

Winona Family YMCA Camp We-No-Nah



**Preschool Camp Dates
July 6, 7 & 8, 2011**

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

Parent info: Preschool Camp

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

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

E-Mail: pmenton@winonaymca.org

Camp Physical Address:

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

YMCA Physical Address:

Winona Family YMCA
207 Winona Street
Winona, MN 55987

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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.

Preschool Camp

Preschool Camp offers an introductory outdoor experience for preschoolers, ages 4 & 5 as of September 1st, under the watchful eye of experienced, mature staff.

Schedule

Monday group activities

Tuesday group activities

Wednesday group activities, family picnic lunch, family swim

Daily Schedule *(slight change for final day, continue reading)*

8:30am, check-in at YMCA main entrance, proceed to community room to meet groups

8:45am, bus leaves to YMCA Camp We-No-Nah

9:00am – 11:30am, snack, activities

11:30am – 12:15pm, lunch

1:30pm Leave camp

2:00pm Parents pick up campers in the YMCA Community Room

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Final Day: Family Picnic / Swim

On Wednesday, the final day of preschool camp, you are invited to eat a picnic-style lunch and swim in the pool with your camper. We ask that you bring a bag lunch for your entire family rather than fast food. The program will begin at 11:30 a.m. at YMCA Camp We-No-Nah with songs and skits inside the barn, lunch will follow. After the program, campers will ride back to the YMCA on the bus. You are invited to swim with your child, if you choose. **Parents**, for the safety of your child, ***you must be in the pool with them*** to participate in the swim. Campers will leave the YMCA with their parents following the swim at 2:00pm.

Preschool Activities

- Nature Hikes – walk scenic trails, learn about local flora and fauna
- Arts and Crafts – get creative with fun projects
- Group Games – fun games help us work together, have fun and get fresh air
- Programs – practice songs and skits for final day program
- Friendship Circle and Recognition – learn about each other and our surroundings
- Swimming

Things to bring

(Daily)

- Non-perishable sack lunch, plainly marked with child's name (milk will be provided)
- Roll-on or lotion insect repellent - please no aerosol or pump sprays
- Clothing appropriate for the weather (rain jacket, if necessary)
- Sunscreen with first coat applied before arriving at the YMCA

(Tuesday: in addition to daily items)

- White T-shirt for tie-dying

(Wednesday: in addition to daily items)

- Family lunch, please bring a bag lunch instead of fast food
- Swimsuit
- Towel

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.

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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

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Behavior Expectations:

1. Act safely...do not take any unneeded risks
2. Follow the rules of the camp and the staff
3. Speak for yourself...not for anyone else
4. Listen to others...then they'll listen to you
5. Avoid put-downs...who needs them?
6. Stay with your group at all times
7. Show respect to yourself, others and the environment
8. Take charge of yourself...you are responsible for you!
9. Be the best you can be... it makes a real difference!
10. Have Fun!

The following items must **NOT** be brought to camp

- Cell phones or other electronic devices /games
- Expensive or valuable items
- Money
- Fireworks
- Lighters or matches
- Knives or other weapons
- Drugs, tobacco or alcohol

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

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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