

A FUN PLACE TO GROW



Summer Camp

YMCA ADVENTURE CAMP
2016

Pre-School Camp
NEW! Science Camp
NEW! Jedi Camp
Travel Camp
Drama Camp



Great Fun! Great Value!

Our Summer Camp is in full swing from 9AM until 4PM, Monday through Friday, with lots of fun things for your child to experience each day.

In addition to a high-quality summer camp experience, we also offer before and after camp care at no additional charge!

Save \$40 Each Day!

From 7 to 9AM and from 4 to 6PM, we care for your child before camp starts each day and after it ends each day **at no additional charge**. That's a savings of at least \$40 each day for each child.

Save \$100!

With our sibling savings option, you save more for each additional child you send together to camp. For each additional child who attends camp, you save \$10 a week! That's a savings of \$100 for each child who spends the summer at the Y!

Financial Assistance

We offer financial assistance for those who need help to afford summer camp. Please call us today to learn more. 518.456.3634.

Bus Transportation

We offer transportation to camp by bus from a number of convenient locations. Please check out the bus schedule contained in this guide.

New Specialty Camps! Swim Lessons!

This summer we have more Gaga Pit, Rockwall and Zipline! We also offer swim lessons and new **Specialty Camps**. See page 4 for details.

NEW This Summer!

- Enjoy new opportunities to meet and interact with your child's **counselors**! From information about each counselor's skills and abilities, to fun meet and greet events, you and your child will feel at ease in our care this summer even before camp starts!
- **Meet and Greet with Camp Staff**
June 29th 6pm – 7pm
July 12th 6pm – 7pm
July 27th 6pm – 7pm
- Enjoy more **detailed information about trips**, activities, and events — information which comes your way a week ahead!

Safety Comes First

Our day camps meet the highest health and safety standards of the Y and the NYS Health Department.

Camps are inspected twice each year by the Department of Health and files are available for inspection at your county health department office.

First Aid equipment is on site and staff are trained in First Aid and CPR.



LEARNING THROUGH PLAY

Adventure Camp Nature Discoveries

Each week, campers explore the great outdoors through games, stories, songs and learn and develop camp skills such as knot tying, building a campfire, survival skills, reading a map, how to conserve and purify water and much more.

Children get to see live frogs, toads, tadpoles, turtles and more as part of our Nature Cabin hands-on experimental activities. Each camper may choose to participate in earning "camp skill beads" by successfully completing tasks outlined on Adventure camp skill cards. Each camper also receives a camp keepsake necklace to display the "camp skill beads" they earned during the camp week. Best of all, each camper receives a necklace and will have at least 3 "Adventure Beads" on it for attending camp.

Soccer Enrichment Program

Grades K and Up

Invite your kids to our new soccer program this summer, conducted by a UEFA licensed coach. From beginners to advanced players, all are welcome. We will primarily focus on skill set games which can be transferred into real game situations. Introducing your child to non stop sports like soccer, not only helps improve their cognitive skills as well as their overall physical ability. We will also challenge player progression in a fun filled, safe environment. This is an optional fee based instructional program which will be held 3 days a week for an hour each day. Campers will be pulled from their normally scheduled activities to participate. Campers must pre-register and there is a 15 person maximum. Sign up for one week or sign up for the entire summer. This program will be offered weeks 1,3,5,7 and 9.

Nation of Nations Youth Ambassador Program

The Nation of Nations Youth Ambassador Program empowers children to use art to create a more beautiful and peaceful world by teaching understanding, diversity, empathy and power. This program is based on a ten panel art work called Nation of Nations by nationally recognized artist Marjorie Guyon. The program runs during our Art Camp.

Leaders-in-Training (LIT) Program

Grades 7 - 8

Let us help your child develop sound decision making skills by providing challenging and fun character building experiences. LITs enjoy all the fun of camp: swim lessons, games, sports, crafts, a community service project, field trip and more! All Day Camp campers entering 7th and 8th grade are **automatically included in our LIT program.**

Archery

Our USA Archery trained instructor will help your child learn how to accurately shoot a bow as campers learn safety procedures, drills, stance and posture, and target games. Grades 2 and up.



