

# **Y**SUMMER CAMP™

We build strong kids, strong families, strong communities.

**YMCA at White Rock**

**7301 Gaston Ave**

**Dallas, TX 75214**

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**Afterschool, Summer Camp, Adventure Guides**

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**Absentee Line**

**ext. 44**

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# **Y**SUMMER CAMP™

## **Camp Uluwatu**



**YMCA at White Rock**

**7301 Gaston Ave**

**214-328-3849**

**[www.whiterockymca.org](http://www.whiterockymca.org)**

**We build strong kids, strong families,  
and strong communities**

## YMCA of Metropolitan Dallas Day Camp Programs Medication Form

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

Medicine: \_\_\_\_\_ Dosage: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Is Condition Contagious? \_\_\_\_\_

Time(s) to be Given: \_\_\_\_\_

(Note: We will only dispense medication as per labeled instructions)

Parent's Signature: \_\_\_\_\_ Phone #: \_\_\_\_\_

Valid for one week at a time for the length of prescription as stated by physician, e.g.: antibiotic 10 days, unless otherwise stated by physician.

**We will not administer any medication without this completed form.**

All prescriptions must be in the original container. Staff will hold and dispense medication according to Dr.'s instructions or instructions on over-the-counter medication with a written prescription from their doctor.

Name of Child: _____ Date Received: _____					
Medicine received: _____					
Time to be given:	Monday	Tuesday	Wednesday	Thursday	Friday
AM					
Staff Sig.					
Time to be given:	Monday	Tuesday	Wednesday	Thursday	Friday
PM					
Staff Sig.					

**Mandatory Parent Info Meetings**

**May 25, June 2**

**6:30 PM**

**The YMCA’s Position on the Nation-wide problem of Child Abuse**

**We make an active effort to prevent child abuse.** Including but not limited to:

A background check, including but not limited to, references from past employers, personal acquaintances, military, educational institutions, volunteer organizations, civic groups, character verification, health, and personal activities and involvements.

Allegations or suspicions of child abuse are taken seriously and are reported to the police and state agencies for investigation.

Programs are structured and observed so that staff and volunteers are never the only adult present with children with the possible exception of emergency conditions.

Periodic interviews/evaluations are conducted with children and parents regarding day to day experiences, encouraging reports of any event out of the ordinary.

Staff are not to fraternize with children outside the programs, especially babysitting or inviting children home.

**A Final Word**

We believe that every child needs to experience the fun and excitement of summer camp. The staff at the YMCA believes this because we love working with youth. Every staff person involved, from summer camp counselors to the Executive Director is involved with this program because we believe in providing fun and safe activities for our children. Nothing makes us happier than seeing our campers smile! If there is anything we can do, please let us know. We look forward to seeing you and your child this summer!

If you have any questions, please contact:  
Lindsay Edelman, ledelman@ymcadallas.org.

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## A Letter from the Camp Director

Dear Parent,

Welcome to another exciting Summer with the YMCA at White Rock! We are glad you are here.

This handbook contains lots of great information about our Programs; please take some time to read. But if you find that you still have questions, please feel free to contact me.

The YMCA at White Rock’s summer camps strive to provide a quality summer program that enriches the lives of all involved. Changes have been made in the past year to continue to ensure that we are providing parents the best possible programs for their children and families. Summer Camp is not just day care, it is the chance for your child to participate in activities that cannot happen during the school year. Camp is an experience your child should not miss!

We have a goal of helping campers develop positive self esteem, provide social opportunities, strengthen their self discipline skills, and encourage their self expression. As active YMCA participants we continuously introduce campers to the Four Character Values: Respect, Responsibility, Honesty and Caring; helping our campers and staff develop character in all their actions.

The YMCA at White Rock’s summer camp programs maintain a staff to child ratio, compliant with State of Texas requirements. All of our summer camp programs are licensed by the State of Texas and meet their standards, as well as the YMCA of Metropolitan Dallas Policies.

