



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **Northern Lights YMCA – Delta Center**

## **Summer Day Camp**

### **Ages 7-12**

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## **2026 Parent Packet**

Raquel Schon  
Youth, Family & Sports Director

Contact Information  
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Phone: 906-789-0005

**Revised: 3/26/2026**

# **WELCOME TO THE NORTHERN LIGHTS YMCA SUMMER DAY CAMP**

## **We are honored you have chosen to trust us with enriching your child's development and care.**

Our goal is to provide a safe, engaging, and memorable summer experience. Our staff are positive role models who help build character, confidence, and lifelong memories. Through daily activities, games, and experiences, we emphasize the YMCA core values of caring, honesty, respect, and responsibility.

Please review this handbook carefully and discuss expectations with your child. If you have any questions, please contact the Youth, Family & Sports Director.

## **PARENT NOTIFICATION OF LICENSING REQUIREMENTS**

YMCA Day Camp is licensed by the State of Michigan and operates in compliance with all applicable child care licensing regulations. Parents have the right to review licensing inspection reports and records upon request.

## **CONFIDENTIALITY STATEMENT**

The Northern Lights YMCA maintains confidentiality and respects each family's right to privacy. Information will only be shared when necessary for the safety and well-being of the child or as required by law.

## **OUR MISSION AND VISION**

We put Christian principles into practice through programs that build healthy spirit, body, and mind.

Our camp is committed to youth development, healthy living, and social responsibility. We strive to provide a high-quality experience where children grow, learn, and thrive.

## **OUR PHILOSOPHY**

Character development is at the heart of what we do. Staff model and teach caring, honesty, respect, and responsibility in all interactions. We create a supportive environment where children can build confidence, develop friendships, and learn new skills.

## SUPERVISION

YMCA Day Camp will always provide appropriate care and supervision for children. The ratio of counselors to campers present will be 1:10.

Our staff members are at least 18 years old and have passed a background check. All camp staff have basic first aid, CPR/AED, Bloodborne Pathogens, & LifeVac certifications. A certified Lifeguard will be onsite during any swim time.

Our Camp staff are required to attend a minimum of 24 hours of training prior to the start of day camp. Our comprehensive training and development program includes behavior management and resolution, planning age-appropriate activities, risk management, and more. They are also trained in all Day Camp and YMCA policies and procedures. They explore techniques of how to better interact with children, build self-esteem and confidence, and become experts in games, skits, arts and crafts, and songs!

Campers are never left alone, and no camper is ever alone with a staff member. Campers will be escorted by camp staff following a rule of 3. There will never be less than 3 (2 staff to 1 camper/ 1 staff to 2 campers) individuals in a group.

## GENERAL INFORMATION

### OUR LOCATION

#### **Northern Lights YMCA – Delta (Main building)**

2000 North 30<sup>th</sup> Street  
Escanaba, MI 49829  
906-789-0005

You will check your camper in and out with staff in our small gymnasium. At the end of the day, you may find us participating in activities in the field at the back of the building.

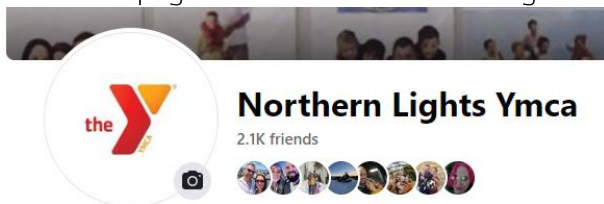
#### **Northern Lights YMCA – Aquatic Center**

2001 North Lincoln Road  
Escanaba, MI 49829  
906-553-7449

### SOCIAL MEDIA

#### **Follow along on the adventures of YMCA Day Camp!**

Follow our page on Facebook: Northern Lights YMCA



## **CURRICULUM**

We are proud of our YMCA Day Camp program and the opportunities it offers your child for adventure and social growth. Our goal is to create a fun environment and instill our core values (Caring, Responsibility, Respect, Honesty) to help children flourish physically, mentally, and spiritually. Along the way campers will build friendships, master skills, and appreciate diversity all while having the BEST SUMMER EVER!

