



# BEST SUMMER EVER

**At YMCA Summer Camp, your kids will make new friends and have tons of fun as they explore new adventures each day.**

**» YMCA OF CATAWBA VALLEY  
2024 SUMMER CAMP  
ENROLL TODAY**  
Preschool | School Age | Sports | Teens  
828.324.YMCA  
[camp.ymcacv.org](http://camp.ymcacv.org)

# CARING, HONESTY, RESPECT, RESPONSIBILITY



At the YMCA of Catawba Valley, we believe in every child's potential. Our camps are designed to strengthen character, while giving parents the peace of mind that comes from knowing their children are safe and cared for.

This summer, give your child the opportunity to explore his or her potential while enjoying new experiences, developing new skills and making new friendships to last a lifetime.

Camps feature arts & crafts, sports, indoor & outdoor games, swimming, educational classes and much more to meet the interests of children at every development stage.

# CAMP LOCATIONS



<b>ADRIAN L SHUFORD JR YMCA</b> 1104 Conover Blvd E   Conover NC 28613 828-464-6130	<b>HICKORY FOUNDATION YMCA</b> 701 1st St NW   Hickory NC 28601 828-324-2858
<b>LINCOLN COUNTY YMCA</b> 1402 Gaston St   Lincolnton NC 28092 704-716-4500	<b>SALLY'S YMCA</b> 1601 Forney Creek Pkwy   Denver NC 28037 704-716-4500
<b>HILDEBRAN ELEMENTARY YMCA</b> 703 US Highway 70 W   Hildebran NC 28637 828-999-8741	<b>MTN VIEW ELEMENTARY 21<sup>st</sup> CCLC YMCA</b> 805 Bouchelle St   Morganton NC 28655 828-999-8463
<b>NEW DIMENSIONS YMCA</b> 550 Lenoir Rd   Morganton NC 28655 828-999-8775	<b>OAK HILL ELEMENTARY YMCA</b> 2363 NC Highway 181   Morganton NC 28655 828-999-7742
<b>VALDESE ELEMENTARY YMCA</b> 298 Praley St   Valdese NC 28690 828-999-8629	<b>WA YOUNG ELEMENTARY YMCA</b> 325 Conley Rd   Morganton NC 28655 828-999-8567

## REGISTER ONLINE!

[camp.ymcacv.org](http://camp.ymcacv.org)

Scan the code to get to our website where you can register online, apply for financial assistance and get more information about our camps!



# CAMP PROGRAMS

## PRESCHOOL CAMP

- Ages: 3-5 year olds
- Requirements: Potty trained and not completed Kindergarten
- Operating Hours: 8:30 am - 12:30 pm (Hickory Foundation YMCA)
- Operating Hours: 9:00 am - 1:00 pm (Lincoln County YMCA and Sally's YMCA)

## TRADITIONAL CAMP

- Ages: 5-12 year olds
- Requirements: Must have completed Kindergarten
- Operating Hours: 7:00 am - 6:00 pm

## HALF-DAY SPORTS CAMP

- Ages: Varies (refer to Sports Camp page)
- Requirements: Must have completed Kindergarten
- Operating Hours: 8:30 am - 12:30 pm

## FULL-DAY SPORTS CAMP

- Ages: Varies (refer to Sports Camp page)
- Requirements: Must have completed Kindergarten
- Operating Hours: 7:00 am - 6:00 pm

## TEEN CAMP

- Ages: Rising 6<sup>th</sup> - 11<sup>th</sup> Graders
- Operating Hours: 7:00 am - 6:00 pm



# YMCA OF CATAWBA VALLEY

## CAMP DESCRIPTIONS

**Traditional Day Camp:** Join the YMCA of Catawba Valley for weekly opportunities for a fun-filled summer for your child! Whether you choose one week, a few weeks, or all summer, YMCA Summer Camp offers a flexible schedule and provides fun and enriching activities for your child. YMCA Summer Camp provides positive outcomes through play with an emphasis on social-emotional growth. Our staff will guide them through arts & crafts, indoor and outdoor games, swimming, camp songs & games, arts & crafts and much more. Traditional Camp is for K-5<sup>th</sup> students. Campers must have completed Kindergarten.

**Preschool Camp:** The YMCA of Catawba Valley's Preschool Summer Camp is centered around improving the well-being of children.

