



**LINCOLN COUNTY  
YMCA  
SUMMER DAY CAMP  
PARENT HANDBOOK**

# TABLE OF CONTENTS

<b>About Lincoln County YMCA</b> .....	<b>3 &amp; 4</b>	
Our Values	Our Focus	Purpose and Goal
Camp Jargon	Camp Staff	Diversity and Inclusion
Camp Leaders	Camp Dates	Registration
<b>Administrative Topics</b> .....	<b>5</b>	
My Y Pricing	Payments Due Dates	Medication Policy
<b>Operating Procedures</b> .....	<b>5 - 7</b>	
Discipline	Parent Visits	Insurance
Photo ID Protection	Car Safety	Custody Issues
Early/Late Pick Up	Parent Intoxication	
<b>Weather and Transportation</b> .....	<b>7</b>	
Directions	Parking	
Transportation	Inclement & Sever Weather	
<b>Drop-Off/Pick-Up Procedures</b> .....	<b>7 - 9</b>	
<b>Parent Expectations</b> .....	<b>10 - 12</b>	
Lost Items	Family Involvement	Keeping Us Informed
Daily Schedule	Attendance	Emergencies/Illness
Assemblies		
<b>Camp Life</b> .....	<b>11 &amp; 12</b>	
Clothing	What To Bring To Camp vs. What NOT To Bring To Camp	
<b>Water Safety</b> .....	<b>12 &amp; 13</b>	
Lifeguards	Swim Band Levels	Pool Swimming Skills Assessment
<b>Contact Information</b> .....	<b>14</b>	

**PARENT ORIENTATION  
SATURDAY, JUNE 1ST, 2019 9AM – 10AM  
LINCOLN COUNTY FAMILY YMCA**

**Meet our day camp staff, leaders, director, ask questions, and see camp program areas at the 2019 parent orientation.**

## **ABOUT LINCOLN COUNTY YMCA**

The YMCA is the nation's leader in camping, offering outdoor programming for over 100 years. The YMCA of Greater Charlotte serves over 19,000 children in day camp programs each summer and we are excited to have your camper experience what the Lincoln County YMCA has to offer. This year you have the unique opportunity to take part in the Lincoln County YMCA day camp. We are excited for your child to participate in a fun-filled, exciting summer.

For a complete list of camps, camp guides and add-ons for each age group; please visit the Lincoln County YMCA sales and service center or [ymcacharlotte.org](http://ymcacharlotte.org).

## **OUR VALUES (CHARACTER TRAITS)**

Caring, Honesty, Respect, Responsibility, Faith

## **OUR FOCUS**

For Youth Development: Nurturing the potential of every child and teen.

For Healthy Living: Improving the nation's health and well-being.

For Social Responsibility: Giving back and providing support to our neighbors.

## **PURPOSE AND GOAL**

As an aspect of our organization's focus, Youth Development, we strive to help campers learn and grow through carefully planned, mission-focused curriculum that teaches the following four pillars:

- |                            |                        |
|----------------------------|------------------------|
| 1.) Healthy Choices        | 3.) Skill Development  |
| 2.) Building Relationships | 4.) Servant Leadership |

Through this we will achieve our goal to provide a safe, wholesome Christian environment so that your child may achieve their greatest God-given potential.

## **DIVERSITY AND INCLUSION**

The YMCA of Greater Charlotte recognizes that individuals, families, and communities are diverse. The YMCA values and respects this diversity and chooses to be inclusive through its acceptance of all individuals regardless of race, age, gender, religion, ability or cultural identity.

## **CAMP JARGON AND COUNSELOR NAMES**

Throughout your campers' experience, he/she will refer to certain terms known only throughout the YMCA Day Camp. Below is a list of terms we use and a brief definition.

**Camp Session-** Day camp is broken up into weeks, which we refer to as a session. Each session is numbered, starting with A and ending with 11.

**Camps-** Day camp is comprised of multiple "mini" camps focusing on a specific area (Sports, Art, Themed, etc.). Those "mini" camps are then divided into smaller groups called camps to allow your camper to have the best camp experience possible to offer.

**Counselor Names-** This is one of the many fun and unique ways our counselors have to connect with each camper. These names are either chosen by the counselor or given to him/her by their peers.

## **CAMP STAFF**

What's the key ingredient to a great camp? Great staff! We start by hiring counselors with excellent character, strong values, enthusiasm, and working with kids. Before camp starts, we add to their skills with more than 30 hours of training such as child development and conflict resolution. We recruit our Day Camp staff through local churches, leadership organizations, local high schools and college students.

