

July–August 2020

# Program Guide

Summer  
Day Camps

Registration start date: June 25th 2020

8 Weeks of Summer Fun &

3 locations to serve you!

**YMCA of  
Pictou County**



# YMCA Summer Day Camps

YMCA Summer Day Camps are fun and engaging skill based programs. Camps are designed to spark imagination and build confidence, independence, and communication skills. All participants will have the opportunity to create positive peer relationships and friendships.

In accordance with YMCA Healthy Child Development principles, participants will learn physical literacy skills and complete daily physical activity requirements. Camps offer activities, games, hands-on learning, skills-development, craft activities, swimming, and more.

Camp isn't just a way to pass the summer — it's a life-changing experience! By building connections with other campers and YMCA staff, your child will be encouraged to reach for the best in themselves, and in others, every day. Helping young people grow up healthy, active and engaged is why the Y exists.

## Camp Staff

Camp staff are carefully selected for their leadership skills, enthusiasm, and their ability to work with children of all backgrounds and abilities. All staff members have completed the YMCA Day Camp Training Program. Camp staff are also required to pass a Criminal Record check and Child Abuse Registry check.

## Physical Literacy

When children acquire and practice fundamental movement and sport skills at a young age, they are more likely to stay active and maintain healthy habits in adulthood. All YMCA programs provide children and youth the opportunity to practice and improve their physical literacy skills and develop movement confidence in support of becoming "Active for Life."





# Camp Descriptions

## **Farming Camp**

We're growing, and so is the world around us. Come to farm camp and learn about different parts of farming and different types of farms. During farming camp we will have local farmers in to talk about what they do and grow. During this week we will plant flowers and learn about the environment!

## **Leadership Camp**

From camper to counselor, during leader camp children will get a chance to run games and be a leader. There will be team building activities and leadership skill building. They will pretend to be counsellors for the day and there will be a special guest in to teach us about being a leader!

## **Olympics Camp**

Soccer, hockey, swimming, running and more this week will feature a different sport every day! This camp will focus on fundamental movements and development in sport. All crafts and games will be sport related!

## **Super Heroes Fitness Camp**

Get out your super hero mask, we're about to enhance your super skills. This camp will create masks and capes and go on missions to save the world! Challenge your strength and speed with fitness training. Children will have the chance to meet a real life super hero!

## **STEM Camp**

Bring out your inner scientist during our STEM Camp. STEM camps will focus on Science, Technology, Engineering, & Math. Activities will include making

roller coasters, building bridges, coding activities, science experiments, and more.

## **Time Travelers Art Camp**

Join us for Time Travelers Camp, we will be hoping in our time machines and going back in time to discover dinosaurs, learn about different music, visual arts and explore other forms of creative expression. Learn how our ancestors did things and more!



# Camp Descriptions

## **Nature Explorer Camp**

Campers will learn about hiking, types of plants and trees and more. This camp will include recreation centred around outdoor learning and movement. During this camp we will go on expeditions in the great outdoors!

## **Y Chefs Camp**

Bring out your child's inner chef with daily cooking sessions. Campers explore food through games, recipes, meal planning, a supermarket scavenger hunt, and basic cooking. Campers will explore some table top tools of the trade; crock pot, blender, insta-pot, hot plate, microwave and more. Participants will also get the chance to tour a real kitchen! Please advise your counsellor of any allergies or food aversions.

## **Counsellor in Training**

This camp will develop and enhance skillsets. Our development program will focus on leadership development and learn what camp counsellors do each day. Activities will help youth to run programming and games, as well as work with children. Each counsellor in training will have the opportunity to assist in running week of camp through the summer!



# Camp Schedule

Week/Day	Ages	Camp Theme	Location	Rate
Week 1: July 6-10	5-12 years 13-15 years	STEM Camp Counsellor in training	PCYMCA & WOCC	\$100
Week 2: July 13-17	5-12 years	Art Camp	PCYMCA & WOCC	\$100
Week 3: July 20-23	5-12 years	Farming Camp	PCYMCA & WOCC	\$100
Week 4: July 27-31	5-12 years	Olympics Camp	PCYMCA & WOCC	\$100
Week 5: Aug 4-7	5-12 years	Leadership Camp	PCYMCA & NGS	\$80

(No camp August 3rd Natal Day)



# Camp Schedule

Week	Age	Theme	Location	Rate
Week 6: Aug 10-14	5-12 years	Nature Explorer Camp	PCYMCA & NGS	\$100
Week 7: Aug 17-21	5-12 years	Y Chefs Camp	PCYMCA & NGS	\$100
Week 7: Aug 23-28	5-12 years	Superhero Fitness Camp	PCYMCA & NGS	\$100

## Medical Form

Each camper must have a completed form.

## Support Workers

If your child requires additional support to participate in camp, please contact the Youth Director at the YMCA centre for important camp information.

## Label Belongings

Campers' belongings should be labelled. The YMCA is not responsible for any lost or stolen items.

## Weather Sense

Campers must bring clothing suitable for all types of weather. Sunscreen, a hat, and a water bottle are also necessary. Campers must understand the importance of sunscreen and know how to apply it before coming to camp. Due to the nature of sunscreen allergies, YMCA staff will not provide or apply sunscreen.



# Camp Hours and Locations

8:30 a.m. - 4:30 p.m. Camp Programming

If you require pre or post care accommodations please email [heather.beaton@pcymca.ca](mailto:heather.beaton@pcymca.ca)

Program locations: YMCA of Pictou County inside the Wellness Centre, New Glasgow Square (NGS) & Ward One Community Centre (WOCC)



## **Lunch and Snacks**

Campers are required to bring a nutritious and allergen-aware lunch, two snacks, and plenty of cool drinks.

## **YMCA Financial Assistance available:**

We believe in equality of opportunity for all members of the community.

Thanks to generous donations from local businesses and individuals, YMCA memberships and program experiences are available to anyone regardless of their ability to pay the full fees.

Email [heather.beaton@pcymca.ca](mailto:heather.beaton@pcymca.ca) if you have questions or concerns.

## **Cancellation Policy**

The YMCA of Pictou County camps are non-refundable.

In case of medical or family emergency, please contact Heather Beaton at [heather.beaton@pcymca.ca](mailto:heather.beaton@pcymca.ca)

When there is extenuating circumstances we will evaluate case by case.

