



OWN YOUR SUMMER!

SUMMER CAMPS 2023
(Ages 4-14 years)

FINANCIAL ASSISTANCE AVAILABLE FOR MEMBERS

Summer is a time for kids to be kids. And Y day camp is the place to make every precious summer day a great one!

» **LOCATIONS:**

Our day camps span across the Virginia Peninsulas. For a full list of locations please see the last page of this brochure.

» **CAMPS OFFERED:**

Traditional Day Camp, Teen Camp, Specialty Camp, Sports Camp, C.I.T., Preschool Camp, and Overnight Camp

» **CONTACT:**

For more information about our camps contact your local Y or email daycamp@ymcavp.org



REGISTRATION OPENS JANUARY 31

WELCOME TO YMCA DAY CAMP

At the YMCA of Virginia Peninsulas, we pride ourselves on creating a warm and inclusive environment geared towards personal development and relationship building. Our day camps serve as an extension of family and school throughout the summer.



**FIELD TRIPS ARE
BIGGER AND
BETTER IN
2023**

ACHIEVEMENT • BELONGING • RELATIONSHIPS

OUR FOCUS

The Y is a diverse organization of men, women, and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. We bring men, women, and children – just like you – together, and our shared commitment to our communities ensures the opportunities to learn, grow, and thrive that we create for all, are ones that endure.

YMCA DAY CAMP

YMCA camps are exciting, safe communities for young people to explore the outdoors, build self-esteem, develop interpersonal skills and make lasting friendships and memories.



CARING



RESPECT



HONESTY



RESPONSIBILITY

WELCOME TO YMCA DAY CAMP

The YMCA's four core values: honesty, caring, respect, and responsibility are woven throughout our day camp's inclusive and welcoming culture. With this foundation in place, we intentionally integrate character development more deeply into all interactions with our youth to promote social-emotional learning.

HELPING
KIDS
SUCCEED

Our committed staff are dedicated to ensuring that all our campers are safe, accepted, and respected for who they are. Throughout the summer, our campers will grow socially and emotionally building skills through empathy, relationship building, emotion management, responsibility, and personal development, all while having FUN! Ultimately, after a summer at YMCA day camp, children's self-esteem will rise, and they will be better prepared to return to school with confidence.

SOCIAL EMOTIONAL LEARNING

The YMCA is committed to social emotional learning because youth with higher social-emotional competence are...

54%

more likely to
earn a high
school diploma



2x



as likely to earn a college degree

46%

more likely to have full-time
employment by age 25

Emotional Management:

Youth learn to be aware of and constructively handle positive and challenging emotions.

Responsibility:

Youth learn to be reliable, committed, and fulfill obligations and challenging roles.

Personal Development:

Youth act, persist, and initiate goals and outcomes and persevere through difficult situations and challenges.

Relationship Building:

Youth plan, collaborate, and coordinate action with others.

AT YMCA SUMMER DAY CAMP YOUR CHILD WILL EXPERIENCE...



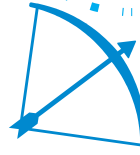
THE OPPORTUNITY TO UNPLUG AND FORM NEW FRIENDSHIPS



SOCIAL EMOTIONAL LEARNING AND MINDFULNESS



MASTERING NEW SKILLS



WHY CHOOSE THE Y FOR YOUR CHILD'S SUMMER?



SAFE

- 1:10* staff to child ratio for 4-year olds
- 1:18* staff to child ratio for 5 to 12-year olds
- Qualified counselors who receive over 30 hours of training in behavioral guidance, strategies to help campers feel comfortable in a new environment, how to make friends and much more
- Staff are all certified in CPR, AED, and First Aid
- Y Day Camps meet state licensing Day Camp Child Care guidelines

**Note: When there is a mixed age group, the staff-to-child ratio will be adjusted on a prorated basis, according to youngest age.*



AFFORDABLE

- Pre and Post Camp Care (Open-9 a.m., 4-6 p.m.)
- Free snack and lunch program at select USDA sites
- Discounted YMCA swim lessons optional for campers (offered at most locations)
- Additional child discounts for your family
- Financial assistance available (upon request) thanks to donors
- Become a YMCA of Virginia Peninsulas member and save \$60 per week per child



FUN

- Fun and creative activities
- Camper's choice educational skill activities
- Healthy living habits
- Team building activities
- Swimming
- Opening and closing ceremonies
- Sports
- Field trips
- Small group activities
- Arts & crafts
- Tons of FUN!
- Benefits: Friendships, decision making and problem-solving skills, team building and more!

