

# Winona Family YMCA Camp We-No-Nah



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



## Greetings from camp!

Welcome to the Winona Family YMCA's Camp We-No-Nah. We are excited that you have chosen to include Y Camp in your summer plans. Becoming a member of our camp family means that we will be partnering to provide your child with the best development and growth possible in the summer camp setting. Y Camp offers a unique environment where kids have the opportunity to feel good about themselves through the friendships that they make with counselors and fellow campers, accomplishments in new and exciting activities and involvement in an atmosphere of mutual respect and caring.

We have created this Parent Guide as a reference for parents to best prepare their child to take advantage of all of the opportunities that summer at camp has to offer. The guide can be used as a quick reference, but we recommend that you spend some time to familiarize yourself with our policies. And, as always, please don't hesitate to contact us if you have any further questions.

We look forward to seeing you this summer!

Patrick Menton,  
YMCA Camp Director

### Contact Us:

**Website** [www.winonaymca.org](http://www.winonaymca.org)

**Phone:** *YMCA* 507/454-1520 *Camp We-No-Nah* 507/452-0836

**E-Mail:** [pmenton@winonaymca.org](mailto:pmenton@winonaymca.org)

**Camp Physical Address:** Latitude, Longitude 43.976294,-91.643915

YMCA Camp We-No-Nah  
31903 Camp Drive  
Winona, MN 55987

- **Directions to camp:** From Homer Road, turn West on CR105 / E. Burns Valley Road. Turn left on **Camp Dr/Township Rd 8**

### YMCA Physical Address:

Winona Family YMCA  
207 Winona Street  
Winona, MN 55987

## **About the Winona YMCA Camp We-No-Nah**

### **Mission**

To provide opportunities for all families and individuals in our community to develop their physical, spiritual, mental and social well-being. **Never Say No.** It is our policy that no one will be denied a membership to our YMCA due to financial reasons.

### **YMCA Values and Character Development**

It is important to us that campers have fun and learn new skills when they come to camp. Even more important, however, are our efforts at YMCA Camp We-No-Nah to provide campers with experiences that support their growth and help them develop the relationship, leadership, and decision-making skills that will help them to be happy and successful in the future. At YMCA Camp We-No-Nah, it is our goal to make every activity, from flag raising to teambuilding initiatives, opportunities for learning and development. The YMCA Camp We-No-Nah staff strives to include the core values of the YMCA: caring, honesty, respect and responsibility to each and every experience that campers have while they are at camp.

### **The YMCA Camp We-No-Nah Staff**

A great summer at camp begins with great staff members. At YMCA Camp We-No-Nah, we strive to offer a balance of creativity, sensitivity, energy, enthusiasm, and experience at camp. Our staff members are mature, responsible, caring, and are committed to youth development. Counselors are typically college students or graduates who come to us with experience or training in outdoor recreation or leadership, education and a diverse background of skills and talents. Staff members are carefully selected through a rigorous hiring process and complete a thorough training program. All staff members are First Aid and CPR certified and go through a federal criminal background check. Staff members also have training and certifications in specific program areas and all water and pool activities are supervised by certified lifeguards. Staff training also covers such topics as counseling skills, age-appropriate programming, risk management, homesickness, behavior management, co-habitation with wildlife, overnight camping, emergency procedures, fire prevention and skills training in specific activity areas. YMCA Camp We-No-Nah maintains a 1 to 4 counselor to camper ratio.

### **Licensure**

YMCA Camp We-No-Nah is licensed to operate under the Winona County Environmental Services Department, Environmental Health Division.

# PARENT INFORMATION: KINDER - TRAILBLAZERS

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## Kinder, Mini, Explorer, Crusader and Trailblazer Camp

### Departure / Pickup (8:30 a.m. – 4:15 p.m.)

- Campers are asked to enter the YMCA through Winona Street entrance and sign in with the camp staff member present. Go directly to the 2<sup>nd</sup> floor Community Room. Your child will also be in that location at the end of the day. Please pick up your child from that area and remember to sign your camper out! For your child's safety, do not ask him or her to meet you outside the YMCA.
- The YMCA provides transportation to and from camp. **The bus will leave the YMCA at 8:45 a.m. Parents are responsible for bringing their children to the YMCA by 8:40 a.m. and for picking them up between 4:15 p.m. and 4:30 p.m. The camp room will not be open until 8:30am.**