We do understand that you have many options when it comes to finding a Summer Camp for your child, we are glad that you have chosen to be a part of the YMCA of Metropolitan Dallas Summer Camp Program.

See you at Camp!

Lindsay Edelman  
Family Programs Director  
YMCA at White Rock

ledelman@ymcadallas.org



## Payment Information

### Payment Policies

- A \$35 registration fee is due at registration, this fee is non-refundable.
- A \$25 deposit is required for each week your child plans to attend. The deposits are applied towards the total weekly fee. If you fail to pay in full one week prior to the start of camp you will lose your deposit.
- The balance for each week is due 1 week in advance, please see the payment schedule included below.
- If payments are not received by close of business on the Monday due date, your registration will be dropped and your deposit will be forfeited. You may re-register but will have to pay the full fee if spots are available.
- Deposits are non-refundable, non-transferable.
- We require a two week notice to cancel any weeks of camp, fees paid may not be refunded if this timeframe is not met.

Session Number	Session Dates	Balance Due By:
1	June 7th	May 31st
2	June 14th	June 7th
3	June 21st	June 14th
4	June 28th	June 21st
5	July 5th	June 28th
6	July 12th	July 5th
7	July 19th	July 12th
8	July 26th	July 19th
9	August 2nd	July 26th
10	August 9th	August 2nd
11	August 16th	August 9th

## General Questions

### ***Is the YMCA Summer-Day Camp licensed?***

All the YMCA Summer-Day Camps are licensed by the state of Texas. Each has standards and requirements that must be met or exceeded to maintain operation. The state of Texas and the YMCA of Metropolitan Dallas inspect all camps on a regular basis.

### ***How are staff screened and hired?***

Each applicant is interviewed by a YMCA Program Director, prior to reference checks and a group interview. The YMCA of Metropolitan Dallas completes a multi-state wide background history check on all applicants before hiring.

### ***How are the staff trained?***

All Summer-Day Camp staff complete over 30-hours of training before the summer begins. Staff are trained and certified in CPR and first-aid, age-appropriate activities, positive behavior guidance, communication skills with children, Group building skills, transportation safety and procedures, specialty activities, games, songs and plenty of other fun activities.

### ***Can parents visit their child during the day?***

Definitely. Parents are always welcome to our camp, even grown-ups need a dose of FUN! But, due to the different locations of the children during the day, we do not recommend calling to speak with your children, unless it is an emergency. You will be able to hear about all of the FUN on your way home.

### ***Will the children get too hot?***

Please remember that the YMCA Day Camp is an indoor/outdoor camp. We do spend roughly half the day outside in the heat. We make every effort to provide water, shade and indoor activities, throughout the day.

- Sunscreen is very important. Apply sunscreen before camp, even on cloudy days. Staff will remind children to apply sunscreen at various times during the day. Your child should bring their own labeled bottle of sunscreen with them.

- Children also need to have plenty of water with them and drink it often during the day. Water coolers are available, so children should bring a water bottle with their name clearly marked each day.

- Hats are a terrific way to help keep the sun off the children's face. Be sure to have their name clearly marked on the hat if they decide to wear one.

### ***What happens if my child is ill?***

Any child that becomes ill at camp will stay with staff until an authorized to release person can pick up the child. If your child is sick or has a fever of 100.4 prior to leaving your care, please do not send him/her to camp.

## Summer Camp Schedule

### Camp Uluwatu

Ages 3-12

Camp

We will focus on fun learning activities revolving around awareness of the environment, the arts, other cultures, and ourselves. Kids will leave camp with new knowledge and a passion and better under-

