



We build strong kids, strong families, strong communities.

CAMP AT THE LAKE '10

PARENT PACK



**[www.montclairymca.org](http://www.montclairymca.org)**

**Montclair YMCA, 25 Park Street**

**(973) 744-3400**

**Montclair YMCA Day Camp, West Milford**

**(973) 697-2929**

**(973) 697-6303 (camp fax)**

**CAMP AT THE LAKE INFORMATION**

**(973) 415 6102**

This handbook in its entirety is an official part of your agreement with the camp and noted on the enrollment forms. Your camper's attendance at camp indicates your full acceptance of the rules and policies in this handbook.

# MISSION

## MONTCLAIR YMCA CAMP MISSION STATEMENT FOR CAMP AT THE LAKE

**Our mission acts as a blue print for a successful summer.**

**Every Staff member embraces the mission.**

**It acts as a map that guides the campers towards the most positive summer camp experience and ultimately lifelong memories!**

The Montclair YMCA Day Camp gives boys & girls between the ages of 6 - 12 the opportunity to grow physically, mentally and socially in an outdoor camping environment. Our highly trained and caring staff will provide progressive, challenging, and structured activities. These activities will build self-esteem, develop skills, clarify values and appreciate diversity. Villages are structured age appropriately and provide small and large group activities. Montclair YMCA Camp at the Lake is a fun and safe experience, which will provide memories that will last a lifetime.

Based on the Statement of Purpose, the objectives established by the National Council of YMCA's, we have adapted the following goals for Montclair YMCA Camp at the Lake.

1. Each camper & staff member should have an opportunity to develop self-confidence and appreciation of his/her own worth as an individual.
2. Each camper & staff member should have an opportunity to grow as a responsible member of his/her family and citizen of his/her community.
3. Each camper & staff member should have an opportunity to appreciate that health of mind and body is a sacred gift and that physical fitness and mental well being are conditions to be achieved and maintained.
4. Each camper & staff member should have an opportunity to recognize the worth of all persons and appreciate the diversity of all people.
5. Each camper & staff member should have an opportunity to develop his/her capacities for leadership and use them responsibly in his/her own groups and in community life.
6. Each camper & staff member should have an opportunity to develop an interest in, knowledge of, a respect for the natural world and its ecology and work for its conservation.
7. Each camper and staff member should have the opportunity to use the YMCA's character values of Caring, Honesty, Respect and Responsibility and to educate others on the importance of these values.

## **WELCOME TO CAMP AT THE LAKE 2010**

At the Montclair YMCA Camp at the Lake, your children will be well cared for, have a great time, develop self-confidence and experience YMCA Character Development. We emphasize the four values: Caring, Honesty, Responsibility and Respect in every interaction, activity and event. The YMCA's combination of adventure, learning and fun will provide your children with a multitude of opportunities to express their creativity, unleash their boundless energy, learn new skills and build meaningful relationships.

### **CAMP PAYMENT POLICIES**

Camp sessions may close out. To ensure your child's enrollment early registration is suggested.

A non-refundable deposit of \$75.00 per child per session is required.

All outstanding financial obligations to the YMCA must be resolved before registration will be accepted.

Your child's name will not appear on the Bus List/Roster if you enroll after 5:00 PM on Thursday the week prior to that session.

After Camp care must be paid in full when registering your child.

The Montclair YMCA does not accept personal checks. Payments can be made by cash, money order, or by credit card (AMEX, Master Card or Visa)

Please note that camp balances are due at least ten days prior to the start of each session.

Camp fees do not include health and accident insurance.

All payments must be made at the Montclair YMCA located at 25 Park Street, Montclair, NJ, 07042. Credit card/money order payments and registration can be mailed to the YMCA.

No payment should be sent with your child or given to bus counselors.

### **CAMP WITHDRAWALS**

Deposits are non-refundable. To withdraw from a camp session a camper withdrawal form must be completed and returned to the business office. Forms are available at the YMCA's Front Desk or you may call the business office at (973) 415-6133. If you fail to withdraw from a session you will continue to be billed for the balance.

