



PARENT AND CAMPER INFORMATION PACKET 2012

General Information For:
Camp Carr in Clinton Township
Sports Camp at Deer Path
South Camp at South Hunterdon High School



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SESSION DATES - Camp Carr, Sports Camp, and South Camp	
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Session 1 1a and 1b	June 25 - July 6 NO CAMP July 4 th
Session 2 2a and 2b	July 9 - July 20
Session 3 3a and 3b	July 23 - August 3
Session 4 4a and 4b	August 6 - August 17
Session 5 (Sports Camp and Camp Carr)	August 20 - August 24
NO BUSING AFTER AUGUST 24th	
Summer Stretch (@ Deer Path) 7:30 am - 5:30 pm (only) *No busing available for SS	August 27 - August 30 (Monday - Thursday) NO CAMP FRIDAY

DIRECTORS & CONTACTS

Camp Carr - 908-735-5951 (Summer Only)

Camp Director - Paul DiGilio

Assistant Camp Director - Steve Korba

Sports Camp - 908-782-1030

Camp Director - Mike Triano - 908-782-1044 ext 634 or mtriano@hcmca.org

South Camp - 908-391-1226 (Summer Only)

Camp Director - Angela Nino

Senior Program Director - Kristin Heimall

908-782-1044 ext. 619

kheimall@hcmca.org

Program Director - Jen Plimpton

908-782-1044 ext 653

jplimpton@hcmca.org

DAY CAMP HOURS

Session 1 - 5 → June 25 - August 24 - Monday - Friday, 9:00 am - 4:00 pm (Extended Care & Busing Available)

Summer Stretch → August 27 - August 30

Monday - Thursday **7:30 am - 5:30 pm** (No extended care or busing)

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 7:15am - 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).
- **Sun block!!!**

**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.

ITEMS NOT TO BRING

- **Electronics** (Radios, CD players, Cell Phones, iPods, Video Games, etc.)
- **Valuables** (Jewelry, etc.)
- **Dangerous Items** (Pocket Knives, weapons or fake weapons etc.)

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

PICK-UP CARDS

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.

NOTE: PLEASE DO NOT PUT YOUR CHILDS NAME ON PICK UP CARD(S)

FIELD TRIPS

Children enrolled in Sports Camp (two week sessions or a 1 week session with a field trip scheduled) will attend at least one field trip each session (depending on the camp being attended – specialty camps DO NOT attend field trips EXCEPT for Cheerleading Camp).

For information about South Camp field trips please refer to page 20 of this packet.

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 if scheduled.

LUNCH

Children must bring lunch and drink EVERYDAY, preferably in reusable or recyclable containers (NO GLASS). Lunches are refrigerated. Please DO NOT send food that has to be heated, as we do not have microwaves at camp locations.

SUNBLOCK

It is highly recommended that parents apply sun block to children each morning before camp (we recommend a higher SPF, like 30 for better protection). We will not be applying sun block when the children arrive because we expect that it will have been done at home before arriving at camp. Sun block is always applied after time spent in a water activity and at designated times during the day. If you would like sun block applied during the day please send it with your child on the first day they attend camp. Please label bottle with your 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 by 9:00 a.m. that 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.

Our leadership staff (Directors) have 4 year degrees and in many cases have their Masters. Our Head Counselors consist of college graduates and college students. Most have either studied education or child psychology.

All staff have completed each year 24 hours (3 days) 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. Many of the staff is also Red Cross CPR & First Aid certified.

RATIOS OF STAFF/COUNSELORS TO CAMPERS

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 compromises 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.

TRANSPORATION

FOR CAMP CARR AND SPORTS CAMP ONLY!!!

