

**DAY CAMP
SUMMER 2024**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA CAMP TWIN LAKES

DAY CAMP HANDBOOK

Camp Information

Address: 204 East Little Elm Trail
Cedar Park, TX 78613
Phone: (512) 250-9622, Ext. 6
Text: (512) 890-0793
Email: camptwinlakes@ymcactx.org
Website: www.ymcactx.org

YMCA Mission

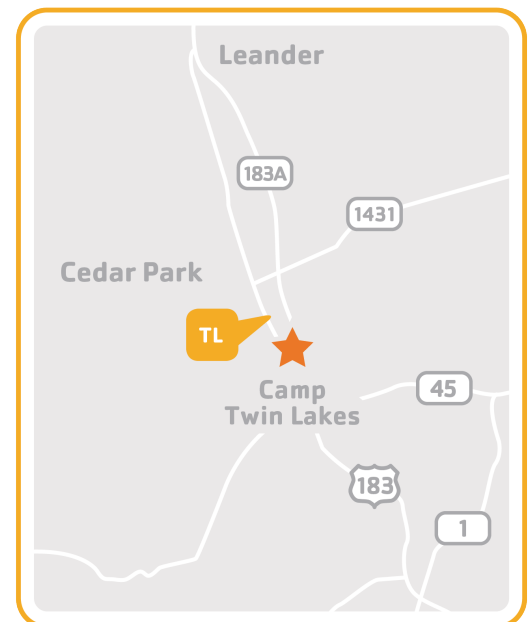
To put Christian principles into practice through programs that build healthy spirit, mind and body for ALL.

Day Camp Mission Statement

To build stronger campers by creating opportunities in the outdoors for personal growth and character development.

Core Values

Caring, Honest, Respect, Responsibility



SUMMER

CAMP

Day Camp Staff

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A NOTE FROM OUR DAY CAMP DIRECTOR

Dear YMCA Camp Twin Lakes Families,

YMCA Camp Twin Lakes is a place designed for KIDS. Everything that we do at camp is done intentionally, with our campers' needs in mind. We want summer camp, both Overnight and Day Camp, to be more than just fun, we want it to be a place where all kids can grow, learn, and connect with one another in a safe space.

We believe that kids need summer camp now more than ever. These days, kids spend so much time inside in front of a screen and not nearly enough time outdoors. At YMCA Camp Twin Lakes, your child will spend adventurous days outside, unplugged from electronics, in a safe natural environment with our incredible, passionate staff. They will have the opportunity to make new friends, develop independence, build their self-esteem and, most importantly, PLAY.

Here at YMCA Camp Twin Lakes, we have created an inclusive camp community where each camper is valued and celebrated for who they are. We work to ensure that every camper, regardless of income, faith, gender identity, race, ability or background has the chance to experience summer camp and all its magic.

We sincerely hope you will consider allowing your child or children to join the YMCA Camp Twin Lakes community this summer.

See you at camp!

Sincerely,

Nicole Dault
Day Camp Director



Camp Staff

An amazing summer camp experience doesn't just happen by accident. It is created by our energetic and enthusiastic Camp Staff. Our dedicated and well-trained staff aim to make the summer camp experience memorable and magical for every camper. Each of our Camp Staff understand that they were chosen to be positive role models and embrace our Camper First philosophy.

All of our Day Camp Staff are CPR and First Aid certified and are required to attend training sessions, which include topics such as: Safety Around Water, Behavior Management, Bullying Prevention, Child Development, Camp Counseling Techniques and Child Abuse Prevention.

All staff are subject to a criminal background check, drug testing and reference checks.

How Day Camp Works

Units & Group Assignments

Campers are assigned to a unit based on the school grade they will be entering in the Fall of 2024. We do our best to honor Buddy Requests whenever possible. In order for us to accommodate a Buddy Request it must be a mutual request. If the two campers are not in the same unit; the older camper will always be moved down into the younger camper's unit. Campers are NOT able to request specific counselors.

