



**ATHENS-MCMINN FAMILY YMCA
SUMMER DAY CAMP 2025
PARENT HANDBOOK**

WELCOME TO SUMMER CAMP

All youth need the intellectual development, motivation and skills that equip them for successful work and lifelong learning. These result from quality learning environments, challenging expectations, and consistent guidance and mentoring.

YMCA Summer Camp is designed to foster opportunities for young people to build skills, exercise leadership and form relationships with caring adults and their communities. Using this approach, we create environments in which young people thrive. We offer day camp to kids, ages 5-13.

The YMCA Summer Day Camp is offered during the summer months. Each week of camp (ten weeks total) offer a weekly theme with planned activities like swimming and visits from outside organizations. Participants will make new friends and create memories to last a lifetime.

DEAR PARENTS AND CAREGIVERS

Thank you for choosing the YMCA Summer Day Camp program as your child's summer activity! This parent guide will help familiarize you with our program and help your family prepare for your child's summer experience. Reading through this guide with your child is important and should answer any questions you may have.

A great program requires a partnership between staff and parents. We are thrilled to work with your campers and provide a safe, fun atmosphere while we do that! Consistent communication is always best, so please don't hesitate to reach out to us when you need to speak with a team member. Our staff is here to listen, help, and react appropriately per our YMCA policies and guidelines.

Sincerely,
YMCA Camp Staff

Matthew Roberts, Sr. Director of Youth & Family Programs
matt@athensmcmminnymca.org
423.745.4904

PHILOSOPHY & PURPOSE

At the YMCA, we're for youth development, healthy living, and social responsibility. YMCA Summer Day Camp engages a child's physical, intellectual, and emotional development. Using small group experiences that are developmentally appropriate, campers will:

- Develop physically, emotionally, and socially through a variety of safe, developmentally appropriate and challenging experiences.
- Learn and display the four core values of the YMCA: respect, responsibility, honesty, and caring
- Increase appreciation for their own family, friends, and surrounding community

FOR YOUTH DEVELOPMENT

Camp is geared to involve age-appropriate activities in both large and small group settings. Planned task orientated activities challenge their present ability and teach new skills.

- Older, more mature campers accept positions of responsibility and leadership in planning activities and establishing rules
- Younger campers are encouraged to accept responsibility and develop self-reliance

FOR HEALTHY LIVING

With the right building blocks for healthy development, campers gain the skills they need to be active, thriving, and contributing members of society.

- Healthy food items are served in our meal program
- Physical activities develop good coordination and skills development through physical fitness
- Opportunities for outdoor and recreational activities are planned every day

FOR SOCIAL RESPONSIBILITY

Campers learn appropriate social behavior through group discussions, projects, positive adult-modeling, and gain a sense of belonging.

- Build self-esteem and demonstrate helpful attitudes
- Make new friends and build meaningful relationships with others
- Discover who they are
- Help and serve others

REGISTRATION CHECKLIST

Once you enroll in our program, a space is reserved for your child. Athens-McMinn Family YMCA does not discriminate based on race, color, sex, national origin, creed or special needs.

- Registration is completed online at athensmcminnymca.org. Child Information Forms, a bank draft agreement, and sunscreen/medication forms must be completed before the child attends camp. A non-refundable \$25 registration fee should be paid online to hold your child's spot. You will be enrolled in an autodraft payment system for your chosen weeks of camp. You will be added to a REMIND APP (it is free) group via text to communicate with staff regularly. However, email is always available as well as calls made by phone to 423.745.4904.

DON'T FORGET...

- Put your child's name on their belongings. We will give each camper a YMCA drawstring bag to use!
- Campers will need to keep up with their own belongings each day.
- Apply sunscreen daily before arrival.
- Send a bathing suit and towel on water days.
- Make sure your child wears comfortable shoes. No flip flops or open-toed shoes.
- We do not allow toys and electronics (phones/tablets/laptops) from home.
- The YMCA is not responsible for broken, lost or stolen items. We will instruct campers to put items away in their bags or store them in an office.
- Pack an extra of change of clothes just in case.

