



Hunterdon County YMCA

# PARENT AND CAMPER INFORMATION PACKET 2008

General Information For:  
Camp Carr in Clinton Township  
Sports Camp at Deer Path  
South Camp in West Amwell



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<b>SESSION DATES – Camp Carr, Sports Camp, and South Camp</b>
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<b>Pre Camp</b> (Camp Carr and Sports Camp only)	Jun 16 - June 20
<b>Session 1</b>	June 23 - July 3 <sup>rd</sup> ( No Camp 7/4)
<b>Session 2</b>	July 7 - July 18
<b>Session 3</b>	July 21 – August 1
<b>Session 4</b>	August 4 - August 15
<b>All Aboard</b> (Camp Carr) <b>Session 5</b> (Sports Camp) <b>Specialty Programs</b> (Sports Camp)	August 18 - August 22
<b>Summer Stretch</b> (At Deer Path)	August 25 - August 28 ( No Camp Friday)

<b>DIRECTORS &amp; CONTACTS</b>
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**Senior Program Director** - Kristin Heimall  
908-782-1044 ext. 619  
kheimall@hcymca.org

**Program Director** - Jeff Trevaskiss  
908-782-1044 ext 653  
jtrevaskiss@hcymca.org

**Camp Carr** - 908-735-5951 (Summer Only)  
*Camp Director* - Paul DiGilio  
*Contact* - Kristin Heimall - 908-782-1044 ext 619  
kheimall@hcymca.org

**Sports Camp** - 908-782-1030 (Summer Only)  
*Camp Director* - Mike Triano - 908-782-1044 ext 634  
mtriano@hcymca.org

**South Camp** - (Summer Number TBA)  
*Camp Director* - Angela Nino  
*Contact* - Kristin Heimall - 908-782-1044 ext 619  
kheimall@hcymca.org

**DAY CAMP HOURS**

June 23<sup>rd</sup> – August 15<sup>th</sup> - Monday - Friday, 9:00 a.m. - 4:00 p.m.

**EXTENDED CARE**

Extended Care is a supervised recreation program that provides care before and after day camp hours. It is available for all camp programs. Daily or hourly rates are NOT available. Transportation must be provided by the parent.

**EXTENDED CARE HOURS**

Morning Care        7:30am - 9:00am  
Afternoon Care      4:00pm - 6:00pm

**LATE PICK UPS & FEES**

If you are going to be late to pick up either for general camp (4pm) or Extended care (6pm), please call to let us know. The late fee will be \$5 for every 5 minutes late.

**ITEMS NEEDED DAILY**

- **Lunch**
- **Bathing Suit**
- **Towel**
- **Water bottle**
- **Appropriate Footwear** (Children play active games-- we suggest wearing sneakers to camp, and packing sandals for use at the pool)
- **Weather appropriate clothing** (Rain coat if it's raining, Sweatshirt if it cool).

\*\*We suggest that children wear their swimsuits under their clothing. This helps to avoid awkwardness for children changing. We usually allow children to wear their suits all day since they usually dry within minutes after they get out of the pool. If it is a cooler day when the children swim, they will have time to change into dry clothes.

<b>ITEMS NOT TO BRING</b>
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- **Electronics** (Radios, CD players, Cell Phones, Video Games, etc.)
- **Valuables** (Jewelry, etc.)
- **Dangerous Items** (Pocket Knives, etc.)

\*\*Staff reserves the right to confiscate prohibited items, to be returned to the parents. The YMCA is not responsible for lost personal items. \*\*

<b>PICK-UP CARDS</b>
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When picking up children (at camp, bus stop or extended care), you must present your pick-up card. This card informs our staff that you are authorized to pick up your child.

If you do not have your card for pick-up, you will be asked to show identification and it will be crosschecked with the Authorization To Pick Up form filled out with your child's health information. If someone that is not on your Authorization To Pick Up form will be picking up your child, please call **and** send a note to camp informing us of this.

This card will be mailed to you prior to your child's attendance at camp. If you need more cards, please contact the director at the camp your child attends.

<b>FIELD TRIPS</b>
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Children enrolled in Traditional Camp at Sports Camp and Camp Carr will attend at least one field trip each session (depending on the camp being attended).

If you choose not to have your child attend the field trip, please do not send him/her to camp on that day, as your child's counselors will all have gone on the trip. Reminders will be distributed during the session.

**Registration for Traditional Camp includes permission and fees for campers to attend field trips.**

### **LUNCH**

Children must bring lunch and drink EVERYDAY, preferably in reusable or recyclable containers (NO GLASS). Lunches are refrigerated.

