



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Join us in
JUNE!
Extra camp
coverage!



YOUR ADVENTURE
AWAITS!

**Greenbush 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 swim lessons and in-house or traveling field trips as well as a cool camp 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 518.477.2570. 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:

Calli Moise — 518.477.2570 x 1252
cmoise@cdymca.org

BILLING & DSS QUESTIONS:

Billing Services Dept. — 518.869.3500 x 9960

If you need to reach your child while she/he is with us at camp, please call 518.330.7117.

What's NEW this Summer?

- Specialty Camps!
- Themes and Activities!

Join Us!

HEALTHY KIDS DAY!

Saturday, April 27

CAMP OPEN HOUSE & MEET YOUR COUNSELORS

Saturday, June 22

12 to 2PM



Safety and Staff: A Winning Combo!

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

DAY CAMP

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

Children in our care enjoy fun activities that encourage physical involvement, social interaction, educational opportunities, leadership building, personal growth and creativity.

Campers are divided into groups according to the grade they will be entering in the fall, with activities appropriate to the interests and needs of each group. Each week has a fun theme and includes camp adventure at no additional cost! Children engage in community building projects and many opportunities for personal growth with our focus on discovery, hands-on education, and enriched learning opportunities.

See below for what group your child will participate in!

BRAVES

Entering Kindergarten and Grade 1

Welcome Braves! Our Braves are our youngest campers, but don't let their ages fool you — they get to have loads of fun! Campers participate in activities including art, swimming (lessons two times each week), sports, story time and more! Plus! Campers enjoy an on-site "trip" each Wednesday, with lots of fun, hands-on experiences and exciting guests!

BLAZERS

Entering Grades 2 and 3

Welcome Blazers! Our Blazers get involved in team building, sports, arts and crafts, swimming (lessons two times each week) and more! Blazers take weekly field trips off site (each Wednesday) to various places!

WARRIORS

Entering Grades 4 and 5

Welcome Warriors! Warriors enjoy activities that incorporate team building, sports, art, science, swim, archery and more. Warriors take weekly field trips off site each Thursday!

PATHFINDERS — TRAVEL CAMP

Entering Grades 6, 7 and 8

High Demand

Join us for an adventure-packed summer! Campers have a blast traveling off site twice each week to fun-filled locations. Campers travel on Tuesdays & Thursdays, enjoying all the fun of day camp the rest of the week. Trips take place during regular camp hours. Field trips depart promptly at 9AM and return to Greenbush camp by 4PM (unless stated otherwise).

Please register early! This program is popular and fills up quickly. Any changes to the field trip schedule (some trips may depart early or return late) will be provided to you. In the case of inclement weather, Travel Camp will visit other nearby indoor facilities.

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. This is all completed online and **must be completed prior to the first day of camp.**



Check out our website this **April** to see our **Camp Calendar**, detailing all the fun events and field trips we've planned this summer.

www.CDYMCA.org/Camp



TEEN PROGRAMS & SPECIALTY CAMPS

Our **SPECIALTY CAMPS** focus on one or more subjects for a full week of fun! All specialty camps run from 9AM – 1PM. Combine our specialty camps with our **Extension Camp option** for a full day of fun, from swimming to playing the popular GaGa Ball, to climbing the rock wall and more!

GLAM Camp

Week 4 • Grades 2 through 5

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! Throughout the week, each camper will have leadership based activities infused into their daily routine. Our GLAM Camp will take a trip off site, on Wednesday. Girls just want to have fun!



Sports Sampler

Week 5 • Grades 2 through 5

Skills, drills and thrills! Join us for non-stop sports fun while your child learns team building and sportsmanship through friendly competition! From Basketball to Soccer, and Tennis to Pickleball — your child will learn all about their favorite sports! Our Sports Sampler Camp teaches campers the ins and outs of each sport. Your child will have a blast while learning new skills! New team captains are named daily! Our Sports Sampler Camp will take a field trip off site on Wednesday.



