

Y Day Camps Summer 2011

Camp Otonabee | Neighbourhood Day Camps

www.ymcaYWCA.ca |



STRENGTHENING
the **HEART** of our
COMMUNITY

Y DAY CAMPS

Summer 2011

Locations and Contact Information

- 1 Camp Otonabee**
1620 Sixth Line Road, RR #1
Dunrobin, ON, KOA 1T0
613.832.1234
daycamps@nationalcapitalregionymca-ywca.ca
- 2 Kanata Y Neighbourhood Day Camp**
1000 Palladium Drive (Scotiabank Place)
613.599.0280
- 3 Carlingwood Y Neighbourhood Day Camp**
200 Lockhart Ave.
613.729.7131
- 4 Taggart Family Y Neighbourhood Day Camp**
180 Argyle Ave.
613.788.5000
- 5 Ruddy Family Y Neighbourhood Day Camp**
265 Centrum Boul.
613.830.4199
- 6 Clarence-Rockland Y Neighbourhood Day Camp**
1525-1 Du Parc Ave.
613.446.7679



Please note: some Neighbourhood Day Camps will operate from schools and are not listed on the above map. For more information, please call your local Y.

Welcome from our Camp Managers

If you're looking for a safe, fun and stimulating camping experience for your child this summer you have come to the right place!

Our camp heritage makes the National Capital Region YMCA-YWCA a solid and dependable choice. Meeting new friends, learning new skills, and enjoying fun-filled days in a caring, supervised environment is what Y camps are all about!

Our goal is to:

- Ensure personal enrichment by providing a healthy, safe and fun camp experience
- Provide the opportunity for increased self-esteem and fitness by improving skills and resourcefulness
- Encourage independent thinking, self-reliance and creative expression

So, whether you are a new camper family or a returning one. Welcome! It is great to have you with us. We look forward to seeing you grow this summer!



Our Day Camps

Camp Otonabee

Otonabee provides the opportunity for children and youth to engage in outdoor activities, discover nature and enjoy the natural environment, while acquiring new skills, building self-confidence and establishing lasting friendships. Campers aged five to 15 can experience programs such as canoeing, rock climbing, swimming, hikes and more!

Neighbourhood Day Camps

These camps are an exciting way to spend the days of summer full of play, fun and friendships at local Y facilities and schools. Kids aged three to 15 take part in engaging activities in gymnasiums, swimming pools, activity rooms and more!

Our Staff

Our dedicated camp team is led by our full-time Camp Coordinators and made up of university, college and high school individuals, many of whom have grown up in Y camps and programs. All staff possess current CPR and First Aid certifications and wear easily recognizable uniforms. Staff persons are chosen for their ability to act as team players and role models to the campers entrusted in their care. Our pre-camp training focuses on providing the skills and knowledge necessary to ensure that Y camps are safe, fun and well supervised.

Our Camps are for Everyone

At the Y, we believe that every child should have the opportunity to experience camp.

Financial Assistance

Thanks to the generous support of donors and various fundraising initiatives year-round, we are able to provide financial assistance for families who otherwise could not afford the experience for their children. For more information, please call your local Y (Neighbourhood Day Camps) or call 613.832.1234 (Camp Otonabee).

Integration Program for Campers with Special Needs

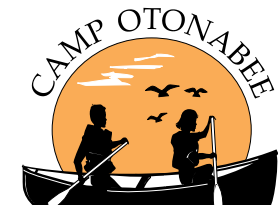
One-on-one support is available in most programs for children with special needs. Parents/guardians and campers must arrange an interview a minimum of two weeks prior to the start of the camp session with the local camp coordinator. An additional fee of \$40/week is required to participate in this program. Limited space is available.



Camp Otonabee

CONTACT US

Camp Otonabee
1620 Sixth Line Road, RR #1, Dunrobin, ON, K0A 1T0
613.832.1234
daycamps@nationalcapitalregionymca-ywca.ca



Since the 1940s children and youth have experienced the wonders of the great outdoors, along the shores of the Ottawa River, at Camp Otonabee. Campers take part in traditional outdoor camp activities such as canoeing, hiking, natural exploration, theme days, and swimming. Each camp program is designed with age-specific outcomes, rooted in our four core Y values; honesty, caring, respect and responsibility. Campers leave Camp Otonabee more confident, with new skills and lasting memories.

A DAY AT A GLANCE

9:00 – 9:30

Buses arrive at camp (rules are reviewed, attendance is taken, section games and songs)

9:30 – 10:45

Activities

10:45 – 11:00

Snack, sunscreen and bug spray application

11:00 – 12:00

Activities

12:00 – 12:30

Lunch

12:30 – 2:15

Activities

2:15 – 2:30

Snack, sunscreen and bug spray application

2:30 – 3:45

Activities

4:00

Buses depart camp

Extended Day Camp

Want more out of your camp experience? Extended Day Camp offers fun and engaging activities before and after regular camp hours.

