



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER

CAMP COURAGE FAMILY HANDBOOK

#BestSummerEver

www.hayestaylorymca.org
(336)272-2131



FOR YOUTH DEVELOPMENT®
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LETTER FROM THE DIRECTOR

Dear Families,

Thank you for choosing Hayes-Taylor YMCA to help grow and develop your child. We consider it an honor to work with your child and your family. Hayes-Taylor YMCA has been operating its summer day camp program for nearly 60 years and it is a joy for us to continue to serve our community in this capacity. We have a vested interest in helping your child become an adult that will make a positive impact in their community.

We adhere to the YMCA's Holistic Development of Children and Youth Best Practices. This means that we:

1. Champion asset-building by developing youth's character and problems solving abilities
2. Foster the leadership potential and civic engagement of young people
3. Create a supportive and welcoming environment for families that helps strengthen family bonds.
4. Champion inclusion and respond to the comprehensive needs of children and families.
5. Systematically follow nationally recognized standards for quality and safety.

We use the Search Institute's 40 developmental assets as the foundation of our programs and activities. These assets are the building blocks that help children grow into healthy, caring and responsible people.

It is our goal to provide your child with an enriching summer full of fun, laughter and learning! Feel free to provide us with input into our program and services. We look forward to an amazing summer.

Sincerely,

Larry Burnett

Larry Burnett
Executive Director
Hayes-Taylor Memorial YMCA

OPERATIONS AND ADMISSIONS

SUMMER DAY CAMP OPERATIONS

The summer day camp program operates from June 13, 2016 – August 26, 2016

Summer day camp Hours of Operation are from 7:00am –6:00pm Monday – Friday.

Children must arrive by 9:00am daily. Late arrivals can result in a termination of services.

ADMISSION CRITERIA

Children must have completed kindergarten (rising first graders) and can be up to age 15 to be accepted into our summer day camp program. Parents must complete in its entirety the Hayes Taylor YMCA enrollment form prior to the start of the program. We require a copy of current immunization records to accompany all summer day camp applications.

ENROLLMENT

Enrollment forms are to be filled out completely each year and updated whenever information on the form changes. A \$10.00 deposit for each week that the child is attending is required upon registration. Payments are due the Friday before each session begins. We will notify parents of any changes to our operation policies in writing.

All YMCA childcare fees from *after school* must be paid in full before registration in summer day camp. ALL YMCA after school balances must be paid in full before a child can attend summer day camp. There will be no refund in deposits or payment for days/weeks not attended due to past due balances.

ARRIVAL AND DEPARTURE PROCEDURES

You must sign your child out daily. There will be a \$10.00 fee assessed to your account each time a child is not properly signed in or out. If a child

is improperly signed in or not signed out, summer day camp services will be suspended for a minimum of 2 days without a refund in fees paid. All persons authorized to pick up my child must be at least 16 years old, must show ID, and must be listed on the registration form or the child will not be released to that person. No child is able to leave the YMCA premises without a parent/guardian or any other authorized individual. No child will be able to walk/or ride a bicycle home without an authorized individual.

LATE PICK UP

If you are late picking up your child, a late fee of \$1.00 per child per minute after 6:05pm will be charged; this amount will be due upon pick up. Childcare may be terminated if excessive lateness takes place. Any child that is not picked up within 1 hour of the closing time and we have called everyone on the contact list and can't get anyone, the staff will call 911 and report a left child at the program.

Parents are responsible for any child left at Hayes-Taylor Memorial YMCA after 6:00pm. Parents are responsible for making arrangements for the child to be picked up by another authorized person should they be delayed.

CUSTODY ISSUES

It is the Center's intent to meet the needs of children especially when the parents may be experiencing difficult situations such as a divorce, separation, or remarriage. However, the center **cannot legally restrict** the non-custodial parent from visiting the child, reviewing the child's records, or picking the child up unless the center has been furnished with current legal documents. Copies of these court documents must be kept in the child's file.

TUITION AND FINANCIAL ASSISTANCE

TUITION INFORMATION

\$10.00 Deposit Is required to reserve space for each week. Summer day camp fees for members are \$125.00 per week and fees for non-members are \$150.00 per week. All payments for each week are due the Friday before they attend. Please see fee schedule in the appendix. A \$15.00 late payment fee will be applied to accounts that are past due.

Summer day camp is only provided for full time care and the full rate must be paid by the due date for each week. No weeks of summer day camp are prorated.

If payments are not made by the due date children will be dropped from the week and deposits will be forfeited. The space can be reclaimed if another child has not filled the space. The full payment will be due including a new deposit. If making monthly payments, fees are due by the 1st of each month.

Scholarship payments are due by the date on the fee schedule.

The entire balance is due if a child is registered after the payment due date.

*All fees are non-refundable and non-transferable.

* Returned checks are charged a \$25.00 service fee. 2 Returned checks will result in all future payments made in cash or money order.

Families receiving DSS assistance must pay a \$30.00 registration fee. The Registration fee is a one-time fee per family. Monthly fees are due on the 1st of the month and are late by the 5th (Vouchers only).

*Accounts with prior balances will not be able to register a child.

*A copy of shot records needs to be submitted with the registration.

