



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BEST**  
**SUMMER**  
**EVER**

2018 Summer Day Camp Guide  
YMCA OF SOUTH HAMPTON ROADS



Camping, like many Y programs, is about learning skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.

Camping teaches self-reliance, a love for nature and the outdoors, and the development of attitudes and practices that build character and leadership—all amidst the fun of camp fires, bugle calls, canoeing, archery, talent shows and meaningful relationships.

## YMCA Counselors are dedicated to making sure camp is an amazing experience for every camper.

The Y incorporates our five core values of caring, honesty, respect, responsibility and faith into every YMCA program. Camp, in particular, emphasizes these unique components to help children develop positive identities, values and social skills. These are essential character-building blocks that nurture and empower young people to grow up to be healthy, competent, caring and responsible adults.

Our goal is to help youngsters acquire these building blocks to create a firm foundation for life: a positive identity; a strong sense of power, purpose and self-worth; and values that will enable them to make wise choices throughout life. We want to help them become compassionate, well-rounded and well-adjusted individuals who care about the well-being of others and learn to place the needs of others above their own.

## Camping is about learning skills, developing character and making friends.

### Top Quality

To achieve high quality in our programs, we follow YMCA of the USA's Day Camp Guidelines, found in the YMCA Day Camp Manual. The components of sports, the arts, spirituality, swimming and character development education are offered with a significant amount of outdoor programming.

### Our Staff

The loyalty and dedication of our impassioned, educated and highly trained staff is extraordinary. Our staff are excellent role models for our campers and we pride ourselves on our careful screening and selection to employ the finest camp counselors, directors and support staff in the region.

Candidates must meet strict YMCA qualifications, which meet and often exceed licensing standards and YMCA Child Care Administration guidelines; pass a criminal background check and Child Protective Services check and participate in several training and certification programs, including infant/child CPR, First Aid, prevention/recognition of child abuse, OSHA blood borne pathogens, child development, curriculum planning and licensing regulations.



## Every child deserves to go to camp!

Every year, hundreds of families across our region are in need of financial assistance in order to send their children to camp. The Y's annual giving campaign provides financial assistance to families who want to give their children a safe, enriching summer but can't afford it. Please give if you can help.

Give today at [ymcashr.org/donate](http://ymcashr.org/donate). Thank you!

If you need assistance paying for camp fees, visit [ymcashr.org/opendoors](http://ymcashr.org/opendoors) to download a financial assistance application.

## YMCA Membership: Save big on summer camp and enjoy family fun all year long!

Y members save on summer camp programs, on average from \$20 to \$50/week less than the general public. **That's a savings of up to \$200 to \$500 over the course of the summer!** Plus, members get full access to 21 locations with wellness equipment, 11 outdoor aquatic centers and 14 indoor pools packed with family fun all summer long, Stay & Play child care while parents work out, the Interactive Zone and so much more.

With no long-term contracts and interest-free monthly dues, joining the Y just makes sense, especially when you register two or more kids for summer camp!

Visit [JoinTheY.org](http://JoinTheY.org) to learn more about YMCA membership and to join online.

## STEM PROGRAMING

Ignite your child's potential with STEM at the YMCA. Youth are challenged to think deeply, enabling them to become the innovators, educators, researchers, and leaders prepared to solve current and future challenges facing our nation and our world.

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# DISCOVER WHAT YOU LOVE THIS SUMMER!



## DAY CAMP IS ALL ABOUT DISCOVERY

Kids have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting memories. And, of course, it's fun too.

Activities include songs and games, field trips, dance, arts & crafts, sports, outdoor play, recreational swimming, special family events and more.

## FUN WITH A PURPOSE

Summer at the Y is also a great way to combat summer learning loss. At the Y, campers engage in enriching and challenging activities that keep their minds sharp while having fun!

## PRESCHOOL & KINDER CAMPS

Preschool and Kinder Camps are a great way to introduce young children to the fun of camp at the Y. In half-day and full-day sessions, kids ages 3 to 5 enjoy the same themes as older campers, but with activities designed for their age group, more individualized attention and time for rest.

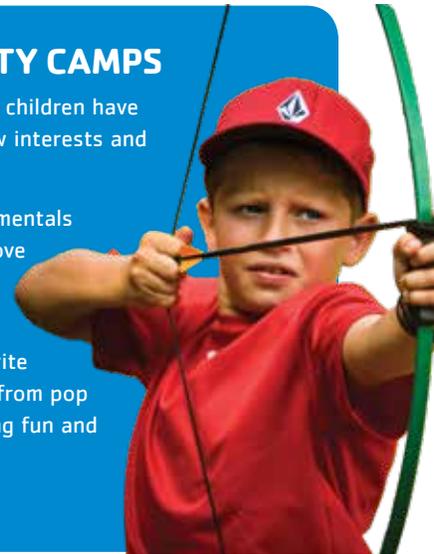


## SPORTS & SPECIALTY CAMPS

In sports and specialty camps, children have the opportunity to explore new interests and develop talents.

Sports camps teach the fundamentals of the game and work to improve skills and confidence.

To help kids explore interests and dig deeper into their favorite topics, specialty camps range from pop star to crazy science to cooking fun and so much more.



## TEEN CAMPS

Teen camps are designed to keep teens ages 11 to 14 active and engaged in a variety of activities designed to build friendships and develop interpersonal and leadership skills.

## LEADERSHIP PROGRAMS

In teen leadership programs, teens ages 13 to 17 focus on learning about themselves and what they have to offer the community as tomorrow's leaders.



Check out our outdoor day camps, golf camps and overnight camps on pages 14–17.



# SUMMER CAMPS FOR ALL INTERESTS

SEE PAGES 9–17 FOR SESSION DATES.

## Traditional Day Camp

Day camp is all about discovery. Kids are given the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting memories—all through a variety of activities! And, of course, it's fun too! Activities may include theme-based weeks, arts & crafts, sports, outdoor play, music and dance, recreational swimming, special family events and more.

## Counselor Internship Program

Open to ages 16–18; must interview with the directors and complete all required paperwork and training. This is a unique opportunity for candidates to learn and apply leadership skills. Operated under the Management Staff, candidates participate in classroom and field settings to help develop character. Each intern will receive a staff mentor and then become a mentor to a camper. Candidates will receive a safe, quality experience which will awaken new interests, create cultural awareness, forge new friendships and promote skills such as communication, creativity, problem solving, group work, and counseling.

## Leadership Development Program

There will be a series of topics discussed to help our teens develop into leaders in their communities. We will focus on learning about themselves, what they have to offer, college and career planning, and 21st century skills.

## Kinder Camp

Kids have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting memories. And, of course, it's fun too. Activities may include themed-based weeks, field trips, music and dance, arts & crafts, sports, outdoor play, recreational swimming, special family events and more.

## Teen Adventure Camp

Teen Adventure camp is designed to keep teens ages 11 to 14 active and engaged in a variety of activities designed to build friendships and develop interpersonal and leadership skills. Campers spend their week traveling to local venues and participating in exciting activities such as rock climbing, kayaking, beach trips, overnights and more!

## Preschool Camp

Preschool camp is a half-day camp for ages 3 to 4 who are not quite ready for an all day experience. Camp is from early mornings—12pm. This is the perfect adventure for the first time camper! This camp focuses on learning new skills and character development while participating in enjoyable, traditional camp activities.



# SPORT AND SPECIALTY CAMPS

## New! All About Bugs

Creepy crawly bugs! Campers will learn about bugs, create slimy crafts and play buggie games! **STEM**

## Aloha Summer

Campers will enjoy celebrating all week as we say "hello!" to summer! Campers will participate in a variety of island activities, including limbo contests, conga lines and more as we begin our summer.

## Around the World

Campers will experience different world cultures without leaving the Y! Children will map a course to go around the world in 80 days, and have fun while learning.

## New! Artists in Nature

Campers spend a week creating fun, creative projects such as constructing sculptures using materials from nature, working with clay as well as painting, drawing, printing using natural objects and so much more. Art activities draw inspiration from our daily hikes into the wild.

## New! Backyard BBQ

Celebrate the season of fun, food and the sun with the Y this summer. Children will explore feasts and festivities from across the country. From corn hole to corn dogs your child will have a blast celebrating the joys of summer celebrations through food and games.

## Baseball

Going, going, it's gone...home run! Campers will learn the basic fundamentals of baseball. We will conduct drills on fielding, throwing, hitting, base running and sliding.

## Basketball

They dribble...they shoot...they score! Campers will learn the basics of basketball as well as perform individual and team drills for dribbling, shooting, passing and defense. Scrimmages will allow them to practice what they have learned.

## Beach Week

Sand soccer, sand castles, beach volleyball and surf—spend the week participating in various activities on the beach. Learn about different wildlife that lives on the beach and various ocean life. Come catch some waves!

## Blast From the Past

Calling all time travelers! We are looking for a great collection from the 50s, 60s, 70s, 80s and 90s! Come as flappers, hippies, past historical figures or even your parents to prepare for a blast from the past!