## **SPECIAL NEEDS**

If a child has special needs, please contact the Camp Director to schedule a time to talk before the child begins attending our program. We welcome all children to the center; however, we do not have the capacity to provide one-on-one staffing support and attention. The meeting will be designed to exchange information to help us accommodate your child's needs within our staffing capacity. We want to make sure we meet the needs and expectations of all our families.

The YMCA partners with the Rotary to provide Camp Harstad, which serves individuals from 6 to 17 years of age\*. Camp Harstad is a program designed for children with mild to moderate disabilities that can follow group instruction and who are self-sufficient in all personal care (bathroom use, dressing, eating, etc.). If individualized or one-on-one care is needed, an aid provided by the family dedicated to the camper's personal care needs is permissible after consultation with the Director. Some of the educational eligibility categories of participants at camp may include (but are not limited to) Autism Spectrum Disorder, Cognitive Impairment, Specific Learning Disability, and other health impairments. If you are not sure if your camper should attend Camp Harstad, please contact the Camp Director or Youth, Family & Sports Director to discuss your options.

# ENROLLMENT PROCESS AND EXPECTATIONS

## Before enrolling we Suggest:

- 1. Review the Handbook, make sure this will fit your needs.
- 2. Plan any payments or payment arrangements.

## YMCA DAY CAMP Paperwork Needed:

- Registration Form
- Medication Form (if applicable)
- Summer School Transportation Release (if applicable)

All paperwork must be completed and turned in BEFORE the first day of camp.

## Schedule Changes

Please declare any changes to your child’s schedule (missing a day, early pick-ups, etc.) at the start or prior to the start of each camp week.

## Communication

Weekly newsletters and important camp updates will be sent via email, so please ensure we have a correct and updated email address on file when registering.

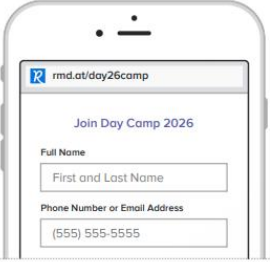
The Remind app will be used to enhance real-time communication between parents and camp staff. This free app allows for quick, easy, and efficient messaging, ensuring you stay informed throughout the camp session. We highly recommend all parents sign up! Instructions on how to join are provided below.

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/day26camp](http://rmd.at/day26camp)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




**B** If you don't have a smartphone, get text notifications.

Text the message @day26camp to the number 81010.

If you're having trouble with 81010, try texting @day26camp to (415) 799-2512.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/day26camp](http://rmd.at/day26camp) on a desktop computer to sign up for email notifications.

## **FINANCIAL ASSISTANCE AND 3<sup>RD</sup> PARTY CHILDCARE CONTRACTS**

We are committed to access to all, regardless of family financial situations. We have a scholarship fund (annual campaign) to assist parents in affording YMCA Day Camp. This is awarded based upon fundraising and donations provided by the community each year. Scholarship forms must be turned in fully completed with all required documents. Unfortunately, we do not accept DHS payments for the camp. All fees apply as normal until the application has been reviewed and approved.

## **ADMISSION**

Our program is a full-week program. Currently, we do not offer part-time enrollment. Children may be enrolled based upon camp availability. The YMCA will enroll campers regardless of nationality, race, gender, or creed.

Before a child may begin, the required paperwork (listed on page 5) must be submitted and approved by the Youth, Family, & Sports Director.

## **DISMISSAL PROCEDURES**

The Northern Lights YMCA reserves the right to terminate care. Reasons a child may be removed from camp may include non-payment of fees; poor suitability of the program for the child; repeated unacceptable behaviors that may be harmful to the welfare of other children (such as biting, inappropriate touching / conversations, or aggressiveness); or inappropriate behavior from the parent or family. Please refer to the discipline section for our procedures. Disenrollment is at the discretion of the Director.