7:30 am to 9:00 am, 4:00 pm to 5:30 pm

Morning or afternoon only - \$17/week

Morning and afternoon - \$34/week



Traditional Camp Programs

Kinder, 5-7 years

This is a perfect introduction to summer camp for younger campers. In smaller groups (one counsellor for every eight campers), Kinder campers experience the fun of camp through creative play, games, crafts, songs and stories. Programs focus on assisting campers in developing balance, coordination, gross motor skills, cooperation and communication. Activities include voyageur canoe adventures, nature hikes, swimming, building a forest shelter, crafts, group games and songs.

New Discoveries, 8-10 years

The New Discoveries experience introduces our intermediate campers to a variety of outdoor programs that encourage participants to explore and discover the natural world. Activities include swimming, canoe lessons, rock climbing, low ropes, high ropes, outdoor living skills, and nature discovery activities. Action packed days also include: arts and crafts, games and team building activities.

Young Wonders, 11-13 years

Young Wonders campers reach new heights and explore their abilities at the high ropes challenge courses, canoeing and kayaking, rock climbing, swimming, drama and outdoor living. A strong focus on communication and skill development are key elements in the Young Wonders experience.

Overnight Experience, New Discovery and Young Wonders

Note: This program is available to New Discoveries and Young Wonders campers only. Attention New Discovery and Young Wonders campers! Would you like to experience a night at camp? The Otonabee Day Camp offers an overnight option so that campers can have an opportunity to experience our camp at night. The action packed night will include a BBQ dinner, an evening swim, field games and a talent show and campfire. Campers will sleep in cabins and are expected to bring their own sleeping bag and pillow as well as a change of clothes, toiletries, an extra lunch for the following day and a flash light will come in handy too! Each overnight experience is \$10 and limited to 60 participants, so register early!

Overnight experience only available weeks 1, 2, 4, 9.



Specialty Camp Programs

Paddle Sports, 10-13 years

This experience is perfect for campers looking to combine an intensive week of canoe and kayaking with other traditional camp activities. Campers spend half of each day working on their paddling skills (both canoe and kayak). They learn all of the major paddle strokes; forward, backward, c-stroke, j-stroke, pry and draw. Campers also learn and practice rescue techniques and participate in a full day canoe trip. The other half of the day is spent doing other camp activities like rock climbing, high and low rope adventure courses, orienteering, crafts and outdoor living skills.

Adventure Camp, 10-13 years

This experience is designed for campers looking for adventure and exploration. Campers experience rock climbing, canoeing, kayaking, high ropes/low ropes challenge courses, orienteering, and learn techniques and strategies that will help them excel in these activities. Campers will also have the opportunity to build fires and shelters in a wilderness setting.

Camp for Girls, 10-13 years

Camp for Girls is similar to a traditional camp experience, but in a girls-only environment. Campers experience canoeing, kayaking, rock climbing, swimming, arts and crafts, drama and camp games. Campers will also participate in engaging and interactive workshops and presentations led by guest speakers on topics ranging from healthy lifestyles and yoga to bullying and social pressures.

Triathlon Camp, 11-13 years

This camp experience is designed to introduce young people to the world of triathlons. Campers will learn healthy lifestyle choices and practice skills relating to all three elements of a triathlon — swimming, biking and running. Campers will also participate in some of the more traditional camp activities during their week at Camp Otonabee, such as rock climbing, canoeing and high ropes. Participants must supply their own bike and helmet and transport them to camp at the beginning of the week. This course is designed for campers with no triathlon experience.

NEW Young Naturalist, 9-12 years

The young naturalist program is an opportunity for campers to explore our natural world. Campers will participate in natural history activities such as pond studies, forest explorations and micro site investigations. In addition to the natural history activities campers will also participate in outdoor skill activities such as canoeing, rock climbing and fire building. Although the focus of this camp is on the natural environment campers will still get a chance to experience some of the high ropes and low ropes challenge courses at the Otonabee Day Camp.

NEW Arts and Drama, 9-11 years

The Otonabee arts and drama program is designed for children who can't get enough arts programming but would also like to experience the fresh air, forest and Ottawa River. Although there will be an assortment of arts and crafts programming, the focus will be on using our natural environment for sketches, skits, crafts and activities. Campers need no previous arts or drama experience, just enthusiasm and a creative drive.





Western Riders Level 1, 8-13 years (Western saddle)

Two camps in one! This program is designed for beginners who have little or no riding experience. Campers will spend half the day at Pinto Valley Ranch, located near Camp Otonabee, and the other half back at camp. While at the ranch, campers will work on basic riding skills, horse care and preparation and barn maintenance. Back at Camp Otonabee, campers will participate in more traditional Otonabee programs such as rock climbing, canoeing, arts and crafts and nature activities.

