



92Y CAMP YOMI SENIORS

2019 Family Guide



DEAR CAMP YOMI SENIORS FAMILIES,

On behalf of the entire Camp Yomi Seniors staff, I want to welcome you (or welcome you back) to our camp family for the 2019 season. I am excited to be spending my ninth summer at 92Y Camps with you and your camper.

Summer camp can be a life-changing experience. A quality program should allow campers to take risks and meet challenges, enhance their self-esteem, and make friendships that last a lifetime. Camp Yomi Seniors does just that. Through a wide variety of age-appropriate activities, we help campers create memorable and meaningful experiences in a safe and fun environment. It is my personal goal to give your camper a summer they will never forget.

Helping our campers and parents prepare for the summer is one of our goals during the spring. Please take the time to read through this family guide. It was designed to provide information about our program and to answer many of your questions. We also suggest that you keep the guide in an accessible place throughout the summer.

I know you will join me in looking forward to a safe and sun-filled camp season! Please feel free to call me at 212.415.5602 ext. 1 with any questions.

Sincerely,

Emily Bencosme

Emily Bencosme
Director, Camp Yomi Seniors

92Y CAMPS ON-LINE ACCOUNT

Please make sure to log on regularly to your online account. Now you can access health forms, announcements, pictures, calendars, camp schedules and more, both before and after camp—everything you need to know for your camper!

To log into your 92Y Camps account: 92Y.org/MyCamp
(use the email address you used for camp registration).

PACKING FOR CAMP

WHAT TO BRING TO CAMP

The following items should be packed in your camper's backpack and brought to camp each day:

1. **Two bathing suits:** no towels are needed, as we provide daily towel service.
2. **A full water bottle:** we will provide a 92Y water bottle within the first few days of camp
3. **A hat:** optional, but recommended
4. **Sunscreen:** optional, we apply SPF 70 kids sunscreen at both swims daily

Lunch and snack will be provided—no need to send any food.

RECOMMENDED CLOTHING

Campers spend the day involved in a diverse range of activities including sports, arts, nature, music, swimming and more. Campers should come to camp each day dressed comfortably in shorts, t-shirts and sneakers.

On Picture Days, each camper will receive a complimentary Camp Yomi Seniors shirt. Shirts will later be given to campers who are absent on picture day.

Parents should use their best judgment when dressing campers for camp, sending sweatshirts, rain gear, etc. when the weather is cold or rainy. Regardless of morning weather, please pack 2 bathing suits. Bathing suits will be returned home daily. Towels will be provided for all campers.

WHAT NOT TO BRING TO CAMP

Campers are **not** permitted to bring valuable articles such as electronic devices, toys, iPhones, iPads, cell phones, and water guns to camp. We also discourage the wearing of expensive jewelry or the carrying of any amount of money. On trip days, we do allow campers to bring money and will send a suggested amount to families prior to trips. Please do not send your camper to camp in sandals, natives or Crocks—**sneakers only please.** No animals or pets are allowed in camp. Camp Yomi Seniors is not responsible for the loss or damage of any of the above listed items if they are brought to camp.

THE BUS RIDE

92Y CAMPS BUS POLICY

The safety and security of your campers is our number one priority. Every bus is equipped with a first aid kit and your camper's medical information and emergency contacts. 92Y Camps coach-style buses are provided by Academy Buses. Each bus has a capacity of 55 seats, and 10-15 seats on each bus are occupied by 92Y Camps staff who are there to ensure campers are safe and engaged.

At the bus site

- All bus sites open at 8 am—staff will be present and ready to engage with campers
- All staff are required to stay at their bus sites until every camper has been picked up. Parents are asked to pick up no later than 5:45 pm. If you want your camper to self-dismiss from the bus site, please go to your on-line account and grant permission. Any camper who can self-dismiss will leave the bus site when the bus returns to the city, typically around 5 pm. After 5:45 pm, the bus site staff will start to call parents and emergency contacts to secure an authorized adult to pick up your camper. Parents who are running late should call the camp office.

