



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

# BEST SUMMER EVER

**SILVER CAMP & SWIM LESSONS**  
**Summer 2017**  
**SILVER BAY YMCA**



# **WELCOME TO SILVER CAMP**

**Silver Bay YMCA's Silver Camp and Swim Lessons are designed to provide kids with new challenges to build confidence, foster self-worth, and to build relationships with others.**

**Whether your stay with us is long or short, your children will enjoy their time playing games and participating in sports, exploring nature, making crafts, and meeting new people.**



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**THE MISSION OF SILVER BAY YMCA IS TO OFFER ALL PEOPLE OPPORTUNITIES TO RENEW, REFRESH, AND NURTURE THEIR SPIRIT, MIND, AND BODY.**

# A BRIEF OVERVIEW

## ABOUT

Silver Camp is a Day Camp program for youth ages 6 weeks to 17 years-old and is licensed and inspected annually by the New York Department of Health. Campers are placed in age appropriate groups and most groups offer both half and full day programs.

## WEEKS OFFERED

Camp is offered in 8, one-week sessions, however we also offer daily options. Weekly sessions for 2017 are:

**SESSION 1:** June 26-30

**SESSION 2:** July 3 - July 7

**SESSION 3:** July 10-14

**SESSION 4:** July 17-21

**SESSION 5:** July 24-28

**SESSION 6:** July 31 - August 4

**SESSION 7:** August 7-11

**SESSION 8:** August 14-18

## HOURS OF OPERATION

### Half Day Camp

Sign-in 8:15-8:30 a.m.

Sign-out 11:15-11:30 a.m.

(Offered for all camp Groups)

### Full Day Camp

Sign-in 8:15-8:30 a.m.

Sign-out 3:15-3:30 p.m.

(For Wee-Woozles through Falcons)

## SIGN IN - SIGN OUT PROCEDURES

A parent or guardian must sign each child in and out daily at each group location. Children in Ravens, Eagles, and Falcons can sign themselves out as long as a parent/guardian leaves a written permission slip with the child's counselors at the beginning of the session.

Please note that Staff will not be available to accept drop-off's before 8:15 a.m.

## TRANSPORTATION

Daily bus transportation is available for full day campers for an additional flat rate, weekly fee. Children must be registered in advance prior to boarding the bus. Please be at the bus stop at least 10 minutes before the drop off/pick up times listed below.

### TICONDEROGA - Elks parking lot

Morning pick-up 7:45 a.m.

Afternoon drop-off 4:00 p.m.

### HAGUE - Community Center

Morning pick-up 8:15 a.m.

Afternoon drop-off 3:45 p.m.

## SWIM LESSONS

Silver Bay's Swim Lessons are led by certified YMCA Swim Instructors, swim lessons occur daily on either of our two beaches. Both campers and non-campers are welcome to participate!

# CAMP GROUPS

**Campers are placed in  
age-appropriate groups.**

Campers must turn the minimum age for their respective group by 9/1/17.

## Preschool Age Groups

**Robins (ages 6 weeks – 18 months)\***

**Crickets (ages 19 months – 3 years)\***

**Turtles (ages 3 years – 4 Years)\* potty-trained**

**Wee Woozles (5 years)**

## School Age Groups

**Woozles (ages 6 & 7)**

**Chippies (ages 8 & 9)**

**Ravens (ages 10 & 11)**

## Teen Age Groups

**Eagles (ages 12 & 13)**

**Falcons (ages 14 –17)**

**\*Half Day Program Only**



Our trained staff guide children through age-appropriate activities that instill the Y values of caring, honesty, respect and responsibility.

**Campers must turn the minimum age for their respective group by 9/1/17.**

## PRE-SCHOOL GROUPS

Robins\* (6 weeks- 18 months), Crickets\* (19 months - 3 years), Turtles\* (3-4 years old, potty trained), and Wee Woozles (5 years old) attend Silver Camp in our CHILDREN'S PAVILION located across from Brookside/Trinity.

### **Activities at the Children's Pavilion Include:**

- Arts & Crafts
- Indoor & Outdoor Play
- Campus Walks
- Songs & Games
- Story time & Music
- Water Fun
- Snacks
- Nap time & Bottles\*

(\*Based on individual needs)



\* Half day program only

## SCHOOL AGE GROUPS

The Woozles (6-7 years old), Chippies (8-9 years old), and Ravens (10-11 years old) are headquartered at the CHILDREN'S TENTS located behind Fisher Gymnasium on the south end of campus near Slim Point Beach.



