We’re excited that you’re considering time with us this summer! YMCA Summer Program is a fun and safe place that allows young people the chance to explore new things as they discover who they are and what they can achieve.

Your child will enjoy new experiences and build new relationships every day. Plus, each and every activity is focused on helping your child develop better skills, stronger values and positive lifelong behaviors.

That’s why this summer will be your child’s best summer ever.

Our veteran YMCA staff have put together 11 exciting, fun-filled weeks that are geared towards making your child’s summer a magical and memorable experience. From positive role models, to staying healthy and active through things like swimming and field games, your child will be turning summer fun into life lessons.

Through it all, our attentive, skilled and competent counselors will be working hard to ensure that activities foster positive group and individual experiences for your child.

With every summer comes new opportunities for our campers, and we hope to see you and your kids become part of our unique summer camp family!

This summer we will be incorporating 1 Hour of Classroom Academics to help prevent summer learning loss, and basic swim instruction for all campers at the Y Site & S.L. Mason Site.

If you have any questions, feel free to contact us. We welcome the opportunity to tell you about all the things that make this camp so special.

See you this summer!

YMCA Summer Program Team
The YMCA takes seriously the protection and safety of our campers. As a result, the YMCA has policies, procedures and guidelines for staff members and volunteers who work with children.

**PROVEN SAFETY PRACTICES**

- YMCA staff are First Aid/CPR certified
- YMCA staff have experience working with children
- YMCA staff and volunteers undergo a comprehensive pre-employment screening, including reference checks, criminal history checks, fingerprint screening and drug tests
- YMCA staff and program volunteers are not to socialize or have contact with participants outside of YMCA programs
- YMCA staff never leave children unsupervised
- YMCA staff remain aware of intruders, hazardous situations or areas, and unsafe practices
- YMCA staff members are identifiable by a YMCA staff badge and shirt

**YMCA SUMMER PROGRAM IS THE PLACE TO BE THIS SUMMER**

It’s fun!
It’s where you make new friends.
It’s a safe and caring environment.
It’s where you play games, stay active and grow in spirit, mind and body.
It’s where you develop new skills through cool challenging activities.
“YMCA Summer Program has been the best experience for my child. As a parent, I don’t have to worry about what she is doing. The environment at the YMCA is very active and teaches the kids about being a good friend.”

- Summer Camp Parent

“The counselors are great because they keep you safe but create fun for everyone!”

- Past Camper

A YMCA family membership will save you money

Save $10 per child per week with a YMCA family membership! Y family members also receive discounted rates on swim lessons, gymnastics, and karate, as well as unlimited use of both Valdosta and Lake Park YMCA locations.
CAMP... MONEY WELL SPENT!

For as little as $2 per hour, your child...

- makes memories that will last a lifetime
- unplugs
- makes new friends
- stays physically active
- develops new skills
- explores nature
- group swim instruction
- learns healthy habits
- builds self-esteem
- has fun

Looking at all that the YMCA Summer Program experience provides... who can say no to that?

92% said camp helps them feel good about themselves.

96% of campers say they make new friends at camp.

70% of parents said their child gained self-confidence at camp.

- American Camping Association
ADVENTURE CAMP at VALDOSTA YMCA SITE

AGES: 5 yrs old - 8 yrs old

TIMES: Monday-Friday, 7:30am – 6:30pm

DATES: Monday, May 22nd – Friday, August 4th

ACTIVITIES: Summer Adventure Camp follows the themes listed below and offers campers regular activities such as arts & crafts, guest speakers, special events, swimming, sports and field trips.

WEEKLY CAMP THEMES

WEEK 1 May 22–26
Big Blue Ocean

WEEK 2 May 29 – June 2
Super Heroes

WEEK 3 June 5–9
Celebrate the World

WEEK 4 June 12–16
Down on the Farm

WEEK 5 June 19–23
Gone Camping

WEEK 6 June 26 – June 30
Secret Intelligence

WEEK 7 July 3–7
Red, White & Blue
Closed July 4th

WEEK 8 July 10–14
Spirit Week

WEEK 9 July 17–21
Act It Out

WEEK 10 July 24–28
Grossology

WEEK 11 July 31–August 4
Pay It Forward

* Field Trips and Activities Subject to Change
CAMP DISCOVER at
SL MASON SITE

AGES: 9 yrs old - 12 yrs old
TIMES: Monday–Friday, 7:30am – 6:30pm
DATES: Monday, May 22nd – Friday, August 4th
   At Valdosta YMCA Site:
   Monday, May 22 – Friday, May 26
   Monday, July 31 – Friday, August 4

ACTIVITIES: Summer Camp Discover follows the themes listed below and offer campers regular activities such as arts & crafts, guest speakers, special events, swimming, sports and field trips.