On the bus

- Each bus will have at least one head counselor, who is 21 years or older and is a college graduate, on the bus. These head counselors are directly responsible for and in charge of their bus and bus site. Responsibilities include but are not limited to: checking campers in each morning; checking campers out each afternoon and making sure that each camper is only released to persons pre-assigned; supervising staff; ensuring the safety of campers on the bus and at the bus site; and evaluating all staff on the bus at least twice each summer.
- In addition to the head counselor, many buses will have a bus counselor. These staff members are 18 years or older and have had previous camp experience. The bus counselor's role is to help create bus culture via cheers, playing games, singing songs, and engaging campers on the bus.
- All staff shall be engaged with campers at all times at the bus site and on the bus. This can include but is not limited to playing UNO, talking with and sitting next to campers or encouraging campers to participate in cheers or bus games.

- If a camper has to go to the lavatory during the bus ride, a staff member should always walk them to the lavatory and wait outside the door until they are finished to walk them back to their seat.
- Head counselors, with permission from the bus driver, shall walk throughout the bus making sure all campers and staff are comfortable and engaged.

In the event of a safety or security issue on the bus or at the site, a staff member must alert the head counselor immediately, who will provide staff and campers with instructions. Each bus has a 92Y issued cell phone with which the head counselor can quickly speak with the office or a supervisor if they need additional support on the road or at the site. In case of any incident with your camper, 92Y Camps leadership staff will be in contact with parents as soon as possible.

ARRIVAL / DISMISSAL

The ride to camps is 35-50 minutes (depending on route and traffic). Campers must remain seated with their seatbelts buckled while the bus is in motion, except when going to the lavatory. Counselors lead games, songs, and cheers during the ride.

Please arrange for your camper to be at the bus stop no later or earlier than the designated drop-off time in the morning. Exact times will be available the second week in June. Our counselors are on duty at each bus site starting at 8am. Exact departure times will be emailed to you in mid-June.

At dismissal, buses will return to the sites where staff is on duty until 5:45 pm. Campers must be signed out at the end of the day by their designated bus supervisor. No camper will be released to an individual without a colored electronic bus tag (these will be sent to you mid-June) or to someone who is not on the authorized list. You can tell us who is authorized by updating your parent portal at 92Y.org/MyCamp. Any last minute changes must be in writing and given to the bus site Supervisor of the pick-up site.

Your camper's safety is of course our number one priority. Therefore, for your camper's protection, no camper will be released on the street at the end of the day. Campers must be dropped off and picked up inside the pick-up/drop-off site where applicable.

Yomi Seniors campers have the option of self dismissal from the bus site. To select this as a option, please log into your camp account at 92Y.org/MyCamp and select self-dismissal.

Please note: We need your cooperation to ensure organized pick-up/drop-off. Please understand that we do our best to leave and return on time, but many factors are out of our control (i.e.: traffic, construction, etc.).

BUS SITE LOCATIONS

92Y Pickups (Yomi Seniors): 1395 Lexington Ave., 2nd Floor Classroom,
South Building

Anshe Chesed: 251 W. 100th St.

B'nai Jeshurun: W. 89th St. (btw. B'way & WEA), 4th Floor Classrooms

East 50s: Morning—55th St. & 1st Ave. (by the church);
Afternoon—55th & 2nd Ave. (by Angelo's Pizza)

E 85th Upper East –Yorkville: York Ave. & E. 85th St. (Northeast corner)

Grammercy: 2nd Ave. (btw. 19th & 20th St.), St. Augustus Park

PS 9: 100 West 84th St. (btw. Amsterdam & Columbus Ave.), auditorium

PS. 41: 116 W. 11th St. (btw. 6th & 7th Ave.), enter at school entrance

PS. 183: 419 East 66th St., enter at 67th St., gymnasium entrance

PS. 199 at Playground: W. 70th St. (btw. Amsterdam & Columbus),
exact pickup location to be announced

Wagner Middle School: 220 E. 76th St. (btw. 2nd & 3rd Ave.), auditorium

Riverdale: Menchie's Frozen Yogurt—3555 Johnson Ave.

Riverdale Jewish Center—3700 Independence Ave. (Use code
285150# at main entrance)

Rockland: Please contact Carrie Saskin 845.362.4400 ext. 107

PICK-UP POLICY

For your camper's security, no visitors are permitted on the campgrounds.

Early pick-ups are only allowed on Fridays at 2:30 pm and on July 3.

