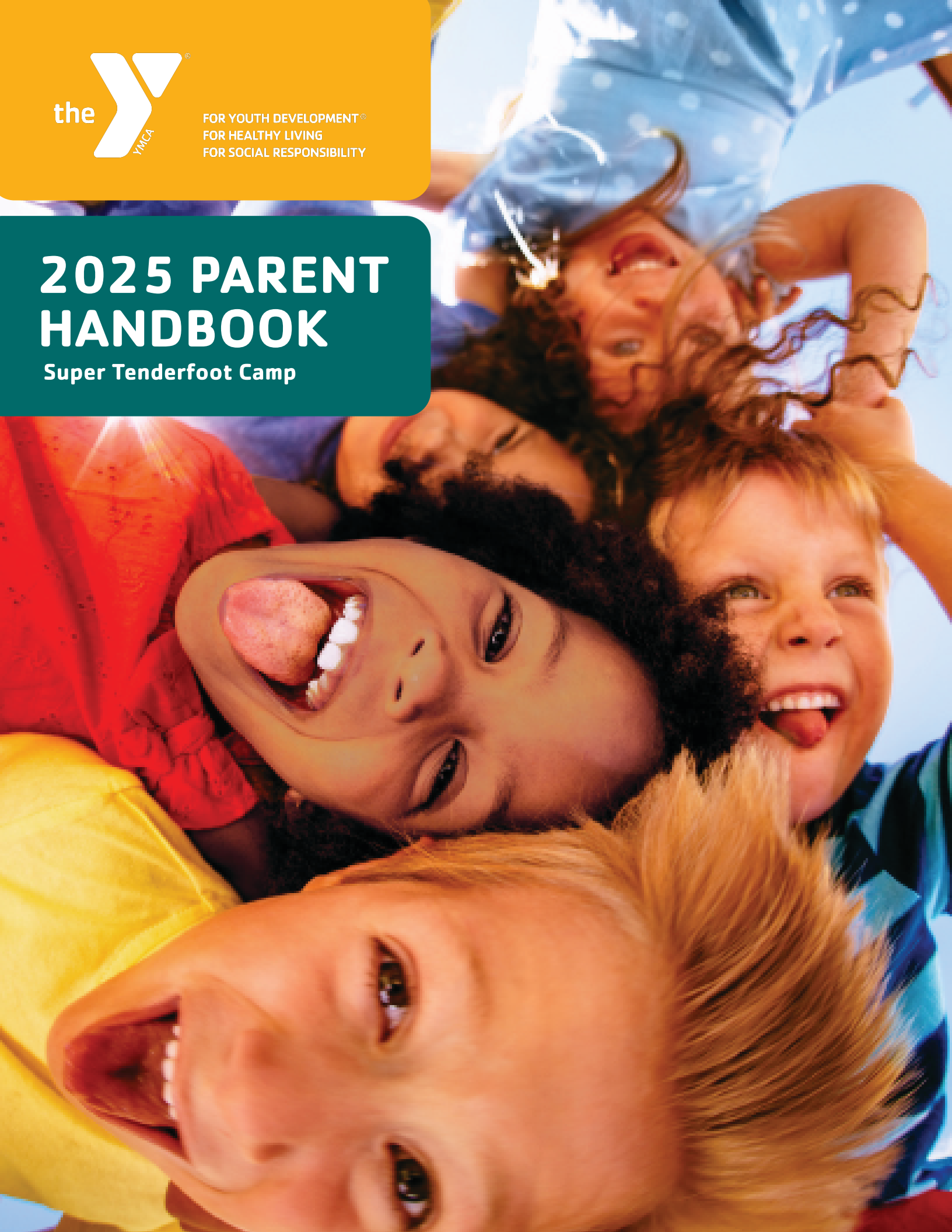




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2025 PARENT HANDBOOK

Super Tenderfoot Camp



# WELCOME



Summer camp brings back many memories and stories to campers, both young and old. Our specialty camps provide unique, high-quality, adventures each day that will fill your child's summer with new skills, friendships, and memories.

- ▶ **CAMP CREATES FRIENDSHIPS!** The fun at camp brings everyone together — singing, laughing, talking, playing, and more!
- ▶ **CAMP IS ACTION!** Camp encourages children to participate and get away from screens.
- ▶ **CAMP TEACHES KIDS THAT THEY CAN!** School days are filled with academic, athletic, and social competition. Camp, on the other hand, is filled with non-competitive activities and diverse opportunities to succeed.
- ▶ **CAMP EXPANDS EVERY CHILD'S ABILITIES!** At camp, children are given instructions, tools, and opportunities to enhance their skills and learn new ones.
- ▶ **CAMP HELPS KIDS DEVELOP WHO THEY ARE!** At camp, children are encouraged to make decisions for themselves in a safe, caring environment. This helps them blossom in new directions.
- ▶ **CAMP BUILDS TEAMWORK!** Campers learn social skills that help them learn to work together, even when they disagree.