SESSIONS 1 - 5 ONLY, (NO Busing after August 24th)

- Parents or Authorized pick up persons must present bus counselor/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 up 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	4:50
Barley Sheaf School	7:55	4:40
Three Bridges Fire House Upper Lot	8:05	4:20
Deer Path YMCA	8:20	4:10
Bus 2		
Roche (Roche Employees Only)	7:30	4:35
Old York School	7:35	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
Bus 3		
Washington A&P on Route 31	7:50	4:55
St. Ann's in Hampton	8:00	4:45
Califon A & P	8:20	5:15
High Bridge Elementary School	8:30	5:25
Bus 4		
Holland Township Elementary School	7:30	5:05
Alexandria Elementary School	7:45	4:50
Kingwood Elementary School	8:00	4:40
Robert Hunter Elementary School	8:10	4:30
Bus 5		
Kings Plaza	7:45	4:50
Boehms Golf Center on Rte 22	7:50	4:40
YMCA Child Care Learning Center	8:00	4:35
Clinton A&P	8:05	4:25



CAMP CARR

DIRECTIONS

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

Take Route 31 and turn on to Allerton Rd. (turn left/take the jug handle from Flemington and from Clinton make a right) at the 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 5 mph. 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 5 mph when they are present.

Please observe speed limits for the safety of all.

TRAFFIC - PICK UP AND DROP OFF

AM Extended Care - 7:15 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 4:00 pm 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.

SWIMMING

All campers ages 4 - 9 (not including Pioneers) participate in swimming lessons & free swim. Trailblazers, Pioneers, Riding and Mad Science Camp will have 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. The YMCA is continuing 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.**

CAMP CARR

SPECIALTY CAMPS (ONE WEEK CAMPS)

(Basic info / needs from above apply to all specialty camps)

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 & 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 **PROMPTLY** at 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 & games.

ENVIRONMENTAL ADVENTURE CAMP

CAMP AT THE ROUND VALLEY YOUTH CENTER

Children will be transported from Camp Carr to the Round Valley Youth Center (on Route 629 on the West side of Round Valley Reservoir) in the morning and then return to Camp Carr in the afternoon.

Children will explore the great outdoors and the wonders of nature while they enjoy fun, hands-on activities. Each day will be action-packed with a variety of activities that teach children about our environment. Hiking, field games, crafts, fishing, outdoor cooking, camp fires, special guests and much more will fill their days. Afternoons will be spent enjoying traditional camp activities, such as arts and crafts, swimming and sports & games.

KIDS T.V. MOVIE CAMP

Children will spend the day discovering video and television techniques while producing their own television program. The camp will be run by KIDS T.V. which is a television program that teaches elementary students the art of Media Production. Parents will be required to sign a television release form when registering for the program. Campers will spend the day at Camp Carr and will also have the opportunity to go swimming each day.

TRAVEL CAMP

Each day campers will embark on an exciting field trip that will introduce them to a wide array of experiences. Trips can include indoor rock climbing, action parks, museums, zoos, white water rafting, roller skating and more. Complete travel camp schedule will be available on the HCYMCA website. Each Wednesday campers will have a special trip - they must be dropped off at 7:30 a.m. (if they ride the bus to camp they must still be dropped off by 7:30 a.m.) and picked up late by 6:00 p.m.



SPORTS CAMP

Deer Path YMCA, Flemington NJ



DIRECTIONS

Route 31, between Clinton and Flemington; Turn (left from 31 South or right from 31 North) onto 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 - 7:15 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

Parents should come to the playground by the gym doors. 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 (AGE GROUPS)

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” which is getting children right into playing games. The “Games Approach” helps the children learn the skills and rules of the games by participating in games rather than practices while at the same time keeping it fun and interesting. The 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 other fun games.

EQUIPMENT - WHAT TO BRING TO CAMP EACH DAY

All campers should bring a baseball mitt, shin guards, sneakers (no cleats, please), water bottle, towel, bathing 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 CELL PHONES, IPODS, 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 after 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 care. **Please keep campers snack separate from their lunch (snack should be kept in their bags, lunch will be refrigerated).** Campers will be allowed to attend the snack shack during their morning snack break as well as during aftercare. Please put names on lunches & snacks. Campers will spend lunch & snack time outside or in the gym depending on the weather. Lunch is generally at Noon for all campers, but could be earlier in the case of a field trip or specialty day or if your child is enrolled in a specialty camp.

