



# 2009 Youth Information Form

This youth information is effective for the 2009 Summer Camp season.



## Child's Information

Child's name \_\_\_\_\_ Name called \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_ Male \_\_\_ Female Birth date \_\_\_\_\_ Age (as of June 2009) \_\_\_\_\_ Ethnicity \_\_\_\_\_

School child attends during school year \_\_\_\_\_ Grade (as of Aug. 2009) \_\_\_\_\_

Allergies (please be specific and note level of severity, etc.): \_\_\_\_\_

Current Medications: \_\_\_\_\_

What are activities that your child would enjoy while at Afterschool/Summer Camp: \_\_\_\_\_

What are your expectations for the Afterschool/Summer Camp program? \_\_\_\_\_

Names and Ages of Siblings: \_\_\_\_\_

Specific activities to be encouraged or limited by physician's advice: \_\_\_\_\_

Special needs/disabilities (health, physical, emotional or educational): \_\_\_\_\_

Swimming Ability (check one): \_\_\_ Non-Swimmer \_\_\_ Beginner \_\_\_ Intermediate \_\_\_ Advanced

## Family Information (check one parent to contact for payment and other questions)

\_\_\_ Parent/guardian's name \_\_\_\_\_ Employer \_\_\_\_\_

E-mail address \_\_\_\_\_ (please provide the email address that we may use for contacting you)

Home address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_ ext. \_\_\_\_\_ Mobile # \_\_\_\_\_ Pager # \_\_\_\_\_

## Family Information (check one parent to contact for payment and other questions)

\_\_\_ Parent/guardian's name \_\_\_\_\_ Employer \_\_\_\_\_

E-mail address \_\_\_\_\_ (please provide the email address that we may use for contacting you)

Home address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_ ext. \_\_\_\_\_ Mobile # \_\_\_\_\_ Pager # \_\_\_\_\_

## Emergency Information (It is imperative that parents/guardians have this information completed at the time of registration. If you do not have a doctor/dentist, please list Buncombe County Health Department or another provider of your choice. A provider HAS to be listed.)

In case of emergency, please contact the following first: \_\_\_ Mother/Guardian \_\_\_ Father/Guardian

Child's doctor \_\_\_\_\_ Doctor's phone # \_\_\_\_\_

Child's dentist \_\_\_\_\_ Dentist's phone # \_\_\_\_\_

Hospital preference \_\_\_\_\_

Insurance company \_\_\_\_\_ Policy # \_\_\_\_\_

## Emergency Contact Information

**When a parent/guardian cannot be reached, I authorize these individuals to pick-up my child:**

1. Name \_\_\_\_\_ Relationship to child \_\_\_\_\_  
Home # \_\_\_\_\_ Work # \_\_\_\_\_ ext. \_\_\_\_\_ Mobile # \_\_\_\_\_ Pager # \_\_\_\_\_

2. Name \_\_\_\_\_ Relationship to child \_\_\_\_\_  
Home # \_\_\_\_\_ Work # \_\_\_\_\_ ext. \_\_\_\_\_ Mobile # \_\_\_\_\_ Pager # \_\_\_\_\_

3. Name \_\_\_\_\_ Relationship to child \_\_\_\_\_  
Home # \_\_\_\_\_ Work # \_\_\_\_\_ ext. \_\_\_\_\_ Mobile # \_\_\_\_\_ Pager # \_\_\_\_\_

4. Name \_\_\_\_\_ Relationship to child \_\_\_\_\_  
Home # \_\_\_\_\_ Work # \_\_\_\_\_ ext. \_\_\_\_\_ Mobile # \_\_\_\_\_ Pager # \_\_\_\_\_



# YMCA Youth Summer Camp Policy Form

**Parents/Guardians, please read each area below carefully. Your signature on this document indicates your acknowledgement, understanding, and agreement with all policies of the YMCA of Western North Carolina.**

**Policies/Procedures** — I have received a copy of the policies and procedures in the Summer Day Camp Registration Kit and agree to all policies.

**Weekly Deposit** — A nonrefundable and non-transferable deposit of \$15 is required to register all campers for each weekly camp session. Deposit may be lower if Child Care Subsidy Voucher is used.

**Registration Fees** — A one-time nonrefundable and non-transferable registration fee of \$35 per child, \$50 per family is due at the time of Summer Camp Registration.

**Refunds and Cancellations** — Refunds will not be given and any deposits or other fees paid will not be returned for cancellation.

