

SILVER BAY

YMCA

2012 Silver Camp and Swim Lessons Information Booklet

Welcome

Thank you for your interest in Silver Camp and/or Swim Lessons. To ensure participants are prepared for their camp experience and/or swim lessons we ask that parents and children (age appropriate) understand the following guidelines prior to coming to Silver Bay. All of us at Silver Bay are looking forward to a safe and fulfilling summer. Please contact Jackie Palandrani the Children's Program Director at (518) 543.8833 ext. 210 or jpalandrani@silverbay.org or Bonnie Brod Registrar at (518) 543.8833 ext 245 or bbrod@silverbay.org, if you have any questions about Silver Camp or Swim Lessons.

Silver Camp

REGISTRATION IS LIMITED

Each group will be filled on a first come, first serve enrolled basis. Completed forms and fees must be submitted to Silver Bay prior to the first day of camp to be considered enrolled in camp.

Registration Information

Programs – June 27 thru August 26, 2011 <i>See registration form for a list of sessions and dates</i>		Time	Daily	Weekly	Family Unlimited Weekly	Family Unlimited Season
Silver Camp ½ Day (Program Member or On Campus Guest)	6 wks to entering 12 th	8:30am to 11:30am	\$12	\$38	\$140	\$875
Silver Camp ½ Day (Basic Member or Non-Member)	6 wks to entering 12 th	8:30am to 11:30am	\$28	\$76	n/a	n/a
Swim Lessons (Program Member or On-Campus Guest)	Ages 2 and up	Varies	n/a	\$18	n/a	n/a
Swim Lessons (Basic Member or Non-Member)	Ages 2 and up	Varies	n/a	\$27	n/a	n/a
Silver Camp Full Day (Program Member or On-Campus Guest)	Entering 1st to 8th grade (swim lesson included)	8:30am to 3:30pm	\$28	\$76	n/a	n/a
Silver Camp Full Day (Basic Member or Non- Member)	Entering 1st to 8th grade (swim lesson included)	8:30am to 3:30pm	\$39	\$114	n/a	n/a
Bus Transportation (Program Member or On-Campus Guest)	Ticonderoga & Hague	Before & After Full-Day Camp	n/a	\$20	n/a	n/a
Bus Transportation (Basic Member or Non- Member)	Ticonderoga & Hague	Before & After Full-Day Camp	n/a	\$30	n/a	n/a
Counselor In Training Program-June 25 thru August 17		Time	Daily	Weekly Session	Season	
CIT Program (Program Member or On Campus Guest)	Entering 9 th to 12 th grade	8:00am-12:00pm Mon 7pm-9pm	n/a	\$60	\$360	
CIT Program (Basic Member or Non-Member)	Entering 9 th to 12 th grade	8:00am-12:00pm Mon 7pm-9pm	n/a	\$90	\$540	

- * **Program Member must also fill out a membership form and pay appropriate fees.**
- * **On-Campus guests must also fill out a reservation form and pay appropriate fees**

Financial assistance for Membership and Program is available through OPEN PATHWAYS to year-round residents of Warren and Essex Counties and the Town of Putnam.



Program Notes:

- Full Day Camp is available for children entering 1st grade through 12th grade.
- Medical forms are required for each child. Medical records need to be updated on an annual basis. If your child is enrolled in the Silver Bay after-school program and their medical form is on file for this year, you do not need to complete a new form. School physicals are accepted.
- Silver Bay Silver Camp is licensed by New York State Department of Day Camps under the jurisdiction of the NY State Health Department. If you have any questions please call Jackie Palandrani, Children's Program Director, at (518) 543.8833 ext. 210.

Silver Camp Groups

Early Childhood Program

This half day program runs from 8:30am-11:30am at the Children's Pavilion. Activities are design to meet the needs of children ages 6 weeks through entering Kindergarten. Children are separated into the following groups:

- Robins ages 6 weeks through 18 months
- Crickets ages 18 months through 3 years
- Wee-Woozles 3 years old through entering Kindergarten (must be potty trained).

