



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Grow. Learn. Belong.



YMCA OF GREATER BERGEN COUNTY
Summer Camp 2015



MEET OUR DIRECTORS



Mary Sullivan is the director of our day camps: Kahagon, Oratam, TeenVentures and the day camp portion of our Counselor-in-Training Program. She is also teen and youth director at the YMCA. Before joining our Y, Mary directed day camps in Morris and Union Counties and estimates that in 10 years, she supervised 28,000 campers and 1,100 staff.

In addition to her camp experience, Mary coached competitive gymnastics for 15 years. From 2009–2011, she served on the New Jersey American Camp Association Board as Professional Development Chair.

Mary knows that when parents send their kids to programs they want to know their child is safe, having fun and receiving attention. YMCA programs are unique and stand out because staff members take the time to build solid relationships with the kids. Her favorite part of directing camp is helping kids build friendships, self-confidence and a love of the outdoors.

Martin Richards is the director of Michikamau, our sleep-away camp, which includes the resident Counselor-in-Training Program. He is also director of the school-aged child care program at the Y. He developed a love of camping and the YMCA in 2005 when he traveled to the United States from his native Great Britain to work at Michikamau as a camp counselor. He returned to camp every summer, becoming waterfront director in 2009 and camp director in 2012. Before joining the Y, he was a middle school and high school math teacher in Great Britain and New Zealand.



As director of Camp Michikamau, Martin has taken great pleasure in hiring former campers as staff members. He is also proud of continuing the tradition of hiring a diverse staff from around the world. Camp has had a profound impact on Martin's life and he has made it his mission to see camp repeat that impact on campers and staff alike.

WELCOME

TO OUR SUMMER CAMP PROGRAMS

The YMCA of Greater Bergen County camps make up an exciting, safe community for young people to explore the outdoors, build self-esteem, develop interpersonal skills and make lasting friendships and memories. Each of our traditional, back-to-basics summer camps promotes the Y's core values of Caring, Respect, Responsibility and Honesty.

Our Camps

Day Camp Kahagon
Day Camp Oratam
TeenVentures Day Camp
Michikamau Sleep-Away Camp
Counselor-in-Training (CIT)

Entering in September 2015

Grades K-1, ages 5-6
Grades 2-7, ages 7-12
Grades 8-10, ages 13-15
Grades 3-10, ages 8-15
Age 16-17

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KEY CAMP FEATURES

A Beautiful Site

All of our camps, nestled in the scenic woods of Harriman State Park along Lake Kanawauke, provide a beautiful natural setting with access to hiking trails and lakes. The camps are 45 minutes from Hackensack and campers are bused to camp from the YMCA.

Each camp has its own waterfront with a fleet of canoes, kayaks, rowboats, and paddle boats that offers a wide variety of activities.

Athletic facilities include a blacktop area, two sports fields, an archery range, the challenge course and rock climbing wall (which is real rock!).

For indoor activities, each camp has a recreation hall and an arts and crafts cabin.

Visit Us

To find out more, check out one or more of these events.

Presentations at the Y: Get an early taste of camp at the YMCA on January 29, February 26, March 26, April 23 or May 28 at 7 p.m. Meet camp staff, ask questions, watch a slide show, and take advantage of early camp registration.

Healthy Kids Day: Join us for Healthy Kids Day on Saturday, April 18 from 10 a.m.-1 p.m. At this free event, families with children age 5-12 are invited to stop by the Y

to participate in the day's healthy, informative and fun programs. There will be special camp activities and information available.

Open House at Camp: Visit camp before the season begins. Take a tour of the site, meet camp staff and get a taste of camp. Saturday, June 20, 1-4 p.m.

Leadership – The Y Staff

Our well-trained, dedicated staff return year after year to help campers develop skills in athletics, arts and swimming, all while having fun, making new friends, and creating lifelong memories. Head counselors are college-age, and a registered nurse is in attendance each day. Summer staff are carefully chosen for their enthusiasm, talent and dedication – many of our counselors are former Oratam and Michikamau campers. Staff members receive CPR, AED and first aid training, as well as training on policies and procedures specific to the camp programs prior to the start of camp. Staff develop their skills in creating an environment where our campers feel cared for, accepted and encouraged. Advanced training is provided for staff in rock climbing, challenge course, overnight hikes, lifeguarding and boating.

All staff 18 and over are given background checks.