**Insufficient Funds** — If drafts or checks are not honored you are still responsible for the payment plus a \$30 service charge applied by Federal Automated Recovery System. Child(ren) will be unable to attend any YMCA program until the account is paid in full.

**Emergency Treatment and Emergency Transportation** — I agree that the operator, YMCA of Western North Carolina, may authorize the physician of his/ her choice to provide emergency care in the event that neither I nor the family physician can be contacted immediately. I authorize for my child to be transported in the case of an emergency when medical attention by a physician if necessary. I understand that the YMCA staff is never to transport children in their personal vehicles at any time and a hospital or fire/emergency department will always be contacted.

I, as the operator – YMCA of Western North Carolina, do agree to secure transportation to an appropriate medical resource in the event of emergency. In an emergency situation, other children in the facility will be supervised by a responsible adult. I will not administer any drug or any medication without specific instructions from the physician or the child's parent, guardian, or full-time custodian. Provisions will be made for adequate and appropriate rest and outdoor play.

**Field Trips/Transportation** — I permit my child to leave the YMCA on authorized trips under the supervision of the YMCA staff. A written schedule of all activities to be conducted off the YMCA Camp premises will be posted for parents to review. By signing this form, you give your child permission to be transported in YMCA vehicles. I understand that field trips occur weekly in Summer Camp.

**Activities Outside the Fenced Playground** — I hereby give permission to the YMCA of WNC for my child to participate in developmentally-appropriate supervised activities outside the fenced playground at Buncombe County School locations. I understand this statement is required to be signed for licensing and that this space is still on the school property.

**Registration Paperwork** — I understand and agree to complete the registration paperwork completely and leave no areas blank and attach all required documents or my child will not be able to attend the program. The person who completes the registration paperwork is responsible for the payments and is the only one who can alter the forms.

**Sunscreen: (initial the appropriate statement)**

\_\_\_\_\_ I allow YMCA staff to provide sunscreen for my child (sunscreen product information available by request).

\_\_\_\_\_ I choose to provide sunscreen for my child in an individual bottle labeled with their name and grade (this bottle will be given to a YMCA staff upon my child's arrival to camp.)

**New! School Success** — I understand that the YMCA works with the Buncombe County and Asheville City schools to help develop and deliver activities that engage and impact children. I give permission for YMCA staff to talk with school teachers and school administrators in regards to my child's grades, behavior and other information.

**Behavior Management Policy:** I have read and reviewed the Behavior Management and Discipline Policy in the Registration Kit and agree with all policies as outlined.

**YMCA Statement** — I hereby, for myself, my family, heirs, executors, and administrators, waive and release any and all claims and damages I may have against the YMCA of Western North Carolina and their respective agents, representatives, successors, and assigns, for any and all injuries which may be suffered by me or my family in connection with participation in YMCA activities and programs. I agree to adhere to all policies as outlined on this policy/signature page. I also grant full permission to the YMCA to use any photographs or video recording taken of me or my family. I agree to comply with YMCA policies and procedures and understand that my participation can be terminated without refund for exhibiting inappropriate behavior or abuse toward the YMCA staff and/or facilities.

Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_  
(please print)

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_



Dear YMCA Families,

It's time for Summer Camp Registration! **Here is a Sampling of Activities:**

Nature Hikes! Camp Songs! Group Games! Arts and Crafts! Rafting! Healthy Snacks! Swimming! Outdoor Exploration! Rock Climbing! Water Play! Team Sports and Teambuilding Games! Character Development! Make New Friends!

**Camp Locations:**

- YMCA Beaverdam

**Age of Campers:**

- Wild Adventure Camp – 10-14 years old
- Mild Adventure Camp – 8-13 years old
- Iddy Bidy Sports Camp – 3-5 years old

**Camp Hours:** 7 am – 6 pm (camp is from 9 am – 4 pm with pre and post camp during remaining hours)

**Camp Cost:** \$145 per member camper or \$170 per non-member camper/per Mild Adventure week; and \$175 per member camper or \$200 per non-member camper/per Wild Adventure week. There is a \$15 per week to reserve spot. This includes: a morning and an afternoon snack, camp t-shirt and field trips! There is a registration fee of \$35 per child and \$50 per family.

Iddy Bidy Sports Camp - \$70 per member camper or \$90 per non-member camper. There is a registration fee of \$15 per child or \$25 per family.

NEW this year – Camp Orientation Night – June 9<sup>th</sup> at YMCA Beaverdam from 6:45 pm – 8:00 pm. Bring your camper and meet our YMCA Camp Staff and get an informational overview of camp.