Units & Color

K & 1st Grade	Tenderfoot	GREEN
2nd Grade	Survivor	RED
3rd Grade	Navigator	PURPLE
4th Grade	Explorer	YELLOW
5th-6th Grade	Trekker	BLUE
6th-9th Grade	Ranger	SANDSTONE
5th-9th Grade	Super Camp	GREY
9th-10th Grade	C.I.T.	PINK

Unit Locations Within Camp

Your camper's unit location within camp will be marked by a flag with the unit's color and name. Our friendly staff will provide directions to help you find your camper's unit during Check-In and Check-Out. The Tenderfoot and Survivor units are based out of an air-conditioned indoor space. All of the other units run out of outdoor pavilions.

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Weekly Communication

Daily, you will have the opportunity to speak with the Unit Coordinator or Assistant UC at Check-In and/or Check-Out.

Weekly, you will be able to view the Trail Group schedule so that you can see what activities your camper or campers are participating in through the Bunk1 App (See page 8).

You are welcome to call the Camp Office at anytime if you have a question or if you need to leave a message for a Unit Coordinator. The Camp Office number is 512.250.9622 Ext. 6

Caregiver Communication & Commitment

We value the active involvement of caregivers in our program and view it as essential to the success of our program. Our goal is to partner with our camper caregivers to help build stronger campers and create an emotionally and physically safe camp environment. Cooperation with all policies, procedures and communication between staff and caregivers are crucial in order for us to achieve these outcomes.

YMCA Camp Twin Lakes holds each parent/guardian to the expectation that they will conduct themselves appropriately at all times while at camp. Inappropriate language, conduct, or sexual harassment toward any participant or staff in our program will not be tolerated from parents, family members or other persons picking up your child. Behavior that indicates the influence of drugs or alcohol may require that Y personnel contact the authorities to ensure the safety of your children.