Other reasons for termination include:

1. Consistent disruptive behavior
2. Inappropriate or unsafe behavior or language
3. Physically harming self, other campers, or staff
4. Bullying
5. Threats of harming others
6. Bringing any form of weapon
7. Consistent late pick-up

## ZERO-TOLERANCE POLICY FOR VIOLENCE

The Northern Lights YMCA maintains a zero-tolerance policy for violent behavior. Any act of violence or credible threat of violence may result in immediate dismissal from the program and could lead to termination of care for the remainder of the camp season.

The following behaviors are prohibited:

- Hitting, kicking, biting, or physical aggression
- Threats of violence
- Bullying or intimidation
- Throwing objects to harm others
- Possession or imitation of weapons

Consequences may include:

- Immediate removal from activity
- Parent notification
- Same-day dismissal
- Termination from camp without refund

Severe behaviors may result in immediate dismissal without progressive discipline.

## PAYMENT INFORMATION

### COST OF CAMP

The cost for camp is \$180 per camper per week for members and \$220 per camper per week for the public. A second child discount is also available (\$162 for members and \$198 for the public)

To hold your spot for a week of camp, a *non-refundable \$20 deposit* is required at the time of registration.

### WAITING LIST

If a week is full prior to your registration, you may place your child on our waiting list. No deposit is required. If a spot becomes available, you will be contacted.

### DUE DATES

- All program payments are due by 4:00PM every Friday before the week of attendance.
- Parents may set up weekly payments with the approval of the Director.
- A child may be dismissed due to an unpaid balance. Families will be given notice for payment, if payment is not received, the child will not be able to return until balance is paid.
- Payments are non-refundable (unless there are unforeseen circumstances approved by the Director)
- A \$25 non-sufficient funds (NSF) will be applied to each declined credit card transaction and returned check.
- Tuition is owed even if a child does not attend due to illness or vacation.

## REFUND POLICY

All withdrawals from a camp week and/or refund request must be made in person or over the phone.

Refunds and/or credits will be issued as follows:

- A full refund or credit (less the deposit) will be issued if cancellation is received by Monday prior to the start of the camp week. (7 days in advance)
- Cancellations and/or No-Shows the week of camp will be charged for the full week.
- If WE need to close camp for any reason, a refund will be provided.

## HOURS

### YMCA DAY CAMP

June 8 – August 14: Maximum campers is 70

Our scheduled camp program runs from 9:00AM – 4:00PM, Monday through Friday. Before & After care is included with the cost of camp.

To limit disruption to the program, please ensure your camper arrives to camp by 9:00AM.

	<b>YMCA Summer Day Camp</b>
<b>BEFORE CARE</b>	7:30 – 9 AM
<b>PROGRAM</b>	9 AM – 4:00 PM
<b>AFTER CARE</b>	4:00-5:30 PM

# WHAT TO EXPECT IN YMCA PROGRAMS

**We want you and your child(ren) to be comfortable knowing what to expect from the start.**

## **DROP OFF & PICK UP**

Parents are required to accompany children into any of our camp programs. There is a daily attendance sheet that includes the time of arrival and initials that must be filled out by the parent. At pick up, the same information will be noted.

No child will be released unless the parent/authorized pick-up person signs the child out of the camp. No child will be released to a person not noted as an authorized release on the camper registration form. Before a child can leave the program, the adult must sign the child out. We will check identification on everyone until faces become familiar. If the parent wants to change the pick-up person over the phone, the new pick-up person must show identification, and the parent will have to sign a written permission at the next available time. Authorized individuals must be 18 years old.

If a parent or authorized pick-up person is intoxicated or substance impaired when they come into the center, staff will offer to call another person to pick up the child. If that person insists on leaving, public safety and Child Protective Services will be called.

Parents who are separated and have court ordered arrangements must have a copy of the court order on file with the Youth, Family, & Sports Director. The YMCA cannot enforce court orders without these documents on file.

If your camper will be absent or late on any given day of camp, please report the change by calling the YMCA or let staff know of scheduled absences ahead of time.