### **Activities for the School Age Groups may include:**

- Arts & Crafts
- Sports & Games
- Songs & Music
- Nature & Hiking
- Beach Days & Water Games
- Ice Cream Making
- Climbing Wall
- Archery



**Campers must turn the minimum age for their respective group by 9/1/17.**

## TEEN GROUPS

Eagles (12-13 years old) and Falcons (14-17 years old) will be located in the lower level of Morse Hall.

### Activities include:

Archery  
Arts & Crafts  
Climbing Wall  
Sports Games  
Kayaking & Canoeing  
Songs & Music  
Hiking & Nature  
Beach Days & Water Games  
Off-Site Field Trips \*



\*Off Site Field Trips are available during certain weeks for an additional fee. The fee includes bus transportation and entrance fees. Past field trips have included White Water Rafting, The Great Escape, Adirondack Extreme, Mini Golf/Laser Tag/Go-Karting.

**Campers must turn the minimum age for their respective group by 9/1/17.**



# GENERAL INFORMATION

## WRISTBANDS

Full-day campers are given a wristband at the beginning of each camp week. These wristbands allow Silver Bay staff to identify full-day campers easily in order to keep them safe. The bands are designed to stay on for a period of time and we ask that full-day campers keep these wristbands on for the entire week.

## ATTIRE

Our campers spend most of their time outdoors participating in active games. It is important that they are prepared for the day. A newsletter, the Silver Camp Breeze, will be available weekly and will list all of the special events and activities that your child will be doing that week. Here is a list of recommended items your child should bring with them DAILY.

Water Bottle, Sneakers, Sunscreen  
Bug Spray, Towel & Bathing Suit,  
Sweatshirt, Backpack or Tote Bag

OPTIONAL: Hat/Visor, Umbrella, Rain Jacket

PLEASE LABEL ALL ITEMS WITH YOUR  
CHILD'S NAME.

- Flip flops/sandals may be worn ONLY during beach day or when walking to/from swim lessons.

- Campers should also leave all electronics at home as the YMCA staff are not responsible for lost, damaged, or stolen items.

## CAMP STAFF

The Silver Camp Staff make up the largest Program Area Staff group on campus. Our counselors come from all over the globe and major in fields such as Education, Recreation, and Social Work. Not only do many of our counselors return year-after-year, but we also have a great number of staff who were once campers themselves!



## BEHAVIOR CODE

The Silver Bay programs follow the YMCA behavioral code of honesty, caring, respect, and responsibility. All campers are responsible for following these basic rules of conduct as well as any other camp guidelines as determined by Silver Bay YMCA Staff in order to promote a safe,

healthy camp atmosphere for both campers and staff members. Silver Bay reserves the right to contact parents/guardians in situations where a camper is unable to follow these basic guidelines. Further misconduct by the camper could result in a dismissal from the program with no refund. Campers in the Teen Program will be asked to sign a Behavior Contract on their first day of camp. Copies of this contract can be provided upon request.

### **MEDICAL INFORMATION**

- A copy of your child's most recent immunization records must be on file **BEFORE** they attend camp. Religious immunization exemption forms are available upon request.
- Prescription medications must be in their original containers with the doctor's name and phone number clearly legible. A written note outlining specific medication instructions must be included.

- Medications need to be turned in to Health Officer at the beginning of the day. **CAMP STAFF CANNOT DISPENSE MEDICATIONS.** A Health Officer must dispense medications.

- Campers with special needs or behavioral concerns should include this information along with their enrollment form. Although we try to accommodate all children in camp, Silver Bay YMCA is not a special needs camp and may not have the resources or available staff to meet the needs of certain children.

- In case of a medical emergency: parents/guardians will be notified immediately—if they are not easily reached staff will call the emergency contacts listed on the camper's enrollment form.

### **IMPORTANT REMINDERS**

Unless there is a legal document **ON FILE** with the program office stating that one parent is not allowed contact with a child, staff is **NOT** legally able to keep a non-custodial parent from picking up their child. Please attach a copy of the legal custodial document to your enrollment packet.





## **NOTES FOR FULL DAY CAMPERS**

- Full Day Camp includes Swim Lessons. Campers should be prepared to swim EVERY DAY! Swim lessons will take place from 12:30-1:15, weather permitting.
- Full Day Campers MUST HAVE a packed lunch every day! Silver Bay requests that parents avoid packing peanut products whenever possible as many of our campers suffer from severe peanut allergies.
- As part of the YMCA Healthy Kids Initiative, soda/carbonated drinks are not an acceptable drink option for camp.
- Teens in the Eagles and Falcons program can bring money to purchase lunch in the Store.
- REMINDER: LUNCHES CANNOT BE REFRIGERATED!

