

Hello,

Thank you for your interest in YMCA Camp Ingersoll. In our brochure you will find more information on our programs, pricing, and camp philosophy. As a YMCA Camp we believe our focus on values, relationship building, and personal development sets us apart from other camps. There is also a link to our website and registration page in the brochure. We are encouraging everyone to participate in online registration this year, but we have also included a paper registration for you in case that is your preferred method. Whether you register for camp this summer or not, we also want to invite you to our monthly family events, Family Nights in the summer, and our open houses which are all listed on our website: campingersoll.org.

This packet contains all of the information necessary to register for Camp Ingersoll. We advise new and returning families to browse our brochure before registering to get information on new camps and changes to our programs.

The first page you will see is our camp selections grid. Please circle the session(s) across for the camp name that you wish to attend. Please be sure to circle which tier you will be paying as well. At the bottom of the page, you will find options for before and after care as well as subway lunch. The following page is your camper information page. Please fill out all of this information. You will need a choices grid and information page for each camper.

Please fill out the Individual Care Plan and Subway Menu form if you have registered for subway, or it is appropriate for your camper. The rest of the information is necessary medical paperwork and for your reference (Parent Agreement, Bus Information). Please review the entire packet to ensure you have completed all necessary forms and understand all of the information.

Our open houses are on May 4, and June 1, from 2pm – 4pm. Our Archery Range, Ropes Course, and Boating Area will be open for use as well as a chance to tie-dye. We hope you can join us!

Please let us know if you have any other questions or concerns. We'd love to talk more with you about camp!

We hope to see you soon to welcome you into our Camp Family!

Benjamin Silliman

YMCA Camp Ingersoll
bsilliman@midymca.org
860-342-2267

CAMPER NAME _____

2020 CAMP CHOICES

Preview Week: June 15-19
Session 1: June 22-July 3

Session 2: July 6-July 17
Session 3: July 20-July 31

Session 4: Aug. 3-Aug. 14
Finale Week: Aug. 17-Aug. 21

CAMP	SESSIONS	GRADES	PRICE (\$)	SWIM LESSONS
Wee Wonders	1, 2, 3, 4	Pre-K or K	TIERED PRICING Tier 1: \$490 Tier 2: \$460 Tier 3: \$435	Yes
Kiddie Kamp	1, 2, 3, 4	Grade 1		Yes
Youngers	1, 2, 3, 4	Grade 2 or 3		Yes
Middles	1, 2, 3, 4	Grade 4 or 5	TIERED PRICING Tier 1: \$485 Tier 2: \$455 Tier 3: \$430	Yes
CIO1	1, 2, 3, 4	Grade 6 or 7		Optional
CIO2	1, 2, 3, 4	Grade 8 or 9		Optional
LIT	1, 2, 3, 4 (2 Session Min.)	Age 14+	\$305	No
CIT	1, 2, 3, 4	Age 15+ *See CIT Description*	\$205	No
F.L.A.S.H. Camp Youngers 6/22-6/26 or 8/3-8/7	1, 4	Grade 2 or 3	\$250	Yes
F.L.A.S.H. Camp Middles 6/22-6/26 or 8/3-8/7	1, 4	Grade 4 or 5	\$250	Yes

SPECIALTY CAMPS

Triathlon Camp	1	Grade 3-5	TIERED PRICING Tier 1: \$555 Tier 2: \$520 Tier 3: \$495	Yes
Soccer Beginner Dribblers	1, 2	Grade 2-4		Yes
Basketball	1 (6-9), 2 (Girls 3-5)	Grade 3-9		Yes
All Sports	1, 2	Grade 2-4		Yes
Ingersoll Adventurers	1, 2, 3, 4	Grade 3-5		No
Fort Building	1, 2, 3, 4	Grade 6-9		Yes
Mega Fortbuilding	1, 2, 3, 4	Grade 3-5		Yes
Arts & Crafts	1, 2, 3, 4	Grade 2-4		Yes
STEAM	1, 2, 3, 4	Grade 3-5		No
Film Camp	1, 2+3, 4	Grade 6-11		No
Ninja Warrior	2 (3-5), 3 (6-9), 4 (3-5)	Grade 3-9		Yes
Let's Dance	1 (2-4), 2 (5-9), 3 (2-4), 4 (5-9)	Grade 2-9		No
Campfire Cooking	1 (3-5), 3 (6-9)	Grade 3-6		Yes
Adventure Girls	2 (3-5), 4 (6-9)	Grade 3-9		Yes
Can We Build It? Yes We Can!	3	Grade 3-5		Yes
Mountain Biking	3 (3-5), 4 (6-9)	Grade 3-9		No
Little Ballers Basketball	3, 4	Grade 2-4		Yes
All Aqua	3, 4	Grade 4-6		Yes

