



THE Find Your *Best Friend* PLACE

Day camp is more than just summer fun—it's where kids build lasting friendships, celebrate achievements, and discover a place they can truly belong. Guided by trusted staff, campers can look forward to:

- Swimming, sports, and outdoor play
- Creative art and STEM projects
- Field trips
- And so much more!



Summer Day Camp Parent Packet – 2026 / Henderson County Family YMCA

Welcome

The Henderson County Family YMCA welcomes you and your child to our Summer Day Camp program. We are pleased that you have chosen the Y! Our goal is to help each child soar to new heights by offering a variety of fun activities and opportunities to make friends in a safe, healthy environment. Our entire staff is committed to making time at the Y a positive experience.

Children will experience the YMCA's four core values—**Caring, Respect, Honesty, and Responsibility**—throughout all programs. Our purpose is simple: to have a positive impact on all children attending our programs.

This parent packet is designed to help answer questions and clearly outline policies and procedures. Please read it carefully and keep it for future reference. Parents/guardians are responsible for understanding all information contained in this packet. If concerns arise, please contact the camp director immediately so we may address them promptly.

We strongly encourage families to review the **Behavior and Discipline Guidelines** with their camper before the start of the program.

We look forward to the privilege of working with your child this summer.

Heather Polley

Associate Executive Director

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Program Dates

Full-week sessions run Monday–Friday

May 26, 2026 – August 7, 2026

*Single-day use will be available on the following dates: May 19-22 and August 10-12. Space will be limited to 24 campers on those days.

Program Staff

We take great pride in the quality of our staff. All staff members complete comprehensive training, including Child Abuse Prevention, CPR, and First Aid, with emphasis on safety, child development, programming, and supervision.

Camp Descriptions

To better meet the developmental needs of our campers and create the best possible camp experience, our Summer Day Camp program is divided into **three distinct age groups**. Each group has its own focus, schedule structure, and activity design while still sharing the overall YMCA camp culture, values, and special events.

Cub Camp (Ages 5–6)

Cub Camp is designed specifically for our youngest campers who are beginning their camp journey. This program focuses on creating a safe, nurturing, and structured environment where children can build confidence, independence, and social skills.

Campers in Cub Camp participate in:

- Hands-on crafts and creative play
- Age-appropriate games and movement activities
- Swimming and outdoor play
- Story-based activities and themed experiences

Daily routines, consistent schedules, and small group activities help campers feel secure while encouraging exploration and fun. Caring staff provide close supervision and guidance to support campers as they learn camp expectations and build friendships.

Explorers (Ages 7–9)

Explorers Camp is designed for campers who are ready for more independence, teamwork, and skill-building. Activities are structured to challenge campers while still emphasizing creativity, fun, and cooperation.

Campers in Explorers Camp enjoy:

- Team games and cooperative challenges
- Arts, crafts, and creative projects
- Swimming and outdoor adventures
- STEM, problem-solving, and themed activities

Explorers are encouraged to try new things, work together, and develop confidence in a supportive, age-appropriate environment led by experienced staff.

Navigators (Ages 10–12)

Navigators Camp is designed for our oldest campers who are ready for increased responsibility, leadership development, and independence. In addition to traditional camp activities, Navigators participate in guided leadership opportunities that help prepare them for future roles at the YMCA.

Navigators Camp includes:

- Advanced team challenges and group projects
- Leadership skill-building activities
- Opportunities to assist staff with games and activities

This program is **not a counselor-in-training role**, but a camper-focused experience that encourages growth, confidence, teamwork, and readiness for future leadership opportunities.

Why We're Making This Change

By organizing campers into three age-based groups, we are able to:

- Provide developmentally appropriate programming for each age group
- Create clear leadership pathways for older youth
- Improve camper engagement, behavior, and overall experience
- Better support staff through intentional group structure and expectations

While camps may share facilities and participate in special all-camp events, each group has its own schedule, space, and program focus to ensure a safe, engaging, and positive experience for every camper.

Registration Requirements

Before your child may attend camp, the following must be completed:

- All previous YMCA balances paid in full
- Completed registration forms
- Up-to-date immunization records on file
- Registration fee and first week's payment paid

Communication: Email & Remind

Our primary form of communication is the **Remind app**. Families will receive weekly updates, reminders, and important notifications. Please ensure you have a valid email address on file with the YMCA. Parents may also privately message the Camp Director through Remind.

Payment Policy

- Weekly payments are due **by the close of business on Friday before the week of attendance**
- A **\$15 late fee** will be added if payment is not received on time
- Campers may not be dropped off on Monday morning unless payment is received
- Check payments may be dropped off in the car line; all other payments must be processed at the Welcome Center or paid online

Refund Policy

The YMCA does not deduct fees for days missed. Enrollment reserves staffing, space, supplies, and programming for your child regardless of attendance.

