



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A SUMMER OF FUN, A LIFETIME OF MEMORIES

2011 DAY CAMP  
Dubuque Community Y



Dubuque Community Y  
35 North Booth Street  
Dubuque, Iowa 52001

# DUBUQUE COMMUNITY Y DAY CAMP

When kids experience Y Day Camp, they experience something new every day. Like the power of a positive mentor, the confidence that comes from trying...and succeeding, and the importance of healthy, long-lasting friendships. Of course, they don't know this. They just think they're having a whole lot of fun.

## Mission Statement

The Dubuque Community Y, utilizing Christian principles, creates opportunities for growth, leadership, and empowerment for women, men, and youth by building healthy mind, spirit, and body with emphasis on respect, responsibility, caring, honesty, and the elimination of racism and prejudices.



## OUR AREAS OF FOCUS

### YOUTH DEVELOPMENT: Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

### HEALTHY LIVING: Improving the nation's health and well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

### SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors

The Y has been listening and responding to our communities' most critical social needs for 160 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, confident, connected and secure.

# PRESCHOOL/KINDERGARTEN

Ages 4 - 6

This is the perfect environment for your preschooler or your kindergartner looking for their first camping experience. There will be rest time each day for these young campers. All campers must be potty trained prior to attendance. Swimmers will be provided with a swim belt or PFD (personal flotation device).

## Preschool/Kindergarten Camp (PKC)

Camp hours are 8:30 am - 4:30 pm Monday through Wednesday.

Sessions Available:

Session 1: \_\_\_\_\_ June 27 - 29

Session 2: \_\_\_\_\_ July 6 - 8

Registration \$90

10% Discount for Y Members

Group Activities  
May Include:

- ◆ Arts & Crafts
- ◆ Games
- ◆ Hiking
- ◆ Songs

## FUN MAKING FRIENDS



# TRADITIONAL DAY CAMP

Ages 6 - 14

Each Camp Session is designed specifically for each age group to ensure an unforgettable experience. Campers are assigned to groups based on age to ensure age and skill level appropriate activities.

Ages Groups Available Each Week:

Challengers (Ages 6-7)

Adventurers (Ages 8-10)

Explorers (Ages 11-12)

## Traditional Day Camp (TDC)

Camp hours are 8:30 am - 4:30 pm Monday through Friday.

See extended care option on information page.

Sessions Available:

Session 1: \_\_\_\_\_ June 13 - 17

Session 2: \_\_\_\_\_ June 20 - 24

Session 3: \_\_\_\_\_ July 11 - 15

Session 4: \_\_\_\_\_ July 18 - 22

Session 5: \_\_\_\_\_ July 25 - 29

Session 6: \_\_\_\_\_ August 1 - 5

Session 7: \_\_\_\_\_ August 8 - 12

Registration \$150

10% Discount for Y Members

Group Activities May  
Include:

- ◆ Archery
- ◆ Arts & Crafts
- ◆ Black Hole Slide
- ◆ Creek Stomping
- ◆ Games
- ◆ Hiking
- ◆ Horseback Riding  
(weather permitting)
- ◆ Low Ropes Course
- ◆ Songs
- ◆ Swimming

# LEADERS IN TRAINING

Ages 14 - 16

Leaders in Training (LIT) is a program for 14 - 16 year olds who are interested in developing their leadership skills. LITs will complete a one week training session during the first week of camp. During this training session, LITs will learn leadership skills, age appropriate scheduling, ways to teach games and songs to others. They will also be certified in First Aid and CPR and will review YMCA Camp rules and procedures. After their successful completion of the LIT training session, graduating LITs will be asked to attend additional summer camp sessions under the LIT placement program.

In the LIT placement program, the teens take on a leadership role under the guidance Camp Staff and implement their newly acquired skills. This program is a great way to strengthen leadership skills and prepare for their first job! LIT Placements are Internship

LIT Training - June 6 - 10

Registration \$170  
10% Discount for Y Members

## LIT Placement

(Campers must have completed LIT training in 2010 or in 2011 prior to enrolling for placement.. Limit 5 LIT per week must attend daily. LIT may choose a maximum of two weeks, extra session will be determined by availability.)

Sessions Available:

- Session 1: \_\_\_\_\_ June 13 - 17
- Session 2: \_\_\_\_\_ June 20 - 24
- Session 3: \_\_\_\_\_ July 11 - 15
- Session 4: \_\_\_\_\_ July 18 - 22
- Session 5: \_\_\_\_\_ July 25 - 29
- Session 6: \_\_\_\_\_ August 1 - 5
- Session 7: \_\_\_\_\_ August 8 - 12

## FUN TO LEARN SKILLS

## HORSE CAMP

Ages 8 - 13

Horse Camp is a one-week progressive program for children 8 - 13 year olds. This is a three hour program that includes an optional fun swim between 12:00 pm and 1:00 pm. Union Park Day Camp offers three levels of horse camp based on experience. New this year, campers have the opportunity to enjoy Day Camp and Horse Camp if they chose. The camper will spend the whole day at camp by taking part in camp activities before or after their horse lesson.