OUR HOURS

Camp 9AM to 4PM

Drop off starts at 7AM

Pick up until 6PM

Closed for

July 4th Holiday

OUR PROGRAMS

Pre-School Half-Day Camp

Ages 3 – 4 • 9AM – 1PM

3-Day (Mon, Wed, Fri) & 5-Day Options

We help your little one gain independence and learn cooperation skills through fun activities that promote early literacy and develop motor skills. We lead pre-schoolers through games, crafts, story time and more.

Day Camp

Entering Kindergarten thru Grade 8

We help your child build confidence while enjoying a variety of programs and activities that encourage your child to develop independence while learning new skills. Campers enjoy climbing our rock wall, zooming down our zip line, fun art projects, swimming lessons three times a week, sports, and a variety of special events.

Children engage in community building projects and many opportunities for personal growth with our focus on **discovery, hands-on education**, and enriched learning opportunities.

Day Camp Skills Classes

Campers enjoy new experiences through our day camp skills classes which include • Outdoor Education • Arts and Crafts • Archery (2nd Grade and older) • Team Sports • Boating and Fishing.

Junior Travel Camp • Travel Camp

Grades 4 – 5 • Grades 6 – 9

Join us for an adventure-packed summer. This program provides campers entering fourth grade through ninth grade an opportunity to travel every day to fun-filled locations. Campers have a chance to explore different summer activities such as amusement and water parks, state parks, kayaking trips and more! Join us for one week or for all; this is your choice. Campers travel Tuesdays through Fridays and enjoy day camp activities on Mondays at Adventure Camp. The majority of trips are scheduled to take place during regular camp hours and most day trips depart promptly at 9am and return to Adventure camp by 4pm. Campers are grouped according to age and supervised by experienced camp staff. This program is popular and fills up quickly, so please register early. Campers bring a lunch (in some instances lunch may be purchased). Campers need to bring sunscreen and bathing suit as needed and wear sneakers. Some trip logistics may require an early departure or late arrival. Any changes to the travel schedule will be provided to you. In the case of inclement weather, Travel Camp will visit other local indoor facilities for fun and exciting indoor activities.

Counselor-in-Training (CIT) Program

Grades 9 and 10

We offer your teen the opportunity to develop leadership and social skills that will help your child in school and in life. CITs learn skills to help them manage conflict, lead others, and build a strong team.



SPECIALTY CAMPS

Art Camp

Grades 2 – 8 • Week 4

Your child will love exploring different artistic mediums and art forms. Please see the Nation of Nations Youth Ambassador Program for more information. All children need is a love of art. No experience necessary. All abilities welcome. Each Friday afternoon, campers display their artwork in an art show for other campers and parents to visit and enjoy.

Drama Camp

Grades 2 – 8 • Weeks 3 – 8

Our welcoming, encouraging atmosphere is designed to help your child develop her/his creativity and confidence while creating and performing in a production. No previous experience with drama, chorus, or dance needed.

With the guidance of trained instructors, your child will rehearse daily and assist in making costumes, scenery and props. At the end of the week, campers perform their production for a live audience of family and friends.



Fairy Tale Camp

Grades 1 – 3 • Week 2

This is a great camp for children who love dreaming about kings and queens, knights and dragons, and living in a castle. Campers are immersed in the wonderful world of fairy tales as they enjoy stories and discover illumination, castle building, and more. Recreational swimming is offered each day.

LEGO® Camp

Grades 2 – 5 • Weeks 5 & 7

Use LEGOs to imagine, create and build as you learn fun facts and information about the history of LEGO. Your child will learn a variety of different science and engineering concepts through daily (age and ability appropriate) challenges. Campers also work on a themed project throughout the week that culminates in a presentation of their project.