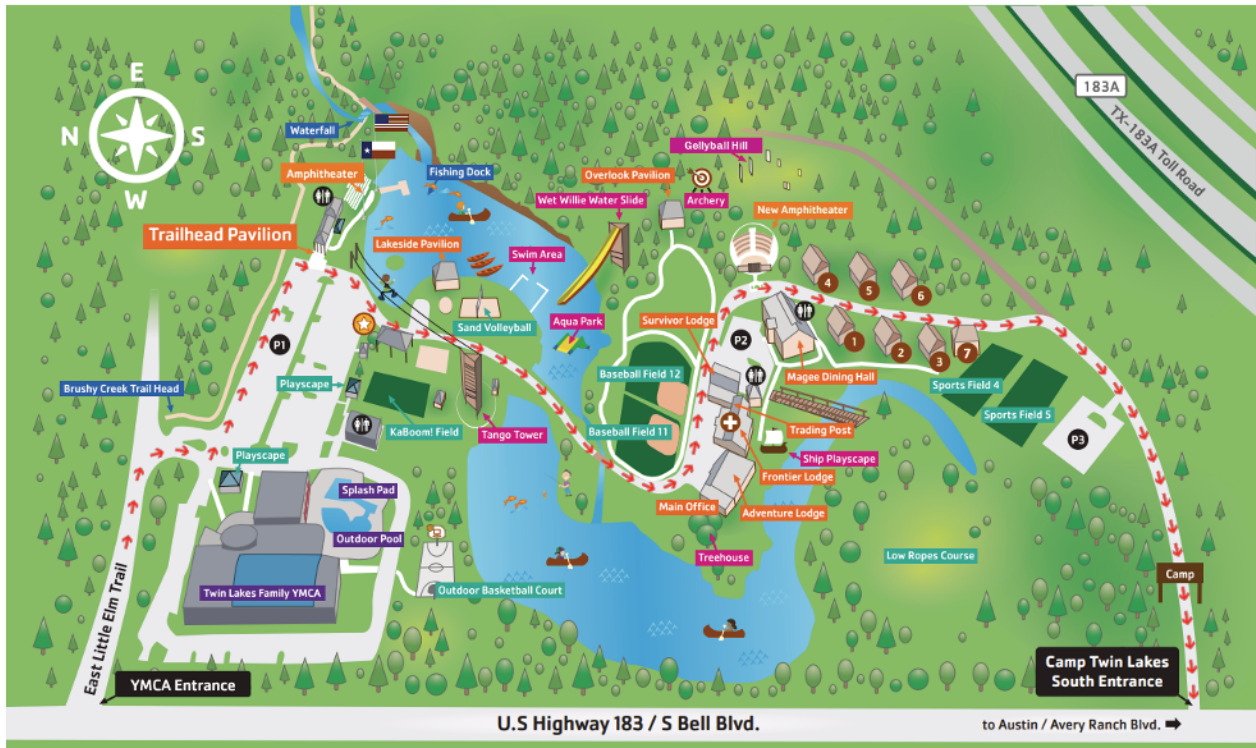
Emergency Procedures

YMCA Camp Twin Lakes is fortunate to have such a beautiful and natural outdoor space where we can operate our program. Being an OUTDOOR CAMP, we plan to run activities rain or shine as long as it is safe to do so. Please know that your campers may come home dirty, tired and a little wet or muddy on rainy days. We continually monitor the weather conditions including rain, storms and heat index to properly adjust the camp program for the safety of all campers.

We have practiced emergency drills, have ample storm shelters and have taken measures to provide shade, water and cool air at camp. When weather alters the camp activity schedule, it is possible that your camper may miss a favorite activity and this is regrettably unavoidable.

For local weather conditions and updates, stay tuned to the Bunk1 App.





YMCA TWIN LAKES CAMPUS

CAMP NORTH ENTRANCE
204 E. Little Elm Trail
Cedar Park TX, 78613

CAMP SOUTH ENTRANCE
1902 S. Bell Blvd.
Cedar Park TX, 78613

Visit us at: ymcactx.org/campwinlakes
To rent park facilities call:
512.250.9622x6

LEGEND		Overnight Cabins	
	Summer Day Camp Check in	1	Charles Avery Family Cabin Bunks 11 & 12
	Restrooms	2	CHASCO Cabin Bunks 21 & 22
	Summer Medic Station	3a	Munson Family Cabin Bunk 31
P1	Parking Lot 1	3b	Hagood Engineering Associates Cabin - Bunk 32
P2	Parking Lot 2	4	John Avery Family Cabin Bunks 41 & 42
P3	Parking Lot 3	5	Wheeler Cabin Bunks 51 & 52
		6	Miller Family Cabin Bunks 61 & 62
		7	Creekside Lodge

Pin Numbers

PIN NUMBERS will be issued via email by Kid Kiosk to the primary contact(s) the Sunday evening prior to your camp session. Make sure to check your junk mail or spam folder for this email.

Your PIN NUMBER will be used to check-in/check-out campers at camp. If you forget your PIN, we can look it up and tell you at camp with driver's license verification.

PIN NUMBERS are issued to the primary contact(s) and anyone else that you have authorized.

Drop-Off and Pick-Up

- **Camper Drop-off begins each day at 7 AM.**
- **All campers must be picked up by 6 PM.**
- The camp gates are CLOSED from 9 :00 AM – 4:15 PM for the safety of the campers. If you are dropping off during this time or need to pick-up before the gates open at 4:15 PM, please see page 7 for more information.
- All traffic flows from the main parking lot (traffic signal at E. Little Elm Trail) of the Twin Lakes Family YMCA through camp and out the south entrance exiting onto 183.
- The SPEED LIMIT through camp is 10 MPH.
- YMCA Camp Twin Lakes uses an electronic Check-In/Check-Out system using unique PIN NUMBERS for each person who is authorized to pick-up your camper(s).

