



**LAKELAND HILLS FAMILY YMCA  
2023 DAY CAMP GUIDE**

**FIND YOUR ADVENTURE.  
FIND YOUR Y**

**LAKELAND HILLS FAMILY YMCA  
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Mountain Lakes, NJ 07046  
[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)  
(973) 334-2820**

READY. SET.

# SUMMER!

Adventure Awaits!

Camp Registration Now Open



## YOUR CHILD'S ADVENTURE AWAITS THIS SUMMER!

### OUR STAFF & PHILOSOPHY

We hire positive role models at Lakeland Hills Family YMCA. Our counselors must be at least 18 years of age, and are high school and college students, teachers, and adults with experiential learning, psychology, academic, and recreational backgrounds. Our philosophy is that we must make the most of our opportunity to have a positive influence on the lives of our campers. Everything we do at camp is guided by the firm belief that we are responsible for the children we lead. Every day we teach our core values of honesty, caring, respect, responsibility, fun and friendship. We seek to provide our campers with a safe and engaging summer experience that builds community and the memories that will last a lifetime.

*"The counselors are amazing role models. They make a point to know my children and demonstrate encouragement and positive social interactions. I believe both my kids, but especially my older son who has been going to Y camp for a few years now, has grown to become a kind, considerate person."*

*-Camp Parent*

### A MESSAGE FOR PARENTS AND GUARDIANS

To those who joined us last summer, thank you for putting your trust in us as you sent your children to Lakeland Hills Family YMCA. We are proud of the fun, safe camp experience we were able to create for campers last summer, and we are ready to welcome everyone for the summer of 2023. With safety as our priority, we know children need camp and the experience of being outside, making friends, and building relationships that will last a lifetime.

Life is better with camp, and we hope your child will jump in on the fun this summer. We have created a safe and fun environment to ensure the safety of all campers, staff, and families. Camp has the ability to change people. It boosts confidence and self-esteem, builds social skills, encourages acceptance, and challenges campers to great things. Whether your family is returning to us this summer, or enjoying camp for the first time, we are excited to bring them into our world and give them the best summer they've ever had.

One last message, and that is it PAYS to become a member of our Y. Camp pricing is less expensive AND your family, child, or teen can enjoy the privileges of being a member for the entire year!



# SUMMER DAY CAMP

Sessions 1 - 4

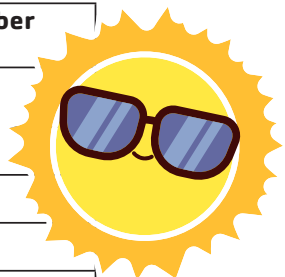
Entering  
1<sup>st</sup> - 7<sup>th</sup>  
Grade

Our Day Camp program focuses on developing skills in a variety of athletic, cooperative, and creative outdoor activities, improving their swimming skills, and continuing to develop their social and emotional intelligence. Summer Camp is where the campers often find their passions and talents by experiencing new activities. Throughout their summer adventure, our campers learn powerful lessons in community and character building.

## General Camp Schedule

<b>9:00am-9:15am</b>	Drop-off
<b>9:15am-9:30am</b>	Morning Meeting, Bathroom and Snack
<b>9:30am-11:00am</b>	Morning Rotations and Specialty Camp Programming
<b>11:00am-11:15am</b>	Lunch Prep - Wash Hands, Bathroom, and Fill Water Bottles
<b>11:15am-11:45am</b>	Lunch in Divisions
<b>11:45am-12:15pm</b>	Junior Recreation/Senior Ice Cream and Chill Out
<b>12:15pm-12:45pm</b>	Senior Recreation/Junior Ice Cream and Chill Out
<b>12:45pm-1:00pm</b>	Bathrooms, Sunblock
<b>1:00pm-3:30pm</b>	Afternoon Activities, Hobby Time, Division Time, Swim
<b>3:30pm-3:45pm</b>	Clean-up, Reminders, Get Ready for Pick-up
<b>3:45pm-4:00pm</b>	Camper Pick-up

Program	Dates	Member Rate	Non-Member Rate
<b>Session 1</b>	June 26-July 7 (no camp July 4)	\$610	\$665
<b>Session 2 *</b>	July 10-21	\$635	\$690
<b>Session 3 **</b>	July 24-Aug 4	\$645	\$700
<b>Session 4</b>	August 7-18	\$610	\$665
<b>SKOR 1 - 4</b>	June 26-Aug 18	\$775/Session	\$880/Session
<b>LIT Travel 1 - 4</b>	June 26-Aug 18	\$850/Session	\$895/Session
<b>Esports 1 - 4</b>	June 26-Aug 18	\$635/Session	\$695/Session
<b>Dance &amp; Cheer 1</b>	June 26-July 7	\$635	\$695
<b>Travel Sports Sampler 2</b>	July 10-21	\$850	\$895
<b>Travel Basketball 3</b>	July 24-Aug 4	\$785	\$860
<b>Travel Bowling &amp; Soccer</b>	Aug 7-18	\$750	\$825
<b>Camp Academy 1 - 4</b>	June 26-Aug 18	\$350/Session	\$395/Session
<b>Extended Day fee for Campy Academy only</b>	June 26-Aug 18	\$285/Session	\$300/Session
<b>Vacation Camp</b>	Aug 21-25	\$310	\$340



