



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF CENTRAL TEXAS
Summer Overnight Camp

OVERNIGHT HANDBOOK

YMCA CAMP TWIN LAKES

"Summertime is always the
best of what might be."
- Charles Bowden



204 E Little Elm Trail
Cedar Park, TX 78613
512-250-9622 Ext. 6
camptwinlakes@ymcactx.org

A NOTE FROM OUR DIRECTOR

As advocate for the outdoors and a former camper, I have seen first hand how summer camp can truly change a young kid or adults life. I am thrilled to extend a warm welcome to you and your camper for an exiting and memorable summer ahead. We are eagerly counting down the days until the start of camp, and we can hardly wait to embark on this incredible journey with your camper(s)!

At YMCA Camp Twin Lakes, we believe in the magic of camp. We believe in creating a safe, welcoming, and inclusive community for all, where we constantly strive to improve ourselves and others. We focus on building a deep connection with the natural world and those around us. We believe in instilling confidence and independence in everyone who steps foot on camp. We value the opportunity to teach, learn, and grow with campers of all backgrounds through programs that promote our core values of caring, honesty, respect, and responsibility.

Each summer brings its own special character to our history. While no two summers are exactly the same, the traditions that foster personal growth, community, and connection to nature are what make Twin Lakes a one-of-a-kind experience year after year. Your commitment to this community motivates us to continue providing a safe place for kids to be kids.

The Camp Handbook is an invaluable resource that contains essential information about our camp policies, daily schedules, health and safety procedures, and many other details to ensure your child has a safe and positive experience.

Please take the time to review this handbook carefully with your camper, as it will serve as a valuable reference throughout their stay.

After reviewing the handbook, if you have any further questions or concerns, our dedicated staff is here to assist you. Feel free to reach out to our Camp Office at 512-250-9662 or camptwinlakes@ymcactx.org, and we will be happy to provide any additional information or clarification.

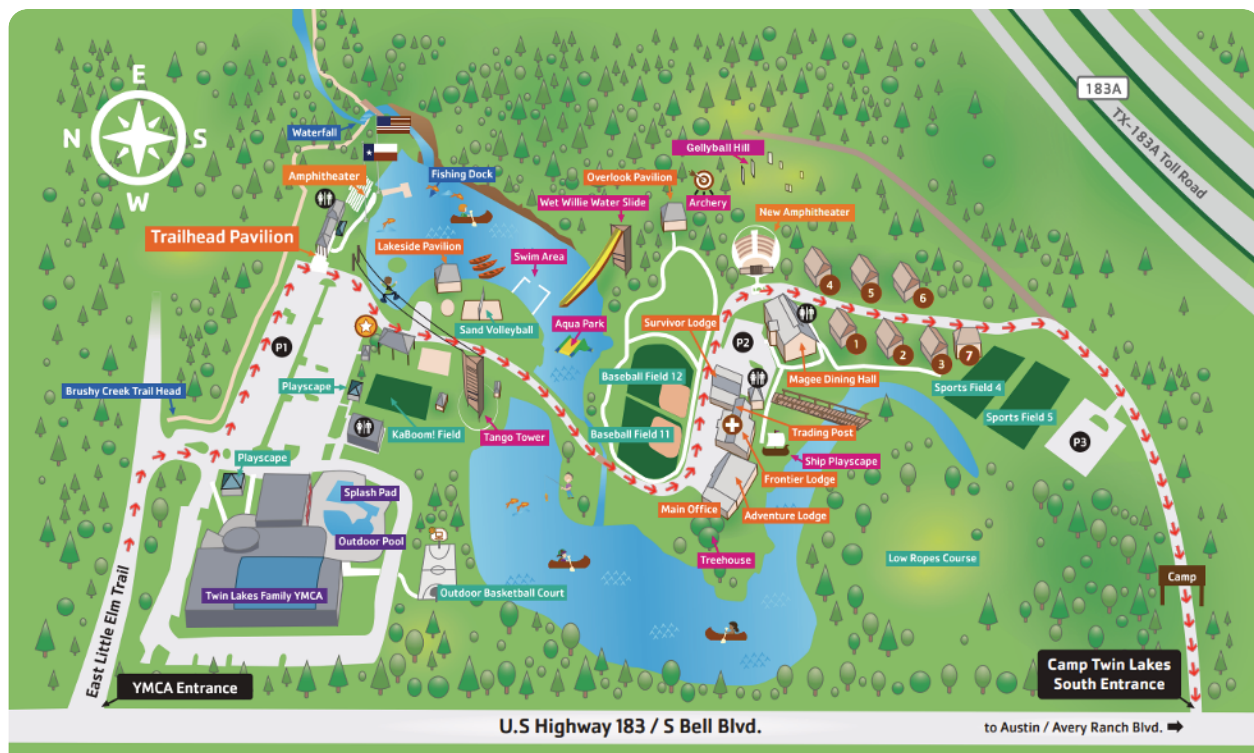
We are committed to fostering an inclusive and supportive camp community, and we are excited to witness the growth, friendships, and joy your camper will experience throughout the summer.