Swimming

Kids love to swim and there is no better place to learn than at a Y camp. We use the YMCA Progressive Swim Program where campers are grouped by ability. An enclosed area with a constant depth of four feet provides a great place for beginners to get started. All classes are taught by certified instructors who also guard during recreational swim. Teaching children to enjoy and respect the water is one of the camps' most important goals.

Before and After Care

Day campers may sign in at 8 a.m. and must be picked up by 5 p.m. If you need to drop off your child earlier or pick him or her up later, you may register for before and after care prior to the first day of camp.

Before Care Drop Off at 7 a.m.
Fee \$35 per session

After Care Pick Up by 6 p.m.
Fee \$35 per session

ACA Accreditation

Our summer camps are accredited by the American Camp Association (ACA). What does this mean? It shows that we

have undergone a thorough review of our operation to



maintain accreditation. ACA camps must meet up to 300 standards for health, safety and program quality. These benchmarks are recognized as standards of the camp community. Accreditation is voluntary; our accreditation reflects our commitment to maintaining industry standards.

Camp Scholarships

Here at the Y, we are committed to working with you in order to provide a camping experience for each child. We offer scholarships of up to 50 percent, based on financial need. For more information and to receive an application, please see the Upper Welcome Center or online at www.ymcagbc.org.

We count on the generosity of our members and partners to keep our doors open to those who need a place to go to help them be more healthy, confident, connected and secure. Donations to our Annual Campaign may be made by sending your donation to the Y, attention: Annual Campaign, or by adding your contribution to your Camp Registration Form.

DAY CAMP KAHAGON

Grades K-1

Camp Kahagon is designed to specifically meet the needs of our youngest campers where they play constructively, learn cooperatively, and make friends. Our goal is to expand children's horizons by providing developmentally appropriate, creative and fun play experiences.

Each day, campers have the opportunity for socialization through activities that foster sharing and cooperation. Camp groups have their own schedule with age-appropriate camp activities designed to meet their emotional and physical needs.

College-age counselors lead the campers through an action-packed day in nature activities, sports & games, arts & crafts, and swim

lessons. Our certified lifeguards, trained in water safety, provide the swim lessons in a protected area that is four-foot deep, end-to-end. Campers rotate through age-appropriate activities providing a different experience each day!

Our program will help your child adjust to new environments and have a great sense of self. The low staff-to-counselor ratio of 1:6 offers personal interaction and assistance to each camper. Camp Kahagon provides a supervised, positive environment with opportunities for socialization through activities that foster sharing and cooperation.

- 2-week sessions
- Monday-Friday, 8 a.m.-5 p.m.
- Members \$485
Non-Members \$585



Session Dates

Session 1	June 29–July 10
Session 2	July 13–July 24
Session 3	July 27–August 7
Session 4	August 10–August 21

Activities

Arts & Crafts
Fishing
Hiking
Nature Studies
Playground
Paddle Boats
Team Challenges
Sports & Games
Swimming

Kahagon Sample Schedule

8:30 a.m.	Leave the Y
9:15 a.m.	Assembly/Flag
10 a.m.	Swim Lessons
11 a.m.	Free Swim
Noon	Lunch
12:30 p.m.	Row Boats
1:30 p.m.	Arts and Crafts
2:30 p.m.	Soccer
3:30 p.m.	Assembly/Flag
4:15 p.m.	Head back to the Y



DAY CAMP ORATAM

Grades 2-7

Camp Oratam offers a well-rounded experience allowing campers to discover and explore their interests, values and talents in a structured and nurturing environment. Through supportive encouragement offered by our counselors, campers have an opportunity to develop self-confidence, creating a sense of pride and accomplishment.

Campers also have the opportunity to acquire, practice and perfect valuable skills including problem-solving, teamwork and making healthy and safe choices. Each fun-filled day, campers are led in arts & crafts, sports & games, nature activities, boating and swimming. Campers swim twice daily, receiving a swim lesson each day from our

certified instructors, along with time for free swim.

Camp-wide special activities occur throughout the summer including color war, camp Olympics, and a talent show. Overnights at camp occur once per session for campers ages 9-12; they enjoy a cook-out, participate in a night hike or carnival night, and sleep in cabins to receive a taste of the overnight experience. Campers' days are filled with playing, socializing, exploring, and experimenting in the company of friends and counselors.