# ESPORTS CAMP

Sessions 1 - 4

Entering  
1<sup>st</sup> - 7<sup>th</sup>  
Grade

Esports Camp focuses on esports (electronic sports) in the mornings from 9:30AM - 11:00AM. Our Esports room is equipped with PC set-ups and Nintendo Switches. Esports comprises of organized, multiplayer online video game competitions and is one of the fastest growing trends for youth engagement. Through our esports camp, campers are welcome to be who they are, excel at what they love, and develop the social, strategic, and critical thinking skills necessary to grow into thriving adults all in a safe, moderated, and inclusive environment.



Some games available to play are Super Smash Bros. Ultimate, Fortnite, Rocket League, League of Legends, VALORANT, and more. After their morning hour and a half session, campers join the Day Camp program for afternoon activities and swimming.

Entering  
1<sup>st</sup> - 5<sup>th</sup>  
Grade

# CAMP ACADEMY

Sessions 1 - 4

9 AM - 1 PM

In this half-day academic enrichment program, campers continue the learning through the summer in math, science, and reading comprehension. If your camper loves school or would benefit from staying connected to fun, creative, and engaging projects in an academic environment, then this is the program for them to thrive. After lunch and recess head home or register to stay the whole day (additional fee applies).



# DANCE & CHEER CAMP

Session 1

Entering  
4<sup>th</sup> - 7<sup>th</sup>  
Grade



The Dance and Cheer group incorporates warmups and stretching along with skill development from 9:30 - 11:00AM. Cheerleading is built upon cheer and choreographed dance elements. This group will practice routines that will become polished while working on timing and execution. After their morning hour and a half session, they join the Day Camp program for afternoon activities and swimming.

# TRAVEL SPORTS SAMPLER

Session 2

Entering  
4<sup>th</sup> – 7<sup>th</sup>  
Grade

## Love a variety of sports?

Gear up and take part in different sports activities offsite. Campers travel daily in the morning to local venues to engage in laser tag, mini-golf, martial arts, hiking, and more. A variety of sports is essential to sparking interest and give kids a change to take risks in a healthy and supportive environment. With an open mind and adventurous spirit, are you up for the challenge? After the trip, we had back to camp for lunch and join the Day Camp program for afternoon activities and swimming.



Entering  
4<sup>th</sup> – 7<sup>th</sup>  
Grade

## TRAVEL BASKETBALL

Session 3

### Calling all basketball enthusiasts!

Whether you play for a travel team or enjoy playing just for fun, this two-week intensive morning program will enhance your offensive and defensive skills, and overall gameplay knowledge. Players will be drafted to teams based on skill level for practice and games. Get your jump shot on and dribble, pass, and pick-and-roll your way to the championship. Open to all skill levels. Campers will be transported via school bus to a nearby gymnasium in the morning, head back to camp for lunch, and join the Day Camp program for afternoon activities and swimming.



## TRAVEL BOWLING & SOCCER

Session 4

Entering  
4<sup>th</sup> – 7<sup>th</sup>  
Grade

Whether you're a striker in soccer or love the thrill of getting a strike in bowling, join us to develop your skills in both sports. Spend the mornings learning techniques, strategies, and mechanics through practice and games. One week will focus on each sport. Campers will be bused to a local bowling alley and head back to camp for lunch and join the Day Camp program for afternoon activities and swimming.



5 Soccer program is onsite.  
Open to all skill levels.

# SKOR

## Special Kids Organized Recreation Sessions 1-4

Entering  
1<sup>st</sup> - 7<sup>th</sup>  
Grade

The SKOR program allows campers to be exposed to the same activities as day camp, but with a customized schedule and one counselor assigned to up to three campers. The counselors of these groups will work with a Behavior Specialist to target a wide range of skills including conversations, winning and losing, personal space, joining a group, social cues and so much more.

Our team of qualified staff ensures that your child has a fun, successful, quality experience within a camp setting. If an aide is provided, at the parent's expense, we are happy to collaborate with them to ensure the best outcome for your child. Aides recruited by families will be required to go through YMCA training and background checks. Additional information and an intake meeting with new families is required prior to enrollment. Please complete the form on our website. SKOR campers are not eligible for Pre/Post supervision or Express drop-off.

Our summer-camp program encourages and supports the participation of individuals with behavioral and/or emotional disabilities in all programs and services. Inclusion in our summer camp means that individuals with disabilities (including but not limited to: ADD, ADHD, ODD, OCD, Sensory Issues and Spectrum Disorders) are welcome to participate in the same environment as their peers.

