



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2014 WEST BARNSTABLE DAY CAMP

## FREE TO DISCOVER

Friends  
Nature  
Music  
The Arts  
Sports  
FUN



# ADVENTURE AWAITS

I've had the pleasure and the honor of working with thousands of kids and families within our Cape Cod community for the past ten years and I am inviting your family to join us this summer for another amazing adventure!

Youth Development at the Y means showing kids, teens and young adults role models and behaviors designed to inspire healthy choices and lasting positive relationships. Both YMCA Cape Cod summer camp communities are led by a team of kind, trustworthy individuals committed to creating a safe place for children to practice social skills and character values. Using a healthy environment and the safest positive reinforcement techniques, your children will be well on their way to adventurous learning. We look forward to meeting your family and introducing you to ours as we grow our community together.



Steven Wolfe  
Senior Program Director  
Youth Development



**Pictured: Steven Wolfe and his son Ayden at Camp Lyndon.**





## WEST BARNSTABLE

We've made some changes with your children in mind. Stay connected to the YMCA Cape Cod and WB Day Camp by LIKING our Face Book page <https://www.facebook.com/pages/YMCA-Cape-Cod/>, sign up to follow us on Twitter! Your child could be camper of the week and we want you to be able to share that news with family and friends.

Improvements to our outdoor facilities include a brand new amphitheater complete with benches in the Pines area, where we have morning ceremonies every day. The Archery area has new benches and landscaping!

Discover your talent or show us what you've got!

We encourage all forms of self expression and offer opportunities by way of enrichment in the arts, sports, and nature to name a few. Examples of self expression may vary from creating a collage on the basketball court with paint, bucket drumming in the field, or flash mob in the YMCA pool lobby! We build confidence and independence! Your child will grow in spirit, mind and body by embodying the four core values of honesty, caring, respect and responsibility; which is modeled by our professional and caring staff.

Don't wait become a part of the YMCA Cape Cod family this summer. Great adventures await!

**DOWNLOAD REGISTRATION FORMS ONLINE AT:** [ymcacepecod.org/programs/camp/](http://ymcacepecod.org/programs/camp/)

## OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

## WHO WE ARE

The Y is the nation's leading non-profit committed to strengthening communities through youth development, healthy living and social responsibility.

## OUR CAUSE

Strengthening the foundations of community.

## 2013 CAMP SESSION DATES

WEEK 1	JUNE 23 <sup>RD</sup> – 27 <sup>TH</sup>
WEEK 2	JUNE 30 <sup>TH</sup> – JULY 3 <sup>RD</sup> NO CAMP JULY 4 <sup>TH</sup>
WEEK 3	JULY 7 <sup>TH</sup> – 11 <sup>TH</sup>
WEEK 4	JULY 14 <sup>TH</sup> – 18 <sup>TH</sup>
WEEK 5	JULY 21 <sup>ST</sup> – 25 <sup>TH</sup>
WEEK 6	JULY 28 <sup>TH</sup> – AUG 1 <sup>ST</sup>
WEEK 7	AUG 4 <sup>TH</sup> – 8 <sup>TH</sup>
WEEK 8	AUG 11 <sup>TH</sup> – 15 <sup>TH</sup>
WEEK 9	AUG 18 <sup>TH</sup> – 22 <sup>ND</sup>
WEEK 10	AUG 25 <sup>TH</sup> – 29 <sup>TH</sup>

## MEET YOUR CAMP DIRECTOR/CAMP Q&A AT YMCA CAPE COD WEST BARNSTABLE

Thursday, May 15 <sup>th</sup>	5:30 – 6:30 pm
Thursday, May 22 <sup>nd</sup>	5:30 – 6:30 pm

## CAMP TOURS

Saturday, April 26 <sup>th</sup>	10:00 – 11:00 am
Saturday, May 24 <sup>th</sup>	10:00 – 11:00 am
Saturday, June 14 <sup>th</sup>	10:00 – 11:00 am

## AREAS OF FOCUS

**Youth Development** – Nurturing the potential of every child and teen.

**Healthy Living** – Improving the nation's health and well-being.

**Social Responsibility** – Giving back and providing support to our neighbors.



## MAKING A DIFFERENCE

Timmy had a difficult year moving numerous times and having various changes to his family dynamic. When he came to summer camp, he wasn't very interested in making new friends or looking up to his counselors. During the course of the summer this beautiful little boy began finding himself in my office to talk about listening better and making new friends. Little by little, he began to break out of his shell and came to love meeting new people. He even started stopping by my office on his own to tell me about his day's adventures. With constant reassurance and loving guidance from our caring staff, Timmy learned to trust adults and children again. The self-confidence he gained from our program helped to ensure a great following school year. Camp made this happen for Timmy. He was allowed to be himself and we were there to support and direct him along the way. I am happy to be part of his life and cherish the impact he has made on my working experience here at WB Day Camp.

