



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Art Camp
Lego Camp
Fairy Tale Camp
Science Camp
& MORE!



**BEST
SUMMER
EVER**

**2017
SUMMER CAMP
YMCA ADVENTURE CAMP**

OUR HOURS

Camp 9AM to 4PM

Drop off starts at 7AM

Pick up until 6PM

Closed for
July 4th
Holiday

Great Fun! Great Value!

Our Summer Camp is in full swing from 9AM until 4PM, Monday through Friday, with lots of fun things for your child to experience each day.

In addition to a high-quality summer camp experience, we also offer before and after camp care at no additional charge!

Save \$40 Each Day!

From 7 to 9AM and from 4 to 6PM, we care for your child before camp starts each day and after it ends each day at no additional charge. That's a savings of at least \$40 each day for each child.

Save \$100!

With our sibling savings option, you save more for each additional child you send together to camp. For each additional child who attends camp, you save \$10 a week! That's a savings of \$100 for each child who spends the summer at the Y!

Financial Assistance

We offer financial assistance for those who need help to afford summer camp. Please call us today to learn more. 518.456.3634.

Bus Transportation

We offer transportation to camp by bus from a number of convenient locations. Please check out the bus schedule contained inside this guide.

Open Houses

Come meet the staff while your child can see all the wonderful activities they will participate in while attending Adventure Camp. Children will be able to go down the zip line on this day while you meet staff and learn about Adventure Camp.

Wednesday, May 17 • 5 – 7PM

Sunday, June 4 • 11AM – 1PM

Meet the Staff

Enjoy opportunities to meet and interact with your child's counselors! From information about each counselor's skills and abilities, to fun meet and greet events, you and your child will feel at ease in our care this summer even before camp starts!

Meet and Greet with Camp Staff

June 28 • 6 – 7PM

July 12 • 6 – 7PM

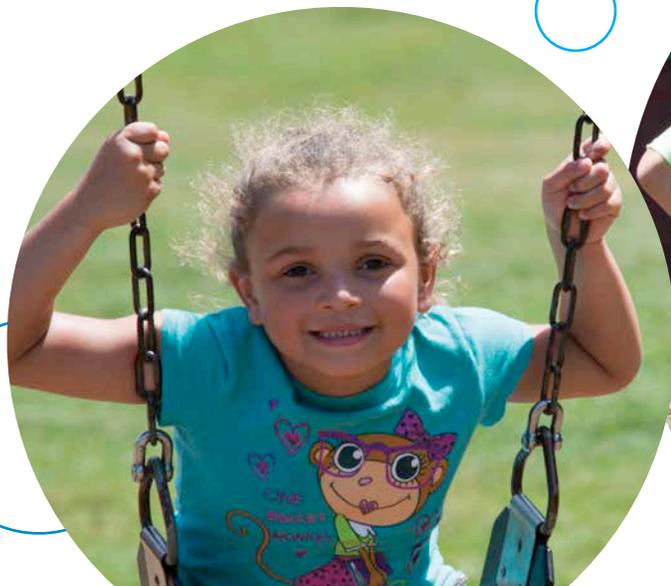
Enjoy **more detailed information about trips**, activities, and events which comes your way a week ahead.

Safety Comes First

Our day camps meet the highest health and safety standards of the Y and the NYS Health Department.

Camps are inspected twice each year by the Department of Health and files are available for inspection at your county health department office.

First Aid equipment is maintained on and off site and staff are trained in First Aid and CPR.



LEARNING THROUGH PLAY

Adventure Camp Nature Discoveries

Each week, campers explore the great outdoors through games, stories, songs, and learn and develop camp skills such as knot tying, building a campfire, survival skills, reading a map, how to conserve and purify water and much more.

Children get to see live frogs, toads, tadpoles, turtles and more as part of our Nature Cabin hands-on experimental activities. Each camper may choose to participate in earning "camp skill beads" by successfully completing tasks.

Soccer Enrichment Program

Grades K and Up • Weeks 1, 3, 5, 7, 9

From beginners to advanced players, all are welcome. We will primarily focus on skill set games which can be transferred into real game situations. Introducing your child to non stop sports like soccer helps improve cognitive skills as well as overall physical ability. We will also challenge player progression in a fun filled, safe environment. This is an optional fee based instructional program which will be held 3 days a week for an hour each day. Campers will be pulled from their normally scheduled activities to participate. Campers need to pre-register and there is a 15 person maximum. Sign up for one week or sign up for the entire summer.

Leaders-in-Training (LIT) Program

Grades 7 – 8

Let us help your child develop sound decision making skills by providing challenging and fun character building experiences. LITs enjoy all the fun of camp: swim lessons, games, sports, crafts, a community service project, field trip and more! All Day Camp campers entering 7th and 8th grade are **automatically included in our LIT program.**

Archery

Grades 2 and Up

Our USA Archery trained instructor will help your child learn how to accurately shoot a bow as campers learn safety procedures, drills, stance and posture, and target games.