WEEKLY CAMP THEMES

WEEK 1   May 22–26
(AT THE YMCA)
Big Blue Ocean

WEEK 2   May 29 – June 2
Super Heroes

WEEK 3   June 5–9
Celebrate the World

WEEK 4   June 12–16
Down on the Farm

WEEK 5   June 19–23
Gone Camping

WEEK 6   June 26 – June 30
Secret Intelligence

WEEK 7   July 3–7
Red, White & Blue
Closed July 4th

WEEK 8   July 10–14
Spirit Week

WEEK 9   July 17–21
Act It Out

WEEK 10 July 24–28
Grossology

WEEK 11 July 31–August 4
(At the YMCA)
Pay It Forward
CAMP QUEST at SOUTH LOWNDES SITE

AGES: 5 yrs old - 12 yrs old  
TIMES: Monday–Friday, 7:30am – 6:30pm  
DATES: Monday, May 22nd – Friday, August 4th

ACTIVITIES: Summer Camp Discover follows the themes listed and offers campers regular activities such as arts & crafts, guest speakers, special events, sports and field trips.
WEEKLY CAMP THEMES

WEEK 1 May 22–26
Big Blue Ocean

WEEK 2 May 29 – June 2
Super Heroes

WEEK 3 June 5–9
Celebrate the World

WEEK 4 June 12–16
Down on the Farm

WEEK 5 June 19–23
Gone Camping

WEEK 6 June 26 – June 30
Secret Intelligence

WEEK 7 July 3–7
Red, White & Blue
Closed July 4th

WEEK 8 July 10–14
Spirit Week

WEEK 9 July 17–21
Act It Out

WEEK 10 July 24–28
Grossology

WEEK 11 July 31–August 4
Pay It Forward

* Field Trips and Activities
Subject to Change
CAMP IS NOT JUST FOR SUMMER

Where are your kids on days when there is no school?

HOLIDAY CAMP

The YMCA offers holiday camp for children when school is not in session. Whether it’s an in-service day, holiday or spring break, join us for days full of fun and adventure.

HOLIDAY CAMP FEES

First Child: $20/day
Siblings: $18/day

AGES 5–12
PRIMETIME: SCHOOL-AGE CHILD CARE

The YMCA offers licensed after-school child care, serving students in Lowndes and Valdosta school districts. YMCA’s PrimeTime program features daily homework assistance, character development activities, healthy snacks and recreation.

Visit valdostaymca.org to download flyer or call 229.244.4646 for details.
PARENT INFORMATION

WHAT TO WEAR
• Athletic shoes preferred. NO OPEN-TOE SHOES
• Weather-appropriate clothing
• YMCA shirt should be worn on field trip days
• Girls must wear a one-piece swimsuit
• Waterproof, long-wearing sunblock

WHAT TO BRING
• Label all items with campers’ full name.
• Water bottle.
• Backpack for gear (as needed).
• Swimsuit & towel as designated.

Your camper may be asked to bring specific not listed items above for special projects, etc. For details on such requests, see your camp director.

DO NOT BRING:
CELL PHONES, ELECTRONIC GAMES, MONEY (UNLESS REQUIRED FOR FIELD TRIP), CAMERAS, TOYS, TOY GUNS, KNIVES, ETC. THE YMCA HAS A ZERO TOLERANCE POLICY FOR WEAPONS, TOBACCO PRODUCTS, ALCOHOL, DRUGS, ETC.

LOST & FOUND
• Each camp site will collect lost & found items daily. It is the campers’ responsibility to check the Lost & Found for misplaced items.
• Lost & Found items will be kept for 2 weeks, then taken to a local charity.
• The YMCA does not accept responsibility for lost or stolen items.

FIELD TRIPS
• A signed permission form is required for each field trip taken.
• Transportation is provided by qualified YMCA bus drivers.

All camp programs are in session rain or shine, but may be modified due to weather or scheduling.

BEHAVIOR GUIDELINES are enforced on field trips as well as at camp. Campers who cannot adhere to the rules may meet one or more of the following consequences:
• parent called to immediately pick camper up from field trip.
• suspension from future field trips.
• dismissal from camp session or program.