TRAVELING SPECIALTY CAMPS

Parkour	1 (3-5), 2 (6-9), 4 (3-5)	Grade 3-9	TIERED PRICING Tier 1: \$700 Tier 2: \$660 Tier 3: \$635	No
Horseback	1, 2, 3	Grade 2-9		No
Fishing	1, 2, 3, 4	Grade 3-8		No
Olders Adventure	1, 2, 3, 4	Grade 6-9		No
Back to Basics: Adventure Camping	2, 4	Grade 6-9	\$800	No
Horseback Experience	4	3-6		No

FINALE/PREVIEW WEEK		LOCATION	EXTENDED DAY PROGRAM:		LOCATION
Preview / Finale Week	\$255	Camp Ingersoll	Available All Sessions		
Extended AM	\$65	Camp Ingersoll	AM Only	\$95	Middlesex YMCA or Camp Ingersoll
Extended PM	\$65	Camp Ingersoll	PM Only	\$95	Middlesex YMCA or Camp Ingersoll
Extended AM & PM	\$110	Camp Ingersoll	BOTH	\$170	Middlesex YMCA or Camp Ingersoll

SUBWAY LUNCHES: Sessions 1-4: 4" - \$85; 6" - \$95 Preview/Finale Week: 4" - \$45; 6" \$50

CAMPER NAME _____

YMCA CAMP INGERSOLL 2020 APPLICATION

REGISTER ONLINE AT CAMPINGERSOLL.ORG

Complete steps 1-10 on these pages and return this application with your non-refundable deposit to the Northern Middlesex YMCA, 99 Union Street, Middletown, CT 06457. Your balance is due according to the policy listed in the parent agreement.

1. CAMPER INFORMATION

Camper's Name: _____
DOB: _____ ☐ Male ☐ Female
Previous Camper? ☐ Y ☐ N
Address: _____
City: _____ Zip Code: _____
School Grade Next Fall: _____ School: _____

2. YMCA MEMBERSHIP INFORMATION:

All campers must be current members of a participating YMCA.

- ☐ My camper is a current member of the: _____ YMCA
☐ My camper would like to become a member of the Northern Middlesex YMCA for the summer – \$20.00 fee.

3. HOUSEHOLD/FAMILY INFORMATION

Parent/Guardian Name: _____
Relationship to Camper: _____ ☐ Camp Alumni?
Address: _____
City: _____ Zip Code: _____
Daytime PH: _____ Evening PH: _____
Cell PH: _____ E-mail: _____
Employer: _____

Parent/Guardian Name: _____
Relationship to Camper: _____ ☐ Camp Alumni?
Address: _____
Daytime PH: _____ Evening PH: _____
Cell PH: _____ E-mail: _____
Employer: _____

4. EMERGENCY CONTACT INFORMATION: Additional adults (not listed above) authorized to pick up your camper from camp, extended camp care, bus, or emergency dismissal from camp.

Contact: _____
Relationship: _____ Phone: _____
Contact: _____
Relationship: _____ Phone: _____

5. MEDICAL/BEHAVIOR/CUSTODY INFORMATION:

Please note that appropriate medical documentation is also required on your child's health form which is due **BEFORE** your child can attend camp.

6. FRIEND REQUEST: Please put my child with camper _____ or _____ I realize that not all requests can be accommodated. Note: For any "Friend Request," the camper listed above must also list the name of your camper on their application and campers must be in the same age group or sport specialty camp.

7. SELECT CAMP PROGRAM AND SESSION: Please mark appropriate registration information on the "Camp Choices" page.

SWIM INSTRUCTION: Traditional campers are automatically enrolled in swim instruction. There is no cost for these high quality lessons. If you do not want your child enrolled in swim instruction, you must send a note with your camper expressing that you would like to withdraw them from these free, high quality lessons.

