

# THIS IS MY... WEEK AT CAMP!



**YMCA OF BUCKS COUNTY**  
**Warminster**  
**Week 6 Edition**

## Message from the Director

### Greetings Warminster Camp Families

**Our topic this week, Self-Esteem, has certainly resonated with our campers. We are looking forward to our annual talent show where campers can present their talents in a variety of ways such as singing, dancing and artistic abilities!**

**Changes to swimming have occurred, please see page 4 for further detail.**

**We are planning on staying cool the remainder of this week with indoor activities. Campers are welcome to bring indoor activities this week to beat the heat.**

**Stay Cool,  
Allison Dunkerley**

### Parent Reminders

- Sneakers/closed toe shoes need to be daily.
- Camper's backpack should include the following: lunch, two snacks, sunscreen, reusable water bottle, swimsuit & towel.
- All medication must be signed in at drop-off with Site Coordinator.
- For the safety of your child, a photo I.D. is required everyday to sign out your camper.
- Drop off for all camps is 8:45 AM.
- Breakfast is served until 9 AM.
- Pickup for all campers is at 4 PM. Late care begins at 4:10pm

**SEE PAGE 5 FOR CAMP DROP-OFF  
AND PICK-UP LOCATIONS**

## UPCOMING EVENTS

### WEEK 6: WILD WEST

**July 23**– Western Day (dress western)

**July 26**– Lehigh Valley Zoo

### WEEK 7: CAMP SAFARI

**July 30**– Safari shirt day

**July 31**- CIT appreciation day

**August 2**– Petting zoo

### WEEK 8: CAMP OLYMPICS

**August 6**– Dress in

**August 7**– Camp Olympics

### WEEK 9: CARNIVAL

**August 14**– Pie the counselor  
Penny Carnival

### WEEK 10: UNDER THE SEA

**August 20**– Beach day

## Group of the Week: Frogs and Cubs

Frogs and Cubs are our youngest group of campers ages 3-5 years old. Our junior adventure campers are enjoying camp, many being their 1st camp experience! Here are a few photos of our Frogs & Cubs at Kona Ice and library from Warminster free library.



# Breakfast and Lunch Menus for the Week

## FREE Breakfast & Lunch for Campers

In partnership with the school district, we will be offering breakfast and lunch daily. Breakfast will be offered during Early Care and then campers will have lunch at different times based on their camp group. A menu will be provided (below for week one)- please review and send substitute food from home as needed. Please note, we do not have access to heat lunches up.



	<b>Monday 7/22</b>	<b>Tuesday 7/23</b>	<b>Wednesday 7/24</b>	<b>Thursday 7/25</b>	<b>Friday 7/26</b>
<b>Breakfast</b>	Fruit Loops Cereal Jurassic Graham Apple Juice Milk Choice	Banana Muffin Yogurt Fresh Fruit Milk Choice	Fudge Poptart String Cheese Orange Juice Milk Choice	GoodyRing Fresh Fruit Apple Juice Milk Choice	Cinnamon Toast Crunch Cereal Bar String Cheese Apple Slices Milk Choice
<b>Lunch</b>	Yogurt String Cheese Chewy Granola Bar Baby Carrots w/ Ranch Applesauce Milk Choice	Ham and Cheese Hoagie Pineapple Apple Juice Milk Choice	Chicken Caesar Hoagie Fresh Fruit Fruit Punch Milk Choice	Turkey & Cheese on a Ciabatta Roll Celery Sticks w/ Ranch Apple Slices Milk Choice	Cheese Pizza Anytimers Meal Zucchini Coins w/ Ranch Mixed Fruit Milk Choice

# SWIMMING UPDATE

As we look to enhance the swimming experience for our campers, effective July 18, the frogs and cubs groups will swim at our Newtown branch located at 99 Barclay Street, Newtown, PA. This change allows our youngest campers to enjoy a pool that has a depth of 2.5-4 feet with a temperature between 87-89 degrees.

This move also allows our campers to experience an increase in swim time, from 30 minutes to 45 minutes. Below is an outline of swim time for each camp. Please note that CITs will swim with the group that they are assigned with.

If you have any questions, please feel free to reach out to a member of our leadership team at [warminstercamp@ymcabucks.org](mailto:warminstercamp@ymcabucks.org) or at 215.518.8298.

Camp	Swim Location	Depture Time of Willow Dale	Swim Time	Arrival Time back to Willow Dale
Frogs	Newtown YMCA	11:30 AM	12:15-1:00 PM	2:00 PM
Cubs	Newtown YMCA	11:30 AM	12:15-1:00 PM	2:00 PM
Wolves	William Tennent HS	11:40 AM	12:00-12:45 PM	2:10 PM
Tigers	William Tennent HS	12:25 PM	12:45-1:30 PM	2:10 PM
Lions	William Tennent HS	1:10 PM	1:30-2:15 PM	2:55 PM
Eagles	William Tennent HS	1:55 PM	2:15-3:00 PM	3:40 PM
PM Sports/Specality	William Tennent HS	1:55 PM	2:15-3:00 PM	3:40 PM

## Family Recipe Taco Skillet Dinner

### INGREDIENTS

- 2 lbs lean ground beef
- 3 tbsp taco seasoning
- 1 cup tomato sauce
- 2 tbsp tomato paste
- 1/2 cup sour cream
- 4 oz cream cheese
- 3/4 cup sharp cheddar cheese divided into 1/2 cup and 1/4 cup
- 2 cups iceberg lettuce shredded
- 2 roma tomatoes diced



### Instructions

1. Brown the ground beef in a large skillet over medium high heat until it is no longer pink. Drain the grease from the skillet.
2. Return the skillet to the stove over medium heat and stir in the taco seasoning, tomato sauce, tomato paste, sour cream, and cream cheese. Continue to stir until all of the cheese is melted and everything is well combined. Let cook until the edges of the mixture start to bubble. Turn the heat off and stir in 1/2 cup cheddar cheese.
3. Remove from stove and top with shredded lettuce, tomatoes, and the remaining 1/4 cup cheddar cheese. Serve warm. Enjoy!

You can add tortillas, wraps, chips, or any other side dishes that you want! Cauliflower rice is a healthy option.



# The Color Run



**A Special  
Thanks to our CITS for  
creating our obstacle  
course for our color run.**



**The color run was a huge success!  
Campers were tasked with running  
an obstacle course and avoid colored  
powder.**

# **CIT of the Week**

## **Daniel Link**