BEHAVIOR EXPECTATIONS
• Each camp site has posted rules which communicate the YMCA’s expectation that each and every camper strive to be CARING, HONEST, RESPECTFUL AND RESPONSIBLE.
• YMCA reserves the right to suspend and/or dismiss any child who cannot or does not adhere to rules.
• When inappropriate behavior occurs, staff will: redirect behavior, speak with the child to determine the cause/resolution and, when appropriate, assign special responsibilities to help the child build self-esteem.
• If a child’s behavior consistently disrupts the program, physically or emotionally harms others, or otherwise conflicts with the program rules and guidelines, a conference will be scheduled with parents and suspension and/or dismissal may follow.
• Chronic behavior problems will lead to dismissal from the program. These behaviors include, but are not limited to:
  - destroying or taking property of other children, staff, or that of the host site
  - rudeness or discourteous behavior to other children or staff
  - causing physical and/or emotional harm to other children or staff
• Any camper who vandalizes, damages, or otherwise destroys YMCA or host site facility, equipment, and/or supplies WILL BE HELD RESPONSIBLE for making the appropriate repairs and amends.
ADMISSION
Valdosta-Lowndes County Family YMCA provides summer day program for children 5 years of age through age 12. Age 13 through 15 can apply for the Counselor In Training program.

PAYMENT INFORMATION
- Enrollment will not be accepted without proper registration fee and deposit paid in full.
- Full payment is due prior to your child being dropped off on Monday or the first day of attendance each week. A LATE FEE WILL BE CHARGED FOR EACH PAYMENT MADE AFTER MONDAY. Children can attend camp on Monday morning ONLY if a receipt can be provided proving payment.
- NO FEE REDUCTIONS FOR ABSENT/SICK DAYS.

PAYMENT INFORMATION
- A PARENT/AUTHORIZED PERSON MUST SIGN CHILDREN IN WHEN THEY ARRIVE AND OUT WHEN THEY DEPART DAILY.
- PHOTO ID REQUIRED AT THE TIME OF PICK UP.
- A LATE PICK UP FEE of $5 for the first fifteen minutes and an additional $20 after that, per child is charged for children picked up after 6:30pm. These fees must be paid at the time of pick-up.
- If a child is not picked up by 7:00pm and the parent has not been in contact with the YMCA, Child Protective Services will be called.
- Chronic LATE PICK UP is grounds for dismissal from program.

ABSENCES
- If you find that you will not be sending your child to a full week of camp for which you pre-enrolled, PLEASE call the YMCA.

SWIMMING
If you do not wish to have your child swim on a given day, please let the morning camp staff member know.

HEAT POLICY
Physical activity is limited when the heat index reaches 100°F. Children will remain indoors when the temperature is 102°F or above, with the exception of pool activities. Campers are given frequent water breaks and are encouraged to bring water bottles, hats and sunscreen.

HEALTH & ILLNESS
- If a child arrives ill, or becomes ill, the parent or authorized individual will be notified immediately to pick up the child within one hour.
- Sick children will be monitored and isolated with necessary supervision, until designated pickup arrives.
- Notify your camp director if your child contracts a communicable disease.
- The YMCA will administer prescription medication for life threatening conditions only WITH WRITTEN PARENTAL/GUARDIAN PERMISSION and instructions. All medications MUST BE IN THE ORIGINAL CONTAINER and clearly marked with the child’s first and last name, and MUST be given directly to a CAMP LEADER. Medication forms must be filled out.

EMERGENCY PROCEDURES
1. A staff member will administer immediate first aid.
2. A staff member will notify parent/guardian.
3. If a parent/guardian cannot be reached, or situation warrants immediate emergency assistance, the camp director will notify the designated physician and/or call the local emergency unit for treatment accompany the child to the hospital, and stay until the parent/guardian arrives.

PARENT PARTICIPATION
- Parents are welcome to visit the camp site at ANY TIME – no appointment is necessary. You must check in with the Camp Leader.
- Special activities will be planned that invite family involvement and will be announced in advance.

Parents requesting any documentation regarding their child’s camp enrollment must submit a written request giving 2 weeks notice.
ENROLLMENT INFO

STEP ONE: Getting Started
Decide to join us at the YMCA Summer Program.
Visit the YMCA online, valdostaymca.org or call for more information on our Summer Camp Program.

STEP TWO: Enrollment Paperwork
Complete all information required for each camper. You will need the following information:
- Personal/Family Information
  - Name, address, email, phone numbers and employer contact information for camper’s parents/guardians
- Emergency Contact/Pick-up
  - Name, address, phone numbers and relation for authorized emergency contacts/pick-up
  - Physician name and contact information
- Medical History
  - Medical history - including details on allergies, medications, other conditions
  - Action plan for any condition listed
- Immunization records for this child
- Transportation Agreement
- Parent Contract
- Acknowledgment
- Character Development Contract
- Release & Waiver of Liability & Indemnity Agreement
- Income Eligibility Form

Registration fee: A $10 registration fee is charged for each camper to cover costs of processing paperwork.