Robin L. Hayward, West Barnstable Day Camp Director



# MEET OUR STAFF

## ROBIN HAYWARD

### West Barnstable Day Camp Director

Summer is the time to kick up your heels and have some fun; after all school is out! This is my 3rd year as the WB Day Camp Director but my 9th year here at the YMCA Cape Cod. I have watched my own children develop and grow each year at camp and now as counselors themselves.

Summer at West Barnstable Day Camp is about freedom and discovery. Your child is free to discover who they are by participating in all the day has to offer. While providing a safe, exciting, caring environment my staff and I will create an enriched experience for you and your child to remember for years to come.

We strive to engage your child in as much stimulus as they can handle and offer age appropriate activities for all. Each day is filled with friends and team building while we learn some important virtues!

We can't wait to meet your child. Come play, be silly, learn by experience, make new friends and build character this summer at the YMCA West Barnstable Day Camp.



## WILL VROUNTAS

### West Barnstable Day Camp Assistant Director

Hello, my name is William Vrontas and I have worked at the YMCA West Barnstable Day Camp for 3 years. Here at the YMCA fellow staff members and myself provide children not only with a safe environment, but one abundant with enjoyment and amusement. Ensuring that our campers are happy is a top priority here, and there is nothing better than having children arrive with smiles and leave with bigger ones. I work at the YMCA Summer Program because I know that I can have a positive impact on the children attending, and while they learn a lot from me, I will undoubtedly learn more from them. This is why the YMCA means so much to me, because we're not just employees working for a paycheck, but more importantly we are friends and role models.

**Pictured: Will utilizing a language translator to communicate with a camper from the Ukraine.**

# YOUTH DEVELOPMENT PROGRAMS

## A GEM IN THE HEART OF THE COMMUNITY MORE THAN A TRADITIONAL CAMP EXPERIENCE

We offer a taste of everything at West Barnstable Day Camp. Our summer is built on themes including pirate week, music & entertainment week, reptiles, wild animals, outdoor bubble music jam, and flash mobs. This is achieved through field trips or visiting enrichment throughout the 10 weeks of summer. Weekly ongoing enrichment such as African Drum, Dance, and Nature Art are looked forward to by each camper.

## PROGRAM AREAS

West Barnstable Day Camp offers campers the opportunity to experience a wide variety of activities throughout the summer, including: **archery, bucket percussion, sports, nature arts, and African drum & dance.** As always, the Y includes play-based activities centering on the four character values of caring, honesty, respect, and responsibility.

## ENRICHMENT

We take advantage of our rich local environment by offering weekly enrichment that may include: **waterworks, soccer, dance, drama, music, pirates, nature, rodeo, gardening, and arts.**

Weekly visits to Sandy Neck Beach are a great time to practice swimming skills, touch nature, and breathe the fresh sea air.

## SWIM LESSONS

Campers receive instructional swim lessons and recreational swim time in the Y's two indoor pools 4 days a week.

## UNIT 1 – CHIPMUNKS

5 & 6 YEARS

CAMPER TO COUNSELOR RATIO 5:1

Through daily experiences and activities, Unit 1 encourages campers to accept and demonstrate caring, honesty, respect and responsibility in everything they do. These experiences will include songs, skits, arts and crafts, instructional and recreational swims and nature skills, just to name a few.

## UNIT 2 – CUBS

7 & 8 YEARS

CAMPER TO COUNSELOR RATIO 10:1

Unit 2 takes our camp program a step further by spending more time in a wider range of camp activities. Campers are encouraged to set new physical and learning goals and to explore new abilities and qualities in themselves.

## UNIT 3 – FALCONS

9- 11 YEARS

CAMPER TO COUNSELOR RATIO 10:1

Unit 3 develops a sense of community, teamwork and ownership through individual and team challenges. Through these efforts we hope to provide a solid footing for the pre-teen years ahead. We give campers the opportunity to select special-interest activities and encourage them to learn and demonstrate specific program-related skills.