## Blue Ridge Hike

After leaving CSB, campers will be in the back country testing their skills at primitive sites for the week. Under the guidance of our staff, campers will push themselves and, in the process, gain a new appreciation for the natural beauty surrounding their excursion.

**Camp Silver Beach**

## Bricks 'n' Kicks

Build, create and explore with building blocks of all shapes and sizes. Age-appropriate sets will be available to use. Campers will also participate in physical fitness activities and participate in sports such as soccer, group games, basketball and more! **STEM**



## New! Camp Cooking

Outdoor cooking is an exciting activity that gives campers the opportunity to prepare, cook and eat their own food! Both sweet and savory treats will be prepared by the campers using solar ovens and a camp fire!

## Cheer & Tumble

Campers of all levels will learn proper technique, perfect their current skill level and even achieve new levels. Campers will have access to balance beams of various heights, parallel bars, rope climbing and rings. Those wishing to focus on cheer, tumbling and stunting skills will have that ability.

## Circus—Under the Big Top

Campers relive the joys of the circus at the Y! They will clown around, learn magic tricks, make a hot air balloon and even learn circus stunts.

## Coastal Trek

Campers will travel to North Carolina, an area with lots of flat easy trails, allowing campers to focus on using their skills and spend a day kayaking on the back bays. Campers looking to learn outdoor skills or get an introduction to outdoor adventure will enjoy this trip.

**Camp Silver Beach**

## Cooking Fun

Does your child enjoy preparing food? Campers will learn the basics of cooking, kitchen cleanliness and kitchen safety. After this camp, you will want your child to cook your next meal!

## Creative Adventure

Campers will discover artistic aptitude and talent during a week filled with music and drama, arts and crafts, and a creative and resourceful view of the outdoors and nature.

## Dance

Does your child love to dance? Kids will learn to move and groove in this camp! Our staff will teach your dancer a variety of styles and choreography and at the end of the week, the kids will perform.

## Dance & Cheer

This camp combines dance moves and cheerleading skills to create amazing dances that can be performed on the sports field or at your next family party.



## New! Design Squad

Unleash the inner inventor in your child this summer! Campers will explore the different fields of science, engineering and technology. This camp is perfect for campers who love building and creating!

**STEM**

## Dino Dig

Grab your field journal and embark on a journey of prehistoric proportion! Youth spend a week traveling back in time to unearth dinosaur fossils that your child will learn to identify. **STEM**

## Fantastic Forts

Campers build forts, shelters, lean-tos and other hideouts using natural materials they gather from the woods. Each day, the group hikes out to our fort-building site to work on their forts, play games and to explore the great outdoors!

## Flag Football

Down...set...hike! Campers will learn the basics of flag football. Passing, catching and defense will be taught and applied in scrimmage games at the end of the session.

## For the Love of Art

Campers will work in a variety of mixed media such as watercolor, clay, pencil and collage, and will display their work at an end-of-week art show.

### New! Full S.T.E.A.M ahead!

Campers will explore what it means to live life creatively. Each day campers will dive into different STEAM activities (science, technology, engineering, arts and mathematics) to foster imagination, collaboration and creativity. **STEM**

### Gamer Week

Claim a seat, grab a controller and race, fight & battle your way up the leader board all week while you strengthen self-confidence and make new friends playing video games.

### New! High-Flying Adventure

Campers will embark on a challenging high-flying adventure! Campers will gain new skills and self-confidence every day through an array of activities that include the alpine tower, low ropes course, teambuilding and more! Campers test their strength, strategy and skill while learning safety procedures, belay techniques, knot tying and proper climbing techniques. This is the perfect camp for those who seek to challenge themselves!

### Holiday Fun

This is a crazy week of celebrations when every day is a holiday, including a birthday bash. Campers can celebrate Christmas in July, dress up for Halloween, and so much more, and each day will be filled with games, crafts and surprises.

### New! Imaginarium

Welcome to the magical world of make believe! This camp will allow campers to immerse themselves into their favorite book, movie or fairytale and participate in activities that will make them feel like princesses, knights, jedi masters or Hogwarts students. Your camper's favorite characters come to life through imagination. Costumes are not only welcomed, they are required!

### Lifeguard

This camp is designed to give kids a basic introduction to the YMCA Lifeguard Course. Campers will learn water safety as well as personal safety, and will perform basic rescues under the supervision of certified YMCA lifeguards.

### New! Lights, Camera, Action

And Action! This week will be geared toward children who love to sing, dance, act and perform! Specialists will guide campers in learning songs, dances and lines in preparation for a performance.

### Multi-Sports

Campers will participate in a mix of fun sports that may include soccer, baseball, basketball, volleyball and flag football.

### Music & Drama

Campers will enjoy a week of singing, exploring the world of theater and performing for their fellow campers. With a focus on the basics of singing and acting, campers will learn about a variety of music genres, perform skits, and express their creativity through music and drama.

### Outdoor Adventure

Campers will experience the ultimate summer camp experience for those who love the great outdoors! Campers will experience an array of activities that include archery, riflery, outdoor survival skills, trail navigation, shelter building and much more!

### Pop Star

Children transform into the stars that they really are! This camp will focus on the music, movies and television stars that kids love. Campers will participate in various pop star activities including a photo shoot, talent show, interview on the red carpet and of course, designing their own Hollywood Star.

### Red, White, and Glue

Celebrate America's Birthday and independence with patriotic crafts, games, and fun. Enhance your knowledge while participating in America's favorite summer activities and games. Learn about the history of the 4th of July. End the week with a cookout.

### Rock & Raft

A week of backpacking, white water rafting, and rock climbing at the New River Gorge in West Virginia provides a whole new level of adventure. **Camp Silver Beach**

### New! Sail Quest

In partnership with Sail Nauticus, Sail Quest is a hands-on sailing and maritime science camp. Students will learn the basics of sailing a small keelboat, including boat rigging, water safety, confidence and teamwork. Students will participate in various land-based activities focusing on river ecology, maritime science, and STEM, while using the many resources of the Nauticus campus to complement their sailing knowledge. Sail Quest is a beginner sailing camp, so no experience is required! Campers must arrive by 8am. **STEM**

### Secret Agent

Campers will deploy on a critical mission with fellow agent campers and support one another as they push their limits. Action heroes will be trained in spy stealth, learn how to decipher codes, and work as a team to complete the final mission

### New! Service Learning

Giving back to the community promotes an awareness of the wider world we live in. During this week, campers will learn a sense of responsibility and community involvement by working on a service learning project.



## New!

### Simple Circuits and Electricity

Campers will have hands on experience learning about circuitry basics using LEDs, copper tape and coin cell batteries. By the end of this week your camper will Understand the fundamentals of circuits and electricity. **STEM**

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### Ski School

Campers will spend half a day learning to knee board, wake board or water ski. This is a great introduction to water sports.

**Camp Silver Beach**

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### Soccer

Soccer camp will focus on skill refinement, passing, kicking and playing to develop well-rounded soccer players. Each player is taught through an enjoyable, challenging camp atmosphere.

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### Space is the Place

This camp is out of this world! Campers will have a blast by learning about the universe and participating in activities such as rocket building, making solar system models and more!

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### Summer Highlights

Come relive all the best moments of specialty camp in one week!

## New! Summer Safari

Does your camper love animals and adventures? Send your camper on the expedition of a lifetime as he/she will learn about different animals and their habitats through a variety of interactive activities and field trips. From the Virginia Zoo to nature hikes and scavenger hunts, this week is sure to bring out the explorer in your camper.

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### Superheroes

In addition to activities and games centered around famous superheroes, we will have visits from real heroes in our community: firefighters, police officers, EMTs and military veterans. Campers will go through some of their training and visit where they work. At the end of the week, campers will dress up as their favorite superhero

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### Tennis

Our tennis programs focus on skill refinement, practice and match play to develop consistent, well-rounded tennis players. Each player is taught through personal attention and skill repetition in an enjoyable, challenging tennis camp atmosphere where players will learn with players at his or her level.

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### Twisted Sports

Campers will participate in a mix of extreme and non-traditional and extreme sports. Sports may include dodgeball, kickball, racquetball, hockey and X-games.

## Under the Sea

Campers will explore the oceans of the world and see how we play a big part of taking care of the ocean! They will also discover new marine life & plants that inhabit our oceans and beaches! **STEM**

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### Volleyball

Bump, set, spike! Are you ready to learn the fundamentals of volleyball? Campers will be instructed in basic volleyball rules and regulations that will lead up to a game at the end of the week.

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### Water Nation

Summer is hot but Water Nation week is so cool! This specialty camp is all about water. Campers will play water games and create experiments with water. A water-related field trip may be a part of this camp.

