



**PIONEER DAY CAMP & TEEN TRAVEL PROGRAM**  
PARENT GUIDE  
SUMMER 2018



CENTRAL QUEENS Y  
DAY CAMPS

## **WELCOME**

Welcome to the Central Queens Y's Pioneer Day Camp and Teen Travel camp programs! We are happy that you and your camper have decided to be a part of our community. This handbook will give you all the information you need to know about the summer program. Make sure to keep it in an accessible place in case you ever have any questions or concerns.

## **GENERAL PROGRAM INFORMATION**

### Program Locations

#### **Henry Kaufmann Campgrounds**

75 Colonial Springs Road

Wheatley Heights, NY 11798

Camp is protected by round the clock security. If you need to pick up your camper, you must inform the camp office so security at the grounds can be notified and you can be cleared for entrance and met by one of our staff upon arrival. This is for the safety of all the campers on the grounds.

#### **Central Queens YM-YWHA (Early Drop Off and/or Extended care)**

67-09 108 Street

Forest Hills, NY 11375

## **PROGRAM ADMINISTRATION**

Central Queens YM-YWHA

Phone: (718) 268-5011 ext. 202

Adam Chertok, Camp Director

Melissa Chertok, Camp Registrar

**In case of an emergency please contact the operator at ext: 100.  
Someone from camp will call you back to address your concerns.**

## **PROGRAM DATES, TIMES AND SERVICES**

CQY's Pioneer and Teen Camp will be in session from Thursday, June 28th through Friday, August 17th.

### **Pioneer Camp Units are typically divided up as follows:**

Juniors	Campers entering Kindergarten and 1st grade in Sept. 2018
Seniors	Campers entering 2nd and 3rd grade in Sept. 2018
Pioneer Adventure	Campers entering 4th and 5th grade in Sept. 2018
Teens 1	Campers entering 6nd and 7th grade in Sept. 2018
Teens 2	Campers entering 8th and 9th grade in Sept. 2018

## **BUSSES:**

Our campers ride to the 375 acre fresh air and nature in style. Our air conditioned busses are driven by experienced drivers who have driven our campers for as many as 10 years. The staff on the bus make safety a priority, and also make the ride a sociable,

musical event. Please be patient on the first day, the busses begin their runs at 8 am, but predicting your pick-up time on the first day is difficult.

### **EXTENDED CARE:**

Extended care is available starting at 7:45am at the CQY and is also available at the same location in the afternoon from 5:00-6:00 for an additional fee. If you are interested in registering please fill out and submit the form to the camp office.

### **MINI CAMP**

Please inquire about Mini Camp options Central Queens YM-YWHA. For 2018 there will be mini camps available from August 20- August 31. This service is available for an additional fee.

### **PROGRAM CLOSING**

As a reminder camp will be closed on Wednesday, July 4th due to the Fourth of July holiday.

For any extreme building or weather emergency CQY staff will work diligently to give parents as much notice as possible regarding the decision to close.

### **PROGRAM OVERVIEW**

#### **WHO WE ARE**

The Pioneer Day Camp and Teen Travel program has been part of the CQY for over 40 years. It is a staple as one grows up in Forest Hills. The camp is "family" run and keeps that sense of family for seasons way beyond the summer.

The Pioneer Day Camp is a quality outdoor camp program. Summer is a time to be outdoors, experiencing new adventures and creating lifetime memories! What makes our day camp so special that the same campers return to us year after year, and then again as counselors. We're proud to say it's our reputation for the exceptional personal involvement of every staff member with each camper and our strong commitment to Jewish values that makes a summer at the CQY a truly unforgettable summer camp experience.

Teen Camp is the perfect blend of outdoor camp activities and travel experiences. Well-trained and experienced staff will create an environment of inclusion and independence. Campers are encouraged to try new things and experience what New York has to offer. All this on air conditioned buses while returning to the comforts of home at night.

As the longest, high quality camp program to be offered by the Central Queens Y, the Pioneer Day Camp offers a wide range of activities to broaden your camper's interests. Throughout the summer, your camper will have the opportunity to:

- Build unique experiences
- Develop a sense of accomplishment
- Explore new activities
- Create new friendships

## **ABOUT THE CENTRAL QUEENS YM-YWHA**

The Central Queens YM-YWHA has a long history of developing quality and relevant community programming. The mission of the Central Queens Y is to sustain and enhance the quality of family and individual life for all members of our community regardless of age, gender, religion, ethnic or cultural background, national origin or disability, within and environment that fosters Jewish values, culture, learning, identity and continuity.