**Hickory Foundation YMCA: Preschool Camp** is a half-day camp operating from 8:30 am-12:30 pm for children 3-5 years-old who have not completed Kindergarten. Swim lessons are provided once a week with age-appropriate staffing ratios (1:6) from trained swim instructors. All campers must be potty trained to participate in our preschool camp program. A morning snack is provided for all campers.

**Sally's YMCA and Lincoln County YMCA: Preschool Camp** is a half-day camp operating from 9:00 am-1:00 pm for children 3-5 years-old who have not completed Kindergarten. Swim lessons are provided once a week with age-appropriate staffing ratios (1:6) from trained swim instructors. All campers must be potty trained to participate in our preschool camp program. A morning snack is provided for all campers.

**Sports Camp:** Whether your child is new to sports, a seasoned vet or somewhere in between, our Sports Camps are the perfect destination for every child who enjoys playing sports and begin active. Our focus is on helping young athletes of all skill levels develop fundamentals, teamwork, self-confidence and new skills. Half-day and full-day options are available. Half-day camps are 8:30 am-12:30 pm and full-day camps will enjoy a sports camp portion from 7:00 am-12:30 pm and then join our traditional camp until 6:00 pm. Breakfast and a morning snack are provided for half-day campers. Full-day campers will receive breakfast, lunch, and an afternoon snack.

**Specialty Camp:** Experience a summer like never before at our specialty summer camp, where we blend excitement, creativity, and athleticism for an unforgettable adventure. Immerse yourself in cheerleading, unleash your artistic talents in our art sessions, or join us for basketball camp fostering skill development and teamwork. But the excitement doesn't stop there – our camp is a mosaic of activities, offering a diverse range of options, from dance and Jr lifeguard to flag football and soccer. Join us for a summer of growth, laughter, and memories that will last a lifetime.

# TRADITIONAL DAY CAMP AND PRESCHOOL CAMP

## WEEKLY THEMES

**Hickory Foundation YMCA &  
Adrian L. Shuford YMCA**  
(First day of Camp is Tuesday, May 28)

**Week 1: "Lego" To Summer**

**Week 2: Wild World Wonders**

**Week 3: Squishy Science**  
(Preschool Camp Week 1)

**Week 4: Nature Explorers**  
(Preschool Camp Week 2)

**Week 5: Olympics in Paris**  
(Preschool Camp Week 3)

**Week 6: Aqua Adventure**

\*Please note this is a shortened week of camp

**Week 7: Enchanted Creatures**  
(Preschool Camp Week 4)

**Week 8: Sports Spectacular**  
(Preschool Camp Week 5)

**Week 9: Cosmic Quest**  
(Preschool Camp Week 6)

**Week 10: Marine Marvels**

**Week 11: Cool Waters Fun**

**Week 12: Mystery Mayhem**

**Week 13: Decades**

**Burke County YMCA Summer Camps**  
(First day of Camp is Wednesday, June 5)

**Week 1: "Lego" To Summer**

**Week 2: Wild World Wonders**

**Week 3: Squishy Science**

**Week 4: Nature Explorers**

**Week 5: Olympics in Paris**

**Week 6: Aqua Adventures**

**Week 7: Enchanted Creatures**

**Week 8: Sports Spectacular**

**Week 9: Cosmic Quest**

**Week 10: Marine Marvels**

**Week 11: Cool Waters Fun**

**Week 12: Mystery Mayhem**

**Week 13: Decades**



# LINCOLN COUNTY YMCA AND SALLY'S YMCA

## WEEKLY THEMES PRESCHOOL, TRADITIONAL, AND TEEN CAMPS

### Lincoln County YMCA and Sally's YMCA

(First day of Camp is Wednesday, May 29)

Week 1:  
Out of the World

Week 2:  
Movin' & Groovin'

Week 3:  
Sports of Sorts

Week 4:  
All in this Together

Week 5:  
Super Heroes

Week 6:  
Stars and Stripes

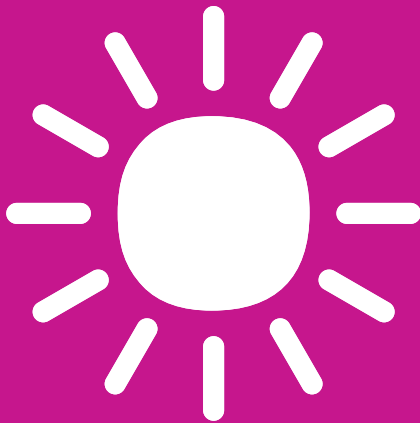
Week 7:  
Summer Safaris

Week 8:  
Wild, Wild West

Week 9:  
Color Wars

Week 10:  
Aloha Summer!