1. Please contact the camp office at 212.415.5573 to arrange pick-up directly from the campgrounds. Due to campground policy, all car pickups must be pre-arranged at least 24 hours in advance.
2. When picking up your camper, please pull into the campgrounds entrance and proceed to the stop sign. Your camper will meet you there. Please note: You must wait in the gazebo in the parking lot. Do not arrive early, as your camper will not be awaiting pick-up.
3. In the event of rain on a day that you have arranged to pick up your camper directly at the campgrounds, please call the Camp Office at 212.415.5573. Your camper's group may have left the campgrounds, **in which case, your camper will return back to their site on the regular bus at the end of the camp day.**
4. If you are late for your 2:30 pm pick-up, please note that your camper will travel back to the city on the bus.

HEALTH AND SAFETY

Counselors are directly responsible for the health and safety of your campers. All campers will come home wearing an allergy awareness bracelet—a reflection of our efforts to create awareness throughout the 92Y Camps community.

In order to attend our camps, every camper and staff must be age-appropriately immunized in compliance with Rockland County Board of Health Regulations. Current health forms and immunization records must be submitted to 92Y before the start of camp. This prerequisite is mandated by New York State. Any camper or staff member whose immunization records are not received will not be able to attend camp.

If a camper has an injury or illness requiring anything more than routine care (which implies band-aids, ice-packs, splinter removal, and similarly minor treatments), the camp will contact the parent/guardian to discuss treatment plans. In addition, 92Y Camps retains the consulting services of a pediatrician during the summer. Dr. Neal Kotin is available to advise us regarding medical matters.

A camper who has a cold, sore throat, fever, stomach virus, or other communicable disease should not be sent to camp. Please notify Emily Bencosme, Director at 212.415.5602 ext.1 if your camper will not be attending camp on a particular day.

We will be conducting lice screenings with the Lice Treatment Center periodically throughout the summer. If your camper is found to have nits or live lice a member of our team will call to notify you, and discuss how you want to proceed.

We have the greatest confidence in the healthcare facilities and services available to campers should the need arise. The camp has an infirmary with a full-time registered nurse. Also, the services of West Nyack Regional Hospital, a highly respected medical facility, are less than 15 minutes away, in the rare instances when this would be necessary.

Campers are encouraged to drink plenty of water during each day. We request that your camper reuse the 92Y water bottle that is given to them at camp within the first days of camp or bring a labeled water bottle to camp. Counselors will provide ample opportunities for campers to refill their water bottles throughout the camp day at our fountains and water stations located around camp. Please do **NOT** fill it with soda or juices high in sugar.

PREScription AND NON-PRESCRIPTION MEDICATION POLICY

In order for our designated staff to dispense either a prescription or nonprescription medication to a camper the following procedure must be followed:

1. The camp must receive written authorization from the parent/guardian and physician along with the name of the medication, condition for which the medication is being used, the required dosage and frequency with which it is to be dispensed. All of this information must be included on the medication form in your camper's portal. If your physician does not sign off on this form we will be unable to dispense.
2. All medication must be in the original prescription container.

CAMP PROGRAMMING

THEME DAYS/TRIP DAYS

Each Thursday, we break away from the regular schedule to celebrate special theme days or trip days. Please review the summer calendar (available in your on-line account) to plan for camp accordingly.

HOT WEATHER

Often, camp days can be very hot, in which case the staff is prepared to implement an alternate schedule. On these days, staff utilize numerous shady areas at the campgrounds and air-conditioned indoor spaces, such as the nature, art and ceramics buildings, and shaded unit shelters, etc. Please be assured that on hot days, we will limit the amount and intensity of physical activity of the campers as well as keep them hydrated in order to ensure their safety.

RAINY DAY PROGRAMS

Our intention is to go to camp each day and make every effort to make the best of a rainy day, focusing extra attention on keeping your campers safe and dry. On these days, specially designed programs have been planned at the campgrounds. It is important that you dress your camper appropriately for the weather. **PLEASE SEND A RAINCOAT WITH YOUR CAMPER ON RAINY DAYS.** Camp Yomi Seniors buses remain with us throughout each camp day, and in the event of persistent rain, we will use off site activities in Rockland County such as bowling, movies, or other special programs.

EXTENDED CARE

92Y Camps will offer extended care at 92Y from 5:45-6:45 pm on the days that camp is in session.