### Camp Themes and Field Trips!

Camp Dates	Themes
Week 1 June 7-11	Buggin Out, LLELA
Week 2 June 14-18	Texas Adventure, Six Flags (6+), Studio Movie Grill (3-5)
Week 3 June 21-25	Down on the Farm, Heritage Farm
Week 4 June 28-July 2	Ground to Grub, Trinity River Audubon Center
Week 5 July 5-9	It's a Jungle Out There, Dallas Zoo
Week 6 July 12-16	Get Green, Recycle Center (6+), Arboretum (3-5)
Week 7 July 19-23	Gogh Paint, DMA
Week 8 July 26-July 30	Eco Investigations, Museum of Nature and Science
Week 9 Aug 2-Aug 6	Surf's Up, Hawaiian Falls (6+), Spray Park (3-5)
Week 10 Aug 9-13	Out of this World, Astronaut Training Center
Week 11 Aug 16-20	Under the Sea, Dallas World Aquarium

## MISSIONS STATEMENT AND GOALS

*“To put Christian values into practice through programs that build healthy spirit, mind and body for all.”*

The Dallas YMCA strives to provide opportunities that will help individuals:

- Develop self confidence, self respect and an appreciation of their own worth as individuals.
- Grow as responsible members of their camp community.
- Appreciate that health of mind and body is a gift and that physical fitness and mental well-being are conditions to be achieved and maintained.
- Recognize the worth of all persons and work for interracial and inter-group understanding.
- Develop a sense of Camp (world) mindedness and work for Camp (world) wide understanding.
- Develop their capacities for leadership and use them responsibly in their own groups and community life.

**It is the purpose of the YMCA to give every child the opportunity to participate in programs to learn the importance of good sportsmanship and fair play through Christian values. The YMCA Philosophy is to allow children to participate in a low-key, non-competitive program with emphasis on having fun, development of character, respect for others and fair play. The YMCA provides a variety of summer camp programs including preschool camp, Traditional Day Camp, Adventure Outdoor camp, Teen camp and Specialty camp. The YMCA offers financial assistance for all programs. No family will be turned away because of the inability to pay.**



## Camper Behavior Information

### Behavior Guidance

The YMCA attempts to teach all children the values of respect, responsibility, honesty, and caring. Parents will be notified if behavior problems occur. The general practice at the YMCA is to encourage and reward positive behavior, and redirect misbehavior. Although we make every attempt to work with children and teach proper behavior, we will suspend or terminate children from the program as a last resort. Fighting will not be tolerated and could lead to dismissal.

### General Rules

Be Kind - keep hands, feet, and objects to yourself

Be Respectful - to staff, others, yourself and facility (clean-up)

Be Safe - stay with a YMCA staff member, walking inside

### Rewards For Good Behavior

- Praise from the staff
- Positive phone calls to parents
- Special surprises: special guests, special project, extra activity time
- Super camper awards
- Being made a “good example” for the group

### Steps which will be taken if Camp Rules are Broken

- Quick reminder of “Camp Rules”, then re-direction to other activity
- 5-10 minutes to think and counselor time to discuss
- Repeat “think time” and counselor time to discuss what can be done “next time”
- At check-out parents are informed of problem and how it was resolved
- Parent is called for suggested help
- Parents are called in for conference with Director
- For continually repeated offenses, child is sent home/suspended from program (no refunds)
- Dismissal from program

Any physical, emotional, or mental harm/threats to ones self, another person or property may result in immediate suspension or dismissal.

### Parent Conferences

Parent conferences are available if needed. Please call the Camp Director to arrange for a conference. Lindsay Edelman, ledelman@ymcadallas.org.

### Your Child's Paperwork

Camper's enrollment forms must be filled out legibly and completely. We also must have a **copy of your child's immunization records**. We will need new copies of these each year. Any pertinent information regarding your child should be added to their file throughout the summer (ex. Child counseling forms, additional information from parents, additional pick up information). No one else except the YMCA staff, our licensing representatives, and yourself will be able to see your child's file.

### Clothing/Belongings/Lost and Found

Lost and found items will be [on a table at check in](#). Please check this box at the end of each day for your child's belongings. Following the last week of camp, we will donate items left in the baskets to charity.