All camp staff is trained in: CPR & First Aid, Child Abuse Prevention, and Working with Children. **\*Due to our policy on Child Protection, our camp staff is not allowed to babysit for participants they meet in the program.**

Communication is a key component of staff responsibilities. We are committed to addressing parents' questions and needs as timely as possible. Camp Directors and counselors are interacting with your camper and may only receive messages once per day. To speak with day camp staff, please contact our camp office. Be sure to let us know of any issues, news and successes your child may be experiencing. Also please make sure we have your correct email so you receive camp news and updates. [Lance.Friday@ymcacharlotte.org](mailto:Lance.Friday@ymcacharlotte.org) 704-716-4500.

**CAMP LEADERS**

Lance Friday	Camp Director
Ryan Swengros	Sr. Program Director
Irene Diamond	Business Office
Alisha Dameron	Sr. Membership Director
Joe Kovalcheck	Executive Director

**CAMP DATES**

Session#:	Camp Dates:	Session#:	Camp Dates:
A	May 28-May 31 (TUE-FRI)	6	July 15- July 19
B	June 3-June 7	7	July 22- July 26
1	June 10- June 14	8	July 29- August 2
2	June 17- June 21	9	August 5- August 9
3	June 24- June 28		
4	July 1-3, & 5		
5	July 8- July 12		

**REGISTRATION**

Welcome, we are happy you have decided to send your child to Lincoln County YMCA Day Camp. Before your child can start enjoying this wonderful, enriching program, please download and complete the registration form (located on our website). Bring the completed form, updated immunization records and either payment in full or a \$10 non-refundable deposit for each session per child registering. Deposits are applied to the camp balance and are non-refundable. Transfers or Cancels must be made at least 8 days prior to the camp beginning. Registration opens February 1st for YMCA members and February 15th for Program participants.

The YMCA strives to:

1. Welcome all individuals in its programs and facilities.
2. Develop programs that respond to the needs of its membership, participants and community.
3. Work to provide hiring and employment practices that is unbiased.
4. Hiring and maintaining diverse staff and volunteers.
5. Use resources to maintain a safe environment without discrimination to harassment against individuals.

The Day Camp Program is not licensed by the State Department of Child Development. The YMCA of Greater Charlotte Day Camp Programs adheres to the YMCA quality standards.

**PAYMENT PROCEDURES:**

Please refer to the registration packet for information on the following topics:

- > Registration Deposits
- > Cancellations/ Refunds
- > Late Registration
- > Registration Changes (Transfers)

**PAYMENT DUE DATES**

Any balance due for each session must be paid in full before the camper can attend the session. **There will be no exceptions.** All payments/balances for camp registration must be made by the following payment schedule:

Session A-B	Payment Due Date: May 1 <sup>st</sup>
Sessions 1-2	Payment Due Date: May 15 <sup>th</sup>

Sessions 3-4	Payment Due Date: June 1 <sup>st</sup>
Sessions 5-6	Payment Due Date: June 15 <sup>th</sup>
Sessions 7-8	Payment Due Date: July 1 <sup>st</sup>
Sessions 9	Payment Due Date: July 15 <sup>th</sup>

## FINANCIAL OBLIGATIONS/ASSISTANCE

Financial Assistance or what we formally called, "scholarship," is available through "My Y Pricing." My Y Pricing is the YMCA's rate structure designed to help us fulfill our mission to serve all by being affordable, logical and relevant. There are two factors to determine your membership/program rate: the number of people in your household (Adults 18yrs + & Children 17yrs and younger) and your annual household income.

In order to verify your annual income we will need to review your current tax return: 1040 line 22 or 1040 EZ line 4 (we are still accepting returns from 2019). If you did not file taxes last year, please call 1-800-829-1040 to receive a free statement of non-filing. If your current income does not reflect 2012/2013 1040, please provide your 1040 along with documents that support change in income (ex. Two current pay stubs from new job, unemployment documentation, divorce documentation, job separation, etc).

## RETURNED CHECK CHARGES

There will be a \$25.00 charge for any check returned to the Lincoln County Family YMCA. After two returned checks, we will accept money orders only. Outstanding balances resulting from uncollected returned checks must be rectified before the child may enroll or attend any YMCA program.

## INSURANCE

The YMCA of Greater Charlotte provides liability insurance on all programs. It is the program participant's responsibility to provide his/her own accident insurance coverage. Parents should include their personal health insurance information on the child's health form. This information will only be used to facilitate medical treatment if required. Parents are responsible for prescriptions and charges incurred for outside medical treatment of their child if such services are required while in attendance at the YMCA Day Camp.