Campers will participate in low-key activities with Camp Yomi Seniors Counselor Supervision. Please contact the Camp office at 212.415.5573 for more information on pricing and details.

Note: Your camper's bus must be at 92Y for extended care.

TUTORING

For more than 10 summers, 92Y Camps has offered summer enrichment opportunities to maintain campers' academic level and increase their capabilities for the upcoming school year. This program is embedded in our camp day and is available at an additional fee for a range of subjects in private or semi-private sessions. For more information, please reach out directly to the company, Bridges 2 Learning. They can be reached at Bridges2Learning@hotmail.com.

MAJORS

Campers in Yomi Seniors make a summer-long commitment to participate in an elective activity. Major choices and directions on how to choose were emailed in the spring to enrolled families. Any questions or concerns regarding your camper's major should be communicated to Emily Bencosme who will be able to address them accordingly.

MINORS

Once a week, campers make a week-long commitment to participate in another elective activity. These choices change weekly. It's a great opportunity for them to try out a new activity or make a new friend with similar interests. Any questions about this program can be communicated to Emily.

INCLUSION PROGRAM

We are excited to announce that this summer, Camp Yomi Seniors is continuing our inclusion program. Each unit will have some groups with campers who have inclusion counselors. These campers and staff have been pre-selected to work together for this summer. Our goal is to ensure all campers have a successful summer at Camp Yomi Seniors. We believe that this program helps teach our entire camp community about empathy and kindness.

LUNCH AND SNACK

Camp Yomi Seniors serves lunch to all campers. It's a hot kosher lunch served family style and is provided by Kosher Experience. A protein, a starch, a vegetable, and a fruit or dessert is served with every meal. We also provide a "picky eater" option, as well as a gluten-free option. All meals are nut and seed free.

Snacks such as fruit and ice pops are provided each afternoon for all campers. All food provided by Camp Yomi Seniors is Kosher. If your camper has specific dietary needs or restrictions please complete your camper's health form accordingly.

TIPPING POLICIES

Each summer, parents ask us about our guidelines for tipping. Our position is that tipping is personal, between parent and staff member. We only ask that the procedure be professional and low-key.

If you do choose to tip, please send tips in clearly labeled, sealed envelopes with your camper during your camper's last week at camp. These envelopes can also be given to the bus site supervisor who will deliver them appropriately.

92Y Camps provides gratuities for all for Academy Bus drivers.

BABYSITTING POLICY

Camp Yomi Seniors staff supervise your camper throughout the camp day. If you hire one of our staff members outside of camp, please be aware that these arrangements are exclusively between you and the staff member. 92Y Camps can assume no liability outside camp hours.

LOST & FOUND

If your camper loses anything at camp, please check the parent portal. We post pictures of all found items on our lost-and-found picture section. If you locate your item in the picture, please email LostAndFound@92Y.org with the item number (all items are numbered and cataloged). We will happily return it to your camper. You can also email this address if your camper doesn't return home with an item you sent with them to camp.

CLOTHING MUST BE PROPERLY MARKED. We make every effort to prevent the loss of items. Please identify your camper's belongings by clearly marking the items with camper's name.

We would also like to provide you with a company that specialize in name labels for camp purposes: OliversLabels.com/92Y. You can visit this site for more information on ordering name labels for your camper for this summer season. You can access the labels directly from your parent portal.

Please note: we do not require that you use these specific name labels, but do require labeling for all items sent to camp.

SWIM

Our swim program is designed to promote progressive skill development for all our campers, regardless of their swimming ability. The instructional swim periods focus on appropriate Red Cross skills to be mastered at each level. All campers are evaluated and placed in swim groups, based on their ability during the first week of camp and as deemed appropriate by the swim staff throughout the summer. All campers will wear a blue bracelet until all testing is completed the first week of camp.

Sunscreen should be applied before your camper leaves for camp in the morning. We are conscientious about applying SPF 70 sunscreen at each swim period. However, if your camper has skin allergies please notify the camp staff and send your camper to camp with sunscreen appropriate for their skin type.

At the pools, as in all other areas, the philosophy of our camp is to support individual growth. As in every activity, campers progress at different levels. For some, this means learning how to dive and being able to swim laps; for others, it is simply being comfortable in the water. Whatever their pace, be assured that your camper's needs will be looked at individually. Please leave a voicemail for Director Angie Coplin at 212.415.5643 ext.3 with any questions or concerns regarding our swim program.