PAYMENT IS DUE THE FRIDAY BEFORE YOUR CHILD (REN) ATTENDS. No child will be able to attend Summer day camp if payment is not made or immunization records are not on file.

Summer camp weeks are not prorated and the full amount is due each week. Deposits are non-transferrable. Fees are only transferrable if a space is open in the requested week

A full two-week notice is required if a child needs to be removed from a week of camp. If two-week notice is not given ½ of the amount paid is forfeited. Deposits are non-refundable.

FINANCIAL ASSISTANCE

It is our goal for all children regardless of income, race, ethnicity or religion to enjoy the YMCA's summer day camp program.

If you are experiencing financial difficulties, please contact our Family Services Director or the Child Care Director. Hayes Taylor YMCA offers scholarships on a first come first serve basis. To receive a scholarship, you must submit a complete open doors scholarship application with additional documents attached. Scholarships without the necessary documents will not be processed.

All documentation must be provided between February 1, 2017- May 25, 2017 for processing. No scholarship applications are accepted for summer day camp after May 25, 2017. Failure to make payments on time will result in the loss of the scholarship. Scholarship funds may be depleted before the May 25, 2017 deadline.

We cannot guarantee summer camp spaces will be available while awaiting scholarship approval. Nor can we guarantee all families will receive a scholarship regardless of being already registered for summer camp.

Scholarships agreement forms must be signed within 24 hours of approval notification.

PARENT & CHILD RIGHTS

QUESTIONS

Questions or Concerns about the policies and procedures of the childcare program can be directed to any of the professional childcare program staff at the YMCA. Your questions will be answered in a timely manner.

PARENT/GUARDIAN SITE VISITATION

Parents and guardians are always welcome to visit our program any time during our hours of operation. Just stop by the Director Office to check in.

PARENT PARTICIPATION

Parents must have a volunteer application on file and comply with minimum standards that apply to staff, including having a criminal history check before they can participate in the child care center's operation. For more information, please contact the Family Services Director.

PARENT REVIEW OF LICENSING REPORT

Minimum standards are available at our entryway bulletin board. The most recent licensing certificate is posted on our site information board.

PARENT/GUARDIAN RIGHTS

Parent's/Guardians, upon presentation of identification, have the right to enter and visit the summer day camp facility which their child(ren) is receiving care, without advance notice to the provider. Entry and inspection is limited to normal operation hours while their child (ren) is receiving care. The law prohibits discrimination of retaliation against any child or parent/guardian to exercise their rights to visit.

The law authorizes the person in charge of the childcare facility to deny access to the parent/guardian under the following circumstances: The parent/guardian is behaving in a way that poses a risk to the children in the facility. The adult is a non-custodial parent and the facility has been requested in writing by the custodial parent to not permit access to the non-custodial parents. Court documents must be on file as well.

CHILD'S PERSONAL RIGHTS

Each person receiving services from a child day care facility shall have rights, which include but are not limited to the following:

- To be treated with dignity in his or her personal relationship with staff and other persons
- To be accorded safety, healthful and comfortable accommodations furnishing and equipment to meet his or her needs;

To be free from corporal or unusual punishment, infliction of pain humiliation, intimidation, ridicule, coercion, threats, mental abuse, or other actions of a punitive nature including but not limited to interference with the daily living functions, such as eating, sleeping, toileting, or withholding of shelter, clothing, food or medication.

Under no circumstances should a parent/guardian approach another child other than their own. While in the facility parents are expected to act appropriately by speaking in an appropriate tone using appropriate language at all times. Any parent who behaves in this manner will be asked to leave the facility and their child's space in camp can be forfeited without a refund of fees paid.



MEDICAL AND EMERGENCY IMMUNIZATION REQUIREMENTS



Immunization Records are required for children before they are able to register for summer day camp program.

ILLNESS AND EXCLUSION

If a child cannot go outside or participate in the program due to illness the child needs to remain at home. Children may not attend the summer day camp program if they are not feeling well. If a child vomits for any reason the child must be picked up by a parent/guardian or authorized individual within 1 hour of notification. No child may attend summer day camp if they have ringworm, pink eye, flu, or any other communicable illness. A doctor must treat any contagious infection; virus or fever and the child can return 24 hours after a doctor's note has been issued.

PROCEDURES FOR PARENTAL NOTIFICATION

Parents will be notified in person, over the phone, or in writing of any special discipline problems with a child. If there are any life threatening emergencies parents will be notified after emergency care has been called and provided. We do not call parents because of a meal aversion or to provide swim clothes. Parents are only noticed for true emergencies or discipline problems.

PROCEDURES FOR DISPENSING MEDICATION

The YMCA will not administer any medication unless the parent or guardian completes a medication form and the medication is in its ORIGINAL container. Medication not in its original container will be taken away from the child and will be returned to the parent at the end of the day or program. The container should

include the camper's name, the type of prescription and the dosage. If it is an over the counter medication that the doctor has prescribed, a doctor's prescription must accompany it.

TOPICAL OINTMENTS (Lotion, Sunblock, Deodorant, etc.)