## GENERAL INFORMATION

- The YMCA's employment policy prohibits our camp staff from babysitting and/or transporting children to and from the camp program or bus stops. Please do not put our staff in a difficult situation.
- Fun group tours and camper orientations will be given the 1<sup>st</sup> day each camper attends camp. These orientations will include transportation procedures, camper rules, safety regulations, and accident procedures.
- Parent visits to the camp (during sessions) are welcome. Please call the camp office for scheduling information at (973) 697-2929.
- Educate your child on the importance of sun block.
- Apply a High SPF sunscreen to your child before leaving for the bus stop.
- Be sure your child has a good, nutritious, energy packed breakfast, so that they have the energy needed for camp. The lunch period begins at 12 noon and the morning is full of activities.
- Pack a lunch and water bottle.
- Please do not bring toys, electronic games, game boys, mp3 players, money or anything of value, etc. The Montclair YMCA is not responsible for stolen or lost property.
- Please note that if you need to withdraw a camper out of a session(s) you must first speak directly with the Camp Director and then fill out a Camper Withdrawal Form, which will be available at the front desk at the YMCA (25 Park Street).

## ATTEND AN INFORMATION SESSION

### **Parent Orientations:**

**Held at the Helen and Bill Geyer YMCA Family Center (159 Glenridge Ave., Montclair)**

Fri. 3/26	7:00 PM	This orientation will give you an opportunity to meet
Fri. 4/8	7:00 PM	Senior Staff and ask any questions pertaining to
Fri. 4/30	7:00 PM	camp. Dates are also available in the camp brochure.
Fri. 5/13	7:00 PM	We look forward to meeting you!
Fri. 5/27	7:00 PM	
Fri. 6/23	7:00 PM	

### **Open House:**

**Held at Camp at the Lake (131 Germantown Road, West Milford)**

Tues. 4/20	12 - 3 PM	Families are welcome to visit our camp site in
Wed. 4/21	12 - 3 PM	West Milford, NJ. Staff will give tours of the camp
Sat. 4/24	12 - 3 PM	and answer questions. Bring a picnic lunch and enjoy
Sat. 5/8	12 - 3 PM	some time at camp.
Sat. 5/15	12 - 3 PM	
Sat. 6/5	12 - 3 PM	
Sat. 6/26	12 - 3 PM	

## **FAMILY FUN DAYS**

Held at Camp at the Lake (131 Germantown Road, West Milford)

Sat. 7/17 12 - 4 PM Share in your campers experiences and meet the staff. Family  
Sat. 8/7 12 - 4 PM Fun Days are scheduled for July and August for camper and their  
  
Sat. 8/21 12 - 4 PM immediate families. Bring a picnic lunch. We will have recreational activities including swimming, fishing, hiking and boating. For planning purposes, registration is required. Please call the camp office during camp season at (973) 697-2929 to make reservations.

## **THE CAMP DAY**

Each morning at camp, the villages will have camp opening at which time special information and highlights of the day will be announced.

Campers are divided into groups or villages according to age:

Junior Village	6 - 7 year olds
Middle Village	8 - 9 year olds
Senior Village	10 - 12 year olds
Specialty Camp	8 - 12 year olds
Adventure Camp	10 - 12 year olds

Weekly activities will include swim lessons, nature activities, boating, sports & games, arts & crafts and more. Some programs such as archery are age specific. The YMCA is a national leader in the area of aquatics. Swim lessons & recreational swim periods are held daily in our lake.

During the summer, we will have many different themes that will be reinforced throughout the week with fun/educational activities. During these special events, children may be asked to wear costumes or bring items from home. Friday is Special Event Day and campers participate in village/camp wide activities. (See list of Wacky Wednesday theme weeks).

The camp day ends in villages and staff members prepare campers for the next day's activities. Snack is served at that time. Handouts may be passed out to children at the end of each day. Please be sure to ask your child and your child's bus counselor if there were any flyers or permission slips handed out.

