



YMCA CAMP GREENKNOLL 2017

Welcome!

YMCA Camp Greenknoll is more than just a day camp; we are a facility that offers campers from the ages 3-15 a place where they can be themselves. We give our campers the chance to build confidence through skill building activities, receive positive developmental experiences and encourage them to forge bonds with each other and staff. Campers experience a sense of achievement through opportunities in the outdoors and are welcomed to a physically and emotionally safe and stimulating environment.

YMCA Camp Greenknoll campers are able to explore creativity, teamwork and leadership in a wide range of physical activities that influence lifelong healthy living. Campers have the opportunity to enjoy an outdoor environment where they develop an appreciation of nature

Attached you will find the registration paperwork and some general information about our programs. The complete handbook is available for you to review at www.regionallymca.org containing information regarding all of our policies and procedures. We are looking forward to having your child as a camper at YMCA Camp Greenknoll.

We don't just have fun, we make memories!

Sincerely,

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Mission Statement

The Regional YMCA is a community service organization dedicated to building healthy lives through programs that strengthen the spirit, mind and body for all.

YMCA Camp Greenknoll Philosophy

YMCA Camp Greenknoll supports youth development by helping campers build skills and confidence, get to know one another, and feel like they belong while focusing on caring, respect, honesty and responsibility.

Hours of Operation

Camp opens at 7 A.M and closes at 6:30 P.M

A scheduled activity begins at 9 with Opening Ceremonies and ends at 4 with Closing Ceremonies.

Please be aware that any child not picked up by 6:30 pm is subject to a \$1 per minute late pick-up fee.

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YMCA Camp Greenknoll Goals:

- To encourage the development of physical skills through participation in all camp activities.
- To encourage and support Caring, Honesty, Respect & Responsibility through daily activities.
- To instill confidence in each camper.
- To provide a well-rounded and enjoyable experience for all campers.
- To develop leadership and life skills in each of our campers by providing programs that nurture and explore each camper's growth.
- To develop and encourage an understanding and appreciation of cultural diversity.
- Help campers achieve their full potential.
- Help campers build positive relationships.
- Help campers feel a sense of belonging.
- To have fun & be safe!!!!!!

Who Are Our Campers

Camp Greenknoll has full-day programs for children between the ages of 3 and 15. Additionally, we offer a half-day option to our pre-school campers from 9 am to 12:30 pm. All campers must be fully toilet trained.

What to Wear and Bring to Camp

Parents should keep in mind that campers are in a rustic, outdoor environment all day and is held RAIN OR SHINE! Therefore, we recommend the following;

1. Comfortable, practical clothing such as shorts and t-shirts.
2. Sneakers or closed-toe shoes. Sandals and flip-flops should be avoided for safety reasons.
3. A bathing suit and towel.
4. A lunch labeled with your camper's name.
5. A water bottle to refill throughout the day.
6. A duffel bag or backpack.
7. Sun block, visors, hats and water bottles. Staff cannot and will not apply sunscreen. Please apply lotion to your child before camp and show them how to apply it themselves. We will remind them to apply it throughout the day.

****Please label all your child's belongings. We request that you do not allow your camper to bring toys from home, phones, gaming systems, collectibles, extra money or anything of value.****

Lunch, Camp Store & Snacks

All campers should bring their lunch daily except Wednesdays and Fridays. Lunches brought from home should be in a brown bag or lunch bag and has your campers name. Please do not send metal or plastic lunch boxes or thermos. All lunches are stored in refrigerators. On Wednesdays we will offer pizza at an additional cost. On Fridays there is a hotdog cookout for all campers.

The camp store will be open after lunch; campers will have the opportunity to purchase healthy snacks, drinks and camp swag. A snack will be provided to all campers at the end of the day. If you wish to provide additional snacks please pack them in your camper's bag.

Drop-Off & Pick Up.

All campers must be signed in each day at drop off. If you are dropping off after 9 A.M you must sign your camper(s) into camp in the camp office.

Photo ID is required at pick up for all campers and all campers must be signed out daily by 6:30 pm. Please be sure that anyone that you have authorized to pick up your campers has their ID with them and is listed on your camper's registration form. If there is a need for anyone else to pick up your camper please notify the camp office by email at campgk@regionalyymca.org or at 203-775-9363.

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Swimming

At YMCA Camp Greenknoll, swimming is a big part of our day. Each day campers will have instructional swim and recreational swim. Swim lessons not only keep kids safe in the water, they also build self-esteem and confidence. Y-USA's new swim structure is designed with a skill-based approach to help children become independent in the water and build confidence. The new swim lesson structures also support our three areas of focus, Achievement, relationships and belonging.