Campers cannot keep any topical ointments in their bags or pockets. A topical ointment form must be completed and provided at the child care desk. The ointments are to be kept in the classroom with the child. Spray sunblock, lotions, or deodorants are not allowed. Failure to adhere to this rule can result in termination of services or the inability to bring ointments to the center without a prescription or Dr.'s note.

PROCEDURES FOR HANDLING MEDICAL EMERGENCIES

If my child becomes injured or ill (vomiting or a fever over 100 degrees or higher) while in the YMCA care, staff will do the following:

1. In extreme emergencies 911 will be called and first aid and/or CPR will be administered
2. Contact the parent or guardian
3. Contact a YMCA Director/Coordinator
4. If necessary, have a child transported to the nearest medical facility
5. Fill out necessary paperwork for YMCA as required by NC childcare licensing and YMCA Policy.

CAMPERS CANNOT KEEP LOTIONS, CREAMS, OINTMENTS, INHALERS, EPI PENS, ETC. in their backpacks! These items must be logged in at the child care desk and are given to the YMCA staff member for that group.

MEDICAL/EMERGENCY (Con't)

FIRE/EMERGENCY DRILLS

We conduct fire emergency evacuation drills, lost child, and lock down drills regularly. Parents, staff and children will not be made aware of drill dates or times, as this is the most effective way to assess the success for fire and emergency/evacuation plans. During a fire/emergency drill, parents may not sign children into or out of the center, but must wait until the drill is complete and children have returned to the building. **Parents can wait with their child until the drill is over and can sign them out afterwards.**

ILL CHILDREN

Any child who shows signs of illness should not be sent to camp. Such signs include but are not limited to fever, vomiting, diarrhea, rash, fresh cold, deep cough, or a sore throat.

Any child arriving to camp whose physical condition appears such that he/she could endanger the health

of other children will not be permitted to stay. If a child becomes ill during the day, he/she will be isolated until parent or emergency contact has been contacted to pick up the child. Any child who is unable to be actively involved in the daily activities or routines of camp will not be able to stay at camp.

PLEASE DO NOT EXPECT US TO KEEP ANY SICK CHILDREN.

We are not licensed for sick care and the NC Child Care Laws prohibits us from providing such care.

Any Child that vomits at camp has a temperature at or over 101.0, has a suspicious rash will not be able to return for 24 hours after the fever/condition has been treated. A Dr. Note will be required in specific instances.

DISCIPLINE AND SERVICE TERMINATION

SUMMER DAY CAMP

DISCIPLINE

Praise and positive reinforcement are effective methods of behavior management of children. When a child receives positive, non-violent and understanding interactions from adults and others, they develop good self-concepts, problem solving abilities and self-discipline. Based on this belief of how children learn and develop values, this facility will practice the following discipline and behavior management policy:

Children are expected to adhere to all YMCA expectations and rules.

The following procedures for dealing with unacceptable behavior is as follows:

1. Clear Warning, including discussion of the problem that occurred with the child.
2. If problems are reoccurring, age appropriate renewal time will be used as needed.
3. Repeat renewal time.
4. Write up form and Student Journal will be completed and Child will meet with Family Services Director. Parent will receive behavior management form and will sign and date.
5. After two write-ups parent meeting with site director.
6. Three Write-ups, Persistent problems or situations that endanger the child or others at the program could result in suspension or termination from the program.
7. Fighting results in automatic suspension without a refund of fees.

If a child is suspended or terminated from the program parents will not receive a refund for the current week.

DISRUPTIVE BEHAVIOR

Children are entitled to a pleasant environment at the YMCA; therefore, the YMCA cannot serve children who display chronic disruptive behavior. Such behavior is defined as "verbal or physical activity that may involve, but is not limited to bullying behavior or behavior that requires constant attention from the staff, inflicts physical or emotional harm on other children, abuses the staff and /or disobeys the rules that guide behavior.

If a child cannot adjust to the YMCA setting and behave appropriately, the child may be discharged. Reasonable efforts will be made to help children adjust to the YMCA setting.

Hayes-Taylor reserves the right to suspend a child for behaviors that cause physical or mental harm to themselves or other children.

TERMINATION OF SERVICES

Summer day camp services can be terminated for: (but not limited to)

- Consistent late pick-ups
- Request for special accommodations that Center staff cannot meet
- Failure to pay tuition in a timely manner
- Failure to comply with Center policies concerning ill children
- Being unreachable and out of touch by phone
- Failure to provide documentation requested by Center staff and/or required by DSS regulations
- Failure to keep immunization and other records current
- Failure to provide emergency contact updates
- Extreme behavior that prevents them from participating safely with peer

STAFF AND PROGRAM COMPONENTS

STAFF HIRING

All staff are screened and trained through the following process:

1. Selected candidates are interviewed one on one with the Family Services Director.
2. Candidates are selected based on their childcare experience, attitude, references and display of YMCA values.
3. 3 reference checks and a drug screen is conducted on each candidate.
4. A completed criminal history check, through the YMCA and the North Carolina Department of Health and Human Services, Department of Child Development.

STAFF TRAINING

Extensive 2-hour orientation that addresses policies and procedures of YMCA child care:

The training covers the YMCA code of conduct, child abuse and neglect, and YMCA HR policies.

Staff also receives CPR/AED, First Aid and Blood Borne Pathogen Training.