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## New! Weird Science

Ooey, gooey, slimy and sticky! Campers explore the amazing world of science as they learn fun facts and experiment with volcanoes, silly putty, ice cream and more. It has been scientifically proven that this camp is an explosive hit! **STEM**

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### Youth on the Move

Campers will focus on the basic fundamental movements of exercise. Children will learn about the aspects of a healthy mind, body and spirit, as well as the benefits of being active, proper nutrition and creating a comfortable workout routine.



# CHESAPEAKE

## GREAT BRIDGE/HICKORY FAMILY YMCA

## CAMP HERON

	Session 1 6/18–6/22	Session 2 6/25–6/29	Session 3 7/2–7/6*	Session 4 7/9–7/13	Session 5 7/16–7/20	Session 6 7/23–7/27	Session 7 7/30–8/3	Session 8 8/6–8/10	Session 9 8/13–8/17	Session 10 8/20–8/24	Session 11 8/27–8/31
<b>SCHOOL-AGE</b> ages 5–12	Traditional Camp	Traditional Camp									
<b>SPECIALTY</b> ages 5–12		For the Love of Art	Superheroes	Artists in Nature	Weird Science	Water Nation	For the Love of Art	Superheroes	Cooking Fun		
<b>SPORTS</b> ages 5–12				Basketball	Soccer	Flag Football					
<b>TEEN</b> ages 13–17		Leadership Development									

**SCHOOL-AGE CAMP:** 6:30am–6pm  
Member Rate \$185/week; Regular Rate: \$225/week

**SPECIALTY CAMP:** 6:30am–6pm  
Member Rate \$200/week; Regular Rate \$240/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

**SPORTS CAMP:** 6:30am–6pm  
Member Rate \$185/week; Regular Rate: \$225/week

**LEADERSHIP DEVELOPMENT PROGRAM:** 6:30am–6pm  
Member Rate \$105/week; Regular Rate \$145/week

## GREENBRIER FAMILY YMCA

## CAMP NEW HORIZONS

	Session 1 6/18–6/22	Session 2 6/25–6/29	Session 3 7/2–7/6*	Session 4 7/9–7/13	Session 5 7/16–7/20	Session 6 7/23–7/27	Session 7 7/30–8/3	Session 8 8/6–8/10	Session 9 8/13–8/17	Session 10 8/20–8/24	Session 11 8/27–8/31
<b>SCHOOL-AGE</b> ages 5–12	Traditional Camp	Traditional Camp									
<b>SPECIALTY</b> ages 5–12		Water Nation	Red, White and Glue		Water Nation		For the Love of Art	Water Nation	Holiday Fun	Music & Drama	
<b>SPORTS</b> ages 5–12	Soccer			Basketball		Flag Football					
<b>TEEN</b> ages 11–14	Teen Adventure Camp	Teen Adventure Camp									
<b>TEEN</b> ages 13–17		Leadership Development	Leadership Development								

**SCHOOL-AGE CAMP:** 6:30am–6pm  
Member Rate \$185/week; Regular Rate \$225/week

**TEEN CAMP:** 6:30am–6pm  
Member Rate \$200/week; Regular Rate \$240/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

**SPECIALTY & SPORTS CAMP:** 6:30am–6pm  
Member Rate \$185/week; Regular Rate \$225/week

**LEADERSHIP DEVELOPMENT PROGRAM:** 6:30am–6pm  
Members \$105/week; Regular Rate \$145/week

## GREENBRIER NORTH FAMILY YMCA

## CAMP RED FEATHER

Greenbrier North YMCA will be transporting campers to and from YMCA's Camp Red Feather. In the tradition of YMCA outdoor day camps, Camp Red Feather offers youth and teens (ages 5–17) a safe and exciting outdoor summer adventure. Children learn life skills, create memories and form friendships through fun activities—all on 40 acres of fields and forests on the campus of Virginia Wesleyan University. See page 14 for Camp Red Feather's Summer Camp options.

\*No camps will be held on July 4

Register for camp today at any of our family centers or visit [ymcashr.org/camp](http://ymcashr.org/camp)

# CHESAPEAKE

## TAYLOR BEND FAMILY YMCA

## CAMP VENTURE

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24	Session 11 8/27-8/31
SCHOOL-AGE ages 5-12	Dance & Cheer Multi-Sports	Outdoor Adventure	Weird Science	Water Nation	Design Squad	Superheroes	Twisted Sports	For the Love of Art	Summer Safari	Music & Drama	Summer Highlights

**SCHOOL-AGE CAMP:** 6am-6pm  
Member Rate \$160/week; Regular Rate \$199/week  
**CAMP SWIM LESSONS:** 3-3:45pm  
Member Rate \$25/week; Regular Rate \$25/week

**GIRL'S STEM EXPLORATION CAMP\***  
July 23-27 • 6am-6pm  
Member Rate: \$185/week  
Regular Rate: \$225/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

# EASTERN SHORE

## EASTERN SHORE FAMILY YMCA

## CAMP THUNDERHEAD

	Session 2 6/18-6/22	Session 3 6/25-6/29	Session 4 7/2-7/6*	Session 5 7/9-7/13	Session 6 7/16-7/20	Session 7 7/23-7/27	Session 8 7/30-8/3	Session 9 8/6-8/10	Session 10 8/13-8/17	Session 11 8/20-8/24	Session 11 8/27-8/31
SCHOOL-AGE ages 5-12	Water Nation	Weird Science	Red, White and Glue	For the Love of Art	Design Squad	Soccer	Multi-Sports	Water Nation	Dance & Cheer Flag Football	Holiday Fun	Summer Highlights

**SCHOOL-AGE CAMP:** 7:30am-5:30pm  
Members \$120/week; Regular Rate \$195/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

# FRANKLIN

## JAMES L. CAMP JR. FAMILY YMCA

## CAMP CRESCENT

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24	Session 11 8/27-8/31
SCHOOL-AGE ages 5-12	Water Nation	Multi-Sports	Cooking Fun	Superheroes	Water Nation	Secret Agent	Holiday Fun	Summer Safari	Space is the Place	Around the World	Summer Highlights

**SCHOOL-AGE CAMP:** 6am-6pm  
Member Rate \$155/week; Regular Rate \$195/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

# NORFOLK

## THE Y ON GRANBY

## CAMP MINNE SOTA

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24
SCHOOL-AGE ages 5-12	Summer Safari	Under the Sea	Backyard BBQ	Space is the Place	Water Nation	Lights, Camera, Action!	Design Squad	Multi-Sports	Artists in Nature	Summer Highlights

**SCHOOL-AGE CAMP:** 6:30am-6pm  
Member Rate \$160/week; Regular Rate \$199/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

\*Norfolk also offers a regional day camp at YMCA Camp Red Feather. Read more on page 14.

\*No camps will be held on July 4

# NORTH CAROLINA

## ALBEMARLE FAMILY YMCA

## CAMP SEA BREEZE

	Session 1 6/11–6/15	Session 2 6/18–6/22	Session 3 6/25–6/29	Session 4 7/2–7/6*	Session 5 7/9–7/13	Session 6 7/16–7/20	Session 7 7/23–7/27	Session 8 7/30–8/3	Session 9 8/6–8/10	Session 10 8/13–8/17	Session 11 8/20–8/24
<b>SCHOOL-AGE</b> ages 5–12	Summer Safari	Beach Week	Blast From the Past	Holiday Fun	Multi-Sports	Water Nation	Superheroes	Under the Sea	For the Love of Art	Bricks 'n' Kicks	Summer Highlights
<b>TEEN</b> ages 13–17	Leadership Development	Leadership Development	Leadership Development	Leadership Development	Leadership Development	Leadership Development	Leadership Development	Leadership Development	Leadership Development	Leadership Development	Leadership Development
<b>SCHOOL-AGE CAMP:</b> 7:30am–6pm Member Rate \$125/week; Regular Rate \$165/week				<b>LEADERSHIP DEVELOPMENT PROGRAM:</b> 7:30am–6pm Member Rate \$80/week; Regular Rate \$130/week				A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.			

## CURRITUCK FAMILY YMCA

## CAMP CURRITUCK

	Session 1 6/11–6/15	Session 2 6/18–6/22	Session 3 6/25–6/29	Session 4 7/2–7/6*	Session 5 7/9–7/13	Session 6 7/16–7/20	Session 7 7/23–7/27	Session 8 7/30–8/3	Session 9 8/6–8/10	Session 10 8/13–8/17	Session 11 8/20–8/24
<b>SCHOOL-AGE</b> ages 5–12	Summer Safari	Water Nation	Blast from the Past	Superheroes	Design Squad	Weird Science	Outdoor Adventure	Around the World	For the Love of Art	Bricks 'n' Kicks	Summer Highlights
<b>SPORTS</b> ages 5–12	Soccer	Basketball	Tennis/ Pickleball	Multi-Sports	Baseball	Soccer	Basketball	Tennis/ Pickleball	Flag Football	Baseball	Multi-Sports
<b>SCHOOL-AGE CAMP:</b> 7:30am–6pm Member Rate \$125/week; Regular Rate \$165/week				<b>SPORTS CAMP:</b> 7:30am–6pm Member Rate \$125/week; Regular Rate \$165/week				A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.			

