

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

SUMMER VIBES



2020 Summer Camp Guide

Southern Saratoga YMCA

1 Wall Street, Clifton Park, NY

518.371.2139 • 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 518.399.8118. 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.

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 our **Open House** events: Wednesday, May 15 (5 to 7PM) and Sunday, June 2 (11AM to 1PM).

CAMP CONTACTS



CAMP DIRECTOR:

Rachel Bonacquisti — 518.371.2139 x 5520
SoSaratogaCamp@CDYMCA.org

ASSISTANT CAMP DIRECTOR:

Deb Donovan — 518.229.8180

CHILDCARE COORDINATOR:

Karen Parlapiano — 518.371.2139 x 5521

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 518.229.8180 until 2PM
After 2PM, please call 518.376.2068



NEW This Summer!

- Specialty Camps
- Weekly Themes and Activities

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!

Q&A for Parents
THURSDAY, MARCH 19
6:15 to 7:30PM

Healthy Kids Day
SATURDAY, APRIL 18

First-Time Camper Parents
WEDNESDAY, JUNE 3
6:15 to 7:30PM

Returning Camper Parents
THURSDAY, JUNE 4
6:15 to 7:30PM

Meet the Staff
THURSDAY, JUNE 18
6:15 to 7:30PM

CAMP PROGRAMS

DAY CAMP

Entering Grades 1 – 8

We help your child build confidence while enjoying a variety of activities that encourage your child to develop independence while learning new skills. Campers enjoy swimming, sports, art, and special events.

Children enjoy activities that involve social interaction, educational opportunities, leadership building, personal growth and creativity. Campers are divided into groups by age, with activities appropriate to the interests and needs of each group.

Each week has a fun theme and for Grades 3 and higher, an off-site field trip is included!

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

COUNSELOR-IN-TRAINING (CIT) PROGRAM

Grades 9 & 10

The CIT program offers teens the opportunity to develop leadership and program skills with the potential to lead to 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 to have a lasting impact on our campers this summer.

Weekly Snack Options

Kona Ice is available on Tuesdays at an additional cost. If you would like your child to have this item, please see staff for cost information. Pizza is available on Fridays and is included in the cost of camp.



SPORTS PROGRAMS

For an additional fee, your day camper will get to enjoy these sports all summer long! Registration is online at www.CDYMCA.org.

FLOOR HOCKEY

Weeks 1 and 8

Grades 6 — 8 and 9 —11

Want to play hockey but don't know how to skate? Learn the basic fundamentals of hockey, new skills and how to work with a team, off the ice. No equipment needed except for your own two feet.

SOCCER

Weeks 2 and 5

Grades 6 — 8 and 9 —11

Have your children learn the basics of soccer in this fun-filled session! We will learn passing, dribbling, shooting, and teamwork in this high energy camp!

BASKETBALL

Weeks 3 and 7

Grades 6 — 8 and 9 —11

Dribble, pass, and shoot your way through our fun summer camp where we will learn the fundamentals of basketball!

FLAG FOOTBALL

Weeks 4 and 10

Grades 6 — 8 and 9 —11

Learn the basics of football with this fun-filled camp! Participants will learn each position, along with different plays and route running.

NEW! WHIFFLE BALL

Week 6

Grades 6 — 8 and 9 —11

Step up to the plate and take your best swing in our whiffle ball camp! This new camp will teach the sport of whiffle ball all while having fun!

PICKLEBALL

Week 9

Grades 6 — 8 and 9 —11

Learn the basics of pickleball! Participants will learn the rules of the sport as well as the fundamentals that makes this game so much fun!

SPECIALTY CAMPS

Specialty camps will be offered half day. Campers will join normal day camp activities after they are finished with their specialty camp.

Week 1

Little Gardeners Camp • Grades 1 — 3

Do you have a green thumb? Campers will learn how to garden and help their gardens grow.

Green Thumb Gardening Club • Grades 4 — 8

Every day, campers will focus on multiple gardening fundamentals. Campers will also learn farm to table techniques that encourage independence in the kitchen and promote healthy living!

Week 2

Ooey Goopy Science • Grades 1 — 3

Unleash your inner scientist as we get exponentially messy. Campers will experiment with foamy explosions, goopy projects, and so much more!

Lab Rats • Grades 4 — 8

Campers become scientists. They spend the week creating a science experiment, using the scientific method to predict and test their experiment, and then displaying their findings at the science fair.