BREAKFAST & LUNCH

- We will provide a nutritious breakfast in the morning to all campers by 9:15am and a nutritious lunch by 12:30pm. Groups eat in shifts. See page 8 for the regular daily schedule.
- Please send extra water for your child to drink during the day and label the water bottle.
- Packed lunches must be stored in a lunchbox that can keep food cool. Please label the lunchbox.
- Please do not send lunches in a plastic/paper sack (unless instructed on trip days).
- Carbonated beverages (soft drinks) and peanuts in any form are not permitted.

MEDICATION

Fill out the medication form if your child requires medications during camp.

- If your child must take medication during the program hours, you must provide written instructions with the

medication prescribed by the doctor in the original prescription bottle.

- Parents must fill out a "Permission to Administer Medication" form prior to the administration of medications.
- **We prefer not to administer medication at camp.**

SUNSCREEN

- The YMCA will administer sunscreen as needed and if given documented approval to do so.
- Parents must fill out a "Permission to Administer Sunscreen" form to approve or deny use.

SWIM/WATER DAYS

- The YMCA has an indoor pool with a shallow and deep end. We offer coast guard approved life jackets and always have American Red Cross certified lifeguards supervising the pool area and swimmers.
- Campers will swim on Mondays & Wednesdays between 11am and 3pm.
- Campers must pass a deep end swim test to swim in the deep end. Nonswimmers/inexperienced swimmers will be outfitted in a life jacket.
- Campers do not have to swim, but this recreational activity is fun and highly encouraged!

FEE POLICIES

Registration Changes

Adding Weeks

Weeks may be added when space is available by registering online at athensmcminnymca.org. A waitlist will generate upon registration. YMCA staff monitors this list frequently and will move participants to the active list if space allows. An email will be sent to you when this occurs.

Canceling/Deleting Weeks

The \$25 registration fee is non-refundable. You are responsible for the weekly payment of the week you are canceling unless you email or provide a 10-day written notice of cancellation prior to the scheduled draft date to matt@athensmcminnymca.org.

Weekly/Session Fees

Upon registration, you will be enrolled in an autodraft payment system for your chosen weeks of camp.

- Weekly drafts will occur the Friday before the week of service. A \$30 return payment fee will be assessed to the account if there are not enough funds in the account at the time of the draft.
- Base rates are: \$85/member/child and \$120/nonmember/child.
- Sibling discounts of 15% will be added to the second, third, and so on siblings or financial assistance is available upon request.

- A change in vacation plans, alternative child care, or being sick does not eliminate the responsibility to pay for a week that you have registered without a 10-day written notice prior to the scheduled draft date for the change.
- Failure to keep fees current will result in a loss of care and ability to register for other YMCA programs.
- Parents/caregivers are financially responsible for every week that is registered even if the child does not attend.
- The YMCA will not prorate days missed from your fees.

PROGRAM PROCEDURES

- Camp opens at 7:30am and closes at 6pm.
- You must sign your child/children in every morning and sign them out every afternoon.
- You must park in a parking spot for drop off/pick up.
- We ask on your emergency form that you provide a list of people other than the legal guardians who can drop off or pick up your child.
- Parents are responsible for adding adults to their AUTHORIZED PICKUP LIST on their online account.
- We will not release any child/children to a person that is not on the list unless we receive written notice from the parent or guardian prior to the child/children being picked up.
- The person picking the child up must be 18 years old with proper photo identification—we will not release to anyone under the age of 18 or someone without proper photo identification matching your child information form.
- Your child/children must be picked up by 6pm. There will be a \$1 per minute per child late charge after 6 pm. The late fee will be added to your account and you will need to pay it online at athensmcmminnymca.org by the end of the week. If you have a late fee balance at the end of the week, your child may not attend the following week.
- The Athens-McMinn Family YMCA has a written policy regarding intoxicated adults or adults who display behavior which may place the child/children in immediate risk when picking up. The YMCA will inform adults picking up children from our program who clearly appear intoxicated or display "erratic" behavior that we suggest that they allow us to call another adult from the authorized pickup list to pick them up. As mandated reporters, we are required to contact the police or child protective services and report the incident.
- The core part of our program begins by 8:30am. Please make arrangements to drop your child off by that time so they don't miss any activities.