# HORSE CAMP (continued)

Requirements for Horse Campers:

- ◆ All horse campers must wear jeans
  - ◆ Campers must wear either old tennis shoes or boots
  - ◆ All campers should bring a water bottle.
- see back page for additional items

## Beginner (B)

The beginner level is for children with little or no riding experience. In the beginner level, campers are taught grooming and riding skills in the arena. Beginner will also be taught basic horse anatomy and saddle parts. This level is crucial to the progression of horse camp.

Sessions Available:

- Session 1: \_\_\_\_\_ June 13 - 17 \_\_\_\_\_ 1:00 pm - 4:00 pm  
Session 2: \_\_\_\_\_ June 20 - 24 \_\_\_\_\_ 9:00 am - 12:00 pm  
Session 3: \_\_\_\_\_ July 11 - 15 \_\_\_\_\_ 1:00 pm - 4:00 pm

## Intermediate (I)

The intermediate level is for children who have passed the beginner level, have had previous riding lessons and wrangler approval. Campers will be responsible for saddling and grooming their own horse, ring-riding skills will be reviewed and trail-riding skills (weather permitting) will be learned. Children signing up for this level must be comfortable on and around horses.

Sessions Available:

- Session 4: \_\_\_\_\_ July 18 - 22 \_\_\_\_\_ 9:00 am - 12:00 pm  
Session 5: \_\_\_\_\_ July 25 - 29 \_\_\_\_\_ 1:00 pm - 4:00 pm

## Advanced (A)

Campers signing up for this level must have passed the intermediate level, or have wrangler approval. In the advanced level, participants will be responsible for all aspects of caring for their horse including rounding up, feeding, grooming and saddling. Students will spend time on advanced riding skills, trail riding (weather permitting), and program related games.

Sessions Available:

- Session 6: \_\_\_\_\_ August 1 - 5 \_\_\_\_\_ 9:00 am - 12:00 pm

Fees for Horse Camp

Registration \$150  
10% Discount for Y Members

Fees for Horse Camp plus Traditional Day Camp

Campers will experience their Horse Camp session and half-a-day of Traditional Day Camp.

Registration \$170  
10% Discount for Y Members

Note: Transportation to and from the Dubuque Community Y is not available for horse camp.

# CAMP INFORMATION & REGISTRATION

## Camp Hours of Operation

TDC & PKC 8:30 am – 4:30 pm daily.

## Daily Camp Schedule (tentative)

8:30 am – 9:00 am	Check In/Group Names
9:15 am – 9:30 am	Flag Ceremony/Core Values
9:45 am – 10:45 am	Group Activity
10:45 am – 11:45 am	Group Activity
11:45 am – 12:15 pm	Songs as a Group
12:15 pm – 1:00 pm	Lunch/Small Group Games
1:00 pm – 2:00 pm	Group Activity
2:00 pm – 3:00 pm	Group Activity
3:00 pm – 3:30 pm	Camp Store/Free Time
3:30 pm – 4:30 pm	Group Activity
4:30 pm	Pick-Up

## Parents Day at Camp

There will be a Parents Day each Friday of TDC, and the last day of PKC. During this time, the kids are able to show their parents what they have learned at camp. So take a break from work and come join us for a show!

## Extended Care Hours at Camp

Extended care runs from 7:30 am – 8:30 am and 4:30 pm – 6:00 pm Daily for TDC and PKC. Fee: \$25/week/child

## Transportation with Extended Care at Dubuque Y

The Dubuque Community Y Childcare Program will be offering extended care before and after camp at the Y facility at 35 N. Booth Street. This program is from 6:00 – 8:15 am and 4:30–6:00 pm. Campers must be registered in advance so that accommodations can be arranged. Fee: \$35/week/child

## Transportation Only

Transportation from the Y facility to Day Camp will be provided at a minimal fee of \$10 for each week of camp attended. Participants must register for this service in advance. The bus leaves the Y for Day Camp at 8:30 am and returns to the Y at 4:30 pm daily for TDC and PKC. Children can be dropped off no earlier than 8:15 am for this service.

## How to Register

In person registrations will be honored first and mail in registrations will be processed in order of arrival. You may use the enclosed form to register for our camp sessions, drop off or send in registration forms and full payment or deposit to: Dubuque Community Y, Camp Registration, 35 North Booth St., Dubuque, IA 52001. Registration must be received one week prior to beginning of session.