Thank you for entrusting us with the privilege of being part of your child's summer adventure. We can't wait for another unforgettable summer by the lake!

Best wishes,

Ean Addison

Executive Director



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/camptwinlakes
To rent park facilities call:
512.250.9622x6

LEGEND

- Summer Day Camp Check in
- Restrooms
- Summer Medic Station
- Parking Lot 1
- Parking Lot 2
- Parking Lot 3

Overnight Cabins

- | | |
|---|--|
| 1 Charles Avery Family Cabin
Bunks 11 & 12 | 4 John Avery Family Cabin
Bunks 41 & 42 |
| 2 CHASCO Cabin
Bunks 21 & 22 | 5 Wheeler Cabin
Bunks 51 & 52 |
| 3a Munson Family Cabin
Bunk 31 | 6 Miller Family Cabin
Bunks 61 & 62 |
| 3b Hagood Engineering Associates Cabin- Bunk 32 | 7 Creekside Lodge |

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



CAMP OVERVIEW

PREPARING FOR CAMP

Going off to overnight camp is a very exciting time for campers and their adults. It's very natural for there to be a bit anxious about adopting new routines, trying new activities, and meeting new friends. Our staff are experts at helping campers feel comfortable and connect with others. The best way to minimize that "first-day anxiety" is to familiarize yourself and your camper about our camp schedule and activities. The more they know, the more comfortable they'll feel. Also, review our packing list to ensure your camper has everything they need for a great week.

WHAT TO PACK

- Sleeping bag, pillow, and sleep wear
- Underwear, socks, pants, and short for the week
- 2 pairs of shoes (suitable for lots of walking)
 - Closed-toe shoes (Crocs are not suitable for climbing)
- Light jacket or sweatshirt
- 2 bathing suits and towels for swimming
- Necessary toiletries like toothbrush and toothpaste
- Hair care products, soaps, washcloth, towel, laundry bag, shower shoes
- Reusable water bottle, sunscreen, hat, and lip balm
- Disposable camera, notepad, and self-addressed envelopes

We suggest bringing old clothes to camp. Since we spend almost all day outdoors, clothes will get dirty. We would hate to see a new shirt ruined by tie-dye. Additionally, we recommend labeling all items with the camper's first and last name in case they get lost.

TRADING POST

In years past, Overnight Campers have needed money in their Trading Post account in order to purchase items from the Trading Post. However this year, campers can get a snack and drink at no additional cost when they visit the Trading Post.



CABIN LIFE

While campers spend most of their days participating in activities outside, they will have plenty of time to relax in the cabin and connect with their cabin mates. Aside from their rest hour, campers usually spend their cabin time playing games, making crafts, or just talking. This time is great for campers to form the close bonds that make camp special. Each cabin runs a little different depending on camper's age, behavior, interests, and energy levels.

MISSING HOME

Feeling nervous and missing home is natural for many children when they are away at overnight camp. These feelings usually pass in a day or two, but know that our staff is always here to help. We keep campers engaged in activities to help them focus on camp life. During downtime, when homesickness may be more prominent, we encourage kids to write letters home to alleviate some of those feelings. The American Camp Association has more resources for parents about homesickness in the media section of their website.

If your camper has serious difficulty adjusting to camp, we will give you a call to inform you about the situation and seek advice on the best way to help your camper adjust.

PARENT/GUARDIAN COMMUNICATION

A welcome email is sent out prior to your camp session. It will include information about check-in and any other general updates.

During camp, we take tons of photos. We upload those pictures daily so you can check in with your campers. For summer, we will be using a new platform for photo sharing called Bunk1, and we encourage all families to download the app.

There is both free version (photo viewing) and a paid version (facial recognition and the ability to send one-way emails). Click on the Bunk1 logo below to learn more about Bunk1.



If, during the week, you need to contact us, email is the best option. Since we are usually out around camp, we may not always be available to take a phone call. However, the camp office is here to assist. Please call 512-250-9622 x6

LOST & FOUND

Camp is a busy place, and sometimes things get lost. We do our best to locate any missing items during the week; however, sometimes things do not show up until later. In those instances, camp is happy to mail important items back to you or schedule a time for you to pick them up.

SAFETY

CAMPER SAFETY

We take every safety precaution into consideration when planning and conducting our activities. Staff have gone through extensive training so that we can avoid accidents, injury, and dangerous situations. In addition to having a Camp Medic on-site during most hours daily, all of our staff is first aid and CPR certified. Emergency services are only minutes from camp should the need arise. All of our policies, procedures, and rules are developed with the safety in mind.

Being an Outdoor Camp, we plan to run activities rain or shine as long as it is safe to do so. We continually monitor the weather conditions, including heat index, rain, and storms, to properly adjust programs for safety purposes. When weather alters the camp schedule, your camper may miss out on an activity.

