BEST SUMMER EVER!

CAMP ECHO ROCK
EAST LYME

CAMP SHORE
WESTBROOK

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Page 1
Welcome to Camp Shore! I am so excited to be returning for another year as Camp Director for this fun and educational camp! Camp is a wonderful place for kids to grow physically, mentally and emotionally by building self-esteem, character and leadership qualities through fun activities. At Camp Shore, our goal is to provide campers with the opportunity to expand their horizons, challenge themselves, and build lasting memories. I am looking forward to spending the summer with positive, committed staff, campers and families. Thank you for giving your camper the opportunity to participate. We are grateful to have you as a part of our family and genuinely appreciate your trust in us.

Rebekah Coffey, Summer Camp Director

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### WHY CHOOSE CAMP SHORE?

Our day camp program helps children learn about who they are and become who they want to be. It’s about developing new skills and healthy habits, reaching goals and building relationships. We help children gain self-confidence and build character while focusing on the whole child in spirit, mind, and body.
2020 SESSION DATES
9 WEEKS OF SUMMER FUN!
CAMP HOURS 9 AM TO 4 PM
BEFORE AND AFTER CARE AVAILABLE.

Session 1:  June 22–June 26
Session 2:  June 29 - July 3
Session 3:  July 6 - July 10
Session 4:  July 13 - July 17
Session 5:  July 20 - July 24
Session 6:  July 27 - July 31
Session 7:  August 3 - August 7
Session 8:  August 10 - August 14
Session 9:  August 17 - August 21

Every day at YMCA Camp Shore includes swimming in the YMCA pool.

GENERAL INFORMATION
LOCATION: 201 Spencer Plains Rd
Westbrook, CT 06498
P: 806-399-9622

SCHEDULE
Camp runs in one week sessions from June 22 to August 21. Regular camp hours are 9 AM to 4 PM.

EXTENDED CAMP CARE
BEFORE CARE: 7–9 AM
AFTER CARE: 4 – 6 PM
Before OR After care add: $45/session
# REGISTRATION FORM

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<th>Session 3 7/6 - 7/10</th>
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**SPECIALTY CAMP ADD-ONS:** ADD AN ADDITIONAL HALF DAY OF SPECIALTY CAMP PROGRAMMINGS FOR ONE LOW PRICE!

| Sports, Nutrition | 4-8 | $45 | ☐ | ☐ |
| Blocks & Bricks   | 1-3 | +$45 | ☐ | ☐ |
| Warrior           | 4-8 | ☐   | +$45 | ☐ |
| Builder’s Workshop| 1-3 | ☐   | ☐ | ☐ |
| UK Soccer         | 2-8 | ☐   | ☐ | ☐ |
| Cheer & Dance     | 1-5 | ☐   | ☐ | ☐ |
| Sugar & Spice: Spa Camp | 1-3 | ☐   | ☐ | ☐ |
| Outdoor Exploration | 4-8 | ☐   | ☐ | ☐ |
| Theater Camp      | 1-3 | ☐   | ☐ | ☐ |
| STEM Camp         | 4-8 | ☐   | ☐ | ☐ |
| Farm to Table     | 1-5 | ☐   | ☐ | ☐ |
| Adventure Camp    | 4-8 | ☐   | ☐ | ☐ |
| Before & After Care | All Ages | ☐ | ☐ | ☐ |

**YMCA CAMP SHORE REGISTRATION FORM**

Please detach this page and return to the Valley Shore YMCA with payment. PLEASE PRINT.

Last Name: ___________________________ First Name: ___________________________

Address: ___________________________ Town: ___________________________ Zip Code: ___________________________

Date of Birth: ___________ Age (as of 9/20): ___________ Grade (fall 2020): ___________ Gender: M or F ___________

Guardian’s Name: ___________________________ Cell Phone: ___________________________ Work Phone: ___________________________

Guardian’s Employer: ___________________________ Email: ___________________________ ___________________________ Email: ___________________________

**EMERGENCY CONTACT INFORMATION (OTHER THAN LISTED ABOVE):**

Name: ___________________________ Phone: ___________________________

The following people are authorized to pick up my child:

1. Name: ___________________________ Relationship: ___________________________ Phone: ___________________________
2. Name: ___________________________ Relationship: ___________________________ Phone: ___________________________
3. Name: ___________________________ Relationship: ___________________________ Phone: ___________________________

Special Information or Allergies: YES or NO

☐ YES ☐ NO If YES please provide information here: ___________________________

**PAYMENT INFORMATION:**

☐ Charge me in full

☐ Enroll me in MONTHLY AUTO PAY (not available after June1)

Credit Card Number: ___________________________ Exp Date: ___________________________ Signature of Card Holder: ___________________________