Week 11:  
Red Carpet



# LINCOLN COUNTY YMCA AND SALLY'S YMCA

## SPECIALTY CAMP OFFERINGS

### **Lincoln County YMCA**

(First day of Camp is Monday, June 3)

**Week 1:  
No Specialty Camps**

**Week 2:  
Basketball,  
Dance, and Jr. Lifeguarding**

**Week 3:  
Soccer**

**Week 4:  
Cheer and Flag Football**

**Week 5:  
Beginner Swim**

**Week 6:  
No Specialty Camps**

**Week 7:  
No Specialty Camps**

**Week 8:  
Beginner Swim and Soccer**

**Week 9:  
Cheer and Flag Football**

**Week 10:  
Basketball and Dance**

**Week 11:  
No Specialty Camps**

### **Sally's YMCA**

(First day of Camp is Monday, June 3)

**Week 1:  
No Specialty Camps**

**Week 2:  
Basketball,  
Dance, and Jr. Lifeguarding**

**Week 3:  
Soccer**

**Week 4:  
Cheer, Flag Football, and Intermediate Swim**

**Week 5:  
Beginner Swim**

**Week 6:  
No Specialty Camps**

**Week 7:  
Art**

**Week 8:  
Beginner Swim and Soccer**

**Week 9:  
Cheer, Flag Football, and Intermediate Swim**

**Week 10:  
Basketball and Dance**

**Week 11:  
Art**

# SPORTS CAMPS

(First day of Camp is Monday, June 3)

## HICKORY FOUNDATION YMCA

Week 1: No Sports Camp

Week 2: Basketball  
Ages 5-12

Week 3: Flag Football  
Ages 5-12

Week 4: Volleyball  
Ages 7-12

Week 5: Tennis  
Ages 5-12

Week 6: No Sports Camp

Week 7: Baseball  
Ages 7-12

Week 8: Pickleball  
Ages 7-12

Week 9: Soccer  
Ages 5-12

Week 10: Sports of all Sorts  
Ages 5-12

## ADRIAN L. SHUFORD JR. YMCA

Week 1: No Sports Camp

Week 2: Soccer  
Ages 5-12

Week 3: Basketball  
Ages 5-12

Week 4: Flag Football  
Ages 5-12

Week 5: Volleyball  
Ages 7-12

Week 6: No Sports Camp

Week 7: Baseball  
Ages 7-12

Week 8: Cheerleading  
Ages 5-12

Week 9: Pickleball  
Ages 7-12

Week 10: Sports of all Sorts  
Ages 5-12



# HICKORY FOUNDATION YMCA TEEN CAMP

Recognizing that middle school and high school students can get more out of a summer camp program, our Teen Camp participants learn teamwork oriented leadership. Working together on a variety of projects, our staff and teens form a mentoring relationship. We coach our teens, providing feedback and insight into their efforts on the different tasks they take on. Local field trips, leadership workshops and service projects are just a few of the important tools our staff use to teach teens what it means to be a leader. Teen Camp is a full-day camp operating from 7:00 am–6:00 pm for rising 6<sup>th</sup>–11<sup>th</sup> graders. Breakfast, lunch and an afternoon snack are provided for all campers.

## WEEKLY THEMES

(First day of Camp is Tuesday, May 28)

**Week 1: Sports of Sorts**

**Week 2: Around the World**

**Week 3: Holiday Palooza**

**Week 4: Mad Scientist**

**Week 5: Go for Gold**

**Week 6: The Great Outdoors**

**Week 7: ARTventure**

**Week 8: The Y's Got Talent**

**Week 9: Space Exploration**

**Week 10: Prehistoric Party**

**Week 11: Invitation to Invent**

**Week 12: Water Works**

**Week 13: Color Wars**



# THINGS YOU NEED TO KNOW...

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## TUITION

A \$40 registration fee and a \$25 deposit for each week registered for is due upon registration. These fees are non-refundable and non-transferable. Registration must be received by the Wednesday prior to the start of each camp week and full payment is due by the Friday prior to the start of each camp week. If full payment is not received by Friday, your child may be dropped from rosters and the deposit forfeited.