- 2-week sessions
- Monday-Friday, 8 a.m.-5 p.m.
- Members \$480
Non-Members \$580





Session Dates

Session 1	June 29–July 10
Session 2	July 13–July 24
Session 3	July 27–August 7
Session 4	August 10–August 21

Oratam Sample Schedule

8:30 a.m.	Leave the Y
9:15 a.m.	Assembly/Flag
10 a.m.	Archery
10:50 a.m.	Free Swim
11:40 a.m.	Arts & Crafts
12:30 p.m.	Lunch
1 p.m.	Swim Lessons
1:50 p.m.	Games on Field
3:30 p.m.	Assembly/Flag
4:15 p.m.	Head back to the Y

Day Camp Activities

Archery
Arts & Crafts
Canoeing
Fishing
Hiking
Nature Studies
Paddle Boats
Team Challenges
Sports & Games
Swimming

DAY CAMP TEENVENTURES

Grades 8-10

This leadership program combines all the fun of camp while cultivating personal growth, leadership skills and fostering teamwork. In addition to the traditional camp activities of swimming, boating, sports and games, TeenVentures campers participate in rock climbing, all-day hiking adventures, kayaking, and the low ropes course. Once per session, teens can choose to participate in a camp overnight. Lunch is provided: TeenVentures campers will spend time across the lake at Michikamau and eat there.

Throughout the camp session, teens will be inspired to develop their social, teamwork, and leadership

skills through active participation in camp activities. Counselors will provide positive encouragement and offer challenging, fun and character-building experiences.

- 2-week sessions
- Monday-Friday, 8 a.m.-5 p.m.
- Lunch provided
- Members \$560
Non-Members \$660

Session Dates

Session 1	June 29-July 10
Session 2	July 13-July 24
Session 3	July 27-August 7
Session 4	August 10-August 21

Activities include those listed for Oratam, as well as: Rock climbing, challenge course, boat hikes, and leadership roles in color war.





CAMP MICHIKAMAU

Sleep-Away Program for Those in Grades 3-10*

For more than 80 years, Camp Michikamau has offered a high-quality traditional overnight camp for youth and teens.

The camp program provides a balance of structured and choice activities. During their first week, campers experience every program area at least once as well as the daily swim lessons. During the second week, campers are given the freedom to choose their activities such as rock climbing, kayaking, nature programs, dance and much more. Each camper receives daily swim lessons taught by qualified instructors. After dinner, campers enjoy an activity such as game night, a dance, scavenger hunt, gold rush, talent show or campfire.

Weekends offer variety in programming. Each weekend has a different theme and the entire camp is involved in activities such as international weekend, survivor weekend and color war. Sunday mornings are a reflective time for campers where the YMCA's core values are discussed.

Some of the most memorable moments happen on the out-of-camp overnight experience. During each session, campers will plan their meal, pack their gear, hike to their destination, build a fire, and cook and sleep under the stars.

Camp Michikamau prides itself on hiring well-trained, dedicated staff who return year after year and come from across America and around the world. The majority of our American counselors have attended our camps themselves, which helps them relate to our first-time campers. The diversity of our staff enhances the experience for the campers. Each cabin has two counselors who provide a nurturing and safe environment as campers develop skills in athletics, challenge course, arts and swimming, all while having fun, making new friends, and creating lifelong memories.

- 2-week sessions
- Members \$695
Non-Members \$795

1-Week Intro to Sleep-Away Camp

July 6-11

This is a great opportunity for first-time campers to try sleep-away camp. They will enjoy all of the great camp activities throughout the week. Give sleep-away camp a try!

- Members: \$325
- Non-Members: \$425

* Must be 8-16 years old.

Sample Schedule

7:45 a.m.	Flag/Line Up
8 a.m.	Breakfast
9 a.m.	Camp & Cabin Chores
10 a.m.	Activity 1
11 a.m.	Activity 2
Noon	Line Up
12:15 p.m.	Lunch
1 p.m.	Cabin Time
2:20 p.m.	Leisure Time
3:30 p.m.	Activity 3
4:40 p.m.	Activity 4
6 p.m.	Flag/Line Up
6:15 p.m.	Dinner
7:30 p.m.	Evening Activity
9 p.m.	Tell Me Why & Taps

Michikamau Activities

Archery
Arts and Crafts
Basketball
Canoeing
Dance
Drama
Fishing
Floor Hockey
Hiking
Kayaking
Kickball
Low Ropes Course
Nature Studies
New Games
Rock Climbing
Row/Paddle Boats
Team Challenges
Soccer
Swimming
Tug-o-War
Outdoor Survival
Overnight Camping
Ultimate Frisbee
Volleyball
Yard games
Yoga

Session Dates

Session 1	June 29–July 11
Session 2	July 13–July 25
Session 3	July 27–August 8
Session 4	August 10–August 22



C.I.T. PROGRAM

Counselor-in-Training for those age 16-17

This intensive four-week program is designed to develop future camp leaders. Selected applicants have the opportunity to develop leadership, program and outdoor living skills. The focus is on small group dynamics, communication skills, teamwork and core values.

