time on Camp Island as we are shipwrecked!

Week 9 **BACKYARD GAMES** August 24 – August 28

Don't let the summer season pass you by! Lace up your sneakers and get ready for fun games and activities in our backyard!

Week 10 **OPERATION: RELAXATION** August 31 – September 4

When in doubt, chill out! Decompress from summer to start your school year off right!



PLEASE ADD YOUR CHILD'S NAME TO ITEMS SHE/HE BRINGS 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
(cell phones, Nintendo devices, and other gaming devices, etc.)
Trading or game cards



CAPITAL DISTRICT YMCA

YMCA Adventure Camp

MAILING ADDRESS:
250 Winding Brook Drive
Guilderland, NY 12084

PHONE — 518.456.3634 — Guilderland YMCA
518.456.6929 — Adventure Camp
FAX 518.456.3284


Non-Profit Org.
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP LOCATED AT:

1 Camp Nassau Lane
Less than a mile west of the
corner of Rt. 20 and Rt. 155

ADVENTURE CAMP — Our Difference!

- 
- Free Before and After Camp Care
 - Sibling Discount
 - Safe and High Quality Care
 - Weekly Themes
 - Specialty Camps
 - FREE Camp T-Shirt
 - Care for Kindergartners to 10th Graders
 - Fun All Summer Long!

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