## **LATE PICK-UP PROCEDURE**

We respectfully ask that children be picked up no later than 5:30 PM. If a situation arises where you will be late, contact the YMCA at 906-789-0005 as soon as possible. We will attempt to reach emergency contacts if you are more than 5 minutes late. A late fee of \$1 per minute, per child, will be charged for late pick-ups. Late fees must be paid in full before the next day of attendance. If your child is not picked up 30 minutes after closing and we have had no contact, public safety will be called. If a child is frequently picked up late, the Camp Director can elect to discontinue care.

## **TOYS FROM HOME**

We ask that personal toys and electronics (including but not limited to phones, smart watches, tablets, etc.) be kept at home. The YMCA does not assume responsibility for personal toys at our facilities.

## **EQUIPMENT USE AND SUPPLIES**

The YMCA will make numerous types of equipment and supplies available to children for use during free play and group activities. We do expect some wear and tear on items; however, we ask that all our materials are treated with respect. If we have a student deliberately destroying items, the parents will assume financial responsibility for that property.

We do ask that parents supply a change of clothes and outdoor gear for your child. If your child has an accident and does not have an extra set of clothes, parents or emergency contacts will be called and asked to provide a change of clothes within 30 minutes.

## **OUTDOOR TIME**

Outdoor time is considered an integral part of our program. All children will be expected to go outside daily. Extreme temperatures may determine limited play. If it is raining, or if the temperature is above 95 degrees, outdoor time will be limited. It is assumed that if the child is well enough to attend the camp, he/she is well enough to go outside. Please send children with appropriate clothing to play outside in a variety of temperatures.

## **WHAT TO WEAR**

Exploration and play are essential to a child's healthy development. Children should dress in comfortable play clothes that are weather appropriate. Children often soil clothing when eating, playing, and participating in activities. It is a good idea to have an extra set of clothes. Please do not send your child in shoes that they cannot run in – closed toed shoes or sandals are recommended. Please pack a water bottle (labeled with Name), an afternoon snack, swimsuit, and towel daily.

# NUTRITION/FOOD SERVICE

Mealtimes allow children the chance to make choices, develop relationships, practice self-help skills, and learn the fine art of conversation.

As of March 26, 2026, we are still awaiting confirmation from Escanaba Area Schools regarding their ability to provide lunches through the Meet Up & Eat Up program. If and when we receive confirmation, we will notify campers and their families. If we are unable to partner with them, campers will be expected to bring a packed, cold lunch daily.

If provided, lunches through the Meet Up & Eat Up program would be available Monday – Thursday, with all campers still required to bring a packed, cold lunch on Fridays. A menu will be provided once available.

An afternoon snack and a labeled water bottle need to be packed for your child daily. On Fridays, all campers are expected to bring a packed, cold lunch as well.

The menus will follow nutritional guidelines established by the U.S. Department of Agriculture. Under these guidelines, we offer children a variety of healthy foods. Food served in our program will be primarily low-sugar and low fat in nature.

A menu will be posted in the main entrance. **All food allergies must have a written doctor's statement of the allergy. Please notify the Director right away of any allergies.**

In accordance with the Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating based on race, color, national origin, sex, age, or disability. To file a complaint, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410, or call (800)795-3272 or (202)7205964 (TDD). USDA is an equal opportunity provider and employer.

# STAYING HEALTHY IS VITAL TO SUCCESS

## HEALTH STATEMENT

All children enrolled in YMCA Day Camp are required to have an up-to-date health history on file with the Camp Director. This is part of the paperwork that must be turned in before your child's first day of camp. If any changes occur, please provide us with a copy of the updated form. We are unable to accept children into our care without these.

## MEDICATION

All medication, including ointments, will be administered only with written permission from the parent. All medication must be in the original container with a Medication Authorization form. Prescription medication must have a pharmacy label indicating physician's name, instructions, name, and dosage. If the medication is a liquid, parents are required to bring the syringe.