# SAMPLE DAILY SCHEDULE

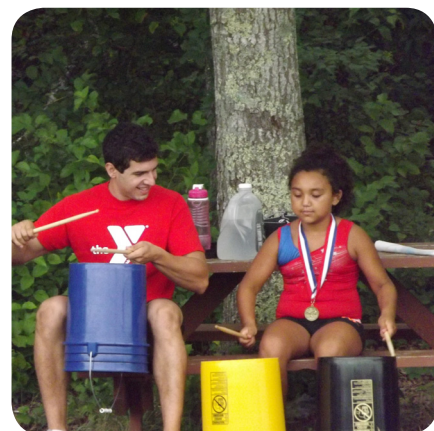
7:30-8:45	Early Care – Quiet table games and personal camp counselor interaction, breakfast offered
8:45 – 9:15	Bathroom visits by Unit
9:15- 10:00	Transition to Morning Ceremonies
10:00-10:30	Morning Ceremonies in the “Pines”
10:30- 11:30	First Rotation of *Group Time
11:30-12:00	Bathroom’s, hand washing, transition to lunch
12:00-1:00	Lunch Time by Unit, *story time, small craft, group game
1:00-2:00	Rotation of *Group Time
2:00-3:00	Rotation of *Group Time
3:00-4:00	Rotation of *Group Time, family provided snack
4:00-5:00	Transition to parent pick up, quiet table games and personal camp counselor interaction

## \*Exceptions and Definitions:

**Group Time:** Activities, games, arts and crafts, music, or enrichment enjoyed as a Unit. There are many times when units prefer to interact together in activities due to the size of our camp. Group Time is also a time during the day where enrichments or field trips may take place. Weekly the WB Day Camp visits Sandy Neck for outdoor swim and nature activities. The bus leaves camp at 10 and arrives back by 2:30

**Enrichments:** Rodeo Week, Pirate Week, Music Week, Arts and Entertainment Week, Prom and Runway Week, Soccer Week, to name a few affect daily schedules and are a part of our group time experiences weekly. Weekly Themes affect our daily schedule from time to time see your camp director for details.

**Rainy Day Schedule:** We try to attend an age appropriate movie at a local cinema. Please see the director for confirmation. A notice will be posted at the entrance door and sign-in table as well as the front desk. The director reserves the right to make changes to daily and weekly schedules.



# CAMP

## IMPROVING YOUR CAMP EXPERIENCE

The Pines Amphitheater – Thanks to a grant from the United Way, volunteers from the YMCA and Cape Cod Community Bank we now have permanent benches

Parent Advocate – Camp support from someone who has been where you are. Supervised by camp director

Archery – Benches and landscaping

Shake Your Frustration Station – a place to relax and gain control

Crank it Up – Dance it out before parent pick up each day

Recycle Donations – For Arts and Crafts

Face Book – Need Info Fast, Want to share photos or experiences, or click to see your child in action



## CAMP TERMINOLOGY

**Counselor** – The role model leading a camper group of five to ten campers depending on age. Great at leading games and projects; a very versatile and driven community role model who can help at everything from finding the nearest bathroom to helping someone make a friend.

**Unit** – The age group your camper is assigned to. Broken up in two year age divisions, Units come together at Morning Ceremonies, Lunch, and Dismissal.

**Unit Director** – The individual in charge of assisting counselors and helping with camper's problems throughout the day. An excellent leader of both staff and campers alike.

**Unit Area** – The "home base" for each Unit; unit areas are spread throughout Camp Lyndon and offer a place for campers to store their backpacks, groups to convene for activities, and lunch to be had.

**Swim Group** – Based off of the first day's swim test, campers are placed in swim group which determine swimming lessons, water depth, and whether or not a camper can take a kayak out by themselves.



# REGISTRATION

## REGISTRATION INSTRUCTIONS

1. Before completing the registration form, please discuss the choices available with your child. This will ensure that your child has a positive camping experience.
2. Pull out pages 8 through 13.
3. Fill out camp registration forms completely.
4. Make sure your child's age corresponds to the required age of each camp. Please use your child's age as of June 1st.
5. Take your completed registration forms with your payment to the front desk at the YMCA Cape Cod West Barnstable facility, or mail to YMCA Cape Cod, 2245 Iyannough Road, West Barnstable, MA 02668. Remember, these forms must be accompanied with a deposit of \$25.00 per week. If you misplace a form or you need extra copies, additional forms may be downloaded at [www.ymcacapecod.org](http://www.ymcacapecod.org). Please note, any incomplete registrations without required deposits will not be processed.
6. Registration Fee, Deposit, Payment, Cancellation and Refund Policies please refer to page 14.