SWIM LEVELS AND SKILL PROGRESSION

BLUE BRACELETS

Wader

- Follows all pool rules
- Safely enters and exits pool without hesitation
- Floats on stomach and holds air correctly (can hold a big breath to float)
- Beginning flutter kick on front

Splasher

- Enters water without help
- Exits water without help
- Successfully does a slide-in entry
- Walks in water comfortably up to their chest
- Flutter kick on front and back with support

Guppy

- Fully submerges their body (including head) for 5 seconds
- With face in water, blows bubbles with mouth
- With face in water, blow bubbles through nose
- Cups hands to hold water
- Uses cupped hands to push water
- Floats on back while supported by an instructor
- Floats on stomach while supported by an instructor
- Successfully flutter kicks for 15 seconds
- Holds breath underwater for 7 seconds
- Successfully floats with arms in a front crawl position
- Successfully pulls through while in a front crawl motion

ORANGE BRACELETS

Tadpole

- Successfully floats unsupported by an instructor
- Successfully floats while using a flutter kick
- Demonstrates rhythmic breathing (without lifting head, can breathe to side)
- Successfully floats on back, unsupported
- Successfully floats on back with rhythmic, correct backstroke arm motion
- Demonstrates basics of rescue breathing

Minnow

- Successfully retrieves objects underwater
- Successfully prone glides with flutter kick
- Demonstrates basic combined front crawl (combines arm pull and kick in a rhythmic motion; is able to maintain correct body position)
- Successfully turns over from their back to front
- Correct body position on back with flutter kick (flat on top of the water)

Goldfish

- Successfully back floats without support from instructor
- Demonstrates rhythmic breathing while on front
- Demonstrates combined front crawl with stamina
- Demonstrates combined back crawl with stamina
- Completes orientation to deep water (can safely tread water for 1 minute, demonstrates comfort, floating, and crawl in deep water)

RED BRACELETS (ELIGIBLE FOR WATER SLIDE)

Catfish

- Continuously treads water for 2 minutes in deep water
- Demonstrates rhythmic breathing with stamina
- Able to swim at least 20 yards crawl/freestyle with rhythmic breathing
- Demonstrates correct body position and no disruption of the stroke when a breath is taken; swimmers' bodies roll side to side as arms stroke for both freestyle/crawl and backstroke.

Dolphin

- Demonstrates crawl stroke with fingertip entry (hand slices into water directly in line with shoulder)
- Completely bobs head 15 times in water
- Completes the front crawl with stamina, able to maintain correct arm pull directly under body
- Completes the back crawl with stamina, able to rotate body while swimming, maintain correct (still) head position
- Can successfully reverse direction while on their front
- Can successfully reverse direction while on their back
- Follows all diving rules

Marlin

- Demonstrate streamline position (interlocked fingers, aligned with head, legs parallel to bottom) for distance
- Demonstrates breath control
- Push off wall at angle, able to demonstrate reversing direction while swimming
- Able to experiment with buoyancy
- Refine front crawl and kick

Barracuda

- Demonstrates 15 deep water bobs
- Experiments with floating positions
- Demonstrates front crawl with rotary breathing (swimmer breathes by rolling body from side to side, rather than lifting his or her head)
- Able to scull on back for 15 seconds
- Successfully completes a back crawl for 25 yards
- Completes the basics of breaststroke for 25 yards

Shark

- Demonstrates the elementary backstroke for 25 yards
- Successfully completes the breaststroke kick for 10 yards
- Intro to a wall front flip turn (rather than an open wall turn)
- Treads water for 2 minutes straight
- Completes a 'standing dive'
- Able to successfully review rescue breathing

Killer Whale

- Completes a front crawl for 25 yards
- Completes a back crawl for 25 yards
- Displays breaststroke arms for 10 yards
- Able to wall turn (front flip)
- Intro to wall turn (back flip turn)
- Familiar with rescue breathing
- Familiar with CPR
- Displays the basics of sidestroke

TRIPS

DAY TRIPS

July 11: SplashDown Beach

Campers will meet at their bus sites at the regular time, and then proceed to the trip. While on the trip camper will travel through the water park with their regular camp group. Campers will return to their bus sites at regular dismissal time.

