



FIND YOUR FUN. FIND YOUR Y.

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

For a better us.®

**YMCA OF CATAWBA VALLEY
2023 SUMMER CAMP**
Preschool | School Age | Sports | Teens
828.324.YMCA | 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

ADRIAN L SHUFORD JR YMCA

1104 Conover Blvd E | Conover NC 28613
828-464-6130

HICKORY FOUNDATION YMCA

701 1st St NW | Hickory NC 28601
828-324-2858

HILDEBRAN ELEMENTARY

703 US Highway 70 W | Hildebran NC 28637
828-999-8741

MTN VIEW ELEMENTARY

805 Bouchelle St | Morganton NC 28655
828-999-8463

NEW DIMENSIONS CHARTER

550 Lenoir Rd | Morganton NC 28655
828-999-8775

OAK HILL ELEMENTARY

2363 NC Highway 181 | Morganton NC 28655
828-999-7742

VALDESE ELEMENTARY

298 Praley St | Valdese NC 28690
828-999-8629

WA YOUNG ELEMENTARY

325 Conley Rd | Morganton NC 28655
828-999-8567

 **REGISTER ONLINE!**
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!



STUFF YOU NEED TO KNOW...

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

- 1) Register on or before March 31 and receive 10% off each week you register for at the time of registration. Use promo code SC102023 when registering online to apply discount.
- 2) Register between April 1 and April 30 and your \$40 Registration Fee will be waived. Use promo code SCFREEREG 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 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 Camp, Sports Camps, or Teen Camp.

Drop-off & Pick-up

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 8:45am to begin the day's activities. Campers arriving after 9:00am 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.

DISCIPLINE PROCEDURES

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.

SUMMER PLANNER

	Week of 5/29-6/2 <small>Closed 5/29</small>	Week of 6/5-9	Week of 6/12-16	Week of 6/19-23	Week of 6/26-30	Week of 7/3-7 <small>Closed 7/3-4</small>
Hickory YMCA Traditional Camp	✓	✓	✓	✓	✓	✓
Hickory YMCA Sports Camps		✓ Basketball	✓ Flag Football	✓ Tennis	✓ Volleyball	
Hickory YMCA Preschool Camp			✓	✓	✓	
Hickory YMCA Teen Camp	✓	✓	✓	✓	✓	✓
Shuford YMCA Traditional Camp	✓	✓	✓	✓	✓	✓
Shuford YMCA Sports Camps		✓ Soccer	✓ Basketball	✓ Flag Football	✓ Volleyball	
BCPS Camp Sites <small>(HES, MVES, OHES, VES, WAYES)</small>			✓ Closed 6/12-13	✓	✓	✓
New Dimensions Charter School	✓	✓	✓	✓	✓	✓

Week of 7/10-14	Week of 7/17-21	Week of 7/24-28	Week of 7/31-8/4	Week of 8/7-11	Week of 8/14-18	Week of 8/21-25	Week of 8/28-9/1
✓	✓	✓	✓	✓	✓	✓	

✓ Basketball	✓ Soccer	✓ Net Sports	✓ Sports of All Sorts				
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✓	✓	✓	✓	✓	✓		
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✓	✓	✓	✓	✓	✓	✓	
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✓	✓	✓	✓	✓	✓	✓	
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✓ Indoor Soccer	✓ Pickleball	✓ Basketball	✓ Sports of All Sorts				
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✓	✓	✓	✓	✓	✓	✓ Closed 8/24-25	
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✓	✓	✓	✓	✓	✓	✓	✓
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CAMP PROGRAM OFFERINGS

PRESCHOOL CAMP

- Ages: 3-5 year-olds
- Requirements: Potty trained and not completed Kindergarten
- Operating Hours: 8:30am-12:30pm
- Weekly Fee: \$70 YMCA Member | \$90 Non-Member

TRADITIONAL CAMP

- Ages: 5-12 year-olds
- Requirements: Must have completed Kindergarten
- Operating Hours: 7:00am-6:00pm
- Weekly Fee: \$145 YMCA Member | \$180 Non-Member

HALF-DAY SPORTS CAMP

- Ages: Varies (refer to Sports Camp page)
- Requirements: 5 year-olds must have completed Kindergarten
- Operating Hours: 8:30am-12:30pm
- Weekly Fee: \$95 YMCA Member | \$115 Non-Member