### **SUNBLOCK**

It is highly recommended that parents apply sunblock to children each morning before camp. We will not be applying sunblock when the children arrive because we expect that it will have been done at home before arriving at camp. Sunblock is always applied after time spent in a water activity and at designated times during the day. If you would like sunblock applied during the day please send it with your child on the first day they attend camp. Please label bottle with you child's name. Counselors will assist with the application if necessary. Insect spray and/or lotion will follow the same guidelines.

**\*\*WE DO NOT SUPPLY SUNBLOCK!**

### **EMERGENCIES & ILLNESS**

In the case of a minor injury (small abrasion, small cut, etc) parent will be notified at parent pick-up by counselor, in the case of a minor injury that is more serious (bumped head, large cut, very upset child, etc) parent will be immediately contacted. In the case of a serious injury parent will be notified immediately after emergency services are contacted.

### **SCHEDULE CHANGES & ABSENCES**

**Please call the camp your child attends to notify the Director/Administrator of your child's schedule changes.** *(Example: Instead of riding their normally scheduled bus route, they will need to be picked-up at camp!!!)*

If your child is going to be absent, please call the camp your child attends to inform them that you child will not be attending that day.

**\*\*All camp phone numbers are listed in this packet.**

*If you are altering your child's enrollment from their original status you will be assessed a \$10.00 processing fee per child per change.*

**CHARACTER DEVELOPMENT**

Character Development is a national YMCA program that teaches **Caring, Honesty, Respect, & Responsibility**. Through games, activities, field trips, awards and recognition children are taught these values. Character Development is not just a program; it is a way of life. The children are not only touched by the games and activities but are taught through example. Our counselors at Camp are trained and committed to be role models of good character.

**STAFF**

Our staff is comprised of Directors, Assistant Directors, an Administrator, Head Counselors, Counselors, Assistant Counselor, Counselors in Training, and Specialists of adult, college and high school age.

All staff have completed each year 24 hours of training that includes, Policies and Procedures, developmental stages of children, Child Abuse Prevention, Blood Borne Pathogens contamination prevention and have been selected for their skills and experience in leadership with youth.

**RATIOS**

- Typically our group ratios are broken down as follows:
- Ages 4 to 5 ratios are 1: 5
  - Ages 6 to 8 ratios are 1: 6
  - Ages 9 to 14 ratios are 1: 8

**HUNTERDON COUNTY YMCA DISCIPLINE POLICY**

“No child shall be deprived of food, isolated or subject to corporal punishment or abusive physical exercise. All programs shall utilize positive reinforcement as a tool to avoid unwanted behavior. Rules should be developed and periodically reviewed with youngsters at each site. When a youngster exhibits inappropriate behavior, he/she shall be warned and given an explanation of why such behavior is unacceptable. Should the child persist in the inappropriate behavior, staff may place the youngster in Time Out using the guideline of one minute per year of age to determine length. At this time another explanation of why the behavior is inappropriate should be given to the child.”

If the behavior persists, parents are to be made aware of the problem. Parents will also be notified of a serious infraction that compromise his/her or another's safety or the authority of the staff. The third time a parent needs to be notified, the camper will be suspended from camp. When child returns, should there be further incidents, child will be dismissed from the camp program. These discipline procedures can be initiated at any step in the process. **There are no credits or refunds for days missed.**

If a child is removed from a YMCA program for disciplinary reasons, the period of time that they will be excluded from programs will be determined by the YMCA Program Director and Executive Director. At the end of the designated period of time, the Program Director will meet with parent and child to assess current ability to rejoin program. If a child is removed from a program in the Hunterdon County YMCA, they are prohibited from participating in any YMCA programs during the prescribed period of time.

<b>TRANSPORATION</b>
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**FOR CAMP CARR AND SPORTS CAMP ONLY!!!**

- Parents or Authorized pick up people must present bus driver with pick up card or identification indicating that they are the appropriate person to take your child/children. Please keep in mind this is for the safety of your children.
  - Be to the bus stop 10 minutes prior to pick and or drop off.
  - If you are not at the bus stop to pick up your child the bus driver will keep your child on the bus and you will need to pick them up from the camp your child attends.
- \*If the bus is not on time please contact the camp at 908-735-5951.