OUR PROGRAMS

Pre-School Half-Day Camp

Ages 3 – 4 • 9AM – 1PM

3-Day (Mon, Wed, Fri) • Weeks 1 – 9

We help your little one gain independence and learn cooperation skills through fun activities that promote early literacy and develop motor skills. We lead pre-schoolers through games, crafts, story time and more.

Day Camp

Entering Kindergarten thru Grade 8

We help your child build confidence while enjoying a variety of programs and activities that encourage your child to develop independence while learning new skills. Campers enjoy climbing our rock wall, zooming down our zip line (for grades 1 – 8), fun art projects, swimming lessons three times a week, sports, and a variety of special events.

Children engage in community building projects and many opportunities for personal growth with our focus on **discovery, hands-on education,** and enriched learning opportunities.

Day Camp Skills Classes

Campers enjoy new experiences through our day camp skills classes which include • Outdoor Education • Arts and Crafts • Archery (2nd Grade and older) • Team Sports • Boating and Fishing.

Travel Camp

Grades 5 – 9

Join us for an adventure-packed summer. This program provides campers entering fifth grade through ninth grade an opportunity to travel every day to fun-filled locations. Campers have a chance to explore different summer activities such as amusement and water parks, state parks, kayaking trips and more! Join us for one week or for all; this is your choice. Campers travel Tuesdays through Fridays and enjoy day camp activities on Mondays at Adventure Camp. The majority of trips are scheduled to take place during regular camp hours and most day trips depart promptly at 9am and return to Adventure camp by 4pm. Campers are grouped according to age and supervised by experienced camp staff. This program is popular and fills up quickly, so please register early. Campers bring a lunch (in some instances lunch may be purchased). Campers need to bring sunscreen and bathing suit as needed and wear sneakers. Some trip logistics may require an early departure or late arrival. Any changes to the travel schedule will be provided to you. In the case of inclement weather, Travel Camp will visit other local indoor facilities for fun and exciting indoor activities.



Counselor-in-Training (CIT) Program

Grades 9 and 10

We offer your teen the opportunity to develop leadership and social skills that will help your child in school and in life. CITs learn skills to help them manage conflict, lead others, and build a strong team.



SPECIALTY CAMPS

Art Camp

Grades 2 – 8 • Week 2, 4 & 7

Your child will love exploring different artistic mediums and art forms. Please see the Nation of Nations Youth Ambassador Program for more information. All children need is a love of art. No experience necessary. All abilities welcome. Friday afternoon, campers display their artwork in an art show for other campers and parents to visit and enjoy.

Drama Camp

Grades 2 – 8 • Weeks 2 – 8

Our welcoming, encouraging atmosphere is designed to help your child develop her/his creativity and confidence while creating and performing in a production. No previous experience with drama, chorus, or dance needed.

With the guidance of trained instructors, your child will rehearse daily and assist in making costumes, scenery and props. At the end of the week, campers perform their production for a live audience of family and friends.

Here are this summer's plays. Please sign up early. Spots are limited to 24 campers.

- Week 2 – High School Musical 2
- Week 3 – Monsters, Inc.
- Week 4 – Mulan
- Week 5 – Zootopia
- Week 6 – Willy Wonka and the Chocolate Factory
- Week 7 – Beauty and the Beast
- Week 8 – The Incredibles

Fairy Tale Camp

Grades 1 – 3 • Week 3

This is a great camp for children who love dreaming about kings and queens, knights and dragons, and living in a castle. Campers are immersed in the wonderful world of fairy tales as they enjoy stories and discover illumination, castle building, and more. Recreational swimming is offered each day.

LEGO® Camp

Grades 2 – 5 • Week 5

Use LEGOs to imagine, create and build as you learn fun facts and information about the history of LEGO. Your child will learn a variety of different science and engineering concepts through daily (age and ability appropriate) challenges. Campers also work on a themed project throughout the week that culminates in a presentation of their project.

Science Camp

Grades 2 – 5 • Week 8

Science camp promotes a healthy interest in the sciences by giving campers a chance to do fun, interactive experiments involving anything from rocks and minerals, to chemical reactions, to the stars. Science camp creates an interesting mix of various types of science such as robotics, chemistry, biology, astronomy, geology and more. Campers display their projects for parents at the end of the week. This could be a model volcano, a robot or the results of an experiment. There will be an emphasis on good leadership, cooperation and teamwork skills. Creativity and curiosity are also important elements of science camp, and are integral parts of the formation of new experiments and new ideas.

USTA 10 and Under Tennis Camp

9AM – 12PM • Weeks 1, 3 & 6

Our certified instructors introduce your child to the joys of tennis. With 10 and Under Tennis, balls bounce lower, don't move as fast through the air, and are easier to hit. Children's tennis racquets are sized for small hands and courts are smaller and easier to cover.