8. SELECT BEFORE AND/OR AFTER CAMP CARE: Mark appropriate registration information on the "Camp Choices" page if you need before and/or after camp care for your camper.

9. SELECT BUS STOP: Please refer to the Bus Stops on page 13 for bus information and write in your bus selection on the line below. Note: Camper must use same bus stop to and from camp unless using AM/PM Camp Care. If you are registering for Preview Week or Finale Week, please check the box below.

SELECT: BUS STOP

- ☐ I will pick up my camper at the bus each day
☐ My camper can walk home from the bus

☐ NO BUS. Parent/guardian will pick up and drop off at camp
Campers who attend both AM and PM Extended Day Program do not need to select a bus.

PREVIEW & FINALE WEEK ONLY BUS OPTION 2 BUSES ONLY:			
<input type="checkbox"/> Glastonbury HS	8:25	4:35	
<input type="checkbox"/> So. Cong. Church, Glas.	8:35	4:20	
<input type="checkbox"/> Moody School	8:15	4:30	
<input type="checkbox"/> YMCA	8:35	4:10	

DEPOSIT INFORMATION SECTION

\$50.00 NON-REFUNDABLE DEPOSIT

per session X _____ sessions = \$ _____

+ \$20.00 Summer Membership (if applicable) \$20.00

+ Camp Improvement Fee \$10.00

☐ Financial Aid Deposit

\$ _____ **TOTAL** _____

10. PAYMENT METHOD:

☐ MasterCard ☐ Visa ☐ Discover ☐ Check ☐ Cash

Credit Card Number: _____

Expiration Date: _____

☐ Please enroll me in the Auto Credit Card option using the card listed above.

☐ I prefer to receive a monthly bill ☐ online ☐ in the mail.

- I HAVE READ THE PARENT'S AGREEMENT AND UNDERSTAND AND AGREE TO ITS TERMS AND CONDITIONS.
- I AUTHORIZE YMCA OFFICIALS TO SECURE MEDICAL/EMERGENCY TREATMENT AND TRANSPORTATION FOR MY CAMPER.

Parent's Signature: **X** _____

Date: _____

PLEASE MAIL TO:
Northern Middlesex YMCA
99 Union Street, Middletown, CT 06457

CAMPER NAME _____

NORTHERN MIDDLESEX YMCA CAMP INGERSOLL PARENTS' AGREEMENT
IMPORTANT — PLEASE READ THIS CAREFULLY
I UNDERSTAND AND AGREE TO THE FOLLOWING CONDITIONS:

- I will pay all outstanding balances I, or an immediate member of my family, owe the Northern Middlesex YMCA before enrolling in any Camp sessions.
- A \$50 deposit per session is required and must accompany each application. This deposit will hold the camper's place and will be applied to the full payment of the camp tuition.
- **All remaining balances are due by June 1st unless enrolled in the Auto Credit Card Option. Enrolling in the Auto Credit Card Options extends the payment due date to August 1st.** Any unpaid balance will result in your child or children) being unable to attend camp.
- A late charge of \$15.00 applies to each and every late payment. *We recommend using our Auto Credit Card Option where payments are automatically drafted; no risk of lost space.* If however, I am enrolled in the Auto Credit Card Option and my credit card expires or I close my credit card account prior to when the last payment is due, I will pay the remaining balance in cash or a bank check along with any late fees to Camp Ingersoll or the Northern Middlesex YMCA before August 1, 2019.
- Any and all declined credit cards for any reason will be charged a \$25.00 service fee.
- Any checks returned to Camp or the YMCA due to insufficient funds (often referred to as bounced checks or NSF) will be charged a \$50.00 fee. The fee will need to be paid in cash or with a bank check along with the original amount of the check that did not go through.
- All deposits are refundable until April 1st, 2020. After that time, all deposits are non-refundable and non-transferrable.
- Any cancellations must be received IN WRITING at least 30 days prior to the start of the camp session to receive a full refund minus the \$50.00 deposit per session, \$10.00 camp improvement fee and the \$20.00 summer YMCA membership fee.
- Any cancellations received IN WRITING after 30 days but between 15-29 days prior to the start of the camp session, will receive a 50% refund minus the \$50.00 deposit per session, the \$10.00 camp improvement fee and the \$20.00 summer YMCA membership fee.
- **NO** refunds will be granted less than 15 days prior to the start of the camp session unless the request is accompanied by a signed physician's statement indicating a medical condition has developed or is present preventing the camper from attending camp.
- **All refunds will be issued as a check unless families would like a credit card refund which will include an additional service fee of \$25.00.**
- I will be responsible for, and agree to pay, all costs of collection, attorney's and any related fees should my account balance become delinquent or I do not pay as promised and agreed to.
- Requests for one-time changes in a camp session, busing, or group assignment will be considered and honored