## OUTER BANKS FAMILY YMCA

## CAMP SEASIDE

	Session 1 6/11–6/15	Session 2 6/18–6/22	Session 3 6/25–6/29	Session 4 7/2–7/6*	Session 5 7/9–7/13	Session 6 7/16–7/20	Session 7 7/23–7/27	Session 8 7/30–8/3	Session 9 8/6–8/10	Session 10 8/13–8/17	Session 11 8/20–8/24
<b>SCHOOL-AGE</b> ages 5–12	Weird Science	For the Love of Art	Multi-Sports	Water Nation	Twisted Sports	Superheroes	Under the Sea	Beach Week	Space is the Place	Bricks 'n' Kicks	Summer Highlights
<b>SCHOOL-AGE CAMP:</b> 7:30am–6pm Member Rate \$140/week; Regular Rate \$195/week				A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.							

# PORTSMOUTH

## EFFINGHAM STREET FAMILY YMCA

## CAMP PORTSIDE

	Session 1 6/18–6/22	Session 2 6/25–6/29	Session 3 7/2–7/6*	Session 4 7/9–7/13	Session 5 7/16–7/20	Session 6 7/23–7/27	Session 7 7/30–8/3	Session 8 8/6–8/10	Session 9 8/13–8/17	Session 10 8/20–8/24
<b>SCHOOL-AGE</b> ages 4½–12	Dance & Cheer  Basketball	For the Love of Art  Bricks 'n' Kicks	Dance & Cheer  Basketball	Weird Science  Flag Football	Dance & Cheer  Basketball	For the Love of Art  Bricks 'n' Kicks	Dance & Cheer  Basketball	Weird Science  Flag Football	Dance & Cheer  Basketball	Summer Highlights
<b>SCHOOL-AGE CAMP:</b> 6am–6pm Member Rate \$100/week; Regular Rate \$120/week				A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.						

\*No camps will be held on July 4

# PORTSMOUTH

## YMCA OF PORTSMOUTH

## CAMP PORTSMOUTH

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24
<b>PRE-SCHOOL CAMP</b> ages 3-4	Paddington 2	Peter Rabbit		Monster Family	Ferdinand	CoCo	The Boss Baby	Gnomes	Incredibles 2	
<b>SCHOOL-AGE</b> ages 5-12	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp
<b>SPORTS &amp; SPECIALTY</b> ages 5-12	Soccer	Youth on the Move Dance	Cooking Fun	Basketball (ages 5-9)	Soccer	Gamer Week	Cheer & Tumble	Basketball (ages 10-14)	Flag Football	For the Love of Art
<b>TEEN CAMP</b> ages 11-14	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp

**HALF-DAY PRESCHOOL CAMP:** 6am-12pm  
Member Rate \$80/week; Regular Rate \$100/week

**SCHOOL-AGE CAMP:** 6am-6pm  
Member Rate \$135/week; Regular Rate \$185/week

**TEEN CAMP:** 6am-6pm  
Member Rate \$200/week; Regular Rate \$240/week

**HALF-DAY SPORTS & SPECIALTY CAMP:** 9am-12pm  
Member Rate \$85/week; Regular Rate \$120/week  
Care for half-day campers from 6am-6pm is available for an additional \$75/week.

A \$50 nonrefundable/nontransferable materials fee is due upon registration. An additional \$25 deposit is required for each session of camp. This will be credited to each week of attendance and is nonrefundable after June 1.

Camp Portsmouth will provide swim lessons to all campers enrolled in Preschool and full-day camps

# SUFFOLK

## SUFFOLK FAMILY YMCA

## CAMP MOHAWK

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24	Session 11 8/27-8/31
<b>KINDER</b> ages 4-5	Aloha Summer	All About Bugs	Red, White and Glue	Weird Science	Under the Sea	Holiday Fun	Space is the Place	Water Nation	Pop Star	Summer Safari	Imaginarium
<b>SCHOOL-AGE</b> ages 5-12											Imaginarium

**KINDER CAMP:** 6am-6pm  
Member Rate \$135/week; Regular Rate \$195/week

**SCHOOL-AGE CAMP:** 6am-6pm  
Member Rate \$155/week; Regular Rate \$215/week

A \$50 nonrefundable/nontransferable materials fee is due upon registration. An additional \$25 deposit is required for each session of camp. This will be credited to each week of attendance and is nonrefundable after June 1.

Suffolk also offers a regional day camp for ages up to 12 at YMCA Camp Arrowhead. Read more on page 15.

# VIRGINIA BEACH

## HILLTOP FAMILY YMCA

## CAMP CARETTA

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24	Session 11 8/27-8/31
<b>SCHOOL-AGE</b> ages 5-12	For the Love of Art Bricks 'n' Kicks	Cooking Fun Soccer	Secret Agent Weird Science	Water Nation Design Squad	For the Love of Art Flag Football	Beach Week Dino Dig	Summer Safari Imaginarium	Weird Science Basketball	Water Nation Multi-Sports	Full STEAM Ahead Cooking Fun	Summer Highlights
<b>TEEN</b> ages 11-14	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	

**SCHOOL-AGE CAMP:** 6am-6pm  
Member Rate \$160/week; Regular Rate \$199/week

**TEEN CAMP:** 6am-6pm  
Member Rate \$200/week; Regular Rate \$240/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

Register for camp today at any of our family centers or visit [ymcashr.org/camp](http://ymcashr.org/camp)

# VIRGINIA BEACH

## INDIAN RIVER FAMILY YMCA

## CAMP TALULAH

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24	Session 11 8/27-8/31
<b>KINDER</b> ages 4-5	Kinder Camp	Kinder Camp	Kinder Camp	Summer Highlights							
<b>SCHOOL-AGE</b> ages 5-12	Aloha Summer	Weird Science	Water Nation	Dance	For the Love of Art	Imaginarium	Water Nation	Lights, Camera, Action!	Superheroes	Full STEAM Ahead	Summer Highlights
<b>SPORTS</b> ages 5-12	Multi-Sports	Flag Football	Basketball	Soccer	Bricks 'n' Kicks	Twisted Sports	Basketball	Flag Football	Soccer	Multi-Sports	Summer Highlights
<b>TEEN</b> ages 13-17	Leadership Development	Leadership Development	Leadership Development	Leadership Development							

**KINDER CAMP:** 6am-6pm  
Member Rate \$185/week; Regular Rate \$225/week

**LEADERSHIP DEVELOPMENT CAMP:** 6am-6pm  
Member Rate \$105/week; Regular Rate \$145/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

**TRADITIONAL & SPORTS CAMP:** 6am-6pm  
Member Rate \$160/week; Regular Rate \$199/week

## MT. TRASHMORE FAMILY YMCA

## CAMP OKEECHOBEE

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24
<b>SCHOOL-AGE</b> ages 5-12	For the Love of Art	Summer Safari	Red, White, and Glue	Weird Science	Under the Sea	Cooking Fun	Bricks 'n' Kicks	Dino Dig	Imaginarium	Creative Adventure
<b>SPORTS</b> ages 5-12	Basketball	Water Nation	Soccer	Water Nation	Volleyball	Water Nation	Flag Football	Water Nation	Twisted Sports	Water Nation
<b>Teen Camp</b> ages 10-14	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp

**TRADITIONAL & SPORTS CAMP:** 6am-6pm  
Member Rate \$160/week; Regular Rate \$199/week

**TEEN CAMP:** 6am-6pm  
Member Rate \$200/week; Regular Rate \$240/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

## PRINCESS ANNE FAMILY YMCA

## CAMP OPOTENAIOK

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24	Session 11 8/27-8/31
<b>SCHOOL-AGE</b> ages 5-12	Weird Science  For the Love of Art	Cooking Fun  Design Squad	Twisted Sports  Red, White and Glue	No Camp*	Secret Agent  Service Learning	Weird Science  Under the Big Top	Music & Drama  Full STEAM Ahead	Cooking Fun  Simple Circuits & Electricity	Dino Dig  Around the World	Secret Agent  For the Love of Art	Summer Highlights

**TRADITIONAL CAMP:** 6am-6pm  
Members \$160/week; Regular Rate \$199/week

\*We will be providing additional transportation for children from Princess Anne Family YMCA to YMCA Camp Red Feather from July 9-13. For more information please contact YMCA Camp Red Feather at (757) 622-9622 or email Senior Program Director Jeanette Breitenbucher at jreed@ymcashr.org

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

## SALEM FAMILY YMCA

## CAMP ODAKOTA

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24
<b>SCHOOL-AGE</b> ages 5-12	Imaginarium  Traditional Camp	Water Nation  Design Squad	Backyard BBQ  Baseball	Water Nation  Volleyball	Weird Science  Basketball	Dino Dig  Dance & Cheer	Bricks 'n' Kicks  Traditional Camp	Secret Agent  Water Nation	Superheroes  Soccer	Space is the Place  Outdoor Adventure

**TRADITIONAL CAMP:** 6:30am-6pm  
Member Rate \$160/week; Regular Rate \$199/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

\*The First Tee of Hampton Roads offers a golf camp in Virginia Beach. Read more on page 17.