FULL-DAY SPORTS CAMP

- Ages: Varies (refer to Sports Camp page)
- Requirements: Must have completed Kindergarten
- Operating Hours: 7:00am-6:00pm
- Weekly Fee: \$145 YMCA Member | \$180 Non-Member

TEEN CAMP

- Ages: Rising 6th-11th Graders
- Operating Hours: 7:00am-6:00pm
- Weekly Fee: \$175 YMCA Member | \$195 Non-Member

CAMP OPERATING SITES

- All sites offer Traditional Camp in addition to camps listed below
- Site offerings are based on enrollment and subject to change
- Campers may register for any site regardless of where they live

ADRIAN L SHUFORD JR YMCA

1104 Conover Blvd E | Conover NC 28613

828-464-6130

- Location also offers Half-Day Sports Camps and Full-Day Sports Camps

HICKORY FOUNDATION YMCA

701 1st St NW | Hickory NC 28601

828-324-2858

- Location also offers Preschool Camp, Half-Day Sports Camps, Full-Day Sports Camps and Teen Camp
- Preschool Camp Pick-up and Drop-off occurs at the gymnasium; other camp pick-up and drop-off occurs at the C.O. Miller Teen Center.

HILDEBRAN ELEMENTARY SCHOOL (Camp Royals)

703 US Highway 70 W | Hildebran NC 28637

828-999-8741

MOUNTAIN VIEW ELEMENTARY SCHOOL (Camp Bobcats)

805 Bouchelle St | Morganton NC 28655

828-999-8463

NEW DIMENSIONS CHARTER SCHOOL (Camp Warriors)

550 Lenoir Rd | Morganton NC 28655

828-999-8775

OAK HILL ELEMENTARY SCHOOL (Camp Bulldogs)

2363 NC Highway 181 | Morganton NC 28655

828-999-7742

VALDESE ELEMENTARY SCHOOL (Camp Tigers)

298 Praley St | Valdese NC 28690

828-999-8629

WA YOUNG ELEMENTARY SCHOOL (Camp Wildcats)

325 Conley Rd | Morganton NC 28655

828-999-8567

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, devotions, camp songs & games, arts & crafts and much more (weekly themes and activities vary by location).

Traditional Camp is for K-5th students – campers must have completed Kindergarten.

WEEKLY THEMES

Amazing Race

Artful Antics

Dig It! Dino Week

Down and Dirty

Exploration Space

Holiday Hoopla

Once Upon A Summer

Pirate Fever

Spirit Wars

Summer Fiesta

Under the YM-SEA-A

Water Works

Wild, Wild West

Y Warriors

PRESCHOOL CAMP

Hickory Foundation YMCA

The YMCA of Catawba Valley's Preschool Summer Camp is centered around improving the well-being of children. We believe in each child's individuality and intentionally focus on three areas of development: friendships, accomplishment and belonging.

Preschool Camp is a half-day camp operating from 8:30am-12:30pm 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. Campers should bring a towel and bathing suit for daily trips to the Kiddie Pool and a water bottle labeled with their name. Please apply sunscreen before arrival and, if you send sunscreen with your child, please make certain it is labeled with their name. All campers must be potty trained to participate in our preschool camp program. A morning snack is provided for all campers.

WEEKLY THEMES

Week 1: May 29-June 2	No Camp
Week 2: June 5-9	No Camp
Week 3: June 12-16	Artful Antics
Week 4: June 19-23	Dig It! Dino Week
Week 5: June 26-30	Exploration Space
Week 6: July 3-7	No Camp
Week 7: July 10-14	Water Works
Week 8: July 17-21	Holiday Hoopla
Week 9: July 24-28	Amazing Race
Week 10: July 31-August 4	Y Warriors
Week 11: August 7-11	Pirate Fever
Week 12: August 14-18	Down and Dirty
Week 13: August 21-25	No Camp
Week 14: August 28-September 1	No Camp

SPORTS CAMPS

Hickory Foundation YMCA

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 being 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 8:30am-12:30pm and full-day camps will enjoy the sports camp from 8:30am-12:30pm and then join our Traditional Camp until 6:00pm. Breakfast and a morning snack are provided for half-day campers and breakfast, lunch, and an afternoon snack are provided for full-day campers.