NEW Western Riders Level 2, 11-13 years (Western saddle)

This program is for campers with a little more horseback riding experience and is designed to help them develop additional skills. Campers will participate in a trail ride, learn to hitch and drive a wagon and work to advance their western riding skills. Some time will also be spent at Camp Otonabee, where campers will participate in rock climbing, canoeing, team building activities, group games and arts and crafts.

Young Equestrians, 8-13 years Half Day English riding program (English saddle)

Two camps in one! Campers spend half the day at Linsell Farm, located near Camp Otonabee. While at the farm, campers will learn about horses and farm life, and develop English saddle riding skills while on horseback. The other half of the day is spent at Camp Otonabee swimming, doing crafts, rock climbing and canoeing.

NEW Young Equestrians, 10-13 years Full Day English riding program (English saddle)

The full day young equestrians program is designed for campers who would like to work on their riding skills for a longer period. Campers must be prepared to spend a full day at the barn and will get to participate in two separate riding lessons. The remainder of the day is spent learning what it is like to work with horses and live on a farm. Campers will do barn chores and learn about the basic structure of a horse and how this information is relevant to riders.

Leadership Programs

Program Overview

Perfect for the aspiring camp counsellor! Our leadership programs provide youth with the opportunity to refine their leadership skills in an outdoor, experiential environment. Participants in this program will learn how to effectively manage groups, plan and deliver exciting programs for children, become positive role models for youth, develop self confidence, and learn and practice new skills. Participants have the opportunity to gain certification in emergency first aid, receive lifeguard training and will develop new skills in canoeing, kayaking, rock climbing and outdoor living. A brief interview with a senior member of the camp staff may be required before being accepted into the program.

Participants in our leadership programs may have the opportunity to participate in an overnight experience. These are weather dependant and range in scope from one night at Camp Otonabee to an overnight canoe trip at a local provincial park.

Leaders in Training, 14-15 years (Four Week Program)

Part one of our leadership program focuses on developing skills in facilitating and supporting camp programs. Leaders in Training (LITs) learn to master their skills in canoeing, kayaking, rock climbing and camping through an experiential model that promotes team work and skill sharing. Participants are given instruction on how to facilitate these activities in a camp atmosphere, with an emphasis on safety and fun. They are then challenged to put their new skills and knowledge to the test in short placements under the guidance of an experienced staff member. LITs will also learn basic emergency first aid principals and complete their bronze medallion* certification. This program is limited to 12 participants per session.

Otonabee Leaders, 15-16 years (Four Week Program)

Part two of our leadership program builds on the skills and strategies learned in the Leaders in Training (LIT) program. Working closely with other participants, Otonabee Leaders refine their skills in canoeing and kayaking, rock climbing, and camping. Engaging and interactive workshops help them develop skills in program development, behaviour/group management, camp philosophy and counselling tactics. Otonabee Leaders participate in first aid and life guard training and have the opportunity to complete their emergency first aid and bronze cross* certifications (if they have the previous training required). Participants complete a minimum of five placement days during the program. This program is limited to 12 participants.

**Bronze Cross and Bronze Medallion certification is not a guaranteed component of the leadership programs. Campers are trained and coached on the necessary curriculum and then examined by a Life Saving Society examiner that determines pass or fail.*



Camp Otonabee Bus Schedules

Busing to camp is part of the experience! We're pleased to offer campers daily bus transportation to and from Camp Otonabee at no additional cost. For safety reasons, we ask that your child remains on the same bus throughout their week at camp. Parents/guardians are asked to arrive five minutes before the pick-up and drop-off times. Please note that times listed are approximate and routes and times are subject to change.

Route 1

Stop	Address	Intersection/Location	Community	EDC*	Pick Up	Drop Off
Ruddy Family Y	265 Centrum Blvd	Centrum/Preston Ave	Orleans	YES	7:50 am	5:10 pm
Forest Valley PS	1570 Forest Valley	Orleans Blvd/Forest Valley	Chapel Hill	NO	8:00 am	4:55 pm
St. Laurent Shopping Center	1200 St. Laurent Blvd	Toys 'R' Us	Cyrville	NO	8:15 am	4:35 pm
Rexall Drug store	832 March Rd	March Rd/Klondike	Morgan's Grant	NO	8:50 am	4:10 pm

Route 2

Stop	Address	Intersection/Location	Community	EDC*	Pick Up	Drop Off
Bayview PS	185 Owl Dr	Riverside/Walkley Rd	Mooney's Bay	NO	7:55 am	5:20 pm
Merivale HS	1755 Merivale Rd	Merivale Rd/Viewmount Rd	Nepean	NO	8:10 am	5:05 pm
Sir Robert Borden HS	131 Greenbank Rd	Greenbank Rd/Banner Rd	Craig Henry	NO	8:25 am	4:40 pm
Giant Tiger	2865 Dumaurier Ave	Pincrest/417	Nepean	NO	8:35 am	4:30 pm

