



DAY CAMP

SUMMER CAMP PARENT WELCOME PACKET

Piedmont Family YMCA
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WELCOME TO SUMMER CAMP!

Dear Parents and Guardians,

Welcome to an exciting summer at the Y! Whether this is your child's first camp experience or they are returning for another season of adventure, we are thrilled to have them join us. We know that for first-time campers, the start of camp can bring both excitement and a few nerves—that's completely normal! Our caring staff is here to ensure every child feels welcome, supported, and ready to make new friends and memories.

At the Y, we focus on creating a safe and engaging environment where kids can try new activities, build confidence, and grow in independence. From outdoor adventures to creative arts and team-building challenges, every experience is designed to inspire and empower.

Thank you for entrusting us with your child's summer experience. We look forward to an amazing season ahead! If you have any questions, please don't hesitate to reach out.

Warm regards,

Cassandra Barnes

Senior Director of School Age Programs, Youth Development

SUMMER CAMP ESSENTIALS FOR PARENTS

What to Bring Every Day to Camp

- **Closed-Toe, Comfortable Shoes** – Ready for movement, fun, and safety during all activities.
- **A Change of Clothes** – Just in case of spills, splashes, or surprises!
- **Swimsuit & Towel (on swim days)** – Pack a plastic bag for wet items. We recommend sending your camper in their swimsuit for a smoother transition.
- **Refillable Water Bottle (Labeled name and date)** – Hydration is key! Please send a sturdy, reusable water bottle (no single-use plastic bottles).
- **Lunch & Snacks (Labeled Lunchbox name and date)** – Fuel for the day's adventures! Please include nutritious options to keep your camper energized.

What to Leave at Home

To create a safe, fun, and distraction-free camp environment, please **do not send** the following items:

- **Toys or Sporting Equipment** – We provide everything needed for play and activities. We have fidgets and headphones upon request or when needed for campers.
- **Trading Cards (e.g., Pokémon, etc.)** – To prevent loss or trading conflicts.
- **Electronics & Valuables** – This includes handheld gaming devices, tablets, smartwatches, and cell phones. Camp is a time for face-to-face fun!
- **Anything You Don't Want to Get Dirty** – It's summer camp—we embrace adventure and a little mess along the way!

Thank you for helping us make Y Camp a fantastic experience for every child!

Water Bottles & Sunscreen

At Y Summer Camp, staying hydrated is a top priority! Every camper **must** bring a **labeled (name and date), reusable water bottles** each day. Since campers spend a lot of time outdoors, we want to ensure they have access to water throughout the day.

Please apply sunscreen to your camper before arrival. If you would like to send sunscreen, please **label it with your child's name** and hand it directly to staff at check-in. A medication form must be completed (parent signature only). All sunscreen will be securely stored and applied as needed throughout the day.

Clothing & Closed-Toed Shoes

Camp is all about **fun, movement, and adventure**, so please dress your camper accordingly!

- **Comfortable, weather-appropriate clothing** that can get dirty
- **Closed-toe, athletic shoes** (tennis shoes preferred)
- **No Crocs, flip-flops, slides, or sandals** (except during swim time)

For safety reasons, **campers must wear closed-toe shoes** while participating in activities. If your child arrives in open-toe shoes, we will ask you to return with proper footwear. Open-toed shoes are only allowed during swim time.

Lunch & Snacks

The YMCA **does not provide meals or snacks** during camp, so please send your camper with:

- **A nutritious, non-perishable lunch** (no heating required)
- **Enough snacks to last the entire day (2 snack times provided)**

Counselors will check at morning drop-off to ensure each camper has lunch and snacks. We also encourage parents to talk with their children about when to eat their snacks, so they have enough fuel throughout the day.

Swimming at Camp

If your camper has **swimming as their first activity of the day**, please send them to camp **already dressed in their swimsuit** and pack a **labeled change of clothes** for after swim time. This helps us transition smoothly and maximize time in the pool.

Swim Test & Lifejacket Policy

For the safety of all campers, **any child labeled a swimmer must pass a swim test. Swim tests are for 1st graders and higher.**

- Campers who pass the test will receive a swim bracelet that allows them to swim freely in the lap lane that's 3 1/2 - 4 1/2 ft.
- Campers who do not take or pass the test will be required to remain in the zero depth pool area.
- Life vests must be coast guard approved and fit appropriately.

Swim Test Requirements

To pass the swim test, campers must:

- Swim **one full length (25 yards)** of the pool without assistance, starting from the shallow end.
- Stay **horizontal on top of the water** with a basic level of proficiency using the front crawl (freestyle) and underwater swimming is not permitted.
- **Tread water for 30 seconds** after completing the swim.

Campers who successfully complete the swim test will receive a blue wristband for camp swim sessions that will be given when swimming.

Camper Groupings

At Y Summer Camp, campers are grouped by age into small huddles with an average of 15-20 campers per counselor. Our Camp leadership staff and counselors help to support groups throughout the day.

Partners with Parents

A great camp experience starts with a strong partnership between parents and staff. We are committed to creating a safe, fun, and enriching summer for every camper, and your support is key to making that happen!

Here's how you can help:

- **Send your child to camp READY each day** – well-rested, prepared, and excited for the day ahead.
- **Provide a healthy lunch and encourage them to eat it.**
- **Communicate any concerns or questions** with the Camp Director, counselors, or leadership staff as soon as they arise. The more we know, the better we can support your camper!

We look forward to having your camper join us!

- **Youth Development Staff**