



Welcome to Adventure Camp!

Benefits of being a Y member

When you join the Y, you're joining an organization that is committed to strengthening our community together.

Your Y membership gives you access to free fitness classes each week. As an added benefit, Y members receive discounts on programs like swim lessons, sports, and more, including discounted pricing on Adventure Camp!

YMCA Member

Weekly Rate: \$215 / \$240

Program Member

Weekly Rate: \$230 / \$255

Your Y membership also gives you full access to all three of the Program Centers in Lynden, Ferndale and Bellingham. Plus, your Y membership is honored in all Y's across Washington.

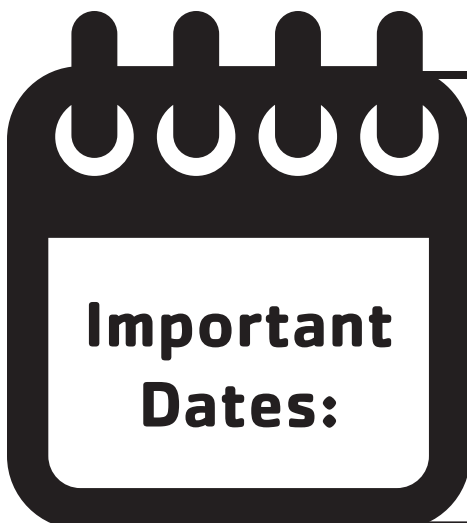
YMCA Day Camp is truly a unique experience. I look forward to the three months of camp more than any other time of the year. Summer camp provides a variety of opportunities to ensure that youth are learning and being physically active in the summer. Campers learn how to be responsible and resourceful, work in groups, solve problems and make decisions that will help them grow as individuals—all while having fun and feeling like they belong. We want every camper to start school telling their friends that they had the best summer ever.

The 2019 Day Camp season marks my 11th summer overseeing Adventure Camp! I marvel that the campers that I had my first summer are now either in High School or beyond! I am also incredibly proud that no matter where Adventure Camp was held, or what challenges we faced we always put creating a nurturing environment and the safety of the campers as our top priority.

I have also had the wonderful opportunity to work with some of the finest camp staff around. Our camp counselors are selected based on their experience, attitude, skills and their ability to accept and demonstrate the YMCA Core Values of caring, honesty, respect and responsibility. As one parent recently said, "It doesn't really matter where camp is held; it is all about the camp staff for my child." We are all committed to show kids all they can accomplish when they believe in themselves. They thrive, knowing they can relax in a safe, nurturing and inclusive environment.

Thank you for choosing the YMCA to send your child to. Our team looks forward to building meaningful relationships with you and your family.

Lynda Purdie
Camping Director



Early Bird Registration Ends:	April 30 th
Healthy Kids Day at the Y:	April 27 th
Camp Open House:	Friday, June 21 from 5-7 pm
Camp Begins:	Monday, June 24
Camp Ends:	Friday, August 23
Year End Camp Party: (for all campers)	Friday, August 23

The Y is giving kids their best summer ever through a day camp experience with more activities to help them learn and master skills, make friends and feel welcome.

WHATCOM FAMILY YMCA

1256 N. State Street, Bellingham, WA 98225
(360)733-8630 www.whatcomymca.org

RELATIONSHIPS:

Camp is all about developing good relationships. Campers will make new friends and form positive relationships with adult role models.

DISCOVERERS/SEEKERS/EXPLORERS/CHALLENGERS

Campers will be divided into trail groups by age and will have the same counselor throughout the week. We divide up the trail groups into four sections: Discoverers, Seekers, Explorers, and Challengers. This allows the groups to form strong bonds and the kids lasting friendships. Each day will build on the one previous, and while the schedule will be similar from week to week, the activities, including field trips, will be different. Each section will be exploring the outdoors, having skill clinics, swimming at the Y, going on field trips and spending time at the lakes; but will be traveling separately and doing activities on different days.

Discoverers will be children entering first grade, Seekers entering second and third grades, Explorers entering fourth and fifth grade. Challengers will be children entering sixth-eighth grade.

WE ARE A VALUE DRIVEN DAY CAMP! WHAT DOES THAT MEAN?

Adventure Camp strives to instill the Y's four core values of caring, honesty, respect and responsibility into every activity, every day.

Caring:	Considerate to the needs and feelings of others.
Honesty:	Being trustworthy and truthful.
Respect:	Treating others, the environment and yourself with dignity
Responsibility:	Accepting accountability for your actions and role in the community.