My signature below signifies that I agree with all information on this application and in the camp brochure. I understand that state law prohibits my child from attending camp without a medical form completed by a physician within 36 months prior to the beginning of camp. Permission is also granted for the YMCA to take and use photographs of the person named on this application. I authorize YMCA officials to secure medical/emergency attention and treatment for the camper listed above. I have enclosed a $50.00 non-refundable deposit per camper/camp session, non-transferable after April 30, 2020. I also agree to pay the balance of camp fees two weeks prior to the beginning of the camp session(s). Permission is granted for the signed camper to participate in all planned camp activities including field trips and walking trips. The undersigned voluntarily agrees to hold the YMCA harmless for injuries or accidents resulting in bodily injury or property damage during the child named above participation in programs at YMCA Camp Shore. I further waive, release, absolve and indemnify the Valley Shore YMCA, YMCA Camp Shore, it’s directors, volunteers, officers or employees for injuries or accidents occurring while participating in the programs at YMCA Camp Shore.

Parent/Guardian Signature: ___________________________ Date: ___________________________
TRADITIONAL CAMPS

The traditional camp experience provides the most opportunity for making friends, learning new skills and creating magical summer memories. Campers will have time for archery, ropes challenge course, swimming, arts & crafts, camp crafts, sport games and more!

EXPLOREES (entering grade K)
A fun day of exciting and stimulating activities specifically designed for the younger camper. Campers will play active games, sports and participate in arts & crafts, nature activities and much more. The goal is to have fun while focusing on learning how to make friends and learn about caring, honesty, respect and responsibilities.

TRAVELERS (entering grades 1 - 3)
Camper get more advanced use of specialty areas such as archery and low ropes. In addition, they participate in activities that will challenge them to work together and problem solve.

RANGERS (entering grades 4-5)
These campers are ready for more advanced concepts, challenges and skills. This program is designed to make sure that activities are more in-depth and challenging, whether it’s sports, games, or arts & crafts projects.

TRAILBLAZERS (entering grades 6-8)
More emphasis on teambuilding, problem solving, and leadership development. Fun activities are selected with the older camper in mind and campers have more say in choosing activities that appeal to them the most.

CIT (Counselor in Training, ages 14 - 16)
Both Camp Shore and Camp Echo Rock offer a CIT Program during the summer. This is a two week leadership training experience for campers ready to learn what it takes to lead a group of peers and children. There will be some meeting time with leadership staff and opportunities to work with younger campers. In order to develop the leadership qualities desired, CITs must sign up for 2 consecutive weeks.
SPECIALTY CAMP PROGRAMS

IMPORTANT REGISTRATION INFO

REGISTRATION
Complete the registration form entirely, one per camper and return it to the Valley Shore Y. You may also register online at vsymca.org. A $50 non-refundable deposit per session is due upon registration.

PAYMENT OPTIONS
1. PAY IN FULL at time of registration.
2. MONTHLY AUTO PAY: If you register early, we will divide your balance into equal installments and charge the card on file the first of each month up to the last month your camper is registered.

FINANCIAL ASSISTANCE
We strive to provide camp to every child regardless of their ability to pay. Please visit the Valley Shore Y or vsymca.org to obtain an application. All financial aid forms must have a completed registration form attached. Please know that awards are made as they come in and funds may not be available to all applicants.

SPECIALTY CAMPS

Our specialty camps are designed to provide more focus on one particular area to experienced campers with specific interest. Each specialty camp meets in the morning from 9 AM until 12 noon. Campers will then join their traditional camp group for the afternoon. This way campers get to do a little bit of everything and a lot of the specialty they like the most!

ADVENTURE CAMP (grades 4-8): This end of summer celebration is a combination of exciting events & field trips! Space is limited & spots fill quickly. Campers will travel to exciting local attractions like amusement parks or adventure centers.

BLOCKS & BRICKS (grades 1-3): Imagine, design & create some of the most outrageous structures featuring brand name bricks and other building materials! Campers will enjoy creative solo builds, team builds and a variety of challenges!

BUILDER’S WORKSHOP (grades 1-3): If your camper loves to build, then this is the camp for them! Campers will build all sorts of structures or all sizes. Brick building inside to Fort Building outside, each day will bring a new challenge!

CHEER/DANCE SPIRIT CAMP (grades 1-5): Camp will begin with daily conditioning, motion drills and team building games. Campers will learn how to create excitement and engage the crowd during the game and work on jump drills and learn sideline cheers. At the end of the week they will showcase their routine for all to see!

FARM TO TABLE GARDENING & COOKING CAMP (grades 1-5)
With a generous grant from the Rockfall Foundation, campers will learn the importance of growing, harvesting and preparing fresh foods while being stewards of the earth. Each day will feature a hands-on lesson in our garden teaching beds and prepare fresh food. Scholarships for this program are available.