Express Drop-Off

7:00 AM - 9:00 AM

To utilize Express Check-In, all arriving campers will enter at the Twin Lakes Family YMCA main parking lot (204 East Little Elm Trail, Cedar Park). As you enter the Y parking lot you will see signs directing you to Check-In. A camp staff member will greet you, ask for your PIN NUMBER and give you directions to your camper's unit.

From there you will follow the signs to your camper's unit. Here, you will be greeted by a unit staff member and will drop-off your camper. After dropping off your camper, you will continue driving through camp and exiting via camp's south entrance. During the summer months, the camp road through the park is a ONE WAY street. Traffic flows from north to south as indicated by the arrows on the map on page 5. Cars will not be allowed to turn around to drive back north through the park towards the Y facility. This is specifically for camper safety.

We ask that caregivers please remain in their vehicles while dropping off and picking up campers so that traffic keeps moving. Do not forget to inform your unit staff of any special needs for the day.

Adding Authorized Pickup

If you need to add a new adult to your authorized pickup during a week of camp, log into your Daxko account and click on the Add Authorized Pickup button at the top of the page. Then please email camptwinlakes@ymcactx.org to let us know you added an Authorized Pickup.

This adult must present a valid Driver's License at Check-In or Check-Out to receive their PIN Number.

Express Pick-Up

4:15 PM - 6:00 PM

Express Check-Out follows a similar procedure as Express Check-In.

- Only authorized individuals with a PIN NUMBER will be able to check-out a camper.
- All authorized individuals must be at least 18 years of age.
- Under no circumstances will your child be allowed to leave the program with an unauthorized person. Any change in family status which impacts authorized parties for pick-up will require official documentation from proper authorities.

Please note: It is our responsibility to see that your child leaves with the appropriate person each day. We may ask for photo identification at any time. Please do not be offended. This is done with the camper's safety in mind.

Drop-Off Video

To view how the Drop-Off and Pick-Up process flows, please watch our Camper Drop-Off Video on YouTube or [click here](#).

Information Hut (aka Main Check-In)

Location of the Info Hut

The Information Hut is located on the south side of the Twin Lakes Family YMCA main parking lot. As you enter the YMCA parking lot (204 East Little Elm Trail) you will see signs directing you to where Drop-Off/Pick-Up starts. The Info Hut is a small pavilion (look for the WHITE FLAG) to the right of the main camp gate located by the playground and bathroom facility.

4 Reasons to Visit the Info Hut

1. Late drop-off or early pick-up.
2. Drop-off any items that you may forgotten after your child has already been dropped off.
3. Registration, PIN, or other issues.
4. Dropping off campers for Swim Lessons.

★ **NOTE: Swim Lesson campers must be dropped off by 7:45am.** ★

Late Drop-Off & Early Pick-Up

Late Drop-Off

If you must drop-off your camper AFTER 9:00am you will need to go to the Info Hut to check them in. A YMCA staff member will then deliver your camper to their unit. Please keep in mind that the camp day begins at 9:00am and late campers may miss some fun parts of the day.

Early Pick-Up

If you need to pick your camper(s) up before 4:15pm, please let us know as early as possible by doing any of the following:

- Send a text to 512-890-0793
- Calling the Camp Office at (512) 250-9622 Ext. 6
- Sending an email to camptwinlakes@ymcactx.org

We ask that you please contact us at least 60 minutes prior to when you anticipate picking them up so we can have them ready for pick-up at the Info Hut. Early pick-up ENDS at 3:30 PM. Regular check-out begins at 4:15 PM.

Though we are happy to accommodate occasional early pick-up for appointments, try-outs and visits with Grandma, please respect that our counselors and campers are busy over a 50-acre site having day camp adventures. Our program day runs 9:00am - 4:15pm. If this does not meet your ongoing needs, we are happy to recommend a half day camp program that may better suit your schedule.





