

## CONTACT INFORMATION

FOR QUESTIONS ABOUT:		
SILVER CAMP	REGISTRATION	SWIM LESSONS
<b>Kaley Manning</b> Youth & Teen Coordinator (518) 543-8833 ext. 210 silvercamp@silverbay.org	<b>Lisa Dawson</b> Program Assistant & Camp Registrar (518) 543-8833 ext. 245 silvercamp@silverbay.org	<b>Darrell Fedchak</b> Assistant Program Director (518) 543-8833 ext. 316 dfedchak@silverbay.org
IN CASE OF EMERGENCY		
Due to poor reception on campus the best way to contact the Children's Program is to stop by or call the front desk and ask them to radio Jackie or a Camp Team Leader.		Call Kaley Manning at ext. 210 OR Call Lisa Dawson at ext. 245



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SILVER CAMP & SWIM LESSONS

2016 INFORMATION BOOK



**EARLY BIRD AND MULTI-CHILD DISCOUNTS**



**THE MISSION** of Silver Bay YMCA is to offer all people opportunities to renew, refresh and nurture their spirit, mind and body.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SILVER BAY YMCA

87 Silver Bay Road, Silver Bay, NY 12874

## WELCOME TO SILVER BAY

Silver Bay YMCA offers Silver Camp and Swim Lessons for our programs members as well as non-members. Silver Camp is offered for a fee that is based on your membership type and length of program. Campers are welcome to attend for a day, or for the entire season. Silver Camp is licensed by the New York State Department of health and is inspected annually. Swim Lessons are led by YMCA certified Swim Instructors. This booklet will provide you with all of the information you need to know to enroll your child in one of our safe and exciting camp programs.



### CAMP ENROLLMENT INFORMATION

To enroll your child in Silver Camp you must complete an enrollment form and submit full payment prior to the start of the program. Enrollment forms for Silver Camp and Swim Lessons can be found on our website at [www.silverbay.org](http://www.silverbay.org) under the main heading FORMS.

#### **SPACE IS LIMITED!**

**Registration is taken on a first come, first serve basis.**

The New York State Department of Health requires that a copy of your child's immunization records be included with the enrollment form for Silver Camp *each year*. **Silver Bay YMCA in not permitted to pull any immunization records or enrollment forms from previous years.** Immunization records can be submitted on the enrollment form OR directly from a physician.

### WHERE TO REGISTER FOR CAMP & SWIM LESSONS

#### **BY MAIL**

Silver Camp Registrar  
87 Silver Bay Rd  
Silver Bay, NY 12883

#### **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.

#### **CONCIERGE DESK**

(Beginning 6/26)  
Sunday  
4:00 p.m. - 6:00 p.m.  
Monday & Tuesday  
10:00 a.m. - 12:00 p.m.  
Wednesday & Thursday  
8:00 a.m.—9:00 a.m.