Campers will return to their bus stops at approximately 4:30 p.m. each day (depending on stop). Bus counselors will stay with campers until parents arrive and all campers are **signed out**. Pick up is by 5:00 p.m. All after care campers will stay at the day camp for an extra hour and a half and then return to Hillside School (grassy area in front) on Orange Road at approximately 6 p.m. After care pick-up is by 6:30 p.m. **Late fee is \$10 per 10 minutes and Parent will be billed.** We appreciate your cooperation in helping us get our staff home.

## **WHAT YOUR CHILD SHOULD BRING TO CAMP**

1. Place swimsuit and towel in labeled bag. If swimsuit is worn under clothes, please send underwear. Send swimsuit daily! It is easiest for children to wear swimsuits under their clothes and throughout the day as they are in and out of the water.
2. Sneakers!!! NO OPEN-TOED SANDALS! No Flip-Flops!!!
3. Non-perishable nutritious lunch/drink in a labeled bag or lunch box with icepack. (Freezing your child's juice the night before will help keep your child's lunch cold).
4. Water bottles for hot days (Label these too!!)
5. Suntan lotion - Permission slip is on non-medication authorization form and must be filled out to apply lotion.
6. A light colored hat will help keep your child cooler when playing outside.
7. Pack an extra set of clothes (especially for younger children).
8. Rainy Days – Please wear rainy day gear, sweatshirts, long pants, raincoats, etc.
9. Kids get dirty at camp. Please send them in appropriate clothing that they will be comfortable in. Keep an eye on the weather and dress/pack accordingly. In event of light rain, rain jackets should be worn.
10. Please label EVERYTHING including water bottle (It's amazing how much children can lose during the summer despite our best efforts to help!!!)

## TRANSPORTATION PROCEDURES

To help children get off to a good day, prompt arrival at the bus stop is essential. Children should be dropped off no later than 7:45 am. Bus counselors will be at the stops by 7:30 am. Bus leaves for camp at 8:00 am. The Montclair YMCA Camp at the Lake will assume responsibility for campers after a parent/guardian signs the camper in with a bus counselor. Please inform the bus counselor who will pick up your child at the end of the day. **Campers must be checked in every day.** Parents should not leave their child unattended at the bus stop. After a bus leaves the bus stop, the Montclair YMCA Camp at the Lake cannot stop on route to pick up a late camper. If you miss the bus you will need to drive your child directly to camp. (Directions to camp are on the back page.) Give any notes, medications, or special messages to your bus counselor; do not leave in child's backpack. Each child must have the same bus location to and from camp. All Extended Care campers must use the Hillside School bus stop AM & PM. Children over the age of 10 years old may walk home from the bus stop only if the walk home permission slip is filled out and on file at the YMCA. Children dropped off and/or picked up from camp **must be signed out** at the camp office each day.

The children will return at approximately 4:30 p.m. Upon arrival at bus stop, children whose parents are waiting will be dismissed from the bus first. Then all campers will exit bus and wait at the bus stop. Two bus counselors will stay with campers until an authorized adult picks up. There must be a parent/caregiver at the bus stop by 5:00 p.m. to **sign out** the child. If children are to be picked up by persons other than the parent/guardian, a written letter authorizing the camp to release the camper must be on file. Signed letters of authorization may be given to bus counselors in the morning stating who will be picking up. For the safety of your child, counselors may ask for identification from those picking up.

If parent/caregiver is not present to sign out a camper, a counselor will wait at the bus stop with the camper. Late fee is \$10 per 10 minutes and will be billed. If a parent has still not picked up the child after 30 minutes, and the parent has not called the YMCA Staff at (973) 744-3400, the camper will be driven by the YMCA bus to the Montclair YMCA (25 Park Street) for pick up. If parent/caregiver is continually late, you will be asked to register for After Camp Care. Thank you for your cooperation.