Staff receives 32 hours of on-site and online trainings that cover:

- YMCA Values
- Search Institute's Developmental Assets
- Effective Group Management
- Behavior Management
- Bullying
- Water Safety
- Games, Skits, Songs
- Archery Skills
- Skateboarding Skills
- Orienteering and Geo Caching
- Environmental Education

Lead Counselors have Basic School Age Care Certifications through Guilford Child Development with-in 2 weeks of hire date.



MEALS AND FOOD SERVICE

Breakfast, lunch and an afternoon snack is provided for all children. We will provide a menu from our breakfast and lunch provider. We will not be able to make accommodations for specific eating habits without medical or allergy documentation from your child's doctor. Parents will not be contacted to bring children meals for items they choose not to eat. Parents are responsible for reviewing the menu and making proper accommodations. Pork is not contained in any meals. Breakfast is served from 8:30-9:00am and lunch is served from 12:30-1:30pm. If a child arrives after meal services time the parent must provide the missed meal.

All meals meet the USDA standards for healthy meals for children. Your child can bring their own lunch or snacks. Children's meals will be placed in the refrigerator but the meals will not be heated. Parents can complete a meal opt out form and provide their child's meals daily. All meals must contain a dairy, grain, protein, fruit and vegetable. If those items are not in the child's lunch; YMCA staff will substitute the missing component.

Campers are not allowed to use the YMCA vending machines. A parent must accompany a child to the vending machine.



PROHIBITED FOODS

We are a nut free facility. Do not send any foods containing nuts to camp. Any food containing nuts will be confiscated.

Fried Foods, Cookies, Cakes, Swiss Rolls, Cinnamon Buns, Fried Potato Chips, Candy, Soda of any kind are prohibited. Please see HEPA (Healthy Eating and Physical Activity Standards in the Appendix Section. If a prohibited food item is in the child's lunch the YMCA staff will confiscate that item and give to parent at the end of the day.

PROGRAM COMPONENTS

FIELD TRIPS



Children will go on at least one on or off site field trip each week. Examples of on-site field trips are magic shows or Mad Science presentations. Field trip information and permission forms are provided to parents in the registration packet. Children cannot attend a field trip if the permission form has not been signed. Children must wear their camp shirts on field trips days. Please see field trip schedule located in the appendix. Attending trips is a privilege. Staff reserves the right to keep a child at the branch if we feel it is unsafe or hazardous for that child to attend the trip or the child's behavior warrants removal from the field trip.

TRANSPORTATION

ALL children MUST obey the following transportation rules:

1. Children are to leave the vehicle on the curbside of the road on the side of the vehicle at all times.
2. When preparing to enter or exit the vehicle, the children are to line up in and attendance on /off sheet.
3. Staff members will take attendance of all children that are being transported and will be checked frequently to account for the presence of all children.
4. Will use an orderly fashion to be accounted for. Parents are to be sure their child understands these rules.
5. Children are to be seated on the bus facing forward and listening to all staff.
6. Staff members will have a first-aid kit and Emergency contact information for each child.
7. Staff members with training in CPR and first aid will be present.

The following procedures are followed when transporting children:

- We must have a signed permission slip.
- One or more staff member will carry Drivers will be 18 years old and have all emergency medical consent forms.
- All proper loading and unloading procedures are followed.
- clean driving record with no DWI or DUI.

SWIMMING



Swimming is offered twice a week. Please check with your Family Services Director to determine what days your child's group goes swimming. All children will be required to wear a life vest unless a swim test is passed. Swim tests are administered by the lifeguard on duty.

Girls must wear a one-piece swim suit. Boys must wear swim trunks. Basketball shorts or t-shirts are not allowed in the pool. Swimming is a privilege. Staff may take away swimming or swim time for misbehavior. Please see swimming policy in the appendix. Please ensure all swimwear fits properly. Children with improper fitting swim wear will not be allowed in the pool.

ANIMALS

Animals other than fish or hamsters or guinea pigs are not a regular part of the summer day camp program. If there is an occasion for animals to be present at the program, parents will be given written notification at least 48 hours in advance.

LESSON PLANS AND CALENDARS

Weekly Lesson plans and Monthly Calendars with special events and other important information are posted every week and are available upon request. If you have any questions about the week or month's activities, please contact the family services coordinator.

APPENDIX

Camper Expectations and Affirmation

Payment Schedule

Weekly Themes Descriptions

Swim Policy

HEPA Standards (Healthy Eating and Physical Activity Standards)

I am Special and Project Alert Letter (Alcohol and Drug Services Program.

Smart Girls (Girls 11-15)

Wise Guys (Boys 11-15)

Temperature Chart

NC Child Care Laws and Rules

CAMP EXPECTATIONS

1. Keep hands, feet and objects to yourself.
2. Use inside voices inside. Use outside voices outside.
3. Respect yourself, respect others and respect camp courage.
4. Be safe, be kind, be honest.
5. Always, always, always try your best!

CAMPER AFFIRMATIONS

I am bold! I am strong! I am Courageous!

I can learn anything, I can know anything, and I can be anything!

I have amazing potential and I will make good choices!

