



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLUB CAMP!

## The Where & When:

Club Camp is located at Saint Athanasius Parish, Reading, MA. Hours are 7:30am-5:30pm. Camp is based only at this location.

## The How:

Families will drop off their camper directly at camp, transportation is not provided.

## What to bring:

### Sneakers and comfortable clothes

The campers will be participating in several 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.

### Swimwear

Campers will swim every Wednesday at the Burbank YMCA. They should have a bathing suit, towel, and separate bag to put their wet swimwear into.

### 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 families 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 backpack 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?

Families are responsible for sending their camper 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 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.

## 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 miss! We also use the Band App to communicate what we are doing throughout the day. 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!

## Are there any offsite activities such as swimming?

Yes, campers will be swimming on Wednesdays located at the Burbank YMCA. All other activities will take place directly at camp. There will be outside time each day no matter what session you select as sunshine and fresh air are important to the overall summer camp experience. We may walk to local parks, but any updates will be shared prior. There will also be an opportunity for team building to build culture within their clubs. We are taking the club model of activities that campers love and giving them dedicated time to work on the things they are most interested in! They can learn new skills as well as continue to master and grow current ones.

## Session Activity Schedule

Session	Weekly Focus
1, 2 & 3	<i>Creative Arts</i> For the camper who loves crafts and expressing their creativity! Activities will include painting, coloring, building, jewelry making, and STEM activities!
4 & 5	<i>Cooking</i> A mix of cooking and no-cook cooking recipes. Campers will bring some of their creations home as well as a collection of their recipes at the end of the week!
6 & 7	<i>Dramatic Play</i> Each week campers will learn, practice, and prepare for a mini performance on Friday! They will play acting games like charades, create their own playbills, and more!
8, 9 & 10	<i>Messy Exploration</i> For campers looking for the place where it is OK to make a mess! Activities include making slime, sensory play, sand play, science experiments, and nature components!

## Sample Daily Schedule:

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

7:30am-9:00am	Arrival & Choices	1:00pm-1:45pm	Team Building
9:00am-10:00am	Group Time and Morning Snack	1:45pm-2:30pm	Health & Wellness Indoor or Outdoor
10:00am-10:45am	Enrichment Block	2:30pm-3:15pm	Enrichment Block
10:45am-11:30a	Health & Wellness Indoor or Outdoor	3:15pm-4:00pm	Snack & Wrap Up
11:30am-12:15pm	Enrichment Block	4:00pm-5:30pm	Pick Up & KBAR*
12:15pm-1:00pm	Lunch		Kick Back & Relax*

Enrichment blocks are specific to Weekly Club Theme.

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