



# YMCA of Northern Alberta **Summer Day Camps** **Parent Handbook**



2026

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## Welcome to Summer Day Camp!

Thank you for choosing YMCA of Northern Alberta summer day camps! We're thrilled to have you join us for a summer of sparking imaginations, discovering a love of being active and forging friendships to last a lifetime!


At the YMCA, we're committed to igniting the potential in children and youth. Learning new skills, participating in a community, being active and developing new passions are all so important to a young person's growth and development. At the YMCA, they'll find a safe and welcoming environment to be themselves and reach their potential.

### YMCA Vision, Mission and Values


At YMCA of Northern Alberta, our vision is to create thriving communities where everyone feels a sense of belonging and has the opportunity to shine. Our mission is to ignite people's potential through our work as a charity.




**Our Vision**  
Thriving communities where everyone belongs and can shine.



**Our Mission**  
A charity that ignites people's potential.



**We Value**  
Inclusion, respect, honesty, caring and responsibility.



## Day Camp Objectives

YMCA day camps are designed to support recreation, education, social development, and physical literacy under the guidance of our mature and well-trained day camp counsellors. Our goals for the campers include:

- **Self-Discovery and Personal Growth:** Encouraging campers to explore their interests and strengths.
- **Leadership Skills:** Building self-reliance and self-confidence through various activities.
- **Healthy Lifestyle:** Enhancing physical literacy and learning new skills.
- **Interpersonal Relationships:** Promoting honest, caring and respectful interactions with others and fostering cooperation and respect for diversity.
- **Community and Environment Appreciation:** Understanding and appreciating the community and natural surroundings.

## Day Camps Available at the Y

Explore all our camps across multiple locations, available weeks, and pricing—view or download the full lists by region below:

[Edmonton Region YMCA Summer Day Camps](#) (link to PDF)

[Red Deer Region YMCA Summer Day Camps](#) (link to PDF)

[Wood Buffalo Region YMCA Summer Day Camps](#) (link to PDF)

## Our Day Camp Staff

YMCA summer day camp staff are carefully selected for their leadership skills, enthusiasm and their ability to work with children of all backgrounds and abilities. All camp staff have completed the YMCA Day Camp Training Program, which includes safety and emergency training, intermediate first aid, CPR, WHMIS, behaviours management and physical literacy. Camp staff are also required to pass a Police Information Check and a Vulnerable Sector Search.

## The Y Way: Our Values-Based Approach

At the YMCA of Northern Alberta, our values guide our actions and interactions, helping us to make sound decisions and build strong character. These values — Inclusion, Respect, Honesty, Caring and Responsibility — form the foundation of who we are and how we treat others. Through our day camp programs, we aim to foster these core values in our campers, supporting personal growth and positive behaviour.



## Value Beads

In our summer day camps, value beads are a meaningful way to recognize and celebrate campers' achievements and character development. Each camper will start the week with a necklace or bracelet featuring a white bead that symbolizes friendship. Throughout the camp, campers have the chance to earn additional beads by participating in activities and demonstrating our core values. These beads serve as a reminder of the importance of these values and are awarded daily to acknowledge each camper's contributions and positive behaviour. Our campers love this aspect of camp!



## Preparing for your YMCA Day Camp Adventure

### "Welcome to Camp" Email

On the Thursday before the week of camp (Fridays when camp starts on Tuesday), you will receive a "Welcome to Camp" email with important reminders. Please review this information carefully. For more details about our camp programs, locations, and registration, visit the [YMCA website](#).

### Typical Week at YMCA Day Camp

Y Soccer 9-12						Week 5   July 27-31
						Counsellors: Jack & Jill
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Camp Info
7:30 AM	Pre-Care   Gym   7:30 AM - 8:30 AM					<div>Please have your child bring the following items to camp:</div> <div>Water bottle</div> <div>Running shoes</div> <div>Swimsuit &amp; Towel</div> <div>Lunch and 2 snacks</div> <div>Sunscreen/bug spray</div> <div>Hat</div> <div>Jacket/Sweater</div> <div>Please note that all schedules are subject to change at the discretion of coordinator and changes in weather</div>
8:00 AM						
8:30 AM	Transition: No-Drop OFF 8:30 AM - 8:45 AM					
9:00 AM	Morning Games   Field					
9:30 AM						
9:45 AM						
10:00 AM	Ice Breakers   Field	Change	Reaction Drills   Field	Jersey Craft   Studio 1	Small Space Games   Studio 1	
10:15 AM		Pool				
10:30 AM			Ball Handling   Gym	Dribbling Drills   Field	Scrimmage   Park	
10:45 AM						
11:00 AM	Physical Literacy Games   Gym		Lunch   Field	Lunch   MPR	Lunch   Field	
11:15 AM		Field				
11:30 AM	Lunch   MPR	Small Space Games   MPR	Defense   MPR	Game Strategy   Gym		
11:45 AM						
12:00 PM	Ball Control & Dribbling   MPR	Shooting Drills   Gym	Game Play   Park	Offense   Park	Wild Wild West   Friday Event	
12:15 PM						
12:30 PM	Games & Free Time   Park					
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM	Bead Ceremony   Gym					
4:00 PM	Post-Care   Gym   4:00 PM - 5:00 PM					
4:30 PM						
Weekly Camp Theme: Wild Wild West						