First week fee: The first week of camp must be paid for at registration. The fee is $85 for members, $95 for non-members. $5 off for additional campers.

STEP THREE: Register for camp
Stop by the Valdosta YMCA for the forms.
Turn completed registration form, income eligibility form and immunization form for each camper to the Valdosta YMCA front desk.
YMCA Summer Camp T-Shirts are required to be worn on field trips. Pick up your t-shirt at the Valdosta YMCA front desk. Shirts are included in cost.
YOUR GIFT IS THEIR FUTURE

STRONG COMMUNITY - The Y is a cause for strengthening the foundations of our community. We believe that everyone deserves the opportunity to discover who they are and what they can achieve. And, we know that by developing the potential of kids, improving individual health and well-being, and giving back to our neighbors, we can bring about meaningful change in our community.

Through the Y’s assisted programs, you’ll help people from all backgrounds who otherwise could not afford to participate. You’ll help kids gain access to child care, after-school enrichment, teen activities, day camp, swim lessons and more.

WHY GIVE? Your investment gives working parents a safe place for their kids to go after school. You help children build confidence and learn new things. You make a difference.

GIVE TODAY

$48 gives a kid the chance to spring into gymnastics
$80 helps a child build confidence through swim lessons
$95 sends a kid to summer camp for a week
$1,400 keeps a child safe after-school for the school year

Your program has been good for my daughter’s development and feeling part of a group. I feel she’s grown this summer in ways I had hoped. Thanks for making it a truly positive experience and for helping children develop with good skills and values.

– YMCA Parent

In support of YMCA programs for children, families and the community, I commit $ ____________

Name __________________________________________________ Phone _____________________________
Address _____________________________________________________________________________________________________________

I will fulfill my gift as follows:

☐ My check is attached - payable to the VALDOSTA-LOWNDES COUNTY FAMILY YMCA
☐ Visa ☐ MC ☐ Discover #___________________________ Exp. ________ Ver. ________

3 digit code

Donor Recognition: ☐ No recognition ☐ Acknowledge my gift under the following
Name/s ______________________________________________________________________________________________________________

Signature: ________________________________________________________________________________ Date: _______________________

Mail to: VALDOSTA-LOWNDES COUNTY FAMILY YMCA • P.O. Box 1301 • Valdosta, GA 31602
Campers need to bring in their non-perishable lunches on these dates (no fast food may be brought in):

May 22–May 26

Additional days will be announced as they are given to us by America’s Second Harvest
TEXT AHEAD FOR EASY PICKUP

For your convenience and to expedite your child’s pickup process at camp, we are offering 5 minutes text ahead pickup beginning now.

Simply text the Y up to 5 minutes prior to your arrival and we will have your child waiting for you when you arrive at your convenient curb side pickup.

If your child is at the Y Site, text 229-630-9321.

If your child is at the S.L. Mason site, text 229-415-3961.

Or, if your child is at the South Lowndes site, text 229-630-9355.

TRY IT OUT TODAY!
KIDS NIGHT OUT

Join the “FUN” every 3rd Friday of each month in the Youth & Teen Center

COST: $10 (MEMBERS) $15 (NON-MEMBERS)  TIME: 6:00 PM - 9:00 PM

★ Ages 5-13  
★ Themed Activities  
★ Gaming Area  
★ FUN FOOD & Pepsi Products  
★ Ping Pong, Foosball, Billiards  
★ Exercise on our state-of-the-art equipment  
★ Supervised Fun by YMCA Fitness Trainers

2017 EVENT DATES

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<th>JANUARY</th>
<th>JULY</th>
<th>FEBRUARY</th>
<th>AUGUST</th>
<th>MARCH</th>
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<th>APRIL</th>
<th>OCTOBER</th>
<th>MAY</th>
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PRE-REGISTER AT THE FRONT DESK

Valdosta-Lowndes County Family YMCA
2424 Gornto Road - Valdosta, GA 31602 - (229) 244-4646

Honesty ● Caring ● Respect ● Responsibility
Class Fees (Monthly)
Registration fee: $5

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<td>1 class per week</td>
<td>$38</td>
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<td>2 classes per week</td>
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<td>3 classes per week</td>
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$10 discount for additional siblings!

Programs & Activities:
- Parent/Child Classes
- Preschool Classes
- Recreational Classes
- Tumbling
- Boys/Girls Gymnastics Team
- Summer Gymnastics Camps
- Kids Night Out
  1st and 2nd Friday of each month
- Parties
  Scheduled on Saturdays

Financial Assistance Available

4472 Val North Drive • Valdosta, GA 31602 • (229) 244-3409
www.valdostaymca.org • ygymnastics@gmail.com