CAMPER NAME _____

only if space permits and the request is submitted in writing. A \$15 transfer fee will be applied after May 1st if the request is granted.

- Bus service is provided for campers on a first come, first serve basis to prevent overcrowding. Each bus will have a YMCA bus monitor. It is the responsibility of the parent and/or guardian to be with their camper(s) at the scheduled pick-up time and place, and to meet and sign out their camper(s) at the appointed stop time each day unless permission is granted in writing for other arrangements to take place or "Wait Unattended has been selected during registration. **Notice for other arrangements to pick-up or drop off your camper(s) must be given in writing to the Camp at least 24 hours prior to the change taking place.** Campers will be required to stay on the bus for the remainder of the route and will return to camp or the YMCA if the designated parent or guardian is not at the stop. Parents will be responsible for picking up their camper(s) at the Camp or the YMCA.
- Campers who ride buses are expected to behave in a safe manner, remain seated while the bus is in motion, refrain from eating or drinking, respect all campers, adults, staff, property, and traffic passing by. The bus monitor will report any misconduct on the buses and appropriate progressive discipline will take place including, but not limited to, being assigned a seat near the monitor, sitting out an activity at camp, and/or being denied use of bus transportation. Parents will be notified of behavior issues as they arise.
- A photo ID is required every time anyone including parents picks up a child at camp, off the bus, or off camp grounds and they must be on the approved list. All campers must be signed out in the office or parent pick up pavilion when leaving camp.
- I give permission for photographs and video tapes of my camper/s to be used in marketing and publicity for Camp Ingersoll or the Northern Middlesex YMCA.
- Campers must be able to participate in camp activities. Special accommodations can be made on an as-needed basis. Please discuss any questions or concerns with the Camp Director.
- I give permission for my camper(s) to participate in all camp activities, including but not limited to ropes, boating, archery, swimming, hiking, camping, active games, off-site activities, etc. Specialty Camp programs will require a signed permission.
- The YMCA follows a progressive discipline policy. The follow escalation is generally used: 1-2-3 magic behavior management, removal from the group to the office, early pick up from camp, suspension, and as a last resort: dismissal. Camp Ingersoll reserves the right to respond to individual circumstances, which may require action not in line with the steps laid fourth above. Camp can dismiss or suspend a camper whose presence, in their opinion, poses a direct threat, is detrimental to the camp, other campers or the Camp's operations.
- Cell Phones are not allowed out at camp. If they are in camper's bags, they must not be seen. If counselors see cell phones they will ask campers to put them away. They will then take the phone and bring it to the office where the camper can pick it up at the end of the day. If there are any other cell phone disruptions, the phone will be taken and a parent or guardian will have to pick it up in the camp office. Campers who need to use a phone can use the camp phone in the office