- Please do not send your child to the program if they are sick. Should your child display sick behaviors at check-in, we will deny access.
- If your child becomes ill during camp, a parent or authorized pickup adult will be contacted and asked to take the child home. You will be contacted for common symptoms of illnesses like vomiting, diarrhea, fever, presence of lice and other symptoms associated with contagious conditions as well as a child who is clearly uncomfortable, lethargic, and unable to participate in daily activities. The child will be isolated, within sight of an adult, until the parent arrives. If the parent cannot be reached, the staff will contact the emergency contact person listed on the child's info form. Because we cannot provide sick care, parent or emergency contacts must pick up their child within one hour after being called.

LOST & FOUND

The Athens-McMinn Family YMCA is not responsible for lost or stolen items. Please talk with your camper about keeping track of their camp gear.

- We do not allow electronic devices.
- We do maintain a lost & found. However, due to space constraints, we can only hold items for one week. Items will be donated to a local charity on the 15th & 30th of every month.

BEHAVIOR CONTRACT

A high quality program can only take place in an orderly, mutually respectful, caring environment. Child guidance is a process where children take increasing responsibility for their own actions. Therefore, we work very hard at creating a safe and fun environment. Along with our efforts, we need the children to help us by following some simple rules. Below is our behavior agreement. Please read this Behavior Contract with your child and ensure they understand our camp's behavior policies.

- I will listen to the staff and follow directions.
- I will respect other people's belongings by not touching/using their belongings without permission.
- I will respect all property and help clean personal messes and assist in leaving areas better than I found it.
- I will respect other people's personal space by keeping my hands and feet to myself.
- I will respect other people's feelings by having a positive attitude when talking to them.
- I will act in a caring way, and I will not hit, fight, bite, tease, harass or bully others.
- I will use my indoor voice when speaking inside.
- I will use appropriate language, which does not include swear words or negative remarks (i.e. shut up, stupid, dumb).
- Before leaving the room or program space, I will ask a staff member for permission. I will never leave an area without adult supervision.

BEHAVIOR MANAGEMENT

The safety of a child is the highest priority for setting behavior management procedures. When a child has a severe discipline problem (on any ONE occasion), the parent may be called by staff and the child may need to be picked within one hour of the call. Please read further for more details on how we handle disciplinary action and communication with parents/caregivers.

DISCIPLINE

Our goal is to guide children in becoming happy, responsible and cooperative participants through positive guidance techniques. In the event that behavior requires discipline:

- Staff action will not damage the child's self-image or embarrass the child.
- Staff action will help children learn self-control, choose alternatives, identify feelings and develop an understanding and respect of feelings for others.
- Staff will communicate regularly with families regarding behavior concerns.
- Every effort will be made by staff to enlist the cooperation of the child and parents to solve behavioral issues.
- To teach responsibility in the event that a child deliberately damages any property or equipment that the YMCA is using, the child/parent will be responsible for the cost of replacement.
- Our staff are responsible for addressing behavioral issues and re-direction of the children in our program. We do not allow you to "discipline" or question children that are not your own. This applies to our program or activities whether they are on- or off-site locations. Failure to adhere to this policy could result in parental suspension or expulsion from the program or not being allowed on YMCA property.
- The YMCA will communicate with parents when they observe concerns regarding behavior changes or patterns being established. This may be in person or by phone call.
- The YMCA also requests that parents/caregivers communicate with staff to report an incident to our team if your camper shares information with you that our team may not have received during camp.

PROGRAMSUSPENSIONAND/ORDISMISSAL

Not abiding by the rules listed in the Behavior Contract (see page 3) may result in suspension from one to three days or termination from the program.