## MEDICATION POLICY

The Lincoln County YMCA prefers that all medications be administered at home before camp. However, if medications are absolutely required, please be sure to notify the Day Camp Program Office. A complete and signed medication release form must accompany all prescription medications. Prescription medications must be in the original, prescribed container that identifies the prescribing physician, name of medication, dosage amount and when it should be administered. Place the medication and medication release form in a Ziploc bag with the child's name clearly written on the bag. Also, provide written clearance if you would like staff to administer medication to camper. All medications must be checked in with the Day Camp Program Office. No medications, including over the counter items such as vitamins, creams, lotions, aspirins, allergy medication or liquid medications will be distributed.

## SPECIAL EMOTIONAL / PHYSICAL NEEDS

Campers with special emotional or physical needs should be called to the attention of the Camp Director by fully describing any unique requirements of the camper at least two weeks prior to arrival. Please call Camp if you have questions regarding children with special needs. **We will make every reasonable accommodation possible to serve children with special needs.** However, some activities make it difficult to provide efficient care to some physically challenged campers. Please contact the Day Camp Director regarding special circumstances.

## DISCIPLINE

The philosophy of our program is based on the character traits of caring, honesty, respect, responsibility, and faith. All discipline will be modeled around these traits. Our discipline policy at the YMCA is to redirect inappropriate behavior to help the child make a decision that will benefit him or her and those surrounding them. It is our goal to help every child learn to make the right decision in every situation.

## **TYPE 1 BEHAVIOR:**

Type I behavior includes, but is not limited to; serious infractions such as damage or theft of property, assault, possessing weapons, tobacco or tobacco products, alcohol, narcotics or illegal drugs, gang-related activity, sexual misconduct, repeated Type II violations, and any conduct that may be detrimental to the best interests of the other members of the camp. Type I behavior can result in immediate dismissal from camp. Parents will be responsible for any transportation to return the camper home. No refunds will be issued.

## **TYPE II BEHAVIOR:**

Type II behavior is less serious, but disruptive and therefore unacceptable. This includes, but is not limited to: profanity, verbal abuse, keeping hands to themselves, staying with the group, tardiness and uncooperative behavior, etc... Campers who engage in Type II behavior will be told of their unacceptable behavior and asked to correct it. Further problems will result in a written reprimand with logical consequences, and viable alternatives for future behavior will be discussed. Continuing problems may result in a meeting with the Camp Director, and the parent will be contacted to discuss behavior or special circumstances.

Our goal is to guide children in becoming happy, responsible and cooperative participants through positive teaching techniques. In the event that behavior requires discipline:

- > Staff will not damage the camper's self-image or embarrass the child.
- > Staff will help campers learn self-control, choose alternatives, identify feelings and develop an understanding and respect for feelings of others.
- > Every effort will be made by staff to enlist the cooperation of the child and parents to solve problems. Issues that continue may result in removal from the camp.

## **PHOTO ID PROTECTION**

At the Lincoln County YMCA your child's safety is a top priority! To further protect your child, we will request a photo id from any person picking up a child within all of our childcare facilities. It is the parent/guardian's responsibilities to inform us who is authorized to pick your child up and to inform those individuals authorized to pick up your child from camp that they will need to show a Photo ID. Lincoln County YMCA reserves the right to deny custody to all persons who do not show a Photo ID, are not on the list of persons authorized for pick-up, does not have a properly-secured child passenger restraint device and/or appears to be intoxicated.

## **PARENTS VISITATION**

You are always welcome at camp and we encourage you to visit and talk with our staff about our programs. However, when visiting you must check in at the program office, show them your photo ID and get a visitors badge prior to visiting your child/children. No one is allowed to walk around the campgrounds without checking in with the program office and receiving a visitor's badge. If there is no one available in the program offices, please see the sales and service staff

## **CAR SAFETY**

All children must be buckled up when leaving day camp. Children under eight years old and weigh less than 80 pounds must be in a properly-secured child passenger restraint device (CRD) that meets federal standards and is appropriate for the child's weight and height. This device must be in the back seat of the car.

The safety of your child is paramount. Your child will not be placed in a car that is not properly equipped with a child safety seat for your child. Furthermore, your child will not be released to or placed in a vehicle with anyone that a YMCA staff member suspects is under the influence drugs or alcohol.