Medications will be stored in a secure area away from campers. Rescue medications such as epi-pens and rescue inhalers will be stored with the lead counselor of the group in which the camper is part of. If another counselor is with the camper, the medication will be passed to the staff with the camper.

## HANDWASHING

Handwashing is the mechanical removal of infectious agents. Handwashing will be done by using warm water and liquid soap. Rub hands together for at least 15 seconds, making sure to scrub the backs of hands, wrists, between fingers and under fingernails. Rinse well under warm water and use a paper towel to dry your hands, use paper towel to turn off running water.

Hands will be washed before and after meals (or food preparation), after toileting, before and after the use of sand, water, or Play-Doh, and after wiping a nose, touching mouth, etc.

## TOILETING

It is our policy that all children enrolled in YMCA Day Camp must be fully toilet trained and self-sufficient in all personal care.

Campers are never left alone, and no camper is ever alone with a staff member. Campers will be escorted by camp staff following a rule of 3. There will never be less than 3 (2 staff to 1 camper/ 1 staff to 2 campers) individuals in a group.

## CLEANING & SANITIZING

All items (tables, etc.) require sanitizing to prevent illness and shall be washed, rinsed, and sanitized with approved agents, methods, and concentrations. Cleaning is done daily after each use of the item or space.

## TOYS AND EQUIPMENT

Toys and equipment are shared by many children and the potential for transmitting infections is obvious. In general, soft, cuddly toys are avoided because washing is more difficult. Non-absorbent toys such as plastic toys or blocks will be washed with soap and water, rinsed, and sanitized and left to air dry. Absorbent toys such as stuffed animals will be washed in the washing machine.

## IS YOUR CHILD WELL ENOUGH TO COME FOR CARE?

When parents are debating whether it's okay to attend, remember the most contagious time is just prior to the emergence of full-blown symptoms. It is important that children who have been ill do not come to camp if they are still sick.

If a child becomes seriously ill during the day, parents will be notified and asked to pick up their child within 30 minutes. Camp Harstad is not qualified to care for seriously ill children.

Upon arrival, if a child seems too ill to be at camp (determined by the Camp Director or person in charge), parents may be asked to take him or her home. If we disagree about your child's health, please understand that it is a judgment aimed only at trying to keep everyone healthy.

A parent will be notified of a fever or oral temperature of 99.9 degrees and sent home for a fever or oral temperature of 100.3 degrees or greater. Children may also be sent home for vomiting, and diarrhea (2 unexplained loose stools within an hour).

## GUIDELINES FOR RETURNING TO CARE

CONDITION FOR EXCLUSION	CONDITION FOR RETURNING
Temperature greater than 100.3	Fever free for 24 hours (without fever reducing medication)
Symptoms & signs of possible severe illness (unusual lethargy, uncontrolled coughing, irritability, persistent crying, difficult breathing, or thick mucus from nose)	Until medical evaluation allows inclusion (written doctors note) or symptoms have cleared
2 abnormally loose stools, uncontrolled diarrhea, that is – increased number of stools, and / or increased stool water	Diarrhea free for 24 hours
Red or blue in the face, croupy sounding cough, or whooping sounds after coughing	Until health care provider determines the condition is noninfectious
Unusual spots or rash with fever or behavior change	Until health care provider determines the symptoms are noncommunicable
Purulent conjunctivitis (red or pink eyes with white or yellow discharge)	Until 24 hours after treatment has been initiated
Untreated scabies, head lice, or similar infestation	24 hours after treatment and free of infestation, such as lice and nits
Known contagious disease while still in communicable stages	Until health care provider determines the condition is noncommunicable or symptoms have cleared

# SAFETY IS OUR TOP PRIORITY

**Below are the guidelines we enforce to ensure that your child is safe throughout the day.**

## **WEAPONS ARE PROHIBITED**

No firearms, knives, or other items deemed as weapons may be brought into our YMCA sites. Anyone who observes the items will have to report it to the Director (or site lead) immediately. Anyone found in violation of this rule will be prohibited from entering any YMCA facility or program. Public Safety will also be informed.