## **SKILLS CHECKLIST**

PARENT-CHILD	<input type="checkbox"/> Introduction to swim for children aged 2-4 years <input type="checkbox"/> Must be accompanied by a parent/guardian		
POLLI-WOG 5 years & up	<input type="checkbox"/> Front float & back float with or without a floatation aid	<input type="checkbox"/> Paddle for 25 yds w/ a floatation aid on the front, side, and back (must perform all three)	<input type="checkbox"/> Scull for 1 minute with or without a floatation aid
GUPPY 5 years & up	<input type="checkbox"/> Front & back float for 1 minute without floatation aid  <input type="checkbox"/> Tread water for 20-30 seconds without floatation aid	<input type="checkbox"/> Jump into deep water, paddle stroke 15 ft., roll to a back float for 10 seconds, return to shallow water with a floatation aid  <input type="checkbox"/> Perform 10 bobs in deep water without a floatation aid	<input type="checkbox"/> Swim for 25 yds. With or without a floatation aid  <input type="checkbox"/> Crawl stroke, breast stroke, side stroke, back crawl stroke, elementary back stroke  <input type="checkbox"/> Perform a kneeling dive
MINNOW 5 years & up	<input type="checkbox"/> Tread in deep water for 1 minute using a scissor kick  <input type="checkbox"/> Swim for 25 yds without a floatation aid	<input type="checkbox"/> Crawl stroke, breast stroke, side stroke, back crawl stroke, elementary back stroke	<input type="checkbox"/> Perform a stride jump into deep water  <input type="checkbox"/> Perform a standing dive
FISH 5 years & up	<input type="checkbox"/> Float for 6 minutes with a minimum movement on the front or back without a floatation aid  <input type="checkbox"/> Tread in deep water for 3 minutes using single, double, and circle kicks  <input type="checkbox"/> Swim for 50 yards	<input type="checkbox"/> 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  <input type="checkbox"/> Swim 15 yds. Of the butterfly stroke	<input type="checkbox"/> Perform head-first and feet-first sculling for 45 ft. each  <input type="checkbox"/> Perform a standing dive  <input type="checkbox"/> Perform a head-first & feet-first surface dive & swim down 6-8 feet
FLYING FISH 5 years & up	<input type="checkbox"/> Tread in deep water for 6 minutes using single, double, circle, & rotary kicks  <input type="checkbox"/> Swim for 100 yards	<input type="checkbox"/> 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  <input type="checkbox"/> Swim 25 yards of the butterfly stroke
SHARK 5 years & up	<input type="checkbox"/> Swim 100 yds of the crawl stroke with bilateral breathing  <input type="checkbox"/> Swim 100 yds of the breast stroke, swim 50 yards of inverted breast stroke	<input type="checkbox"/> Swim 25 yds of the butterfly stroke & Swim 50 yds of the trudgen crawl  <input type="checkbox"/> Swim 50 yds of overarm side stroke (25 yards on each side)	<input type="checkbox"/> Swim 100 yards of back crawl stroke performing transitions with dolphin kick  <input type="checkbox"/> 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		



## SWIM LESSONS

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.

Swim Groups	Location**	Hours of Operation
Parent-Child—Minnow	Slim Point	1:45pm to 2:30pm
Fish-Porpoise Club	Bay Beach	1:45pm to 2:30pm
**Swim Group Location may change based on program needs . Check the weekly prompter for updates.		

## FEES & REGISTRATION

- A Swim Lesson registration form is required for all participants. A Camp Registrar can assist with registration for swim lessons.
- Parents must remain with their child during Swim Lessons **unless the child is enrolled in Full Day Camp.**
- See the chart on page 2 for program fees.

## SKILLS CHECKLIST

Use the skills checklist on the following page 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.**

**IF ONLY ALL OF LIFE'S LESSONS  
WERE THIS MUCH FUN!**

## MEMBERSHIP

Program Members and On-Campus Guests can enroll in Silver Camp for special discounted rates. A Camp Registrar will be happy to help you choose the best Membership and Camp combination for your child.

## SILVER CAMP & SWIM LESSONS FEES

Silver Camp and Swim Lesson Fees		Program Members and On-Campus Guest		Basic Members And Off Campus Guests	
		Daily	Weekly	Daily	Weekly
Half Day	Regular	\$21	\$53	\$32	\$77
	Early Bird	\$19	\$47	\$28	\$71
	Multi-Child	\$17	\$43	\$26	\$64
	Additional Fee: Forms arriving less than 2 weeks prior to 1st session				\$10
Full Day	Regular	\$42	\$105	\$61	\$152
	Early Bird	\$38	\$95	\$57	\$142
	Multi-Child	\$34	\$85	\$51	\$128
	Additional Fee: Forms arriving less than 2 weeks prior to 1st session				\$10
Swim Lessons	Regular	N/A	\$26	N/A	\$37
	Early Bird	N/A	\$20	N/A	\$30
	Multi Child	N/A	\$18	N/A	\$27
Bus Transportation	\$38 Per Child, Per Week				
Late Pick-Up Fee	\$10/15 minute intervals past pick-up time				
Bag Lunch (Optional for Full Day Campers)	ORDER THROUGH THE FRONT DESK BY 7:00 PM THE NIGHT BEFORE-FEE FOR THOSE WITHOUT A MEAL PLAN.				

Registrations post marked by June 1 will receive the Early Bird discount. It will be applied to any additional weeks

Multi-Child Discount will be applied for families with three or more siblings and cannot be used in conjunction with any other scholarships.

Financial Assistance is available through the Open Pathways Scholarship Program. A copy of your most recent Federal Tax return is required.