SPECIALTY CAMPS continued

Science Camp

Grades 2 – 5 • Week 8

Science camp promotes a healthy interest in the sciences by giving campers a chance to do fun, interactive experiments involving anything from rocks and minerals, to chemical reactions, to the stars. Science camp creates an interesting mix of various types of science such as robotics, chemistry, biology, astronomy, geology and more. Campers display their projects for parents at the end of the week. This could be a model volcano, a robot or the results of an experiment. There will be an emphasis on good leadership, cooperation and teamwork skills. Creativity and curiosity are also important elements of science camp, and are integral parts of the formation of new experiments and new ideas.

Jedi Training Camp

Grades 2 – 5 • Week 2

We believe that within each of us exists a Hero. It's time to become a Jedi warrior and awaken that hero within you. In this camp a galaxy far, far away, campers will make their own light sabers and train in the honorable ways of the force. Teamwork, trust and patience are the pillars of the Jedi way. Campers will gain confidence and learn about teamwork through Kendo lessons to meditation and yoga in the woods. Campers will enjoy all other such as the rock wall, zip line, archery and an obstacle course. May the force be with you.

USTA 10 and Under Tennis Camp

9AM – 12PM • Weeks 1, 4 & 6

Our certified instructors introduce your child to the joys of tennis. With 10 and Under Tennis, balls bounce lower, don't move as fast through the air, and are easier to hit. Children's tennis racquets are sized for small hands and courts are smaller and easier to cover.

Using this format, within a short time kids are rallying, playing, and excited to keep playing. Kids have more fun and less frustration as they play real tennis and have real fun.

Half Day Option

Campers are welcome to ride the bus or be dropped off in the morning, but will need to be picked up from camp.

Full Day Option

Campers who participate in our full-day Tennis Camp join us for Day Camp in the afternoon, from 12 TO 4PM.

2016 THEME WEEKS

See page 8.



Our Bus Schedule

Leave the Driving to Us

Bus #1 Delmar & Glenmont			
Stop	AM	PM	Pickup/Drop
1	7:18	4:10	Kenwood & Cherry
2	7:23	4:14	Brockley & Delaware
3	7:27	4:18	Kenwood & Delaware
4	7:30	4:21	Delaware & Elsmere
5	7:33	4:24	Dunbarton & Devon
6	7:43	4:34	Rt. 9W & Fuera Bush (AM Beverage Ctr./PM McDonalds)
7	7:46	4:37	Fuera Bush & Colonial Acres
8	7:47	4:38	Fuera Bush & Brighton Wood
9	7:52	4:43	Dowers Way & Hasgate
10	7:57	4:49	Wisconsin & West Chester
11	8:01	4:54	Darroch & Murray
12	8:21	5:15	Adventure Camp

Bus #3 Duanesburg YMCA			
Stop	AM	PM	Pickup/Drop
1	8:00	4:30	221 Victoria Drive, Delanson

Bus #2 Niskayuna, Guilderland, Rt. 5 & 7			
Stop	AM	PM	Pickup/Drop
1	7:30	5:15	155 & Central Ave (K-Mart in the AM Sunmark in the PM)
2	7:34	5:11	Vly Rd. Ext & Watervliet-Shaker Rd.
3	7:40	5:05	Route 7 & Vly Rd. (Stewart's)
4	7:44	5:01	Route 7 & Avon Crest
5	7:49	4:56	Balltown Rd. & Consaul Rd.
6	7:54	4:51	Rosehill & Lynwood
7	8:00	4:45	Balltown Rd. CVS
8	8:09	4:38	Union & Nott
9	8:10	4:35	Liberty & Erie
10	8:17	4:28	Guilderland & Curry
11	8:23	4:22	Curry & Carmen
12	8:28	4:17	Pine Bush School
13	8:39	4:06	Highland & Okara
14	8:45	4:00	Adventure Camp



WEEKLY CAMP THEMES

Week 1: Seuss on the Loose Week

This week will offer theme-based enriching activities, group games, sports and fitness activities, arts & crafts all wrapped around the beloved stories from Dr. Seuss.