## **EARLY AND LATE PICK-UP**

Any time before scheduled pick up time is considered early pick up. You may walk into the program office at any time to pick up your camper. Please remember that it may take up to 30 minutes for us to sign them out and retrieve your child for you. We appreciate your patience in this matter. If a parent emails or calls at least four hours prior to early pick-up, then the staff will have the child waiting in the program office. If child is on a field trip, then we will be unable to retrieve your child until the bus returns - **NO EXCEPTIONS.**

We will grant a five-minute grace period for late pick-ups. After the grace period, a \$1.00 per minute toll is assessed and payment is expected upon your arrival. If a parent continues to be late, the fee will increase and a meeting will be scheduled with a director.

## **PARENT INTOXICATION**

At times, we are called to make decisions concerning their safety. If a YMCA staff member has reason to believe that a parent is under the influence of drugs or alcohol at time of pickup, then we will detain the child until an alternate plan of transportation can be arranged for the parent and child. We will first attempt to contact another family member or spouse. If unavailable, we will then attempt to reach an emergency contact. If those means are unsuccessful, a cab will be called at the parent's expense. If the parent who is suspected to be under the influence is unruly, uncooperative or violent, then the police will be immediately contacted.

## **CUSTODY ISSUES**

In cases of separated or divorced parents where visitation rights are denied to one parent, we cannot deny releasing the child to such parent unless a court decree or separation document is filed with our program office expressly forbidding such parent from picking up the child from our program or at times not allowed by the court decree. The court decree must also be specific to the rights of visitation on the YMCA/Camp property during camp hours. The court document must specify in writing that visitation is permitted by the non-custodial parent. Otherwise, visitation **WILL NOT BE PERMITTED**.

## **WEATHER: INCLEMENT, SEVERE AND TRANSPORTATION PROCEDURES**

During severe weather such as thunder storms or tornado warnings we will immediately take cover. Also, campers will not be in the pool if thunder or lightning occurs however, camp will resume as normal for rainy days.

The camp director and branch will stay alert for weather advisories issued over the radio. Counselors are trained to handle severe weather conditions such as storms, tornadoes and heat conditions. During heat advisories, campers continue activities at a slower pace. During ozone alerts of orange or red camp groups will follow an indoor schedule, unless they are scheduled for a water activity. We adjust group schedules so that campers are not participating in field sports during the hottest part of the day.

In the interest of the safety of the children in our day camp programs, the YMCA of Greater Charlotte recently reevaluated our transportation guidelines concerning early school/camp dismissal due to inclement weather. It is the decision of the YMCA of Greater Charlotte to not operate its vehicles on these days. This new policy went into effect January 1, 2004. While we understand this may cause some inconvenience for some families, we feel it is in the overall best interest of the children and the staff to operate in this way.

## **HEAT ADVISORY POLICY**

The safety and comfort of our campers is always our top priority and we want you to be aware of the changes we will make to our camp schedule on extremely hot days. During extreme heat and heat advisory days, we will adjust our schedule when possible. The safety and comfort of our campers is always our top priority and we want you to be aware of the changes we will make to our camp schedule with the heat is on.

- We will limit the time we spend in direct sun.
- We will spend more outside time in shady places.
- We will take more breaks that usual to "chill out."
- We'll play games that keep kids hydrated and cool (like water fun).
- We will move activities inside when possible.
- We will take extra water breaks and make sure water is always available.

Here are some tips to help your kids stay comfy cool during summer fun:

- Pack a frozen water bottle.

- Dress campers in lightweight and light colored clothing.
- Store lunch in an insulated, chilled lunch box.
- Send your child with a hat.
- Apply sunscreen before camp.
- Tell your camp staff if your child has a health condition that makes them more sensitive to the heat.

## **DIRECTIONS**

When arriving to the YMCA, use the second entrance closest to the playground. Upon arrival our camp staff will greet you and check in your child. To control traffic, please pull forward to the first or next available cone. Camp staff will open the door on the right side of the car, to allow the camper to exit the car and then bring him/her to the check in. Counselors will direct campers safely to their opening locations. For the safety of all please remain in cars at all times and do not allow your camper to exit the vehicle from the left side of the car.

## **DROP-OFF**

Arrival is a very busy time of the day and we require that the counselors have their full attention on the children. It is imperative that we keep the line moving, if you have questions at arrival, please call, visit or email the program office. In addition, please remember that Mondays are the busiest day of the week. To better serve you, send in questions prior to camp. This will save you time and prevent you from waiting. A staff member will reply as quickly as possible.