Using this format, within a short time kids are rallying, playing, and excited to keep playing. Kids have more fun and less frustration as they play real tennis and have real fun.

Half Day Option

Campers are welcome to ride the bus or be dropped off in the morning, but will need to be picked up from camp.

Full Day Option

Campers who participate in our full-day Tennis Camp join us for Day Camp in the afternoon, from 12 TO 4PM.



WEEKLY CAMP THEMES

Week 1: Seuss on the Loose Week

This week will offer theme-based enriching activities, group games, sports and fitness activities, arts & crafts all wrapped around the beloved stories from Dr. Seuss.

Week 2: Disney Week

Be Our Guest, Be Our Guest! We are on a fast Pass through the entire magical world of Disney with Disney themed activities each day and a special end of the week celebration!

Week 3: Wacky Week

Let's get wacky as campers wear their wackiest hats, dress wacky on mismatched day and become a twin for the day. The fun never ends!

Week 4: Color Wars

Get ready for one of our most popular weeks of camp, filled with fun, friendly competition. Bring your team spirit! Camp is divided up into two teams for some friendly competition. Activities include fun challenges and obstacles. Which team will come out on top?

Week 5: Carnival Week

Campers create a fun filled carnival for the whole camp to enjoy. Enjoy water games, face painting, ring toss, potato sack races and so much more. Plus! Campers will love a visit from the petting zoo complete with pony rides!



Week 6: Jungle Safari Week

Lions and tigers and bears! Oh My! Come on a safari with us to the zoo and learn everything from animal calls to life at the zoo. Learn about all different habitats and experience the vast smorgasbord of plant and animal life on our planet.

Week 7: World Festival

Take a trip around the world as campers learn about different cultures through games, songs, food, and more.

Week 8: Treasure Island

Campers enjoy a variety of fun scavenger hunts. Who will find the buried treasure?

Week 9: Heros Week

All our campers are superheros. Come dressed as your favorite superhero or local home grown hero like firefighters and policemen!

Week 10: Aloha Week

Say Goodbye to summer with island fun, participate in sand art, Limbo, Hula Hoops and more. Enjoy island music and tropical treats at the End of the Summer Family Luau.



Our Community Bus Schedule

Leave the Driving to Us

Bus #1			
Delmar & Glenmont			
Stop	AM	PM	Pickup/Drop
1	7:18	4:10	Kenwood & Cherry
2	7:23	4:14	Brockley & Delaware
3	7:27	4:18	Kenwood & Delaware
4	7:30	4:21	Delaware & Elsmere
5	7:33	4:24	Dunbarton & Devon
6	7:43	4:34	Rt. 9W & Fuera Bush (AM Beverage Ctr./PM McDonalds)
7	7:46	4:37	Fuera Bush & Colonial Acres
8	7:47	4:38	Fuera Bush & Brighton Wood
9	7:52	4:43	Dowers Way & Hasgate
10	7:57	4:49	Wisconsin & West Chester
11	8:01	4:54	Darroch & Murray
12	8:21	5:15	Adventure Camp

Bus #2			
Niskayuna, Guilderland, Rt. 5 & 7			
Stop	AM	PM	Pickup/Drop
1	7:30	5:15	155 & Central Ave (Sunmark parking lot)
2	7:34	5:11	Vly Rd. Ext & Watervliet-Shaker Rd.
3	7:40	5:05	Route 7 & Vly Rd. (Stewart's)
4	7:44	5:01	Route 7 & Avon Crest
5	7:49	4:56	Balltown Rd. & Consaul Rd.
6	7:54	4:51	Rosehill & Lynwood
7	8:00	4:45	Balltown Rd. CVS
8	8:09	4:38	Union & Nott (Denny's parking lot)
9	8:10	4:35	Liberty & Erie
10	8:17	4:28	Guilderland & Curry
11	8:23	4:22	Curry & Carmen
12	8:28	4:17	Pine Bush School
13	8:39	4:06	Highland & Okara
14	8:45	4:00	Adventure Camp





Other YMCA Camp Options:

OVERNIGHT CAMP FUN! Camp Chingachgook on Lake George

FREE TOURS!

Please join us at Chingachgook for our **Open House** events on April 23 & 30 and May 7 & May 21. Join us for **Spring Fling Day**, a free day for families to experience camp (archery, crafts, hikes, etc.), including lunch, on May 13. To RSVP for these events please call 518.656.9462. You're also welcome to call for a tour any time that's convenient for you.

Visit www.LakeGeorgeCamp.org today to learn more, or call 656.9462.