WARRIOR CAMP (grades 4-8): This active program will feature fitness professionals leading workouts, exercises, martial arts and archery! Plenty of activity, perfect for the camper who loves to move!

OUTDOOR EXPLORATION (entering grades 4-8) – Explore and share nature right here at home on the Connecticut shoreline. Have fun outdoors on our low rope course, hiking, fire-building, and campfire cooking. Build a fort! Keep a notebook of your discoveries as you explore insects, trees and wildlife.

THEATER CAMP (entering grades 1-3) – Bring out your inner actor with this fine arts program. This will foster your creativity and give you the confidence you need to practice and perform a skit under the guidance of local artists. We’ll learn about improv, staging, and blocking. On the final day of camp, there’ll be a showcase for family and friends.

SPORTS, NUTRITION & FITNESS (entering grades 4-8) – Get active with this health and fitness class. We’ll create the building blocks for a healthy mind and body. You’ll learn how to set your own achievable goals while working with a registered dietitian. Experience the support of teamwork while you build your confidence in this fun and engaging program.

S.T.E.M. (entering grades 4-8) – Discover! Explore! Create! You’ll do hands-on investigation while problem-solving in collaboration with your teammates. The culminating project is building a robot!

SPA CAMP: SUGAR & SPICE (entering 1-3) – Campers will be pampered and relaxed as they experiment with lavish creations. We will be making face masks, fizzing bath balm, salt & sugar rubs, oatmeal soap and more!

UK INTERNATIONAL SOCCER (entering grades 2-8) – The Best Possible Soccer Experience! UK Soccer goals are to build confidence and teach fundamentals through fun and exciting games, all to help players improve technical development and skill building in a stimulating environment.
WELCOME TO YMCA CAMP ECHO ROCK

YMCA Camp Echo Rock is a child-centered, outdoor adventure program unlike anything else in the area. We use exciting activities to help children make friends, learn skills, gain confidence and make magical summer memories. Campers will have time for archery, ropes challenge course, swimming, boating, arts & crafts, sports & games, and outdoor living skills such as fire building, outdoor cooking, and camping. Our well-trained professional role models create a culture where children feel supported, encouraged, and valued.

WHY CHOOSE CAMP ECHO ROCK?

This outdoor day camp experience helps campers develop a love and appreciation for the great outdoors. Campers enjoy hiking, water games, fire building, and fort building; all while having fun! We help children develop self confidence and build character through a variety of challenging activities all under the watchful eye of our professional staff.
YMCA Camp Echo Rock is a child-centered outdoor adventure program unlike anything else in the area. We use exciting activities to help children make friends, learn skills, gain confidence and make magical summer memories. Campers will have time for archery, swimming, boating, arts & crafts, sports & games, and outdoor living skills such as fire building, outdoor cooking, and camping. Our well-trained professional role models create a culture where children feel supported, encouraged and valued.

**SCOUTS** (entering grades 2-3) - Campers begin their journey into an outdoor-based summer camp while developing vital, lifelong skills. Scouts learn the value of teamwork, honesty, respect and responsibility as they enjoy activities such as archery, boating and outdoor living.

**NAVIGATORS** (entering grades 4-5) - Campers dive deeper into the realm of outdoor living with plenty of adventure! Campers learn skills including camp cooking and knot tying, while still enjoying all their summer camp favorites. Programming is more thought-provoking and will challenge your camper to grow both physically and mentally.

**PATHFINDERS** (entering grades 6-8) - This program challenges campers to go beyond their comfort zone and is designed to empower them to take chances and develop a stronger sense of self-worth. We promote leadership and independence with a group-influenced schedule while staying true to our outdoor living roots. Camper learn to master and practice advanced outdoor living skills.

**SESSION DATES**
8 WEEKS OF SUMMER FUN!
CAMP HOURS 9AM - 4 PM - BEFORE AND AFTER CARE AVAILABLE.

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**BUS SCHEDULE**

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<td>East Lyme</td>
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All buses arrive at YMCA Camp Echo Rock, 297 Upper Pattagansett Rd., East Lyme at 9AM to 4PM

REGISTER ONLINE AT VSYMCA.ORG
IMPORTANT INFORMATION

REGISTRATION
Complete the registration form entirely, one per camper and return it to the Valley Shore Y. A $50 non-refundable deposit per session is due upon registration. The preferred method of payment is to enroll in our Auto Credit Card Charge Option. Payment is due 2 full weeks prior to the start of your child’s camp. Each child must have a completed health form on file at least two weeks prior to the start of camp. You can drop off, mail or fax your registration form.