**Bus 1**

	Pick-Up	Drop-Off
Luggage Factory	7:45	5:05
Barley Sheaf	8:00	4:50
Three Bridges	8:15	4:35
Deer Path YMCA	8:30	4:20

**Bus 2**

Branchburg Municipal Building Session Old York School	7:30	4:40
Johnson and Johnson NCS (J&J employees ONLY)	7:40	4:50
Johnson and Johnson OCD (J&J employees ONLY)	7:45	4:55
Johnson and Johnson OMP (J&J employees ONLY)	7:50	5:00
Roche (Roche Employees Only)	8:00	5:10

**Bus 3**

Washington Burger King / A&P	7:50	4:55
St. Anns in Hampton	8:00	4:45
Califon A & P	8:15	5:10
High Bridge Elementary School	8:25	5:20

**Bus 4**

Holland Township Elementary School	7:30	5:05
West Hunterdon Bowling Lanes	7:45	4:50
Robert Hunter Elementary School Robert	8:00	4:40
Flemington Arms Apartments	8:15	4:20
BJ's in Flemington		

**Bus 5**

Kings Plaza	7:45	4:45
Boehms Golf Center on Rte 22	7:50	4:35
YMCA Child Care Learning Center	8:00	4:25
Clinton A&P	8:05	4:15



# CAMP CARR

**DIRECTIONS**

YMCA Camp Carr is located on the South Branch of the Raritan River, just south of Clinton.

Turn west on to Allerton Rd. at the Rt. 31 traffic light (1 mile south of NHHS).

Take second left onto Lilac Dr.

Take second right onto River Rd. and continue to "No Outlet" sign.

Turn left at sign and follow Hamden River Rd. to camp entrance.

Turn right into camp.

The speed limit in the campground is 5mph. The speed limit on public roads running through camp (Camp Buck Rd.) and coming into camp (Hamden River Rd.) is 25 mph when children are not present and 5mph when they are present.

**Please observe speed limits for the safety of all.**

**TRAFFIC - PICK UP AND DROP OFF**

**AM Extended Care - 7:30 am**

Parents should park in the pool parking lot for AM Extended Care Drop-off. Parents must sign campers into AM Extended Care under the main pavilion. We will have a staff person stationed under the pavilion to help with sign in.

**Morning Arrival - 9:00 am**

All campers should be brought to the circle for drop off. Staff will then escort campers to groups. Should there be a problem while you are waiting to drop off, campsites numbered 5 and 7 may be used to park. Additionally, during the session, if you need to park and ask questions of the counselors or directors, please park in the pool parking lot after dropping children off to staff at the cul-de-sac. **DO NOT PARK IN ROAD OR ALONG FENCING!**

**Afternoon Pick up - 4:00 pm**

Campers who are being picked up by parents at 4:00pm will be brought to the circle for pickup by parents. **HAVE YOUR PICK UP CARDS READY!** If you need to park and ask questions of the counselors or directors, please park in the pool parking lot after picking up your children at the cul-de-sac. **DO NOT PARK IN ROAD OR ALONG FENCING!**

**PM Extended Care - By 6:00 pm**

Parents should park in the pool parking lot for PM Extended Care Pick up. Please remember to **BRING YOUR PICK-UP CARDS EACH DAY.** Please do not park along Camp Buck Road or into or along the fences.

**FIELD TRIPS**

**\*\*Registration for Traditional Camp includes permission for campers to attend field trips.**

Field trips are held during Sessions I-IV and All Aboard for children in Traditional Camp. If you choose not to have your child attend the field trip, please do not send him/her to camp on that day, as your child’s counselors will all have gone on the trip. Reminders will be distributed during the session.

**\*\*Riding, Dance, and Mad Science, will not participate in field trips.**

**Lower Camp Trips -- 4-7 year olds**

June 27, July 11, July 25 & August 8

June 26, July 10, July 24 & August 7

**Pioneer Trips - 11-12 year olds**

*Pioneers will attend some trips with the Travel Camp group, and some trips with the Upper Camp Group, depending on the session.*

## SWIMMING

All campers age 4-9 (not including Pioneers) participate in swimming lessons. Trailblazers, Pioneers, Riding, and Mad Science Camp will have a free swim periods. Campers are excused from lessons only with a note from parent or guardian and then may not participate in free swim that day.

## ELECTIVES

Electives are choice activities held each day except trip days. Children in Traditional Camp ages 6-12 will participate in electives. Campers choose electives each Monday. The choices vary from year to year, but often include: Rock Climbing, arts & crafts, sports, games, nature, archery (upper camp only), drawing, story and song, and more.

## CAMP STORE

Camp Carr has a store in which an assortment of snacks is sold. This year the YMCA is moving in the direction of teaching healthy eating habits. The food items sold in the store will include healthy choices.

Each group will have the opportunity to visit the camp store at least once each session. The camp store will also be open daily during extended care from 4:15 to 6:00pm.