With the careful guidance of our trained staff, campers learn these core values that will last a lifetime.

STAFF

Staff is the most vital component to a successful summer camp, and we carefully select camp staff that embodies the YMCA values of caring, honesty, respect and responsibility. We choose individuals that have the experience, training and ability to positively relate with children, make sound decisions concerning safety and program content and provide a positive role model for children.

The Camp Coordinator is responsible for the direct operation and leadership at the site. All age groups have an Age Group Coordinator that supervises the counselors for each age group. Counselors are responsible for a small group of children, planning and implementing activities, group management and safety. A certified lifeguard supervises all waterfront and/or pool activities.

CAMP SATURNA / FAMILY NIGHTS / OVERNIGHTS / CAMP OUTS:

This year we will continue to be out at Camp Saturna for two weeks, Week 1 and Week 4. Campers will enjoy having new adventures through a wide range of activities — hiking, archery, kayaking, swimming, challenge course and an indoor rock climbing wall.

Camp Saturna is a fully-equipped, outdoor camp facility. The camp has over one mile of waterfront on Silver Lake, with docks, boating and roped-off swimming area. In addition to the many miles of trails, there is an arts and crafts studio and open field space to allow for a diverse schedule of activities.

The camp is equipped with several single-stall bathrooms, outdoor sinks, a rinse off shower right near the lake, and an infirmary to meet the needs of the campers. There are several camping villages spread around the camp that will allow for different age groups to be separated. These are equipped with three-sided, open-air cabins and fire pits, which will greatly enhance our overnight experience.

A special memory for campers is our Family/Overnights. Thursday night on the Camp Saturna weeks will be when we have an Overnight and Family Night. Our first week Explorers and Challengers will be able to stay, and the fourth week Seekers and Explorers will be able to stay.

Overnights will be at Camp Saturna. Families are invited to join us at 6:30 for a Camp Fire performance. Afterward you will be able to visit your child's special spots at camp and meet their counselors. Campers will stay the night and be fed breakfast in the morning.

If you do not want your child to stay the night you will have several options. You can take them home after family night, so that they have the opportunity to experience the Camp Fire with their trail group. If your child is on the fence, we recommend you bring their stuff out for the Family Night just in case. We often have campers that decide at the last minute to stay. New this year, you can have them come back on the bus with the age group that is not spending the night. You will need to notify us by Wednesday pick up if you want them to ride the bus, as we don't have a way to receive calls out at Camp Saturna.

In addition, we have added camp outs at State Parks back into the Challenger age group programming. Week 6 and 8 will include an overnight camp out at Deception Pass and Larrabee St. Park (respectively). We will not be transporting the Challengers back to their pick up locations those Thursday evenings.

ACHIEVEMENT:

Our campers will gain new knowledge, skills and abilities that help them realize their passions, talents and potential. Progressive skill clinics will build confidence and assist campers discover who they are.

LOCATIONS

On the weeks we are not at Camp Saturna, we are utilizing all that Whatcom County has to offer, spending each day in a new location (except for Discoverers). The groups will rotate when they are at each location, so as we do not have the same group at the same location.

WEEKLY SCHEDULE

Throughout the week the schedule will include a wide variety of activities including swimming, kayaking, group games, arts and crafts, nature activities, value activities, and field trips. Each week will have a different theme and activities planned.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISCOVERERS (1 st Grade)	Lake Padden <ul style="list-style-type: none"> • Orientation • Skills Clinics • Hiking & Swimming • Arts & Crafts • Group Games 	YMCA Day <ul style="list-style-type: none"> • Climbing Wall • Swimming • Library & Parks 	Field Trip	YMCA Day <ul style="list-style-type: none"> • Library • Parks 	Lynden <ul style="list-style-type: none"> • Outdoor Ed. • Swimming
SEEKERS (2 nd & 3 rd Grades)	Lake Padden <ul style="list-style-type: none"> • Orientation • Skills Clinics • Hiking • Swimming • Arts & Crafts • Group Games 	Camp Saturna <ul style="list-style-type: none"> • Boating • Swimming • Archery • Challenge Course • Arts & Crafts 	YMCA Day <ul style="list-style-type: none"> • Climbing Wall • Swimming • Library & Parks 	Field Trip	Lynden <ul style="list-style-type: none"> • Outdoor Ed. • Swimming
EXPLORERS (4 th & 5 th Grades)	Lynden YMCA <ul style="list-style-type: none"> • Orientation • Outdoor Ed • Swimming 	Camp Saturna <ul style="list-style-type: none"> • Boating • Swimming • Archery • Challenge Course • Arts & Crafts 	Field Trip	YMCA Day <ul style="list-style-type: none"> • Climbing Wall • Swimming • Library & Parks 	Lake Padden <ul style="list-style-type: none"> • Boating • Hiking • Swimming
CHALLENGERS (6 th - 8 th Grades)	YMCA Day <ul style="list-style-type: none"> • Climbing Wall • Swimming • Library & Parks 	Camp Saturna <ul style="list-style-type: none"> • Boating • Swimming • Archery • Challenge Course • Arts & Crafts 	Lynden <ul style="list-style-type: none"> • Outdoor Ed. • Swimming 	Lake Padden or Camp Out <ul style="list-style-type: none"> • Boating • Hiking • Swimming 	Field Trip / or Camp Out