DAY CAMP

Daily Activity Schedule

Time	Activity
7:00-9:00	Camper Check-In & Drop-Off
9:00-10:15	Activity Period 1 & Snack
10:15-11:30	Activity Period 2
11:30-12:30	Lunch
12:30-1:45	Activity Period 3
1:45-3:00	Activity Period 4
3:00-4:05	Activity Period 5 & Snack
4:15-6:00	Camper Check-Out & Pick-Up

Trading Post

Campers will visit the Trading Post once during the week. Those campers with the Trading Post Add-On for that week will be able to select 2 of the following items: a snack, a drink, a toy or campy merch. Purchasing the Trading Post Add-On is completely optional.

The cost for the Trading Post Add-On is \$5.00/week per camper. This Add-On is located under the Outdoor Day Camp Add-On Program in Daxko.

Kona Ice

Every Friday* the Kona Ice truck comes to camp. All campers will receive Kona Ice for at no additional cost. We love ending the week with a cool treat.

*Week 4: Kona Ice will be on Thursday, June 20th, due to the Talent Show that Friday.

Bunk1 App

This summer, CTL will be using the Bunk1 App to keep our camp families updated with what is happening at Day Camp.

Camper photos, weekly activity schedules, lunch menus and other important camp information will be posted in Bunk1 throughout the week.

Follow these steps to access Bunk1:

- Download the app.
- Click on the "Sign Up" button.
- Enter the following Invitation Code:

CTLDC2024

- Create your account.



Preparing for Camp

Attending day camp is exciting for both campers and their caregivers, but it can also be a bit scary. It is very natural for caregivers and children to be a bit anxious about adopting new daily routines, trying new activities and meeting new friends. We want to familiarize you and your camper with our procedures to minimize “first day anxiety”. YMCA Camp Twin Lakes has well-trained staff that are pros at helping campers make friends and feel welcome while at camp.

Lost & Found

Our staff do their best to make sure that campers go home with everything that they brought with them. However, sometimes things go missing at Camp. Our Lost and Found is located on the porch of Frontier Lodge. You are welcome to stop by Lost and Found during check-in or check-out. Lost and Found items will be kept for 2-weeks and then will be donated.

Please label all of your camper’s belongings with First and Last name!

What NOT to Bring

YMCA Camp Twin Lakes is an ELECTRONIC FREE Camp. Cell phones, handheld electronic games, and tablets are not allowed at camp. Please leave these items at home.

And of course; firearms, knives, fireworks, matches, lighters, alcohol, e-cigarettes and tobacco products are prohibited. The YMCA is not responsible for lost or stolen items, BUT we will do our best to keep your camper connected to the things they bring to camp.

Appropriate Dress

The camp dress code gives flexibility for hot summer fun but should also be modest so that when climbing, running, and playing, children and staff are not embarrassed. Swimsuits must be covered except when at the pool or lakefront and we have a NO flip-flops policy due to the terrain. Clothing that portrays inappropriate behavior, violence, drugs, or offensive language is also prohibited.

Packing for Camp

- Appropriate clothing for play and weather.
- Closed-toe shoes, preferably sneakers.
- (NO sandals or crocs please!)
- Swimsuit and towel.
- Refillable water bottle.
- Backpack to hold their items.
- Small, cooler-type lunch box with a healthy and hearty lunch, unless your camper is signed up for the Lunch Program.
- Sunscreen (SPF 15 or higher). Don’t forget to apply before arriving. Counselors will supervise the application of sunscreen throughout the day, but are unable to apply sunscreen unless it is in spray form.

Pro Packing Tip: Label everything with the camper’s first and last name.



Policies for Protection

Illness

If your camper is ill we implore you to keep them at home, both for their sake and for the sake of the other campers. It is our policy to send campers home that have flu-like symptoms, conjunctivitis (pink eye), head lice, fever or any other untreated communicable condition.

Accident

If an accident or injury should occur during program hours, the Camp Health Officer/Medic or Camp Director will notify the parents/guardian immediately.

Medication

Any medication to be administered to your child by the Y staff must:

- Be given to the Camp Health Officer/Medic by the parent or guardian on the first day of camp at the Medic's Station.
- Be in the original container. The original container must be labeled with the child's name, date, directions and the physician name.
- Be accompanied by the "Camp Medication Dispensing Form" with the time and dosage medication is to be given. This form must be filled out by the parent/guardian in order for our staff to administer medication. The Camp Medication Dispensing Form will be made available at the Medic's Station.