Registration Policy

Campers must be registered by 11:30 pm on the **Friday before the week of attendance**. No unregistered campers will be allowed to stay unless arrangements have been made **in writing** ahead of time with the Camp Director.

Change / Cancellation Policy

A **one-week written notice** is required to cancel a week of camp. Failure to provide notice will result in charges for the scheduled week.

Financial Assistance

A limited amount of financial assistance is available. Applications may be obtained at the Welcome Center and must be returned with a copy of the most recent tax return.

Program Hours

- **Drop-off:** 6:45 AM – 9:00 AM
- **Camp Activities:** 9:00 AM – 4:00 PM
- **Pick-up:** 4:00 PM – 6:00 PM

Doors will not open before 6:45 AM.

Pick-Up & Drop-Off Procedures

- Car-line style behind the building
- Parents must remain in their vehicles
- Authorized pick-up only (photo ID may be required)
- Pick up before 4:00 pm will be inside at the Welcome Center Desk
- Late pick-up after 6:00 PM will result in a **\$1 per minute fee**

Health & Medication

- Medication forms are required for all prescriptions, inhalers, and epi-pens
- Medication must be in the original labeled container
- Over-the-counter medication cannot be administered
- Campers must be **fever-free for 48 hours** before returning
- Campers must be fully potty-trained and not require one-on-one care
- Up-to-date immunization records must be submitted before the first day of camp

Swim Information

- Campers may not be picked up early during swim time
- Swim tests allow access to deep water; those who do not pass will remain in designated areas and must wear a life jacket if the water is over their head.

Field Trips

- Campers should wear their YMCA camp shirts on field trip days.
- Bus transportation for field trips will be provided by the Henderson County School System, and campers are expected to follow the same rules they would when traveling to and from school.

- A camp schedule will be published and emailed the weekend before the start of camp. The field trips will be indicated there.

Meals and Snacks

- A light breakfast snack will be provided around 8 am for those who need it.
- Lunch is provided for all participants through the Henderson County School Summer Feeding Program
- Your camper is welcome to bring their own lunch if they prefer
- There will be a mid-afternoon snack provided – campers may bring their own snacks for that time.

What to Bring Daily – Please label all items sent to camp with your child

- Backpack (labeled)
- Water bottle
- Swimsuit & towel
- Sunscreen
- Extra set of clothes

Please do not send any toys, electronics, or trading cards. The YMCA Day Camp staff are not responsible for any items that are damaged or go missing.

Discipline Guidelines – Three Strikes Model

The YMCA is committed to providing a safe, respectful environment. Campers are expected to follow YMCA core values of **Caring, Honesty, Respect, and Responsibility** at all times.

Behavior Expectations

- Campers are responsible for their actions
- Respect others, staff, and property
- Use appropriate language and behavior
- Maintain appropriate physical boundaries
- Follow all directions given by YMCA staff

Three Strikes Process

Strike One: Verbal redirection and discussion with the counselor and/or Head Counselor about behavior guidelines.

Strike Two: Removal from the activity currently participating in, written documentation, and a phone call to the guardian.

Strike Three: Parent conference and possible suspension or dismissal. Severe behaviors will require that the camper be picked up immediately from camp.

Severe behaviors may bypass the strike system and may result in immediate parent/guardian notification and required pick-up from camp.

The behaviors include, but are not limited to:

- Fighting or physical aggression
- Bullying or intimidation (zero tolerance)

- **Sexual talk, schedule comments, or sexually explicit language of any kind**
- Inappropriate language or gestures
- Running away from staff or leaving supervised areas
- Endangering the safety of self or others
- Property damage or theft

The YMCA reserves the right to suspend or dismiss a camper for behavior that threatens the safety or well-being of others.

Zero Tolerance Bullying Policy

Bullying of any kind will not be tolerated and may result in immediate suspension or expulsion. Families should report concerns promptly to the Associate Executive Director or Head Counselor.

2026 Weekly Camp Sessions

Week	Dates	Notes
1	May 26 – May 29	Closed Monday, May 25 (Memorial Day)
2	June 1 – June 5	
3	June 8 – June 12	
4	June 15 – June 19	
5	June 22 – June 26	
6	June 29 – July 2	
7	July 6 – July 10	
8	July 13 – July 17	
9	July 20 – July 24	
10	July 27 – July 31	
11	August 3 – August 7	

Registration Fee: \$25 non-refundable

Weekly Deposit: \$15 per week reserved

Weekly Rates: \$115 for HCF YMCA members
\$140.00 for non YMCA members

Pricing does not include 6% KY sales tax
