



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

# CAMP QUANNAPOWITT

## **The Where & When:**

Camp Quannapowitt, fondly referred to as "Camp Q" is located at the First Parish Congregational Church at 1 Church Street, Wakefield, MA. Hours are 8am-5pm. Campers participate in swim, outdoor play, arts & crafts, science, & more!

## **The How:**

Families will drop off their camper directly at Camp Q, transportation is not provided. Transportation is however provided to the Burbank Y for swimming daily!

## **What to bring:**

### **Bathing Suit, Towel, Flip Flops/Swim Shoes, & Plastic bag (for wet bathing suit)**

The campers will be swimming and/or engaged in water activities daily so it is important that they always have their bathing suit with them. All campers are highly encouraged to swim. Feel free to send your child to camp already wearing their suit under their clothes. Just remember to pack underwear for after swim! It is important that campers bring flip flops or water shoes as they are not allowed to walk barefoot through the building.

### **Sneakers and comfortable clothes**

The campers will be participating in a number of activities - indoors and outdoors. They should have appropriate clothes for these activities. Please label all camper's items.

### **An extra change of clothes**

There are some long days at the summer program, where clothes can accidentally get wet or sometimes misplaced. We want to make sure that if your camper's clothes get wet, dirty, or misplaced that they have something clean and dry to change into. Please label all of your camper's belongings. This is important even for older campers.

### **Sunscreen/Bug Spray**

The campers will be out in the sun while they are in our care, and we want to ensure that their skin is protected. Many parents apply in the morning and staff will remind campers to reapply sunscreen approximately every 2 hours. Please label your camper's sunscreen and bug spray.

### **Water Bottle**

We will be encouraging the campers to drink water throughout the day, so please pack a water bottle if you have one. Don't forget to put their name on it!

### **Backpack**

We recommend a back pack to keep all their belongings contained.

### **Food/Snack**

Please pack a nut free lunch and two snacks (see more below).

**\*Please label all personal items.**

## **What should my camper bring for food?**

**Parents are responsible for sending their child with a nut free lunch and two snacks.**

We ask that you provide healthy items that keep their energy up all day long. We are unable to refrigerate or heat up any food. **Nuts products or products that may contain traces (for example: peanut butter, walnuts, coconut, Nutella, granola bars) are NOT ALLOWED. We have some severe allergies to these foods and we want to ensure that all of the children are safe.** If you send your child in with soy nut butter or sunflower butter, please make sure to label it so that we know it is safe to eat.

## **What should my camper leave at home?**

Cell phone, iPod, electronics, games, toys, and money. If a camper is found with any of these items, the item will be confiscated and returned at the end of the day. The YMCA is not responsible if any of these items are lost, broken, or stolen.

## **Does my camper have to swim?**

**All campers are expected to swim unless a parent notifies us in writing about a special circumstance.**

Learning to swim is very important for safety, exercise, and self-confidence. Swimming is part of our schedule just as all of our other activities.

## **How will I receive information from Camp?**

**We primarily communicate through email!**

Please make sure you share your most frequently checked email address on any camp paperwork. We use this for camp communications prior to and during the summer. If you are missing any paperwork, this is how we will let you know to ensure your camper is all set to begin. We also share a weekly newsletter with upcoming events and photos that you are sure not to want to miss! Additionally, we ask for your feedback during the camp season on what is going well and how we can improve. This also goes both ways - please feel free to email us as well!

## Weekly Themes:

<i>Session</i> (Sessions #11 is at WAKANDA ONLY)	<i>Theme</i>	<i>Field Trip</i> ( <i>Tentative/Subject to Change</i> )
Session #1: June 24 <sup>th</sup> – June 28 <sup>th</sup>	Zooventure Week	Franklin Park Zoo
Session #2: July 1 <sup>st</sup> – July 5 <sup>th</sup>	Surfin' USA	Ice Skating *Closed July 4 <sup>th</sup>
Session #3: July 8 <sup>th</sup> – July 12 <sup>th</sup>	Guardians of the Camp: Hero Week	Camp Wakanda
Session #4: July 15 <sup>th</sup> – July 19 <sup>th</sup>	Wild West Frontier	Davis Farmland
Session #5: July 22 <sup>nd</sup> – July 26 <sup>th</sup>	Camp Champions: Olympic Week	Canobie Lake Park
Session #6: July 29 <sup>th</sup> – Aug. 2 <sup>nd</sup>	Deep Ocean Explorers	New England Aquarium
Session #7: Aug. 5 <sup>th</sup> – Aug. 9 <sup>th</sup>	Pirates of the Playground	Apex Entertainment
Session #8: Aug. 12 <sup>th</sup> – Aug. 16 <sup>th</sup>	2024 A Space Odyssey Adventure	Museum of Science
Session #9: Aug. 19 <sup>th</sup> – Aug. 23 <sup>rd</sup>	Dino Days: Prehistoric Week	No Field Trip

\*Field trips are tentative and subject to change due to availability and scheduling.

## Sample Daily Schedule:

*\*Times & Activities are tentative and subject to change.*

8:00am-9:00am	Arrival & Choices	1:00pm-1:45pm	Swim
9:00am-10:00am	Group Time and Morning Snack	1:45pm-2:30pm	Change & Choices
10:00am-10:45am	Arts & Crafts	2:30pm-3:15pm	Health & Wellness Indoor or Outdoor
10:45am-11:30a	Health & Wellness Indoor or Outdoor	3:15pm-4:00pm	Snack & Wrap Up
11:30am-12:15pm	Science	4:00pm-5:00pm	Pick Up & KBAR*
12:15pm-1:00pm	Lunch & Change		<i>Kick Back &amp; Relax*</i>

Activities occur outdoors whenever possible.

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