CAMPER NAME _____

- I understand that my camper is advised to keep all personal toys, electronics, and anything of value at home. Camp Ingersoll and the Northern Middlesex YMCA are not responsible for any lost or damaged personal items including but not limited to eyeglasses, hearing aids, etc. All personal items should be labeled with the child's name. Found items will be placed in the Lost and Found on the side of the Office.
- I authorize the transfer of my camper(s) to the Middlesex YMCA during inclement weather, as determined by YMCA/Camp Ingersoll personnel.
- I understand with physical activities at Camp, there is a risk my child may receive head injuries or a concussion. In the event of any head injury, campers are transported to see the Camp Nurse and are evaluated according to state regulations that can be found at www.ct.gov/oec. The appropriate steps will then be implemented after the evaluation.
- I agree to hold the YMCA Harmless for injuries or accidents resulting in bodily injury or property damage during my child's participation at YMCA Camp Ingersoll. I further waive, release, absolve and indemnify the Middlesex YMCA, YMCA Camp Ingersoll, its directors, volunteers, officers or employees for injuries or accidents occurring while participating in the programs of YMCA Camp Ingersoll.
- **I authorize YMCA officials to secure medical/emergency treatment and transportation for my camper should the need arise for such action as determined by Camp Nurse, or if unavailable, other certified YMCA and/or Camp Staff.**
- I understand this is not an extensive list of policies or procedures. It is my responsibility to read the Parent Handbook attached to the confirmation email which describes policies in more detail
- Fees will NOT be refunded for absence, failure to attend during term of enrollment, delayed attendance at camp, medical issues, dismissal, or suspension.
- **We are required by the state to have completed health history forms for each camper prior to attending camp. if you do not provide a health form your camper will not be able to attend camp. Forms are online and can be found at www.campingersoll.org. They MUST be completed by the family physician and guardian/s before the camper(s) attends camp. Physicals are valid for three years. There are no refunds if campers are unable to attend due to lack of health form.**

CAMPER NAME _____

YMCA Camp Ingersoll Individual Care Plan

Child's Name _____ Date of Care Plan 6/15/20 to 8/23/20

Child's Date of Birth ____ / ____ / ____ Program Site: YMCA Camp Ingersoll

Special Health / Behavioral Concerns: *If necessary, please specify on the line provided.*

- ☐ Allergies (food, medication, insects, environmental, etc) _____
- ☐ Asthma _____
- ☐ Vision / Hearing / Speech (glasses, ear tubes, etc.) _____
- ☐ Chronic Illness _____
- ☐ Diabetes _____
- ☐ Seizures _____
- ☐ Dietary Needs _____
- ☐ Developmental Variations _____
- ☐ Emotional / Behavioral _____
- ☐ History of Contagious Disease _____
- ☐ Other _____

Symptoms / Medication / Process of Care

For each "Yes" answer listed above, please provide the following information.

#1 Health Concern: _____

Symptoms: _____

On-Site Medication: ☐ Yes ☐ No _

Steps of Care:

1. _____

2. _____

3. _____

4. _____

Additional Information: _____

#2 Health Concern: _____

Symptoms: _____

CAMPER NAME _____

On-Site Medication: ☐ Yes ☐ No _

Steps of Care:

1. _____

2. _____

3. _____

4. _____

Additional Information: _____

#3 Health Concern: _____

Symptoms: _____

On-Site Medication: ☐ Yes ☐ No _

Steps of Care:

1. _____

2. _____

3. _____

4. _____

Additional Information: _____

Name of Health Care Provider: _____ Phone: (_____)_____

Parent / Guardian Signature: _____ **Date:** _____

** For Administrative Use Only **

Benjamin Silliman, Camp Director: _____ Date: _____

Taylor Savage, Asst. Camp Dir.: _____ Date: _____

Unit Director: _____ Date: _____

Counselor: _____ Date: _____

Nurse Signature _____ Date: _____

CAMPER NAME _____

BUS INFORMATION

We're always trying to get better here at camp and find ways to improve, especially when it comes to communicating with parents. We do our best to immediately email parents if we know a particular bus is running especially late and we use our facebook page to notify everyone if all buses are departing camp more than 5 minutes late at the end of the day. In an effort to keep everything running smoothly with our buses this summer, below is our bus policy that each of our bus monitors follow. We hope that understanding our bus policies and procedures will help clear up some questions.

AM BUS

- If a camper is at a bus stop but not on the bus list, the camper's name will be written down and the camper will be allowed on the bus to camp.
- If you are running late and can't make it to your stop on time, head on over to the next stop! It's no problem for your child to get on the same bus at a different stop.
- Please note that morning buses do not wait. They leave the stop as close as possible to the time listed on the bus schedule to make sure everyone arrives on time to camp

PM BUS

At the end of the day, we do our best to stay as organized as possible to get everyone on the right bus so the buses depart camp at 4:00pm. We know that mistakes are made, so here's how we handle them:

- If a camper is on a bus and they are not on the bus list, we check their original registration to see what was selected for their PM bus. We make sure they are put on that bus to get home.
- If a camper is insistent that a parent told them they were going home on a different bus, we attempt to call the parents. With 600+ campers, we do our very best, but without a note or phone call from you, if we can't get a hold of anyone on the phone, your camper will go home on their usual bus.
- When a bus arrives at a stop, the bus monitor will require parents to sign their camper off the bus. Only authorized persons will be able to sign a camper out. An authorized person is a parent, emergency contact, or approved pick up.
- You may also choose to select "Wait Unattended" on the registration. If selected, campers can walk home or wait alone.
- **To sign out a camper, a photo ID MUST be shown.** Please contact us if you need to add anyone else as an authorized person for pickup. The bus will only wait 5 minutes after the scheduled time before moving on to the next stop. The camper can be picked up at the next stops. At the end of the bus route, the camper will be brought back to camp and will need to be picked up from there.

CAMPER NAME _____

- Inappropriate behavior on the bus will not be tolerated. Our bus monitors will inform us of any issues on the bus (teasing, bullying, inappropriate language or touching, etc.) and parents will also be contacted. Constant behavioral issues or substantial safety issues will result in loss of bus riding privileges.

2019 BUS STOPS (2020 stops will be similar but may have small adjustments)

• FIND YOUR TOWN AND YOUR STOP ** NOTE THE 10-MINUTE ADJUSTMENT WINDOW ** STOP TIMES MAY BE ADJUSTED 10 MINUTES •• CAMPER MUST USE SAME STOP FOR PICK UP AND DROP OFF ** BUS TRANSPORTATION PROVIDED TO THE FOLLOWING TOWNS *

<u>COLCHESTER</u>	<u>AM</u>	<u>PM</u>	<u>HADDAM</u>	<u>AM</u>	<u>PM</u>	<u>PORTLAND</u>	<u>AM</u>	<u>PM</u>
Route 16 & 149	8:05	4:55	Haddam Elementary	8:00	4:45	Chatham Court	8:40	4:15
						Gildersleeve Elementary	8:45	4:15
<u>CROMWELL</u>			<u>MARLBOROUGH</u>			Main & Spring St.	8:40	4:20
Cromwell Middle School	8:20	4:40	Elmer Thienes	8:20	4:30	Route 17 & 17A	8:50	4:10
Edna C Stevens	8:25	4:35	Elementary			Spring & High St.	8:55	4:15
Pierson Park	8:30	4:30				Tri-Town	8:50	4:10
			<u>MIDDLEFIELD</u>					
<u>DURHAM</u>			Middlefield Com.	8:10	4:45	<u>WETHERSFIELD</u>		
Allen Brook Park	8:00	5:00	Center			Weths Shopping Center	8:00	5:00
<u>EAST HAMPTON</u>			<u>MIDDLETOWN</u>			<u>PREVIEW & FINALE</u>		
Congregational Church	8:30	4:20	East & West Lake	8:35	4:25	<u>WEEK</u>		
			Farm Hill School	8:15	4:40	ONLY BUS OPTION		
<u>GLASTONBURY</u>			Grand & Main St.	8:45	4:20	<u>2 BUSES ONLY:</u>		
First Church of Christ	8:25	4:35	High & Court St.	8:35	4:20			
Buttonball Lane School	8:30	4:30	Middletown YMCA	8:25	4:30	<u>MIDDLETOWN</u>		
Glastonbury High School	8:25	4:35	Moody School	8:25	4:35	Moody School	8:15	4:30
Holy Cross Cemetery	8:15	4:45	Silver Street	8:35	4:20	Middletown YMCA	8:35	4:10
Hopewell School	8:25	4:20	Spencer School	8:15	4:50			
Naubuc School	8:15	4:45	Snow School	8:25	4:30	<u>GLASTONBURY</u>		
Naugus School	8:35	4:15	Wesley School	8:20	4:35	Glastonbury High School	8:25	4:35
So. Congregational	8:35	4:20				So. Congregational	8:35	4:20
Church	8:10	4:50	<u>ROCKY HILL</u>			Church		
St. Dunstan's Church			West Hill School	8:10	4:50			

CAMPER NAME _____

CAMPER NAME: _____ **Sessions:** (circle all that apply) **1** **2** **3** **4**

PLEASE READ CAREFULLY:

- Circle one type of sandwich for each day of the week (on a white SUBWAY roll)
- Circle "add cheese" under each column to add cheese to that day's sandwich (American Cheese Only)
- Circle "add Let & Tom" under column to add lettuce and tomato if you would like either
- Selections will repeat themselves during the second week of the session (and from session to session)
- A fruit selection will be added in the lunch every day which may include: apple slices or watermelon
- Orders must be received by fax, mail or email no later than Wednesday of the week before the start of the session
- If you leave any days blank or do not submit this menu, your child will receive a turkey and cheese sandwich
- Be sure to check one drink choice per day (if none are selected your child will receive a water)

If you have already sent in a menu or would like to repeat a menu from a previous session, please disregard this menu.

Size selection (please circle one): 4" Sub 6" Sub

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Ham	Ham	Ham	Ham	Ham
Turkey	Turkey	Turkey	Turkey	Turkey
Bologna	Bologna	Bologna	Bologna	Bologna
Salami	Salami	Salami	Salami	Salami
Tuna	Tuna	Tuna	Tuna	Tuna
Veggie	Veggie	Veggie	Veggie	Veggie
<u>add cheese</u>	<u>add cheese</u>	<u>add cheese</u>	<u>add cheese</u>	<u>add cheese</u>
<u>add let & tom</u>	<u>add let & tom</u>	<u>add let & tom</u>	<u>add let & tom</u>	<u>add let & tom</u>
<u>Drink (check)</u>	<u>Drink (check)</u>	<u>Drink (check)</u>	<u>Drink (check)</u>	<u>Drink (check)</u>
<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea
<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch
<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water

CAMPER NAME _____

**YMCA Camp Ingersoll
Bagged Lunch Program**

Dear Families,

Thank you very much for participating in our Bagged Lunch Program. We are very pleased to be working with SUBWAY of Portland in order to provide this convenient and high quality product.

On the back of this note is the **menu choice form**. It very important that you complete it and return it to us **as soon as possible** (faxing is ideal: 860-343-6254.) We have made the choices few and simple to ensure that even finicky eaters will have a high quality lunch.

Lunches will include the sandwich and drink of choice as well as chips, a hand held fruit, and a cookie. Please read the instructions at the top of the menu choices carefully.

If you have questions, please call us at 860-342-2267. And once again, from the friends at SUBWAY and the staff of YMCA Camp Ingersoll, we thank you for your participation.

Best Wishes,

Ben Silliman
Camp Director



YOUTH CAMP HEALTH EXAM/RECORD FOR CAMPERS AND STAFF

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Physical Exams Are Valid For 3 Years From Date of Last Examination

Please Return Completed Form to the Camp on or prior to June 1, 2020

☐ Camper
☐ Staff

Name _____ Date of Birth _____ Phone _____

Guardian Address _____

Emergency Contact _____ Telephone _____

Date of Arrival at Camp: _____ Departure Date: _____

Parent or Guardian Authorization (required for all persons under age of 18) This health history is correct so far as I know, and the person named above has permission to participate in all camp activities except as noted by me or the examining physician. If I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to hospitalize, secure proper treatment for, and order injection, anesthesia for surgery for the person name above.

Parent or Guardian Signature **X** _____ Date _____

TO BE COMPLETED BY THE SPECIFIED MEDICAL PRACTITIONER:

_____ May participate in all camp activities

_____ May participate except for: _____

Date of Exam ____/____/____

Medical information pertinent to routine care and emergencies: _____

Is this individual taking prescription or over the counter medication(s)? ☐ YES ☐ NO If yes, indicate names of medication(s): _____

Does the individual have allergies? ☐ YES ☐ NO Explain: _____

Is the individual on a special diet? ☐ YES ☐ NO Explain: _____

Does the individual have special needs? ☐ YES ☐ NO Explain: _____

This camper/staff is up-to-date on all the following routine childhood immunizations currently recommended by the American Academy of Pediatrics and National Advisory Committee on Immunization Practices:

	Yes	No		Yes	No
Measles			Hepatitis B		
Mumps			Diphtheria		
Rubella			Pertussis		
Chickenpox			Pneumococcal conjugate		
Tetanus			Polio		

Comments: _____

Print name of medical care provider: _____

Medical care provider's address: _____

Medical care provider's: City/Town _____ ST _____ Zip Code _____

Signature of Physician, PA, APRN or RN: **X** _____

Date Form Signed _____ Telephone Number _____

Mail or Bring to: Middlesex YMCA, Attention: H.Peaslee, 99 Union Street, Middletown, CT 06457.