Our counselor-in-training program offers opportunities for hands-on experience working with children in our general camp groups. CITs work closely with head counselors to develop skills of leadership, organization, teaching and problem-solving. Participants will take on expanded responsibilities and contribute their talents as they develop their leadership skills while working with camp groups. This program lays the foundation for becoming a counselor. Please note: Completion of this program does not automatically ensure a staff position.

If you enjoy the outdoors and like to work with children, this is the camp for you! When you leave, you will take home with you new skills, lasting friendships and a lifetime of memories. This is a great stepping stone toward future endeavors.

This program is aimed at campers who are looking for a leadership training program and are 16-17 years old, as required by the state.

CIT Program at Day Camp Oratam

This CIT program offers opportunities for hands-on experience working with children. CITs learn important life skills and contribute their talents as they develop leadership experience during this four-week program.

4-week session

Monday-Friday, 8 a.m.-5 p.m.

Members \$670

Non-Members \$745

Session I: June 29-July 24

Session II: July 27- August 21

Sleep-Away CIT at Camp Michikamau

CITs will aid Camp Michikamau's counselors with instruction of activities, experience working in the kitchen and running the camp store. They will also receive CPR and First Aid Training. Each session, CITs will be involved in a service project either on-site or within the park. Finally, CITs will travel to an off-site location for a two-day overnight camping adventure.