# Weekly Communication

Daily, you will have the opportunity to speak with the Camp Counselor.

Weekly, you will receive an email with contact information and the theme for the week.

## Camp Contact Information

- ChildWatch Lead: Stephanie Hernandez  
Phone: (737) 727-3308  
Email: [shernandez@ymcactx.org](mailto:shernandez@ymcactx.org)
- ChildWatch Director: Abi Lynch  
Phone: (512) 615-7422  
Email: [alynch@ymcactx.org](mailto:alynch@ymcactx.org)

## Parent Communication & Commitment

We value the active involvement of parents in our program and view it as essential to its success. Our goal is to partner with our camper parents to help build stronger campers and create an emotionally and physically safe camp environment. Cooperation with all policies, procedures, and communication between staff and parents is crucial 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 picking up your child. Behavior indicating the influence of drugs or alcohol may require YMCA personnel to contact the authorities to ensure the safety of your children.

## Heat Policy

We take the heat very seriously at YMCA Camp Twin Lakes. Our medical staff monitors the heat index daily and alerts 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.

For local weather conditions and updates, stay tuned to the camp Facebook page:

[www.facebook.com/YCampTwinLakes](http://www.facebook.com/YCampTwinLakes)

## Emergency Procedures

We continually monitor the weather conditions, including rain, storms, and the heat index, to properly adjust the camp program for the safety of all campers.

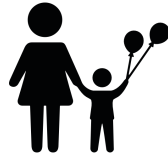
We have practiced emergency drills, have ample storm shelters, and have taken measures to provide shade, water and cool air at camp. When weather alters the camp activity schedule, it is possible that your camper may miss a favorite activity, and this is regrettably unavoidable.

# DROP-OFF



Drop-off will begin between 7–9am using the exterior entrance into ChildWatch, which is located within the front playground by the main branch building.

# PICK-UP



Pick-up time is between 4–6pm. If you need to pick up early (before 3:15pm), please text the Heymarket number. A late pick-up fee of \$1 per minute will be charged after 6pm. .

# PIN NUMBERS

PIN numbers will be issued via email by Kid Kiosk to the primary parent(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 provide it to you at camp with driver's license verification.

# QUALITY INSTRUCTORS

We are proud to say that our enthusiastic staff is the key ingredient in creating a positive camping experience. Our instructors are selected based on their skills, maturity, creativity, and sensitivity to the needs of our camp participants.

All Instructors:

- Are carefully selected and screened
- Undergo an extensive background check
- Have completed trainings in Risk Management, Child Abuse Prevention, and Appropriate Touch Training

# 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 home campers that have flu-like symptoms, conjunctivitis (pink eye), head lice, fever, or any other 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 Counselor by the parent/guardian on the first day of camp.
- Be in the original container, which must be labeled with the child's name, date, directions, and the physician's name.
- Be accompanied by the 'Camp Medication Form,' specifying the time and dosage of medication to be given.

The Medical Authorization Form must be filled out in person on the first day of camp by the parent/guardian in order for medication to be administered.

## Positive Discipline Measures

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, understand what is acceptable (behavior, language, physical action, and attitudes), and what is not, while developing 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, using positive and clean language, and keeping hands to oneself, etc. Various age groups will define them differently, but all will focus on building an atmosphere promotes 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(s).

**Appropriate Language and Conversation:** Campers should always use positive, clean language and engage in 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, other campers, and 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. You should always be able to see and hear your counselor.

**Violence:** YMCA Camp Twin Lakes is violence- and bully-free zone. We do not tolerate violence or bullying.

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 the following 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 directions 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 will be taken:

- 1. First Violation:** Counselors will address the behavior with the camper, helping them understand our expectations and to create an action plan for improvement. Unit Leadership will discuss the incident with parents at pick-up or by phone. Together, Unit Leadership and parents can brainstorm ways to correct the behavior. Parents will be made aware of the next steps if behavior continues.
- 2. Second Violation:** The camper will meet with Camp Director and Unit Leadership. Unit Leadership will contact parents immediately following incident. The child's behavior will start being documented daily, and the child will receive a write-up. The child can remain at camp provided they have a calm demeanor.
- 3. Third Violation:** The camper will be removed from camp for one day, without a refund. A parent/guardian will be asked to pick the camper up as soon as possible.
- 4. Fourth Violation:** If the behavior persists, the camper may be suspended for multiple days or 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, a child may be suspended or terminated from camp on the first violation, based on the Camp Director's decision.