## **STAFF**

Staff are certified in the following: First Aid, CPR, Bloodborne Pathogens, Child Abuse Prevention, LifeVac, and additional professional development training.

The YMCA Day Camp Program DOES require a criminal history background check on its employees and long-term volunteers.

1. A staff member or volunteer shall not be present in our camp site or program if he or she has been convicted of the following:
  - a. Child Abuse or Neglect
  - b. A felony involving harm or threatened harm to an individual within the 10 years immediately preceding the date of hire.
  - c. No character crimes can be on a criminal record.
2. Before a staff member or unsupervised volunteer may have contact with a child in our camp, our program will conduct a criminal history check using the State of Michigan Bureau of Community and Health Systems Childcare Background Check Program or equivalent by law in other states.
3. Parent and guest involvement is very important to the family unit and learning environment. Parents or guests that are sporadic or a onetime visitor will not under any circumstance have unsupervised time with any child in the program. Parents and guests must comply with all YMCA policies and comply with the law in the State of Michigan.

All our staff are mandated reporters by law. If any form of child abuse or neglect is suspected, by law our staff are required to report it verbally to Child Protective Services (855-444-3911) immediately. The staff who report the incident must also submit a written report to CPS within 72 hours. We are fortunate to employ mature and caring staff, eager to make your family's experience as fun, educational, safe, and memorable as possible.

## **STAFF RELATIONSHIPS WITH CHILDREN OUTSIDE OF PROGRAM**

We understand good quality childcare is hard to find and some parents may be interested in having staff members provide childcare services outside of business hours. Our policies state that staff may not be alone with children that they meet in the YMCA program outside of the YMCA. If a relationship existed prior to care at the YMCA and you would like to have a YMCA employee on the contact card, please notify the Youth, Family, & Sports Director.

## **FIRE EMERGENCY DRILLS**

YMCA Day Camp has emergency plans, routes, and procedures posted. The camp staff and campers practice these drills regularly. Fire drills are done quarterly, but more may be completed.

## **TORNADO EMERGENCY & DRILLS**

Again, YMCA Day Camp has emergency plans, routes, and procedures posted. The shelter in place zone for YMCA Day Camp is the men's or universal locker rooms, men's and women's public restroom or the tot watch room. Campers and staff will shelter in place until a WARNING has been cleared by the NOAA Weather advisory. Campers and staff practice these drills regularly and are conducted a minimum of twice per camp year.

## **NATURAL OR MAN-MADE DISASTERS**

Other natural or man-made disasters may occur and include but are not limited to flood, blizzard, gas leak or chemical spill, sewer back-up, or a power outage. If one of the listed disasters occurs, YMCA staff will move quickly and decisively while evaluating the necessity to evacuate immediately to an arranged off-site location. If children are evacuated to an off-site location, parents will be notified by phone by the Camp Director, Youth, Family & Sports Director, or the YMCA.

## **RELOCATION PLAN**

In the event the relocation of campers is required, YMCA Day Camp campers will be re-located by foot to the Aquatic Center located at 2001 North Lincoln Road, Escanaba as a first location. If that location is also experiencing the same distress as the camp site, the children will be re-located to the Wells Center at 5775 Main Street, Wells by using public transportation from DATA. Parents will be notified by calls to arrange pick up.

## **INJURIES, ACCIDENTS, OR SAFETY ISSUES**

Parents MUST inform the program staff of any health or safety needs of the child that the program will need to address. If your child has an illness or injury that may prevent an activity, please call the Camp Director.

Parents will be notified at the end of the day for non-serious injuries/incidents (anything out of the ordinary or if the child is not like him/herself). Some injuries (lacerations, anything with the head) will warrant a call to the parent right away.