NEW this year – Recent research from John Hopkins explains the importance of Summer Programs and the impact they can have on a child's learning and school success. Please note the change on the Registration Policy Signature page that will provide the YMCA to work in better partnership with your child's school. Together, we will make a difference.

At the YMCA, we value the opportunity to serve your family. I look forward to spending time and getting to know you this summer.

Thank you,

Julie Cummins  
Youth and Sports Coordinator/(828)777-6035/ [jcummins@ymcawnc.org](mailto:jcummins@ymcawnc.org)

# Summer Day Camp Policies & Procedures Guide for Parents/Guardians

**Registration Information:** Please see the Registration Checklist on the right side of this folder.

**Payment Policies:** Payments are due on Friday for the following week and can be made at site (check only). **Weekly Deposit:** A \$15 deposit is required to reserve your child's spot at camp at the time of registration. The deposit is applied to your weekly fee. The deposit is non-refundable/non-transferrable.

- **Registration Fee:** A non-refundable registration fee is required - \$35 per child or \$50 per family.
- **Late Pick Up Fee:** A \$1.00 per minute fee will be assessed after 6:00 pm.

**YMCA Staff:** Staff receives over 40 hours of training prior to camp, including Wilderness First Aid, CPR for the Professional and Waterfront Lifeguard certification. We strive to maintain a 1:12 staff to child ratio at our camps.

**Daily Activities:** Your camper is going to have a summer filled with memories! They will explore nature, participate in sports and games, meet new friends and explore lots of fun outdoor activities. Please see the "Let's Get Ready for Camp" handout in this packet for a sample daily schedule.

**Parent/Camp Communication:** Prior to camp, a staff member will call you to welcome you to camp. We will hold a Camp Orientation Night for Campers/Families on June 9<sup>th</sup> from 6:45 pm - 8:00 pm where you will be able to meet YMCA staff. During the summer, you will receive a weekly camp newsletter specific to your site with field trip and activity details. At each camp there will be a Family Table with additional resources/information.

**Parent/Guardian Involvement:** We recognize that the support and involvement of parents and guardians is critical to the success of our Summer Day Camp Programs. Our staff works closely with you to make sure they understand your child's needs and what we can do together to provide an enriching environment for them. We encourage and welcome all interested parents and guardians to be an active participant in our program and visit anytime.

**Drop Off and Pick Up Procedures:** You must sign your child in and out each day. Before the child can leave the YMCA area, the adult must sign out the child and provide picture identification. Only those listed on the registration form will be allowed to pick up the child. Picture Identification is required by everyone until faces become familiar to our YMCA staff.

**Medication Policy:** Please talk with our YMCA staff if your child will need to be given prescription medication so that you can complete a Medication Release Authorization form.

**Children with Special Needs:** Please talk with our YMCA staff regarding your child's specific needs so that we can create an Individualized Care Plan for working with your child. The YMCA welcomes all children to the extent that it is reasonably able to do so. A child who requires measures that constitute a

fundamental alteration to the program or other undue hardship, or a child that poses a direct threat to the health and safety of others, will not be able to participate in the program. All children are subject to the YMCA disciplinary procedures.

**Behavior Management/Discipline Policy:** The YMCA uses positive behavior management techniques to work with children. If a child's behavior continues to be problematic the following steps will occur: (1) "Personal Time" (2) Verbal/Written communication with parent/guardian (3) Behavior Contract and/or Action Plan (4) Behavior Write-Up (5) Suspension (6) Termination.

**Removal of Children from Program:** (1) Non Payment of Fees (2) Child is unable or unwilling to conform to program, rules and program guidelines and/or all reasonable alternatives for behavior management have been exhausted (3) Blatant disregard to rules or extreme disruptive behavior by child or parent/guardian (4) Custody situations that involve parents that are unable to resolve differences as it relates to the YMCA program.

**Questions:** Our Program Coordinator Julie Cummins is available to assist you with your questions. Please call her at (828)777-6035 or [jcummins@ymcawnc.org](mailto:jcummins@ymcawnc.org)

**Concerns:** Please contact Laura Warren, the Volunteer Program Director at the Asheville YMCA at (828) 210-9615 or [lwarren@ymcawnc.org](mailto:lwarren@ymcawnc.org).