DROP-OFF Schedule:

- > Drop-off for school-age campers begins at 7:00 AM
- > Drop-off for preschoolers begins at 8:00 AM

Early care is from 7:00AM until 9:00AM. (No Additional Charge)

Drop-Off **ENDS PROMPTLY** AT 9:00 AM: If you arrive after this time, please walk your camper to the Late Arrival sign in table. This table is open until 9:10 AM, after that time, check in for all campers are at the Sales and Service desk. If you arrive after drop-off is completed, then you will need to park (in a designated parking space) and walk your camper in. This is done as a safety precaution to ensure that we have accurate attendance. Do not send your child to sign themselves in to camp. Children can only enter camp if a staff person takes them out of the car or you walk them into the program office.

**Preschoolers:** Drop-Off is preferred. However, if you choose to walk in, you may drop off your camper at the drop-off table located near the sports fields. A quick, yet confident good-bye is the best way to send off a nervous camper.

**School Age (Rising K-5 grade) / Teens:** Drop-Off is preferred. However, if you choose to walk in, you may drop off your camper at the drop-off table located near the sports fields. Counselors will show the campers where to put their stuff and where to go. We expect the children to be independent, during drop-off or drop-off parents a quick, yet confident, goodbye is the best way to send off a nervous camper.

## **PICK-UP**

For the safety of the campers, we require that they be picked up through the car line. Campers will enter from the right side of the vehicle. Staff will open and close the right rear door for your camper. For your safety, please do not exit the vehicle. Please do not pass cars ahead of you at any time; once the camper's in front of you are safely in their car, that car will pull forward. Please have Photo ID ready for pick-up staff to check id prior to releasing the camper.

Please go inside and speak with a member of Sales and Service for the following:

- > If parents are walking to the YMCA to pick up their child, follow the early pick up procedures and go inside.



- > If you have questions about camp, please park and go inside, call or email the program office. This will allow for the staff to continue focusing on the departure and safety of campers.
- > If you have a new authorized pick up please call the sales and service center with that information.

## **DROP-OFF/PICK-UP POLICY**

### **LINCOLN COUNTY FAMILY YMCA: TRADITIONAL, SPORTS, & THEMED CAMPS**

- Parents may drop off from 7AM – 9AM and pick up from 4PM – 6PM (Full Day of Day Camp Only).
- The location of rides in/out will be at the upper left, back corner of the parking lot or at the front of the building for inclement weather.

### **HALF DAY PRESCHOOL CAMPS**

- Parents may drop-off from 8:30AM – 9AM and pick up at 12:30PM. The location of drop-in will be at the upper left, back corner of the parking lot or at the front of the building for inclement weather. Pick-up will be located at the Sales and Service Desk.

### **FULL DAY PRESCHOOL CAMPS**

Parents may drop-off from 8:30AM – 9AM and pick-up at 4:00PM. The location of drop-off will be at the upper left, back corner of the parking lot or at the front of the building for inclement weather. Pick-up will be located at the Sales and Service Desk.

### **PICK-UP POLICY FOR ALL CAMPER**

For the safety of your child, participants will only be released to the legal guardian or responsible adult(s) listed on the camper's registration form. Every adult must present a photo ID at pick-up. In the event that a child will be picked up by an adult not listed on the registration form, a parent note (including the person's name as it appears on their photo ID) is required and photo ID must be shown during pick-up. Help us speed up the pick-up process by having your ID ready.

### **LATE DROP-OFF AND EARLY RELEASE POLICY:**

If your camper arrives after drop-off or you have to pick them up before 4pm please check in at the Sales and Service Desk for a lead counselor can check your camper in. We cannot and will not permit children to leave camp on their own. For the safety of your child, participants will only be released to the legal guardian or responsible adult listed on the camper's registration form.

## **FAMILY INVOLVEMENT**

We will host special events for families after normal camp hours and encourage you to participate. This is a great way for you to experience a little of the fun your camper gets every day while meeting other camp parents. We will send more information via email and post on the Day Camp page of our branch website.

## **KEEPING US INFORMED**

Please let us know if your camper is experiencing any issues at home that may affect his/her experience. Examples include death of a pet, parent divorce/separation, death in the family, fight with sibling, changes in health, etc. Staying aware of these issues will help us ensure that we are prepared to meet your camper's needs.

## **LOST ITEMS**

Please label everything that your camper brings to camp with their name on all items. We will make special efforts to return lost and found items to campers. Unlabeled and unclaimed items are stored for two weeks then donated to charity.