## TRANSPORTATION SAFETY RULES

Bus drivers conduct a daily check of the vehicle that shall include all safety equipment to ensure that the vehicle is in sound working condition. Bus counselors are trained to do a spot safety check of the bus and deliver a 'Bus Safety and Procedures' orientation to all campers on the first morning of each session and to any new campers if they were not present on that day. The orientation includes seating procedures, safety guidelines and a bus emergency evacuation drill on arrival at camp.

### Camp Transportation safety rules:

1. Staff and children must have a seat, wear seatbelts and stay seated while bus is in motion. Counselors will sit spread out in the front, middle and rear of the bus. A bus counselor is permitted to walk the aisles periodically to ensure the safety of children.
2. No eating or drinking is allowed on the bus.
3. Singing is one of the activities that make the bus trip fun; however, screaming and rowdy behavior can cause distraction for the driver and shall not be allowed.
4. Objects must not be thrown, dropped or hung out of the windows. This includes and is not limited to hands, arms, toys and hats.
5. The interior and exterior of each bus shall be maintained in clean and safe condition with clear passage to operable doors. Main aisle shall not be blocked.
6. Buses shall not stop on route to pick up staff or campers.
7. Children shall never be left unattended in a bus. Before campers enter bus, a staff member will board first.
8. Bus counselors will check all seats when the bus ride is finished to be sure no children/belongings remain on the bus.
9. Children will be accepted and discharged from the curbside of the vehicle.
10. In case of illness the bus will pull over to the side of the road and stop as soon as it can with safety. A counselor will take the child out and on return sit with the child up front by an open window.
11. Each bus will have a Nextel phone, first aid kit and fire extinguisher.
12. No counselor shall be left alone with a camper. Two counselors will remain at each bus stop until the last child is picked up.

### **BUS EVACUATION PROCEDURES:**

This procedure will be practiced on the first day of each session and documented with the camp office.

1. If there is an emergency, staff will help the children to remain calm.
2. The counselor closest to the emergency door being used will open door. Campers shall remain seated and quiet until the counselor says to exit. One counselor will exit first and assist children exiting and one counselor will remain on the bus.
3. When the last counselor is off the bus, a safe area away from the bus will be selected for children to await further instructions.
4. A head count will be taken to verify attendance.

## DISCIPLINE

In the event that we are experiencing disciplinary or behavioral difficulties with your child, the following discipline policy will be put into effect. The camp staff will begin with step 1 and then proceed through the process depending on the success or failure at each step.

1. Camp counselor removes child from activity, off to the side. A discussion with the child will take place regarding the necessary adjustment needed to improve behavior. YMCA character values Caring, Honesty, Respect & Responsibility are reinforced.
2. The child is removed from the activity to meet with their village director & counselor to set behavior goal.
3. The child is removed from activity and taken to camp office to complete a "behavior agreement" with Village Director & Assistant Camp Director. Parent will be notified of behavior and a copy of agreement is sent home with the Bus Counselor.
4. If the behavioral problems continue beyond these four steps, the Camp Director along with the Village Director will make an evaluation regarding whether or not the environment at the YMCA Camp at the Lake is appropriate to address the specific behavioral concerns the child has exhibited. A discussion with the parent will follow. One of two decisions will be made:
  - a) The child will miss one day of camp and no refund will be given for the day missed.
  - b) If it is determined that the program is not the right fit for the child, then the parent/guardian will be asked to withdraw the child from the YMCA's day camp program.
6. There may also be an extraordinary incident that causes an immediate expulsion from the program without going through the steps.

**It is important to realize that a competent camp staff member will make efforts to manage all discipline problems effectively. However, if an individual's behavior is dangerous or negatively affects the other campers in camp, the decision will be made to remove the child from the camp setting.**

## **SWIMMING AND WATER ACTIVITIES**

The YMCA is a national leader in the area of aquatics. Swim lessons and recreational periods are held daily in our lake. Additionally, boating and fishing are regular camp offerings. Swim tests are given each Monday to new campers to assure proper placement in lessons and to determine eligibility for other water activities. Our goal is for each child to be comfortable in the water and to progress through the national YMCA instructional swim program. Older or accomplished swimmers will have the opportunity to participate in advanced programs such as swim instructor trainee, aquatic leadership, and Red Cross safety courses.