Entering  
8<sup>th</sup> - 10<sup>th</sup>  
Grade

## LIT Leaders In Training

### Travel is back!



Program is balance of 3 trips each week (6 per session) as well as leadership training and service that gives teens the responsibility to help them find success in the future. Teens are expected to participate in both the work and play aspects of the program to bring out the leader in them. The LIT Travel program includes up to 10 service hours weekly. Letters are provided upon request by the Camp Director in September based on attendance and participation. Campers must participate in the service component to attend trips. An additional code of conduct and orientation will be required.

# VACATION CAMP

9 AM - 4 PM

Entering  
1<sup>st</sup> - 7<sup>th</sup>  
Grade

Vacation Camp is a one-week session that immediately follows Session 4. Vacation Camp is specifically intended to bridge the gap between camp and school for working parents. It will highlight camp favorites on a smaller scale. To participate in Vacation Camp, your child/ren must have enrolled and participated in at least one other session to be eligible. Pre/Post supervision and Express Drop-off is not available during this week.

# ADDITIONAL SERVICES

Families who need childcare before and/or after camp can opt to register their camper/s for additional supervision. This is supervised recreation time where campers can play Gaga, games on the blacktop, playground, or chill under the Pavilion.

**Pre-supervision \$100 per session – 7:30–9:00 AM**

**Express Drop-off \$50 per session – 8:15–9:00 AM**

**Post-supervision \$100 per session – 4:00–6:00 PM**

**Please pack an afternoon snack for your child**



An optional catered lunch program is available daily for your camper. A fruit or vegetable is included. Lunches must be purchased at time of registration. (Changes can be made up until 10 days prior to the Camp Session starting):

DAY OF THE WEEK	LUNCH OPTIONS
Monday	Build your own cold sub sandwich, pretzel, fruit
Tuesday	Pasta, bread knots, side of marinara, baby carrots
Wednesday	Chicken tenders with cheese stick & fruit; vegetarian option includes vegetarian tenders
Thursday	French toast sticks with sausage links & fruit
Friday	Pizza and salad

## Early Bird

Register, pay the balance in full, and have all PlayerSpace forms completed and approved by March 31 and receive FREE camp swag (\$20 value.)

## Bring a Friend

Know a friend who would love our camp and has never attended before? Refer them to camp and you could earn FREE camp swag! Just follow these steps:

- Invite a brand-new camper to register for our camp.
- Tell us about your friend (see form on our website), and if they attend camp this summer, you'll receive camp swag (\$20 value)
- Bring a friend incentives are unlimited, so you can refer as many new friends as you'd like.

## HOW TO REGISTER: IT'S EASY AS 1-2-3

1. Go to [www.lakelandhillsymca.com](http://www.lakelandhillsymca.com) and pay \$100 non-refundable and non-transferable deposit per session per child / \$100 for vacation camp week
2. Balances are due June 1, 2023
3. Complete the simple YMCA forms via PlayerSpace within 5 business days of receiving link from PlayerSpace.



**INCLUDED IN CAMP FEE**

**CAMP GROUNDS**

Daily Activities	Special Events & Theme Days	Two Sports Fields	Air-Conditioned Gym	Large Event Tents
Swim Lessons 2x/Week	"BIG FUN TIME" Events	Archery Course	Indoor Six-Lane Pool	Bathrooms, Changing Rooms & Shower Area
Foodie Fridays	Ice Cream Every Day!	Parkour Course	Handwashing Stations	Camp Area is Separate from YMCA Locker Rooms
Hobby Time	Hypoallergenic Sunblock	Two GAGA Pits	Picnic Pavilion	More!

**ADDITIONAL CAMP INFO**

- All supervising staff are 18 years of age or older
  - Convenient drive-thru drop off and pick up
  - Filtered and chilled water bottle filling stations
- Behavioral Team and Zen Zone to support camper wellbeing
- Be sure to check our website for payment and registration deadlines and refund policy

**PRESCHOOL SUMMER CAMP**  
at LAKELAND HILLS FAMILY YMCA



Our younger campers get to have their own Adventure, with learning beyond the classroom. Our Preschool Camp encourages children to explore, create, and learn through a variety of age-appropriate activities. Our weekly themes promote opportunities to advance their social skills, character values, as well as fostering a love for the outdoors. Counselors are chosen to work with this age group because of their exceptional patience and caring nature. Camp takes place primarily indoors for the comfort of our young ones with a nice balance of outdoor times!



Children will LOVE our extra "WOW" days with exciting weekly themed events including science, nature and exploration, arts and crafts, field and playground time, and another WOW: Ice Cream Fridays!



Children Ages 2½ - 5	7:30 AM - 6:00 PM	Full Months Only: July, August, or July & August
Children Ages 4 - 5	9:15 AM - 4:15 PM	<ul style="list-style-type: none"> <li>• Enroll for each 2-Week Session</li> <li>• Option for 1-Week Vacation Camp</li> </ul>

For more information, check our website or email Michele Leaman at [MicheleL@lhymca.com](mailto:MicheleL@lhymca.com)