Email: hpeaslee@midymca.org Fax: 860-342-2267

YMCA Camp Ingersoll

94 Camp Ingersoll Rd. Portland, CT 06480

P 860.342.2267 F 860.343.6254 www.campingersoll.org



Last Name:

First Name:



**FOR YOUTH DEVELOPMENT
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YMCA Camp Ingersoll Frequently Asked Questions

1. How do I Register?

Online registration at CampIngersoll.org is the best. Please read **ALL** directions at the beginning of **EVERY** step and your camper will be registered in no time. Contact camp for paper registration.

2. Are Preview and Finale week different?

They are one week sessions **without swim lessons**. **Before and after camp are only located at camp, and only two buses run (see pg. 10)**. Special Events, such as: BINGO, Dance Parties, etc. will end every day.

3. What should my camper bring each day?

- Campers should bring closed toe shoes/sneakers - water bottle – towel – swimsuit – sunscreen – lunch – back pack
- an extra change of clothes. **Label all items!** **DO NOT BRING personal toys, Ipods, Gameboys, trading cards, cell phones, etc.*

4. What if my camper loses an item at camp?

- All Items brought to camp should be labeled with a permanent marker. Lost items for most campers are displayed at the amphitheater so campers can retrieve them, or parents can look for items at family nights. If a camper is in Wee Wonders or Kiddy Kamp, their lost and found item are usually kept in their huts, since that is when they change. All items are donated to Good Will after the conclusion of each session..

5. Does YMCA Camp Ingersoll provide a lunch?

We are continuing to offer our bagged lunch program from SUBWAY for an additional fee. Sign up on-line or on your registration form. Prior to the start of a session you will receive a menu to select your lunch. Campers who bring their own lunch should pack it in a brown paper bag. Lunches are refrigerated.

6. Will my child receive swim lessons?

All campers enrolled in traditional camp (other than the no swim lesson groups) will receive swim lessons unless a parent writes a note to say otherwise. Olders will sign up for swim lessons and free swim. Their lessons often have a theme (olympics, water polo, etc.) and are designed to improve their swimming while being age appropriate. Only certain specialty camps receive swim lessons.

7. Can I pick my child up early?

Parents must notify camp prior to 3:30. Please pick your camper up **BEFORE 3:15pm or at Parent Pickup at 4:00**. Children will only be released to individuals with a **valid photo ID** and listed on the registration form. Campers **MUST** be signed out.

8. What if my camper needs medication?

Complete and submit the "Authorization to Administer Medication" form. Forms are available online and by request. Medications must be in original, labeled container.

9. Do you apply sunscreen at camp?

Sunscreen should be applied by parents in the morning. Counselors will help reapply after each swim session if it is provided by the parent.

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10. How can I get in touch with my child's counselor?

Counselors place a call to the family's home on the second day of each session to introduce themselves and answer any question you may have. Counselors may call from a private number and cannot leave a message if your voice mailbox is full. If parents believe they have missed a phone call they are encouraged to call YMCA Camp Ingersoll at 860-342-2267 where a counselor, unit leader, or coordinator will be available to speak to them. Please keep in mind that specific staff members may not be immediately available to speak to you but will get back to you at their earliest convenience. Many parents find it helpful to communicate through notes. Communication with parents is very important to us. Please don't hesitate to call with any questions?

11. What is Family Night?

Enjoy Swimming, Boating, Ropes, and Archery during the first 3 Family Nights! Meet counselors, purchase dinner or merch., and have fun! Family Night ends with a camper performance and closing ceremony. Session 4 includes a candle-lit Closing Ceremony and performance by the Michael Cleary Band. Families are invited to all events!

12. How can I get more information?

- For registration questions please contact Helen Peaslee, Camp Registrar, at 860-342-2267 or hpeaslee@midymca.org.
- You can reach Benjamin Silliman, Camp Director, at 860-342-2267 or bsilliman@midymca.org
- For forms and more information please visit CampIngersoll.org. For pictures, videos, and daily information visit us at facebook.com/campingersoll.