A Typical Day for Robins thru Wee-Woozles

Robins ages 6 weeks through 18 months

- 8:15am-8:30am Sign in
- 8:30am-11:30am Free play, walks, naptime and bottles (based on individual needs)

Crickets ages 18 months through 3 years

- 8:15am-8:30am Sign in
- 8:30am-9:15am Welcome and free play
- 9:15am-9:40am Story time bathroom and diaper checks
- 9:40am-10:00am Arts and crafts
- 10:00am-10:30am Wash hands, Snack time
- 10:30am-11:30am Free time indoor/outdoor play

Wee-Woozles 3 years old through entering Kindergarten (must be potty trained).

- 8:15am-8:30am Sign in
- 8:30am-9:15am Mornings Songs
- 9:15am-9:30am Arts and craft time
- 9:30am-9:45am Outside play
- 9:45am-10:00am Snack time
- 10:00am-10:30am Story time
- 10:30am-11:30am Outside time, music

School Age Program: The half day program runs from 8:30am-11:30am and the full day program, which includes swim lessons, runs from 8:30am-3:30pm. Though the tent by Fisher Gym is home base, children will participate in a variety of activities throughout the campus, from archery to climbing. The older age groups will have the opportunity to participate in bi-weekly overnights on campus. Children will be separated into the following groups:

- Woozles entering 1st and 2nd grade
- Chippies entering 3rd and 4th grade
- Ravens entering 5th and 6th grade

A Typical Day for Wozzles thru Ravens

Bus Schedule

7:45am-8:00am	Bus will arrive at the Elks parking lot in Ticonderoga for pick up
8:15am	Bus will arrive at Hague Community Center parking lot for pick up
8:25am	Bus arrives at Silver Bay

Morning Program

8:15am-8:30am	Sign in
8:30am-11:20am	Children will participate in age appropriate programs ranging from games, nature, art, music, reading, sports, hikes, etc.
11:20am-11:30am	Sign out (for half day program only). See Children Breeze for guidelines

Afternoon Program

11:30am-1:00pm	Lunch (children bring their own lunch with water or juice, Soda is not acceptable.), change for swim lessons and group activity
1:00pm-1:30pm	Swim lessons – all children must participate in the water activities.
1:30pm – 1:50pm	Group activity and changing to dry clothes
1:50pm – 3:30pm	Continuation of scheduled activities
3:30pm	Sign out-see Children's Breeze for guidelines

Bus Schedule

3:30pm	Bus children leave from Fisher Gymnasium.
3:40pm	Bus arrives at Hague Community Center for drop off of children
3:55pm-4:00pm	Bus arrives at the Elks Parking lot in Ticonderoga to drop off of children

Teen Program: The half day program runs from 8:30am-11:30am and the full day program runs from 8:30am-3:30pm. Though the Teen Center in Morse Hall is home base, teens will participate in a variety of programs across the campus, which include leadership development, recreational activities, bi-weekly day trips and/or bi-weekly overnights on campus. Teens will be separated into the following groups:

- Eagles entering 7th and 8th grade
- Falcons entering 9th through 12th grade

A Typical Day for Eagles and Falcons

Morning Program (Eagles and Falcons)

8:15-8:30	Sign in
8:30-11:20	Teens will help design their week programs will range from games, nature, art, music, reading, sports, hikes, etc.
11:20-11:30	Sign out (for half day program only).

Afternoon Program (Full Day Camp - Eagles and Falcons)

11:30-12:30	Lunch – Eagles can either purchase a meal ticket at the front desk or provide their own.
12:30-3:30	Group Activity
3:30	Sign out-see Children's Breeze

* Day trips and/or overnights that go off campus may include an additional fee depending on the activity*

CIT Program (Counselor in Training) For Campers entering 9th through 12th grade

CITs will be prepared to become camp counselors. They will receive a variety of trainings, participate in teambuilding; work alongside children's leaders during Silver Camp, and CIT only Day Trips. CITs will get to choose between a weekly session or by season

Monday-Friday 8:00am-12:00pm
Monday 7:00pm-9:00pm



Behavior Code

All campers are responsible for following basic rules of conduct and general camp guidelines determined and discussed by the Silver Bay staff. The essences of these rules are safety, honesty, caring, respect and responsibility. If a camper is unable to conduct him/her self in an appropriate manner we will contact the parents or guardians. If the behavior does not stop after one incident or may cause harm to self or other campers the camper may be immediately dismissed from the program to their parent or guardian.