WHAT DOES EACH DAY ENTAIL?

Downtown Y Day: Campers spend most of their day at the Downtown Y location taking advantage of all the amenities the Y has to offer. This is a great day to schedule appointments, as campers are easily accessible and drop off late or pick up early. Highlights include: Swimming, Climbing, Y Classes, and walking to the library.

Lynden Day: Campers spend their morning at Berthusan Park in their trail groups exploring nature, then go to the Lynden Y to swim in the afternoon.

Lake Padden Day: Campers will spend the day at Lake Padden hiking and swimming in the lake. This would be another day to schedule appointments as the campers are closer to town to pick up or drop off.

Camp Saturna Day: Campers will have an opportunity to swim or boat in Silver Lake, do Archery, Slip and Slide, Challenge Course, and hike. Not every group will do all activities each week.

Field Trip Day: Campers will go on excursions to regional state parks or participate in recreational activities. Please see grid to see what specific field trip is planned for each week.

COMMUNICATION / WEEKLY NOTICES

We ask that all parents sign up on the Bloomz App (you will be sent an invite as we get closer to summer starting). We are able to use this app as a way to communicate with parents regarding last minute schedule changes, reminders of what to bring, and post pictures of all the fun things your child is doing. We will send the invite to join to the email that is listed on the registration form. If you would like an additional email added, please just send me that email. We prefer that this app is kept to Parents/Guardians, or people who will be picking your child up on a regular basis.

We do our best to keep the same schedule all summer, but sometime due to unforeseen circumstances we have to adjust the schedule. Any changes will be included in the weekly information sheets that will be emailed by the Thursday before the week of camp and given out on the first day of each week. In addition, by reviewing these plans, you will be aware of special theme days, dress up days, and any other pertinent information. These notices provide reminders about the week's field trip as well.

RAINY DAYS

We will be going outside regardless of the weather, please dress your campers appropriately.

SMOKY DAYS

If we have poor air quality we will do our best to minimize outside exposure, but since our camp is based outside most of the time, we will have limited resources to move camp inside the entire time. You will need to make other arrangements if you do not want your child outside at all when the air quality becomes poor.

SWIM LESSONS

We are offering an opportunity to sign up for YMCA swim lessons that will occur immediately after our camp day. Our staff will take the campers to the Pool at the Downtown Y in time for their lessons at 5:00pm and parents will pick up directly from the pool after lessons at 5:30pm. You will need to select the Bellingham Program Center for pick-up, and pay the additional swim lesson fee. There will be 3, 2 week sessions offered and will have limited space available.

DROP-OFF AND PICK-UP LOCATIONS

LOCATION	DROP OFF	PICK UP
Bellingham YMCA: Morning drop-off will take place in the Family Activity Center and/or the Mezzanine Level of the YMCA. We will load the bus promptly at 8:30am. Afternoon pickup will take place in the 3rd floor Gym from 4:30-5:30pm and in the Family Activity Center after 5:30pm.	7:30-8:30am	4:30-6:00pm
Carl Cozier Elementary: Drop-off and pick-up will take place in the undercover area just off the parking lot. This area is located off Potter St. We are encouraging our Bellingham parents, who are able, to utilize this location, as it will be easier to park and access the facility and your child.	7:00-8:00am	5:00-5:30pm
Ferndale YMCA: Drop-off will occur in the second floor multi-purpose room and pick-up will occur in the Gym at the Ferndale Y.	7:30-8:00am	5:00-6:00pm
Lynden YMCA: Drop-off will occur in the Gym or Racquetball court and pick-up will occur in the Gym at the Lynden Y.	7:30-8:00am	5:00-6:00pm
All locations will be staffed during the above times. A minimum of 3 children/week must register at each location for it to operate. Notification of drop-off/pick-up location operation will be provided two weeks prior to camp.		
CAMP SATURNA WEEKS ONLY (WEEKS 1 & 4)		
East Whatcom Regional Resource Center: The bus will make a stop at the EWRRRC on the two weeks we are going to Camp Saturna. You will need to stay with your child until the bus arrives, and be there to meet the bus when we drop off as staff will not be present.	9:15am	3:45pm

