



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Welcome to 2016 Summer Camp!

Dear Camper Parents & Guardians,

Thank you for trusting us with your child this summer! Please know that we'll make every effort to ensure that your child has a blast. Our goal is to provide you with a stress-free summer knowing your child is well and safely cared for at the YMCA.

This summer, we're offering some exciting new changes to our Camp curriculum which promise to provide your child with a wide variety of fun and enriching experiences every single week.

Summer Camp offerings and new themes include:

- Free Archery Lessons
- Adventure Camp Nature Discoveries
- Science Camp
- Lego Camp
- Pay it Forward and Safari Weeks

To help prepare you and your child for a wonderful camp experience, we've provided:

- Key List of Contact Numbers
- What to Bring to Camp
- Camper Medication Form
- Helpful Information About Taking the Bus
- On-Site Breakfast and Lunch Options, if you wish to purchase.
- Healthier Snacks

Please call me at your convenience with any questions you have.
Thank you for choosing the Y!

Jennifer Rittner
Adventure Camp Director
518.465.3634 x 1110
jrittner@cdymca.org

Direct Line to YMCA Adventure Camp
518.456.6929

CAPITAL DISTRICT YMCA
www.CDYMCA.org



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YMCA ADVENTURE CAMP

What to Bring to Camp

To help your child keep track of her/his belongings, please label items with Her/his name. Your child should bring these items every day:

- Water bottle, **very important as days can get hot.**
- Plastic bag (for their wet suit)
- Bathing suit and towel (goggles if your child needs them)
- Peanut-free lunch and snack or lunch/snack money
- Please send your child in sneakers every day (much safer than flip-flops or open-toe sandals)
- Sunscreen
- Sweatshirt (it can get chilly during the day)
- Rain jacket (for rainy days)

To help your child fully enjoy all that we have to offer at camp, please leave these items at home:

- Flotation devices ("swimmies" & life jackets)
- Personal toys from home
- Electronic equipment (including cell phones, iPads, iPods, or other electronic games/devices)
- Peanut products of any kind
- Trading or game cards

Each camper receives a camp shirt. It is recommended Travel Camps wear their camp t-shirt.

Thank you for your time and kind assistance.



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YMCA ADVENTURE CAMP

What to Know About the Bus

A bus checker has been assigned to your child's bus, and will contact you the weekend prior to your child's first day of camp.

Please have your child at the bus stop **five minutes before** pick-up time, and please be ready to pick up your child five minutes before drop-off time. Please note that pick-up/drop-off times may vary a bit depending on traffic, parent pick-up, and the number of children on the bus.

If you're planning to have your child walk home, please provide a **signed permission slip** and give that to your child's bus checker the first day. For your child's safety, if you're not at the stop and we don't have your signed permission slip, we'll keep your child on the bus and bring her/him back to camp.

If a situation comes up (illness, family emergency, etc.) and your child won't be using the bus, please call us at camp immediately and let us know at 456.6929.

We appreciate your time and kind assistance! Please call me with any questions.

Kind regards,

Jennifer Rittner
Adventure Camp Director
456.6929



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YMCA Adventure Camp Contact & Billing Information

Camp Contacts

Camp Director	Jennifer Rittner	456.3634 x 1110 through June 23, beginning June 27 456.6929
Billing & DSS Questions	Billing Services Department	869.3500 x 9960

Emergencies

If you need to reach your child while she/he's with us at camp, please call 456.6929.

Scholarship Assistance

Did you know we offer scholarships to help families who need help with the cost of summer camp for their children? To learn more, please call 456.3634 x 1112.

Billing Schedule

Camp Week	Payment Due	Camp Begins
Week 1	June 20	June 27
Week 2	June 27	July 5
Week 3	July 3	July 11
Week 4	July 11	July 18
Week 5	July 18	July 25
Week 6	July 25	August 1
Week 7	August 1	August 8
Week 8	August 8	August 15
Week 9	August 15	August 22
Week 10	August 22	August 29

General Information

Side 2

Photos and Videos

To help share the fun of summer camp, YMCA staff use photographs and videos that feature children from our camps for promotional materials.

Sibling Discount

Our \$10 sibling discount applies to siblings who attend camp at the same time.

Camper Safety

For the safety of all the children in our care, all campers need to follow appropriate standards of conduct. A camper who infringes on the rights of others may be removed from camp.

Refunds

We cannot refund the cost of camp for the voluntary withdrawal of a camper due to illness, vacation, or other absence (temporary or permanent), or for the dismissal of a camper.



YMCA Adventure Camp

Prescription Medication Administration

Name of Camper _____

Campers self-administer all medications under the supervision of camp health staff.

Name of Medication	Dosage	Frequency Times	Parent's Initials

To be completed by the parent/guardian:

I request that my child (name) _____ receive the medication(s) listed above while at Adventure Camp.