4-week session

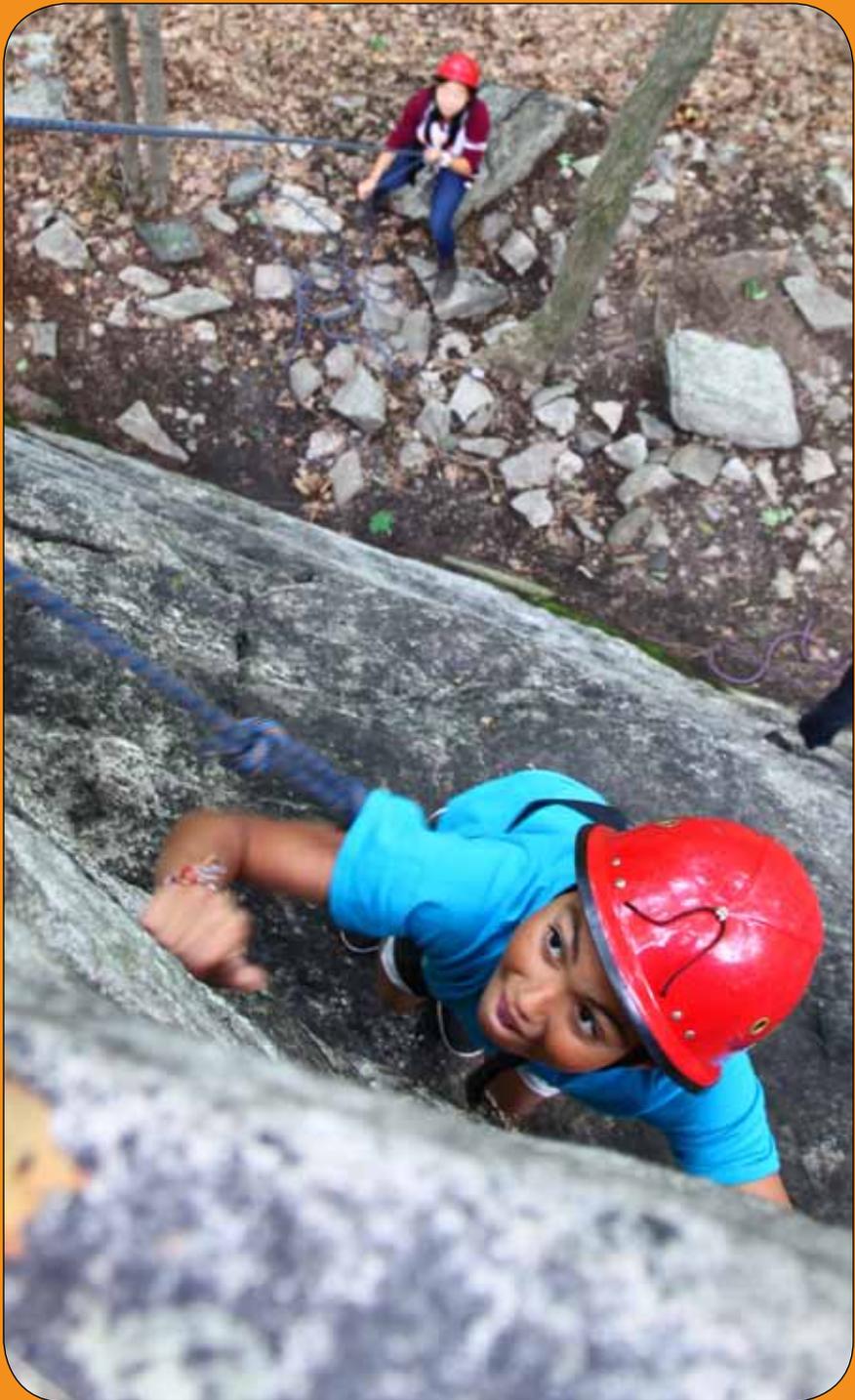
Members \$1,150

Non-Members \$1,250

Session I: June 29-July 25*

Session II: July 27- August 22*

*Campers return home for a weekend mid-session; please see parent pack for dates.



GENERAL INFORMATION

Deposit Requirements: A \$125 non-refundable deposit per session is required upon registration. This deposit is for the session(s) indicated and may not be transferred to other sessions or camp. The deposit will be applied toward the fees.

Balance Due: The balance is due two weeks before the first day of each camp session.

Refund Policy: Deposits are non-refundable. Fees paid over and above the deposit are refundable ONLY if cancellation is made at least 30 days prior to the start of the camp session. Entire camp fees are non-refundable if a camper leaves due to homesickness, dismissal or voluntary withdrawal. If a camper must withdraw from camp for medical reasons, a doctor's note is required and a refund will be given for the unused portion of camp. The Y reserves the right to dismiss a child from camp whose needs we are not able to meet or whose conduct is not in the best interest of the total camp, without refund.

Medical Packet: All campers must have their completed packet, **which includes a physical exam**, submitted to the Y prior to the first day of the session. It is important for us to understand your child's medical and behavioral needs. No child will be allowed in camp without a completed medical packet. You can download the packet at www.ymcagbc.org or pick one up at the YMCA.

Drop-Off and Pick-Up Policy: In order to ensure the safety of your child, all campers must be signed in and out each day. No child will be allowed on the bus without being signed in. Please list on the Pick Up Form all adults who are approved to pick up your child. All

adults should have a photo ID ready for the counselors who will be checking identification.

Day Camp: Campers may be signed in as early as 8 a.m. (or 7 a.m. if they are registered in the Before Care Program). Buses leave at 8:30 a.m. sharp and return to the YMCA at 5 p.m. All campers who are not participating in the After Care Program must be picked up by 5 p.m.

Camp Michikamau: Check-in for the first day will begin at 9 a.m. All campers must be checked in by a parent or guardian. Parents may pick up their campers after Parents' Night, which is held the last night of each session. Campers who do not return home that evening will arrive at the Y the next morning around 10 a.m.

Late Pick-Up Policy: Day campers picked up after 5 p.m. (or after 6 p.m. if enrolled in After Care) and overnight campers picked up after 10 a.m. on Saturday will be charged a late fee. Late fee is \$10 for the first 15 minutes, then \$2 for every minute thereafter.

Registration is accepted in person, by mail or fax. Complete the registration form and submit your deposit of \$125 per camper, per session. (Remaining balance is due TWO WEEKS PRIOR to the first day of the session.) Early registration is recommended to avoid missing out! Remember to allow additional time to have your child's physical exam form completed by his or her doctor as no child can attend camp without one!

CAMP REGISTRATION FORM

YMCA of Greater Bergen County

Camper's Name _____ Gender M F

Birth Date _____ Entering Grade 2015 _____

Mailing Address _____
Street City State Zip

Parent's/Guardian's Name _____

Home Phone _____ Cell _____ Work _____

Parent's/Guardian's E-Mail (Please Print) _____

How did you hear about us? _____

Full YMCA Membership? Y N Exp _____

Camper T-Shirt size (circle one) Youth S M L XL Adult S M L

YMCA CAMPS' AGREEMENT WITH CAMPER'S PARENT/GUARDIAN

Deposit Requirements: \$125 per camper, per session deposit is required at registration. I agree to pay the remaining balance TWO WEEKS PRIOR to the camp session.