## **FINANCIAL ASSISTANCE**

Financial Assistance is available through the Open Pathways Scholarship Program. Simply turn in a copy of your most recent Federal Income Tax Return with your child's enrollment forms to a Camp Registrar.

# SKILLS CHECKLIST

## PARENT-CHILD

- ☐ Introduction to swim for children aged 2-4 years
- ☐ Must be accompanied by a parent/guardian

## POLLIWOG 5 years & up

- ☐ Front float & back float with or without a floatation aid
- ☐ Paddle for 25 yds w/a floatation aid on the front, side, and back (must perform all three)
- ☐ Scull for 1 minute with or without a floatation

## GUPPY 5 years & up

- ☐ Front & back float for 1 minute without floatation aid
- ☐ Tread water for 20-30 seconds without floatation aid
- ☐ Jump into deep water, paddle stroke 15 ft., roll to a back float for 10 seconds, return to shallow water with a floatation aid
- ☐ Perform 10 bobs in deep water without a floatation aid
- ☐ Swim for 25 yds. With or without a floatation aid
- ☐ Crawl stroke, breast stroke, side stroke, back crawl stroke, elementary back stroke
- ☐ Perform a kneeling dive

## MINNOW 5 years & up

- ☐ Tread in deep water for 1 minute using a scissor kick
- ☐ Swim for 25 yds without a floatation aid
- ☐ Crawl stroke, breast stroke, side stroke, back crawl stroke, elementary back stroke
- ☐ Perform a stride jump into deep water
- ☐ Perform a standing dive

## FISH 5 years & up

- ☐ Float for 6 minutes with a minimum movement on the front or back without a floatation aid
- ☐ Tread in deep water for 3 minutes using single, double, and circle kicks

- ☐ Swim for 50 yards

- ☐ Crawl stroke w/rotary breathing, breast stroke w/a pull, kick, & glide, side stroke with a regular scissors kick & glide, back crawl stroke w/bent arm, & elementary back stroke w/a glide

- ☐ Swim 15 yds. Of the butterfly stroke

- ☐ Perform head-first and feet-first sculling for 45 ft. each

- ☐ Perform a standing dive

- ☐ Perform a head-first & feet-first surface dive & swim

## FLYING FISH 5 years & up

- ☐ Tread in deep water for 6 minutes using single, double, circle, & rotary kicks

- ☐ Swim for 100 yards

- ☐ Crawl stroke w/bilateral breathing, breast stroke w/a pull, kick, & glide, side stroke with a regular & inverted scissors kick and glide, back crawl stroke w/bent arm, and elementary back stroke with a glide

- ☐ Swim 25 yards of the butterfly stroke

## SHARK 5 years & up

- ☐ Swim 100 yds of the crawl stroke with bilateral breathing

- ☐ Swim 100 yds of the breast stroke, swim 50 yards of inverted breast stroke

- ☐ Swim 25 yds of the butterfly stroke & Swim 50 yds of the trudgen crawl

- ☐ Swim 50 yds of overarm side stroke (25 yards on each side)

- ☐ Swim 100 yards of back crawl stroke performing transitions with dolphin kick

- ☐ Swim 200 yards of the individual medley: butterfly, backstroke, breaststroke, and front crawl

## PORPOISE CLUB

COMPETITIVE SWIMMING for swimmers who meet all the requirements to complete the Shark Level

Use the skills checklist to help determine which swim group to enroll your child. Your child should be able to perform each of the skills listed for their group as well as the skills listed for all previous groups.

- Check all the skills that your child can consistently perform.

- Clearly mark the best swim group for your child according to our skills checklist.

- REMEMBER: it is better to underestimate a child's ability and move them up to a higher swim group later than it is to have to move them down to a lower swim group.

# SWIM LESSONS

If only all of life's lessons were this much fun!



Silver Bay provides the nationally recognized Y Progressive Swim Program which is supervised by certified YMCA Swim Lesson Instructors or Water Safety Instructors. Our swim lesson instructors are experienced in teaching infant through adult aquatic skills and personal safety. Swim lessons are interactive and fun for any age.

- A Swim Lesson registration form is required for all participants. A Camp Registrar or Front Desk Associate can assist with registration for swim lessons.
- Questions about lesson content can be directed to Darrell Fedchak at [dfedchak@silverbay.org](mailto:dfedchak@silverbay.org) or by calling 518-543-8833 ext. 316
- Parents must remain with their child during Swim Lessons unless the child is enrolled in Full Day Camp.
- See the chart on page 15 for program fees.