**MAJOR INJURIES:** head injury, broken bone, severe laceration, or any other injury that requires a doctor's visit.

**MINOR INJURIES:** scratches, bruises, bumps – parents will receive an incident report at the end of the day.

In all cases a written report will be shared with parents by the end of the day. The staff is not to make judgment that the child is ok. That call is for the parent/guardian to make. The director will call the parent and document the call including the date, time, what was said, the parent's decision, and staff signature. The parents will receive written information regarding the incident/accident. Parents must be fully aware of the child's incident with all the details. A parent should NEVER leave camp with doubt or unanswered questions.

If a child needs to go to the hospital via ambulance, a counselor will stay with the child until the parent arrives at the hospital. Parental signatures will be required on incident/accident reports.

When the camp observes changes in a child's health, a child experiences an accident, major injuries, or incidents, or is too ill to remain in the group, parents will be notified immediately via phone.

## **FIRST AID KITS**

First Aid Kits are kept behind the Front Desk and in counselor backpacks. When going outside, staff will take along a first aid kit. Our staff are required to wear gloves whenever they are dealing with bodily fluids. This includes, but is not limited to blood, vomit, and fecal matter.

## **INCIDENTS**

An incident includes but is not limited to a child lost or unsupervised; alleged sexual contact; physical discipline. If this occurs, parents will be notified immediately by phone or personal contact, if appropriate, local authorities will be notified, and LARA agency will be notified using appropriate reporting form and procedures.

## **SWIMMING**

We will swim most days at camp. Your child will have the opportunity to take the swim test on Monday of each week. Swimmers must be able to tread water for 1 minute then swim to and from the midpoint of the pool and back to have access to the deep end. Swimmers that pass will be recorded.

If you choose to send your child with a life jacket or other PFD, you MUST have it labeled and it MUST be U.S Coast Guard approved. Any swim goggles, swim caps, or PFDs are not the camp staff's responsibility to keep track of. These items are approved for swim time only. Please label all items.

# DISCIPLINE POLICY & PROGRAM GUIDELINES

## DISCIPLINE POLICY

We encourage positive redirection. Positive discipline teaches children where limits are set, how to maintain control of their bodies, and how to problem solve in the event of conflict.

Our staff is trained in Conscious Discipline, which focuses on teaching over punishment while improving communication skills and helping children express emotions in a constructive way.

We encourage children to empathize with one another's feelings and understand the impact of their actions. We use "time out" as a last resort. Any child placed in time out will always be supervised by a counselor and will remain in time out for no more than one minute per year of age.

When time out is complete, staff will review with the child why it occurred and what appropriate behavior is expected moving forward. No child will be subjected to corporal punishment or physical discipline at any time.

The YMCA maintains a zero-tolerance policy for violence and violent behavior. Any act of hitting, kicking, biting, fighting, or intentional harm toward another child or staff member will be addressed immediately. Severe or unsafe behavior may result in immediate removal from camp without following the progressive discipline steps outlined below.

We will make every effort to work with parents of children experiencing behavioral challenges. Behavior that frequently or significantly disrupts camp activities may indicate the need for additional support.

Children displaying ongoing disruptive behavior that impacts the physical or emotional well-being of others may require the following actions:

1. Parents will be contacted for a conference to discuss concerns and develop a plan of action in partnership with staff.
2. If the initial plan is not effective, a second meeting will be scheduled to reassess and adjust the approach.
3. If progress is not made, the child may be suspended from camp. Suspension may range from the remainder of the day to an indefinite period.

Please note: No refunds or credits will be issued for any suspension or dismissal resulting from behavioral concerns.

## **YMCA DAY CAMP GUIDELINES – REVIEW WITH CAMPER(S)**

1. Listen to the staff and follow directions.
2. No cell phones or electronic devices are allowed.
3. No money. Vending machines are prohibited during camp hours.
4. Please do not climb trees.
5. Please respect nature. No throwing sticks or rocks.
6. Keep camp clean! This includes picking up litter and replacing equipment after you have used it.
7. No fighting. If you have a problem, walk away, and talk to a counselor.
8. Please use appropriate language. No swearing, talk of violence, sex/sexual things.
9. The hallways are quiet places, please no horseplay or running.
10. Hitting, pushing, biting, kicking, throwing toys, screaming, running indoors, spitting, etc, are not allowed.
11. No guns or pretending to play guns are allowed.
12. No toys of a violent nature are allowed at camp. (Power Rangers, Mortal Combat, etc.)
13. Children and staff are expected to:
  - a. Be respectful of themselves, others, and materials.
  - b. Be responsible for his/her actions.
  - c. Be caring.
  - d. Be honest.