Route 3

Stop	Address	Intersection/Location	Community	EDC*	Pick Up	Drop Off
Giant Tiger Headquarters	2480 Walkley Rd	Walkley Rd/Hawthorne Rd	Ottawa East	NO	7:45 am	5:20 pm
Billings Bridge Shopping Center – McDonald's Parking	2277 Riverside Dr	Riverside Dr/Bank St S	Ottawa South	NO	7:55 am	5:05 pm
Taggart Family Y	180 Argyle Ave	Argyle Ave/Metcalf St	Downtown	YES	8:10 am	4:40 pm
Calian Mall – large lot	2 Beaverbrook Rd	Beaverbrook/Teron	Kanata - Beaverbrook	NO	8:35 am	4:15 pm

*Extended Day Camp offered at this location

Route 4

Stop	Address	Intersection/Location	Community	EDC*	Pick Up	Drop Off
Statistics Canada	150 Tunney's Pasture	Parkdale Ave/Colombine Dwy	LeBreton Flats	NO	8:00 am	5:00 pm
Carlingwood Y	200 Lockhart Ave	Lockhart Ave/Saville Rd	Carlingwood	YES	8:10 am	4:45 pm
Dr. F.J. MacDonald PS	2860 Ahearn Ave	Ritchie St/Ahearn Ave	Bayshore	NO	8:30 am	4:25 pm

Route 5

Stop	Address	Intersection/Location	Community	EDC*	Pick Up	Drop Off
Adrienne Clarkson PS	170 Stoneway Dr	Off Woodroffe Ave South	Barrhaven – Davidson Heights	NO	7:50 am	5:10 pm
Barrhaven Mall – Food Basics	900 Greenbank Rd	Fallowfield Rd/ Greenbank Rd	Barrhaven	NO	8:00 am	4:50 pm
Real Canadian Superstore (Eagleson Rd)	760 Eagleson Rd	Eagleson Road near Stonehaven	Kanata - Bridlewood	NO	8:30 am	4:25 pm
Hazeldean Mall – Laura's Your Independent Grocer	300 Eagleson Rd	Parking lot side at Your Independent Grocer	Kanata	NO	8:40 am	4:20 pm

Route 6

Stop	Address	Intersection/Location	Community	EDC*	Pick Up	Drop Off
YIG (Stittsville)	1259 Main St	Main St., Stittsville	Stittsville	NO	8:00 am	5:00 pm
Holy Redeemer School (Week 1 - 8)	75 McCurdy Dr	McCurdy off of Castlefrank Dr	Kanata	YES	8:10 am	4:40 pm
Kanata Y (Week 9)	1000 Palladium Dr	Scotiabank Place	Kanata	YES	8:10 am	4:40 pm
Walmart (Centrum Plaza)	500 Earl Grey Dr	Centrum Plaza Hwy 417/Terry Fox	Kanata	NO	8:25 am	4:30 pm
Carp Agricultural Society	3790 Carp Rd	Carp	Carp	NO	8:45 am	4:15 pm

A close-up photograph of a young girl with dark skin and her hair styled in braids. She is wearing a bright green sweater and a small hoop earring. She has a thoughtful expression, looking slightly to her right. In the background, another young girl is partially visible, looking towards the camera. The background is a colorful, abstract painting with shades of blue, green, and yellow. The text 'Neighbourhood Day Camps' is overlaid in white on the bottom left of the image.

Neighbourhood Day Camps

CONTACT US

Contact the Camp Coordinator at your local Y.

**Carlingwood Y**

200 Lockhart Avenue
613.729.7131

Clarence-Rockland Y

1-1525 Du Parc Avenue
613.446.7679

Kanata Y

1000 Palladium Drive
(Scotiabank Place)
613.599.0280

Ruddy Family Y

(formally the Orleans Y)
265 Centrum Boulevard
613.830.4199

Taggart Family Y

(formally the Metro Central Y)
180 Argyle Avenue
613.788.5000

Day at a Glance**9:00-9:30**

Morning Circle (children gather together and sing songs, review rules etc.)

9:30-10:00

Icebreakers

10:00-10:45

Group Activities

10:45-11:00

Snack/Sunscreen Application

11:00-12:00

Team Games

12:00-12:30

Lunch/Sunscreen Application

12:30-1:15

Themed Camper Choice

1:15-1:30

Transition to Swimming

1:30-2:30

Swimming

2:30-2:45

Transition from Swimming/Snack

2:45-3:30

Large and Small Group Activities

3:30-4:00

Themed Camper Choice

4:00-4:30

Reflection Circle

At Y Neighbourhood Day Camps, our goal is to provide your child with countless opportunities and experiences for growth and friendship. Each camp program is designed with age-specific outcomes, rooted in our four core Y values; honesty, caring, respect and responsibility. Children and youth aged three to 15 take part in engaging activities in gymnasiums, swimming pools, activity rooms and more. A summer filled with excitement, fun, challenge and adventure is what Y Neighbourhood Day Camps are all about!