## SWIM LESSON LOCATIONS

Parent-Child—Minnow	Slim Point Beach	1:45 p.m. to 2:30 p.m.
Fish-Porpoise Club	Bay Beach	1:45 p.m. to 2:30 p.m.

Swim Group Location may change based on program needs. Check the weekly prompter for updates.

# REGISTRATION INFORMATION

## SILVER CAMP

- Complete the Silver Bay YMCA enrollment forms including the required immunization history. The New York State Department of Health requires annual submission of immunizations records. We cannot pull medical forms from previous years your child has attended.
- Payment is due at time of registration.

## SWIM LESSONS

- Complete the Silver Bay YMCA Swim Lesson forms
- Payment is due at time of registration.
- Registration can be taken at the Front Desk or by a Camp Registrar

## REGISTRATION BY MAIL

Postmarked two weeks prior to 1st session attending. \*Registrations post marked before June 1st will receive the Early Bird Rate. Early Bird registration forms must be complete including immunization information and full payment by June 1st. Once qualified for Early Bird registrations, you may add additional sessions later on at the Early Bird rate.

## REGISTRATION IN PERSON (BEGINS 6/25)

### Concierge Desk

Sunday  
4:00 p.m.-6:00 p.m.

Monday & Tuesday  
10:00 a.m.-12:00 p.m.

### Children's Tent

Monday & Tuesday  
8:00 a.m.-9:00 a.m.

### Children's Pavilion

Monday & Tuesday  
8:00 a.m.-9:00 a.m.

**ALL FORMS CAN BE FOUND AT [WWW.SILVERBAY.ORG](http://WWW.SILVERBAY.ORG). REGISTRATION IS TAKEN ON A FIRST COME, FIRST SERVED BASIS.**

# FEE INFORMATION

Silver Camp and Swim Lessons		Program Members and On-Campus Guest		Basic Members and Non-Members	
		Daily	Weekly	Daily	Weekly
Half Day Camp (Does not include Swim Lessons)	Regular	\$22	\$56	\$33	\$80
	Early Bird*	\$20	\$50	\$30	\$75
	Multi-Child Discount**	\$18	\$45	\$27	\$67
	There is a \$10 processing fee for all camp applications not received two weeks prior to the Monday of the camper's first session.				
Full Day Camp (Includes Swim Lessons)	Regular	\$44	\$110	\$64	\$160
	Early Bird*	\$40	\$99	\$60	\$149
	Multi-Child Discount**	\$36	\$89	\$54	\$134
	There is a \$10 processing fee for all camp applications not received two weeks prior the Monday of the camper's first session.				
Swim Lessons (For half-day campers, members, and guests)	Regular	N/A	\$28	N/A	\$39
	Early Bird*	N/A	\$20	N/A	\$30
	Multi-Child Discount**	N/A	\$18	N/A	\$27
Busing	\$40 per week/per child. Bus pick-up locations at the ELKS lodge in Ticonderoga, and the Hague Community Center				
Late Pick-Up Fee		\$10/15 minute intervals			
Bag Lunch (Optional for Full Day Campers)		Bag lunches may be ordered at the Front Desk no later than 7 p.m. the night before. There is no fee for those with a meal plan. The fee is \$7 for children without a meal plan.			

\*Registrations post marked before June 1st will receive the Early Bird Rate. Read more on page 14. Cannot be combined with any other discount.

\*\*Multi-Child Discount applies to three or more children (with the same parents/guardians) attending the same session of camp. Cannot be combined with any other discount.

## CANCELLATION POLICY (NEW)

Full refund, minus a \$25 processing fee, will be given to cancellations made by Monday the week before the child's registered start date. Cancellations made less than a week before the child's registered start date and/or missed days within a camp session will not be eligible for a refund.

# SILVER CAMP CONTACTS

## REGISTRATION QUESTIONS

### **Camp Registrar**

(518) 543-8833 ext. 231  
silvercamp@silverbay.org

## SILVER CAMP QUESTIONS

### **Jackie Palandrani**

Youth and Teen Director  
(518) 543-8833 ext. 210  
jpalandrani@silverbay.org

### **Kacheena Trudeau**

Youth and Teen Coordinator  
(518) 543-8833 ext. 231  
teencenter@silverbay.org

## SWIM LESSONS QUESTIONS

### **Darrell Fedchak**

Outdoor Recreation and  
Family Programming Director  
(518) 543-8833 ext. 316  
dfedchak@silverbay.org

## IN CASE OF EMERGENCY

### **Silver Bay YMCA**

(518) 543-8833 ext 0  
and explain your emergency  
to a Front Desk Associate.

Please note: cell reception is poor in this area and our  
Staff rely on two-way radios for communication.