## **SILVER CAMP TRANSPORTATION**

Bus transportation from Ticonderoga and Hague is available for FULL-DAY CAMPERS ONLY. An additional, flat rate weekly fee will apply. You can register for bus transportation on the Silver Camp Enrollment forms. ***Children will not be allowed to board the bus without being registered and paid in full prior to their first day of camp.***

	TICONDEROGA Elks Parking Lot	HAGUE Community Center
MORNING DROP-OFF	7:45am	8:10am
AFTERNOON PICK-UP	4:00pm	3:45pm

## **HEALTH CONCERNS**

- 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.

Full-day Camp includes swim lessons. Campers should bring sandals, bathing suit, and towel to camp EVERY DAY. Swim lessons will take place from 12:30-1:15 weather permitting.



## **HALF-DAY HOURS**

Sign In is between 8:15-8:30am Pick-Up is between 11:15-11:30am

***Staff will not be available to accept drop-offs before 8:15am***

## **FULL-DAY HOURS**

Sign In is between 8:15 -8:30am Pick-Up is between 3:15 - 3:30pm

***A late fee of \$10 will be charged for each 15 minute interval past pick up time.***

## **LUNCH**

Full-day Campers MUST HAVE a packed lunch EVERY DAY.

On-campus guests who receive a meal plan may order a bag lunch at the front desk, by 7:00 p.m. the evening before, to be delivered to their child for each day they are attending camp.

Silver Bay requests that parents try not to pack peanut products as many of our campers have peanut allergies.

As part of the YMCA Healthy Kids initiative Soda/carbonated drinks are not an acceptable drink option at camp.

Teens can bring money to buy lunch in the Store.

REMINDER: LUNCHES ARE NOT REFRIGERATED!



## 6 YEARS TO 11 YEARS OLD

The following groups use the **TENTS BEHIND THE FISHER GYMNASIUM** as their home base. These groups may choose full or half-day camp.

WOZZLES	CHIPPIES	RAVENS
6 and 7 years old	8 and 9 years old	10 and 11 years old
ACTIVITIES INCLUDE		
Arts & Crafts	Music Activities	Group Games
Sports Games	Nature Activities	Ice Cream Making

## 12 YEARS TO 17 YEARS OLD

Headquartered in the **LOWER LEVEL OF MORSE HALL**, these groups may choose full or half-day camp. Program may require additional fees for off-site day trips or overnights.

EAGLES		FALCONS	
12 and 13 years old		14 years to 17 years old	
ACTIVITIES INCLUDE			
Arts & Crafts	Music Activities	Group Games	
Sports Games	Hiking/Nature Activities	Archery	

## 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
Small Bag	Towel	Bathing Suit	Sweatshirt
Hat/Visor	Umbrella/ Rain Jacket	<b>PLEASE LABEL ALL ITEMS WITH YOUR CHILD'S NAME</b>	

- 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.



## **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. The contract can be found in the FORMS section at [www.silverbay.org](http://www.silverbay.org)

## **CAMP STAFF**

The Silver Camp Staff make up the largest Program Area 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.

## **IMPORTANT REMINDERS**

- Forms arriving later than 2 weeks prior to the 1st session attending will be charged an additional \$10.00 fee. Registrations postmarked before June 1st will receive the Early Bird Rate.
- 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.
- The Teen Program, for campers aged 12—17, will offer various special events and trips for an additional fee. These trips may include: Great Escape and Splash water Kingdom, Overnights at the Ticonderoga Teen Center, and White Water Rafting
- Parents/Guardians will be charged a late fee of \$10.00 for every 15 minutes their child is left after pick-up time.

## **SILVER CAMP AGE GROUPS**

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

### **INFANTS - 5 YEAR-OLDS**



Younger children attend Silver Camp in our **CHILDREN'S PAVILION** located across from Brookside/Trinity. Robins, Crickets, and Turtles are half-day only, Wee Woosles can do either half-day or full day camp. The Pavilion is home-base for the following groups:

ROBINS	CRICKETS	TURTLES	WEE WOOSLES
6 weeks to 18 months	18 months to 3 years old	3 years to 4 years old (must be potty trained)	5 years old
ACTIVITIES INCLUDE			
Free play	Walks	Arts & Crafts	
Snack time	Outdoor play	Story time	
Songs	Music	Naptime & Bottles (based on individual needs)	

