



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Join us in  
**JUNE!**  
Extra camp  
coverage!



YOUR ADVENTURE  
**AWAITS!**



**Glenville YMCA  
SUMMER CAMP 2019**

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

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

### JUST LOOK AT ALL WE OFFER

Our camp day is scheduled with age-appropriate activities from 9AM to 4PM Monday through Friday. Plus! We're open for before and after 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.



## CAMP CONTACTS

### CAMP DIRECTOR:

Kerri DiCaprio — 518.399.8118 x 4420  
Starting June 27, 2019. Cell # 518.858.5315

### 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 518.399.8118.

### NEW This Summer!

- New Games
- More Field Trips

### JOIN US!

### Healthy Kids Day!

SATURDAY, APRIL 27



### Open House for Parents of New Campers

SATURDAY, JUNE 15

### First-Time Camper Parents

10AM to 12PM

- Enjoy new opportunities to meet and interact with your child's **counselors!** From information about each counselor's skills and abilities, to fun meet and greet activities, you and your child will feel at ease in our care this summer before camp even begins!
- Enjoy more **detailed information about trips**, activities, and events — information which comes your way a week ahead!

### 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.

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

### Camper Safety

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

### Photos and Videos

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

### Refunds

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

# OUR PROGRAMS — Build Confident Children

## KINDER CAMP

Entering Kindergarten  
3-Day & 5-Day Options

Let us help your child gain confidence and build social skills with a balance between structured activities, free play, and character development projects. Children enjoy daily swimming, arts & crafts, sports, games, and more.

## DAY CAMP

Entering Grades 1—6

Your child will build confidence while enjoying a variety of programs and activities that encourage the development of independence and a joy for learning new skills. Campers enjoy swimming, sports, art, and special events. Children also engage in community building projects and many additional opportunities for personal growth with our focus on discovery, hands-on education, and enriched learning opportunities.

## TRAVEL CAMP

Entering Grades 4 – 8

Campers enjoy weekly field trips twice a week to a variety of fun locations that allow our campers to explore, educate, experience, and enjoy all that our Capital Region has to offer.

## COUNSELOR-IN-TRAINING (CIT) PROGRAM

Ages 13 – 15

Let us help your teen develop leadership and social skills that will help her/him in school and in life. CITs learn skills to help manage conflict, lead others, and build a strong team. CITs are also actively engaged in community oriented projects. Please call today to learn more about enrolling your teen in our CIT program.



## SWIM LESSONS

You child can learn to swim at camp! This life-saving skill can be part of your child's summer camp experience. Swim lessons are offered during swim time each day.

### Swim Lesson Schedule

KINDER CAMP

Tuesdays &  
Thursdays

DAY CAMP

Tuesdays,  
Thursdays &  
Fridays

Sign up your  
child today!



## CAMP REGISTRATION



### TWO WAYS TO REGISTER:

1. **ONLINE AT** [www.CDYMCA.org/CAMP](http://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. This is all completed online and **must be completed prior to first day of camp.**

# SPECIALTY CAMPS — Encouraging Exploration

## GRADES 2 to 8

### Gymnastics Camp

#### Week 3

This camp is designed for the beginner who has little experience. Campers learn new skills, get acquainted with equipment, meet new friends, and have fun.

Experienced instructors make this camp the best program for gymnasts in the beginning stages of gymnastics. Children enjoy 3 hours of gymnastics each day and then join the regular Day Camp program.



### Basketball and Baseball Camp

#### Week 4

Learn the basic fundamentals of basketball and baseball with the guidance of experienced players. No experience necessary. Campers enjoy 3 hours of basketball and baseball each day and then join the regular Day Camp program.



## GRADES 3 to 8

### Art and Music Around the World Camp

#### Week 5

Based on learning the basic fundamentals of art and music from around the world, campers create a variety of art activities and learn different types of music from different countries.



### Sports Camp

#### Week 6

Based on a foundation of teamwork, fun and competitive play, YMCA Sports Camp is an excellent option for the child who enjoys sports and being active. Each day campers are introduced to a new sport with one purpose: having fun! In addition to swimming, campers participate in skills clinics, sports specific exercises and stretching routines as well as competitive play. This is a full day camp.



### Week in the Wizarding World

#### Week 7

Immerse yourself in the world of Harry Potter while enjoying all that camp has to offer. Campers create wands and broomsticks and play wizards favorite sport of quidditch and many more wizardly activities!



### Engineering Expedition

#### Week 8

Incorporating math, science, technology and recyclable materials, this week provides different hands-on activities that encourage campers to explore and use their creative thinking. Campers work together to create a final project involving a marble run using recyclable materials and new learnings from this experience.