Extended Day Camp

Want more out of your camp experience? Extended Day Camp offers fun and engaging activities before and after regular day camp hours.

7:30 am to 9:00 am, 4:30 pm to 6:00 pm

Morning or afternoon only - \$17/week

Morning and afternoon - \$34/week





Tiny Tots, 3-5 years (Half day or full day)

For the first time camper! This camp experience is filled with crafts, games, songs, and various indoor and outdoor activities. Tiny Tots interact with children their own age and gain experience that will assist them in preparing for future school environments. Occasionally campers will welcome special guests and take part in local field trips. Campers must be toilet trained to attend this camp.

Half day:

9:00 am - 1:00 pm or 1:00 pm - 4:30 pm

Full day:

9:00 am - 4:30 pm



My Camp, 6-9 years

Choose your own adventure! My Camp features theme weeks and traditional summer day camp activities, enhanced by a mix of personal choice activities. Every day campers get to choose two personal choice activities that relate to the theme of the week. Choice activities are a minimum of one hour and 15 minutes. To top off the My Camp experience, a daily recreational swim or weekly beach trip (for Ys without a pool) is included.

Themes

Breaking the Ice

July 4 - July 8

Campers celebrate the beginning of summer, meet their counsellors and get to know other campers through games, songs, and outdoor activities.

Sports Extravaganza

July 11 - July 15

Game on! Campers take part in popular sports and have the opportunity to try some of the less common sports out there.

Lights! Camera! Action!

July 18 - July 22

Campers work in groups and create a skit for the camp talent show, which takes place at the end of the week. Groups will also have the opportunity to express themselves through the art of photography.

Survivor - Outwit and Outlast

July 25 - July 29

Campers reach for gold and challenge other groups in a friendly competitive atmosphere. Be prepared to work up a sweat!

Carnival Camp

August 2 - August 5 (no camp August 1)

Everyone loves a carnival. This week includes activities such as face painting, water games, and a chance of tossing a cream pie at your favourite counsellor!



Blast from the Past

August 8 - August 12

From pioneer days to present day, campers learn how times have changed through crafts, games and adventure.

Arts and Minds

August 15 - August 19

This week is all about self expression. Campers get creative and tap into their inner artist by painting, writing and participating in games.

Multicultural

August 22 - August 26

Campers learn about different cultures that make our world unique. By the end of the week campers will have made their very own tribal mask.

Celebration

August 29 - September 2

Campers wrap up the summer with games, crafts and other outdoor activities. As a special keepsake, campers have friends sign a handmade yearbook to remember and celebrate their summer at Y Neighbourhood Day Camp!

Y Adventurers, 10-12 years

This action-packed camp experience challenges, teaches new skills, and encourages fun in a safe environment. Campers will participate in games, sports, art, drama, special events and more!

Themes

Shape Up

July 4 - July 8

Campers learn how their body works, participate in fitness classes and learn about keeping a healthy lifestyle.

Sports Frenzy

July 11 - July 15

Game on! Campers have the opportunity to try many individual and team sports. Learn what it takes to be a good leader on and off the playing field!

Self Expression Camp

July 18 - July 22

Campers will share through different forms of art to exhibit how they feel and see the world and the community they live in.

Hike on a Bike

July 25 - July 29

A two-wheeled exploration! Campers explore bike paths with camp leaders. Campers must have their own bike, helmet and lock.

Carnival Camp

August 2 - August 5 (no camp August 1)

Everyone loves a carnival. This week includes activities such as face painting, water games, and a chance of tossing a cream pie at your favourite counsellor!

The Nature of Things

August 8 - August 12

Campers learn about our environment, creatures and creepy crawlers. Learn new ways to help your community and the planet!

The Leader in You

August 15 - August 19

Campers learn about community involvement and what it takes to become a great leader.

Multicultural

August 22 - August 26

Campers learn about the different cultures that makes our world unique. By the end of the week campers will have made their very own tribal mask.

Celebration

August 29 - September 2

Campers wrap up the summer with games, crafts and other outdoor activities. As a special keepsake, campers have friends sign a handmade yearbook to remember and celebrate their summer at Y Neighbourhood Day Camp!





Babysitting Course, 11-14 years

Future babysitters gain the knowledge, skills and confidence needed to supervise children responsibly and effectively. Topics include age characteristics of children, creating a caring environment, handling challenging situations, safety, and keeping kids active. Participants are challenged to put their new skills and knowledge to the test in short placements under the guidance of an experienced staff member.

Girls Unplugged, 10-13 years

This camp is for girls only! Join us for a week long celebration of girlhood. Girls build skills in the areas of leadership, teambuilding, self awareness and positive self esteem. Campers learn from interactive group activities, storytelling, crafts, sports and individual reflection.