CLEAN, SAFE, AND HEALTHY

ESTABLISHING AND MAINTAINING A CLEAN, SAFE AND HEALTHY CAMP EXPERIENCE REMAINS OUR TOP PRIORITY.

Here are some of the safety protocols we will institute for day camp to keep our kids and staff safe:



GROUP SIZE: Group sizes will be aligned with state licensing ratios and stay together throughout the day. Camp group, once determined, will be separated from other groups and remain with their age group cohort for minimal exposure.



STAFF TRAINING: Our YMCA day camp staff will go through an extensive 30 hour/week training class focused on proper cleaning and sanitation procedures, protective equipment and prevention strategies.



DAILY SCREENING: All campers will be temperature-checked, and we will ask parents a set of questions about their recent health each time they drop off at camp.



MASKS/FACE COVERINGS: We will follow all VDH, CDC guidance to determine masking requirements.



CLEANING: Our whole team will be regularly cleaning to disinfect our facilities every hour throughout the day and our facilities team will perform a deep-clean every night after closing.



HANDWASHING: Our staff and children will wash hands every hour and in between transitions.

THE YMCA HAS FOLLOWED **SAFETY PROTOCOLS** SINCE **MARCH 30, 2020** AND IN RETURN OVER **1,500 CHILDREN** HAVE **SAFELY ATTENDED YMCA DAY CAMP AND SCHOOL AGES PROGRAMS.** THE **SAFETY OF YOUR CHILDREN AND OUR STAFF** WILL ALWAYS BE **OUR TOP PRIORITY.**

A TYPICAL DAY OF TRADITIONAL CAMP

Each day of camp provides a variety of safe and fun adventures!
The following is a sample of your camper's day at camp.

7 a.m. DROP-OFF

*Some of our day camp locations open as early as 6 a.m.

7-9 a.m. PRE-CAMP

Age appropriate structured activities and snack provided

9 a.m. OPENING CEREMONY

Get loose and get into the camp spirit

CAMP DAY 9 a.m.-4 p.m.

Throughout the day, campers will participate in a wide variety of activities, including: small and large group games, skills, arts & crafts, science projects, read for 30 minutes, social emotional learning, rest and relaxation periods; all while growing as individuals.



3:30 p.m. CLOSING CEREMONY

Camp songs, camper reflection, and reminders

4-6 p.m. POST CAMP

Age appropriate structured activities. Healthy dinner or snack provided.

6 p.m. PICKUP

Campers must be picked up no later than 6 p.m.

Swimsuit and towel
(Swim days)

Spare clothes

Lunch and two
snacks. Check your
center's food policy



Sunscreen and/or
bug spray

Water bottle

Come prepared with
closed-toed shoes.

SUMMER DAY CAMP



PRESCHOOL DAY CAMP

Ages 2-4

A child's readiness for school is multi-faceted, encompassing the whole range of physical, social, emotional, language, and cognitive skills that children need to thrive.

In the morning, your camper will enjoy four structured cognitive lessons that resemble the rules and culture of school, along with four "brain breaks." The afternoon will focus on social and emotional skill-building in the camp environment. Campers will be divided into groups by age, with activities appropriate to the interests and needs of each group.



TRADITIONAL DAY CAMP

Ages 4 yrs. 9 mos-14

Join YMCA day camp for one week or an entire summer of fun. We focus on caring, honesty, respect, and responsibility in all our activities, from educational camper-chosen skill sessions to swimming, arts & crafts, and games. We provide fun-filled activities that allow for physical involvement, social interaction, educational opportunities, leadership building, personal growth, and creativity. Day campers will be divided into groups by age, with activities appropriate to the interests and needs of each group.