To learn more about Central Queens YM-YWHA go to [www.cqy.org](http://www.cqy.org)

## **ABOUT THE STAFF**

Central Queens Y's Pioneer Day Camp staff members include New York State certified teachers, Master's in Education graduates, graduate students, college graduates, current college students, high school students, and coaches. We aim to bring together a wide array of individuals, each contributing their own experiences and educational backgrounds to add to the diversity and quality of our program. We require all staff to have a health screening and background security screening to assure the safety and health of our program participants. Many of our staff are CPR and RTE certified.

## **DIVISION INFORMATION**

Campers are assigned a division. Each division is lead by one Unit Head and supported by Senior Counselors, Counselors and Junior Counselors. These Staff members work together and are responsible for all of the campers and staff within that unit. The Unit Head is the liaison between the parents, campers and the camp itself.

## **PROGRAM EXPECTATIONS**

At Central Queens Y's Pioneer Day Camp all campers and adults are expected to do the following:

- Be safe with their bodies and words
- Respect self and others
- Be responsible for actions and choices
- Try new things
- Have fun

## **PROGRAM COMPONENTS**

Central Queens Y is a full day program packed with nutritious meals and a full range of activities. Some camp highlights are included below:

## **NUTRITIOUS FOOD**

Nutritious, delicious and plentiful is how we describe our menu at Pioneer Day Camp. To meet the needs of the growing campers, we provide a well balanced lunch each day, along with a mid-afternoon snack. Our meals are all served fully portioned to all campers. The menu is diverse, plentiful and of course "kid-friendly".

## **ATHLETICS**

Our athletic program strives to have campers on their feet, enjoying physical activities as well as the fresh air of the outdoors. Sporting activities are played between groups as a part of our sports program. Campers also are provided with instructional programming in soccer, basketball, baseball, and lacrosse. Campers will be introduced to a number of different sports. Additionally, campers also play Ga-Ga, relay races, Ultimate Frisbee, Newcomb, and many other fun filled activities.

## **AQUATICS PROGRAM**

Safety, instruction and fun are the key elements to our aquatics program. Under the guidance of experienced Water Safety Instructors and Lifeguards, all certified by the American Red Cross, we offer a complete aquatics program that satisfies the needs of campers at every skill level. Our swim program takes place at the swim complex at the Henry Kaufmann Campgrounds. We offer four large swimming pools that are supervised at ALL times by certified lifeguards. Campers are placed into skill appropriate swim stations and are frequently tested for advancement. Campers swim daily and are expected to come prepared to swim.

## **CAMP WIDE EVENTS**

“FUN” is the operative word for a summer at the Pioneer Day Camp. Throughout the summer we hold special events, which offer our campers the opportunity to wind down, celebrate something special or partake in a friendly competition. These may include but are not limited to: Maccabiah Games, Hollyrock gameshow, Carnival, Barbeques and other Late-stay activities.

## **CITY TWIRLERS**

We are happy to welcome for the third summer, Jessica from City Twirlers. Campers are introduced to baton twirling and participate in a sport that combines dance, agility, and coordination. It incorporates handling the baton to create visual images, pictures and patterns executed with dexterity. For more information on this program please go to: <http://www.citytwirlers.com/>

## **ARTS AND CRAFTS**

Arts and Crafts in camp are a fun way to promote creativity in campers. Through using their hands to form objects, this type of instruction allows children to bring their thoughts and ideas into reality. A variety of inventive and innovative projects will be created by your camper's this summer. Watch as their eye for detail evolves.

## **KRAV MAGA**

Krav Maga (pronounced “krahv mahGAH”) is an effective, modern, and dynamic self-defense system. It is designed to be practical and intuitive for people of any age, shape, or size. Krav Maga focuses on discipline and strength.

## **FUN BRICKS**

Fun Bricks is a program that encourages campers to build unique creations, play games, and have loads of fun using LEGO® bricks. The activities are designed to trigger camper's imaginations and build their self-confidence. Campers work with exciting themes such as machines, outer space and the environment.

## **NATURE**

Since the Henry Kaufmann Campgrounds are 375 acres, there are a lot of places to explore and experience nature. It is a rural oasis for campers from Queens. There are many nature trails to trek, creeks to examine, trees and plants to identify, and animals to observe. Science meets camp and lessons are learned outside a classroom without even realizing it is science.

## **WEEKLY TRIPS**

Our campers experience at least one trip weekly to an age-appropriate destination. Each trip is carefully planned with our campers in mind. Trips may include sporting events, amusement parks, sight-seeing and more! Our calendars and weekly newsletters will provide the details.

Sending money is optional unless specifically needed (and you will receive "camp o grams" with details). If you choose to send your camper with money, please do not send an excessive amount and place it in an envelope marked with your camper's name and group.