WEEKLY ACTIVITIES AT A GLANCE

Monday-Swimming

Tuesday-Barber Park Spray Ground

Wednesday-Swimming

Thursday-Camp Special Event/Presentation

Friday-Field Trip

HAYES-TAYLOR SUMMER DAY CAMP FEE SCHEDULE

SESSION	DATE DUE
June 12-June 16 Character Focus: Courage	June 9
June 19-June 23 Character Focus: Responsibility	June 16
June 26-June 30 Character Focus: Caring	June 23
July 3-July 7 Character Focus: Respect	June 30
July 10- July 14 Character Focus: Cooperation	July 7
July 17-July 21 Character Focus: Goals	July 14
July 24-July 28 Character Focus: Acceptance	July 21
July 31-August 4 Character Focus: Confidence	July 28
August 7-August 11 Character Focus: Determination	August 4
August 14-August 18 Character Focus: Friendship	August 11
August 21- August 25 Character Focus: Work Ethic	August 18

Families Receiving DSS vouchers: Full payments are due on the 5th of each month.

NUMBER OF CHILDREN	WEEKLY FEE MEMBERS	WEEKLY FEE NON-MEMBERS
1	\$125.00	150.00
2	\$245.00	\$295.00
3	\$360.00	\$435.00



HAYES-TAYLOR SUMMER DAY CAMP FIELD SCHEDULE

SESSION	THEME	Trip Date	FIELD TRIP	ITEMS NEEDED
June 12-June 16 Character Focus: Courage	SUPER HERO	June 16	Skate South 208 W. Fairfield Rd. High Point, NC 27263 Depart 8:00am /Return 12:30	Socks Camp Shirt
June 19-June 23 Character Focus: Responsibility	ASTRONAUT TRAINING CAMP	June 23	*Morehead Museum 250 E Franklin St, Chapel Hill, NC 27514 Depart 8:00am /Return 4:00pm	Camp Shirt
June 26-June 30 Character Focus: Caring	WILD WILD WEST	June 30	Reed Gold Mine 9621 Reed Mine Rd. Midland, NC 28107 Depart 8:30am/ Return 2:00pm	Camp Shirt Water Bottle Hat
July 3-July 7 Character Focus: Respect	MADE IN THE USA	July 7	Northeast Park 3481 NE Park Dr, Gibsonville, NC 27249 Depart 8:00am/Return 2:00pm	Camp Shirt
July 10- July14 Character Focus: Cooperation	AROUND THE WORLD	Friday July 14	On-Site Group Country Presentations Special Visitors/Presentations	Cultural Attire
July 17-July 21 Character Focus: Goals	DINOSAURS	Friday July 21	*Museum of Natural Sciences 11 W Jones St, Raleigh, NC 27601 Depart 8:00am/ Return 5:00pm	Camp Shirt
July 24-July 28 Character Focus: Acceptance	MAD SCIENCE	Wednesday July 28	Sci Works 400 West Hanes Mill Road Winston-Salem, NC 27105 Depart 9:00am/Return 4:00pm	Camp Shirt
July 31-August 4 Character Focus: Confidence	SPORTS MANIA	Wednesday August 2	New Bridge Bank Park 408 Bellemeade St Greensboro, NC 27401 Depart 11:00am-Return 3:00pm	Camp Shirt Water Bottle Hat
August 7-August 11 Character Focus: Determination	LET'S CREATE	Friday August 11	Art Quest 200 N. Davie St Greensboro, NC 27401 Depart 9:00am/Return 2:00pm	Camp Shirt
August 14-August 18 Character Focus: Friendship	SEUSS-TASTIC	Tuesday August 15	Korner's Folly 413 S Main St, Kernersville, NC 27284 Depart 8:00am/Return 2:00pm	Camp Shirt
August 21- August 25 Character Focus: Work Ethic	UNDER THE BIG TOP	August 25	On-Site Captain Jim's Magic Kids Carnival	Special Talent

WEEKLY THEME DESCRIPTIONS

SUPER HERO TRAINING CAMP

June 12-16

Calling all Superhero's! This week we will be learning about the superheroes we are. We will create our own super hero persona and will explore our own special gifts and talents. Our week will culminate with a trip to Air Bound trampoline park to put our superhero flying powers to work.

ASTRONAUT TRAINING CAMP

June 19-23

3...2...1...BLAST OFF into a week of space exploration. This week campers will learn what it's like to be an astronaut. This week will culminate with a trip to Morehead Planetarium and Science Center in Chapel Hill NC

WILD WILD WEST

June 26-29

Yeee Haw! Let's learn about the Wild Wild West. Campers will learn about the western expansion that helped our country grow. This week we will be heading to Reed Gold Mine to see what it was like to be a gold miner.

MADE IN THE USA!

July 3-7 (Closed 7/4/17)

God bless the U.S.A. and the children at the YMCA. This week we will be celebrating the U.S.A. Campers will learn about different cities and states around our country. This week will culminate with a trip to the Greensboro Museum

AROUND THE WORLD

July 10-14

Welcome or bienvenido to our journey around the world. This week campers will be learning about different cultures and ethnicities. This week will culminate with a trip to Asheboro Zoo where campers will view animals from around the world!