“Canteen Cards” may be purchased at camp in any amount and are kept at the snack bar/camp store as credit for camper to use. The opportunity to purchase these cards will also be sent in the mail. **Canteen Cards are not refundable in full or in part.**

## MAD SCIENCE CAMPS

Campers enrolled in the Mad Science camp will spend half the day experimenting with a Mad Science instructor. The other half of the day will be spent enjoying traditional camp activities, such as arts and crafts, swimming, and sports and games.

## HORSEBACK RIDING CAMP

Campers will spend their mornings at Silver Bit & Spur Farm in Whitehouse. Campers should wear pants, boots (with a heel), and bring a helmet (a bicycle

helmet, if a riding helmet is not available). The bus will leave at PROMPTLY 9:00 a.m. and return at approximately 12:00 p.m. It is recommended that campers bring a change of clothes for the afternoon. Afternoons will be spent enjoying traditional camp activities, such as arts and crafts, swimming, and sports and games.



# SPORTS CAMP

Deer Path YMCA, Flemington NJ



## DIRECTIONS

Route 31, between Clinton and Flemington; Turn (left from 31 South or right from 31 North) on West Woodschurch Road. Continue approximately ½ mile to Deer Path Park and YMCA Entrance on right. YMCA is adjacent to park.

## TRAFFIC/PICK UP & DROP OFF

### **AM Extended Care** - 7:30 am

Enter the YMCA through the gym doors next to the playground. Parents **MUST** escort campers into the gym and sign them in with a counselor.

### **Morning Arrival** - 9:00 am

Enter the YMCA through the gym doors next to the playground. Parents **MUST** escort campers into the gym and sign them in with a counselor.

### **Afternoon Pick Up** - 4:00 pm

Pick-up is located to the right of the gymnasium under the tent (unless in climate weather then it will be in the gym). Parents **must** present their pick-up card to the counselor before we can release children.

### **PM Extended Care** - 6:00 pm

Parents should come in through the gym doors and enter to gymnasium. Parents **must** present their pick-up card to the counselor before we can release children.

## ORGANIZATION

Sports Camp is organized into five sub-camps: Junior Sportsters is for ages 4-5, Rookies Camp is for ages 6-7, Winners and Champions Camp is for ages 8-10, and All-Stars Camp is for ages 11-12. Groups may be mixed according to appropriate age or skill development.

## SPORTS ACTIVITIES

The Sports Camp will offer instruction in basketball, soccer, volleyball, floor hockey, baseball, Lacrosse and team building. Teaching is based on the “Games Approach” and campers will alternate all these sports throughout the two-week session.

## RECREATIONAL ACTIVITIES

The Sports Camp will offer recreational activities, including swimming, archery, flag football, ultimate Frisbee, kickball, and/or other fun games.

**EQUIPMENT**

All campers should bring a baseball mitt, shin guards, sneakers (no cleats, please), water bottle, towel, swimming suit, sun block (please apply in the morning), and snack & drink in addition to their lunch. They may bring a gym bag (or back pack) to keep “stuff” in. Please put name on everything. We will have a lost and found available. Lost and found items will be donated if not claimed by end of each camp session. The YMCA is not responsible for any lost or stolen belongings. PLEASE NO i-PODS, GAME BOYS, OR OTHER ELECTRONICS.

**SWIMMING**

Campers will have a 40-minute recreational swim period each day of the camp session (excluding field trip days.) Additional swim lessons are available through the aquatics department.

**LUNCH AND SNACK**

Children must bring a lunch and drink (children are not allowed to use vending machines DURING camp hours or during extended care. Please provide additional snack and drink; we will provide time for children to have snack breaks between activities in the morning and during after camp care. Please put names on lunches. Campers will spend lunchtime outside or in the gym depending on the weather.

**EQUIPMENT**

Campers will travel by bus to fun and exciting trips, such as Trenton Thunder Baseball, Hopewell Quarry, Oakwood Lanes, and others. Campers will go on two field trips per session. Parents will receive information about the trips prior to trip day.

**GOLF CAMP**

Campers will travel to High Bridge Hills Golf Club. Clubs and equipment will be available, but campers are encouraged to bring their own if they have clubs. The bus will leave PROMPTLY at 9:00 a.m. and return at approximately 1:00 p.m. Afternoons will be spent at Sports Camp participating in sports, games, and swimming.

## **CHEERLEADING CAMP**

Campers will work with experienced cheerleaders in the morning. The afternoon will consist of day camp activities including sports, games, and swimming.

## **DANCE CAMP**

Campers will work with a dance instructor to learn several different forms of dance each afternoon. The morning will consist of day camp activities including sports, games, and swimming.