See page 16 for rates



SPORTS CAMP

Ages 5-12

YMCA sports camps are offered for children who want to develop skills and techniques while learning the value of teamwork, sportsmanship, and fair play. Each camp will include drills, skill development, learning the rules of the game, and actual play, reinforcing the core values of caring, honesty, respect, and responsibility.



SPECIALTY CAMPS Ages 5-12

Does your child have a specific interest or hobby, or do they want to try something new? Chances are we have a specialty camp for them.

Campers spend three hours DAILY, four days per week, focusing on their specialized activity.

Campers must meet the minimum age before the week they wish to attend.

Please see pages 10-12 for more info on specialty camps.



SUMMER DAY CAMP THEMES

PASSPORT TO FUN

We're off on new adventures learning about different cultures and countries through music, games, and crafts.

COLOR WARS

Prepare to get messy as we toss, play, and make camp colorful.

INVENTION CONVENTION

This week's focus; empowering the next generation of innovators.

PARTY IN THE USA!

Explore what makes our country unique and what the colors red, white, and blue stand for.

SUPERHERO WEEK

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

HOLIDAY HUBALOO

Trick or Treat! Give thanks! We wish you a fun-filled week to celebrate the holidays!

SPLASHTOPIA

Beat the heat and dive into Summer Camp. There's no better way to spend a hot summer day than in the water.

INFINITY & BEYOND

Future engineers, astronauts, and yes, aliens unite as we explore beyond our reach.

WHERE THE Y-ILD THINGS ARE

Campers will see the natural world from different perspectives as they scan the treetops and the ground beneath them.

SUMMER CAMP REWIND

Campers will go back in time and visit past games, activities, and more from their time at Y-Camp.

*Summer Day Camp themes for Traditional and Preschool camps coincide with local school schedules. Each Day Camp in our service area will have a different start date. Please check with your local Y for their start date.



SPECIALTY CAMPS AGES 5-12



CAMP HARVEST

This week is all about working in the garden. Whether it is learning about the life cycle of a plant or how to grow fruits and veggies, children will surely love Camp Harvest.

Y-GINEERING

Campers will create, innovate, and problem-solve based on a provided challenge. Does your camper have what it takes to become a future engineer?

STEM-FINITY

Come aboard to our STEM academy. Campers will enjoy this action-packed week of experiments that will get their brain thinking differently.

ART EXPLORATION

Get creative, messy, and have fun creating art. Art Exploration provides children with a wonderful introduction to several forms of visual art.

*Please note all of our Y's do not offer specialty camps and offerings may change by location. For a full list of offerings check with your local center.



SPORTS CAMPS AGES 5-12



BASKETBALL CAMP

Basketball camp is designed to teach new players the basic skills of basketball and refine skills for future players. Focus will be on ball control, shooting techniques, rules of the game, teamwork, sportsmanship, and fair play for all.

DANCE CAMP

Does your child love to dance? This camp will foster a love of dance and allow students to try dance for the first time, or continue their dance studies during the summer months.

GYMNASTICS CAMP

Gymnastics camp gives kids of all gymnastics backgrounds and ages a chance to develop new skills, make new friends and above all have loads of fun!

MULTI-SPORTS CAMP

Does your child love sports? Campers will enjoy the ever-changing world of sports with a variety of interactive games.

SAILING CAMP

This annual camp is offered by the Matthews Family YMCA for beginner sailors ages 8-16. Campers have access to various sailboats ranging from the standard Sunfish and Laser to larger sailboats with jib and mainsails.

SNAG® CAMP

New this year—our SNAG camp will be the first touch point to effectively introduce your child to the game of golf.

SOCCER CAMP

During this week of camp our sports team will ensure your young athlete will gain the technical skills and soccer knowledge required for their next step in soccer.

*Please note all of our Y's do not offer specialty camps and offerings may change by location. For a full list of offerings check with your local center.

CAMP KEKOKA AGES 8-16

Skiing, knee boarding, tubing, kayaking, sailing, fishing, you name it, and Camp Kekoka gets crazy with it. Windsurfing? We got it. Swimming pool, recreation hall, archery, campfires? We got it. Character development, teamwork, better self-esteem, WE LEAD IT! What are you waiting for?