Parent/Guardian Signature _____ Date _____

Refusal of Medication Administration

I am the parent/guardian of (child's full name) _____

I understand that the following medication(s) appear on her/his health form: _____

It is my desire that the above-listed medication(s) be held from administration during camp. I take full responsibility for this action, and do not hold Adventure Camp responsible for not administering the medication(s).

Parent/Guardian Signature _____ Date _____

Staff Signature and Title _____ Date _____

YMCA ADVENTURE CAMP MENU JUNE / JULY 2016

<p>\$5 Meal Includes (<i>Entrée, Fruit or Vegetable, Water or Milk</i>)</p> <p>\$3.50 Ala Carte items (<i>Bagel w/ Cream Cheese or Butter, Vegetarian Pasta Salad, Garden Salad, Chicken Salad, Sandwich (Turkey, Ham or Tuna)</i>)</p> <p>\$.25 - \$3.50 Snacks (<i>Assorted Ice Cream, Chips, Variety of Fruit, Veggie Sticks or Fruit Cup.</i>)</p>		<p align="center">Drinks (<i>available all day</i>)</p> <p>\$1.25 Water, Milk, Juice \$1.25 \$2.50 Other Assorted Drinks</p> <hr/> <p align="center">FOOD ALLERGYS Please notify me directly.</p>		<p align="center">Weekly/prepaid \$25.00 (<i>plus price of any snacks</i>)</p> <p>Any questions contact: Christy Celentano (518) 813-8594 or christywisler@gmail.com</p> <p>Fresh Fruit and Vegetables according to market availability Menu is subject to change Make Checks Payable to: Christy Celentano (formerly Wisler)</p>					
Monday		Tuesday		Wednesday		Thursday		Friday	
<p>JUNE 27 Italian Dunkers (served with 4oz Marinara Sauce) or Nacho's (served w 2oz cheddar cheese sauce and 2oz chili)</p>		<p>JUNE 28 Hot Dog (served on a bun) or Italian Sub (3 oz meat served on a bun, shredded lettuce and Italian dressing)</p>		<p>JUNE 29 Turkey or Ham Wrap (served with 2oz meat, shredded lettuce w/dressing) or Italian Dunkers (served with 4oz Marinara Sauce)</p>		<p>JUNE 30 Pizza Pocket (with dipping sauce) or Chicken Nuggets (5 Baked Pcs)</p>		<p>JULY 1 Mac & Cheese (1C - pasta baked cheddar cheese sauce) or Whole Wheat Pizza</p>	
<p>JULY 4 CAMP CLOSED</p>		<p>JULY 5 Turkey or Ham Wrap (served with 2oz meat, shredded lettuce w/dressing) or Hot Dog (served on a bun)</p>		<p>JULY 6 Pizza Pocket (with dipping sauce) or Chicken Nuggets (5 Baked Pcs)</p>		<p>JULY 7 Italian Sub (3 oz meat served on bun, shredded lettuce and Italian dressing) or Nacho's (served w 2oz cheddar cheese sauce and 2oz chili)</p>		<p>JULY 8 Mac & Cheese (1C -pasta baked w/ cheddar cheese sauce) or Whole Wheat Pizza</p>	
<p>JULY 11 Italian Sub (3 oz meat served on bun, shredded lettuce and Italian dressing) or Hot Dog (served on a bun)</p>		<p>JULY 12 Nacho's (served w 2oz cheddar cheese sauce and 2oz chili) or Pizza Pocket (with dipping sauce)</p>		<p>JULY 13 Ham Wrap (served with 2oz ham, shredded lettuce w/dressing) or Italian Dunkers (served with 4oz Marinara Sauce)</p>		<p>JULY 14 Chicken Nuggets (5 Baked Pcs) or Quesadilla (2oz of chicken, 2 oz of cheese on a tortilla shell)</p>		<p>JULY 15 Mac & Cheese (1C -pasta baked w/cheddar cheese sauce) or Whole Wheat Pizza</p>	
<p>JULY 18 Italian Dunkers (served with 4oz Marinara Sauce) or Turkey or Ham Wrap (served with 2oz meat, shredded lettuce w/dressing)</p>		<p>JULY 19 Italian Sub (3 oz meat served on a bun, shredded lettuce and Italian dressing) or Chicken Nuggets (5 Baked Pcs)</p>		<p>JULY 20 Turkey or Ham Wrap (served with 2oz ham, shredded lettuce w/dressing) or Nacho's (served w 2oz cheddar cheese sauce and 2oz chili)</p>		<p>JULY 21 Hot Dog (served on a bun) or Pizza Pocket (with dipping sauce)</p>		<p>JULY 22 Mac & Cheese (1C -pasta baked w/cheddar cheese sauce) or Whole Wheat Pizza</p>	
<p>JULY 25 Nacho's (served w 2oz cheddar cheese sauce and 2oz chili) or Chicken Nuggets (5 Baked Pcs)</p>		<p>JULY 26 Turkey or Ham Wrap (served with 2oz meat, shredded lettuce w/dressing) or Italian Dunkers (served with 4oz Marinara Sauce)</p>		<p>JULY 27 Pizza Pocket (with dipping sauce) or Italian Sub (3 oz meat served on a bun, shredded lettuce and Italian dressing)</p>		<p>JULY 28 Hot Dog (served on a bun) or Quesadilla (2oz of chicken, 2 oz of cheese on a tortilla shell)</p>		<p>JULY 29 Mac & Cheese (1C -pasta baked w/cheddar cheese sauce) or Whole Wheat Pizza</p>	