CAMP STORE

Sports Camp has a store in which an assortment of snacks is sold. The YMCA is continuing 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 usually once each day. 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.**

FIELD TRIPS

Campers will participate in one field trip per session. Parents will receive information about the trips prior to trip day.

SPORTS CAMP

SPECIALTY CAMPS (ONE WEEK CAMPS)

(Basic info / needs from above apply to all specialty camps)

GOLF CAMP *NEW* by Professional Golf Association

PGA (Professional Golf Association) Professionals will provide a friendly and relaxing environment where your child can learn the fundamentals of the golf swing, basic rules, golf etiquette, scoring, putting, chipping, pitching and sand play as well as lessons with full swing (irons & woods). The campers enrolled in the Beginner/Intermediate or Experienced sessions will include on course instruction at a local golf course. Golf clubs and equipment will be available, although campers are encouraged to bring their own. For all sessions, campers will spend half of the day with PGA professionals playing golf and the other half of the day integrated into our Sports Camp program which includes sports, games, character development and swimming.

Jr. Golfers: Ages 5-8 years old. This camp is for new or inexperienced golf players. Campers will spend half of the week playing snag golf. Snag golf uses oversized golf clubs and balls which allows campers to strike the ball more consistently. The other half of the week will be spent using regular golf clubs. Campers in Jr. Golf Camp will also receive a golf bag and 3 clubs! **CAMPERS WILL SPEND THE ENTIRE DAY AT SPORTS CAMP AT THE DEER PATH YMCA.** Campers will spend the morning playing golf and the afternoon playing other sports, games and swimming.

Beginner/Intermediate: Ages 8-14 years old. This camp is for beginner and intermediate golf players. Campers will spend four days with instruction from PGA golf professionals at Sports Camp at the Deer Path YMCA. The last day will be spent at a local golf course with PGA Professionals - campers will be transported to and from the golf course that day. Campers will spend the morning playing golf and the afternoon playing other sports, games and swimming.

Experienced: Ages 8-14 years old. Campers must have previous golf lesson/golf camp experience to participate. Campers will spend the week at a local golf course with instruction from PGA Professionals - campers will be transported to and from the golf course each day. Campers will spend the morning playing golf and the afternoon playing other sports, games and swimming.

CHEERLEADING CAMP

Campers will work with experienced cheerleaders in the morning. At the end of the session campers will perform cheer routines at our annual kickball game. 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.

BASKETBALL CAMP

Campers are to be dropped off by 9 a.m. at Sports Camp and campers will be transported to Reading-Fleming Intermediate School (RFIS) in Flemington and spend the morning there. Campers will be transported back to Sports Camp after their morning Basketball session. Campers will work with experienced basketball instructors and learn the fundamental skills in the areas of shooting, rebounding, defense and game strategy. 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 are to be dropped off by 9 a.m. at Sports Camp and campers will be transported from Sports Camp to Oakwood Bowling Lanes in Washington Township and transported back to Sports 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. The remainder of the day will consist of day camp activities including sports, games, and swimming.

TENNIS CAMP

Campers are to be dropped off by 9 a.m. at Sports Camp and campers will be transported from Sports Camp to Courtside Racquet Club and transported back to Sports Camp. Tennis Camp is a full day program where young tennis players will spend half their day learning to develop the proper stroke work and mechanics of tennis. They will begin first by observing demonstrated strokes and then practicing these strokes while being instructed by professional tennis staff. Then, they will have the opportunity to use what they have learned in a game-like situation. Finally, the campers will play point games to allow them to see the full scope of how the strokes can be applied. Camp begins in the morning at Sports Camp and then children are transported to Courtside Racquet Club on Route 31 in Lebanon. Half the day will be spend playing tennis and the remainder of the day will consist of day camp activities including sports, games, and swimming.

FLAG FOOTBALL CAMP

Campers will work with experienced flag football instructors and learn the fundamental skills of an offense, a defense & the rules of the flag football game. Campers will get detailed instruction on individual techniques as well as team offensive and defensive plays. Campers will spend half of the day learning skills and playing flag football games. The remaining portion of the day will consist of day camp activities including sports, games and swimming.