Week 2: Pay it Forward Week

You may be just one person in this world, but to one person, at one time, you are the world. Imagine if each individual looked for the opportunity to help others each day. Imagine the difference that would make. This week campers will pay it forward through special projects and activities that will teach them the difference we can all make in the world.

Week 3: Wacky Week

Let's get wacky as campers wear their wackiest hats, dress wacky on mismatched day and become a twin for the day. The fun never ends!

Week 4: Color Wars

Get ready for one of our most popular weeks of camp, filled with fun, friendly competition. Bring your team spirit! Camp is divided up into two teams for some friendly competition. Activities include fun challenges and obstacles. Which team will come out on top?

Week 5: Carnival Week

Campers create a fun filled carnival for the whole camp to enjoy. Enjoy water games, face painting, ring toss, potato sack races and so much more. Plus! Campers will love a visit from the petting zoo complete with pony rides!

Week 6: Jungle Safari Week

Jungle Safari Week - Lions and tigers and bears! Oh My! Come on a safari with us to the zoo and learn everything from animal calls to life at the zoo. Learn about all different habitats and experience the vast smorgasbord of plant and animal life on our planet.

Week 7: World Festival

Take a trip around the world as campers learn about different cultures through games, songs, food, and more.

Week 8: Treasure Island

Campers enjoy a variety of fun scavenger hunts. Who will find the buried treasure?

Week 9: Super Hero Week

All our campers are super heroes. Why not come dressed up as your favorite one!

Week 10: Peace Out Week

Time to say "Peace Out" to summer with a decade-themed week! Bring costumes from different decades to spice up the style and to make those old memories into new ones. Pick your favorite decade and wear that costume to the dance because we might just play a song from that generation! (P.S. Tie-dye is ALWAYS in style!)

For Children Looking for an Overnight Camp Adventure!

Camp Chingachgook on Lake George

FREE TOURS!

Please join us at Chingachgook for a free tour of camp on April 27, May 15 and May 22. You're also welcome to call for a tour any time that's convenient for you.

Visit www.LakeGeorgeCamp.org today to learn more, or call 656.9462.



Child's First Name										Child's Last Name									
Date of Birth				Grade Entering in Fall			Gender M/F			DSS Subsidy			Picking up your child from camp? Please let us know when:						
													<input type="checkbox"/> Right at 4PM <input type="checkbox"/> Before 5 PM <input type="checkbox"/> After 5 PM						

Week Starting Date	Member Rate	Non Member	1 6/27	2 7/4*	3 7/11	4 7/18	5 7/25	6 8/1	7 8/8	8 8/15	9 8/22	10 8/29	Subtotal
*WEEK 2 RATES prorated for July 4 th : Pre-School (5 Day) \$108/\$120 • Day Camp \$176/\$200 • Travel & Jr. Travel Camp \$232/\$256 • CIT \$144/\$180 Week 2 Jedi Camp (already pro-rated) \$188/\$200 • Week 2 Bussing \$32													
Pre-School (3 Day)	\$85	\$105											+
Pre-School (5 Day)	\$135	\$150		*									+
Day Camp	\$220	\$250											+
Jr. Travel	\$290	\$320											+
Travel	\$290	\$320											+
CIT	\$180	\$225		*									+
Speciality Camps													
Jedi Camp	\$188	\$200		*									+
Art Camp	\$235	\$250											+
Drama Camp	\$235	\$250											+
Fairy Tale	\$235	\$250											+
LEGO Camp	\$235	\$250											+
Science Camp	\$235	\$250											+
Tennis Half Day	\$75	\$95											+
Tennis & Day Camp	\$235	\$250											+
Soccer (1hr per day)	\$35	\$35											+
Bussing – \$40 per week													
Enter Your Bus # – AM/PM				*									+
Enter Your Stop # – AM/PM				*									+
<input type="checkbox"/> I qualify for the \$10 (per week) sibling discount (for each child after the first child). Sibling Name:													-
TOTAL													=
Please include your weekly \$10 non-refundable camp deposit (per child) with your application.													