\*No camps will be held on July 4

# YMCA CAMP RED FEATHER

## Regional Outdoor Day Camp serving Norfolk, Chesapeake and Virginia Beach

In the tradition of YMCA outdoor day camps, Camp Red Feather offers youth and teens (ages 5–17) a safe and exciting outdoor summer adventure. Children learn life skills, create memories and form friendships through fun activities—all on 40 acres of fields and forests on the campus of Virginia Wesleyan College.

### This first-class facility includes:

- Alpine Tower
- Archery Range
- Athletic Fields
- Boating Program
- Challenge Course
- Fishing Dock
- Gaga Pit
- Gymnasium
- Hiking Trails
- Indoor Pool
- Low Ropes Course
- Nature Trail
- Outdoor Education Center
- **NEW! Riflery**
- Swim Lessons

	Session 1 6/18–6/22	Session 2 6/25–6/29	Session 3 7/2–7/6*	Session 4 7/9–7/13	Session 5 7/16–7/20	Session 6 7/23–7/27	Session 7 7/30–8/3	Session 8 8/6–8/10	Session 9 8/13–8/17	Session 10 8/20–8/24
<b>SCHOOL-AGE</b> ages 5–12	Outdoor Adventure High Flying Adventure* Traditional Camp Artists in Nature	Outdoor Adventure High Flying Adventure* Traditional Camp Weird Science Dance & Cheer	Outdoor Adventure High Flying Adventure* Traditional Camp	Outdoor Adventure High Flying Adventure* Traditional Camp Pop Star Flag Football	Outdoor Adventure High Flying Adventure* Traditional Camp Multi-Sports Lights, Camera, Action!	Outdoor Adventure High Flying Adventure* Traditional Camp Fantastic Forts	Outdoor Adventure High Flying Adventure* Traditional Camp Multi-Sports Artists in Nature	Outdoor Adventure High Flying Adventure* Traditional Camp Flag Football Dance & Cheer	Outdoor Adventure High Flying Adventure* Traditional Camp Pop Star Weird Science	Outdoor Adventure High Flying Adventure* Traditional Camp Fantastic Forts
<b>TEEN</b> ages 11–14	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp	Teen Adventure Camp Sail Quest	Teen Adventure Camp	Teen Adventure Camp
<b>TEEN</b> ages 16–18	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program	Counselor Internship Program

**TRADITIONAL CAMP:** 6:30am–6pm  
Member Rate: \$185/week  
Regular Rate: \$225/week

**COUNSELOR INTERNSHIP PROGRAM:** 6:30am–6pm  
Member Rate \$0/week; Regular Rate \$0/week  
Contact Camp Director at (757) 622-9622 or visit [CampRedFeather.org](http://CampRedFeather.org)

A \$25 deposit per child per session and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each session of attendance and is nonrefundable after June 1.

**TEEN CAMP:** 6:30am–6pm  
Member Rate \$200/week; Regular Rate \$240/week

\*No camps will be held on July 4

Transportation to YMCA Camp Red Feather is also available from:

### CHESAPEAKE

#### THE Y ON GRANBY

**STOP 1:** 7:30am & 4:30pm

**STOP 2:** 8:30am & 4:30pm

**STOP 3:** 8:30am & 5:30pm

#### GREENBRIER FAMILY YMCA

**STOP 4:** 7:30am & 4:30pm

**STOP 5:** 8:30am & 5:30pm

### YMCA CAMP RED FEATHER

Located at: 5817 Wesleyan Dr, Virginia Beach, VA 23455  
P (757) 622-9622 P (757) 962-5505 W [CampRedFeather.org](http://CampRedFeather.org)

### VIRGINIA BEACH

#### NEW! PRINCESS ANNE FAMILY YMCA

**Stop 6:** 8am & 5pm

### CAMP OUT

**7/20–7/21 or 8/17–8/18**

Fri 6:30pm–Sat 9:30am

Member Rate: \$35/camper

Regular Rate: \$45/camper

### WVC SPORTS CAMP PARTNERSHIP

6:30–6pm

Prices vary based on sport and full or half day camps.

View details and register online at [CampRedFeather.org](http://CampRedFeather.org)

**Come see our brand new youth center!**



# YMCA CAMP ARROWHEAD

Regional Day Camp serving Suffolk, and Chesapeake for ages 5-14

YMCA Camp Arrowhead is all about discovery and outdoor fun. Kids and teens have the opportunity to explore nature, find new talents, try new activities like archery and riflery, or climb the Alpine Tower, gain independence and make lasting memories through participation in crafts, swimming, sports and more.

**This first-class facility includes:**

- Alpine Tower
- Amphitheater
- Archery/Riflery Range
- Athletic Fields
- Basketball Court
- Challenge Course
- Gaga Pit
- Outdoor Pool
- Pavilion
- Davis Lake Campground\*

\*Child must complete Kindergarten to attend Camp Arrowhead

\*Each age group will travel to Davis Lakes each week June 26-August 18. Beach, swimming, boating, fishing and water slides. (Must be 8 to use slides/boats)

	Session 1 6/18-6/22	Session 2 6/25-6/29	Session 3 7/2-7/6*	Session 4 7/9-7/13	Session 5 7/16-7/20	Session 6 7/23-7/27	Session 7 7/30-8/3	Session 8 8/6-8/10	Session 9 8/13-8/17	Session 10 8/20-8/24
<b>SCHOOL-AGE</b> ages 5-12	Traditional Camp Artists in Nature Weird Science Fantastic Forts	Traditional Camp Pop Star Multi-Sports Outdoor Adventure	Traditional Camp Flag Football For the Love of Art Camp Cooking	Traditional Camp Lifeguard Design Squad Outdoor Adventure	Traditional Camp Pop Star Fantastic Forts Weird Science	Traditional Camp Multi-Sports Artist in Nature Design Squad	Traditional Camp Flag Football For the Love of Art Camp Cooking	Traditional Camp Multi-Sports Design Squad Outdoor Adventure	Traditional Camp Soccer Camp Weird Science For the Love of Art	Traditional Camp
<b>TEEN CAMP</b> ages 11-14	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp

**TRADITIONAL CAMP:** 6am-6pm  
Member Rate \$155/week; Regular Rate \$215/week

**TEEN CAMP:** 6am-6pm  
Member Rate \$155/week; Regular Rate \$215/week

A \$25 deposit per child per week and a one-time \$50 nonrefundable/nontransferable materials fee is due upon registration. The \$25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

\*No camps will be held on July 4

Transportation to YMCA Camp Arrowhead is also available from:

## SUFFOLK

### SUFFOLK FAMILY YMCA

**Stop 1:** Drop off 6-7:30am & Pick up 4:15-6pm

**Stop 2:** Drop off 6:30-8:30am & Pick up 5:15-6pm

### YMCA CAMP ARROWHEAD

**Stop 1:** Drop off 6:30am-8:50am & Pick up 4-6pm

## CHEASAPEAKE

### TAYLOR BEND FAMILY YMCA

Open 6am, Close 6pm

**Stop 1:** 7:45am & 5pm

### YMCA CAMP ARROWHEAD

275 Kenyon Road, Suffolk, VA 23434

P (757) 923-3303 W [YCampArrowhead.org](http://YCampArrowhead.org)



# CAMP SILVER BEACH

## Overnight camp on Virginia's Eastern Shore

Located on Virginia's Eastern Shore, YMCA Camp Silver Beach is 151 amazing acres filled with forests, trees and wetlands and is surrounded by the seriously beautiful Chesapeake Bay. YMCA Camp Silver Beach is the summer experience of a lifetime!

At YMCA Camp Silver Beach, on the Chesapeake Bay, campers ages 8–16 build confidence, learn sportsmanship, find potential and grow friendships. Life lessons come packaged in water adventures, campfire sing-a-longs and more. YMCA members save \$100/session.