If the medication is to go home with the child at the end of the day/week, it is the parent's responsibility to pick it up from the Medic's Station.

Behavior Management

It is our goal for counselors, children and parents to work together toward cooperative behavior and a cohesive atmosphere. Staff will always notify parents of emerging difficulties and ask for assistance in behavior management.

Camper Behavior & Camp Culture

Camp often requires an adjustment period in which our unit groups and larger camp community learn how to get along with others, learn what is acceptable (behavior, language, physical action and attitudes) and what is not, and to develop appropriate communication techniques. To facilitate this process, Camp Staff spend time having campers set "Group Expectations" so they can discuss behaviors and attitudes that will create a successful week. These expectations usually include things like: respecting private property, positive and clean language, keeping your hands to yourself, etc. Various age groups will define them differently but all will come under building an atmosphere promoting respect, responsibility, honesty and caring.



Day Camp Behavior Policies

Behavior Contract

The goal of our Day Camp program is to create an emotionally and physically safe environment where our campers can grow, make friends, have fun and develop a sense of belonging. In order for this to be possible we have set certain expectations for our campers and their behavior. Please discuss the following expected behaviors with your camper or campers.

Appropriate Language and Conversation: Campers should always use positive, clean language and have discussions that are appropriate at camp. Swear words and obscene gestures are not Camp Appropriate. If you would not feel comfortable talking to your grandmother about a topic it is most likely not Camp Appropriate.

Caring: It is important to use and care for equipment, toys and games properly so that other campers can enjoy them. We will care for the property of the YMCA, of other campers and of YMCA staff.

Play: Camp is meant to be fun. We encourage our campers to participate in all activities, but we will also respect a camper's decision to opt out of an activity if they are not feeling up to it.

Respect: We ask that campers listen to and follow the directions of the Camp Staff. Being a respectful listener is an important life skill and it helps keep everyone safe.

Sticking With Your Group: Campers need to remain with their group at all times. They should always be able to see their counselor and hear them.

Violence: YMCA Camp Twin Lakes is violence and bully-free zone. We just don't do that here.

All campers are entitled to a positive and memorable camp experience. Therefore, the YMCA may be unable serve children who display chronic disruptive behavior. This is an unfortunate reality due to the size and nature of our program. Chronic disruptive behavior is defined as "verbal or physical activity which may involve, but is not limited to, behavior that requires constant attention from the staff, inflicts physical or emotional harm on other children, abuses the staff and/or ignores or disobeys the rules that guide behavior during the day at camp."

If an incident occurs where a camper conducts him/herself in a manner that jeopardizes their safety, the safety of others, or is not in accordance with the mission of YMCA Camp Twin Lakes, the counselors will use these corrective techniques:

- Remind them of our behavior expectations and help them understand why we have these expectations.
- Value mistakes as learning opportunities.
- Redirect children to more acceptable behavior or activities.
- Make eye contact and actively listen when children talk about their feelings and frustrations.
- Guide children to resolve their own conflicts and model skills that help them to solve problems.
- Use effective praise that is immediate, sincere and specific.
- State direction in a positive fashion.

Day Camp Behavior Policies

Behavior Correction Steps

When behavior that is inconsistent with our policies and expectations occurs, the following steps are taken:

1. **Warning:** Counselors address the behavior with the camper, helping the camper to understand our expectations and to create an action plan for improvement. Unit Leadership will discuss the incident with caregivers at pick up or by phone. Together Unit Leadership and caregivers can brainstorm ways to correct the behavior. Caregivers will be made aware of next steps if behavior continues.
2. **First Violation:** The camper will meet with Camp Director and Unit Leadership. Unit Leadership will contact caregivers immediately following the incident. The camper's behavior will be documented and the camper will receive a write-up. Depending on the violation, a caregiver may be asked to pick the camper up as soon as possible.
3. **Second Violation:** The camper will receive a second write-up and a caregiver will be asked to pick the camper up as soon as possible. Depending on the violation, the camper will be suspended from camp for 1 to 3 days, without a refund.
4. **Third Violation:** If behavior persists, the camper may be removed from the program for the remainder of the summer season. Any and all terminations will be at the discretion of the Camp Director. No refunds will be provided. Depending on the severity of the incident, the camper may be suspended or terminated from camp on the first violation per the Camp Director's decision.