## Deposits

Enclose a \$65 non-refundable deposit when registering, which will be applied to your camp fee. You will be responsible for paying the remainder of the balance at least one-week prior to the beginning of your camp session. If you do not pay your balance in full at that time, or contact the Camp Director regarding your camper's non-attendance at camp, you will forfeit your deposit.

# CAMP INFORMATION & REGISTRATION

## Credits/Transfers/Refunds

Credits will be granted on a case-by-case basis. Illness related absences require a doctor's note to be considered for a credit. Contact the Camp Director for more information. Refunds are given if the Dubuque Community Y cancels the program.

## Memberships

Consider a Y youth membership so your child can enjoy a whole year of activities at the member rate. Dubuque Community Y youth memberships are available for one-year, 6 months, or for a 4 month period for campers of all ages. Camper memberships must be valid thru the end of their session in order to receive the membership rate for summer camp. Financial assistance is available through generous donations from local community groups and individuals. Applications are available at the front desk of the Y facility. Applications must be completed and returned with a copy of your last year's tax return or other verification of income to the Membership Director. Remember to apply early.

## Membership Rates

Preschool-Grade 8	1-Year - \$105	6 Months - \$60	4 Months - \$40
High School	1-Year - \$190	6 Months - \$100	4 Months - \$75

## Our Goals and Philosophies

YMCA Union Park Day Camp strives to provide a high quality day camping experience for each camper who participates. We believe that each camper is a valuable, creative person, which drives our goal to provide each camper with the opportunity to reach their fullest potential in an atmosphere of friendship, mutual respect, and caring. As campers participate in activities, they will develop self-confidence, independence, and respect for other's unique differences.

## Health and Safety

Safety always comes first with our commitment to a healthy camp experience. YMCA Day Camp staff members participate in an extensive orientation prior to our camp season to assure the health and safety of our campers. A tradition of safe camping is enhanced through staff training, all staff are certified in Community CPR and First Aid. In addition, staff are trained in risk prevention in activities such as the pool, ropes course, caving, archery, black hole, and horses.

## Progressive Camping

The individual abilities and needs of campers are very important to the staff at YMCA Union Park Day Camp. Our goal is to develop programs that are suitable to those individual needs. With this in mind, each age group is given different activities appropriate to their age and development.

## Leadership and Staff

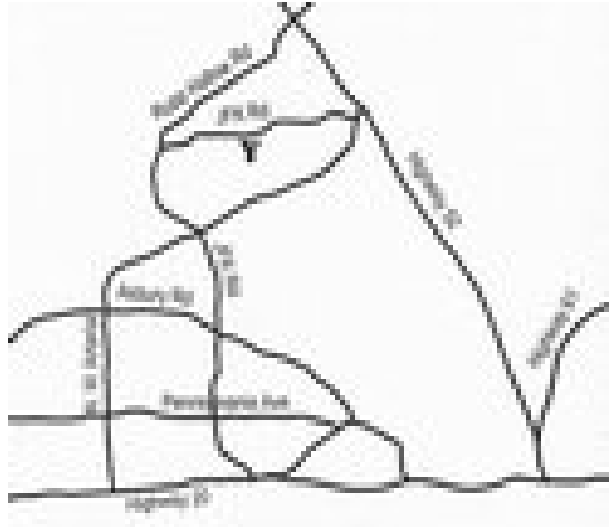
At the YMCA, we know that leadership is the key ingredient in any camping experience. That's why we have put together only the best and most qualified staff team this summer! Our staff have been selected on the basis of good character, interest, dedication, and experience working with youth and adolescents. Camp staff have been through an in-depth pre-camp training to develop their skills in working with children, programming, leading activities, and in developing good parent and child communication skills.

# YMCA Union Park Camp

11764 JFK Rd  
Dubuque, IA 52001

Phone: 563.583.5111  
(June, July & August only)

Union Park Camp is situated on 96 beautiful acres off John F Kennedy Road, two miles from the JFK and Northwest Arterial intersection and one mile from the JFK and Hwy 52 intersection.



## What to Bring to Camp

- Swimsuit & Towel
- Sack lunch, including a beverage
- Sunscreen/Bug Spray
- Closed-toe tennis shoes (no sandals)
- Water Bottle
- Extra set of clothes
- Camp store money (optional)

## Please Leave at Home

- CD/Player
- Cell Phones
- iPods/MP3 player
- Cell phones
- Trading cards
- Gameboys
- Toys

Parents We will be keeping your kids busy with a variety of outdoor activities. Please remember to send them in clothes and shoes that can get dirty and/or wet. (If we have a rainy week, they will come home muddy.) Sending an extra set of clothes is always a good idea. Camping goes on rain or shine!