## REGISTRATION

For the safety of all children, an enrollment form must be filled out through the online registration process. This form will be good for the summer and will cover all Y camps at the location originally registered for. Some locations may require additional steps to complete registration; if applicable, you will be contacted via email. Registration changes (cancellations, additions, etc) may be made up to Wednesday before the start date.

## REFUNDS

No refunds or credits will be issued for any days registered for but not attended. All fees are non-refundable and non-transferable.

## PROMOTIONS

- Register on or before March 31 and pay \$10 per week you register for at the time of registration.
- Register between April 1 and April 30 and your Registration Fee will be waived. Use promo code SCFREE24 when registering online to apply discount.

## RETURNED PAYMENTS

All weekly fees must be set up on an automatic draft from a bank account, credit card, or debit card. A \$20 fee will be assessed for all returned payments. Payments are not accepted at site locations.

## LUNCH & SNACKS

Traditional Camp, Full-Day Sports Camp, and Teen Camp include breakfast, lunch, and an afternoon snack. Preschool Camp includes a morning snack. Half-Day Sports Camp includes breakfast and a morning snack.



## **SCHOLARSHIPS & TUITION SUBSIDIES**

We welcome scholarship applications for all of our camps. DSS subsidies can only be applied to select licensed Traditional Camp programs. YMCA scholarship applications are available on our website and must be completed in their entirety. Scholarships are awarded on a first-come, first-served basis and a deposit may be required when registering pending a scholarship award. Overpayments will be credited. DSS vouchers are not accepted for Preschool Camps, Sports Camps, or Teen Camps.

## **PICK-UP & DROP-OFF**

The safety and security of children in our care is paramount. Each child must be signed in and out every day by an authorized adult aged 18 or older, with a photo ID, in the presence of a YMCA Camp staff person. Registration forms must list all individuals authorized to pick up the child, including a phone number for each. If persons cannot produce a photo ID and/or are not on the authorized pick-up list, we will not release the child. Campers are encouraged to arrive each day by 8:45 am to begin the day's activities. Campers arriving after 9:00 am must notify the Camp Director.

## **LATE PICK-UP**

We ask that you please pick up your child by the closing time each day. If you are late, you could be charged \$1 for each minute after the closing time.

## **ANTI-BULLYING**

The Y is committed to preventing bullying, which is defined as systematically and chronically inflicting physical hurt or distress on a child or staff member. Bullying is further defined as unwanted and repeated written, verbal or physical behavior, including threatening, insulting or dehumanizing gestures that are pervasive enough to create an intimidating or hostile environment. It includes, but is not limited to, teasing, social exclusion, threat, intimidation, stalking, cyber-stalking, physical violence, theft, harassment, humiliation or destruction of property. Physical violence or bullying toward another camper or staff member will result in immediate suspension for the remainder of the camp week; a second offense will result in expulsion for the remainder of the summer. Please contact the Program Director to report any suspected incidents of bullying.

## **BEHAVIORAL & MEDICAL CONDITIONS**

It is essential to disclose all behavioral and medical conditions at the time of registration so that we can best serve your child. The Y makes reasonable accommodations to meet every child's needs in a group setting; however, we are unable to provide 1-on-1 care for campers. If a camper becomes a safety risk, it could be grounds for dismissal. Non-disclosure at the time of registration could also be grounds for dismissal. For licensed Traditional Camp programs, immunization records must be on file before campers may attend.

## **WHAT TO WEAR**

Campers should dress comfortably for the weather every day and wear closed-toe shoes. Campers will be active and may get dirty so please plan accordingly. Flip-flops or sandals are only permitted during water activities. The provided camp t-shirt should be worn on field trip days (if applicable). Please label everything.