- All incidents will be handled on a three (3) incident system, except for hitting, fighting, and inappropriately touching another camper.
- Hitting, fighting and inappropriately touching another camper will be handled on a case-by-case basis at the Sr. Director's or CEO's discretion. This could result in a suspension or termination from the program depending on severity.
- All other incidents will be handled as follows:
 - 1st incident: Verbal Warning
 - 2nd incident: Written Warning & Parent Contact
 - 3rd incident: 1 to 3 day suspension & Parent Meeting
 - More than 3 incidents will be subject to camper dismissal from the program.

YMCA leadership staff reserve the right to dismiss/dis-enroll a child from the day camp program if the child's behavior is disruptive to the program and/or compromises the safety of themselves, other children and/or staff. Children suspended/terminated from the program will not qualify for a refund.

The YMCA Summer Day Camp adheres to a zero-tolerance policy concerning child sex abuse, weapons, and controlled substances. Failure to adhere to this policy will result in dismissal from our program.

If a child is dismissed from the Summer Day Camp program, he/she may not be eligible for re-enrollment in any YMCA child care program.

Additional reasons for dismissal other than behavioral issues are:

- Non-payment of fees.
- Not following the YMCA Summer Day Camp policies or guidelines.
- Repeated failure of parents to pick up child on time.
- Failure to provide site with current or updated emergency/ medical or contact information.
- Inappropriate conduct of parent or guardian.
- Repeated failure to sign the child in or out each day.

CHILD ABUSE PREVENTION

At the YMCA, we believe that every child deserves a safe environment to grow. As mandated reporters, we take child abuse seriously and are required to report any incident that may intentionally, recklessly and/or knowingly cause harm to a child. Our counselors are trained in child abuse recognition and reporting. We also have a Code of Conduct that all employees are expected to abide by. These policies prohibit our employees from providing child care, transporting, attending parties, etc. outside of our YMCA programs.

PHYSICAL INTERACTIONS

APPROPRIATE:

- Side hugs
- Handshakes/elbows
- High fives/fist bumps
- Pat on shoulder/back

INAPPROPRIATE:

- Full front hug
- Kisses
- Lap sitting
- Any form of unwanted affection

VERBAL INTERACTIONS

APPROPRIATE:

- Positive reinforcement
- Appropriate jokes
- Encouragement
- Praise

INAPPROPRIATE:

- Name calling
- Secrets
- Cursing
- Derogatory remarks or sexual language

BODY SAFETY RULES

1. Use actual names of body parts.
2. Review appropriate & inappropriate touch.
3. "No" means No.
4. No secrets.
5. Build a "Body Safety Network" of 3-5 trusted adults that your child can talk to.

BABYSITTING

- We do not allow staff to babysit children in our program outside of the program.

SOCIAL MEDIA

Please know that our camp prohibits camper-staff interactions on social media. If your child seeks to "friend" or "follow" camp counselors, please explain to your campers that counselors "need their space" during time away from camp. We do encourage you to like/follow us on our YMCA Facebook and Instagram pages.

RESTROOM & LOCKER ROOM POLICIES

Due to our child abuse prevention policies we:

- Do not allow children, including siblings, to enter a restroom or locker room area together without supervision
- Require two staff members to be with children at all times while utilizing the locker rooms/restrooms

Upon reading the 2025 Summer Day Camp Parent Handbook should you have any questions, please direct them to

[Sr. Director of Youth & Family Programs, Matthew Roberts.](#)

matt@athensmcminnymca.org | 423.745.4904

WEEKLY THEMES & DAILY SCHEDULE

Week 1: WELCOME WEEK.....May 27-May 30 (closed May 26th for Memorial Day)

Week 2: COMMUNITY HELPERS WEEK.....June 2-June 6

Week 3: SAFARI WEEK.....June 9-June 13

Week 4: MAD SCIENTIST WEEK.....June 16-June 20

Week 5: DISNEY WEEK.....June 23-June 27

Week 6: SPLASH WEEK.....June 30-July 3 (closed July 4)