SOCCER CAMP by UNITED SOCCER ACADEMY

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.

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

Campers should bring daily: a camp bag with bathing suit and towel, lunch and drink 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.

BALLET CAMP - HALF or FULL DAY CAMP

Campers will work with an experienced instructor. Campers will stretch their imaginations while dancing, creating crafts for their costumes, making props and designing their set. The last day will culminate with a dance performance from the campers.

Proper attire required: leotard, tights and ballet slippers.

LACROSSE & FIELD HOCKEY CAMPS by US SPORTS INSTITUTE

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.

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

Campers should bring daily: a camp bag with a bathing suit and towel, lunch and drink and lacrosse/field hockey 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 strongly suggested.

RUGBY CAMP *NEW* by US SPORTS INSTITUTE

Campers enrolled in the program will have a scheduled Rugby instruction in either the morning or afternoon. The time will be determined based on registration numbers. Campers will be guided through all technical areas of Rugby through fun drills and activities. The remainder of their day will be a traditional camp schedule, where they will enjoy sports, games and swimming.

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

Campers should bring daily: a camp bag with a bathing suit and towel, lunch and drink and a water bottle. Please label all belongings. Suitable athletic clothing should be worn, including sneakers or cleats.

VOLLEYBALL CAMP by US SPORTS INSTITUTE

Campers enrolled in the program will have a scheduled Volleyball instruction in either the morning or afternoon. The time will be determined based on registration numbers. Campers will receive coaching and instruction in all fundamentals and some tactical areas. Campers will also learn the rules and scoring along with bumping, setting and spiking skills. The remainder of their day will be a traditional camp schedule, where they will enjoy sports, games and swimming.

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

Campers should bring daily: a camp bag with a bathing suit towel, lunch and drink. A water bottle is recommended. Please label all belongings. Suitable athletic clothing should be worn, including sneakers.

SUMMER STRETCH

August 27th - August 30th (Monday - Thursday)

7:30 a.m. - 5:30 p.m.

At the Deer Path YMCA

PURPOSE

This last week of camp is intended to help parents of children who need care. It is a bridge week before school and aftercare begin. This session is greatly reduced in enrollment because a large number of our staff will be heading back to college. If you need care don't delay your registration. These sessions will fill quickly.

SCHEDULE

The groups of children will be broken down into age groups for activities appropriate for their age. Daily schedule will include sports and games, crafts, swimming and rock climbing.

CAMPER NEEDS

Children will need to bring lunch daily, along with a towel, bathing suit and sun block. We will continue to keep the snack bar open. If you want your child to purchase something please send a minimal amount of money. They may still use their snack bar card if they have money on it. We will bring your child's snack bar card from Camp Carr if they have any money left.



SOUTH CAMP

LOCATION OF PROGRAM

Our day camp program is back at South Hunterdon High 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 - 7:15 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.

After noon pick up - pick up by 4pm.

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

PM Extended Care - pick up by 6pm.

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

When you pick up on the first day please have your driver's 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 your child.

FIELD TRIPS

During the following sessions there will be field trips: Session 1A (6/25 - 6/29), Session 2A (7/9 - 7/13), Session 3A (7/23 - 7/27) & Session 4A (8/6 - 8/10). On these occasions the entire camp will attend the field trip. Field Trip details will be announced during the first week of each session in the Parents Newsletter.

SWIMMING

All campers will attend swimming at Nockamixon Pools located in Quakertown, P.A.

***IMPORTANT* - ON WEEKS THERE IS A FIELD TRIP (Session 1A 6/27 - 6/29, Session 2A (7/9 - 7/13), Session 3A (7/23 - 7/27) & Session 4A (8/6 - 8/10) THERE WILL ONLY BE ONE SWIM DAY. ON WEEKS WHEN THERE IS NOT A FIELD TRIP THERE WILL BE TWO SWIM DAYS.** The bus will depart camp at 9:15 for Nockamixon Pools & 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 clothes.