### Schedule

Monday, meet your counselor, group activities, swim

Tuesday, group activities + tie dyeing (pack white t-shirt), swim

Wednesday, group activities, swim

Thursday, group activities, swim, overnight for Explorers, Crusaders and Trailblazers

Friday, group activities, swim

### Daily Schedule *(slight change for Family Night)*

7:00am – 8:30am	Extended Care (by reservation only)
8:30am – 8:45am	Campers arrive at the YMCA, proceed to the Community Room, meet your counselor
8:45am	Bus departs YMCA for Camp We-No-Nah
9:10am	Flag raising ceremony
9:15am	Announcements
9:30am	Begin morning activities
12:00pm	Lunch
12:30pm	Recess
12:50pm	Afternoon assembly
1:00pm	Begin afternoon activities
2:30pm	End activities and clean up
2:40pm	Flag lowering ceremony
2:50pm	Bus departs for the YMCA
3:30pm – 4:15pm	Swim at the YMCA
4:15pm – 4:30pm	Parents pick up campers in the 2 <sup>nd</sup> floor Community Room
4:30pm – 5:30pm	Extended Care (by reservation only)

### Family Night

We invite you to Family Night at YMCA Camp We-No-Nah on Thursday night. Campers will be bussed back to camp following swimming at the YMCA. Parents will be treated to songs and skits presented by the campers and camp staff. This is an excellent opportunity to see the fun and excitement your camper had during the week. Don't forget your camera! (Directions on page 2)

**When: Thursdays, 5:15pm** Families are invited to meet their campers at YMCA Camp We-No-Nah after 5:15pm. (Directions to camp on page 2)

## PARENT INFORMATION: KINDER - TRAILBLAZERS

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**Dinner:** Each family is asked to bring a hot dish, salad or dessert to share for a potluck dinner. Provide enough portions to serve at least the number of people in your family. Paper plates, napkins, cups and eating utensils are provided. Please bring your own serving utensils. A beverage will be provided.

### **Family Night Schedule:**

- 5:15pm – 6:00pm      Tour of the YMCA Camp We-No-Nah, family activities
- 6:00pm                      Potluck dinner
- 7:00pm – 7:30pm      Entertainment by the campers and camp staff. (Bring a lawn chair)

### **Overnight**

**Trail Blazers, Crusaders, and Explorers will stay overnight on Thursday night.** Please be sure they have their sleeping bag, pillow, and a change of clothing and lunch for the next day. Kinder and Mini Campers will go home with their families following Family Night activities

### **Communication**

**From your child's counselor to you:** You will receive a courtesy call from your camp counselor the Friday before your camp session begins. Use this opportunity to discuss any specific concerns you or your child may have. Your child will bring home a schedule of activities for the week on Monday.

**From you to the counselor:** Pin a note to your child (notes in backpacks are NOT always delivered). Write specific information on the Camper Information Form. Call the YMCA at 454-1520 and leave a message.

### **T-Shirts**

T-Shirts will be issued to all campers on Monday after camp. Additional shirts may be purchased at the YMCA for \$10.00.

### **Expressing Concerns**

At YMCA Camp We-No-Nah, we strive to provide the best possible experience for each camper. If you have a concern about your child's camp experience, please make an appointment to speak with the Camp Directors. Additionally, we encourage families to complete our evaluation form at the end of the week so that we can continue to improve our programming, staffing, service, and facility. Please address all concerns in a professional manner.

### **Reporting Child Abuse**

Anyone who works with children is required by Minnesota State law to report any suspected signs of child abuse or neglect. Some examples are (including, but not limited to) suspected verbal abuse, physical abuse, sexual abuse, lack of basic care in the areas of personal hygiene or nutrition, or leaving a child alone or in the care of another child. After a report is made, it is up to the proper authorities to investigate. A report should be seen as a cause for concern, not an accusation. We are not allowed to discuss the situation with the parent before making a report. Please discuss any concerns you may have with the camp directors.

# PARENT INFORMATION: KINDER - TRAILBLAZERS

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## Emergency Plan

**Severe Weather Conditions:** All groups will seek shelter immediately and stay there until twenty minutes after the weather clears.

**Excessive Hot Weather:** Activities will be provided indoors or in shaded areas outdoors as appropriate. Water is accessible to children at all times and they are encouraged to drink fluids throughout the day.