OVERNIGHT TRIPS

July 18-19: Hershey Park

Camper will meet at their regular bus site in the morning with luggage for the overnight. Campers will spend the day at the Hershey Park Theme Park. They will have dinner at the theme park and then head to the Harrisburg JCC for a night activity and sleep. Friday morning they will have breakfast and head to Chocolate World. They will have lunch at the theme park and then head back to the city to their usual bus site.

August 1-2: White Water Rafting

Campers will meet at their regular bus site in the morning with their luggage. Campers will raft down the Lehigh river with the supervision of Yomi Seniors Staff and guides from White Water Challengers. After the rafting, there will be time for showers and dinner. After dinner campers will have a camp night activity. Counselors will sleep in tents with campers. Friday morning campers will have breakfast at the camp site and then head back to Yomi Seniors campgrounds for lunch and swim. Campers will return to your normal bus site Friday evening.

August 12-16: Pinemere Camp, Stroudsburg, Pennsylvania

We begin our sleep-away adventure Monday afternoon. Campers will bring their luggage to camp Monday morning. Campers will spend the morning at Yomi Seniors campgrounds and head to Pinemere after lunch at dismissal. While at Pinemere, campers will have a true sleep-away experience from Monday night until Friday afternoon. Counselors will be sleeping in bunks with the campers. Campers will return to their regular bus sites Friday afternoon. A detailed packing list and other relevant communication about these trips will be communicated with families prior to the trip.

STAFF

Each Camp Yomi Seniors group has 2-3 counselors, depending on the age and needs of our camp groups. Camp Yomi Seniors staff is composed of skilled and sensitive counselors who are thoroughly screened, interviewed, and trained prior to the beginning of camp. Their strengths lie in their dedication to helping campers develop socially, cognitively and physically. Our team of Yomi Seniors counselors are selected for their positive energy, enthusiasm and commitment to caring for your campers. In addition, head counselors oversee 2-3 groups and report to the director. The staff receive ongoing training and supervision by the camp directors.

Occasional changes of our camp staff may occur due to staff returning to college early or the 92nd Street Y's specialty camps, short-term sleep-away camp programs Camp Kesher Jr. and Camp Kesher, and other program scheduling needs that might arise. You will be notified of any staff changes in your camper's group.

CONTACT WITH CAMP

We are extremely interested in hearing parents' comments, both complimentary and constructive. You will find that problems brought to our attention are dealt with immediately and corrected whenever possible. Most importantly, it does not matter how trivial the matter may appear, we want to know about it. Leave a voicemail for your Camp Yomi Seniors' director at 212.415.5602 ext.1. Calls will be returned by the end of the camp day. We welcome your calls and comments. The most important person at Camp Yomi Seniors is your camper and we **NEVER** lose sight of that.

For questions or matters that require an immediate response, please call the camp office at 212.415.5573 and the office staff will assist you. If necessary, they can immediately relay your message to us at the campgrounds. Our camp communication system enables the 92Y Office to contact the camp administrators at all times throughout the camp day.

In the event that the New York Metropolitan area experiences an occurrence during which a state of emergency is declared, you can get up-to-date recorded information by calling our camp emergency hotline at 212.415.5606. Please only call this number in extreme situations.

WHO TO CONTACT WITH FURTHER QUESTIONS

Log on to your account: **92Y.org/MyCamp**

Prior to camp, please call the camp office: **212.415.5573**;

Yomi Senior voicemail: **212.415.5602**

During camp, you can call the camp office or leave a message for the following Camp Yomi Senior supervisors:

Emily Bencosme

Yomi Seniors Director
212.415.5602 ext. 1,
YomiSeniors@92Y.org

Angie Coplin

Swim Director
212.415.5643 ext. 3
CampSwim@92Y.org

Matt Schatz

Camper Care Director
CamperCare@92Y.org

Robin Kessler

Infirmary Liaison
Infirmary@92Y.org

Orlee Levin

Associate Director
Camp Programs
212.415.5613
OLevin@92Y.org

JCC ROCKLAND: Carrie Saskin, 845.362.4400 ext. 107

**LOOKING FORWARD TO A
SAFE AND SUCCESSFUL SUMMER!!**