## **WHAT TO BRING**

Campers should bring a refillable water bottle every day. Spray-on sunscreen should be provided and may be kept at camp. Please ensure a Topical Medication form is on file for your child's sunscreen. Sunscreen should be applied before arriving at Camp; staff are not permitted to apply personal sunscreen from home to campers but they will remind campers to apply it often. Campers should bring a swimsuit and towel on swim days. Backpacks or tote bags are highly recommended but not required. Please label everything.

## **DO NOT BRING**

Items such as toys, games, and trading cards from home and shoes with wheels are prohibited at camp. Money, jewelry or anything else of value should not be brought to camp. The YMCA is not responsible for lost or stolen items.

## **PERSONAL ELECTRONICS & CELL PHONE POLICY**

Camp is a safe place for youth to develop authentic and positive relationships with peers and adults while growing and developing – intellectually, emotionally and physically. Camper's use of personal electronics during structured camp time interferes with their ability to participate in authentic interactions and planned activities. The Y recognizes the value of instant communication and expects campers to keep any personal electronic device powered off and stored in a backpack or lunchbox while at camp.

**PLEASE LABEL ALL PERSONAL ITEMS!**

# CAMP RULES

Campers take **RESPONSIBILITY** for their actions.

Campers **RESPECT** Themselves, each other, camp equipment and the environment.

**HONESTY** is the basis for all relationships and interactions.

Campers are **CARING** in their relationships with others.

Campers should talk to a Camp Staff Member if they are uncomfortable with any experiences or need assistance while at camp.

## BEHAVIOR GUIDELINES

**REDIRECTION:** Staff will redirect the camper to more appropriate behavior.

**STOP & THINK:** If inappropriate behavior continues, the camper will be reminded of behavior guidelines and camp rules, and the camper will be asked to decide on action steps to correct his/her behavior.

**REFERRAL:** If a child's behavior still does not meet expectations and is affecting the experience of other campers, he/she will be referred to the Program Director. Consequences may include, but are not limited to: loss of privilege(s), phone call home, parent conference, etc.

**SUSPENSION/EXPULSION:** If inappropriate behavior continues, as a last action step, the camper may be dismissed from camp for a period of time, up to the remainder of the summer.

### EXAMPLES OF UNACCEPTABLE BEHAVIOR:

- Refusing to follow behavior guidelines or camp rules.
- Using profanity, vulgarity or obscenity.
- Stealing or damaging personal or camp property.
- Refusal to participate in activities and cooperate with staff.
- Disrupting a program.
- Endangering the health and safety of children and/or staff.
- Use of illicit drugs, alcohol or tobacco, or sexual conduct of any kind.
- Teasing, making fun of, or bullying other campers or staff.
- Fighting of any kind.

Camp fees are non-refundable if a camper is sent home for disciplinary reasons.





## There is more to the Y than Summer Camp! Check out the benefits of being a Y member.

The Y is more than a gym – we are a cause committed to strengthening bodies, minds, and communities. Surrounded by friends and caring, knowledgeable staff, you can grow your spirit, mind, and body in ways you never imagined.

### A YMCA membership allows you and your family to enjoy:

- Discounted rates on programs like sports, swim lessons, and childcare.
- State-of-the-art fitness centers and a free fitness orientation.
- Over 100 FREE weekly group exercise classes.
- Supervised care of your child while you work out.
- Indoor and outdoor aquatic centers featuring water slides, splash pads, kiddie pool, and pools open for swim and lap swim.
- Athletic facilities including gymnasiums, racquetball courts, and tennis courts.
- Nationwide membership privileges at Y's across the county.
- No long-term contracts.

The Y's scholarship program ensures that membership and programs are available to everyone in our service area regardless of their financial situation. This program supported by contributions to our Annual Campaign through grants from local funders and direct donations. Applications are available at our locations and on our website.

**ADRIAN L. SHUFORD JR. YMCA**  
1104 Conover Blvd E  
Conover, NC 28613  
828.464.6130 | [ymcav.org](http://ymcav.org)

**HICKORY FOUNDATION YMCA**  
701 1st St NW  
Hickory NC 28601  
828.324.2858 | [ymcav.org](http://ymcav.org)

**PHIFER FAMILY YMCA**  
2165 Sterling St  
Morganton, NC 28655  
828.679.2500 | [ymcav.org](http://ymcav.org)

**LINCOLN COUNTY YMCA**  
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Lincolnton NC 28092  
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**SALLY'S YMCA**  
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