**As swimming is an integral part of the camp day and a life skill promoted by the YMCA, all children are required to take the daily swim lesson. In the event of illness or injury, a note from the parent for a temporary excuse is required. Children will then be placed in dry land drills swim and Red Cross safety courses. Please be sure your child is prepared to swim despite weather reports for inclement weather. The weather may differ at camp or conditions change from the morning departure. Participation in other camp aquatic activities is also dependent upon your child's active involvement in swim lessons.**

<p>Our waterfront operations meet all the requirements of the state, American Camp Association and County Board of Health. An independent, state-approved laboratory tests the camp lake weekly. An Aquatics Director and certified lifeguards are on duty at all times.</p>
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Water shoes, goggles, and bathing caps are optional items, which may help an uneasy swimmer. It is easiest for children to wear swimsuits under their clothes and throughout the day, as they are in and out of the water. If it is cold or inclement, they will change or swim lessons will be substituted with a safety lesson.

Parent encouragement and confidence will contribute to the success of your child in the swimming program. As a child moves up in swim level, you will receive a skill card. It is our goal to teach children to swim and enjoy the water. Refusal to swim can leave a child sitting out 3 periods a day, including recreation swim, boating & fishing. Please be sure to complete the swim level and aquatic information form so that we can best accommodate your child's needs. Children who do not take their swim lessons **will not be permitted** to participate in recreational swimming, boating or other waterfront activities, and will receive a phone call home. We encourage swimming and skill development!

*THANK YOU FOR YOUR INVOLVEMENT AND COOPERATION!*

## **COMMUNICATION PROCEDURES**

Throughout the summer, if you need to speak to someone concerning your child, you may call the Montclair YMCA Camp at the Lake or the Montclair YMCA.

To speak with camp staff or Camp Director please call the Camp at (973) 697-2929. Staff are available Monday through Friday from 9:00 am to 4:30 pm to assist you.

To leave a message for the Camp Director after hours please call (973) 415-6102.

If you are running late to pick up your child at the end of the camp day, it is very important to notify staff at the Montclair YMCA (973) 744-3400. We appreciate your cooperation in making this a fun and safe summer for everyone.

**Under NO circumstances can we allow bus counselors to accept verbal messages; please put everything in writing.** If unplanned changes occur during the day, please call (973) 697-2929 or fax us at (973) 697-6303.

## **EMERGENCY COMMUNICATIONS**

Parents/guardians will be notified immediately upon serious illness or injuries to his/her child. Every effort will be made to contact parents through all emergency numbers provided. If parents/guardians are unavailable, emergency contacts will be called. All phone numbers will be called until parental contact is made. Treatment will be given as necessary. Should a child require hospital treatment, they will be transported to Chilton Memorial Hospital in Pompton Plains by ambulance or YMCA vehicle. (Directions to hospital are below.)

If children have minor injuries or illness, first aid will be administered and a parent will be called. If a parent/guardian is unavailable, a message will be left.

## **TICK NOTICE TO PARENTS**

### **Parents are advised to check their children daily for ticks.**

#### **Reduce your child's chances of getting a tick bite:**

- Wear light-colored or long white socks
- Wear light-colored pants when hikes are on the schedule
- Wear a hat when going into wooded areas

#### **To remove ticks if bitten:**

- Use fine-point tweezers to grasp the tick at the place of attachment, as close to the skin as possible
- Gently pull the tick straight out
- Place the tick in a small vial (or baggie) labeled with the child's name, address and the date
- Have the tick identified/tested by a lab, your local health department or veterinarian
- Wash your hands, disinfect the tweezers, and the bite site
- Call your doctor to determine if treatment is warranted