## **DAILY SCHEDULE**

7:00 AM – 9:00 AM	Drop-Off and Supervised Activities
9:00 AM – 9:15 AM	Gather For Opening and Bathroom Break

9:15 AM – 10:15 AM	Opening Assembly, Devotion, and Snack
10:15 AM – 11:30 AM	Activity Hour 1
11:30 AM – 12:30 PM	Lunch/ Transition
12:30 PM – 3:45 PM	Rotation of Swim Time (see swim section)
12:30 PM – 1:30 PM	Group time and special guests
1:30 PM – 3:45PM	Activity 2 & 3
3:45 PM – 4:00 PM	Closing Assembly & Afternoon Snack
4:00 PM – 6:00 PM	Pick-Up and Supervised Activities

\*Our program is designed to provide a variety of activities throughout each day. Each day is consistently programmed to ensure special care to all campers.

## **SPECIALITY DAY CAMP SCHEDULE**

Specialty camp schedule follows the same as Day Camp Schedule except for the following time slot

9:30AM-12:30 PM	Designated Specialty Camp Time
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## **WACKY WEDNESDAY**

Every Wednesday is Wacky!! Details about each Wacky Wednesday will be included in the session newsletter. This is a special day to dress silly according to the week's theme. The Wackier the better! Please make sure your email is on file as this is how we communicate to parents.

## **WEEKLY THEMES**

See the list below of weekly themes for all camp sessions. To create an outstanding experience for your camper we ask that they participate in weekly themes. During some weeks, we will hand out more details for the week and we ask that you encourage your camper to participate by helping them with specific camp activities prior to arrival.

Session A: All About Me  
 Session B: Team Spirit  
 Session 1: Rockstars  
 Session 2: Ninja  
 Session 3: Color War  
 Session 4: Proud American

Session 5: Twinning  
 Session 6: Geekin'  
 Session 7: Surf's Up!  
 Session 8: International  
 Session 9: Disco Movin' and Groovin'

## **ATTENDANCE**

Parents need to call the camp office, (704) 716-4500, if their child is going to be out more than one day. If we do not receive a call, the office will call home to check the status of the child.

## **EMERGENCIES**

Our camp staff will treat routine cuts, scrapes, and bumps. In the case of serious illness or an accident involving your camper, we will contact you. In the event that you cannot be reached, your signed authorization on your child's health form allows us to secure prompt treatment. Be aware that in the case of a life-threatening emergency, we will call 911 first.

## **ILLNESS**

The Lincoln County YMCA staff cannot care for sick campers. Parents will be called to pick up sick campers. Please do not bring children to camp that show signs of illness. If parents can't be reached, the emergency contact listed on the registration form will be contacted to pick up the child.

Campers must be symptom free for 24 hours before returning to camp.

If a camper shows no overt signs of illness, but complains of illness or seems uncomfortable and cannot participate in camp activities, the parent or emergency contact will be contacted to pick up the child.

## ASSEMBLIES

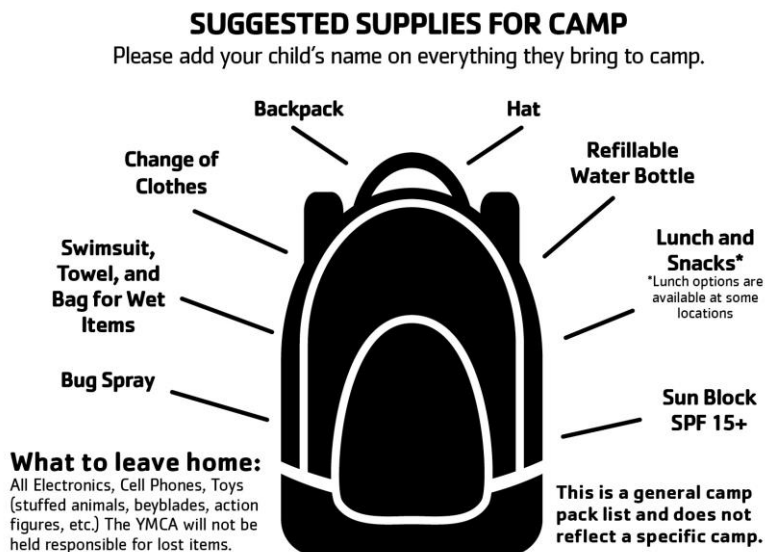
During summer camp we start our day with an energetic, faith and fun-filled assembly for our campers. The assemblies are theme related and involve camp chants, morning devotion, singing, dancing and music.

## CLOTHING

It's hot! Make sure your camper is dressed in lightweight, light-colored clothing and closed toed shoes are a must; crocs are recommended. Hat and /or sunglasses are allowed but it is the camper's responsibility to keep track of them. For specialty camps cleats maybe needed or recommended please pack cleats separate so the camper has another pair of shoes to wear in the building.