ARRIVAL AND DEPARTURE:

1. In order to maximize our time out at camp we will leave all our drop off sites promptly. Please make sure your child arrives by this time or you may miss the bus and need to drive your child to camp, or not be able to attend camp for the day.
2. We do our best to return to the drop off location at the published time. There may be some days that we won't return until later (due to field trips), we will do our best to let you know in advance.
3. Children need to be picked up by 6:00pm at most locations (Carl Cozier is a 5:30pm pick-up). Parents will be subject to a late fee of \$1 per minute after the time. Chronic late pick-up is grounds for termination of camp registration.
4. All Children must be signed out by a parent or pre-authorized person, 16 years of age or older. ALWAYS BRING I.D. WHEN PICKING-UP. We reserve the right to I.D. at any time so please bring I.D. every time. Full signature is required on all sign-in/out records.
5. Legal documentation required for any restrictions regarding your child's pick up by a birth-parent before we can deny access.
6. When you are coming into the building to pick up or drop off your child, we request that you bring in any additional children you may have with you. Due to the potential dangers of leaving a child unattended in a vehicle, we have been advised to call CPS if we are aware of this practice occurring.

FIELD TRIPS

Transportation for field trips will be provided by the YMCA vehicles, rented school buses, public transit or staff guided walks. Behavior guidelines will be enforced during all trips. If safety is compromised or a concern, field trip and/or camp attendance privileges may be terminated.

Field trips may be altered or changed due to uncontrollable circumstances such as severe weather or transportation limitations.

SWIMMING

The lifeguards will swim test each camper on the first day we visit the pool. Your child will be placed in a swim level depending on their abilities and will be required to follow that levels restrictions.

Level 1 = Non-Swimmer/Red band:

Child must stay in small pool or wear a life vest in the large pool or water over 3½ feet.

Level 2 = Beginner Swimmer/Blue band:

Child may swim in the small pool or shallow area, must wear a life vest in water over 5 feet or when swimming at the lake.

Level 3 = Advanced Swimmer/Green Band:

No restrictions.

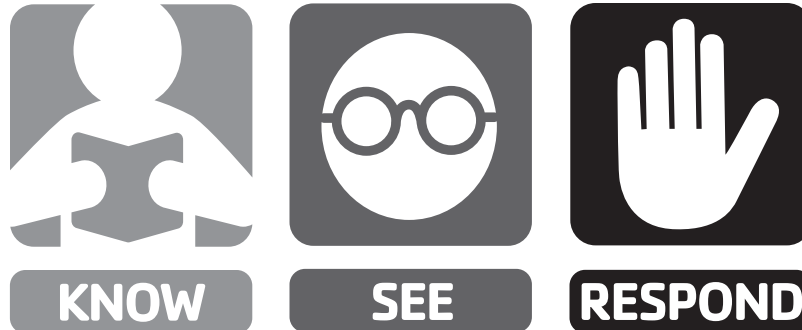
A child may choose to retake their swim test every week if they feel that they are ready to move up a level. We will offer some structured swim instruction during skill clinic time.

BELONGING:

Our camps create a sense of community where kids feel safe, welcome and can express their individuality.

Three Habits IN CHILD ABUSE PREVENTION: Know, See and Respond

At the Whatcom Family YMCA, we practice three important habits of Child Abuse Prevention -



KNOW, **SEE** and **RESPOND**—to create safe spaces where youth can learn, grow and thrive. When we **KNOW** how abuse happens, **SEE** the warning signs and **RESPOND** quickly to prevent it, together we foster a culture of child abuse prevention.