Billing Payment Information (Charged Weekly)

Credit Card	I want to be charged: <input type="checkbox"/> Only the Deposit Now <input type="checkbox"/> Full Amount <input type="checkbox"/> Deposit Now / Then Balance Each Week		
Name on Card			
Card Number		My Card is on file. Last 4 Digits:	Exp.
Address			
City	State	Zip	Phone
Bank Withdrawal (ACH)	I want to be charged: <input type="checkbox"/> Only the Deposit Now <input type="checkbox"/> Full Amount <input type="checkbox"/> Deposit Now and then the Balance Each Week		
Name			
Bank Name		<input type="checkbox"/> Checking <input type="checkbox"/> Savings	
Routing Number (9-Digits)			
Account Number			

Terms: I authorize my financial institution to honor pre-authorized debits/charges initiated by the YMCA on my account for camp payments. I authorize the Y to re-run my credit card within three business days if my card returns declined. Should any payments not be honored by the above financial institution, I understand that in addition to the regular payment, I will be charged a \$20 NSF (Non-Sufficient Funds) fee.

Signature (I have read and understand the terms of this draft authorization) _____ Date _____

TO BE COMPLETED BY THE Y • Staff Initials _____ Date _____ Receipt # _____
☐ Cash ☐ Check Scholarship Percentage _____ % Executive Director Signature _____

CAMPERS ENJOY SO MUCH MORE AT YMCA ADVENTURE CAMP

Week	Day Camp Theme	Junior Travel Camp Trips	Travel Camp Trips
1	Seuss on the Loose		Camp Chingachgook Glimmer Glass State Park Catamount Aerial Park Grafton State Park
2	Pay it Forward		
3	Wacky Week	Howe Caverns Saratoga State Park Great Escape *late return 6pm Moreau State Park	Howe Caverns Saratoga State Park Great Escape *late return 6pm Moreau State Park
4	Color Wars		Bousquet Mtn Adventure Park Glimmerglass State Park Adirondack River Tubing Mine Kill State Park
5	Carnival Week		Sacandaga Outdoor Center (Kayaking) Saratoga State Park Jiminy Peak Aerial Park *late return 5pm Beaver Brook Outfitters (White Water Rafting)
6	Jungle Safari	Million Dollar Beach/Stone Bridge and Caves Herkimer Diamond Mine Adirondack River Tubing Mine Kill State Park	Million Dollar Beach/Stone Bridge and Caves Herkimer Diamond Mine Adirondack River Tubing Mine Kill State Park
7	World Festival	Chingachgook Ausable Chasm Six Flags New England *late return 7pm Grafton State Park	Chingachgook Ausable Chasm Six Flags New England *late return 7pm Grafton State Park
8	Treasure Island	Water Slide World Pirates Cove/Million Dollar Beach Howe Caverns Lake Taghkanic	Water Slide World Pirates Cove/Million Dollar Beach Howe Caverns Lake Taghkanic
9	Super Hero		
10	Peace Out		

**SAVE
\$20**
Register by Feb. 29 & Save \$20
Register by Mar. 31 & Save \$10



**CAPITAL DISTRICT YMCA
YMCA Adventure Camp**

Non-Profit Org.
US Postage
Paid
Albany, NY
Permit #227

1 Camp Nassau Lane
Located in Guilderland
Less than a mile west of the
corner of Rt. 20 and Rt. 155

PHONE
518.456.3634

FAX
518.456.3284

Mailing Address:
Guilderland YMCA
250 Winding Brook Drive
Guilderland NY 12084

OPEN HOUSE DATES

Tuesday, May 10 • 5 – 7PM
Saturday, May 21 • 11AM – 1PM
Sunday, June 5 • 11AM – 1PM

NEW IN 2016

- New opportunities to meet and interact with your child's counselors
- New specialty camps including **Science Camp**
- **NEW** Jedi Camp
- **MORE** Rockwall, Zipline and Gaga