SITE SAFETY

Camp staff are identified with a name badge and/or staff shirt. All visitors are required to check in or be escorted by a camp staff member. When the park closes at night, staff patrol the site and close all gates. We receive regular visits from Cedar Park Police who routinely patrol the area. Each camp practices emergency action plans with staff and campers. Parents are notified any time a camper must visit the doctor or stays in the Medic Station overnight.

VISITORS

Any visits during the week are not allowed as they can be very distracting, especially for younger campers. If your camper is a part of a weekend bridge program, you're welcome to come visit before Sunday check-in.

POLICIES FOR PROTECTION

HEALTH CHECKS

All campers will be checked the first day of camp for lice and any other medical conditions that may affect the camp community. Campers will be turned away if any communicable conditions exist. Additionally, all campers must have a physical examination within 12 months prior to attending camp.

MEDICINE

Any medication to be administered to your child during their stay must:

- Be given to the YMCA Staff by the parent or guardian during Sunday drop-off.
- Be in the original container, labeled with the child's name, date, directions and the physician's name.
- Have a medical dispensing form signed by parent/guardian in order to dispense medication.

Medications will be given back to you when you check out your child.

ILLNESS & ACCIDENT

If an accident or serious illness should occur during program hours, the YMCA Staff will notify the parents/guardians at once. In the event your child needs medical treatment and/or prescriptions, the family's insurance will be billed.

STAFF

The Y strives to make each child's day a magical experience; exploring, discovering, create new friendships, and trying new programs along with the traditional favorites. Each of our camp staff is carefully chosen to be positive role models and caring individuals. All staff are subject to a criminal background check, drug testing, and reference checks. At Camp Twin Lakes, our employees are CPR and First Aid certified and required to attend a week-and-a-half-long training, which includes topics such as leadership skills, positive discipline, creating excitement, learning new games, safety, Child Abuse Prevention training, as well as many others. Our staff is the key to success and to your child's happiness.



TRADITIONAL OVERNIGHT

ARRIVALS & DEPARTURES

Prior to your arrival, you will receive a short video from their counselors introducing themselves and going over some important information for the week.

CHECK-IN

- Campers should check-in between 3-4pm on Sunday
- Use the back entrance of camp from 183 (1902 South Bell Blvd)

CHECK-OUT

- Campers should be picked up between 9-10am on Saturday
- Please bring a photo ID as it is required to check out your camper
- Only authorized individuals are allowed to check out a camper. You can let us know at any point if you need to add an individual as an authorized pick up

If you are going to check-in or out outside of the scheduled times, please let us know in advance or send an email notifying us so that we have time to accommodate.

TYPICAL CAMP ACTIVITIES

Archery, Canoes, Zip Line, Giant Swing, Rockwall, Kayaks, Water Slides, Gaga Ball, Team Building, Camp Fire Stories, S'mores, Songs, Skits, Talent Shows, Indoor Pool, Hiking, Volleyball, Arts and Crafts, STEM Activities, Field Games and SO MUCH MORE!

YOUR CAMPER

Going off to Summer Camp is a very exciting time for campers and their families. It's very natural for both families and children to be a bit anxious about adopting new daily routines, 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 experts at helping campers make friends and feel welcome while at camp

KONA ICE

Campers will have the option to enjoy Kona Ice on Fridays. This is provided at no additional cost to any camper.

PACKING REMINDERS

- Use the "less is more" theory.
- Dress appropriately for the weather; the camp day continues rain or shine!
- Send play clothes that are okay to get dirty.
- Label everything with the camper's first and last name.
- Do not send any valuables to camp.
- Campers should bring a water bottle or hydration pack.
- Bring a backpack for all items.
- Ensure that the camper's First and last name is on all items.



WHAT NOT TO BRING

Camp is a natural setting, and items like iPads, electronic games, Nintendo Switches, and cell phones do not fit into this environment. Please leave these items at home. Additionally, firearms, knives, fireworks, matches, lighters, vape products and tobacco products are prohibited. While the YMCA is not responsible for lost or stolen items, we will do our best to ensure that your camper remains connected to the belongings they bring to camp.

APPROPRIATE DRESS

The camp dress code (top, bottom, and closed-toe shoes) gives flexibility for hot summer fun but should also be functional and comfortable when climbing, running, lifting, bending, and playing. Swim clothes are required for the pool and lakefront. We have a NO flip-flops policy due to the terrain. Clothing that portrays inappropriate behavior, violence, drugs, logos, or offensive language is also prohibited. Crocs are **not** appropriate for most camp activities excluding pool or lakefront.

BEHAVIOR POLICIES

The YMCA's primary objective is to ensure effective supervision and provide positive behavior support for all participants. While effort will be made to anticipate, prevent and resolve conflicts, the YMCA reserves the right to remove a child from the program at any time. This may occur after reasonable attempts to support the child have been unsuccessful, or immediately at the discretion of YMCA staff when a child's behavior presents a safety concern or significantly disrupts the program.

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.



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 group 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.





MISSION STATEMENT

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

FOCUS

For Youth Development, For Healthy Living, For Social Responsibility

CORE VALUES

Caring, Honesty, Respect, Responsibility