Badges/Wristbands

All Silver Bay members, guests, and staff are required to wear their identification badges while on campus. Each full day camper will receive a wristband at the beginning of the week. **(Please leave the wristband on your child for security purposes. Your child will not be able to attend camp without it.)**

What to Bring

Children must be dressed appropriately for outside activities, the weather, and planned programs. On rainy day, children need rain gear and extra clothing, all labeled with their names. Labeled sneakers or hiking boots are appropriate footwear; sandals, flip-flops, and similar open shoes are not. Each child should also have a labeled sweatshirt or sweater for cooler times. Bathing suit and towels labeled with their names are needed **DAILY for full-day camp. Half-day campers should bring towels and suits on appropriate days.** Hats with a brim are excellent to keep sun off your child's face. A labeled backpack for each child should have their extra clothing and full-day campers should have their lunch each day. **ALL ITEMS MUST BE LABELED!** We are not responsible for lost items. Bug repellent and sunscreen is recommended.

Each full day camper must have a packed lunch when they arrive. If you are staying on campus and receive the meal plan, please order a bag lunch for your child for each day they are attending camp. The bag lunches for on-campus children will be delivered to them at camp. Unfortunately refrigeration is not available for lunches and drinks so please pack items that do not require refrigeration. **(Reminder: soda is not acceptable.)**

Drop Off and Pick Up

Robins thru Ravens (6 weeks thru entering 6th grade)

- All children must be signed in and out of camp.
- Drop off is between 8:15am-8:30am please be prompt
 - Sign in for the Robins thru the Wee-Woozles group's will meet at the Children's Pavilion.
 - Sign in for the Woozles thru Ravens will meet behind the Fitness Center under the children's tent.
- Pick up for Half-Day Camp is between 11:20am-11:30am.
 - Sign out for the Robins thru Wee-Woozles will be at the Children's Pavilion
 - Sign out for the Woozles thru Ravens will be behind the Fitness Center under the children's tent.
- Pick up for Full-Day Camp is between 3:20pm-3:30pm and will be at various activity locations across the campus. Please see the Children's Breeze for locations.
- Ravens may sign themselves out at the end of camp, provided there is a written note signed by parent or guardian.
- If a parent picks up a child late, a charge of \$15.00 will be incurred and must be paid at that time.

Eagles and Falcons (entering 7th grade thru 12th grade)

- Eagles thru Falcons will meet at the Teen Center to sign themselves in and are allowed to sign themselves out at any time.
- Once an Eagle or Falcon has signed themselves out of camp they will not be allowed to return till the next activity that day or week.

Transportation

- Bus transportation is available from Ticonderoga and Hague for full day Silver Camp only. Please sign up for bus transportation when you register. Note: bus fees are a flat rate per week for Program members, basic members and non-members whether you ride one day or five days per week.
- Children using the bus transportation will need to be dropped off and picked up promptly.
- In Ticonderoga, the bus stop is at the parking lot behind the Elks parking lot.
Pick up 7:45am-8:00am and drop off is between 3:55pm - 4:00pm
- In Hague, the bus stop is at The Hague Community building parking lot.
Pick-up 8:10am and drop off at 3:40pm.
- Parents/Guardians who are unable to get their children on the bus are encouraged to car pool. If you would like other parents/guardians to have your phone number, please make sure that is indicated on your child's enrollment form.

Health Concerns

- Prior to participating in camp all campers must have a current medical form (or school physical) on file - **NO EXCEPTIONS**. Parents and guardians of children requiring medication must attach a signed, written note to the medication's container outlining specific instructions. If it is a prescription medication it must be in its original container with the doctor's name and phone number. The campus nurse or assistant camp director will administer medication. If a camper has a special need with regard to behavioral issues please include necessary information along with medical forms. In case of an accident or illness, a parent or guardian will be notified immediately - if not available we will call the individuals listed on the enrollment form.
- Please send a labeled container of sunscreen for each child to use throughout the day.
- Bug repellent is optional.
- Hats with a brim are excellent to keep sun off your child's face.

Contact Information

- Call 543-8833 and ask for Jackie Palandrani, Camp Director, at ext 210. Or the registrar Bonnie Brod at ext 245
- If it is an emergency, ask for Jackie to be radioed,
- If she is not available ask for Carolyn Close at ext 211 or any other Silver Bay Director.