# SUMMER CAMP PLANNER — Summertime Fun!

## Glenville

CAMP	Member Rate	Non Member Rate	Camp Week										Sub Total		
			#1* 6/27 to 6/28	#2* 7/1 to 7/5	#3 7/8 to 7/12	#4 7/15 to 7/19	#5 7/22 to 7/26	#6 7/29 to 8/2	#7 8/5 to 8/9	#8 8/12 to 8/16	#9 8/19 to 8/23	#10 8/26 to 8/30			
Day Camp (Grades 1 - 6)	\$200	\$250	2 days	4 days											+
Kinder Camp - 5 Days Entering Kindergarten	\$190	\$240													+
Kinder Camp - 3 Days Entering Kindergarten	\$125	\$175													+
Travel Camp (Gr 4-8)	\$250	\$300													+
Counselor-in-Training (CIT) (Ages 13-15)	\$160	\$210													+
Swim Lessons - Kinder Camp		\$15													+
Swim Lessons - Day Camp		\$20													+
<p>*<b>WEEK 1 RATES</b> prorated for 2 day week • Day: \$80/\$100 • Kinder (5 day): \$76/\$96 • Kinder (3 day): \$50/\$70 Travel: \$100/\$120 • CIT: \$64/\$84</p>															
<p>*<b>WEEK 2 RATES</b> prorated for July 4<sup>th</sup> holiday • Day: \$160/\$200 • Kinder (5 day): \$152/\$192 • Kinder (3 day): \$100/\$140 Travel: \$200/\$250 • CIT: \$128/\$168</p>															
Gr 2 - 8	Gymnastics	\$215	\$265												+
	Basketball & Baseball	\$215	\$265												+
Grades 3 - 8	Art & Music Around the World	\$215	\$265												+
	Sports	\$215	\$265												+
	A Week in the Wizarding World	\$215	\$265												+
	Engineering Expedition	\$215	\$265												+
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 27	June 27
Week 2*	July 1	July 1
Week 3	July 8	July 8
Week 4	July 15	July 15
Week 5	July 22	July 22
Week 6	July 29	July 29
Week 7	August 5	August 5
Week 8	August 12	August 12
Week 9	August 19	August 19
Week 10	August 26	August 26

\*Will be pro-rated due to short week and July 4th holiday.



# WEEKLY CAMP THEMES — Weekly Fun!

## Week 1 **ALOHA TO SUMMER** June 27 – 28

What better way to spend your week at camp than with the cool island vibes of a Hawaiian paradise? We will be introducing campers to summer fun and games with our Aloha themed week.

## Week 2 **SPIRIT WEEK** July 1 – 5

Help us celebrate your camp spirit with these daily camp themes!

Monday — Hat Day

Thursday — Closed for July 4th

Tuesday — Red, White and Blue Day

Friday — Pajama Day

Wednesday — Crazy Hair Day

## Week 3 **FEAR FACTOR WEEK** July 8 – 12

Campers enjoy a kid friendly version of this fun camp theme. Campers conquer their fears as they are challenged to try something new. Will you be brave enough to be crowned our Fear Factor Champion?

## Week 4 **SUPERHERO WEEK** July 15 – 19

Help us save the world! We'll enjoy a week at camp doing fun activities and great games. We'll celebrate all our heroes, from comic book heroes to real life heroes!

## Week 5 **COLOR COLLISIONS** July 22 – 26

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

## Week 6 **GAME ON!** July 29 – August 2

Enjoy fun and games all week long! Campers will love Minute to Win It activities, game show type challenges and fun carnival games! We round out the week representing countries from around the world at Ultimate Summer Games, Friday, August 2 at Adventure Camp.

## Week 7 **IN THE SPOTLIGHT** August 5 – August 9

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

## Week 8 **H2 OH YEAH!** August 12 – 16

Don't let the heat stop you! This will be one wild, wet and water filled week! Pack a swimsuit, goggles and sunscreen as we prepare to play extreme water games.

## Week 9 **BLAST FROM THE PAST** August 19 – 23

It's time to get retro! Come have a totally groovy trip through the decades.

Be prepared to take a far out journey with us as each day we explore a different era learning about popular trends, games, and music from the past!

Monday — 50s Sock Hop Day

Thursday — 80s Hair Band Day

Tuesday — 60s Tie Dye Day

Friday — 90s Grunge Day

Wednesday — 70s Disco Day

## Week 10 **CAMP REWIND** August 26 – 30

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

## OVERNIGHT CAMP FUN!



### Camp Chingachgook on Lake George

#### FREE TOURS & FAMILY DAYS!

Please join us at Chingachgook for our Open House events on April 28, May 5 and May 19. Join us for our Winter Wonderland and Spring Fling Days, free opportunities for families to experience Camp (archery, crafts, hikes, and more!). Lunch is included. Our Winter Wonderland Day is February 16, and our Spring Fling is May 11.

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



## 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](http://www.CDYMCA.org) today for our tour schedule, or call 518.456.6929. Also, join us for an **Open House** event: Wednesday, May 15 (5 to 7PM) and Sunday, June 2 (11AM to 1PM).

# WHAT TO BRING TO CAMP — Camper Essentials!

Color in the backpack and hang on your fridge as a friendly reminder!

## Swimsuit & Towel

A plastic bag for wet swimsuit & towel along with goggles, if your child needs them.

## Baseball hat or visor

## Sunscreen

Non-aerosol only

## Backpack

Large, sturdy backpack with luggage tag with your child's name on it.

## Insulated Lunch Bag

Provide your child's lunch (that does not need to be refrigerated) along with snacks & drinks

## Complete Change of Clothing

## Water bottle

Filled with water

## Sweatshirt

It can get chilly during the day



**PLEASE ADD YOUR CHILD'S NAME TO EVERYTHING 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 DS, and other gaming devices, etc.)**

**Trading or game cards**



**CAPITAL DISTRICT YMCA**  
**Glenville Branch**  
127 Droms Road  
Glenville, NY 12302

**PHONE 518.399.8118**  
**FAX 518.399.1925**

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

**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**We have you covered early!**  
**Camp begins the last week in JUNE!**

**FUN**  
**FOR ALL**

- NEW GAMES
- MORE FIELD TRIPS
- NEW THEME WEEK  
- Kids Fear Factor!



**JOIN US!**  
**Healthy Kids Day!**  
Saturday, April 27

**Open House for Parents  
of New Campers**

Please join us for a preview of  
summer camp. All are welcome!

**SATURDAY, JUNE 15**  
First-Time Camper Parents  
10AM to 12PM