**Your child will not be allowed to attend camp or board a camp bus until all the necessary forms and information have been turned in to our business office and weekly tuition is paid in full. All paperwork and payments are due by 5 pm the Wednesday prior to attending camp.**

**Weekly balances must be paid in full prior to the start of the camp week.**

For registration changes and financial questions please call (508) 362-6500 x 125 or x208.

For Camp policy and program questions please call WB Day Camp (508) 362-6500 X 125.

## REGISTRATION FORM

Camper's First Name \_\_\_\_\_ Last Name \_\_\_\_\_

M/F \_\_\_\_\_ Birth Date \_\_\_\_\_ Do you have a YMCA Cape Cod Membership? Yes \_\_\_\_\_ No \_\_\_\_\_

Permanent Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone # \_\_\_\_\_ Evening Phone \_\_\_\_\_

Summer Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone # \_\_\_\_\_ Evening Phone \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_ Work Phone \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

**EMAIL ADDRESS**

Camper's Last Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Camper's First Name: \_\_\_\_\_ Phone: \_\_\_\_\_

All fees listed are per week

Week 1	NO CAMP July 4th Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
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CAMPS	FEES M=Member N=Non-Member	6/23 - 6/27	6/30 - 7/4	7/7 - 7/11	7/14 - 7/18	7/21 - 7/25	7/28 - 8/1	8/4 - 8/8	8/11 - 8/15	8/18 - 8/22	8/25 - 8/29	TOTAL
2014 Registration Fee	\$25											\$25
Ages 5-6 Years	M \$250 N \$375	1	2	3	4	5	6	7	8	9	10	
Ages 7-11 Years	M \$210 N \$310	1	2	3	4	5	6	7	8	9	10	
<b>EXTENDED CARE,</b> Must be a WB Day Camper to Attend	<b>FEES</b>											<b>TOTAL</b>
AM - 7:30 - 9:00	\$30	1	2	3	4	5	6	7	8	9	10	
PM - 4:00 - 5:30	\$30	1	2	3	4	5	6	7	8	9	10	
AM & PM CARE	\$50	1	2	3	4	5	6	7	8	9	10	
<b>LUNCH PROGRAM</b>	<b>FEES</b>	<input type="checkbox"/> Check here to have Free/Reduced Lunch information sent to your home										<b>TOTAL</b>
Lunch Program	\$16.75	1	2	3	4	5	6	7	8	9	10	
<b>MULTI CHILD DISCOUNT</b>	Each additional child will receive a \$12.50 discount per week off total tuition, excluding Kiddie Camp											-
<b>EMPLOYEE DISCOUNT (see employee handbook)</b>												
<b>PAYMENT INFORMATION</b>	<b>TOTAL AMOUNT DUE:</b>											

**Balance Due at time of Registration** (\$25 registration fee +\$25 per week attending required): \$ \_\_\_\_\_

Upon receiving the required payment above, the Y will send out an invoice with the total amount due. Please mail documentation of Third Party Payments to be received by the YMCA Cape Cod.

Weekly tuition fees must be paid in full by the Thursday prior to the week of your camper's scheduled attendance.



# HELP A CHILD IN NEED DISCOVER FUN THIS SUMMER

I would like to donate and help send a child to YMCA Cape Cod summer camp.

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ OTHER \$ \_\_\_\_\_

Check here for weekly bank draft payment, information will be mailed to your home. ☐

Charge \$ \_\_\_\_\_ to the following credit card: \_\_\_\_\_ MasterCard \_\_\_\_\_ Visa

Card Number: \_\_\_\_\_ Exp: \_\_\_\_\_

Make checks payable to:

Print Name of Cardholder: \_\_\_\_\_

YMCA Cape Cod

Signature of Cardholder: \_\_\_\_\_



# REGISTRATION

## MEDICAL HISTORY

### MUST BE FILLED OUT EACH YEAR

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Child's Physician \_\_\_\_\_ Physician's Phone Number \_\_\_\_\_

