



2016 Day Camp Information

Camper Safety

YMCA of Northern Alberta is fully committed to safeguard the welfare of all children in its care. To help ensure that all children are kept safe at the YMCA, we **will be asking for Photo ID to be shown for Day Camp Pick Up** by the parent/guardian/identified pick up person on the medical form and sign in sheet. This mandatory for all YMCA Camps.

Transition Times

Transition times are from 8:30 to 8:45AM and 4:15 to 4:30PM daily. During this time staff will be moving from the pre-care or to the post-care locations. For the safety of your children we discourage dropping off or picking up your children during transition times and you should expect delays during this time.

Late pick up

Charges will apply to all late pick up's at a rate of \$1/minute

Camp Satisfaction Surveys

We will be conducting a Camp Feedback Survey to help us improve on our program quality. Please let us know how we are doing. Camp staff will provide you with the survey and online link.

Swimming Safety

Wrist Bands: Campers are given wrist bands in Camp to help us identify campers and for safety in the Pool. Please leave the wrist bands on for the week whenever possible.

Camp Recreation Swim: For the safety of all campers during recreational swim, campers 3-7 years will be required to wear a lifejacket.

Additional Camp Essential information can be found at:

<http://bit.ly/campessentials>



Physical Literacy:

“Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activity for life.”

~International Physical Literacy Association (May 2015)

The YMCA of Northern Alberta is committed to helping children improve their Physical Literacy Skills through participation in YMCA Day Camps and programs. All YMCA Day camps are developed using YMCA Healthy Child Development philosophy and Physical Literacy principles. During pre-camp training our Counselors were certified in “NCCP FMS” (Fundamental Movement Skills) in “Move n Play” and “Play it Fair”. This training will result in staff providing opportunities for children to improve and practice physical literacy. The development of Physical Literacy Skills helps set the foundation for being Active for Life. If you have any questions or comments we would love to hear them.

YMCA Value Beads Program:

In a camp environment, beads play an important role as a sign of character and personal achievement. As an important form of recognition, beads at camp promote positive behavior, and are worn as a constant reminder of what we value as a camp community. Beads are awarded to individuals for demonstrating YMCA core values outlined in the chart below: Campers are asked to bring their beads to camp every day.

Value	Color	Description
Friendship	White	Every Camper begins their bead collection with a YMCA Friendship bead. This bead symbolizes the friendship between the camper and the counsellor that gave the bead to them as well as the friendship that is formed with the entire camper group that was given the bead.
Friendship	Orange	Friendship beads are very special beads as they are the only beads that campers may exchange freely. There is no limit to the number of friendship beads that can be given away, and they can be exchanged at any time between anyone at camp.
Honesty	Blue	Demonstrating integrity and trustworthiness.
Caring	Red	Acting with compassion and concern for the wellbeing of others.
Diversity & Social Inclusion	Purple	Appreciating diversity. Striving to be open to all. Seeking to understand differences and find common ground.
Respect	Yellow	Recognizing and protecting the inherent worth of every person, including oneself.
Responsibility	Green	Being dependable and accountable for choices, actions and commitments.
Leadership beads	Silver	Awarded to a few campers who demonstrate leadership abilities throughout the week, act as role models for others and contribute in a positive way to the overall camp experience.
Excellence beads	Gold	Awarded to campers who have attained at least one of each of the six values beads, and who deserve to be recognized for their accomplishments and strength of character while at camp. (this may take several weeks at camp)



Unstructured Play at the YMCA

Here at the YMCA, we are dedicated to the continuous development and growth of your child. In today's world, structure is becoming more prevalent, and at an earlier age, we believe that it is important to find a balance between structure and the wonders of imagination and creation.

At camp, your child will participate in many structured activities such as, sports, physical literacy, songs, crafts, and other games. Research is showing that while it is crucial for children to have structure in their lives, it is also important to balance it with free play. Free play is the pure action of your child's imagination taking flight in the world around them. Unlike structured play, where the staff lead activities, free play allows the child to lead the staff and their peers in what excites them.

Studies show that children who experience regular free play build skills in problem solving, team work, sportsmanship, creativity, conflict resolution, and critical thinking. It is for these reasons that the YMCA is ensuring that your child is able to enjoy free play every day, at your YMCA. We strongly encourage you to enjoy free play with your child today!