



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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



YOUR ADVENTURE  
**AWAITS!**

**Southern Saratoga 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

From 7 to 9AM and from 4 to 6PM, we care for your child before camp starts each day and after it ends each day at **no additional charge**. That's 11 hours of care daily!

### 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 518.371.2139. 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

### CHILDCARE DIRECTOR:

Kimberly Dandino — 518.371.2139 x 5520

### ASSISTANT CAMP DIRECTOR:

Deb Donovan — 518.229.8180

### 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 then they would call 518.376.2068 after 2PM.

### NEW This Summer!

- Revamped Teen Camp
- More Variety of Age-Appropriate Activities
- New Specialty Camps
- Community Service Projects

### JOIN US!

#### Camp Open House Dates

Please join us for a preview of summer camp.

All are welcome!

**SATURDAY, APRIL 27**  
Healthy Kids Day!

**WEDNESDAY, JUNE 5**  
First-Time Camper Parents  
6:15 to 7:30PM

**THURSDAY, JUNE 6**  
Returning Camper &  
CIT Parents  
6:15 to 7:30PM



### Swim Lessons Available!

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!

### Safety Comes First

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. First Aid equipment is maintained on and off site and staff are trained in First Aid and CPR.

### 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

### 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 which includes an off-site field trip!

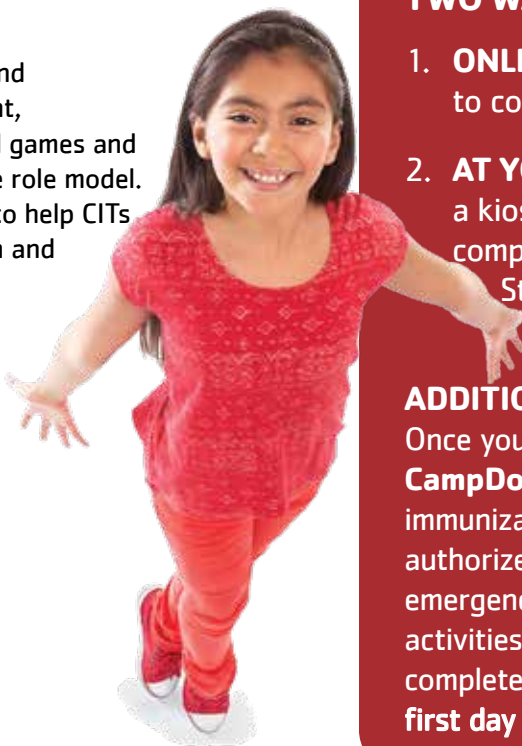
Children also engage in community-building projects and many opportunities for personal growth with our focus on discovery, hands-on education, and enriched learning opportunities.



## COUNSELOR-IN-TRAINING (CIT) PROGRAM

### Grades 9 & 10

Our program helps CITs learn job skills, and identify the characteristics of a good counselor as they develop those characteristics in themselves. CITs attend childcare related trainings that help them learn and understand such skills as behavior management, safety and awareness, how to lead games and activities, and how to be a positive role model. The CIT program is also designed to help CITs learn the skills necessary to obtain and retain employment.



## 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 1 to 3

### Camp Survivor Week

Week 2

Campers learn basic wilderness survival skills through interactive challenges. This week includes fun games and activities, outdoor cooking, and outdoor skills development.

### Mini Chefs

High Demand

Week 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.

### Use Your Illusion

Week 4

A class where wonder, sorcery, and art collide. During this camp week, children will create their own art projects based on the fantastical illusions and magic spells from the stories we all love.



### Young Scientist Camp

Weeks 5 and 8

Young scientists explore hands-on science experiments, and fun and challenging projects that inspire the inner scientist in your child.

### Busy Builder Camp

Week 6 and 9

Dream it. Build it. Wreck it. Repeat. We challenge our builders in this camp to think outside the box as we incorporate building challenges that involve LEGOS, blocks and even spaghetti and marshmallows. Using the fundamental principles of engineering and physics, we take this camp to new "heights." Is your camper up for the challenge?

### Mini Vegetarian Chefs

Week 7

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.

## SPECIALTY CAMPS = A Full Day of Fun

Our Specialty Camps are full day. Campers have lunch and swim with their specialty camp group. Campers in specialty camps stay on-site.



## GRADES 4 to 7

### Pokémon Madness

Week 2

Campers can bring all their Pokémon cards to camp for the opportunity to trade, swap and share with their friends. Campers also get to create their own Pokémon characters, design a storyline and even learn about the history of Pokémon.

### LEGO® Camp

Week 3

Get inspired with the world's most iconic construction tool: LEGOs. Campers enjoy structured activities, free build time and fun games designed to spark imagination and challenge creativity.

### Art Around the World

Week 4

Pack your suitcase and get your passport ready because in this camp we travel across continents as we learn about different art cultures. Explore Egyptian art, African face masks, Roman architecture, and more!

### Junior Chefs Week

High Demand

Week 5

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!

### Pop Art

Weeks 6 and 9

Students explore the thrilling world of Pop Art by studying the iconic works of famous Modern artists such as Oldenburg, Kusama, and Warhol.

### Crafty Corner

Week 7

Calling all creative campers! Each day campers create different projects to take home and show off. Crafts may include duct tape creations, hand soap, a no-sew blanket, and more!

### Junior Vegetarian Chefs

Week 8

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!

# SUMMER CAMP PLANNER — Summertime Fun!

## Southern Saratoga

CAMP	Member Rate	Non Member Rate	Camp Week										Sub Total		
			#1* 6/26 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 - 8)	\$200	\$250	3 days	4 days											+
Counselor-in-Training (CIT) (Grades 9 & 10)	\$160	\$210													+
Swim Lessons <small>Added day camp option</small>	\$15	\$25													+
<p><b>*WEEK 1 &amp; 2 RATES</b> prorated for 3 day week &amp; July 4<sup>th</sup> holiday • Week 1 — Day: \$120/\$150 • CIT: \$96/\$126                      Week 2 — Day: \$160/\$200 • CIT: \$128/\$168 • Specialty: \$192/\$232</p>															
Grades 1 to 3	Camp Survivor	\$240	\$290												+
	Mini Chefs	\$240	\$290												+
	Use Your Illusion	\$240*	\$290*												+
	Young Scientist Camp	\$240	\$290												+
	Busy Builder Camp	\$240	\$290												+
	Mini Vegetarian Chefs	\$240	\$290												+
Grades 4 to 7	Pokémon Madness	\$240	\$290												+
	LEGO® Camp	\$240*	\$290*												+
	Art Around the World	\$240	\$290												+
	Junior Chefs Week	\$240	\$290												+
	Pop Art	\$240	\$290												+
	Crafty Corner	\$240	\$290												+
	Junior Vegetarian Chefs	\$240	\$290												+
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 26	June 26
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 3 day week & July 4<sup>th</sup> Holiday





# WEEKLY CAMP THEMES — Weekly Fun!

## Week 1 **ALOHA TO SUMMER** June 26 – 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.



## 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](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, 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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**We have you covered early!  
Camp begins the last week in JUNE!**

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**Healthy Kids Day!**

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