## Day Camp Themes

At YMCA summer day camp, we incorporate camp-wide weekly themes to make our activities exciting and engaging for every camper. These themes are seamlessly integrated into our creative arts, sciences, sports, games and various other activities. To add an extra layer of fun, campers will also have the chance to dress up for our special Friday events day!

## Pre- and post-care

Both pre-care and post-care are available at YMCA summer camps free of charge. However, charges will apply to all late pick-ups after 5pm in the Edmonton Region, and after 4:30pm in Wood Buffalo & Red Deer Regions, at a rate of \$1/minute.

Pre- and post-care in our Edmonton centres is available from 7:30-8:30am and 4-5pm (Jamie Platz, Castle Downs, William Lutsky, Don Wheaton Family YMCAs).

In Red Deer and Wood Buffalo, Pre and Post care is available from 8:00-8:30am and 4-4:30pm.

During pick up, you will be asked for government-issued photo identification to ensure we are releasing the campers safely to their authorized pick-up person.

**Please note we do not allow drop-offs between 8:30am and 8:45am as camps transition from the gym to the field.**

## What to Bring to Camp

Get your child ready for a day full of fun by packing:

- A change of clothing
- Swimming attire and towel (Edmonton only)
- Sun hat
- Weather-appropriate clothing (Campers will be outside daily, rain or shine)
- Water bottle
- Lunch and 2 snacks (allergy-aware)
- Non-aerosol bug spray
- Sunscreen

## What Not to Bring to Camp:

- Electronics
- Food containing nuts
- Toys
- Valuable items

We ask that all camper belongings are labelled to reduce lost or misplaced items. The YMCA is not responsible for any lost or stolen items.

## Camper Safety and Well-Being at the YMCA

### Sign-Out Policy: ID Required

To ensure the safety and security of all campers, only individuals who are 16 years of age or older and listed as authorized pick-up persons during registration are permitted to sign out campers.

For verification purposes, all authorized pick-ups, including parents and guardians, must present valid, government-issued photo identification each day when signing out a camper.

If you wish to grant your child aged 9 or older permission to sign themselves in and out of camp without being accompanied by an adult, an alternate sign-in/sign-out authorization form is available. This form must be completed on the first day of camp to provide consent for your child to sign themselves out independently.

### Medical Forms

Scan the code or click the link below for direct access to necessary forms (available after registration)  
[ymcanab.ca/CampForms](https://ymcanab.ca/CampForms)



### Medication

If your child needs medication while at camp, please include this information in your online registration form. To ensure we can properly manage your child's needs, it is required that you complete and sign a medication form detailing the dosage and timing. Medications should be sent in their original, labeled containers with your child's name, the date and instructions for use.

All medications, including EpiPens, must be handed directly to camp staff along with the completed medication form. This helps us provide the best care for your child and ensures their camp experience is as smooth and safe as possible.

### Nuts and Allergies

To ensure the safety of our campers, we ask that campers and staff refrain from bringing food items with any nuts, or products containing nuts.

If your child has any allergies or intolerances, please be sure to include that information in your child's medical form and provide our camp staff with any necessary medical equipment or medication.



## **Lost and Found**

All lost and found items will be kept throughout the week of camp. Lost items will be displayed during pick-up and drop-off throughout the week as an opportunity for you to find any items your child may have lost.

## **Illness**

The health and well-being of our campers and staff are a top priority for us. If your child is experiencing any severe symptoms of illness, we kindly ask that you arrange for alternate child care. If your child becomes ill during camp hours, we will notify you and ask that you pick up your child as soon as possible. Campers will remain in the care of our support staff in the meantime.

## **Inclement Weather Policies**

### **Extreme Heat**

With your child's safety and well-being as our top priority, we have strict weather policies in place for days when the temperature is extreme. In the event that the temperature outside rises to 30°C or higher, all outdoor camp activities will be limited or transitioned to indoors until the weather conditions improve.

### **Air Quality**

All summer camp activities will be transitioned to indoor spaces if air quality reaches high risk Q7+. If air quality reaches Moderate Risk Q4-6, preschool camps will be indoors until the air quality improves; time outdoors and strenuous outdoor activities may be reduced for all ages.