Address of Physician \_\_\_\_\_

Name of Dentist \_\_\_\_\_ Dentist's Phone Number \_\_\_\_\_

Name of Orthodontist \_\_\_\_\_ Orthodontist's Phone Number \_\_\_\_\_

Do you carry medical/hospital insurance? Yes \_\_\_\_\_ No \_\_\_\_\_ Insurance Carrier \_\_\_\_\_

**Chronic or recurring illness/medical condition** \_\_\_\_\_

**Dietary restrictions** \_\_\_\_\_

**Allergies** \_\_\_\_\_

**Current Medications** \_\_\_\_\_

### PHYSICAL FORM TO BE ATTACHED

I \_\_\_\_\_ understand that I must request a current (within the last two years) copy of my child's physical from his/her physician and submit that form for this registration to be complete.

Parent/Guardian's Initials: \_\_\_\_\_

### IMMUNIZATION FORM TO BE ATTACHED

I \_\_\_\_\_ understand that I must request a copy of my child's immunization record from his/her physician and submit that form for this registration to be complete.

Parent/Guardian's Initials: \_\_\_\_\_

**Behavior concerns we should be aware of:**

# REGISTRATION

## EMERGENCY INFORMATION FORM

Your child will not be released to any person other than those indicated with a check on the sheet below. If your child is signed-out, a photo I.D. will be required by the person picking him/her up. Your child can only be signed out by the people listed below.

Please indicate with a check those persons to whom your child may be released in case of illness/injury or dismissal. In case of an emergency/illness, we will call the following contacts in the order listed unless otherwise noted.

### EMERGENCY CONTACTS

For your child's protection and safety it is mandatory that the Camp Director have your current phone number and at least one emergency contact at all times all changes to this information must be given directly to the Camp Director or Assistant Camp Director.

If early pick up is deemed necessary due to illness or discipline issues; by our Directors and a call has been made to you the parent or your emergency contact it is our policy that pick up take place within the hour.

Parent/Guardian \_\_\_\_\_ Day Phone Number \_\_\_\_\_

Relationship \_\_\_\_\_ Other Phone Number \_\_\_\_\_

Address (if different than child's) \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Day Phone Number \_\_\_\_\_

Relationship \_\_\_\_\_ Other Phone Number \_\_\_\_\_

Address (if different than child's) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Day Phone Number \_\_\_\_\_

Relationship \_\_\_\_\_ Other Phone Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Day Phone Number \_\_\_\_\_

Relationship \_\_\_\_\_ Other Phone Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Day Phone Number \_\_\_\_\_

Relationship \_\_\_\_\_ Other Phone Number \_\_\_\_\_

**IF YES TO EITHER QUESTION BELOW, A COPY OF ORDER IS NEEDED FOR THE CHILD'S FILE. PLEASE ATTACH TO REGISTRATION INFORMATION.**

**Is there a court order in regard to the child's custody?**

**Is there a current restraining order in regard to who may have contact with this child?**

Signature of parent/guardian \_\_\_\_\_

Relationship to child \_\_\_\_\_ Date \_\_\_\_\_



# REGISTRATION

## WAIVER & AUTHORIZATION FORM

WAIVERS: Please carefully read the following 5 waivers/authorization.

- 1) If early pick up is deemed necessary due to illness or discipline issues; by our Directors and a call has been made to you the parent or your emergency contact it is our policy that pick up take place within the hour.

Parent/Guardian's Initials: \_\_\_\_\_

- 2) PHOTO/MEDIA WAIVER:

I, \_\_\_\_\_ the parent/guardian shown on this form, wish my child to be enrolled in camping programs with the YMCA Cape Cod at one of its sites. I hereby give permission for photographs and other media materials to be used for promotional display purposes and local media and news coverage.

Parent/Guardian's Initials: \_\_\_\_\_

- 3) CAPE COD YMCA, INC. RELEASE AND DISCLOSURE WAIVER:

I am aware in signing this document for my child's participation in various or certain programs and activities offered by Cape Cod YMCA, Inc., that certain elements of such programs or activities can be physically or emotionally demanding. The Cape Cod YMCA staff will use reasonable efforts to minimize my child's exposure to known risks, but I recognize that not all dangers and hazards can be foreseen. Further, I am aware that certain inherent risks exist in some programs and activities that are beyond the control of the Cape Cod YMCA. I acknowledge the absolute responsibility of my child to follow safety rules, standards, guidelines and procedures established for each activity and program. Failure to follow such rules and regulations may result in my child's dismissal from the program. I will encourage my child to ask for clarification or assistance if he/she doesn't understand any safety instructions.