# GENERAL INFORMATION

## LET'S GET READY FOR CAMP!

<b>Weekly Camp Themes</b>	<b>What to Bring to Camp</b>	<b>Reminders</b>
June 15 – Wild Adventure	<ul style="list-style-type: none"> <li>✓ <b>Parent/Guardian Picture Identification</b></li> <li>✓ <b>Lunch</b> – Please pack a healthy lunch - refrigeration is not available at camp sites (No Soda).</li> <li>✓ <b>Water Bottle</b></li> <li>✓ <b>Sunscreen (Optional – we can provide)</b></li> <li>✓ <b>Swimsuit, Water Shoes, Towel</b></li> <li>✓ <b>YMCA Camp T-Shirt (Wear on Field Trip Days)</b></li> <li>✓ <b>Backpack</b></li> <li>✓ <b>Extra Set of Clothes/Shoes</b></li> <li>✓ <b>Please Wear Play Clothes – We Get Dirty!</b></li> </ul> <p style="text-align: center;"><b>What the YMCA Provides</b></p> <ul style="list-style-type: none"> <li>✓ <b>Morning Snack and Afternoon Snack</b></li> <li>✓ <b>Free YMCA Camp T-Shirt</b></li> <li>✓ <b>Weekly Field Trips</b></li> <li>✓ <b>Pre and Post Camp</b></li> </ul>	<p>*Payments Due the Friday prior to camp.</p> <p>*Payments accepted at camp (check only), at CCS, Asheville branch or online.</p> <p>*\$15 Weekly Deposit Required to Reserve Spot</p>
June 22 – Mild Adventure		
June 29 – Wild Adventure Iddy Bidy Sports		
July 6 – Mild Adventure		
July 13 – Wild Adventure		
July 20 – Mild Adventure Iddy Bidy Sports		
July 27 – Wild Adventure		
August 3 – Mild Adventure Iddy Bidy Sports		
August 10 – Wild Adventure		
August 17 – Mild Adventure		

<b>Sample Daily Schedule</b>	
<b>7:00 am – 9:00 am</b>	<b>Pre Camp Care: Extended Care Provided</b>
<b>9:00 am – 9:30 am</b>	<b>Camp Rules/Team Building</b>
<b>9:30 am – 9:45 am</b>	<b>Snack Time</b>
<b>10:00 am – 11:45 am</b>	<b>Camp Activities (Nature Hikes, Water Play, Field Trips, Games)</b>
<b>12:00 pm – 12:45 pm</b>	<b>Lunch Time</b>
<b>1:00 pm – 2:45 pm</b>	<b>Camp Activities (Nature Hikes, Water Play, Field Trips, Games)</b>
<b>3:00 pm – 3:15 pm</b>	<b>Snack Time</b>
<b>3:30 pm – 4:00 pm</b>	<b>Closing</b>
<b>4:00 pm – 6:00 pm</b>	<b>Post Camp Care: Extended Care Provided</b>

# Summer Time is Learning Time

New research from John Hopkins University, shows that quality summer care programs, like the YMCA, are important to a child during the summer months and can help reduce their learning loss during out of school time.

## Summer Learning Loss

- ☛ Most students lose about two months of grade level equivalency in math skills over the summer months (cooper, 1996)
- ☛ Low-income students also lose more than two months in reading achievement. (cooper, 1996)
- ☛ Summer learning opportunities lead to higher graduation rates and better preparation for college. (Alexander et al, 2007)

## YMCA Day Camp provides:

- ☛ Practicing math skills through cooking, science and gardening projects
- ☛ Educational components within fun-focused fieldtrips and daily activities
- ☛ Purposeful literacy opportunities such as, library trips, storytelling, journaling and our Kidz Lit program that uses familiar books to build on our weekly themes.

## Health & Wellness: Summer Weight Gain

- ☛ Children gain BMI nearly twice as fast during the summer as during the school year (von Hippel et al, 2007)
- ☛ The U.S. has three times more overweight children that it did 20 years ago. (von Hippel et al, 2007)

## YMCA Day Camps reduce the risk by:

- ☛ Engaging youth in a variety of activities that includes physical activity and outdoor play
- ☛ Providing a weekly Health, Wellness and Nutrition curriculum component
- ☛ Providing families with resources such as our Healthy Family Home Initiative.

## What parents can do to make the most of summer:

- ☛ Practice math skills at home with cooking or when out shopping.
- ☛ Get outside and play. Limit TV time and play games or exercise instead.
- ☛ Keep a schedule. Continue daily routines and structure through the summer months.
- ☛ Visit the library. Find books that interest your child and take advantage of free summer programs.
- ☛ Get ideas from your YMCA Camp staff through the weekly newsletter or Family Table.