Welcome Camp Bucks families!
Every summer has a story and we can’t wait to help your child write theirs! Our staff will help your child foster personal growth and lifelong friendships.

Next week we will celebrate our Welcome to the West theme; read more on page 3!

We appreciate your patience during drop off and pick up. Please remain in your car to help speed up the process and ensure the safety of all.

Here for you,
Ryan Hazelett
Vice President of Child Care
Amanda Bunje
Camp Director

WELCOME TO THE WEST WEEK
July 24-28

Camp Bucks News Guide
Pg. 2 | Reminders, upcoming events
Pg. 3-4 | Adventure & Swimming
Pg. 5 | Sports camps
Pg. 6 | Camp map

Mark Your Calendar
Tuesday: Twin Day!
Wednesday: Trip to Philly Rock Gym!

Questions, comments, concerns?
Contact us at 267.899.0780 or lowerbuckscamp@ymcabhc.org
Parent reminders

- Please label all belongings clearly with camper’s name
- Camper’s backpack should include:
  - Lunch (for full day campers only)
    - Lunches requiring a cooler setting may be placed in a hard, washable cooler with an ice pack to keep cool
    - Lunches should not require reheating at camp
  - Two snacks (for all campers)
  - Sunscreen
  - Reusable water bottle
  - Adventure campers must also pack a swimsuit and towel
- Wear closed toe shoes and comfortable clothing to camp
- No toys, stuffed animals, or electronics permitted at camp
- All medication must be signed in at drop-off with camp leadership
- At pick up, for the safety of your child, a photo I.D. is required everyday to sign out your camper
- Be sure to join our private Facebook group for updates.

Welcome to the West events

- Tuesday, Twin Day!
- Wednesday, Trip to Philly Rock Gym!

Text message alerts

Please complete this form to sign up to receive text messages from your Camp Bucks team including weekly hotsheets, weather-related updates, and camp reminders. By completing this form, you are providing consent for YMCA of Bucks and Hunterdon Counties to send text messages to your phone.

Financial assistance

If you have been granted financial assistance, please be sure to bring your financial assistance contract in to have the assistance applied to your camp registrations. If you registered for camp before applying for financial assistance, please make sure that you have brought in your contract to our Welcome Center to have your assistance applied. Please contact Catherine at crefice@ymcabhc.org with any questions.
Adventure Camp
Welcome to the West
July 24-28

Our theme this week is Welcome to the West. Each day, campers will celebrate this theme through games, activities, sports, and crafts. On Tuesday we will have twin day! On Wednesday, we will take a trip to Philly Rock Gym!

Please note: Trip registration has been open since January and trips have a capacity. At this time, this field trip is full.

Conversation starters
Hear in your child’s words how their week at camp is going with these fun conversation starters!

Tell me about your friends in your group.
Talk to me about your favorite part of the camp day.
How did you celebrate Welcome to the West week today?
This week’s Adventure Camp

Adventure Camp Groups

CUBS: K & 1st  
WOLVES: 2nd  
TIGERS: 3rd  
LIONS: 4th & 5th  
EAGLES: 6th & 7th  
CITs: 8th-10th

For the safety of your child, a photo I.D. is required everyday to sign out your camper at pick up.

<table>
<thead>
<tr>
<th>TEST, MARK AND PROTECT (SWIM ASSESSMENT)</th>
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<tbody>
<tr>
<td><strong>RED BAND</strong></td>
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<tr>
<td>— Ask the child if they are comfortable getting into the water on their own</td>
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<tr>
<td>No - child must wear life jacket and red band</td>
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<tr>
<td>Yes - continue with test</td>
</tr>
<tr>
<td>— Ask the child to submerge their face in the water, then float on their back, roll over, float on front, then roll into their back.</td>
</tr>
<tr>
<td>No - child must wear life jacket and red band</td>
</tr>
<tr>
<td>Yes - continue with test</td>
</tr>
<tr>
<td>— Ask the child to swim front crawl (face in the water, and arms overhead, half the length of the pool)</td>
</tr>
<tr>
<td>No - child must wear life jacket and red band</td>
</tr>
<tr>
<td>Yes - continue with test</td>
</tr>
</tbody>
</table>

| **YELLOW BAND** |
| — Ask the child to then roll over and swim on their back to the deep end (elementary or back crawl is acceptable) |
|   No - child must return to the shallow end of the pool, and gets a yellow band |
|   Yes - continue with test |
| — Ask the child to jump in and recover, then tread water for one minute |
|   No - child must return to the shallow end, and get a green band |
|   Yes - shallow water test is complete and can move to the deep water test |

| **GREEN BAND** |
| — A child receives a green band with completion of the following skills |
|   Getting into the pool without assistance |
|   Ability to submerge, resurface and float for at least 10 seconds without assistance |
|   Swimming front crawl for a full length of the pool |
|   Rolling into their back and swimming a full length of the pool |
|   Treading water for one minute |

Adventure Camp Families

Swimming is one of the highlights of a camper’s day. At the beginning of each session campers receive a swim assessment. Safety is key! Our counselors, as well as our lifeguards, work together to protect our campers.

Each weekly, families will receive an email communication indicating which swimming ability (band color) their camper is.

Save the date!

Our 12th annual Kids Tri returns to the Doylestown branch on August 13! We welcome new and returning youth athletes of all skill levels ages 3-14 where all will become finish line champions on race day. Race day is a full-family experience like none other, beginning with pre-race entertainment for your youth triathletes as they check-in, the energy and excitement of our Kids Triathlon Village, and a finish line experience that fully embraces our COMPETE TO COMPLETE and Y FOR ALL atmosphere where every athlete is a winner.

Supported by the USA Triathlon Kids Tri initiative, our YMCA Kids Triathlon is unique in that it has one podium, and all will be on it!

Click here to learn more and register!
Sports camps

Soccer
Soccer Players are divided into teams by age and participate in 4 skill stations a day. Stations help develop dribbling, shooting, passing and defensive technique. Players show off their country pride at our World Cup on Friday. Shin guards recommended.

It's not too early to start thinking about back to school!
On behalf of our partner Bucks County Government we're sharing their flyers in English and Spanish with information about no-cost vaccinations for eligible students. Details can be found here.
Curbside drop off and pick up locations

Drop off and pick up procedures
- Drop off and pick up of campers will take place curbside. Follow cones/arrows to drop off and pickup location and remain in vehicle.
- If a parent/guardian will be arriving outside of the designated hours, they will need to contact the site via phone and wait at curbside for a staff member.
Meet Riley

Riley Ferrara is enjoying her 5th summer as a camp staff member at the Y’s Deer Path branch in Hunterdon County. This summer, Riley has taken on a new role as Administrative Intern and Health Coordinator. Riley received her “Professional Rescue Certification” through the Y and administers first aid for minor injuries like bee stings, bug bites and scraped knees.

Riley is a part of a set of quadruplets and, prior to this year, she and her 3 siblings all worked at the Y’s Deer Path camp (3 of 4 are pictured, Riley is on the left). Riley will be finishing her final semester at Delaware Valley University this fall, where she will earn a degree in business administration with a focus on sports management.

Kristin Heimall, VP of Operations for the Y’s Hunterdon region speaks highly of Riley, stating that “Riley embodies kindness and joy. She brings energy and excitement to any circle she is engaged with. Riley is always willing to step in and lend a hand wherever needed. I am very grateful for all the pre-camp help she did to ensure we were organized for a great summer!”

How to thank our camp staff

Parents, is there a camp staff member who has gone above and beyond to give your child an extraordinary camp experience? Please click here to learn how you can recognize a camp staff member while also supporting a child in your community.