

Outdoor Day Camp

YMCA-YWCA of Northeast Avalon
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Outdoor Day Camp Ages 9-12

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

The Outdoor Day Camp ages 9-12 is a rustic, outdoor based camp experience. Each day participants will depart from our bus stops at the Ches Penney Family Y, 35 Ridge Road and the Mount Pearl Y, 25 Holden Street and travel to the Foxtrap Access Road camp Morristown. Days will be filled with outdoor activities including canoeing, swimming, outdoor camping skills, sports, arts and crafts. Participants will be in small groups with a counsellor and counsellors in training. During weeks 2, 5, and 9 Thursday night is an overnight which is not mandatory. This will give participants the opportunity to learn how to cook over a fire, sleep in a tent and enjoy outdoors. All activities are supervised by trained staff with the support of a head counsellor and supervisor. This summer, parents are invited to board the bus to Foxtrap for Family Fun Day. Here parents will get to see their children get back to basics and see what skills their children are learning. Family Fun Day will be held on July 20 and August 17. Swimming and canoeing are supervised by a certified lifeguard and trained canoe instructors.

Bus Departure Times

- Ches Penney Family Y 35 Ridge Road
Bus departs at 8:30am
- Mount Pearl Community Y 25 Holden Street
Bus departs at 8:45am

Bus is set to arrive at camp in Foxtrap at 9:15am
Bus is set to depart from Foxtrap at 4:00pm to return to the Mount Pearl Y and then to the Ches Penney Family Y.

Program Activities

Outdoor Skills

Etiquette of the woods, Scavenger hunts, First Aid, Knots, Map and compass, Orienteering, Shelter building, Setting up a tent, Animal tracking, Nature walks, Survival skills, Hiking, Fishing, and Campfires.

Leisure Activities

Soccer, Frisbee, Capture the flag, Swimming, Canoeing, and Water sports.

Parents are able to drop off and pick-up at the Foxtrap Camp. Please notify Y staff ahead of time.

For further information, please contact:

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

What to Bring

Please be aware that on the designated Thursday nights there will be an overnight camp. Participants are expected to bring enough food to last them until Friday afternoon (i.e four snacks, beverages, and two lunches). Thursday evening's food will be prepared by the Y staff. 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.

If you choose not to participate in the overnight, please be sure to inform the counsellors when you sign in your child in the morning. There will be a bus leaving the campsite on Thursday afternoon to return the participants to their respective Y locations. There will also be a bus returning back to the camp site on Friday morning. If you plan on making your own arrangement for dropping or picking up your child at the campsite please be sure to let the counsellors know in advance.

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 campsite so they can refill when needed to keep hydrated. Every participant when dropped off should already be wearing their sunscreen. Please ensure that your child has extra sunscreen in their bag as it will need to be reapplied often. Staff will run activities in shaded areas as much as possible throughout the day. Another great way of protecting your children from the sun would be to have them wear a hat with side flaps and a thin long sleeved shirt. 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.

Everyday Camp Checklist	Overnight Checklist
<ul style="list-style-type: none">• 2 Snacks & 1 Lunch• T-shirt• Long Sleeve Shirt• Pants• Shorts• Extra Socks• Sneakers/Hiking Boots• Sun Hat• Sunglasses• Fanny Pack (Optional)• Swim Wear• Towel• Insect Repellent• Sunscreen• Water Bottle• Rain Gear	<ul style="list-style-type: none">• Pillow• Sleeping Bag• Extra Blankets• Foam Pad• Tooth Brush• Change of Clothes• Nutritious Snacks• Lunch for 2 Days• Flashlight• Warm Clothes• Tent (Optional)

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