OVERNIGHT CAMP

\$860 per camper/per week

Ages 9-15

While at Camp Kekoka campers enjoy living in climate-controlled cabins with nine other campers grouped by age. Each cabin has two highly-trained adult counselors. During the daylight hours, campers enjoy a well-rounded camp experience which includes traditional activities like swimming, arts and crafts, and archery as well as some unique activities like crabbing, fishing, tubing, kayaking, windsurfing, and sailing.

Campers are encouraged to bring costumes or fun things that go along with the theme for their week.

SAFARI: June 26 – July 1

OUTER SPACE: July 3-8

WINTER IN JULY: July 10-15

MAD SCIENTIST: July 17-22

HARRY POTTER: July 24-29

OLYMPICS: July 31 – August 5



RITE OF PASSAGE CAMP

\$350 per camper/per week

Age 8

This camp is for 8-year-olds who want to test out resident camp. For three days and two nights, campers experience the same activities offered during regular resident camp. The only difference is the amount of time they are away from home.

WINTER IN JULY: July 10-15

C.I.L.T. (Camper in Leadership Training)

\$555 per camper/per week

Ages 15-16

This program is designed for campers ages 15-16 who have an interest in becoming strong leaders and positively impacting children. Trainees meet several times a week to learn about leadership qualities and the transition from camper to counselor. They also get to participate in everyday camp activities.

OUTER SPACE: July 3-8

HARRY POTTER: July 24-29



YOUTH OUTDOOR LEADERSHIP ACADEMY AGES 13-18

Youth Outdoor Leadership Academy (**YOLA**) is a summer experience for teens to elevate their leadership through outdoor adventure. Participants receive hands-on training and professional development that serves as the program's foundation. Participants will learn basic safety, group control, team-based games, activity facilitation, outdoor engagement, camp best practices, and more.

Daily activities include a combination of indoor and outdoor challenges ranging from physically-based competitions to traditional camp activities. Different subject matter experts will lead various skill development opportunities. The counselor staff team spearheads relationship-building and the social experience. All applicants go through an interview process to get to know more about YOLA and the team.



For more information on YOLA contact our Youth and Teen Executive, Sam Prada at sam.prada@ymcavp.org



REGISTRATION

REGISTER
ONLINE AT
YMCAVP.ORG

YMCA of Virginia Peninsulas Summer Day Camp 2023 is a 10-week program, depending on the day camp location. Campers can sign up for one or more weeks.

HOW TO REGISTER

Register online at ymcavp.org

At time of registration, a completed Summer Day Camp 2023 Registration Form

A one-time fee of \$40 is due at time of registration. Children will be taken off rosters if all required paperwork is not on file at least ten days prior to the start of your child's first day of camp.

MARK YOUR CALENDAR

Registration opens to the general public
January 30, 2023

QUESTIONS? For registration questions please email daycamp@ymcavp.org



ONLINE REGISTRATION

Want to save time and secure your spot early? Please have all necessary information and paperwork ready prior to starting the online process.

- Registration packet completed online with all necessary information. This includes (two emergency contacts, authorized pick ups, pertinent information about your child, contact information for parents/guardians and physician contact information.)
- Form of payment information to enter for weekly draft and to pay your registration fee
- Birth Certificate for proof of identity
- Physical and immunization records

ADDITIONAL INFORMATION (needed prior to camp)

- Medication Administration Forms (if necessary for medication administration during camp)
- Allergy plan from a physician for any allergies listed on your registration
- Sunscreen/bug spray authorization forms

WHAT'S NEXT?

Look out for our *Welcome to Camp* email and emails from your Child Care Director. Email communication will have important information about Orientation dates, our orientation video, and site-specific details about your first day of camp. We look forward to seeing you soon at your Y.



PAYMENT INFORMATION



WEEKLY PAYMENT

Weekly payments are due the Monday prior to the chosen week of camp. Upon completion of registration your balance will automatically be set up for auto pay. Camp payments are non-refundable.

REGISTRATION

A one-time fee of \$40 per child is due at the time of registration.

MULTI-CHILD DISCOUNT

YMCA of Virginia Peninsula offers a multi child discount of \$5 off each additional child.