DINOSAURS

July 17-21

Rawr.... For dinosaurs! This week we become paleontologists and will learn about life millions of years ago. This week will culminate with a trip to the Museum of Natural Sciences in Raleigh, NC.

MAD SCIENCE

July 24-28

Beakers, Test Tubes, Science oh my! This week campers will become mad scientists and will conduct science experiments, make flubber and attend a science workshop. This week will culminate with a trip to Duke Energy's EnergyExplorium at McGuire Nuclear Station in Huntersville, NC.

SPORTS MANIA

July 31-August 4

2, 4, 6, 8...Who do we appreciate?! Campers! At camp courage, this week, we will be exploring all types of sports and will attend a Greensboro Grasshoppers baseball game!

LET'S CREATE

August 7-11

Build it, paint it, draw it, create it! Campers are going to put their creative juices to the test this week and we are going to create personalized masterpieces! This week will culminate with a visit to the Multicultural art center and art quest in downtown Greensboro.

SEUSS-TASTIC WEEK

August 14-18

Oh the places you'll go while at camp courage. This week we will be having Dr. Seuss Fun having zany, wacky Dr. Seuss fun! Our week will culminate at the funky Kornerfolly museum in Kernersville, NC.

UNDER THE BIG TOP

August 21-25

Come one come all to Carnival Courage. This week campers will learn special circus acts and will display their hidden talents. The week will culminate with an onsite carnival and campers will have a visit from Ringmaster Jim.



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YMCA OF GREENSBORO

SWIM TEST POLICIES AND PROCEDURES

**Please note these policies will be fully implemented by April 30, 2013.*

The YMCA of Greensboro swim test policies and procedures are designed for children ages 5-12 and may be used for any patron at the lifeguard's discretion. This test, which consists of a 25-yard swim, 1-minute-deep water tread, and to submerge underwater, is designed to check the swimming abilities of a child. If the child passes the test, they are permitted to do the following:

Swim in the deep end of the pool, use a slide* during open slide hours, and swim in a lap lane; a parent does not need to accompany them into the water - but does need to be present on the pool deck.

Children cannot be left alone in the pool area at any time.

If the child does not pass the swim test, the child needs to remain in the shallow end of the pool.

Children who are under the age of 5 can only take the swim test with the permission of the Aquatics Director. Please see a lifeguard or the director for specific times for swim testing.

Swim Bands are break-away bands worn around your child's neck or wrist to let our staff know the swimmers' competency and confidence. At the YMCA, we have two swim bands (Yellow, Green) that designate what areas of our pools your child can play.

No Band: Children 5 and older without a swim band are required to be within arm's length of a parent or wear a Coast Guard Approved PFD (Personal Flotation Device). Any child under the age of 5 automatically falls under this category and requires a parent or guardian (18+) to be present in the pool within arm's reach.

Yellow Band: To earn a yellow band, a child must be able to swim comfortably at least one half (12 1/2 yards) of the pool without a parent or floatation device. A yellow band allows children to swim alone in water that is no more than 5 feet deep. A parent or guardian (18+) must stay in the immediate pool area with any child aged 12 and under.

Green Band: To earn a green band, a child must have passed the swim test and can swim anywhere in the pool as noted above.

Bands must be worn every time a child gets in the pool.

Thank you for your cooperation in helping the YMCA ensure the safety of all.

*for facilities offering a water slide; children must have a green band to use the slide.



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CHOICES WITHIN LIMITS

(HEPA) Healthy Eating and Physical Activity Standards

In response to a call by First Lady Michelle Obama and the Partnership for a Healthier America, the Y has expanded its longtime commitment to supporting healthy living by adopting a set of Healthy Eating and Physical Activity (HEPA) standards. Based, in part, on years of research with key partners, the HEPA standards will build a healthier future for our nation's children by creating environments rich in opportunities for healthy eating and physical activity.

Standard	Early Learning	Afterschool
Beverages	Water is accessible and available to children at all times, including at the table during snacks and meals. Provide only water and unflavored low-fat (1%) or nonfat milk (for children 2 or older), family style.	Engage parents and caregivers using informational materials and activities focused on healthy eating and physical activity a minimum of once every three months (a minimum of three to four times per year).
Family Engagement		
Food	Staff sit with children during snacks and meals. Provide fruits or vegetables (fresh, frozen, dried, or canned in their own juice) at every meal and snack. Do not provide any fried foods. Fried foods include items like potato and corn chips, in addition to foods that are pre-fried and reheated (e.g., prefried french fries that are then baked, chicken patties, chicken tenders, chicken nuggets, fish sticks, Tater Tots®, etc.). Do not provide any foods that contain trans-fat (listed as partially hydrogenated oils in the ingredients). Offer only whole grains, as determined by confirming that the first item listed in the ingredients contains the word <i>whole</i> (e.g., whole wheat, whole oats, whole-grain flour, whole brown rice). Provide foods that don't list sugar (e.g., sugar; invert sugar; brown sugar; words ending in <i>-ose</i> ; and syrups like high fructose corn syrup, honey, etc.) as one of the first three ingredients or that contain no more than 8 grams of added sugar per serving.	