**Medical Emergency:** If a medical emergency arises, we will administer first aid and make every effort to contact the parent/guardian. If emergency medical treatment is required, we will contact a doctor, hospital, or call an ambulance depending on the severity of the injury or illness. Please be aware that any medical expenses incurred will be the responsibility of the parent or guardian.

## Registration and Schedule Changes

### Absences

We are concerned when your child is not at camp. Please call the YMCA at 507/454-1520 if your child will be late or not able to attend a. Be specific, stating your child's full name and the reason they will not be attending.

### Photos

YMCA staff may take photos of your child for educational or promotional purposes.

### Camp Policies

We are excited to have you join us for what promises to be a great summer. In order to provide the best possible experience for everyone, there are certain policies and rules of camp that you and your child need to know. Our overall goal is to provide a safe and happy environment for each participant. Please read over the following policies and share the appropriate ones with your child.

### Camp Policy Regarding Behavior

YMCA Camp We-No-Nah strives to offer a well-rounded program with a wide variety of activities. YMCA camps promote and encourage communication, problem solving skills, and positive social interactions between peers and staff. We believe that this helps to create an atmosphere which decreases the amount of behavior concerns that arise and provides a strong support system for children who are having difficulties. When concerns arise which are beyond the normal range of issues with the children, staff will communicate those concerns to parents. Our goal is then to create a plan with parents and child to ensure that the child acts and behaves more positively with staff and peers. Steps for serious behavior problems may include written reports with behavior contracts, additional positive reinforcement, and counseling with parents to create a plan for change. If behavior problems continue, permanent dis-enrollment may result. Please talk with the Camp Staff about any questions or concerns regarding the behavior and specific discipline policies concerning your child.

### **The following are grounds for immediate termination from YMCA programs without a refund or credit:**

1. Anything that endangers the health and safety of campers and/or staff
2. Possession or use of illegal drugs, alcohol or cigarettes
3. Possession or use of fireworks or un-programmed weapons (knives, etc.)
4. Destruction of property
5. Leaving camp boundaries or property without permission
6. Continued inappropriate behavior, i.e. threatening, profane language, not following directions, teasing, improper behavior in a transportation vehicle and inappropriate sexual behavior

**A child will not be allowed to remain in the program if they are potentially dangerous to other children, staff, him / herself, or who continually disrupt the goals created for the group as a whole.**

## Final tips:

*For a successful camp experience...*

- Call with any questions
  - Send your child in sturdy shoes – *NOT* flip flops or sandals
  - Label EVERYTHING you send to camp with your child's name
  - Lost & Found items are located in the Community Room
  - Communicate with the counselors and camp directors
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## Camp Song

*Camp We-No-Nah's the place for us.  
Lots of fun and little fuss.  
We hike the hills, while we sing our song,  
Canoe the lakes – you just can't go wrong.  
We love it here. The sky is blue and clear at  
Camp We-No-Nah.  
Yah, Yah, Yah!*

*Camp We-No-Nah is really great.  
We're here at nine and we're never late.  
We play our games while we cook our meals.  
No one frets and no one squeals.  
It's craft and game, and we're glad you came to  
Camp We-No-Nah!  
Yah, Yah, Yah!*



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## **YMCA Camp We-No-Nah Checklist**

### ***(Daily)***

- Non-perishable sack lunch, plainly marked with child's name (milk will be provided)
- Roll-on or lotion insect repellent - please no aerosol sprays
- Clothing appropriate for the weather (rain jacket, if necessary)
- Sunscreen with first coat applied before arriving at the YMCA
- Swim suit and towel
- Water bottle (filled)
- Medication (notify the camp counselor)
- Sturdy shoes. ***No flip flops or sandals.***

### ***(Tuesday: in addition to daily items)***

- White T-shirt or pillow case for tie-dying.

### ***(Thursday: in addition to daily items)***

#### **For those spending the night at camp**

- Sleeping bag
- Pillow
- Change of clothing
- Two lunches- one for Thursday, one for Friday

### **Do not bring**

Flip flops / sandals, cell phones or other electronic devices / games / cd's; any expensive or valuable items; sport equipment, toys, pets; unregistered friends; money; fireworks; lighters or matches; knives or other weapons; drugs, tobacco or alcohol; anything illegal or potentially dangerous