**DO NOT** allow them to wear long pants, dark colored shirts, halter tops, jeans, expensive clothing or flip-flops. Campers arriving in flip-flops will have to go to the program office until a parent or guardian can bring a pair of closed toed shoes.

Mark **ALL ITEMS** with camper's name.



## WHAT TO BRING/WEAR

Check the weather daily and dress your camper accordingly — the camp day will continue rain or shine! Be sure to label EVERYTHING you send to camp with your camper and check the camp's lost and found at the end of the week before items are donated. Camper's days are filled with fun activities all over the YMCA campus and will have to walk A LOT, carrying their personal belongings! We suggest that campers bring as little as possible to avoid anything special being lost. Each camper should arrive with:

Daily needs:

- Bathing suit (clearly labeled) and towel for full-day camps on Mondays, Wednesdays and Fridays
  - If campers are scheduled for water activities first, we suggest that they wear their suits rather than changing as soon as they get here.
  - Towels are optional - On hot days, children dry quickly and do not always use them. They actually prefer to be wet to help stay cool.
- Lunch, packed in durable cooler with a frozen water or ice pack if you choose not to take a lunch donated to our camp
- Two snacks if full day, one snack if half day
- Water bottle - THIS IS A MUST WITH THE SUMMER HEAT!

- Sunscreen and a permission note if the child needs help applying sunscreen
  - We expect everyone to have sun block on all body parts prior to coming to camp, regardless of what track they are in. Please make this a part of the morning routine. Day Camp Counselors will take sun block breaks during the day, as many times as necessary. They are NOT allowed to apply sunscreen on the camper. Please pack sunscreen in a 'Ziploc bag' and store it in your child's backpack.
- Diaper/swim diapers (for Preschoolers) – If your preschooler is not potty trained, please supply 2 diapers, 1 swim diaper, wipes AND a plastic swim cover to go over the swim diaper. These are available at the Target, or Wal-Mart. Swim suits alone do not have the proper protection needed to keep the pool clean.

Possible other items depending on child:

- Daily medication with release form
- Epi-pen if allergies with release form
- Hats
- Sunglasses
- Sports supplies: We have a supply of soccer balls, basketballs, etc.
  - If campers wish to bring their own, be sure to label them and check that they remember to bring them home each night.

Camp Specific Notes:

Soccer camp: Shin guards and Cleats are recommended.

Basketball Camp: Basketball Shoes are recommended.

Flag Football Camp: Cleats are recommended.

Lacrosse camp: Players can bring their own stick and pads. Cleats are recommended.

## WHAT NOT TO BRING TO CAMP

We may ask your campers to bring specific toys/props for use in the program. It is very easy for something to be lost or damaged that is precious to your camper. Unless your child is specifically asked to do so, we ask for your help in making sure they refrain from bringing any of the following items to camp:

Money	Valuables	Weapons	Balls
Alcohol	Cell Phones	Drugs	iPads/Pods
Vehicles	MP3players	Animals	Novelty Items
Toys/Other Electronics	Electronic games (including Game boys, Play Stations, Nintendo DS, etc.)		

## LIFEGUARDS

Lifeguards are either American Red Cross or YMCA certified and are on duty at the pools at all times. As with all YMCA staff our lifeguards are trained and certified in first aid, CPR-PRO, AED and oxygen.

## SWIM ASSESSMENT

Before swimming at camp, all campers are swim tested in the pool under the direct supervision of certified lifeguards and camp staff. Parents can help speed up our swim testing by having your child swim tested before camp begins. Swim tests can be given at any YMCA of Greater Charlotte branch. If you are planning to have your camper take the swim test prior to his or her session, it must be completed by close of business the Wednesday before the session begins. Certified Life Vests are available for any child not able to successfully pass our swim test.

## SWIM BAND LEVELS

Swim bands are distributed to each camper every day prior to swimming. They are collected by counselors at the end of the rotation and given to the lifeguard in the office. All three and four year olds must wear a lifejacket.

**Green Band** = Allowed to swim without a lifejacket and in all areas of the pool.

**Yellow Band** = Allowed to swim without a lifejacket in the shallow areas of the pool only, and will not be allowed to pass the rope that divides the shallow end from the deep end.

**Red Band** = A Camper who either doesn't want to test or did not pass the shallow swim test will wear a lifejacket and must stay in the shallow end.