I knowingly release and hold Cape Cod YMCA, Inc., and its employees, agents, volunteers, officers and directors, harmless from and against all liability for loss or injury to my child resulting from his/her participation in any activity or program. I agree to indemnify Cape Cod YMCA, Inc., and its employees, volunteers, agents, officers and directors, for all costs and expense which it or they may incur due to claims or demands alleging such an injury, including settlement payments, court judgments, and legal defense fees. I agree that Cape Cod YMCA shall have final authority regarding the defense and settlement of claims or suits brought against it or any of its employees, agents, volunteers, officers or directors, claiming any such injury.

Parent/Guardian's Initials: \_\_\_\_\_

- 4) AUTHORIZATION TO ADMINISTER MEDICATION FORM REQUIREMENT:

I \_\_\_\_\_ understand that the Authorization To Administer Medication Form must be completed prior to camp. Contact the Camp Lyndon nurse or WB YMCA Day Camp Director with any questions. This form will be available prior to and on the first day of each session of camp. Medications MUST be brought to camp by a parent/guardian. Medications MUST be in the original container with a correct and current prescription label (pharmacy will provide a separate container upon request).

Parent/Guardian's Initials: \_\_\_\_\_

- 5) AUTHORIZATION TO PROVIDE CARE

In the event of illness or accident to my child while attending YMCA Summer Camp, I hereby authorize the Director, Nurse of the Camp or the medical personnel selected by the Camp Director/Assistant Camp Director to administer and/or secure prompt medical treatment for my child. Unless otherwise noted, I authorize the Camp Nurse or Camp Director/Assistant Camp Director to administer Tylenol (acetaminophen) or Motrin/Advil (Ibuprofen) for pain or fever. I also give permission to release any records necessary for insurance purposes and to provide or arrange related transportation for my child to the nearest medical facility as necessary. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Camp Director/Assistant Camp Director to secure and administer treatment, including hospitalization for my child. I also state this health history is correct to the best of my knowledge, and the person herein described has permission to engage in all camp activities except as noted.

Please note exceptions: \_\_\_\_\_

Parent/Guardian's Initials: \_\_\_\_\_

Your signature signifies that you have read and agree to the above information.

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Camper's Name: \_\_\_\_\_

# HEALTHY LIVING

Inspirational Story

## THE BREAKFAST CLUB

By: Robin Hayward, West Barnstable Day Camp Program Director

In the summer of 2012, many of our campers were acting out at beginning of their camp day with inappropriate behaviors such as talking back to the counselors, using inappropriate language, using their hands in an unkind way, acting grumpy towards adults and their friends, or not listening to instructions. I thought there had to be another reason for the number of children 'acting out' first thing in the morning and these behaviors carrying on during the course of the day. I directed our staff not to react to the inappropriate behavior in a disciplining way, but to redirect the child after asking the child an important question: "Have you had breakfast this morning? Would you like some breakfast?" Many of the children were embarrassed or ashamed or could not find the words to say, "I am hungry." Our staff gently guided them towards our newly establish breakfast center.

Now the children come in each morning and know where to go if they are hungry. We have a table set up with low fat milk, and an assortment of wholesome cereal for the children to choose from. Our loving, kind staff assists them and serves as professional role models in building positive relationships with the children while they enjoy a healthy meal. No child is turned away if they are hungry in the morning. This has made all the difference in the world to the children's experience in the program. Our children are fueled for the day ahead and no one has a nagging tummy that seemed to be leading to inappropriate choices and challenging behaviors. The children we would correct or redirect a multitude of times in the day now may only need a friendly nod or a mild conversation and they return quickly to their activities with appropriate behaviors. Most of all they are having a rewarding, fun and positive camp experience.

For more information on the Breakfast Club, please call (508) 362-6500 x125.





# IMPORTANT FAQs FOR PARENTS AND GUARDIANS

## How does Camp select its staff?

Counselors and instructors are selected for sound judgement, maturity, experience, camping skills, leadership skills, and their desire to work with children in the camping environment. Counselors come from a variety of backgrounds including human service majors in college, exemplary high school students, and campers who have gone through our C.I.T. Program. All staff must pass reference and criminal background checks.