## **PROHIBITED PRACTICES**

1. Hitting, spanking, shaking, biting, pinching, or inflicting other forms of corporal punishment
2. Restricting a child's movement through physical restraints
3. Inflicting mental or emotional punishment, such as humiliating, shaming, or threatening a child
4. Depriving a child of meals, snacks, rest, or necessary bathroom use
5. Excluding a child from gross motor activities
6. Excluding a child from daily learning activities
7. Confining a child in an enclosed space. Non-severe and developmentally appropriate discipline or restraint may be used when reasonably necessary, based upon a child's development, to prevent a child from harming his/herself or to prevent a child from harming others.

# TYPICAL SCHEDULE

Daily Pre – Camp Runs 7:30am to 9:00 am

Daily Camp Runs 9:00 am – 4:00 pm.

Daily Post – Camp Runs 4:00pm to 5:30 pm

To ensure your camper gets the most out of their experience, please have them arrive **by 9:00 AM**. Campers rotate daily between counselors for different activities. We follow a tight schedule and are frequently outside exploring, so late arrivals and mid-day drop-offs/pick-ups can be disruptive to the program and challenging for staff.

Schedule subject to change

Rotation Activities to include the following categories: Agriculture, CATCH (Health & Wellness), Art & Theater, STEM, Recreation (Sports & Games), Team Building, Future Career Exploration

If you need to pick up your child early, please call ahead so that we can do our best to have your child ready for pick-up at the front desk.

## Daily Schedule Overview

- 7:30 AM – 9:00 AM → Before Care (Stations, free play, or light activities)
- 9:00 AM – 9:15 AM → Welcome & Announcements (Roster check, Pledge of Allegiance, Sunscreen/Bug Spray)
- 9:15 AM – 10:30 AM → Morning Activity Rotations (Team building, themed activities, or group games)
- 10:30 AM – 10:45 AM → Bathroom Break
- 10:45 AM – 11:45 AM → More Activity Rotations
- 11:45 AM – 12:00 PM → Prep for Lunch (Bathroom Break, Hand Washing)
- 12:00 PM – 12:30 PM → Lunch (Camp Circle)
- 12:30 PM – 1:00 PM → Lunch Clean-Up & Transition
- 1:00 PM – 3:00 PM → Swim Time & Reading Challenge (Split into Group A & B for rotations)
  - Group A swims first while Group B does reading/journal activity, then they switch.
- 3:00 PM – 3:15 PM → Snack Time
- 3:15 PM – 4:00 PM → Outdoor Group Game (e.g., Capture the Flag, Chalk, Kickball)
- 4:00 PM – 4:15 PM → Bathroom Break
- 4:15 PM – 5:30 PM → After Care Stations (Calm activities for late pickups)

## Weekly Highlights

- **Monday:** Team-building activities, making team posters.
- **Tuesday – Thursday:** Rotations of camp games, crafts, and exploration.
- **Friday:** Special activities like "Nature Nick" and "Big Darn Deal" Activity.

# YMCA Day Camp Weekly Themes 2026

WEEK	THEME
Week 1: June 8 – 12	Welcome to Camp!
Week 2: June 15 – 19	Builders & Dreamers
Week 3: June 22 – 26	Time Travelers
Week 4: June 29 – July 3	Party in the USA
Week 5: July 6 – 10	All-Star Sports
Week 6: July 13 – 17	Snack Attack
Week 7: July 20 – 24	Out of This World
Week 8: July 27 – July 31	Water Week
Week 9: August 3 – 7	Mad Scientist
Week 10: August 10 – 14	Adventure Awaits