ADVENTURE CAMP

CHILD INFORMATION

FAX • 518.456.3284

Child's First Name _____ Child's Last Name _____

Date of Birth ____/____/____ Grade Entering in Fall? ____ Gender M/F

CHILD'S T-SHIRT SIZE - Circle One: **Child Sizes: XS S M L XL** or **Adult Sizes: S M L XL**

Choose Bus Stop, if bussing needed:

Albany YMCA Schenectady High School Community Stop - See page 10 for community stop sign up and page 7 for list of bus stops.

PARENT/GUARDIAN INFORMATION

First Name _____ Last Name _____

Date of Birth ____/____/____ eMail _____

Billing Address _____

City & State _____ Zip Code _____

Phone (Home) _____ (Cell) _____ (Work) _____

2nd Parent/Guardian Name _____ Phone _____

If separated or divorced, who has legal custody? (A court order is needed if a parent is denied access to a child.) _____

PICK-UP/EMERGENCY CONTACT AUTHORIZATION

I authorize the following people to pick up my child from YMCA Day Camp. I also authorize these people to be contacted in an emergency situation if I cannot be reached. All authorized persons need to be at least 16 years of age and prepared to show PHOTO ID.

First Name/Last Name _____ Relationship _____

Address _____ City & State _____ Zip Code _____

Phone (Home) _____ (Cell) _____ (Work) _____

First Name/Last Name _____ Relationship _____

Address _____ City & State _____ Zip Code _____

Phone (Home) _____ (Cell) _____ (Work) _____

Does your child have allergies or dietary needs? If yes, please list _____

Does your child take medication? If yes, please list _____

If your child should need any medication while attending camp, please contact your branch camp director to complete the appropriate medication consent forms. These forms need to be completed and signed by a physician prior to your child attending camp.

MEDICAL INFORMATION

Please indicate if your child has a history of the following:

Anemia Appendicitis Asthma Contact Lenses Diabetes Ear Infections Fainting Severe Headaches
 Hay Fever High Blood Pressure Hyperkinesia Seizures Skin Problems Swimmer's Ear Tonsillitis

Other _____ Does your child have an existing IEP? YES NO

Are there any activities that your child should not participate in for health reasons? _____

Are there any recent medical treatments/surgeries? _____

IMMUNIZATION RECORDS NEED TO BE INCLUDED WITH THIS REGISTRATION FORM.

MEDICAL EMERGENCY & SUNSCREEN RELEASE: I, being the parent/legal guardian of the above named minor, do hereby appoint YMCA staff to act on my behalf in authorizing emergency medical, dental or surgical care and hospitalization in my absence. In addition, I do here by grant said minor to carry and use sunscreen and/or bug spray which I have supplied.

»» Parent/Guardian Signature _____

PHOTO RELEASE: I give permission for the Capital District YMCA to take video and/or photographs of myself and/or my child(ren) for the purpose of promoting YMCA programs.

»» Parent/Guardian Signature _____

ACTIVITIES RELEASE: I give permission for my child to participate in all activities appropriate for their age and ability including swimming.

»» Parent/Guardian Signature _____

Campers Enjoy So Much More at YMCA Adventure Camp

Week	Day Camp Theme	Travel Camp Trips
1	Seuss on the Loose June 26 – 30	
2	Disney Week July 3 – 7	
3	Wacky Week July 10 – 14	Camp Chingachgook Water Slide World Great Escape • late return 6PM Moreau State Park
4	Color Wars July 17 – 21	Bousquet Mtn Adventure Park Mine Kill State Park Adirondack River Tubing Glimmerglass State Park
5	Carnival Week July 24 – 28	Camp Chingachgook Jiminy Peak Aerial Park • late return 5PM Saratoga State Park Beaver Brook Outfitters (Kayaking)
6	Jungle Safari July 31 – August 4	Million Dollar Beach/Pirates Cove Water Slide World Adirondack River Tubing Grafton State Park
7	World Festival August 7 – 11	Camp Chingachgook • 11am Trip Six Flags New England • late return 7PM Grafton State Park
8	Treasure Island August 14 – 18	Water Slide World Howe Caverns Glimmer Glass State Park Million Dollar Beach/Pirates Cove
9	Heros Week August 21 – 25	
10	Aloha Summer August 28 – September 1	



CAPITAL DISTRICT YMCA

YMCA Adventure Camp

MAILING ADDRESS:
250 Winding Brook Drive
Guilderland, NY 12084

PHONE 518.456.3634

FAX 518.456.3284

Non-Profit Org.
US Postage
Paid
Albany, NY
Permit #227

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP LOCATED AT:

1 Camp Nassau Lane
Less than a mile west of the
corner of Rt. 20 and Rt. 155

Register
Today!

OPEN HOUSE DATES

Wednesday, May 17 • 5 – 7PM

Sunday, June 4 • 11AM – 1PM

MEET THE STAFF

June 28 • 6 – 7PM

July 12 • 6 – 7PM