Guys Unplugged, 10-13 years

This camp is for boys only! Join us for a week long celebration of boyhood. Guys build skills in the areas of leadership, teambuilding, self awareness and positive self esteem and discussions of today's issues that affect young men. Get inspired and start building a foundation for success.

Counsellors in Training, 13-15 years

Perfect for the aspiring Y Day Camp Counsellor! Participants learn about teamwork, cooperation, leadership, taking initiative and the basics of program planning. Learn from our experienced staff and take the first step in becoming a camp counsellor! An opportunity to volunteer with the Y will be offered after the successful completion of this program.

Junior Lifeguard Club, 13-15 years

Discover what it takes to be a lifeguard! Participants develop lifesaving and first aid skills, improve fitness levels, learn leadership and teamwork skills, and strive for personal bests.

Prerequisite: Campers must meet the Lifesaving Society's Swim to Survive standard (roll into deep water, tread water for 1 minute, and swim at least 50 metres).



Session Dates and Pricing

* Note: Camps will not run on August 1

For information and pricing on Extended Day Camp, please see page 3 (Camp Otonabee) or page 11 (Neighbourhood Day Camps).

CAMP OTONABEE

OPTIONS	JULY 4-8	JULY 11-15	JULY 18-22	JULY 25-29	AUG 2-5	AUG 8-12	AUG 15-19	AUG 22-26	AUG 29-SEP 2
Kinder	\$195	\$195	\$195	\$195	\$156	\$195	\$195	\$195	\$195
New Discoveries	\$195	\$195	\$195	\$195	\$156	\$195	\$195	\$195	\$195
Young Wonders	\$195	\$195	\$195	\$195	\$156	\$195	\$195	\$195	\$195
Western Riders Level 1	\$325	\$325			\$260	\$325	\$325		
Western Riders Level 2		\$350				\$350			
Young Equestrians - 1/2 Day		\$325	\$325					\$325	\$325
Young Equestrians - Full Day		\$350	\$350					\$350	\$350
Integration	\$250	\$250	\$250	\$250	\$200	\$250	\$250	\$250	\$250
Paddle Sports Week	\$260				\$210	\$260			
Adventure Week				\$260			\$260		\$260
Girls Only			\$225			\$225			
Triathlon Week								\$260	
Young Naturalist	\$225			\$225	\$180		\$225		
Arts and Drama				\$225				\$225	
Leaders in Training	← \$670 →				← \$670 →				
Leaders	← \$670 →				← \$670 →				
New Discoveries Overnight	\$10	\$10		\$10					\$10
Young Wonders Overnight	\$10	\$10		\$10					\$10
Pre Camp	\$17	\$17	\$17	\$17	\$17	\$17	\$17	\$17	\$17
Post Camp	\$17	\$17	\$17	\$17	\$17	\$17	\$17	\$17	\$17

NEIGHBOURHOOD DAY CAMPS

(\$95 for half day full week Tiny Tots)

CARLINGWOOD Y

OPTIONS	JULY 4-8	JULY 11-15	JULY 18-22	JULY 25-29	AUG 2-5	AUG 8-12	AUG 15-19	AUG 22-26	AUG 29-SEP 2
Tiny Tots	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
MY Camp	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
Y Adventurers	\$170	\$170		\$170	\$136	\$170		\$170	\$170
Girls Unplugged			\$170				\$170		
Guys Unplugged			\$170				\$170		
Counsellors in Training	← \$340 →				← \$316 →				
Babysitting Course			\$175				\$175		

CLARENCE-ROCKLAND Y

OPTIONS	JULY 4-8	JULY 11-15	JULY 18-22	JULY 25-29	AUG 2-5	AUG 8-12	AUG 15-19	AUG 22-26	AUG 29-SEP 2
MY Camp	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
Y Adventurers	\$170	\$170		\$170	\$136	\$170		\$170	\$170
Junior Lifeguard Club					\$136				
Girls Unplugged			\$170				\$170		
Guys Unplugged			\$170				\$170		
Counsellors in Training	← \$340 →								
Babysitting Course				\$175					

KANATA Y

OPTIONS	JULY 4-8	JULY 11-15	JULY 18-22	JULY 25-29	AUG 2-5	AUG 8-12	AUG 15-19	AUG 22-26	AUG 29-SEP 2
Tiny Tots	\$170	\$170	\$170	\$170	\$136	\$170	\$170		
MY Camp	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
Y Adventurers	\$170	\$170			\$136	\$170	\$170	\$170	\$170
Girls Unplugged			\$170						
Guys Unplugged			\$170						
Counsellors in Training	← \$340 →					← \$340 →			

RUDDY FAMILY Y (formerly the Orleans Y)