Achievement - It is grounded in a skill continuum that allows students to flow easily from one skill to the next, with clearly defined stages of progress along the way.

Relationships - It emphasizes group activities that encourage relationship building.

Belonging - It welcomes campers of varying and diverse abilities.

Our goal is for our campers to have fun and safe experience with learning this important life skill. For the health and safety of all our campers and staff we ask that you follow these guidelines:

1. All swimmers MUST wear a bathing suit. Street clothes will not be allowed in the pool. Rash guards (pool shirts made specifically to go in the water) are acceptable.
2. No masks that cover the nose, snorkels, flippers, fins or pool toys are allowed. Properly fitting goggles (covering only the eyes) are acceptable.
3. We encourage all campers to pack a pair of flip flops or pool shoes that can be worn while walking to the pool, in locker rooms and on the pool deck.
4. Children must be 100% toilet trained to use the pool. Swim diapers are not permitted.
5. For NON-SWIMMERS: If you wish to provide a life jacket, please send a Coast Guard approved, Type II life vest/jacket for your child with their name on it, daily. Otherwise a life guard jacket will be provided for all non-swimmers.

What We Ask of Parents

YMCA Camp Greenknoll stresses an open-door policy for parents. Parents should feel free to come and visit our camp anytime. All visitors MUST check in at the camp office upon arrival. We also ask that parents:

- Observe the rules and policies of the YMCA Camp Greenknoll Program.
- Share their concerns or compliments with the appropriate staff.
- Listen to concerns that staff members have about their child's behavior and work towards an agreeable solution to any problem.
- Sign their child in at the beginning of each day and out at the end of each day.
- Be prepared to show photo identification at every pick-up.
- Notify the office in writing when another authorized person will be picking up their child.
- Keep their child's records up-to-date with changes of phone numbers and addresses.
- Provide a current medical form for their child. This is required by state law. Any child not having a current physical form on file will not be allowed to participate in camp.

We support families and enforce consistency whenever possible. In order to provide a quality experience for all campers, we ask that you provide us with any information relative to your camper(s) that help us provide the BEST SUMMER EVER!

Communication

At YMCA Camp Greenknoll, we are open to all comments, suggestions, thoughts, ideas and compliments. Unit Leaders and Counselors should be apprised of any concerns parents may have regarding their child. First-aid personnel are available at all times to discuss any concerns you have regarding your child's medical care at camp. If you wish to make adjustments to your child's attendance we ask that you speak directly to the office staff and provide the requested changes in writing. Should a problem arise that cannot be handled by your campers counselors, please ask to speak with a director. At least one director is on site during all camp hours at 203-775-9363.

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First Aid, Medical Forms and Medication Policies

In accordance with state law, first-aid staff is on camp grounds at all times. All first-aid staff is certified in first-aid and CPR as well as the use of an AED. All injuries and illnesses should be reported to the medical office immediately.

Record of Physical Examination- All campers MUST have a current medical form on file. This form must indicate that the camper has had a physical examination within the past 36 months and list **all** medications and medical conditions. This form must be completed and signed by a physician prior to your camper's arrival at camp.

Medication (Prescription and Over the Counter) - If your camper requires medication to be administered during camp hours;

1. The medication must be clearly labeled in its **original container**
 - A. Prescription medications must be in the pharmacy container with a pharmacy label with the camper's name, medication name and dosing instructions.
 - B. Over-The-Counter medication must be in the original packaging and clearly labeled with the camper's name.
2. A Medication Authorization Form must be completed for each camper and each medication. This form must be signed by the camper's physician as well as the parent/guardian indicating the dosing instructions as well as the circumstances under which it is to be administered.

Medications cannot be shared between campers and will not be administered if these criteria are not met.

Behavioral and Discipline Policy

At YMCA Camp Greenknoll one of our goals is to help campers become their best selves. Our job is to help build character while having fun. We are committed to promoting Caring, Respect, Honesty and Responsibility in all our campers. We look forward to your child having a great time at camp this summer. We believe that everyone is entitled to a happy, healthy and safe summer. For the safety and well-being of all campers and staff, we need the cooperation of everyone in order to encourage positive behavior. We expect the following from all our campers and staff:

- Treat everyone with kindness and respect.
- Be fair and accepting of all others.
- Work and play safely.
- Use appropriate and acceptable language and behavior at all times.
- Respect other individuals and their property.
- Play and share fairly.
- Be a good sport whether you win or lose.
- Always tell the truth.
- Leave personal games, toys, electronics and extra money at home.

We hope to resolve most problems through a discussion. If we are not able to resolve a problem, and it is taking away from the other campers' experience, we will need to contact the parents of all campers involved. If continued problems occur or a camper displays behavior that threatens the safety of themselves, other campers or staff, the child may be asked to leave the program.