Week 7: TN ADVENTURES WEEK.....July 7-July 11

Week 8: HARD HAT WEEK.....July 14-July 18

Week 9: GOODBYE SUMMER.....July 21-July 25

Week 10: SCHOOL'S BACK!.....July 28-August 1

Monday, Wednesday Sample Schedule						
Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
7:30-8:30	Arrive/Gym	Arrive/Gym	Arrive/Gym	Arrive/Gym	Arrive/Gym	Arrive/Gym
8:30-9:00	Breakfast/Split Up	Breakfast/Split Up	Breakfast/Split Up	Breakfast/Split Up	Breakfast/Split Up	Breakfast/Split Up
9:00-9:20	Huddle Group	Huddle Group	Huddle Group	Huddle Group	Huddle Group	Huddle Group
9:20-10:05	Craft in craft room	Gym	Chalk/Pool deck Play	Playground	Activity #1 Upper Field	Pavillion 4 square
10:10-10:55	Activity #1 Upper field	Craft in Craft Room	Gym	Pavillion 4 square	Group game 5&6	Group game 5&6
10:55-11:35	Playground	Activity #1 Upper Field	Craft in Craft Room	Gym	Change for swim	Change for swim
11:35-12:15	Gym	Chalk/Pool Deck Play	Change for swim	Change for swim	swim	swim
12:15-12:50	Lunch @ Pavillion	Lunch @ outside tables	swim	swim	Lunch	Lunch
12:50-1:30	Change for swim	Change for swim	Lunch @ outside tables	Lunch @ Pavillion	Rest & Reading Kiwanis	Activity #1 Upper Field
1:30-2:10	swim	swim	Group game 3&4	Group game 3&4	Pavillion 4 square	Craft in Craft Room
2:10-2:50	Group game 1&2	Group game 1&2	Rest & Reading Kiwanis	Pool Deck	Craft in Craft Room	Playground
2:50-3:30	Rest & Reading Kiwanis	Rest & Reading Kiwanis	Pool Deck	Upper field free play	Playground	Gym
3:30-4:10	Pool Deck	Gym	Pavillion 4 square	Rest & Reading Kiwanis	Gaga Ball	Upper field free play
4:10-4:45	Share Crate (snack)	Share Crate (snack)	Share Crate (snack)	Share Crate (snack)	Share Crate (snack)	Share Crate (snack)
4:45-5:15	Playground	Playground	Playground	Pavillion	Pavillion	Pavillion
5:15-6:00	Gym/Dismissal	Gym/Dismissal	Gym/Dismissal	Gym/Dismissal	Gym/Dismissal	Gym/Dismissal

SAMPLE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Muffin-Blueberry (2 oz.) Orange Slices (4 oz.) 1% Milk (8 oz.)	WG Poptart-Strawberry (1.76oz.) Apple Slices (4 oz.) 1 % Milk (8 oz.)	WG Trix-RS (1oz.) Orange Slices (4 oz.) 1 % Milk (8 oz.)	WG Poptart-Fudge (1.76oz.) Apple Slices (4 oz.) 1 % Milk (8 oz.)	WG Muffin-Chocolate (2 oz.) Orange Slices (4 oz.) 1% Milk (8 oz.)

WG: Whole Grain
RS: Reduced Sugar

SAMPLE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Meat & Cheese Lunch Kit (4.58 oz.) Vegetable Juice - Dragon Punch (4.23 oz.) Applesauce (4 oz.) 1% Milk (8 oz.)	WG Wowbutter Sandwich (2.4 oz.)* String Cheese (1 oz.) Vegetable Juice - Cherry Star (4.23 oz.) Mixed Fruit Cup (4 oz.) WG Baked Cheetos (1 oz.) 1% Milk (8 oz.)	WG Chicken Club Wedge Sandwich (4.5oz) Vegetable Juice - Sunset Sip (4.23 oz.) Strawberry Applesauce (4 oz.) WG Doritos (1 oz.) 1% Milk (8 oz.)	WG Turkey & Cheese Sub (4.5 oz) Vegetable Juice - Dragon Punch (4.23 oz.) Mixed Fruit Cup (4 oz.) WG Sunchips (1 oz.) 1% Milk (8 oz.)	WG Pepperoni Pizza Kit (5.43 oz.) Vegetable Juice - Cherry Star (4.23 oz.) Applesauce (4 oz.) 1% Milk (8 oz.)