### Your Trash is Our Treasure

Anytime during the year that you have any of the following, please donate it to camp for our crafts supplies. THANKS!!

old wax candle	spoons	rice
marbles	leather scraps	tissue paper
butter tubs w/ tops	coffee cans w/lids	foil
dried flowers	pipe cleaners	felt
sandpaper	wrapping paper	glitter
cigar boxes	glue	toilet paper tubes
ribbon	styro-foam balls	puzzle pieces
golf balls	masking tape	buttons
baby food jars w/ lids	washable ink pads	spools
paper towel tubes	wax paper	beads
pom pom balls	clear contact paper	paint brushes
balloons	markers	milk jugs/cartons

### Parent's Rights

Parent's/Guardian's, upon presentation of identification, have the right to enter and visit the day camp facility in which their child(ren) is receiving care, without advance notice to the provider. Entry and inspection is limited to normal operating hours while their child(ren) is receiving care. The law prohibits discrimination or retaliation against any child or parent/guardian exercising their rights to visit. The law authorizes the person in charge of the child care facility to deny access to the parent/guardian under the following circumstances: The parent/guardian is behaving in a way that poses a risk to the children in the facility.

*Under no circumstances should a parent/guardian approach another child other than their own. Any parent who behaves in this manner will be asked to leave the facility.*

### Child's Personal Rights

Each person receiving services from a day camp facility shall have rights, which include, but are not limited to, the following: To be accorded with dignity in his or her personal relationship with staff and other persons; To be accorded safety, healthful and comfortable accommodations, furnishing and equipment to meet his or her needs; To be free from corporal or unusual punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, threat, mental abuse, or other actions of a punitive nature.

## Summer Camp Information

### A Typical Day At Camp

7:30 - 8:30 am	Pre-Camp Fun at Camp
8:30 - 9:00 am	Opening Ceremonies
9:00 - Noon	Group activities
Noon - 1:00 pm	Lunch with your favorite Counselor
1:00 - 3:45 pm	Group activities
4:00 - 4:30 pm	Closing Ceremonies
4:30pm-6:00 pm	Post-Camp Fun at Camp

Thursday is our local fieldtrip day. Fridays will be our All-Camp activities...prepare for massive FUN! **Campers need to arrive at camp no later than 8:00 on field trip days to ensure campers are ready to go. Sack lunch, water bottle and hat should be packed for all Field Trips.**

### Sign In/Sign Out

Every morning one of our counselors will greet parents and campers at the entrance of camp (double doors on the front of the building) for morning drop off /sign in. Children may be dropped off as early as 7:30 AM and we will be here until 8:30. After 8:30 parents will need to bring their camper to the blacktop area for opening ceremony (if raining to the gym) *To ensure the safety of your child, every child must be signed in to our program.*

Afternoon Pick-up happens at the same location as drop off from 4:30 PM – 6:00 PM. Please be prepared to show your ID to summer staff. Any parent wishing to pick their child up before 4:30 PM, please go to the Front Desk and they will help you locate our camp.

A Drivers License or Photo ID must be presented to the staff before the child can be released to the parent. We will not release any children to someone who is not authorized on the child's registration form. Our summer camp program closes at 6:00 PM every day. A late fee of \$1.00 per minute will be charged for any child who remains in YMCA care after the close of Camp.

### Aquatic activities

Campers should bring a swim suit and towel each day. At least two lifeguards will be on duty while the summer camp children are in the pool maintaining a ratio of 1:25 at all times. Campers will have the opportunity to swim 45 minutes of each day they are in the pool. In order for the campers to take part in swim time, each will complete a swim test and wear a wristband which signifies their swim levels. This system allows our lifeguards and counselors to quickly know a campers skill level. A Green band means the camper can swim the length of the pool, a Yellow band means that they must stay in the shallow end and can touch the bottom, A Red band means participants can either not touch or cannot swim so they must stay in the shallow end and wear a life vest. **This may be different, please check with your Aquatics Director for Pool Rules!**

### Calendars

Weekly calendars with themes, special events, and other important information are on the parent communication board. **If you have questions about the week's activities, please contact the camp director.**

**Summer Camp Information Cont.**

**Field Trips and Transportation**

Children will be transported to and from field trips with either Durham or YMCA of Metro Dallas school bus and with a Durham or YMCA certified driver. Camp T-shirts must be worn on all field trips. If a camper does not wear their t-shirt on a field trip day then they will be issued a new t-shirt and your account will be charged \$10.00.

