

July–August 2019

# Program Guide

Summer  
Day Camps

Registration starts May 14



9 Weeks of  
Summer Day  
Camp Fun!

YMCA of  
Pictou County

# YMCA Summer Day Camps

*We're giving kids the skills they need to be Active for Life.*

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 and role model 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 take a trip to a local farm! This camp includes swimming so pack your swim suit.

## **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! This camp includes swimming so pack your swim suit.

## **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! This camp includes swimming so pack your swim suit.

## **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! This camp includes swimming so pack your swim suit.

## **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. This camp includes swimming so pack your swim suit.

## **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! This camp includes swimming so pack your swim suit.

## **Basketball Camp**

Campers will learn the fundamentals of basketball, including dribbling, passing, shooting, teamwork, offensive and defensive strategy, and rebounding. Your child will also have the opportunity to participate in traditional camp activities such as outdoor play, games, and sports-related arts. This camp includes swimming so pack your swim suit.

## **BBQ Cooking Camp**

Master the grill with daily BBQ and Campfire cooking sessions where you get to eat what you make! Campers explore food through games, recipes, meal planning, a supermarket scavenger hunt, and basic cooking. Participants will have the opportunity to cook at a campfire! Please advise your counsellor of any allergies or food aversions. This camp includes swimming so pack your swim suit.

# Camp Descriptions

## **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. This camp includes swimming so pack your swim suit.

## **Keppoch Camp**

Off Site Outdoor Camp located outside of Antigonish. Slack-lining, Outdoor Nature, Disc Golf, Hiking, Bouldering, Camp fires and more. This camp may not include swimming but outdoor water play at Camp Keppoch so pack your swim suit.

## **Run, Jump, Throw, Wheel**

This camp will focus on fundamental movement skills and physical literacy as it relates to athletics. This program focuses on development of skills related to running, throwing, jumping and wheeling. This camp will help children improve their skills that relate to athletics as well as create a strong foundation for other sports. This camp will spend each day at the Pioneer Coal Athletic Field. This camp swims once per day so pack your swimsuit.

## **Triathlon Camp**

Swim, Bike, Run and many training routines will be explored in this week of camp. Learn about Transitions and Triathlon training through fun games and activities. This camp swims once per day and requires you to bring your bike to camp (no over-night bike storage). Please pack athletic clothing, a water bottle, a swim suit, bike, bike lock and bike helmet.

## **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! This camp swims once per day so pack your swimsuit.

## **Swim Camp - 2 week camp**

Certified swim instructors teach campers progressive swimming skills daily through skill development and aquatic activities. The YMCA Swim Lesson criteria will track your child's success in the swim lessons. Other camp activities include fun swims, games, water sports, outdoor play and fundamental movements. This camp swims twice a day.



# Camp Schedule

Week/Day	Ages	Camp Theme	Rates	Post-Care
Week 1:	5-12 years	STEM Camp (Weekly)	\$75 members   \$90 non-member	+\$20/week
July 2-5	5-12 years	STEM Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	13-15 years	Counsellor in Training (Weekly)	\$50 members   \$75 non-members	Included
Week 2:	5-12 years	Farming Camp (Weekly)	\$85 members   \$105 non-members	+\$20/week
July 8-12	5-12 years	Farming Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	5-7 years	Y Chefs (Weekly)	\$150 members   \$180 non-members	Included
	8-12 years	Keppoch Camp (Weekly)	\$150 members   \$180 non-members	Included
	13-15 years	Keppoch Camp (Weekly)	\$150 members   \$180 non-members	Included
Week 3:	5-12 years	Olympics Camp (Weekly)	\$85 members   \$105 non-member	+\$20/week
July 15-19	5-12 years	Olympics Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	5-7 years	Y Chefs (Weekly)	\$150 members   \$180 non-members	Included
	5-12 years	Swim Camp (2 Weeks)	\$300 members   \$360 non-members	Included
	10-15 years	Triathlon Camp (Weekly)	\$125 members   \$150 non-members	Included