Swim Lessons

Swim Groups	Hours of Operation
Program member or on campus guest	1:45pm to 2:30 pm
Basic member or non member	1:45 pm to 2:30 pm
Family unlimited weekly/seasonal	1:45 pm to 2:30 pm

See list of programs for swim lesson fees

Registration Worksheet

This worksheet can be used to determine your child's swim class, i.e. guppy, pollywogs, minnow, etc. These lists do not include all of the skills taught in each level; it contains those skills that may help parents determine the level at which their child should register to help ensure a good learning experience. Please follow the steps below to determine the appropriate swim group for your child.

1. Check all the skills that your child can consistently perform.
2. Register your child for the swim group in which your child cannot consistently perform ALL the skills.
3. Make sure you check the appropriate swim group when filling out the registration form.
4. Remember it is easier to underestimate a child's ability and move them to the next swim group then to move them down.

- Parent-child swim program – a parent or guardian must accompany all children ages 2-4

- Polliwog – Ages 5 and up
 - ___ Front float with or without floatation aid
 - ___ Back float with or without floatation aid
 - ___ Paddle for 25 yards with a floatation aid on the front, side and back (must perform all three)
 - ___ Scull for 1 minute with or without floatation aid

- Guppy – Ages 5 and up
 - ___ Front and back float for one minute without floatation aid
 - ___ Tread water for 20 to 30 seconds without floatation aid
 - ___ Jump into deep water, paddle stroke 15 feet, roll to a back float for 10 seconds, and then return to shallow water with a floatation aid
 - ___ Perform 10 bobs in deep water without floatation aid
 - ___ Swim for 25 yards with or without a floatation aid
 - ___ crawl stroke
 - ___ breast stroke
 - ___ side stroke
 - ___ back crawl stroke
 - ___ elementary back stroke
 - ___ Perform a kneeling dive

- Minnow – Ages 5 and up
 - ___ Tread water in deep water for 1 minute using scissor kick.
 - ___ Swim for 25 yards without a floatation aid
 - ___ crawl stroke
 - ___ breast stroke
 - ___ side stroke
 - ___ back crawl stroke
 - ___ elementary back stroke
 - ___ Perform a stride jump into deep water
 - ___ Perform a standing dive

- Fish – Ages 5 and up
 - ___ Float for 6 minutes with minimum movement on the front or back without floatation aid
 - ___ Tread water in deep water for 3 minutes using single, double, and circle kicks.
 - ___ Swim for 50 yards
 - ___ crawl stroke with rotary breathing
 - ___ breast stroke with a pull, kick, and glide
 - ___ side stroke with a regular scissors kick and glide
 - ___ back crawl stroke with bent arm
 - ___ elementary back stroke with a glide
 - ___ Swim 15 yards of the butterfly stroke
 - ___ Perform head-first and feet-first sculling for 45 feet each
 - ___ Perform a standing dive
 - ___ Perform a head-first and feet-first surface dive and swim down 6 to 8 feet

- Flying Fish – Ages 5 and up
 - ___ Tread water in deep water for 6 minutes using single, double, circle, and rotary kicks.
 - ___ Swim for 100 yards
 - ___ crawl stroke with bilateral breathing
 - ___ breast stroke with a pull, kick, and glide
 - ___ side stroke with a regular and inverted scissors kick and glide
 - ___ back crawl stroke with bent arm
 - ___ elementary back stroke with a glide
 - ___ Swim 25 yards of the butterfly stroke

- Shark – Ages 5 and up
 - ___ Swim 100 yards of the crawl stroke with bilateral breathing
 - ___ Swim 100 yards of the breast stroke
 - ___ Swim 50 yards of inverted breast stroke
 - ___ Swim 25 yards of the butterfly stroke
 - ___ Swim 50 yards of overarm side stroke (25 yards on each side)
 - ___ Swim 100 yards of back crawl stroke performing transitions with dolphin kick
 - ___ Swim 50 yards of the trudgen crawl
 - ___ Swim 200 yards of the individual medley: butterfly, backstroke, breaststroke, and front crawl

- Porpoise Club – Ages 5 and up (Beginning competitive swimming for swimmers who meet all the requirements to complete the Shark level.)

For more information on Silver Camp or Swim Lessons please contact Jackie Palandrani the Children's Program Director at (518) 543-8833 ext 210 or email jpalandrani@silverbay.org or Bonne Brod the registrar at (518) 543-8833 ext 245 or email bbrod@silverbay.org