CANCELLATION/REFUNDS

Refunds are only given if a camp is canceled before the weekly payment due date. Refunds will not be given once payment has been made. This includes credits.

To receive a credit, the cancellation or change request must be made 14 days prior to the draft date.

If a camper attends less days than registered for, there will be no credit in price.

Please contact your Child Care Director before the payment due date to request a change in schedule, cancellation, or refund/credit.

YMCA OF VIRGINIA PENINSULAS MEMBERSHIP

Do you want to save \$60 per week on day camp? Sign up for a Y membership online or in person at one of our centers. If you join after you have signed up for camp please notify the Child Care Director at your center to apply the discount.

VIRGINIA CHILD CARE ASSISTANCE

The YMCA of Virginia Peninsula offers many summer day camps that are licensed by the VDOE and accepts Virginia Child Care Assistance for traditional day camp.

Contact your local Social Services office for approval as you must have authorization before we can register your child for YMCA summer day camp.

YMCA FINANCIAL ASSISTANCE

Individuals and families may apply for financial assistance for membership or programs such as summer day camp. Assistance is based on a number of factors, including total household income and number of dependents. The process is confidential. Apply online on our website and email daycamp@ymcavp.org or your local Child Care Director for any questions regarding financial assistance.

CAMP FEES AND PAYMENT SCHEDULE

WEEKLY CAMP FEES			
CAMP OPTIONS	DAYS	MEMBER	COMMUNITY
Preschool Day Camp (2 years)	5 days/week	\$165	\$185
Preschool Day Camp (3-4 years)	5 days/week	\$155	\$175
Sports Camps and Specialty Camps	4 days/week	\$55	\$100
Traditional Day Camp 4 yrs. 9 mos.-14yrs.	5 days/week	\$150	\$220

**REGISTER
ONLINE AT
YMCAVP.ORG**

PAYMENT SCHEDULE

CAMP WEEK	PAYMENT DRAFT DATE
May 15- May 19	May 8
May 22-May 19	May 15
May 29-June 2	May 22
June 5-June 9	May 29
June 12-June 16	June 5
June 19-June 23	June 12
June 26-June 30	June 19
July 3-July 7	June 26
July 10-July 14	July 3
July 17-July 21	July 10
July 24-July 28	July 17
July 31-August 4	July 24
August 7-August 11	July 31
August 14-August 18	August 7
August 21-August 25	August 14



Check out our next page for a directory of all our YMCAs

FIND YOUR Y, FIND YOUR CAMP!

GREATER WEST POINT FAMILY YMCA

3135 King William Avenue
P.O. Box 1526
West Point, VA 23181
804-843-3300

HAMPTON FAMILY YMCA

1 YMCA Way
Hampton, VA 23669
757-722-9044

LUTER FAMILY YMCA

259 James Street
Smithfield, VA 23430
757-365-4060

MATTHEWS FAMILY YMCA

10746 Buckley Hall Road Route 198
Mathews, VA 23109
804-725-1488

MIDDLESEX FAMILY YMCA

11487 General Puller Highway
P.O. Box 524
Hartfield, VA 23071
804-316-9191

NORTHERN NECK FAMILY YMCA

39 William B. Graham Court
P.O. Box 1809
Kilmarnock, VA 22482
804-435-0223

NORTHUMBERLAND FAMILY YMCA

6348 Northumberland Highway
P.O. Box 146
Heathsville, VA 22473
804-580-8901

R.F. WILKINSON FAMILY YMCA

301 Sentara Circle
Williamsburg, VA 23188
757-229-9622

RICHMOND COUNTY FAMILY YMCA

45 George Brown Lane
Warsaw, VA 22572
804-333-4117

TOM & ANN HUNNICUTT FAMILY YMCA

7827 Warwick Boulevard
Newport News, VA 23607
757-245-0047

VICTORY FAMILY YMCA

101 Long Green Boulevard
Yorktown, VA 23693
757-867-3300

WESTMORELAND FAMILY YMCA

18849 Kings Highway
Montross, VA 22520
804-493-8163

CAMP KEKOKA

1083 Boys Camp Road
Kilmarnock, VA 22482
804-435-3616