Week 3

Around the World • Grades 1 — 8

Each day campers will learn about different countries and cultures. Campers will travel across the world in this camp, playing games, creating art projects and cooking food from different countries.

Week 4

Animal Lovers • Grades 1 — 8

It's time for your camper to discover the animal kingdom hands-on, up close and personal! This adventurous camp will discover animals from the ocean, safari and jungle to farm animals and pets.

Week 5

Little Chefs • Grades 1 — 3

Young campers learn how to make quick, easy and fun meals! Campers are challenged to try new foods as we venture through each cooking class.

Restaurant Creation • Grades 4 — 8

Campers advance their cooking skills to make quick, easy and fun meals! Campers are challenged to try new foods as we venture through each cooking class.

Week 6

Ninja Warrior • Grades 1 — 8

This camp will put your strength and agility to the test! Campers will try different obstacles or challenges every day in the gym and outside. These obstacles will focus on speed, strength, and agility.

Week 7

GLAM Camp • Grades 1 — 8

GLAM stands for Girls Leadership and Mentoring. This camp focuses and inspires creativity while building confidence. We'll explore the spa world, jewelry making, the science of color, and the fun of being a girl! Our GLAM Camp will take a trip off-site, on Wednesday.

Planes, Trains, and Automobiles • Grades 1 — 8

Get moving! Campers will explore all kinds of transportation through hands-on projects and explorations around the Capital District. Campers will learn how to fly planes, and make and design their own rockets that will be launched during camp. Let's get ready to take flight!

Week 8

Magic Camp • Grades 1 — 3

Campers will learn tricks with playing cards, coins, ropes and wands and create a magic kit to take home. A special magic show will take place on Friday where campers will astonish you with their newly acquired knowledge of magic tricks.

Magic 2.0 • Grades 4 — 8

Join us as we take magic to the next level. Campers will learn tricks with playing cards, coins, ropes and wands and create a magic kit to take home. A special magic show will take place on Friday where campers will astonish you with magic.

Week 9

The Art of Cooking • Grades 1 — 3

Try this new fusion camp that tests the artistic and culinary talents of campers. New recipes and culinary skills will be explored while focusing on presentation and décor of dishes.

Top Chef • Grades 4 — 8

Become a Top Chef in this new and exciting camp! Campers will create dishes from around the world while learning how to perform cooking methods such as proper cutting, boiling, and pan frying in a safe environment under the watchful eyes of experienced chefs.

SUMMER CAMP PLANNER — Summertime Fun!

Southern Saratoga

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 1 - 8)	\$210	\$260												+
Counselor-in-Training (CIT) (Grades 9 & 10)	\$165	\$215												+
Little Gardeners Club (Grades 1 - 3)	\$250	\$300												+
Green Thumb Gardening Club (Grades 4 - 8)	\$250	\$300												+
Ooey Goey Science (Grades 1 - 3)	\$250	\$300												+
Lab Rats (Grades 4 - 8)	\$250	\$300												+
Around the World (Grades 1 - 8)	\$250	\$300												+
Animal Lovers (Grades 1 - 8)	\$250	\$300												+
Little Chefs (Grades 1 - 3)	\$250	\$300												
Restaurant Creation (Grades 4 - 8)	\$250	\$300												
Ninja Warrior (Grades 1 - 8)	\$250	\$300												
GLAM Camp (Grades 1 - 8)	\$250	\$300												
Planes, Trains, and Automobiles (Grades 1 - 8)	\$250	\$300												
Magic Camp (Grades 1 - 3)	\$250	\$300												
Magic 2.0 (Grades 4 - 8)	\$250	\$300												
The Art of Cooking (Grades 1 - 3)	\$250	\$300												
Top Chef (Grades 4 - 8)	\$250	\$300												
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

SWIM LESSONS

Summer camp is a great time for your child to learn to swim. It's convenient for you, and great fun for your child! We offer swim lessons two days a week. Your child will learn floating, basic swim strokes, and skills appropriate for her/his age and swim level — all under the guidance of our certified swim instructors. This option is available for our day camp campers. Sign up today at www.CDYMCA.org! Swim lessons are an additional fee.

Camp
Add-On!

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!

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



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
Southern Saratoga Branch
1 Wall Street
Clifton Park, NY 12065

PHONE — 518.371.2139
FAX — 518.383.2748

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHERN SARATOGA SUMMER 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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