# Camp Schedule

Week/Day	Ages	Camp Theme	Rates	Post-Care
Week 4:	5-12 years	Swim Camp (Week 2)	N/A to register   week 2 of 2	Included
July 22-26	5-7 years	Basketball Camp (Weekly)	\$125 members   \$150 non-members	Included
	5-12 years	Leadership Camp (Weekly)	\$85 members   \$105 non member	+\$20/week
	5-12 years	Leadership Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	8-12 years	Run, Jump, Throw, Wheel Camp (Weekly)	\$125 members   \$150 non-members	Included
Week 5:	5-7 years	Y Chefs (Weekly)	\$150 members   \$180 non-members	Included
July 29-2	5-12 years	Farming Camp (Weekly)	\$85 members   \$105 non-member	+\$20/week
	5-12 years	Farming Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	8-12 years	BBQ Cooking Camp (Weekly)	\$150 members   \$180 non-members	Included
Week 6:	5-12 years	STEM Camp (Weekly)	\$75 members   \$90 non-member	+\$20/week
Aug 6-9	5-12 years	STEM Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	8-12 years	Keppoch Camp (Weekly)	\$120 Members   \$145 Non-Members	Included
	13-15 years	Keppoch Camp (Weekly)	\$120 Members   \$145 Non-Members	Included
Week 7:	5-12 years	Leadership Camp (Weekly)	\$85 members   \$105 non member	+\$20/week
Aug 12-16	5-12 years	Leadership Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	13-15 years	Basketball Camp (Weekly)	\$125 members   \$150 non-members	Included
	8-12 years	BBQ Cooking Camp (Weekly)	\$150 members,   \$180 non-members	Included
	5-12 years	Swim Camp (2 Weeks)	\$300 members   \$360 non-members	Included

## Camp Hours

8 a.m. to 9 a.m. Drop-off and Structured Free Play

9 a.m. to 4:30 p.m. Camp Programming

4:30 p.m. to 5:30 p.m. Post Care (Please refer to the Camp Schedule)

# Camp Schedule

Week/Day	Ages	Camp Theme	Rates	Post-Care
Week 8: Aug 19-23	5-12 years	Time Travelers Art Camp (Weekly)	\$85 members   \$105 non-members	+\$20/week
	5-12 years	Time Travelers Art Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	5-7 years	Y Chefs (Weekly)	\$150 members   \$180 non-members	Included
	8-12 years	Basketball Camp (Weekly)	\$125 members   \$150 non-members	Included
	5-12 years	Swim Camp (Week 2)	N/A to register   week 2 of 2	Included
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Week 9: Aug 26-30	5-12 years	Super Heroes Fitness Camp (Weekly)	\$85 members   \$105 non member	+\$20/week
	5-12 years	Super Heroes Fitness Camp (Daily)	\$20 members   \$25 non-members	+\$5/day
	8-12 years	BBQ Cooking Camp (Weekly)	\$150 members,   \$180 non-members	Included
	13-15 years	Basketball (Weekly)	\$125 members   \$150 non-members	Included





**YMCA of  
Pictou County**

### **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 Recreational Swim**

For safety of all campers they must complete a swim test to determine if mandatory life jacket use is required.

### **Post-Care**

Post-care (4:30–5:30pm) charges are indicated on the full schedule.

### **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) prior to the start of camp. When there is extenuating circumstances we will evaluate case by case.

### **Lunch and Snacks**

Campers are required to bring a nutritious and allergen-aware lunch, two snacks, and plenty of cool drinks. The Pictou County Wellness Centre "Intermissions" will be selling hot lunches throughout the summer. Orders can be placed daily or weekly before 9:30am. This program is not available for Keppoch Camp. Additional information and order forms will be available on the first day of summer camp.

### **Registration Information**

Registration starts Tuesday May 14 in person or over the phone and online in June. Information about our new online registration system will be announced on our website on June 1.

### **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. Drop in and ask how you can get started! If you know someone who could benefit from this program, please let them know.

**YMCA of Pictou County**

2756 Westville Rd.

(902) 752-0202

**Centre Hours:**

Mon–Fri 5:00 am–10:00pm

Sat & Sun 7am–7pm