On days indicated as "swim and trip" campers swim at the campgrounds before heading off on their day trip.

## **PIONEER ADVENTURE EXTENDED TRIP**

This summer, Pioneer Adventure will be enjoying a special 3-day extended trip August 8 -10 to Club Getaway, located in Kent, Connecticut.  
<http://www.clubgetaway.com/getaways/default.asp>

## **TEENS EXTENDED TRIPS**

This summer, Teens will be enjoying a special 3-day extended trip July 11 -13 to The Jersey Shore. Action and adventure await!  
The 4-day trip is an Pennsylvania adventure and will take place Tuesday, August 7 – Friday August 10. Itinerary and details will be distributed during the summer.

## **PARENT VISITING DAY**

The Central Queens Y Day Camp will be hosting our exciting Parents Visiting Day on Wednesday, July 11 for Juniors, Seniors and Pioneer Adventure campers and their families. Parent Visiting day gives parents/ guardians the opportunity to come and join their campers for a day of camp fun! On that day you can observe what a typical day is like for a camper. Transportation and lunch are provided. (More information to follow)

## **DRESS CODE**

Camper must come prepared to camp daily. Sneakers must be worn daily. On days your camper has chosen to swim, please make sure they come to camp dressed in their bathing suit with appropriate clothing over as well as a change of underclothes and a plastic bag in their bag.

## **CAMPERS BACKPACK**

Camper should carry a bag to the program daily. Recommended items in your camper's bag include the following:

- A bottle of water
- A bathing suit
- A plastic bag for wet bathing suits
- A change of underwear and a change of clothes (if necessary)
- Sunscreen
- An extra snack (if needed)
- A change of underwear and/ or clothes (if swimming)

Please apply sunscreen to your camper in the morning before leaving for camp. If you are concerned because your camper is fair skinned you can send sunscreen with your camper. In those cases, please ask the Unit Head to communicate to your camper's counselor that he/she should help re-apply the sunscreen during the day.

## **LABEL EVERYTHING**

Please label everything with your camper's name. This includes clothing underwear, socks, sneakers, water-shoes, bathing suits, towels, bags, water bottles and hats.

## **CAMP T-SHIRT**

Each camper will receive one free camp T-shirt that will be distributed before camp begins. We expect the campers to wear their t-shirts on trip days. Additional t-shirts can be purchased for a nominal fee. Please contact the office if you are interested in purchasing an additional t-shirt. Please label the camp shirt.

## **TOWEL SERVICE**

Camper are provided daily with fresh towels each day that they swim at the Henry Kaufmann campgrounds.

## **DISCIPLINE POLICY**

At camp, staff will use a variety of behavior management techniques to ensure campers are safe, focused and productive. We strive to ensure a safe and healthy environment for all students.

The staff keeps a log of campers' behavior so they can effectively communicate with you about your camper. Please ask your camper's Unit Head if you would like further information on your camper's daily behavior.

## **FOOD AND DRINK**

Food and drink (other than water) may be consumed during meal times/free periods and may not leave the designated area. Your camper can participate in our DAILY LUNCH PROGRAM. If you are sending lunch with your camper it must be KOSHER. Daily Glatt Kosher snacks are provided. Remember to remind your camper that they aren't supposed to share food brought from home.

## **ELECTRONIC DEVICES/ PERSONAL ITEMS**

Cell phones, iPods, handheld electronic games and other electronic devices are NOT permitted in the program. These devices are not appropriate for the program and often times become lost, stolen or broken. Any other personal effects including jewelry, playing cards and toys are prohibited at camp. CQY's Day Camp and the Central Queens Y cannot be held liable for missing or stolen items of this nature.

## **ILLNESS/ INJURY POLICY**

Our camp requires a registered nurse on the campgrounds in order to meet the medical needs of all campers. Minor injuries will be treated by First Aid certified staff members. Please keep in mind that we operate a program where campers are physically active. Even when closely supervised, it is not uncommon for campers to fall down. We provide band-aids and ice packs for scrapes and bumps. In no situation will we provide over-the-counter medicine to any camper. For campers who have asthma medication and epi-pens please consult with camp administration and fill out the appropriate paperwork prior to the start of camp.

## **MEDICAL EMERGENCY POLICY**

In the case of an extreme medical emergency, your camper will be taken to the nearest hospital. We will attempt to contact you and/ or the other emergency contacts by phone as soon as time permits. Please remember to update medical information and emergency contacts as necessary so that we can have correct information in your camper's file.

## **LOST AND FOUND PROCEDURES**

Please consult the Unit Head

## **QUESTIONS OR CONCERNS**

If you have questions or concerns about the program, please call for an appointment with the Director at (718) 268-5011 ext. 202.