BASKETBALL CAMP

Ages: 5-12 years-old

Items Needed: Basketball, tennis shoes & water bottle

FLAG FOOTBALL CAMP

Ages: 5-12 years-old

Items Needed: Mouth guard & water bottle

TENNIS CAMP

Ages: 5-12 years-old

Items Needed: Tennis racquet, tennis shoes & water bottle

VOLLEYBALL CAMP

Ages: 7-12 years-old

Items Needed: Volleyball, knee pads & water bottle

SOCCER CAMP

Ages: 5-12 years-old

Items Needed: Soccer ball, shin guards & water bottle

NET SPORTS CAMP (Pickleball & Tennis)

Ages: 7-12 years-old

Items Needed: Tennis racquet, Pickleball paddle, tennis shoes & water bottle

SPORTS OF ALL SPORTS CAMP (5-12 years-old) will include introductions to:
Basketball, Volleyball, Soccer, Kickball & Pickleball

SPORTS CAMPS

Adrian L Shuford Jr YMCA

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 being 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 8:30am-12:30pm and full-day camps will enjoy the sports camp from 8:30am-12:30pm and then join our Traditional Camp until 6:00pm. Breakfast and a morning snack are provided for half-day campers and breakfast, lunch, and an afternoon snack are provided for full-day campers.

SOCCER CAMP

Ages: 5-12 years-old

Items Needed: Soccer ball & shin guards & water bottle

BASKETBALL CAMP

Ages: 5-12 years-old

Items Needed: Basketball, tennis shoes & water bottle

FLAG FOOTBALL CAMP

Ages: 5-12 years-old

Items Needed: Mouth guard & water bottle

VOLLEYBALL CAMP

Ages: 7-12 years-old

Items Needed: Volleyball, knee pads & water bottle

INDOOR SOCCER CAMP

Ages: 7-12 years-old

Items Needed: Soccer ball, shin guards & water bottle

PICKLEBALL CAMP

Ages: 7-12 years-old

Items Needed: Pickleball paddle & water bottle

SPORTS OF ALL SPORTS CAMP (5-12 years-old) will include introductions to:
Basketball, Volleyball, Soccer, Kickball & Pickleball

TEEN CAMP

Hickory Foundation YMCA

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 7:00am-6:00pm for rising 6th-11th graders. Breakfast, lunch and an afternoon snack are provided for all campers.

WEEKLY THEMES

Week 1: May 29-June 2 (Closed May 29)	Summer Fiesta
Week 2: June 5-9	Under the YM-SEA-A
Week 3: June 12-16	Artful Antics
Week 4: June 19-23	Mystery Week
Week 5: June 26-30	Exploration Space
Week 6: July 3-7 (Closed July 3-4)	Water Works
Week 7: July 10-14	Holiday Hoopla
Week 8: July 17-21	Amazing Race
Week 9: July 24-28	Y Warriors
Week 10: July 31-August 4	Master Chef
Week 11: August 7-11	Down and Dirty
Week 12: August 14-18	The Great Outdoors
Week 13: August 21-25	Spirit Wars

There's more to the Y than Summer Camp!

Check out the great benefits of being a Y member.

The Y is more than a gym – we are a cause committed to strengthening bodies, minds and communities. We are dedicated to building healthy, confident and secure children, adults and families. Here, surrounded by friends and caring, knowledgeable staff, you can grow your spirit, mind and body in ways you never imagined.

At the heart of the Y lies the power to transform – both yourself and the world around you. From our exceptional fitness, sports and aquatics programs to our preschool to our fun family and community events, the Y offers an array of options to develop **A BETTER YOU!**

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 FREE fitness orientations.
 - 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 pad, kiddie pool and pools for open swim and lap swim.
 - Athletic facilities including gymnasiums, racquetball courts and tennis courts.
 - Nationwide membership privileges at Ys throughout the country.
 - 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 is 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.

For more information on becoming a Y member, please visit our website or stop by or call your local branch today!

YMCA OF CATAWBA VALLEY BRANCHES

ADRIAN L SHUFORD JR YMCA
1104 Conover Blvd E | Conover NC 28613
828 464 6130 | www.ymcacv.org

HICKORY FOUNDATION YMCA
701 1st Street NW | Hickory NC 28601
828 324 2858 | www.ymcacv.org

PHIFER FAMILY YMCA
2165 S Sterling St | Morganton NC 28655
828 679 2500 | www.ymcacv.org