Refund Policy: Deposits are non-refundable. Fees paid over and above the deposit are refundable ONLY if cancellation is made at least 30 days prior to the start of camp session. Entire camp fees are non-refundable if a camper leaves due to homesickness, dismissal or voluntary withdrawal. If a camper must withdraw from camp for medical reasons, a doctor's note is required and a refund will be given for the unused portion of camp.

Our camps are for those who enjoy camping. Rules for acceptance and participation in the program are the same for everyone without regard to race, color, national origin, sex, age and disability. It is understood that all campers will be treated as individuals and respect shown for reasonable differences in tastes, preferences, abilities and range of behavior patterns. The Y reserves the right to dismiss a child from camp whose needs we are not able to meet or whose conduct is not in the best interest of the total camp, without refund.

The Y is granted the right to use any and all pictures and videos taken of camp activities in its production of materials for promotion of Y activities. Believing my child is qualified for camp life, I give permission for my child to take part in all activities and understand there is some risk involved in all physical activities. I agree to place him/her in care of the camp, subject to all its rules and regulations.

I agree to complete and return required information as located in the Parent Packet, which can be downloaded at www.ymcagbc.org. This includes the Medical Form.

Signature of Parent/Guardian _____ Date _____

Relationship to Camper _____

STEP 1 Pick Your Sessions (Circle Your Choices)

	Kahagon	Oratam	TeenVentures	Michikamau
Session 1	June 29-July 10	June 29- July 10	June 29-July 10	June 29-July 11
Session 2	July 13-24	July 13-24	July 13-24	July 13-25
Session 3	July 27-Aug. 7	July 27-Aug. 7	July 27-Aug. 7	July 27-Aug. 8
Session 4	Aug. 10-21	Aug. 10-21	Aug. 10-21	Aug. 10-22
1-Week Intro	N/A	N/A	N/A	July 6-11

STEP 2 Calculate Your Fees (Cost Per Session)

Members	\$485	\$480	\$560	\$695
Non-Members	\$585	\$580	\$660	\$795
Before Care	\$35	\$35	\$35	N/A
After Care	\$35	\$35	\$35	N/A
1-Week Intro	N/A	N/A	N/A	\$325/\$425
Michikamau C.I.T.	June 29-July 11 & July 13-25		July 27-Aug 8 & Aug. 10-22	
	\$1,150 per 4-week session for members; \$1,250 for non-members			
Oratam C.I.T.	June 29-July 24		July 27-August 21	
	\$670 per 4-week session for members; \$745 for non-members			

STEP 3 Balance

	Camp Sessions Subtotal	\$ _____
	Y Yearly Membership (Preschool-5 yrs, \$58; Youth 6-12 yrs, \$84)	\$ _____
	I would like to contribute to the Annual Campaign	\$ _____
	TOTAL	\$ _____

STEP 4 Payment Options (Choose One)

_____ **PAY IN FULL:** Pay in full now (cash in person, check, or bill credit card in full as listed below)

_____ **DEPOSIT ONLY:** Pay camp deposits (\$125 per session) and Membership/Annual Campaign (if applicable) now and I agree to pay the remaining balance **TWO WEEKS PRIOR** to the camp session.

_____ **PAYMENT PLAN:** Pay Camp Deposits (\$125 per session) and Membership/Annual Campaign (if applicable) now and pay the remaining balance by credit card drafts that will be divided by equal payments to be drafted on the 25th of each month until June 2015. (Complete payment information below).

CREDIT CARD INFORMATION

_____ American Express _____ Visa _____ Master Card

Charge Card Number _____ Exp. _____

Signature of Card Holder _____ Date _____

Registration Form and Fees may be turned in at the YMCA or mailed to the YMCA of Greater Bergen County, 360 Main Street, Hackensack, NJ 07601. Fax: 201-487-4539, Attn: Camp Department.





YMCA OF GREATER BERGEN COUNTY
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www.ymcagbc.org
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Nonprofit Org.
U.S. Postage
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Hackensack, N.J.
Permit No. 2485

Remember the Camp Presentations at the Y:

**Jan. 29, Feb. 26, March 26,
April 23 or May 28
at 7 p.m.**