

THIS IS MY... WEEK AT CAMP!



YMCA OF BUCKS COUNTY
Quakertown
Week 5 Edition

Message from the Vice President of Operations

Dear Parents,

Thank you so much for choosing our Summer Camp Program at the Quakertown branch of YMCA of Bucks County. We are extremely grateful for the trust and opportunity to have a positive impact on your son or daughter's Summer Camp experience. We are really looking forward to seeing everyone at Camp!

Our overall Summer Camp theme this year is **THIS IS ME**. Our goal is to empower all of our campers, create a safe environment and promote healthy living. Every child has a story and Summer Camp is another chance to add to their story. We couldn't be more excited to help write that story.

Our dedicated staff is looking forward to serving you and your family. Thank you for choosing YMCA of Bucks County. Together we are Bucks County Strong!

See you at Camp!

Bryan Detweiler

Parents: Camper Comfort Reminders

- Sneakers/closed toe shoes need to be worn daily.
- Camper's backpack should include the following: Lunch (non-heat-upable), sunscreen, reusable water bottle. Swim suit. Monday, Wednesday, Friday for Adventure and Sports. Tuesday, and Thursday, for Gymnastics. Tuesday and Thursday for Arts.
- Label everything you bring from home.
- All medication must be signed in at drop-off with Staff in AM. You will need a doctor's note, original labeled bottle, and Medication form (completed on site)
- Be prepared with I.D.: For the safety of your child, a photo I.D. is required everyday to sign out your camper; we kindly ask you work positively with our camp counselors in this request.
- Thursday is Pizza day. If your child does not like pizza please pack a lunch.
- **SEE PAGE 5 FOR CAMP DROP-OFF AND PICK-UP LOCATIONS**

UPCOMING EVENTS

WEEK 5:

July 16– Water Slide (pack swim suit and towel)

July 17– Hawaiian Shirt Day

WEEK 6:

July 24- Crazy Hair Day

WEEK 7:

July 30– Rita’s Water Ice

July 31- Disney Day

WEEK 8:

Aug 7- Hat Day

WEEK 9:

Aug 13- Color Run (rain date 8/15)

Aug 14- Mismatch Day

This Summer

- We will be rewarding positive behavior with raffle tickets so they can purchase a prize at the end of the week from our Core Values Store.
- NO cell phones, or other electronics will be allowed in camp. If your child needs to reach you during the day, a staff person will help make the call on a Y phone.
- NO toys from home, we have many exciting things to do in camp each day. Please leave your toys safe at home.
- Please apply sunscreen to your child **prior** to arrival at camp. Any child who would like to apply sunscreen on their own throughout the day. EXCEPT GYMNASTICS

Jr. Adventure Camp/Adventure Camp

Adventure Camp Directors **Carlie Bearn** cbearn@ymcabucks.org
215-536-9622 x112 or

Christina Harmonosky charmonoshy@ymcabucks.org **215-536-9622 x113**

- “Tropical Beach” It’s time to visit the beach. Campers will enjoy the hot summer by using a tropical inflatable water slide and beach themed activities.
- We will have a giant inflatable water slide will be in camp on Tuesday! Pack your swimsuit.
- Our camp will be located in the Youth Education Center or on the Second floor camp space.
- Lunch boxes should be labeled and will be refrigerated until lunch.
- Please DO NOT pack a lunch that needs to be heated up. Don’t forget utensils if needed.
- Please put sunscreen on your child if you are dropping off between 8:30-9:15 AM as we will play outside, weather permitting. You may bring in sunscreen (**LOTION ONLY**). Older children may re-apply their own sunscreen and counselors will help Jr. children re-apply.
- AM and PM snacks will be provided each day.
- Your child should be dressed ready to run and play. Flip Flops should not be worn. Please wear sneakers each day. We do not want to have injured feet.
- We will walk to Richland Elementary School playground each day (weather permitting).
- We will swim on Monday, Wednesday, and Friday Jr. 1:30-2 PM and Adventure 2-3 PM.

Arts Camp

Arts Camp Director Christina Harmonosky

charmonoshy@ymcabucks.org 215-536-9622 x113

- "International Cooking Camp". We will explore different cooking techniques and make a variety of our favorite international dishes. Join us on Friday from 2:30-4:00 for our Cooking Camp Café.
- Campers with longer than shoulder length hair should have it pulled up and away from their face.
- Short sleeves are preferred for cleanliness and safety.
- Closed toes shoes are also required for all campers while cooking.
- We will swim on Tuesday, and Thursday. Please make sure to pack your child a swimsuit and towel. Art camps swim from 3-4 PM.
- We will walk to Richland Elementary School playground during the week of camp (weather permitting).