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		FOOD ALLERGYS Please notify me directly			
Monday	Tuesday	Wednesday	Thursday	Friday	
AUGUST 1 Italian Dunkers (<i>served with 4oz Marinara Sauce</i>) or Nacho's (<i>served w 2oz cheddar cheese sauce and 2oz chili</i>)	AUGUST 2 Hot Dog (<i>served on a bun</i>) or Italian Sub (<i>3 oz meat served on a bun, shredded lettuce and Italian dressing</i>)	AUGUST 3 Turkey or Ham Wrap (<i>served with 2oz meat, shredded lettuce w/dressing</i>) or Italian Dunkers (<i>served with 4oz Marinara Sauce</i>)	AUGUST 4 Pizza Pocket (<i>with dipping sauce</i>) or Chicken Nuggets (<i>5 Baked Pcs</i>)	AUGUST 5 Mac & Cheese (<i>1C -pasta baked w/cheddar cheese sauce</i>) or Whole Wheat Pizza	
AUGUST 8 Italian Dunkers (<i>served with 4oz Marinara Sauce</i>) or Chicken Nuggets (<i>5 Baked Pcs</i>)	AUGUST 9 Turkey or Ham Wrap (<i>served with 2oz meat, shredded lettuce w/dressing</i>) or Hot Dog (<i>served on a bun</i>)	AUGUST 10 Pizza Pocket (<i>with dipping sauce</i>) or Chicken Nuggets (<i>5 Baked Pcs</i>)	AUGUST 11 Italian Sub (<i>3 oz meat served on a bun, shredded lettuce and Italian dressing</i>) or Nacho's (<i>served w 2oz cheddar cheese sauce and 2oz chili</i>)	AUGUST 12 Mac & Cheese (<i>1C -pasta baked w/cheddar cheese sauce</i>) or Whole Wheat Pizza	
AUGUST 15 Italian Sub (<i>3 oz meat served on a bun, shredded lettuce and Italian dressing</i>) or Hot Dog (<i>served on a bun</i>)	AUGUST 16 Nacho's (<i>served w 2oz cheddar cheese sauce and 2oz chili</i>) or Pizza Pocket (<i>with dipping sauce</i>)	AUGUST 17 Turkey or Ham Wrap (<i>served with 2oz meat, shredded lettuce w/dressing</i>) or Italian Dunkers (<i>served with 4oz Marinara Sauce</i>)	AUGUST 18 Chicken Nuggets (<i>5 Baked Pcs</i>) or Quesadilla (<i>2oz of chicken, 2 oz of cheese on a tortilla shell</i>)	AUGUST 19 Mac & Cheese (<i>1C -pasta baked w/cheddar cheese sauce</i>) or Whole Wheat Pizza	
AUGUST 22 Italian Dunkers (<i>served with 4oz Marinara Sauce</i>) or Turkey or Ham Wrap (<i>served with 2 oz of meat and shredded lettuce w/dressing</i>)	AUGUST 23 Italian Sub (<i>3 oz meat served on bun, shredded lettuce and Italian dressing</i>) or Chicken Nuggets (<i>5 Baked Pcs</i>)	AUGUST 24 Turkey or Ham Wrap (<i>served with 2oz meat, shredded lettuce w/dressing</i>) or Nacho's (<i>served w 2oz cheddar cheese sauce and 2oz chili</i>)	AUGUST 25 Hot Dog (<i>served on a bun</i>) or Pizza Pocket (<i>with dipping sauce</i>)	AUGUST 26 Mac & Cheese (<i>1C -pasta baked w/cheddar cheese sauce</i>) or Whole Wheat Pizza	
AUGUST 29 Turkey or Ham Wrap (<i>served with 2 oz of meat and shredded lettuce w/dressing</i>) or Hot Dog (<i>served on a bun</i>)	AUGUST 30 Italian Sub (<i>3 oz meat served on bun, shredded lettuce and Italian dressing</i>) or Nacho's (<i>served w 2oz cheddar cheese sauce and 2oz chili</i>)	AUGUST 31 Turkey or Ham Wrap (<i>served with 2oz meat, shredded lettuce w/dressing</i>) or Hot Dog (<i>served on a bun</i>)	SEPTEMBER 1 Chicken Nuggets (<i>5 Baked Pcs</i>) or Quesadilla (<i>2oz of chicken, 2 oz of cheese on a tortilla shell</i>)	SEPTEMBER 2 Mac & Cheese (<i>1C -pasta baked w/cheddar cheese sauce</i>) or Whole Wheat Pizza	