Our Stance on Bullying

YMCA Camp Twin Lakes is a bully-free camp. Bullying another person verbally or physically goes against everything we are trying to accomplish in our program. Our camp philosophy is based on the belief that every camper deserves the opportunity to grow personally, develop a positive self-image, feel safe, feel confident, make new friends and go home with great memories. Bullying is counterproductive to this philosophy.

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick or put down another person with the intent to hurt them. Bullying happens when a person or group of people want to have power over another person and use this power to get their way, at the expense of someone else.

Bullying can also happen through cyber-space, through the use of emails, text messaging, instant messaging, social networks and other less direct methods. This type of bullying can also lead to a person being hurt during or between the camp seasons.

We fully feel that every camper has the right to have the best possible experience at camp, and by working as a team to identify and manage bullying, we can help ensure that all campers and staff have an incredible summer at YMCA Camp Twin Lakes. Thank you for choosing Camp Twin Lakes to be your partner in the summer care and education of your camper(s). If we can be of any assistance to you and your family, please feel free to contact us at 512-250-9622 Ext. 6.

Heat Policy

We take the heat very seriously at YMCA Camp Twin Lakes. Our medical staff monitors the heat index daily and alert staff when heat index levels change. We use a colored flag system to indicate the heat index.

Flag System Color Codes

1. GREEN
2. YELLOW
3. RED
4. BLACK

Each color indicates a variation of activity that is balanced by shade and water. When BLACK FLAG is reached, camper activity is monitored closely and may be limited. Our younger campers may move into an air-conditioned space at this time.

All Unit areas and activity areas are equipped with ice water coolers that are filled routinely throughout the camp day.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENTS OFFICIAL INSTRUCTION
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW EVENT OFFICIAL INSTRUCTION CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT

Water Activities

- Canoes
- Kayaks
- Corcls
- Stand-Up Paddle Boards
- Indoor Pool
- Outdoor Pool
- Lake Swim
- Aqua Park
- Wet Willie Water Slide
- Slip-N-Slide
- Inflatable Water Slide
- Sprinkler Fun

Beat the Heat

We ask that campers bring a few items from home to help them beat the heat:

- Water Bottle
- Hat
- Sunscreen

Counselors remind campers continuously to drink water and to fill up their water bottles. We will also take frequent breaks so campers can reapply sunscreen.

PRO TIP #1: Apply sunscreen before arriving to camp each day.

Pro Tip #2: Show your camper where the Sunscreen is in their bag.

Lunch Add-On Program

Don't want to hassle with packing lunch everyday? We have got you covered! Campers signed up for the Lunch Add-On will receive a lunch prepared by the Camp Twin Lakes kitchen daily. Lunch menus will be posted on Bunk 1.

The Lunch Add-On costs \$37.50/week and must be purchased at least one week in advance. Lunch can be added using the QR Code below.



Sample Lunch Menu

Monday

Hot Dog
Chips
Beans
Pineapple Cup
Cookie

Wednesday

Hamburger
Chips
Broccoli
Mixed Fruit Cup
Granola Bar

Tuesday

Turkey & Cheddar Melt
Veggie Straws
Applesauce
Baby Carrots
Cookie

Thursday

Cheese and Chicken
Quesadilla
Chex Mix
Corn
Grapes
Cookie

Friday

Chicken Nuggets
Carrots
Sliced Apples
Cheese Stick
Cookie