OPTIONS	JULY 4-8	JULY 11-15	JULY 18-22	JULY 25-29	AUG 2-5	AUG 8-12	AUG 15-19	AUG 22-26	AUG 29-SEP 2
Tiny Tots	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
MY Camp	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
Y Adventurers	\$170	\$170	\$170		\$136	\$170	\$170		\$170
Girls Unplugged				\$170				\$170	
Guys Unplugged				\$170				\$170	
Counsellors in Training	← \$340 →				← \$316 →				
Babysitting Course			\$175						

TAGGART FAMILY Y (formerly the Metro Central Y)

OPTIONS	JULY 4-8	JULY 11-15	JULY 18-22	JULY 25-29	AUG 2-5	AUG 8-12	AUG 15-19	AUG 22-26	AUG 29-SEP 2
Tiny Tots	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
MY Camp	\$170	\$170	\$170	\$170	\$136	\$170	\$170	\$170	\$170
Y Adventurers	\$170	\$170	\$170		\$136	\$170	\$170	\$170	\$170
Girls Unplugged				\$170				\$170	
Guys Unplugged				\$170				\$170	
Counsellors in Training	← \$340 →				← \$316 →				
Babysitting Course			\$175				\$175		

How to Register

Cut out the registration form located on page 19 and fill in both sides. Please complete a separate form for each camper. To download additional registration forms, please visit www.ymcaywca.ca.

Full payment is preferred at the time of registration; however, a minimum \$50 deposit per camper per session is required to register. The balance of the camp fees is due June 1, 2011. Registrations received after June 1, 2011 must be paid in full. Extended payment plans are also available.

Mail

Y Day Camps
1620 Sixth Line Road, RR#1
Dunrobin, ON, K0A 1T0

Fax

613.832.4324

In Person

Visit your closest National Capital Region
YMCA-YWCA location.

**If you have any questions, please do not
hesitate to contact us at 613.832.1234.**

Our Pricing

At the Y, we are proud to offer superior quality camps at an affordable price. Our prices are listed on pages 16-17, along with our session dates.

If you have a current Y Family or Youth Membership, then you are eligible to receive a 10% discount on your camp fees. For more information, please call 613.832.1234.

Financial Assistance

For more information, please call your local Y (Neighbourhood Day Camps) or 613.832.1234 (Camp Otonabee).

Our Policies

Refunds and Transfers

Requests for refunds must be made in writing - by mail, email or fax. The camp fee per session, less the \$50 deposit, will be refunded if cancellation occurs at least two weeks before the session begins. No refunds will be issued if less than two weeks notice is given. Requests for transfers must be made in writing - by mail, email or fax. Deposits are non-transferable. There is a \$5 fee for transfers between sessions. All transfers must be completed at least two weeks prior to the start of the session date. No refunds will be issued if a camper is asked to leave the camp program for behavioural reasons.

Behaviour Management

YMCA-YWCA summer day camps provide a healthy, safe and secure environment. Camp staff and managers will redirect camper behaviour and respond to inappropriate choices on an individual basis. Children who attend our camps are expected to follow these behaviour guidelines:

- We are all responsible for our own actions
- We respect each other and the environment
- Honesty is the basis of our relationships and interactions
- We care for ourselves and those around us
- Communication between parents and our staff is crucial to ensure that all participants are successful at our camps. Campers may be asked to leave a program if their behaviour is negatively affecting their experience or safety or those of other campers and staff. No refunds will be issued if a camper is asked to leave the camp program for behavioural reasons.

Important to Know

- Campers must be signed in/out by an adult 16 years of age or older everyday.
- To avoid delays, please arrive five minutes before the bus is scheduled to arrive and depart.
- Bus schedules are approximate and delays will occur.
- If your child will not be attending camp on any given day, please call to let us know at 613.832.1234.
- Please make us aware of your child's allergies and/or medical conditions and/or any changes in your child's health while at camp.
- Please send your child to camp with sunscreen, a hat, bug spray, a healthy lunch, healthy snacks, extra drinks, a reusable water bottle, weather appropriate clothing, a swimsuit, towel, beach sandals/shoes.
- Camps operate rain or shine, please dress your child appropriately
- The Y will not be responsible for lost or stolen items — remember to label all of your child's belongings.
- Electronic devices (iPods, cell phones, cameras, etc.) are not permitted at camp.
- The safety of all campers is the Y's number one priority. Please assist counsellors by speaking with your child about the importance of listening to and following camp rules.



Otonabee and Neighbourhood Day Camps Registration Form

CAMPER INFORMATION

First Name: _____

Last Name: _____

Birthdate (yy/mm/dd): _____ Gender F M

Custody Arrangement N/A Other, please specify below

How did you hear about us? _____

My child has permission to walk home alone Yes No

CONTACT INFORMATION

Please note that all correspondence will take place with the main contact.