We **KNOW** when we understand the behaviors of those who harm youth and how to stop them. Staff and volunteers who practice the **KNOW** habit:

- Understand the potential risks for abuse that children and teens face, and their role in protecting them at their Y
- Understand how predators operate
- Recognize the importance of proactive engagement when supervising youth
- Interact appropriately and safely with youth at their Y
- Recognize appropriate and inappropriate interactions between adults and youth, and between youth
- Appreciate the difference they make when they practice the Three Habits in Child Abuse Prevention at their Y
- Encourage others to adopt these prevention habits
- Can explain what Know, See and Respond means when asked by a parent or community member

We **SEE** when we can recognize warning signs or behaviors that signal abuse or a risk for abuse. Staff and volunteers who practice the **SEE** habit:

- Interrupt inappropriate interactions between adults and youth, and between youth
- Respect children and teen's emotional, psychological and physical boundaries—according to the YMCA's policies— and ensure that others also follow the policies
- Notice and help when staff or volunteers need assistance with a child's behavior
- Act when something seems wrong and if they observe others not practicing the prevention habits

We **RESPOND** when we take action to stop behaviors we recognize as being inappropriate or questionable. Staff and volunteers who practice the **RESPOND** habit:

- Act when children or others need help
- Interrupt questionable behavior by a staff member, volunteer or youth
- Notify the appropriate people at their Y when they have a concern
- Can make a report to child protective services and/or police when they suspect child abuse.

For more information

If you have any questions about our Child Abuse Prevention practices or **KNOW**, **SEE** and **RESPOND**, please feel free to contact Lynda Purdie, 360-733-8630 ext. 1106.

BULLYING POLICY

Bullying is a behavior that we take very seriously and is not tolerated at camp. We ask that parents talk to their campers about bullying before camp begins. Encourage them to tell a staff member if they are having problems, and be respectful of other campers. To ensure the emotional and physical well-being of all campers at camp, parents or guardians will be contacted immediately to help assist with any bullying issues and disciplinary actions, including suspension may result.

DEFINITION OF BULLYING

Bullying is intentional aggressive behavior. It can take the form of physical or verbal harassment and involves an imbalance of power. For instance, a group of children can gang up on another child, or someone who is physically bigger or more aggressive can intimidate someone else.

Bullying behavior can include teasing, insulting someone (particularly about their weight or height, race, sexuality, religion, or other personal traits), shoving, hitting, verbal and physical threats, excluding someone, or gossiping about someone.

Bullying can cause a child to feel upset, afraid, ashamed, embarrassed, and anxious. It can involve children of any age, including younger elementary grade-schoolers and even kindergartners. Bullying behavior is frequently repeated unless there is intervention.

BEHAVIOR EXPECTATIONS

1. The YMCA expects every camper to be Caring, Honest, Respectful and Responsible. A Three Level Behavior Warning System will be used to communicate ongoing behavior issues.
2. The YMCA reserves the right to suspend and/or dismiss any child who cannot, or does not, adhere to the rules.
3. When inappropriate behaviors occur we will: redirect behavior, discuss the problem with the child to determine the causes and help find ways to learn from the incident and communicate with parents about these behaviors. We will work together with the parents and the child to resolve the current issue and help avoid future conflicts. The goal of these measures will be to maintain the child's self-esteem and build confidence through learning to handle conflict.
4. If a child's behavior consistently disrupts the flow of the program, physically or emotionally harms others or otherwise conflicts with the program rules and guidelines, a Level Three Behavior Warning will be issued and a conference will be scheduled with parents. Immediate suspension and/or dismissal may follow. These behaviors include but are not limited to:
 - Leaving the established boundaries.
 - Lashing out physically or attempting to cause emotional harm.
 - Inappropriate language or discussions.
 - Throwing any item that endangers the safety of any child or staff.
 - Threatening of any kind.
5. Any child who, while attending YMCA camp, vandalizes, damages or otherwise destroys YMCA or Host site facilities, equipment and/or supplies WILL BE HELD RESPONSIBLE for making the appropriate repairs and financial amends.
6. No one, including parents and/or staff will be allowed to use corporal punishment, humiliation or threats towards campers in our care.

SUNSCREEN:

We spend a considerable amount of time outside and it is very important to supply your child with sunscreen. We ask that you apply the first layer on before they arrive to camp and we will continue to reapply throughout the day. Since our groups are separated by age, siblings may not be in the same location so it is important that each child has their own bottle. Also, due to potential allergies we ask that children do not share sunscreen with each other. Many children will bring similar sunscreen, so please put your child's name on the bottle with a sharpie.