SCHEDULE
Camp Echo Rock offers one-week sessions from June 29 to August 21. Regular camp hours are 9 AM to 4 PM. Extended care is available at Camp Echo Rock OR the Valley Shore YMCA, 7 AM to 6 PM.

FINANCIAL ASSISTANCE
We strive to provide camp to every child regardless of their ability to pay. In order to apply for financial assistance please visit the Y or download the scholarship application at vsymca.org. You must apply for financial assistance before registering for camp. No new financial aid applications will be considered after June 1, 2020.

GENERAL INFORMATION
SUMMER LOCATION:
297 Upper Pattagansett Rd
East Lyme, CT 06033

OFFICE LOCATION
Valley Shore YMCA, 201 Spencer Plains Rd
P: 860-399-9622 ext. 106
Vsymca.org

EXTENDED CAMP CARE
AM & PM Care is available at BOTH
Camp Echo Rock
&
Valley Shore YMCA in Westbrook

EXTENDED CAMP CARE
BEFORE CARE: 7 - 9 AM
(If at the YMCA, Campers will ride the bus to Camp Echo Rock, campers must arrive to Y by 7:45 AM)
AFTER CARE: 4 - 6 PM
Before OR After Care: add $45/week
# REGISTRATION FORM

## REGISTRATION FORM

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$350 FOR 2 WEEKS. REGISTER IN 2 WEEK BLOCKS.

## YMCA CAMP ECHO ROCK REGISTRATION FORM

Please detach this page and return to the Valley Shore YMCA with payment. PLEASE PRINT.

Last Name: ___________________________  First Name: ___________________________

Address: ____________________________________________________________

Date of Birth: __________ Age (as of 9/20): __________  Grade (fall 2020): __________

Guardian’s Name: ___________________________  Cell Phone: ___________________________

Guardian’s Employer: ___________________________  Email: ___________________________

Guardian’s Name: ___________________________  Cell Phone: ___________________________

Guardian’s Employer: ___________________________  Email: ___________________________

DO YOU REQUIRE BUS TRANSPORTATION? YES or NO (Circle)  If yes, please indicate which stop you will utilize:

EMERGENCY CONTACT INFORMATION (OTHER THAN LISTED ABOVE):

Name: ___________________________  Phone: ___________________________

The following people are authorized to pick up my child:

1. Name ___________________________  Relationship: ___________________________  Phone: ___________________________

2. Name ___________________________  Relationship: ___________________________  Phone: ___________________________

3. Name ___________________________  Relationship: ___________________________  Phone: ___________________________

Special Information or Allergies: YES or NO (Circle)  If YES please provide information here: ___________________________

PAYMENT INFORMATION:

Credit Card #: ___________________________  Exp. Date: ___________________________  Signature of Card Holder: ___________________________

☐ Charge me in full

☐ Enroll me in MONTHLY AUTO PAY (not available after June) (See payment description on page 1).

My signature below signifies that I agree with all information on this application and in the camp brochure. I understand that state law prohibits my child from attending camp without a medical form completed by a physician within 36 months prior to the beginning of camp. Permission is also granted for the YMCA to take and use photographs of the person named on this application. I authorize YMCA officials to secure medical/emergency attention and treatment for the camper listed above. I have enclosed a $50.00 non-refundable deposit per child/per camp session, non-transferable after April 30, 2020. I also agree to pay the balance of camp fees two weeks prior to the beginning of the camp session(s). Permission is granted for the signed camper to participate in all planned camp activities including field trips and walking trips. The undersigned voluntarily agrees to hold the YMCA harmless for injuries or accidents resulting in bodily injury or property damage during the child named above participation in programs at YMCA Camp Echo Rock. I further waive, release, absolve and indemnify the Valley Shore YMCA, YMCA Camp Echo Rock, its directors, volunteers, officers or employees for injuries or accidents occurring while participating in the programs at YMCA Camp Echo Rock.

Parent/Guardian Signature: ___________________________  Date: ___________________________
ONE Y, TWO GREAT CAMPS!

YMCA CAMP SHORE IN WESTBROOK
- Adventure Camp!
- Farm to Table Gardening & Cooking Camp!
- UK International Soccer Camp!
- Ultimate Warrior Camp!
- Block’s & Bricks and Builder’s Workshop Camps
- Cheer/Dance Spirit Camp
- Spa Camp
- Sports Spectacular

YMCA CAMP ECHO ROCK IN EAST LYME
- Busing is available for all 8 weeks.
- AM/PM care is available at the YMCA Camp Echo Rock!!
- Fishing
- Outdoor Camping Skills
- NEW Gaga Pit!
- Fire Building!
- Same great culture, new great adventure!