Standard	Early Learning	Afterschool
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Food (cont.)	Y staff will model healthy eating behaviors at all times. This includes consuming the same foods and beverages as children during meals and snacks (if possible) and avoiding consumption of foods or beverages that are inconsistent with the HEPA standards during program time.	
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Infant Feeding	Promote and support exclusive breastfeeding for six months and the continuation of breastfeeding in conjunction with complementary foods for one year or more.	
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	Provide children with opportunities for moderate and vigorous physical activity for at least 60 minutes per day during a full-day program or 30 minutes per day for a half-day morning or afternoon program. The time can be broken down into smaller increments. Include a mixture of moderate and vigorous activity (activity that increases the heart rate and breathing rate), as well as bone- and muscle-strengthening activities. Take active play outdoors whenever possible.	
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Physical Activity with children.	Y staff will model active living by participating in physical activities	
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	Provide daily opportunities for infants to freely explore their indoor and outdoor environments under adult supervision. Engage with infants on the ground each day to optimize adult–infant interactions. Provide daily tummy time, or time in the prone position, for infants less than 6 months of age.	
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Screen Time	Eliminate screen time (television, movies, cell phone, video games, computer, and other digital devices) for children under 2 years old. For children over 2, limit screen time to less than 30 minutes per day for children in half-day programs and to less than 1 hour per day for those in full-day programs. During screen time, seek to minimize children’s exposure to commercials and ads marketing unhealthy foods.	
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For more information or questions related to the Y’s HEPA standards, contact YMCA of the USA at 800-872-9622.

Traditional Camp Program

Substance Abuse Prevention Services
Alcohol and Drug Services of Greensboro
301 E. Washington Street, Suite 101
Greensboro, NC 27401

Dear Parents or Guardian,

This letter is to let you know about the *I'm Special* program in which your child will be participating for the next eight weeks. It is being taught in cooperation with the Hayes Taylor Memorial YMCA.

I'm Special is an evidence-based substance abuse prevention program that helps children realize their specialness. Students become more aware of their feelings and learn positive ways to deal with them. They develop greater sensitivity to others' feelings. Students learn cooperation, teamwork, how to make wise decisions, stay "no" and solve problems.

The course is offered with the research-based knowledge that children learn more easily and are less likely to use drugs when their self-esteem is high. Classrooms that promote cooperation and communication help children raise their self-esteem. *I'm Special* is designed to make good programs better.

I will be in your child's classroom each Tuesday from 4:30-5:30. You are welcome to join us for any *I'm Special* session.

If you have any questions, please contact me through the Hayes Taylor Memorial YMCA.

Sincerely,

Ashley Hancock
I'm Special Leader

Leaders In Training Program

Substance Abuse Prevention Services
Alcohol and Drug Services of Greensboro
301 E. Washington Street, Suite 101
Greensboro, NC 27401

Dear Parent/Guardian,

We will be having a new program called Project ALERT in your son/daughter's summer day camp program at the Hayes Taylor YMCA. Project ALERT contains eleven (11) lessons that focus on the most widely used drugs among youth today – alcohol, tobacco, marijuana, and prescription medications. The lessons are designed to teach young people to establish no drug use norms, develop reasons not to use drugs, and to resist pro-drug pressures. Project ALERT will include motivational activities, social skills training, and decision-making components that are delivered through group discussions, games, role-playing exercises, videos, and student worksheets. Ashley Hancock, a Prevention Coordinator from Alcohol and Drug Services of Greensboro, will be facilitating the classes.

Project ALERT helps to support the YMCA's commitment in promoting healthy students and safe schools. In addition, the lessons help to meet NC Essential Course Standards in Health.

Your child will be bringing home five homework assignments that will involve you in discussion, sharing responses and listening to oral reports. These Home Learning Opportunities will be for lessons 1, 5, 6, 8, and 9.

Please be aware that this process and your responses will not be shared in class. These activities provide you an opportunity to communicate with your child about these important issues. If for any reason you are not comfortable with returning your responses to me, we still encourage that you complete the assignment with your child. Research consistently shows that teens who learn a lot about the risks of drugs at home, from parents and other caregivers, are up to 50% less likely to use drugs than those who report learning nothing about the risks at home. The structured home learning opportunities within Project ALERT can help to focus discussion between you and your kids.

If you have any questions, please feel free to contact me.

Sincerely,



Ebony Burnett
Family Services Director
Hayes Taylor YMCA

Offered For Girls Ages 11-15 (Please opt-out of Program if you wish for your child not to participate) Smart Girls Life Skills Training ®

Smart Girls Believe...

- We need to be happy with who we are. This requires daily exercise.
- Important decisions are made every day. We must stop and think about tomorrow.
- We must plan for our future, a never-ending process.
- We must maintain healthy family connections.

The Mission of the Smart Girls Life Skills Training®

To provide young girls with the information and skills necessary for them to become empowered young women who are ultimately happy, healthy and successful in life!