WHAT TO BRING IN YOUR BACKPACK

- Lunch & Drink
- Full water bottle with name on it
- Swimsuit & towel with plastic bag for wet items
- Sunscreen (SPF 30, apply first layer at home)
- Bug Repellent
- Change of clothing
- Dress in layers, including outerwear (bring a coat or jacket, we are outside rain or shine)
- Closed toe shoes with back strap
- **Label all items with your child's first and last name**

WHAT NOT TO BRING

- Video or handheld electronic games/devices (ie. MP3 players, cell phones, etc.)
- Candy or Soda
- Fireworks, matches, or weapons of any kind
- Trading cards (ie. Yu-Gi-Oh, Pokeman, etc.)
- Personal toys, stuffed animals, money or "Heeleys"
- **THE YMCA WILL NOT BE RESPONSIBLE FOR LOST OR STOLEN ITEMS**

HEALTH, ILLNESS, MEDICATIONS AND CONCUSSION

1. Sick children should not be brought to the program for their benefit, as well as that of the other participants. If a child becomes ill at camp the parent, or otherwise authorized individual, will be contacted immediately to pick up the child within one hour.
2. Please notify your camp director should your child contract a communicable disease (ie. lice, pink eye, flu, etc.)
3. YMCA staff will administer prescription and non-prescription medication with a completed YMCA MEDICATION RELEASE FORM only. All medication needs to be clearly labeled by the pharmacy and in the original container. It is the parent's responsibility to make sure that the supply of medication is kept current and handed directly to a staff member. Please make sure you pick up any remaining medication from the staff at the end of the week.
4. Anyone who is showing one or more symptoms of a concussion after a head injury at camp shall be removed from the program at that time and may not return to camp until the participant is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return from that health care provider . You should also inform your child's camp counselor if you think your child may have a concussion. Remember that it is better to miss one day of camp than miss the entire week. **WHEN IN DOUBT, THE PARTICIPANTS SITS OUT.** For more information go to <http://www.ede.gov/concussion/HeadsUP/youth.html>.

EMERGENCY PROCEDURES

1. The following procedures will be followed in an emergency situation:
2. A staff member will administer First Aid.
3. A staff member will notify parent/guardian.
4. If transportation to the hospital is necessary, a staff member will accompany the child to the hospital and stay until the parent/guardian or otherwise authorized adult arrives.
5. An incident report will be completed and kept on file at the YMCA office.

DISASTER EMERGENCY RESPONSE

In the case of a natural disaster including earthquake, flooding and severe wind, we understand that parents may not be able to reach the site or communicate with the staff. Be assured the YMCA will do whatever is necessary to look to the safety and well-being of your child. If it is hazardous to remain at the site and there is no danger in transporting, the children may be moved to the YMCA or community facility. The camp will communicate with the YMCA to provide pertinent information regarding camp plans.

FINANCIAL POLICIES

1. A \$25 per week deposit is required upon registration and is non-refundable. This fee will be applied to the week of camp.
2. Payments must be made two weeks before your child attends camp, no billing statement will be sent. Please pay close attention to your dates of camp and due dates of payments.
3. Absences due to illness, behavior issues or other unforeseen circumstances do not result in credit or make-up time.

WEEK ATTENDING	PAYMENT DUE BY
June 24	June 10
July 1	June 17 (this week will be pro-rated as it is only 3 days)
July 8	June 24
July 15	July 1
July 22	July 8
July 29	July 15
August 5	July 22
August 12	July 29
August 19	August 5

FUNDRAISING

In order to allow all families access to YMCA programs, financial assistance is given to families who qualify. Annually the YMCA conducts a Community Support Campaign to raise money primarily for financial assistance funds. Each year, your Program Director will be asking for members of their program to participate as campaigners. We hope you will consider participating and/or making a donation to help in our goal of building strong kids, strong families, and strong communities. It's a great way to get involved with your YMCA program, to have some fun, and to really make a difference in the life of others. Please contact Lynda Purdie, Adventure Camp Director if you'd like to help in our annual campaign, 360-733-8630.

HOW TO APPLY FOR FINANCIAL ASSISTANCE

Scholarships are available through our Financial Assistance Program. Applications are available at the Whatcom Family YMCA Business Desk or online at www.whatcomymca.org.

QUALITY CONTROL

We invite parents and campers to complete a program evaluation of each camp program. Your input on program quality is vital to the continued improvement of our program. If you ever have a concern or recommendation, please do not hesitate to discuss the issue with the Adventure Camp Director, on-site director or camp counselors.