**Field Trip schedule will be as follows:**

We will leave the YMCA on field trip days as early as 8:30 AM, and return by 4:30 PM unless otherwise noted. All children must arrive at the YMCA by 8:00 AM for field trips. Due to ratio issues, we are not able to put children in another camp if they cannot make the field trip. Parents needing to drop off children later or pickup earlier, must either drive to the field trip site, or make other arrangements for that day. **Please provide a sack lunch and water bottle for all field trips.**

Camp Dates	Themes
Week 1 June 7-11	Buggin' Out, LLELA
Week 2 June 14-18	Texas Adventure, Six Flags (6+) Studio Movie Grill (3-5)
Week 3 June 21-25	Down on the Farm, Heritage Farm
Week 4 June 28-July 2	Ground to Grub, Trinity River Audubon Center
Week 5 July 5-9	It's a Jungle Out There, Dallas Zoo
Week 6 July 12-16	Get Green, Recycle Center (6+), Arboretum (3-5)
Week 7 July 19-23	Gogh Paint, DMA
Week 8 July 26-July 30	Eco Investigations, Museum of Nature and Science
Week 9 Aug 2-Aug 6	Surf's Up, Hawaiian Falls (6+), Spray Park (3-5)
Week 10 Aug 9-13	Out of this World, Astronaut Training Center
Week 11 Aug 16-20	Under the Sea, Dallas World Aquarium

**Absentees**

All absences or late arrivals need to be reported to the YMCA by 8:30 AM. Parents should call the YMCA at 214-328-3849 and ask for the "Day Camp Absentee Voice Mail." Instructions will then be given on the information needed.

**Summer Camp Information Cont.**

**Medication and Illness**

Anytime a camper must bring medicine to camp, a **medication form must be on file** (located on pg. 15) from the parent authorizing the distribution of the medicine. The medication must be in the original container with the child's name clearly marked, and we must follow the instructions on the bottle. If a medication is prescribed, the label must contain the date, directions to administer and the name of the physician prescribing the medicine. All medicine must be given directly to a staff member. Children cannot administer medicine to themselves.

If a child becomes ill or is injured at camp, an attempt will be made to notify the parents. If no parent can be reached, the staff will use their judgment as to the seriousness of the condition. For those injuries and illnesses requiring medical attention, a local doctor at the Doctor's Hospital will be used. *Children must be clear of fever, vomiting, and diarrhea for 24 hours before returning to camp without help of medication.*

**What to bring to camp**

- We are very active, so be sure your camper eats a hearty breakfast before heading to camp, and pack a good healthy lunch. Lunches are not refrigerated. Campers may bring a little cooler with ice packs.
- **Bottle of water!** Please send a full bottle of water with your camper each day; they will have multiple opportunities to refill, throughout the day.
- Swimming suit and towel
- Camp bag or backpack for belongings
- Sunscreen

All clothing and items should be marked with camper's name. **Your Camp newsletter will alert you to any additional items needed.**

**What not to bring to camp**

**As we will schedule lots of activities for your camper to do; please leave the following items at home:** Radios, ipods, cell phones, headsets, electronic games, pokemon/ yu-gi-oh cards, toys, tobacco or tobacco products, alcohol or drugs, guns, large amounts of money, knives or pocket knives, pets.

**What to wear**

Camper will spend most of their time outdoors and very active. It is recommended that your child wear comfortable old clothes and a hat. The weather will be warm, so shorts and t-shirt are fine. Rubber sole, closed toe shoes are a must. No sandals, except for swim time. Camp t-shirts must be worn on field trips. Extra T-shirts are available at the Welcome Center for purchase. If a camper does not wear his/her camp t-shirt they will be issued a new one and your account will be charged \$10.