**United Soccer Academy  
@ SPORTS CAMP**

## **SCHEDULE**

Campers enrolled in program will have a scheduled soccer instruction in either the morning or afternoon. The time will be determined based on registration numbers. The remainder of their day will be a traditional camp schedule, where they will enjoy sports, games, and swimming.

## **WEATHER**

The program will run despite light rain. In case of downpours, the program will be modified as much as possible.

## **CAMPER NEEDS**

Campers should bring daily: a camp bag with bathing suit and towel, lunch and drink, a soccer ball and shin guards. A water bottle is recommended. Please label all belongings with child's name. Suitable athletic clothing should be worn including sneakers or cleats. Sunscreen and a hat are suggested. The camp assumes no responsibility for loss, theft or damage of personal items.



**US Sports Institute:  
Lacrosse and Field Hockey Camp  
@ SPORTS CAMP**

## **SCHEDULE**

Campers enrolled in the program will have a scheduled lacrosse / field hockey instruction in either the morning or afternoon. The time will be determined based on registration numbers. The remainder of their day will be a traditional camp schedule, where they will enjoy sports, games, and swimming.

### **WEATHER**

The program will run regardless of weather. In the case of downpours, the program will be modified as much as possible.

### **CAMPER NEEDS**

Campers should bring daily: a camp bag with a bathing suit and towel, lunch and drink, and lacrosse equipment (equipment will be provided if not owned). A water bottle is recommended. Please label all belongings. Suitable athletic clothing should be worn, including sneakers or cleats. Sunscreen is suggested.

### **BASKETBALL CAMP**

Campers will work with experienced basketball instructors and learn the fundamental skills in the areas of shooting, rebounding, defense, and game strategy. Campers are to be dropped off at Sports Camp (Deer Path YMCA) and then campers will be transported to Barley Sheaf School and spend the morning there. After lunch campers will be transported back to Sports Camp and the remainder of the afternoon will consist of day camp activities including sports, games, and swimming.

### **BOWLING CAMP**

Campers will work with a bowling instructor and learn footwork, swing, grip, and finishing position, as well as etiquette and scoring. Balls will be provided by Oakwood Lanes. If camper has their own ball they are welcome to bring it. Campers are to be dropped off at Deer Path and will be transported to Oakwood Bowling Lanes in Washington Township. After lunch, campers will return to Sports Camp (Deer Path YMCA) and the remainder of the day will consist of day camp activities including sports, games, and swimming.

## **SUMMER STRETCH**

August 25 – 28th (Monday – Thursday)

8:00 – 5:00

At the Deer Path YMCA

## SCHEDULE

Children will be broken down into age groups for activities. Daily schedule will consist of activities that include sports and games, crafts, swimming, and rock climbing. One day children will go on a field trip TBD.

## CAMPER NEEDS

Children will need to bring lunch daily, along with a towel, swimsuit, and sun block.



## SOUTH CAMP



### LOCATION OF PROGRAM

Our day camp program is located at the West Amwell ESC School. Parking is available in the side parking lot. There will be plenty of signs directing you when you arrive.

### PICK UP AND DROP OFF

**AM Extended Care** - 7:30 a.m.

Please walk your children to the classroom and sign them in with their counselor.

**Morning Arrival** - 9:00 a.m.

Drop off for general camp begins at 8:45 am. Please walk your children to the classroom and sign them in with their counselor.

**PM Extended Care** - pick up by 6pm.

Anyone picking up your camper must present a pick up card. These will be issued on the first day of camp.

***When you pick up on the first day please have your drivers license on hand so we can make sure that you are the correct person to send your child home with.***

\*\*Please contact the camp to let us know if someone other than you will be picking up you child.

## **FIELD TRIPS**

On the second Wednesday of each session, the entire camp will attend a field trip. Trips will be announced the first week of each session in the Parents Newsletter.

## **SWIMMING**

Each Tuesday & Thursday all campers will attend swimming at Nockamixon Pools located in Nockamixon P.A. The bus will depart camp at 9:15 for Nockamixon Pools and return to camp around 11:30 am. If you need to drop your child off later than 9:15 am on one of these days, you will need to bring them to Nockamixon Pools. We recommend on swimming days that your child come to camp with their swimsuit on under their camp clothes. This will eliminate some locker room time and optimize their swim time at the pool.

### **Nockamixon Pools**

The swimming pool complex includes a one-half acre main pool, separate diving well equipped with one-meter boards, dressing rooms, first aid station and snack bar. The swimming pool is operated by a concession and an admission fee is charged. Group rates and seasonal passes are available. Weather permitting; the swimming pool is open from 11 a.m. to 7 p.m. daily from Memorial Day weekend until Labor Day, unless otherwise posted.