

## Day Camp

YMCA-YWCA of Northeast Avalon  
P.O. Box 21291, St. John's, NL A1A 5G6  
Phone: 709-754-2962 Fax: 709-576-0410

## Day Camp Ages 6-8

Thank you for being part of the YMCA-YWCA. We have a long tradition of providing quality, fun and developmental summer camp experiences.

The Day Camp for ages 6-8 is based out of either the Ches Penney Family Y at 35 Ridge Road or the Mount Pearl Y at 25 Holden Street with most activities taking place outdoors. The emphasis is on field trips, outdoor play, physical activity, art activities and more.

Participants will be in small groups with a counsellor and counsellors in training. All activities are supervised by trained staff with the support of a head counsellor and supervisor.

The day starts at 8:00am and ends at 5:00pm with an option for extended camp care from 5:00-5:30pm. Parents will sign their children in and out with one of our staff. Children will be released only to those authorized to pick up as indicated on the registration form.

### Safety

Please ensure that you send a water bottle with your child's name on it everyday filled with water. There will be water available at the Y so they can refill when needed to keep hydrated.

Every participant when dropped off should already be wearing sunscreen. Please ensure that there is extra sunscreen in your child's bag as it will need to be reapplied often. Staff will run activities in shaded areas as much as possible throughout the day. Hats with side flaps and a thin long sleeved shirt also provide added protection from the sun.

Staff at each location will have a work cell phone if you need to contact them and in the case of an emergency you will be notified immediately.

### Family Fun Day

All parents and participants are welcome to join us for Family Fun Day at the Outdoor Day Camp at Foxtrap. Family Fun Day will be held on July 20 and August 17.

## What to Bring

Please be aware that children are required to bring their lunch and snacks for the day. We do encourage participants to bring nutritious snacks (no pop or junk food), lunches, and plenty of water. A few good food ideas would be: cereal bars, cereal, crackers, cheese, fruit, sandwiches, wraps, and salads. No peanut butter or fish as children may have allergies.

Lunch times are supervised by Y staff.

For further information, please contact:

**Sid Woolfrey**  
Supervisor, School Age Child Care and Day Camp  
(709) 754-2962 or 691-1925

### Everyday Camp Checklist

- 2 Snacks & 1 Lunch
- T-shirt
- Long Sleeve Shirt
- Pants
- Shorts
- Extra Socks
- Sneakers
- Sun Hat
- Sunglasses
- Fanny Pack (Optional)
- Swim wear and towel  
(On days when participants will be swimming)
- Insect Repellent  
(On days when participants will be in woods)
- Sunscreen
- Water Bottle
- Rain Gear

**Please label all children's belongings to ensure that nothing is lost and check daily with the counsellors for items.**