## **SWIMMING SKILLS ASSESEMENT**

Before swimming (at any pool in the YMCA community) and prior to the campers changing into swimsuits the lead lifeguard will review rules of the pool. All campers who want to swim without a lifejacket must take a swimming skill assessment. A swimming skills assessment will be administered on Mondays to all campers who wish to be tested.

### **Shallow water/ yellow band:**

- > Swimmer demonstrates a horizontal floating position on their back. Swimmer must then stand up regaining a vertical position, without assistance.
- > Swimmer demonstrates 15ft.of any forward stroke without assistance

### **Deep Water/green band:**

- > Swimmer completes the entire yellow band requirement and completes the green band assessment.
- > Swimmer continues to swim the entire length of the pool (25 yards/meters) unassisted, and without resting. Swimmer maintains positive body position.
- > Plunge – Swimmer jumps into water that is over their head and easily returns to the surface.
- > Tread – Swimmer must tread water for one minute.

## **CAMP PHOTOS**

Log on to our Y Camp Life portal to check out fun photos of your camper in action!

<https://www.ymcacharlotte.org/ycamplife>

## **PARENT FAQS**

Here are some answers to frequently asked questions about summer day camp at the Y:

When I register, how can I receive more information regarding Summer Day Camp?

Parent orientation will be held in June. The camp director will focus on providing helpful tools to make your camp experience the best. Parents will also have the opportunity to meet our camp staff and ask any additional questions as needed.

What happens if I arrive after the 7:00 AM – 9:00 AM drop off time?

Parents must bring their child to the Sales & Service desk for check in and wait until one of our program staff arrive. Please allow 10-15 minutes for staff to meet you and keep you updated on all the fun activities that will take place each day.

What happens if I arrive after the 4:00 PM – 6:00 PM pick up time?

For early pick up, please stop by our Sales & Service desk for assistance. If your child is scheduled for an appointment or if the release is time sensitive, please let our team know in advance.

Will my child be outside for most of the day?

Each camper will have the opportunity to rotate between being indoors and out. Our staff will assure that your child has plenty of fluids, applies sunscreen, and program activities in areas that are shaded.

What type of enrichment /curriculum does summer day camp offer

The Lincoln County Family YMCA offers many additional activities throughout the week, including (but not limited to) physical activities, arts & crafts, STEAM projects, team building activities, summer reading loss prevention & so much more!

Will there be breakfast and lunch served each day?

A healthy breakfast and lunch will be provided through the City of Lincolnton. The items provided may not be to your child's liking; however campers are welcome to pack a lunch for the day.

Who are the staff?

The Lincoln County Family YMCA is committed first and foremost to the safety of your child. We place strong emphasis on safety standards by offering a remarkable counselor to camper ratio and requiring our counselors to complete 30 hours of training before the start of camp, including CPR, First Aid, and AED training. Staff will also be provided ongoing training hours throughout the summer to enhance their growth to better serve and impact our youth participants. All YMCA staff go through background checks and drug screenings prior to hiring.

What is the best way to receive information regarding my campers experience and weekly updates?

Communication will be sent out via email prior to the start of your enrolled camp session to let parent know what to bring and what to expect. Our staff and marketing team will also be working together to capture photos to connect parents to the fun happening at camp. Don't miss out. Like us on our Facebook page and make sure that you have given our team your up to date email address.

## CONTACT INFORMATION

### Day Camp Director

**Lance Friday**

[Lance.Friday@ymcacharlotte.org](mailto:Lance.Friday@ymcacharlotte.org)

O: (704) 716-4500

### Senior Program Director

**Ryan Swengros**

[Ryan.Swengros@ymcacharlotte.org](mailto:Ryan.Swengros@ymcacharlotte.org)

O: (704) 716-7300

### Registrar | Financial

**Irene Diamond**

[Irene.Diamond@ymcacharlotte.org](mailto:Irene.Diamond@ymcacharlotte.org)

P: (704) 716-4521

### Camp Hotline

**Camp Leadership Staff**

C: (704)-840-0698

### Lincoln County Family YMCA

**1402 East Gaston Street**

**Lincolnton, NC 28092**

P: (704) 716-4500





Lincoln County YMCA  
1402 Gaston Street  
Lincolnton, NC 28092  
704 716 4500

Lincoln Medical Park

Lincoln County  
YMCA



Splash Pad



Playground

Clinical Lab Services Inc.

**KEY**



Drop-Off/Pick-Up



Increment Weather: Drop-Off/Pick-Up held at the front of the building



Drop-Off after 9am/Pick-Up before 4pm  
(Parents must sign in/out at Sales and Service Desk)