Little Chefs Camp

Week 6 • Grades 1 through 3

Your child will learn kitchen safety and basic cooking techniques. Campers get to eat what they make as they learn how to follow a recipe, measure and chop ingredients to make healthy and fun meals! Campers are challenged to try new foods as we venture through each day. Lunch is included in this Camp, as we eat what we make (We do recommend that you to pack a few extra snacks).

This year, we will explore different countries and cultures on Wednesday as we have our "Lunch around the World" planned on site.

Restaurant Creation!

Week 7 • Grades 4 and Up

If your child dreams of someday having their own restaurant, sign them up for Restaurant Creation! Each day, campers spend time cooking meals that are easy, quick and fun! Over the course (ha ha) of the week, participants also work on a final idea for their own restaurant, expanding on the types of foods their particular restaurant would serve based on the experiences they have had in Camp. Your child will be introduced to a variety of cuisines, cooking skills and presentations. Lunch is included in this Camp, as we eat what we make (We do recommend that you pack a few extra snacks). Get ready for our field trip planned off-site for Thursday this week!



TEEN PROGRAMS

Leaders In Training (LIT) Program

Age 14

Our programs help LITs identify and develop important leadership characteristics. LITs focus on personal development, goal setting and teamwork. Over the course of the week we will spend time getting to know fellow LIT members through team building and group morale activities. We also focus on personal development as a leader in camp, school and the community.

LITs take field trips each week on Thursdays.

Counselor in Training (CIT) Program

Age 15

Our program helps CITs learn job skills and identify and develop the characteristics of a good camp counselor. CITs attend child care related trainings that help them learn and understand concepts such as: how to lead games and activities, safety and awareness, behavior management skills, and how to be a positive role model. Our CIT program is designed to help CITs learn the skills necessary to obtain and retain employment by teaching them job interview skills, resume building and how to complete an application.

CITs will take field trips each week on Wednesdays.

SUMMER CAMP PLANNER — Summertime Fun! Greenbush

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 - Campers are grouped by age (Braves, Blazers, & Warriors)	\$190	\$240	2 days ^s	4 days ^s												+
Travel Camp - (Pathfinders) Grades 6, 7 and 8	\$235	\$285														+
Leaders in Training (LIT) - Age 14	\$160	\$210														+
Counselor in Training (CIT) - Age 15	\$160	\$210														+
*WEEK 1 RATES prorated for 2 day week • Day: \$76/\$96 • Travel: \$94/\$114 • LIT: \$64/\$84 • CIT: \$64/\$84																
*WEEK 2 RATES prorated for July 4 th holiday • Day: \$152/\$192 • Travel: \$188/\$228 • LIT: \$128/\$168 • CIT: \$128/\$168																
GLAM Camp (Half day camp / Grades 2 to 5)	\$105	\$155														+
Sports Sampler (Half day camp / Grades 2 to 5)	\$105	\$155														+
Little Chefs (Half day camp / Grades 1 to 3)	\$105	\$155														+
Restaurant Creation! (Half day camp / Grades 4 and Up)	\$105	\$155														+
YMCA Extension Camp Add-on option for half day camps	\$105	\$155														
Subtract \$10 (per week) if you qualify for the sibling discount (for each child after the first child).															-	
Please include the 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 2 day week and July 4th Holiday

Check out our website this April to see our **Camp Calendar**, detailing all the fun events and field trips we've planned this summer.

www.CDYMCA.org/Camp ←



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!

Event: Lunch with Local Heroes! Friday, July 19 11AM – 12:30PM

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!

Event: Color Run! Friday, July 26 4PM

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!

Event: Camp Family Night! Thursday, August 8th at 6:30PM

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 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 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, other gaming devices, etc.)

Trading or game cards



CAPITAL DISTRICT YMCA
Greenbush Branch
20 Community Way
East Greenbush, NY 12061

PHONE 518.477.2570
FAX 518.479.0615

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

JOIN US!
HEALTHY KIDS DAY!
Saturday, April 27

CAMP OPEN HOUSE & MEET YOUR COUNSELORS
Saturday, June 22 • 12—2PM