Main Contact/Authorized Pick-up

First Name: _____

Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone (H): _____ (W): _____

Cell: _____

Email: _____

Relationship Parent Guardian other: _____

Secondary Contact/Authorized Pick-up

First Name: _____

Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone (H): _____ (W): _____

Cell: _____

Email: _____

Relationship Parent Guardian other: _____

Alternate Emergency Contact

First Name: _____

Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone (H): _____ (W): _____

Cell: _____

Relationship Parent Guardian other: _____

HOW TO REGISTER

By Mail: Y Day Camps, 1620 Sixth Line Road
RR#1, Dunrobin, ON KOA 1T0

By Fax: 613.832.4324

In Person: Visit your closest YMCA-YWCA location.

CAMPER HEALTH HISTORY

Health card #: _____

Please describe in detail including treatment or specialized support required at camp. Detail any activities your child is restricted from participating in at camp. Please also add anything else you would like us to know to help your child have a positive camp experience. You may add an additional sheet with details.

Condition	Yes	No	Details
Allergies <input type="checkbox"/> Medications <input type="checkbox"/> Food <input type="checkbox"/> Insects <input type="checkbox"/> Other			EpiPen: <input type="checkbox"/> Yes <input type="checkbox"/> No
Asthma			
Seizures			
ADD/ADHD			Is your child on a medication holiday?
Diabetes			
Dietary Restrictions			
Medications			Does your child require medication at camp?
Behavioural Concerns			
Other, please specify			Does your child require additional supports?



CAMP INFORMATION

Session	Date	Camp Location	Program	Bus Stop or Direct Drive (Y Outdoor Day Camps only)	EDC Location (Indicate am, pm, both or none)	Overnight Fee (Offered weeks 1, 2, 4, 9 only)	Program Fee	EDC Fee	Total Session Fee
E.g.	July 4-8	Otonabee	Young Wonders	Carlingwood Y	Carlingwood Y <input checked="" type="checkbox"/> am <input type="checkbox"/> pm	\$10	\$195	\$17	\$222
1	July 4-8				<input type="checkbox"/> am <input type="checkbox"/> pm				
2	July 11-15				<input type="checkbox"/> am <input type="checkbox"/> pm				
3	July 18-22				<input type="checkbox"/> am <input type="checkbox"/> pm	X			
4	July 25-29				<input type="checkbox"/> am <input type="checkbox"/> pm				
5	Aug 2-5*				<input type="checkbox"/> am <input type="checkbox"/> pm	X			
6	Aug 8-12				<input type="checkbox"/> am <input type="checkbox"/> pm	X			
7	Aug 15-19				<input type="checkbox"/> am <input type="checkbox"/> pm	X			
8	Aug 22-26				<input type="checkbox"/> am <input type="checkbox"/> pm	X			
9	Aug 29- Sep 2				<input type="checkbox"/> am <input type="checkbox"/> pm				

Would you consider making a donation to help send a child to camp? \$25 \$50 \$75
 \$100 Other \$ _____

A tax receipt will be issued for all donations over \$20.

Subtotal	\$	_____
10% Y member discount (Family and Youth Members only)	\$	_____
TOTAL	\$	_____

* Camps will not run on August 1 (Civic holiday). Fees for this weeks are pro-rated.

PAYMENT INFORMATION

Please ask us about our extended payment plans. If you require YMCA-YWCA financial assistance, please contact your local camp coordinator for a Financial Assistance Application before completing registration.

INITIAL PAYMENT

(minimum \$50 per camper per session)

Amount of Initial Payment \$ _____

Method of Payment

- Visa Mastercard Amex Cheque Cash
 Pre-authorized payment

BALANCE DUE

(June 1, 2011 or at the time of registration if after June 1, 2011)

Amount of Balance Due \$ _____

Method of Payment

- Visa Mastercard Amex Cheque Cash
 Pre-authorized payment

Credit Card # _____ Expiry Date _____ Name of Cardholder _____

Signature of Cardholder _____

If you would like to pay by pre-authorized bank withdrawal, please complete a Payment Form and include a void cheque.

PARENT/GUARDIAN AUTHORIZATION

I, the undersigned, permit participation in a full range of activities and authorize the Camp Manager or his/her appointee, in the event of accident or illness, to authorize on my behalf all procedures, including admission to hospital and necessary treatment therein, as he/she may deem essential for the care and well-being of the participant. Such action is to be taken only when immediate contact with the undersigned cannot be made. **I understand pictures/slides/ videos taken at camp may be used for Y promotion, unless the Y is advised otherwise in writing.** I have read and understand the refund/transfer policy and payment.

Signature _____ Date _____

The National Capital Region YMCA-YWCA is committed to protecting personal information by following responsible information handling practices, in keeping with privacy laws. We collect and use personal data in order to better meet your service needs, to ensure the safety of our participants, for statistical purposes, to inform you about the YMCA-YWCA program or service in which you are registered, to complete payment transactions and to satisfy government and regulatory obligations. You may also hear from us periodically about other YMCA-YWCA programs, services and opportunities that may interest and benefit you. We do not rent, sell or trade our mailing lists.