#### **CAUTIONS**

- Children should be taught to seek adult help for tick removal
- If you must remove the tick with your fingers, use a tissue or leaf to avoid contact with infected tick fluids
- Do not prick, crush, or burn the tick as it may release infected fluids
- Do not try to smother the tick (e.g., petroleum jelly, nail polish) as the tick has enough oxygen to complete feeding

#### **For additional information:**

**Lyme Disease Foundation  
1 Financial Plaza, 18<sup>th</sup> Floor  
Hartford, CT 06103**

**National Hotline 800-886-LYME  
E-mail: [lymefnd@aol.com](mailto:lymefnd@aol.com)**

## **DIRECTIONS TO CAMP**

Montclair YMCA Day Camp  
131 Germantown Road  
West Milford, NJ 07480  
(973) 697-2929

Route 46 West to Route 23 North. Proceed 10-12 miles to the town of Butler. Continue for an additional 2 miles on Route 23 North to Germantown Road. Make a right onto Germantown Road. Go up the hill approximately ½ mile; the camp entrance is on the left.

## **DIRECTIONS TO CHILTON MEMORIAL HOSPITAL**

Chilton Memorial Hospital  
97 West Parkway  
Pompton Plains, NJ 07444  
(973) 831-5000

### **From Route 287 North/South**

Take Route 287 to Exit 52-A for Route 23 South. Go through first light and take first exit for West Parkway and the Boulevard. Follow signs to the right for West Parkway. The hospital is approximately 1½ miles south on the right.

### **From Route 80/Route 46**

Take Route 80 West or Route 46 to Route 23 North. Continue about 1½ miles to the Newark-Pompton Turnpike exit. Continue on Newark-Pompton Turnpike about three miles to the first light. Make a left onto Jacksonville Road. At the second light, make a right onto West Parkway. The hospital is about a half mile ahead on the left.

### **From Route 23 South**

Take Route 23 South to the exit for West Parkway and the Boulevard. Follow signs to the right for West Parkway. The hospital is approximately 1½ miles south on the right.

## **LOST & FOUND**

It is important that all of your child's possessions are **clearly labeled** with the child's name. Those items include towels, bathing suits, containers, and backpack. Children sometimes lose or misplace their belongings. When an item is lost, please send a note with your child's bus counselor describing in detail the item or items lost. Please include child's name and village. This information will be passed on to the Village Directors and Counselors. You may also call the camp office to report a lost item. We will do our best to track it. **Please do not allow** your child to bring toys, electronic games, trading cards, watches, jewelry, or other unnecessary items to camp. ***The YMCA is not responsible for lost or stolen items.*** A "Lost & Found" is located at the YMCA Camp. Items left at the end of each session are returned to Park Street for washing, held for two weeks and then donated to charity.

## **WHAT NOT TO BRING TO CAMP**

Game boy, radios, CD players, iPods, cell phone, jewelry, toys, trading cards, money or other unnecessary items should not be brought to camp.

**OFFICIAL CELL PHONE POLICY:** Cell phone use by campers is prohibited. We will immediately confiscate any cell phone in camper's possession and return them at the end of the day. Please help us with this policy as it is designed to help all campers remain engaged here and have a better and more meaningful experience while at camp. If you need to get in touch with your child, you can call the camp office (973-697-2929).

## Who's Who? Camp at the Lake 2010

### James Goodger                      Camp Administrator

James is the Branch Director at the Helen & Bill Geyer YMCA Family Center and had previously held the position of Senior Program Director at the Park Street location overseeing the operations of the Youth, Family and Camping departments. He has 19 years of summer camp experience and has enjoyed 10 years of employment at the Montclair YMCA. James works with our Y staff team of Camp Directors and Seasonal Staff to create a unique program that gives every camper and staff the opportunity to develop new skills, build strong values and enjoy meaningful relationships. As Camp Administrator, James ensures that we are compliant with local, state and American Camp Association regulations, and that safety of campers and staff is a priority. At Camp at the Lake this summer he is excited to continue our commitment to the incorporation of the YMCAs guiding values of Caring, Honesty, Respect and Responsibility.