Smart Girls Life Skills Training® Components

- Enhance Self Esteem
- Sharpen Decision Making Skills
- Set Goals For the Future
- Strengthen Family Connections

AVAILABLE PROGRAMS

Smart Girls Life Skills Training® Part I

Smart Girls Life Skills Training® Part 1 is a program designed to prevent adolescent pregnancy. Its major goal is to help young women between the ages of 11 and 14 develop the skills necessary that will result in positive life options. The program seeks to accomplish this by emphasizing self-responsibility, especially in the area of sexual development. Smart Girls Life Skills Training® Part I curriculum utilizes multi-session components that meet over a period of time. Locally, the curriculum is school or community based.

Strengthening Family Connections According to the National Campaign to Prevent Teen and Unwanted Pregnancy research has proven overwhelmingly that parents have enormous influence on their children's decisions about sex (Science Says: Parental Influence and Teen Pregnancy, February, 2004). Over 45% of teens say parents influence their decisions about sex as compared to 31% of teens who say their peers. Only 4% of teens felt the media have a strong influence. Parent involvement serves as a protective factor not only for sexual behavior, but other risky behaviors such as violence, substance and alcohol use and school failure. Teens who feel closely connected to parents are more likely to abstain or postpone sexual involvement, have fewer sexual partners and consistently use contraception.

Program Impact

Analysis of data, collected in the 2003 evaluation indicates the following positive outcomes of Smart Girls Life Skills Training® from program entry to six-month follow-up: Smart Girls participants showed:

- Improved knowledge of sexuality and consequences of sexual activity
- Healthier attitudes towards postponing sex and use of contraception.
- Increased use of contraception for those participants who reported sexual involvement.
- Increased communication with parents about sexuality

Furthermore:

- Participants in Smart Girls Life Skills Training® showed a significant delay in sexual activity as compared to non-program participants.
- The percentage of sexually active Smart Girls Life Skills Training® participants who reported always using contraception also increased significantly.

Offered For Boys Ages 11-15 (Please opt-out of Program if you wish for your child not to participate)

Wise Guys®

Wise Guys® is a male-oriented teen pregnancy prevention program. Initiated in 1990, its interactive, fun, and informative approach has proven effective in helping male adolescents make wiser and more responsible decisions. Today, Wise Guys is offered in English and Spanish to a variety of audiences.

Interest in the Wise Guys program has also spread throughout the country. Communities from coast to coast have implemented the program with diverse groups of males in a variety of settings – schools, community and health centers, sports leagues, faith groups and more. Trainings are available for educators and other professionals who would like to start the Wise Guys program in their own communities.

OUTCOMES

- 5400 +

NUMBER OF BOYS WHO PARTICIPATED

- 73%

% OF YOUTH WHO IMPROVED SEX ROLE ATTITUDES OR MAINTAINED AT A HIGH LEVEL

- 12

NUMBER OF COUNTIES IN NORTH CAROLINA SERVED IN 2014

GENERAL DAILY SCHEDULE

(Schedule is subject to change)

7:00-8:00	Arrival Activities
8:00-9:00	Breakfast and Huddle Time
9:00-9:45	Morning Assembly
10:00-11:00	Camp Readers
11:00-12:00	Activity Period 2 (Skills Classes)
12:30-2:00	Lunch/YMCA Scholars/Huddle Time
2:00-3:00	Activity Period 3 (Program Partners)
3:00-4:00	Activity Period 4 (Program Partners)
4:00-4:30	Closing Assembly
4:30-5:30	Afternoon Snack & Closing Huddle Activities
5:30-6:00	Camp Clean Up

Swimming Monday and Wednesday

Activity Period 1

Minions 1st Grade

Ninjas 2nd Grade

Trailblazers 3rd Grade

Swimming Monday and Wednesday

Activity Period 3

Gladiators 4th Grade

Warriors 5th & 6th Grade

Heroes (LIT) 13-15

Field Trips are each Friday (some exceptions)

Barber Park Splash Pad Tuesdays from 2:00pm-3:45pm

Offered For Girls Ages 11-14 (Please opt-out of Program if you wish for your child not to Participate)

Smart Girls Life Skills Training ®

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HAYES- TAYLOR YMCA

Summer day camp Program

Parent Statement of Understanding

The following information is important for the safety and protection of your child (ren). Please read the information, sign this form and return it to the Family Services Department. Please keep and refer to your copy of the Parent Handbook. Your signature below indicates that you have received it.

I understand that I am not to leave my child (ren) at the Hayes- Taylor YMCA or the Summer day camp Program unless a staff member is there to receive and supervise my child (ren).

I understand that I am to be respectful of the YMCA property and its employees. If at any time my behavior or my child's behavior threatens the well-being of any program participant or staff member; me or my child can be escorted off of the YMCA property and removed from the program.

I understand that my child (ren) will not be allowed to leave the program with an unauthorized person. Any person authorized to pick up my child (ren) must be listed with the center.

I understand that should a person arrive to pick up my child (ren) who appears to be under the influence of drugs or alcohol, for the child (ren)'s safety, staff may have no recourse but to contact the police.

I understand that the Hayes-Taylor YMCA is mandated by state law to report any suspected cases of child abuse or neglect to the appropriate authorities for investigation.

I have received a copy of the Parent Handbook and a copy of the North Carolina Child Care Law Summary sheet. I have read and understand the statements above.

Child (ren) Name (PRINT)

Parent/Guardian's Name (PRINT)

Parent/Guardian's Signature

Date