Learn more at [www.CampSilverBeach.org](http://www.CampSilverBeach.org)

	Session 1 6/10–6/16	Session 2 6/17–6/23	Session 3 6/24–6/30	Session 4 7/1–7/7	Session 5 7/8–7/14	Session 6 7/15–7/21	Session 7 7/22–7/28	Session 8 7/29–8/4	Session 9 8/5–8/11	Session 10 8/12–8/18
<b>TRADITIONAL CAMP</b> ages 8–16	Traditional Camp	SOLD OUT	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	Traditional Camp	SOLD OUT	Traditional Camp
<b>SPECIALTY CAMP ADD-ON</b> ages 11–16	Water Sports		Water Sports Boating Junior Lifeguarding	Water Sports Culinary Sailing	Water Sports Boating Junior Lifeguarding	Water Sports Culinary Sailing	Water Sports Boating Junior Lifeguarding	Water Sports Sailing		Water Sports
<b>EXPEDITION CAMP</b> ages 13–16			Rock & Raft	Coastal Trek	Blue Ridge Hike					
<b>TRADITIONAL TWO-WEEK</b> rising 6th–8th			Traditional Two-Week Camp		Traditional Two-Week Camp		Traditional Two-Week Camp			
<b>TEEN ADVENTURE CAMP</b> rising 9th–11th			Teen Adventure Camp			Teen Adventure Camp				
<b>LEADERSHIP DEVELOPMENT</b> rising 11th graders			Leadership Development Program			Leadership Development Program				

### TRADITIONAL CAMP

Member Rate: \$795/session  
Regular Rate: \$895/session

### SPECIALTY CAMP ADD ON

Member & Regular Rate: \$300/session

### SKI SCHOOL ADD ON

Member & Regular Rate: \$100/session

### EXPEDITION CAMP

Member Rate: \$945/session  
Regular Rate: \$1,045/session

### TRADITIONAL TWO-WEEK CAMP

Member Rate: \$1,650/session  
Regular Rate: \$1,750/session

### Teen Adventure Camp

Member Rate: \$2,600/session  
Regular Rate: \$2,700/session

### LEADERSHIP DEVELOPMENT PROGRAM

Member Rate: \$2,600/session  
Regular Rate: \$2,700/session

\*No camps will be held on July 4



### YMCA CAMP SILVER BEACH

6272 YMCA Lane, PO Box 69, Jamesville, VA 23398

P (757) 442-4634 TF 1 (877) 231-2012 W [CampSilverBeach.org](http://CampSilverBeach.org)



# THE FIRST TEE OF HAMPTON ROADS

Golf Camp focusing on character values • Virginia Beach, Franklin, Moyock & the Eastern Shore

Golf is more than a game at The First Tee of Hampton Roads, a program of the YMCA of South Hampton Roads. Character education, life skills, classes, camps and family fun bring people together for quality family time and teach skills and values that will last a lifetime.

Golfers learn golf fundamentals, rules and etiquette, as well as The First Tee's Nine Core Values, Nine Healthy Habits and more. Classes and camps are offered all across our region and family golf is also available at our beautiful course in Virginia Beach.

Learn more at [www.TheFirstTeeHR.org](http://www.TheFirstTeeHR.org) or [www.ymcashr.org/first-tee](http://www.ymcashr.org/first-tee).

## VIRGINIA BEACH

Our licensed camp includes equipment (if needed), lessons and organized course play.

### Full-Day Summer Camp

**Monday–Friday**, 9am–4pm; ages 8–17  
\$170/YMCASHR and TFTHR members  
\$190/Regular rate

June 18–22	July 23–27
June 25–29	July 30–August 3
July 2–6*	August 6–10
*reduced price	August 13–17
July 9–13	August 20–24
July 16–20	August 27–31

### Half-Day Summer Camp

**Monday–Friday**  
9am–noon or 1pm–4pm; ages 5–7  
\$80/YMCASHR and TFTHR members  
\$95/Regular rate

June 25–29	July 23–27
July 2–6*	July 30–August 3
*reduced price	August 6–10
July 9–13	August 13–17
July 16–20	August 20–24

### Extended Care

Care for full day campers only from 7:30–9am and 4–6pm is available for an additional \$40/week.

## SCHOOLS OUT CAMP (VIRGINIA BEACH ONLY)

**Monday–Friday**, 9am–4pm; ages 8–17  
\$45/YMCASHR members and TFTHR members  
\$55/Regular rate

<b>February 19</b>	President's Day
<b>March 30</b>	Teacher Staff Day
<b>October 8</b>	Teacher Professional Day
<b>November 11</b>	Veteran's Day

## UPSHURS NECK

Includes equipment (if needed), lessons and organized course play.

### Full-Day Summer Camp

**Monday–Friday**, 9am–4pm; ages 6–14  
\$50/YMCASHR members and TFTHR members  
\$75/Regular rate

July 9–13	July 30–August 3
July 16–20	August 6–10

Saturday open play is available to campers and parents the week child is attending camp.

## MOYOCK (EAGLE CREEK)

### Full-Day Summer Camp

**Monday–Friday**, 9am–4pm; ages 8–17  
\$170/YMCASHR members and TFTHR members  
\$190/Regular rate

July 23–27	August 6–10
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## FRANKLIN (CYPRESS COVE)

### Half-Day Summer Camp

**Monday–Friday**, 9am–noon; ages 8–17  
\$60/YMCASHR members  
\$75/Prospective members

July 30–August 3	August 6–10
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\*No camps will be held on July 4

**The First Tee of Hampton Roads** • 2400 Tournament Drive, Virginia Beach, VA 23456 P (757) 563-8990

**YMCA at the Pines** • 1525 North Road Street, Elizabeth City, NCA 27909 P (757) 563-8990

**Upshurs Neck Facility** • Upshurs Neck Farms, Quinby, VA 23423 P (757) 787-5601

**Cypress Cove Country Club–Golf Program Location** • 30333 Country Club Road, Franklin, VA 23851 P (757) 563-8990

**The Golf Club at Eagle Creek–Golf Program Location** • 109 Green View Road, Moyock, NC 27958 P (757) 563-8990

# YMCA AT THE PINES

The YMCA at the Pines is the YMCA of South Hampton Roads 18 hole golf and banquet facility located in Elizabeth City, North Carolina. The Pines winds its way through the Albemarle pine thickets and features elevated greens, wide fairways and large chipping areas. The facility offers banquet options for weddings, private parties and corporate events, as well as membership options to include golf and full YMCA member benefits.

## Golf

- 18-hole championship course
- Driving Range
- Clubhouse
- Pro Shop

## Pool

- Outdoor saltwater pool
- Relaxing outdoor deck space

## Banquet Services

- Banquet packages for weddings/private events
- Bistro for a relaxing dining experience

## SUMMER CAMP

### YMCA AT THE PINES (Elizabeth City)

Monday–Friday; 9am–4pm; ages 8–17

\$170/YMCASHR Member Rates

\$190/Regular Rate

**June 18–22**      **July 16–20**

**June 25–29**      **July 23–27**

**July 9–13**

## MEMBERSHIP RATES

### Combined YMCA and YMCA at the Pines Membership

**\$70/month add-on** to Individual, Adult Plus 1 or Family YMCA of South Hampton Roads membership rate.

### YMCA at the Pines only membership

**Family:** \$200/month

**Individual:** \$170/month

Sign up for a one-year commitment with the option to pay monthly. Bag storage and range balls are available for an additional fee.



## YMCA AT THE PINES

1525 North Road Street, Elizabeth City, NC 27909

**P** (252) 335-0278   **W** [www.ymcashr.org/pines](http://www.ymcashr.org/pines)





# YMCA JT'S CAMP GROM **NEW!**

Now accepting reservations for family day camp and group field trips.

## EVERYONE NEEDS AN ADVENTURE.

Camp is an adventure—one that can help forge lifelong friendships, build self-confidence and change lives for the better. But for adults and children living with disabilities or special needs, camp is an opportunity that's often frustratingly out of reach.

### Welcome to JT's Camp Grom

As the only family and group camp of its kind on the East Coast, this amazing 70-acre, beach-style adventure camp is designed to welcome everyone. Wounded veterans, families of the fallen, and adults and children with disabilities or special needs finally have a place to call their own.

### It's a place to have fun.

JT's Camp Grom offers adventure rope courses, lakeside trails, and physical fitness activities ranging from swimming and wakeboarding to archery. But it's also a place to grow. By taking part in personal development activities, educational programs and entertainment and social gatherings, campers will go home with a new sense of self-discovery, independence and confidence—empowering them and improving their quality of life.

### Camp Grom features include:

- Lake for Fishing
- Cable Wakeboarding System
- Beach
- Indoor Pool with Rehab Resistance Pool
- Outdoor Lazy River and Splash Park
- Sportsplex
- Athletic field
- And much more!