## **Swim Safety (Edmonton Only)**

For our non-aquatic camps, we are excited to offer weekly swim times for all campers. During swim times, our trained lifeguards will be stationed on deck to ensure everyone's safety, while camp staff will be actively supervising and engaging with campers in the water.

For our younger campers, ages 4–7, we maintain an extra level of safety by ensuring campers stay within arm's reach of camp counsellors and/or volunteers throughout their swimming session.

To ensure a safe swimming experience, all campers aged 6 and older must pass a swim test or wear a Personal Flotation Device (PFD) to access the deep end of the pool. *Preschool campers, ages 4-6, will only use the teach (shallow) pool during swim times and are exempt from the swim test and wristbands.*

Wristbands must be worn at all times during the week to ensure safety and will be removed after swim time on Friday afternoon. Campers attending multiple weeks will receive a new wristband at the start of each week.

### **Camper Code of Conduct**

At the YMCA of Northern Alberta, camp staff employ a positive, values-driven approach to promote and reinforce positive behaviour, set clear boundaries, offer acceptable choices and provide guidance when addressing inappropriate actions. We expect children to adhere to YMCA day camp behaviour expectations and engage positively with peers, staff and volunteers.

We encourage everyone in our camp community — children, staff, volunteers, and parents — to embody YMCA values in all interactions. Our primary goal is for each child to have a positive and memorable experience, with safety being our top priority. It is essential for parents/guardians and children to understand and follow the safety guidelines and other behaviour expectations established by the YMCA.

### **Our Commitment:**

- Providing a safe, caring and nurturing environment for children.
- Using proactive and preventative Child Guidance strategies.
- Encouraging independence, autonomy and problem-solving skills.
- Engaging with families to address and manage behaviours.

### **Behaviour Expectations**

During their time at the YMCA, campers will:

- Take responsibility for their actions, choices and words
- Show respect towards others, including staff, volunteers and their surroundings
- Be honest and true to their word
- Care for themselves and those around them
- Make choices that are healthy and safe
- Embrace diversity and strive to include everyone

Unacceptable behaviours include severe defiance or disruption, verbal or physical aggression, leaving program boundaries without permission, bullying, destructive behaviour and theft of YMCA property. Such actions, which negatively impact others physically or emotionally or place themselves or others at risk, may lead to dismissal or permanent removal from camp at the discretion of the YMCA Northern Alberta.

Please note that refunds will not be provided for dismissals that occur before the end of the camp day or week.

## Disabilities and Additional Support

The YMCA of Northern Alberta is committed to supporting children who require additional assistance to fully participate in day camp. Children who use an Enhancement and Behaviour Support Worker in other educational or program settings are required to have one while attending YMCA Day Camps. The YMCA may also request an Enhancement and Behaviour Support Worker if needed to help a child succeed in camp activities. These workers are hired by families, must meet YMCA requirements, and provide one-to-one support focused solely on the child they are assigned to. Families are encouraged to contact the YMCA for more information or with questions about the Enhancement and Behaviour Support Worker Policy.

## Communications

### Cancellation Policy

Effective June 8, summer camp registration cannot be cancelled online. Please reach out to a YMCA staff member to assist with cancellation. A \$25 cancellation fee will apply. Should a camp need to be cancelled by the YMCA due to low enrollment, every effort will be made to place your child(ren) in an alternate camp, or we can offer a refund.

## Contact Information

**For general inquiries, please email: [daycamp@ymcanab.ca](mailto:daycamp@ymcanab.ca)**

Below, you can find location and contact information for your YMCA Summer Camp:

### Edmonton Region

#### Castle Downs Family YMCA

- Address: 11510 153 Ave NW, Edmonton, AB, T5X 6A3
- Phone: 780-476-9622

#### Don Wheaton Family YMCA

- Address: 10211 102 Ave NW, Edmonton, AB T5J 0A5
- Phone: 780-452-9622

#### Jamie Platz Family YMCA

- Address: 7121 178 St NW, Edmonton, AB, T5T 5T9
- Phone: 780-481-9622

### **William Lutsky Family YMCA**

- Address: 1975 111 St NW, Edmonton, AB, T6J 7C6
- Phone: 780-439-9622

### **Red Deer Region**

#### **Northside Community Centre YMCA**

- Address: 6391 76 St, Red Deer, AB T4P 3E9
- Phone: 403-967-9622

### **Wood Buffalo Region**

#### **Eagle Ridge Community Centre**

- Address: 2-301 Sparrow Hawk Drive, Fort McMurray, AB, T9K 1S5
- Phone: 780-743-9600

If you have any questions about YMCA Summer Camps, what campers need to bring or safety information, you can reach our team by email at [daycamp@ymcanab.ca](mailto:daycamp@ymcanab.ca)

*See you at camp!*