## What type of training does the staff have?

All staff undergo a minimum 3 day orientation that covers a variety of topics that include counseling skills, team building, programming, conflict resolution, and sensitive issues such as child abuse and neglect. Aquatic staff are certified lifeguards and undergo a 3 day training specific to our facility. Senior staff and specialty staff are CPR and First Aid certified.

## What is the staff to camper ratio?

For ages 6 years and under, the ratio is 1 staff to 5 campers. For ages 7 years and older, the ratio is 1 staff to 10 campers.

## What medical information does the camp need?

A copy of the health history form is attached in this brochure. Under Massachusetts State Law, each camper must have a recent physical and immunization form, signed by a licensed physician, on file prior to attending camp. We require each camper to have a physical dated within two years prior to admission. Current physical and immunization records from your child's school are acceptable. Completed health forms must be in our files before your child may be registered for camp.

## Do you offer financial assistance?

Thanks to generous donations from YMCA families, staff, camp alumni and friends, funds are available to those who may not be able to afford a camp experience for their child. Confidential campership applications are available on request and must be submitted by June 1, 2014. For more information please contact, (508) 362-6500 x 208.

## What happens if my child gets sick at camp?

The care of mildly ill campers, administration of medications, and emergency care is overseen by a registered nurse who is on-site daily. A pediatric physician is available during camp hours to provide consultation or emergency care. Based on the emergency contact provided, a parent or guardian will be contacted if the child needs to leave camp because of sickness. If early pick up is deemed necessary due to illness or discipline issues; by our Directors and a call has been made to you the parent or your emergency contact it is our policy that pick up take place within the hour.

## What should my child bring to camp?

Every day, campers should bring a bathing suit (girls 12 years and older need to wear a one piece suit), towel, a non-perishable bag lunch, sunscreen, bug spray, and a water bottle from home. **Campers should not bring: toys from home, cell phones, sandals, flip-flops or open-toe shoes, video games, iPods, or other music players.** West Barnstable Day Camp and/or its' staff are not responsible for lost or stolen items.

## How is the camp licensed?

Camp is licensed by the Department of Public Health and follows all state camp regulations.

## What happens if it rains or when it is extremely hot and humid?

In the case of thunder, lightning, extreme heat and torrential downpours, all campers are brought inside. We do request that you prepare your camper with clothes/gear for all weather. Camp leadership staff will make decisions during inclement weather to ensure safety for all campers.

# DEPOSITS, PAYMENT, CANCELLATION, REFUNDS

**Deposits:** All deposits are non-refundable, but will be credited toward the cost of camp.

**Due date for balance of payment:** For each week, full payment is required no later than 5pm the Wednesday before the session begins. If the total amount due is not paid by 5pm the Wednesday before camp begins, your child will not be allowed to attend the program, and your deposit will be forfeited. Subsequently your slot at camp cannot be guaranteed, and your child may only attend if she/he is re-registered and all payments due are paid in full. For families with EEC/Child Care Network vouchers, a deposit for the last week of camp equal to your weekly parent fee is required. Each week of camp, your weekly parent fee must be paid no later than the Wednesday before camp begins, or you will receive a termination notice for your child on Friday. Your initial deposit will be applied to the last week of camp for which you have registered your child. Please contact (508) 362-6500 x113 for details.

**Payments:** We encourage you to make your payments on-line. Checks or money orders may also be mailed to the YMCA Cape Cod, 2245 Iyannough Road, West Barnstable, MA 02668. Payments can also be made at the front desk of our West Barnstable facility. Payments should not be given to your child to take to camp, and we cannot accept responsibility for lost payments.

**Cancellations and Refunds:** Cancellations must be made in writing or by e-mail sent to [cancellation@ymcacapecod.org](mailto:cancellation@ymcacapecod.org). If a written or e-mailed cancellation is received at least two weeks prior to the beginning of a session, then a full refund (less deposit) will be issued. Cancellations made in writing less than two weeks prior to the beginning of a week are subject to a late cancellation fee of \$75, and the deposit will be forfeited as well. Exception: If a detailed note from a physician stating that your child cannot attend camp for medical reasons is submitted with your written cancellation, you will be charged a \$25 processing fee but will not forfeit your deposit, and you will receive a refund for any prepayment from the date your cancellation is received.

**YMCA CAPE COD**

2245 Iyannough Road  
West Barnstable, MA 02668

P: (508) 362-6500

F: (508) 362-5379

[www.ymcacapecod.org](http://www.ymcacapecod.org)

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