### We'd like to hear from you.

Camp Grom is now taking field trip reservations from special needs organizations for June, July and August. Call us at (757) 961-4175 or email Jenna Starkey at [jstarkey@ymcashr.org](mailto:jstarkey@ymcashr.org)

## YMCA JT'S CAMP GROM

1155 Prosperity Rd., Virginia Beach, VA 23451  
 P (757) 961-4175 W [ymcashr.org/grom](http://ymcashr.org/grom)



# Camp Locations

## CHESAPEAKE

**Great Bridge/Hickory Family YMCA**  
633 S. Battlefield Boulevard  
Chesapeake, VA 23322  
P (757) 546-9622

**Greenbrier Family YMCA**  
1033 Greenbrier Parkway  
Chesapeake, VA 23320  
P (757) 547-9622

**Greenbrier North YMCA**  
**Wellness & Racquetball Center**  
2100 Old Greenbrier Road  
Chesapeake, VA 23320  
P (757) 366-9622

**Taylor Bend Family YMCA**  
4626 Taylor Road  
Chesapeake, VA 23321  
P (757) 638-9622

**The Y at Edinburg**  
1933 Edwin Drive, Suite 101  
Chesapeake, VA 23322  
P (757) 204-7320

## EASTERN SHORE

**YMCA Camp Silver Beach**  
6272 YMCA Lane  
P.O. Box 69  
Jamesville, VA 23398  
P (757) 442-4634  
W [CampSilverBeach.org](http://CampSilverBeach.org)

**Eastern Shore Family YMCA**  
26164 Lankford Highway  
Onley, VA 23418  
P (757) 787-5601

## FRANKLIN

**James L. Camp, Jr. Family YMCA**  
300 Crescent Drive  
Franklin, VA 23851  
P (757) 562-3491

## NORFOLK

**YMCA Camp Red Feather**  
**(Blocker Norfolk Family YMCA)**  
5817 Wesleyan Dr  
Virginia Beach, VA 23455  
P (757) 622-9622  
P (757) 962-5505

**The Y on Granby**  
2901 Granby Street  
Norfolk, VA 23504  
P (757) 965-2322

## NORTH CAROLINA

**Albemarle Family YMCA**  
1240 N. Road Street  
Elizabeth City, NC 27909  
P (252) 334-9622

**Currituck Family YMCA**  
130 Community Way  
Barco, NC 27917  
P (252) 453-9632

**Outer Banks Family YMCA**  
3000 South Croatan Highway  
Nags Head, NC 27959  
P (252) 449-8897

**YMCA at the Pines**  
31525 North Road Street  
Elizabeth City, NC 27909  
P (252) 335-0278

## PORTSMOUTH

**Effingham Street Family YMCA**  
1013 Effingham Street  
Portsmouth, VA 23704  
P (757) 399-5511

**YMCA of Portsmouth**  
4900 High Street West  
Portsmouth, VA 23703  
P (757) 483-9622

## SUFFOLK

**Suffolk Family YMCA**  
2769 Godwin Boulevard  
Suffolk, VA 23434  
P (757) 934-9622

**YMCA Camp Arrowhead**  
275 Kenyon Road  
Suffolk, VA 23434  
P (757) 923-3303

## VIRGINIA BEACH

**Hilltop Family YMCA**  
1536 Laskin Road  
Virginia Beach, VA 23451  
P (757) 422-3805

**Indian River Family YMCA**  
5660 Indian River Road  
Virginia Beach, VA 23464  
P (757) 366-0488

**Mt. Trashmore Family YMCA**  
4441 South Boulevard  
Virginia Beach, VA 23452  
P (757) 456-9622

**Princess Anne Family YMCA**  
2121 Landstown Road  
Virginia Beach, VA 23456  
P (757) 410-9557

**Salem YMCA Family Center**  
2029 Salem Road  
Virginia Beach, VA 23456  
P (757) 471-9622

**YMCA at Town Center**  
205 Town Center Drive, Suite 220  
Virginia Beach, VA 23462  
(757) 962-9348

**The First Tee of Hampton Roads**  
Golf & Life Skills Program  
2400 Tournament Drive  
Virginia Beach, VA 23456  
P (757) 563-8990  
W [TheFirstTeeHR.org](http://TheFirstTeeHR.org)

## YMCA OF SOUTH HAMPTON ROADS

P (757) 962-5555 W [www.ymcashr.org](http://www.ymcashr.org)    

## IT'S NOT TOO SOON TO THINK ABOUT SCHOOL-AGE CHILD CARE

With a focus on safety, health, social growth and academic enhancement, our before and after-school programs serve children with options to explore and develop their interests and talents. The Y provides a quality, safe place for children to go so that parents have the freedom to work or study, knowing that their children's needs are being addressed. Our flexible schedule allows each child to freely choose what he or she wants to do during this out-of-school time.

Learn more at [ymcashr.org/school-age](http://ymcashr.org/school-age)





Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

1st Year Review: \_\_\_\_\_

2nd Year Review: \_\_\_\_\_

3rd Year Review: \_\_\_\_\_

Completed form must be kept in the child's record and first page updated ANNUALLY.

# YMCA CHILD CARE APPLICATION

**Please complete all blanks on this form. Incomplete enrollment forms cannot be accepted.**

According to the minimum standards put forth by the Commonwealth of Virginia, we are unable to care for your child until all required paperwork is submitted, including:  Child's proof of identity  Up-to-date shot records  Up-to-date physical  Medication form, if applicable

**PROGRAM:**  Before- & After-School  Before-School  After-School  Camp  Preschool  School's Out Camp

## CHILD'S INFORMATION:

Child's full name		Nickname		Sex	Birth date
Street address				First day of attendance	Last day of attendance
City	State	Zip	Home phone		Grade/class level
School	Programs previously attended			Schools/programs concurrently attending	

**EMERGENCY INFORMATION:** If your child takes any medication, please also fill out the  Medication Authorization Form.

Allergies and intolerance to food, medications or other substances and actions to take in emergency situation	
Chronic physical problems/diseases; pertinent development information; special accommodations needed; special instructions to provider	
Child's physician	Physician's phone

**In the event of an emergency, please number, in order of priority (1-6), which phone to contact.**

Parent/guardian name 1		Cell phone	Priority
Address (enter "same" if address is the same as the child's)		Email address	
City	State	Zip	Home phone
Place of employment		Work phone	Priority

Parent/guardian name 2		Cell phone	Priority
Address (enter "same" if address is the same as the child's)		Email address	
City	State	Zip	Home phone
Place of employment		Work phone	Priority

Name, street address and phone of emergency contact if parent(s) cannot be reached
Name, street address and phone of emergency contact if parent(s) cannot be reached
Persons authorized to pick up child (appropriate custody or other court order shall be attached if a parent is not allowed to pick up the child)

## SWIM PERMISSION:

My child has permission to participate in swimming activities. Please check your child's ability to swim and provide a detailed statement regarding your child's swimming skills on the line below.  My child cannot swim.  My child can swim with assistance.  My child can swim without assistance.

The parent authorizes the application of hypo allergenic sunscreen/insect repellent for his or her child by YMCA staff. (Please note any adverse reaction to sunscreen/insect repellent of which you may be aware.)  Yes  No

Parent/guardian signature (valid for one year) \_\_\_\_\_ Date \_\_\_\_\_

**RELEASE OF CONFIDENTIAL INFORMATION AUTHORIZATION**

Permission is granted to the YMCA of South Hampton Roads to access my child’s school records and contact school administrators and staff for purposes pertaining to growth, development and achievement of my child including, but not limited to: SOL Scores, Report Cards, Progress Reports, behavioral issues, homework assignments etc. I understand that access to this information will be used in possible grant writing and assisting the child in achieving his/her academic and social and emotional growth milestones.

- I will allow this.  I choose not to allow this.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**FINANCIAL RESPONSIBILITY:** Please read and check each statement below and initial at the bottom.

I am the parent/guardian of the above named child, and my financial responsibility is as follows:

- I understand that my weekly tuition is due by 6pm on the Wednesday before each week of care. Payments made after this deadline will be assessed an additional \$15.
- I understand that my receipts should be kept as a record for filing taxes. The YMCA will not provide a year-end tax statement.
- I understand that my child must be picked up by 6pm. I will be charged \$15 for each 15-minute interval past 6pm.
- YMCA program sessions are not prorated and I must register my child and pay for full sessions.
- Child Care registration fees and camp deposits are nonrefundable.
- If my payment is returned by my bank, I am responsible for a \$25 returned payment fee in addition to the amount of the original payment, which I must pay BEFORE my child is allowed back into the program.
- After a second returned payment, I will have to pay cash or money order only for any future sessions/programs.

**AUTOMATIC PAYMENTS FOR CHILD CARE AND CAMP**

The YMCA of South Hampton Roads offers automatic draft for your child care and camp payments. You can stop automatic payments with a 30-day written notice. If you would like to utilize this payment option, please check your payment frequency and sign the statement below.

- Weekly (on Wednesdays)  Bi-Monthly (1st and 15th of each month)  Monthly (1st of each month)  Other ( )

**ELECTRONIC FUNDS (EFT) OR CREDIT CARD AUTHORIZATION**

I authorize my bank to honor preauthorized Electronic Funds Transfer (or credit card institution) drawn by the YMCA of South Hampton Roads on my account for (membership/program/ contribution) payments as indicated below. When the bank honors the EFT (or credit card) by charging my account, such transfer shall constitute notice of payment due and my receipt for the payment. Should any preauthorized EFT (or credit card) not be honored by said bank when received by them, then it is understood that the payment is to be made by me in the amount of said payment plus posted returned draft/check fee. It is further understood that if such payment is not honored by the bank (or credit card institution), then the YMCA of South Hampton Roads, at its discretion, may resubmit the amount due for payment on a future date.