### Dana Duff                              Camp Director

Dana is the Youth & Family Director at the Montclair YMCA. She began her YMCA career working part-time in the Aquatics Department as a swim instructor for adults & children 11 years ago. Dana has held positions in the School-Age Child Care Department including: Youth Counselor, Drama Director, Site Director of the Middle School Next Step Program & Middle School Program Director. She has been the Camp Director at New Discoveries & Early Adventures in prior years. Dana has 10 years of sleep-away camp experience & 7 years of day camp experience, and is thrilled to be returning for her 3<sup>rd</sup> year at Camp at the Lake! Dana & her team work very hard to bring the family atmosphere from resident camp to our day camp. Caring, Honesty, Respect & Responsibility are the key values that she loves to put at the center of everything we do at camp. With a strong background in dramatic arts, Dana will also be directing Theater Arts & Film Camp. Dana will continually strive to create a safe, fun & unforgettable summer!!!

### Kim Burrows                          Director: Outdoor & Environmental Education

Kim has been working at the Montclair YMCA for 6 years. She spent 2 ½ years working part-time with the School Age Child Care department and 3 summers as the Voyagers Director at Camp at the Lake. Kim has been working full-time as the Communication & Curriculum Developer in the School Age Child Care department for the last three years. This is Kim's third summer as the Outdoor & Environmental Education Coordinator, supervising Archery, Low Ropes/Challenge Course, Nature, Outdoor Living Skills & Outdoor Living Skills Specialty Camp, and Adventure Camp. Kim enjoys participating in Outdoor Education trainings and is excited to apply what she has learned to this summer's programs.

**Marlon Pollard                      Director: Sports and Recreation**

Marlon has been with the YMCA for 12 years teaching sports and swimming to children ages 6 months through 6 years. Currently, he is overseeing Sports Programming at the Montclair YMCA Family Center. He is also the Assistant Coach for the Montclair State University Men's Soccer Team. During the summer Marlon will use his coaching experience and creativity to oversee all Sports Specialty Camps and daily program offerings. Marlon also supervises our team of bus counselors, ensuring the highest quality of service. Marlon is excited to meet all new and returning campers and staff to have the best summer ever!

**Deirdre Nargiso                      Office Manager/Transportation Director**

As Office Manager at camp, Deirdre can answer your questions or direct them to the correct staff member if there is a problem she cannot resolve. She also processes our camp forms, including bus rosters, attendance and health forms. Deirdre gets us up and running by making sure we meet all of our State and American Camp Association Standards. As Transportation Director, Deirdre handles our transportation operations, ensuring that everything runs safely and smoothly with our buses. Deirdre has worked in various departments during her 11 years with the YMCA. Back at the "Y", Deirdre works as an Assistant Program Director in the Youth Department. She is looking forward to her 10<sup>th</sup> year at Camp at the Lake and wishes everyone another safe and happy summer at the Camp At The Lake!

## **Special Event Theme Weeks**

**Week 1 – School’s Out for Summer!**

**Week 2 – Wipe Out!**

**Week 3 – Animal Crackers**

**Week 4 – Wild, Wild West**

**Week 5 - Waterworld**

**Week 6 - Carnival**

**Week 7 - Color Wars**

**Week 8 - Camp TV**

**Week 9 - Campstock**

**Week 10 - Surprise, Surprise!**

# Specialty Camp Trips 2010

## SPORTS CAMP TRIP INFORMATION

### **Session 2: SUPER SOCCER**

Wednesday July 7– PUMP IT UP (Inflatable fun in Randolph NJ)

Campers will work on their balance and agility at the funnest place around!

Campers should be dropped off at the YMCA at 25 Park Street no later than 9:00am

Bus will return to YMCA at 3:00pm. Campers will swim so bring a swimsuit and towel.

Pick up is by 6:00pm at Park Street YMCA.