KINDER CAMP at ROUND VALLEY BRANCH

Ages 3 - 5 years old

9:30 am - 1:00 pm • Monday - Thursday

Summer fun for preschoolers ages 3 to 5 at the Round Valley Branch from 9:30 a.m. to 1:00 p.m. Monday through Thursday. Indoor and outdoor fun activities including sports skills, science, tumbling, crafts, games and special events designed for the younger camper. Camp day includes lunch time. Come make new friends and enjoy the fun! Staffed by an experienced YMCA camp leader, assistant leader and youth assistants to provide a 1 to 5 adult to child ratio.

BALLET KINDER CAMP at ROUND VALLEY BRANCH

4 - 6 years old

9:30am-1:00pm • Monday-Friday

June 25 - June 29 (Session 1A)

Calling all ballerinas! Come one come all! This camp is for every child that wants to dance, skip, spin and hop. This minicamp will focus on the basics of ballet. Children will stretch their imaginations while dancing, creating crafts for their costumes and enjoying indoor and outdoor play time. The last day of camp will culminate with a dance performance from the children - costumes, set and all. Camp day includes lunch time.

COUNSELOR IN TRAINING PROGRAM (CIT)

Ages 13-14 - **Available at Sports Camp, Camp Carr and South Camp**

The Counselor in Training (CIT) Program is designed for teens 13 and 14 years old that are interested in working with children. They will gain leadership and team building skills, new friends and a strong self-esteem. Half their day will be spent learning skills needed to work with other youth. The other half of the day will be hands on in groups. CITs will also have a chance to work on special community projects. To take part in this program all candidates must apply and go through an interview process. Applications are accessible on our web site at www.hcymca.org. At the YMCA we take the Counselor in Training Program very seriously. We are looking for youth that embody our core values of caring, honesty, respect and responsibility. From the moment an application is requested through the interview process, it will be determined whether a candidate is a strong enough leader to become a counselor in training at the Hunterdon County YMCA.

How to Become a CIT

New CITs may not register until they have been through the interview process and accepted into the program.

1st Year CITs (Candidates) - must either download or request a CIT application. After it is complete it must be sent into the YMCA. Interviews are scheduled first based on the quality of your applications and secondly on when we receive it. Applications can be mailed or dropped off. Please do not fax or email.

2nd Year CITs - may register at any point once registration is open. There is no need to reapply once you have been through the interview process and participated as a CIT.

TEEN ADVENTURE CAMPS

At YMCA Camp Mason in Warren County, NJ

Teen Adventure Camp is a cooperative program between Hunterdon County YMCA and YMCA Camp Mason. Camp Mason provides the programming and staff. Hunterdon County YMCA provides transportation to and from Camp Mason. Once registered, you will be mailed a packet of information, forms to complete and a list of camper needs. Camp Mason will provide equipment not listed on the camper needs list.

ADVENTURE PACK

Ages 12 - 15

July 15th - July 21st

Campers will explore many different aspects of adventure trekking in the beautiful Delaware Water Gap National Recreation Area. Their first activity will be rock climbing at nearby Rick's Rocks. The next day will be spent high atop the ridges of the Appalachian Mountains. After this they will pick up bikes and spend the day riding the remote path of the Paulinskill Valley Trail. The Delaware River is the next adventure - an overnight canoe trip featuring swimming, fishing and watching the sunset. The week will end at Camp Mason's high ropes course. This is a great opportunity to sample the best the Delaware Water Gap has to offer! Intermediate swim level required.

RIVER RUNNERS

Ages 12 - 15

July 22nd - July 28th

Campers will pick up paddles and launch their canoes in the Upper Delaware, making sure to hit the best rapids the river adds to offer. The journey will take them under bridges and cliffs and through the best bald eagle watching area around. They will fish, swim, soak up the sun and paddle down through the Delaware River Water Gap National Recreation Area, camping along the river each night. A great wilderness experience for trekkers interested in canoeing, nature and having a blast! Intermediate swim level required.