- I choose to utilize the EFT option for payment (direct debit from my  Checking  Savings account)
- I choose to utilize the credit card payment option for payment (automatic direct charge to credit card)

**By signing below, you are authorizing all of the above.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**STATEMENT OF AUTHORIZATION:** Please read and check each statement and sign below.

- My child has permission to be transported by a YMCA vehicle and to participate in all YMCA program activities and related field trips.
- The YMCA agrees to notify me (parent/guardian) whenever the child becomes ill. I agree to pick up the child within 30 minutes of receiving the call that my child is ill. **(A temperature of over 100°F, recurring vomiting/diarrhea or a communicable disease would require exclusion from the YMCA.)**
- I (parent/guardian) authorize the YMCA to obtain immediate care if any emergency occurs when I (parent/guardian) cannot be located immediately. I understand that in an emergency, my child may be transported in a private vehicle.
- I agree to inform the YMCA child care staff/director within 24 hours or the next business day if my child or any other immediate household member has developed any reportable communicable disease, as defined by the State Board of Health, except for life-threatening diseases which must be reported immediately.
- I have been informed of my YMCA Child Care program's Emergency Preparedness Plan.

**STATEMENT OF UNDERSTANDING:**

The following information is important for the safety and protection of your child. Please read this information and c and sign below.

- I understand that I am not to leave my child at the YMCA or program site unless a YMCA Child Care staff member or volunteer is there to receive and supervise my child.
  - I understand that it is my responsibility to sign my child in upon arrival in the morning and sign my child out before leaving in the afternoon. **Sign-in/sign-out sheets are available as you enter the program. There must be an exchange of responsibility from one adult to another, not from a child to staff. All persons signing children in/out must be at least 16 years of age.** (See other pick-up provisions in Parent Handbook.)
  - I understand that my child will not be allowed to leave the program with an unauthorized person. **Any person authorized to pick up my child must be listed on this form. Authorization by telephone will not be accepted.**
  - I understand that YMCA staff and volunteers are not allowed to babysit or transport children at any time outside the YMCA facilities and program. **If a violation of this policy is discovered, the YMCA will take immediate disciplinary action toward staff and volunteers.**
  - I understand that by state law, the YMCA is mandated to report any suspected cases of child abuse or neglect to the appropriate authorities for investigation.
  - I consent for the use of photographs or digital images of my child in any printed/filmed material for promotions of the YMCA of South Hampton Roads.
  - I am an adult over 18 years and wish to have my child participate in YMCA of South Hampton Roads Child Care programs. I understand that even when every reasonable precaution is taken, accidents can sometimes happen. Therefore, in exchange for allowing my child to participate in YMCA Child Care, I understand and expressly acknowledge that I, for myself and for anyone entitled to act on my behalf, waive and release the YMCA, sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in activities at or sponsored by the YMCA. I further agree to indemnify and save harmless the YMCA from any claims or demands arising out of any such injuries or losses. I understand that this release includes any claims based on negligence, action or inaction of the YMCA of South Hampton Roads, its staff, directors, members and guests. I have read, understand and am voluntarily signing this authorization and release.
- I have read and understand the statements above regarding YMCA policies and procedures.
  - I have received a copy of the YMCA Parent Handbook.
  - I have provided a copy of my child's physical and immunization records along with this form.
  - I have read and understand the statement above regarding the Model Release.

Signature \_\_\_\_\_ Date \_\_\_\_\_



**CHILD'S NAME:** \_\_\_\_\_

**CHILD'S PROOF OF IDENTITY:**

The Code of Virginia states that "Proof of identity means a certified copy of a birth certificate or other reliable proof of the child's identity and age. The following documents are acceptable forms of reliable proof. Please check which document you are submitting.

- Certified copy of birth certificate
- Birth registration card
- Notification of birth (hospital, physician or midwife record)
- Passport
- Copy of placement agreement or entrustment agreement from a child placing agency (foster care and adoption agencies)
- Record from a public school in Virginia
- Certification by a principal or his designee in the US that a certified copy of the child's birth record was previously presented
- Copy of the conferring temporary legal custody or entrustment agreement of a child to an independent foster parent
- Child identification card issued by the Virginia Department of Motor Vehicles (DMV)

**For Office Use Only**

Form of Identity Verification	Date of Birth	Place of Birth	Start Date	End Date
Document Number	Date Issued	Staff Signature		

**YMCA OF SOUTH HAMPTON ROADS**

P (757) 962-5555 W [www.ymcashr.org](http://www.ymcashr.org)

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Medication Authorization Form

For Prescription and Non-prescription (OTC) Medication

#### INSTRUCTIONS:

- Section A & C must be completed by the parent/guardian for ALL medication being authorized.
- Section B must be completed by a physician for any medication authorizations. This includes non-prescription medications.
- Each medication needs a separate authorization form. Multiple medications cannot be listed on one form.
- If diagnosed with asthma a inhaler with chamber and mask along with a separate action plan must accompany this document
- If a EpiPen is prescribed, a separate action plan must accompany this document
- If the end date documented by the physician expires before school is out for the year, a new authorization form will be required.

#### SECTION A: To be completed by parent/guardian

Child's first and last name
Child's known allergies

#### SECTION B: To be completed by child's physician

I, _____ order the medication listed to be administered.		
Name of medication		Strength
Dosage	Times to be given	Frequency
Reason the child is taking this medication (unless confidential by law)		
Describe any additional training, procedures or competencies the child's program staff will need to know.		
This authorization is effective from: _____ until _____ (start date) (end date)		
Physician's signature		
Date:	Physician's phone number:	

#### SECTION C: To be completed by parent/guardian

I, _____ (parent's name) authorize _____ (program name) to administer this medication as specified in this medication form.	
Parent' signature	Date



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## COUNSELOR INFORMATION SHEET

Child's Full Name: \_\_\_\_\_ Nickname: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_  
Mother's Name: \_\_\_\_\_ Phone #1: \_\_\_\_\_ Phone #2: \_\_\_\_\_  
Father's Name: \_\_\_\_\_ Phone #1: \_\_\_\_\_ Phone #2: \_\_\_\_\_  
Address: \_\_\_\_\_

Does child take medications or vitamins by doctor's orders?  Yes  No If yes, please specify \_\_\_\_\_

\*\*\*If the YMCA is to administer medications, a medical authorization form must be completed.\*\*\*

Does your child have any brother/sisters? (List names and ages of siblings): \_\_\_\_\_

Your Child:  Cannot Swim  Can Swim WITH assistance  Can swim WITHOUT assistance

**Personality:**  Shy  Quiet  Talkative  Confident  Leader

Does child interact well with other children? \_\_\_\_\_ Does child have any fears? \_\_\_\_\_

Does your child have any special needs? \_\_\_\_\_

Regarding camp, my child is:  Excited  Apprehensive  Nervous  Upset

What would you and your child like to get most from his/her camp experience? \_\_\_\_\_

Does your child have any hobbies, special interest or skills: \_\_\_\_\_

**Appetite:**  Above Average  Average  Below Average

Is your child sensitive about his/her size, weight, or any other characteristics? \_\_\_\_\_

List any allergies your child may have to foods or medicine? \_\_\_\_\_

If allergy occurs, what steps should staff take? \_\_\_\_\_

**Health:**  Above Average  Average  Below Average

**Health History** (please check if your child has/had any of the following):

- |                                      |                                               |                                                |                                                |                                     |
|--------------------------------------|-----------------------------------------------|------------------------------------------------|------------------------------------------------|-------------------------------------|
| <input type="checkbox"/> Asthma      | <input type="checkbox"/> Frequent Ear Trouble | <input type="checkbox"/> Frequent Headaches    | <input type="checkbox"/> Kidney Trouble        | <input type="checkbox"/> Sleep Walk |
| <input type="checkbox"/> Chicken pox | <input type="checkbox"/> Fainting Spells      | <input type="checkbox"/> Frequent Sore Throats | <input type="checkbox"/> Frequent stomachaches |                                     |
| <input type="checkbox"/> Convulsions | <input type="checkbox"/> Tuberculosis         | <input type="checkbox"/> Heart Trouble         | <input type="checkbox"/> Bed Wetting           |                                     |
| <input type="checkbox"/> Diabetes    | <input type="checkbox"/> Meningitis           | <input type="checkbox"/> Frequent Colds        |                                                |                                     |

Please use lines provided below to add any additional medical information. \_\_\_\_\_

Does your child have any reactions to poison ivy, poison oak, or sumac?  Yes  No

Has your child had any operations or serious injuries or hospitalized in the past 6 months? \_\_\_\_\_

Please indicate anything that might help us to better understand your child and ensure him/her a happy camp experience? \_\_\_\_\_

### YMCA CAMP ARROWHEAD

275 Kenyon Road, Suffolk, VA 23434 P 757 923 3303 F 757 923 3366 W ycamparrowhead.org