---

## Our Stance on Bullying

YMCA Camp Twin Lakes is a bully-free camp. Bullying another person, whether 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** occurs when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt them. It 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 cyberspace, using emails, text messaging, instant messaging, social networks, and other less direct methods. This type of bullying can also cause harm to a person during or between the camp seasons.

We fully believe that every camper has the right to have the best possible experience at camp. By working together 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.

## Preparing for Camp

Attending day camp is exciting for both campers and their caregivers, but it can also be a bit scary. It is natural for caregivers and children to feel 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 who are pros at helping campers make friends and feel welcome while at camp.

## Lost & Found

Our staff does their best to ensure that campers go home with everything they brought with them. However, sometimes things go missing at camp. Our Lost and Found is located in a clear bin in the camp room. 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.
- 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.**





# SUMMER CAMP THEMES

We pack our days full of fun activities to keep your children entertained and playing all day! Each themed week is filled with fun and educational activities. We encourage all campers and staff to dress up for the theme of the week. Our daily calendar promotes development in the following areas: Language, Cognitive, Physical, Creative Art, and Social Emotional. From creating beautiful artwork to practicing math skills, your campers are sure to have a blast!

**Time of camp: 7am– 6pm**

**Ages: Entering Kindergarten, Kindergarten and 1st grade**

WEEK	DATES	THEME
2	6/2 - 6/6	Music Magic
3	6/9 - 6/13	Rodeo Roundup
4	6/16 - 6/20	Camps Got Talent
5	6/23 - 6/27	Superhero
6	6/30 - 7/3	Party in the USA
7	7/7 - 7/11	Color Games
8	7/14 - 7/18	Spy Kids
9	7/21 - 7/25	Camp Carnival
10	7/28 - 8/1	Magical World of Y Camps
11	8/4 - 8/8	Beach

# DAILY SCHEDULE

## Super Tenderfoot Camp Schedule

Time	Activity
7-8am	Library, Art and Writing, or Table Games
8-9am	Breakfast or Light Snack
8:30-9am	Nature Walk
9-9:45am	Super Tenderfoot Camp Begins: Circle, Greeting, Sharing Time, Morning Activity, Morning Message, Rules, Calendar, & Weather (*Monday: Opening Ceremony, Friday: Closing Ceremony)
9:45-10:30am	Group 1 & Group 2: Movement on the Go
10:30-11am	Transition time: Get ready for swim
11-11:45am	Water Safety Mini Lesson & Swim Time
11:45am-12:15pm	Change out, Clean up & Wash Hands
12:15-1pm	Lunch
1-1:30pm	Group 1: Social Studies/ Music Group 2: STEM
1:35-2:05pm	Group 1: STEM Group 2: Literacy
2:10-2:40pm	Group 1: Literacy Group 2: Art
2:45-3:15pm	Group 1: Art Group 2: Social Studies/Music
3:15-3:45pm	Centers
3:45-4pm	Snack Time
4-4:20pm	Afternoon Circle: Sharing Time, Activity, & Afternoon Reflection
4:20-5pm	Free centers
5-6pm	End of day: Outside, Table activities, Treehouse Playscape

# DAILY WATER TIME

The kids will have a set swim time during the week where they will be able to have fun on our splash pad and our outdoor and indoor pools. All children will wear a life jacket unless they pass the swim test (swim 20 yards, tread water 15-seconds, and climb out of the pool unassisted) or when engaging in water safety. If a camper chooses not to swim, they will be on the pool deck with a counselor, participating in other activities such as coloring and games.

## DAILY LUNCH

Each child will receive a lunch prepared by the Camp Twin Lakes kitchen daily. A sample lunch menu can be found below. Please let us know if your child has any allergies. If your child will not eat these types of food, please pack a nut-free lunch.

## SWEET TREATS

### Kona Ice

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

Sample Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog Ketchup Beans Pineapple	Turkey & Cheddar Sandwich Mayo & Mustard Chips Orange Slices	Hamburger W/ Cheese on Side Mayo, Mustard, & Ketchup Chips Fruit Cup	Cheese & Chicken Quesadilla Corn Apple	Chicken Nuggets Baby Carrots W/ Ranch Pears



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

**Twin Lakes Family YMCA**  
204 E Little Elm Trail  
Cedar Park, TX 78613  
512-250-9622  
[ymcactx.org](http://ymcactx.org)