Gymnastics Camp

Gymnastics Camp Director Janine Brown jmbrown@ymcabucks.org

215-536-9622 x116

- Your child should wear comfortable clothes that they can easily move in. Girls may wear gymnastics leotards or gym style shorts and a tighter fitting shirt so that it does not ride up when they go upside down. Boys should wear shorts and tank top or tight fitting shirt. Any child whose hair touches their shoulders must be worn up in a hair tie. Clothes with zippers or snaps at the waist should not be worn as it can damage the equipment and be uncomfortable to your child. No jewelry may be worn except post earrings. Please **pack or wear Flip Flops** for easy on and off footwear for bathroom breaks and snack
- Please pack **a healthy snack** for snack time. We talk about needing energy for all the gymnastics that we do and a healthy snack is the way to get that energy. Great choices would be fresh fruit and vegetables, cheese, a hard-boiled egg, and yogurt.
- We will swim on Tuesday and Thursday. Please make sure to pack your child a swimsuit and towel. We swim from 3-4 PM.

Family Recipes

Homemade Ice Cream

Ingredients

- 2 cups heavy whipping cream
- 2 cups half-and-half cream
- 1 cup sugar
- 2 teaspoons vanilla extract
- Combine all ingredients, stirring to dissolve sugar completely. Fill cylinder of ice cream maker no more than two-thirds full; freeze according to manufacturer's directions. (Refrigerate any remaining mixture until ready to freeze.) Serve immediately or store in covered containers in freezer.
- Note: For raspberry or strawberry ice cream, substitute 2 cups fresh or frozen berries for 1 cup half-and-half. Puree berries in a blender or food processor; stir into the other ingredients before freezing.
- Note: To prepare recipe without an ice cream maker, place a 13x9-in. dish in freezer until cold. Prepare cream mixture as directed; transfer to prepared dish. Freeze until edges of mixture begin to set, 20-30 minutes. Using a hand mixer, beat mixture until smooth. Freeze, covered, until firm, about 3 hours longer, beating again every 30 minutes

Sports Camp

Sports Camp Director Dave Evans

devans@ymcabucks.org

215-536-9622 x114

- "Basketball" Campers will learn basic skills like dribbling, passing, shooting and what it takes to play effective defense. There will be a strong emphasis on teamwork and the importance of distributing the ball on offense in order to create easy baskets.
- Outdoor activities for this camp will take place at the 'Slabaugh Field' adjacent to our facility.
- Please remember to send a **water bottle** with your child.
- Please remember to pack a **swim suit** and **towel**. We swim Monday, Wednesday, and Friday. Campers will also be participating in the water slide on Tuesday.
- Please pack a lunch that can be stored and has an icepack included for any foods that need to remain cold. Also, please **do not** pack any foods that will need to be heated.
- Please apply sunscreen to your child **prior** to arrival at camp. Any child who would like to apply sunscreen on their own throughout the day
- **Monday-Friday** - Throughout the week, **Bryan Detweiler** will be leading practice sessions with our campers. Bryan, who recently moved here from Utah to take the position of VP of Operations at our Quakertown branch, is a local product who played for Quakertown during his time in High School. While in Utah, he led one of the largest AAU Basketball clubs in the State - also coaching at the High School level.
- **Thursday 2:30-3:30pm** – special guest **Jay Joseph** will be with us. Jay Joseph is a local North Penn standout and HOF Inductee, UNC Greensborough HOF Inductee, and professional basketball player (Spain, Syria, UAB). He currently ranks 9th all time in 3-point FG made in the Southern Conference, 1 spot behind current NBA star Steph Curry. He will be leading a shooting clinic for our campers.

Camp Drop- Off & Pick Up Locations

Camp Hours are 8:45 AM-4:45 PM

Extended Care Hours are 6:15-8:45 AM. All school age camps drop off in the Gym

6:15-7:00 AM Jr. Adventure drop off in the Gym 7:00-8:45 in the Youth Education Center

4:45-6:00 PM Adventure Camp- Youth Education Center

Arts, Gymnastics, Sports Camps- Gym