### **Session 3: BASKETBALL BONANZA**

Tuesday July 13 – NY Liberty Camp day at Madison Square Garden

Campers will visit MSG in NYC for a NY Liberty Games and on court experience.

Campers should be dropped off at the YMCA at 25 Park Street no later than 9:00am

Bus will return to YMCA at 3:00pm. Campers will swim so bring a swimsuit and towel.

Pick up is by 6:00pm at Park Street YMCA.

### **Session 4: ALL SPORTS**

Wednesday July 21 – Bowling Tournament at Van Houten Lanes in Clifton

Campers will visit the local Bowling lanes followed by sports at the YMCA

Campers should be dropped off at the YMCA at 25 Park Street no later than 9:00am

Campers will swim so bring a swimsuit and towel.

Pick up is by 6:00pm at Park Street YMCA.

### **Session 5: SUPER SOCCER**

Wednesday July 28 – World Cup Soccer Experience with Explorers Summer camp

Campers will take the bus as usual to camp and enjoy a full day of a Soccer action, including a

‘World Cup Final’ game against the Montclair YMCAs Explorers Camp. Swimming, T shirt

designing and an Ice cream party round out the day. Campers will swim so bring a swimsuit and

towel. Pick up from your chosen bus stop as usual.

### **Session 6: BASKETBALL BONANZA**

**Trip/Experience to be arranged. Information about this week’s trip/Experience will be available at a later date.** We hope to be playing a friendly scrimmage against another YMCA Basketball Camp!

### **Session 7: ALL SPORTS**

Wednesday August 11 – NJ Jackals Baseball Camp Day

Campers will visit the Jackals Stadium at MSU for a fun Baseball Camp Day and Minor League game. Includes hot dog and soda meal deal!. Campers should be dropped off at the YMCA at 25

Park Street no later than 9:00am. Campers will swim so bring a swimsuit and towel. Pick up is

by 6:00pm at Park Street YMCA.

### **Session 8: SUPER SOCCER**

**Trip to be arranged . Information about this week’s trip will be available at a later date.**

We hope to be playing a friendly scrimmage against another YMCA Soccer Camp!

### **Session 9: BASKETBALL BONANZA**

**Trip to be arranged. Information about this week's trip will be available at a later date.**

We hope to be playing a friendly scrimmage against another YMCA Basketball Camp!

*If you have any questions about our 2010 Sports Camp Trips please call Marlon Pollard at camp between the hours of 9:00am-5:00pm (973) 697 2929 or leave a message on his office line at (973) 415 6139*

### **ADVENTURE CAMP OVERNIGHT TRIP INFORMATION**

#### **Session 3: ROCK CLIMBING - Thursday, July 15 through Friday, July 16**

We will travel by bus from the Montclair YMCA (25 Park Street, Montclair) to Pt. Pleasant, PA. Upon arrival, we will meet the staff from The Summit, an adventure programming organization. We will leave our overnight gear at the campsite and then hike twenty-five minutes to the rock climbing site. We will spend the day rock climbing with the experienced and certified staff from The Summit. We will eat lunch at the rock climbing site and there is also a watering hole where we can go swim. At the end of the day we will hike back up to our equipment and set up camp. Dinner and s'mores will be around the camp fire. The following morning we will travel by bus to Camp at the Lake to participate in the Special Event.

#### **Session 7: RAFTING - Thursday, August 12 through Friday, August 13**

We will travel by bus from the Montclair YMCA (25 Park Street, Montclair) to Indian Head Canoes in Barryville, NY. Upon arrival, we will check in and leave our overnight gear. The bus will take us upriver to the drop off site and we will spend the day rafting down the Delaware. We will pull off to the side along the way to have lunch. Our rafting trip ends at the Indian Head Canoes site. Dinner and s'mores will be around the camp fire. The following morning we will travel by bus to Camp at the Lake to participate in the Special Event.

*If you have any questions about our 2010 Adventure Camp Trips please call Kim Burrows at camp between the hours of 9:00am-5:00pm (973) 697 2929 or leave a message on her office line at (973) 415 6118*