



# SUMMER DAY CAMP

YMCA OF FLORIDA'S FIRST COAST



# YOU BELONG HERE



## THINGAMAJIG

Thingamajig is a one day invention convention for YMCA summer campers. It gives youth the opportunity to be creative and innovative while learning about **STEM** opportunities and careers in our community. This event opens the doors to strategic thinking, creative expression and a bright future.

## CAMP READERS

The Camp Readers program gives youth access to books and the opportunity to read which helps them maintain their reading level, even when school isn't in session. Just 30 minutes of reading each day can positively impact children's reading skill. Research shows that 16% of children who are not reading proficiently by the end of third grade do not graduate from high school on time—a rate four times greater than that for proficient readers. This program helps motivate youth to:

- Read for fun
- Build general reading skills
- Increase their reading confidence when they are out of school

**:30 MINS**

INDEPENDENT  
READING  
THROUGHOUT  
THE DAY



+

**READING**

BOOKS,  
MAGAZINES,  
COMIC BOOKS



+

**CHILDREN**

AT ALL LEVELS  
EXCITED TO  
READ



=

**CAMP  
READERS**



## STAFF TRAINING

All staff undergo a background screening, drug screening and receive comprehensive training including: CPR, First-Aid, AED Certified, Child Sexual Abuse Prevention, Risk Management, YMCA Code of Conduct. Each camp site is also staffed with a professional Director. In addition to YMCA training, many of our Camp Directors hold professional certifications in childcare and advanced degrees in early childhood education. All summer staff are at least 16 years old and are selected based upon their experience with children, their personal character and their enthusiasm.



## SAFETY AROUND WATER

Safety Around Water (SAW) is a program designed to reduce children's risk of drowning by teaching them basic water safety skills. Youth are swim-tested upon their first visit to the pool, and are designated as a red (non-swimmer), yellow (poor swimmer), or green (strong) swimmer. Campers will be introduced to a new skill each pool day which builds to create two sequences that teach a child how to safely move across the water and exit the pool. Drowning is preventable and this program gives all swimmers, no matter their skill level, the opportunity to learn how to be safe and have fun in the water.

## HEALTHY HABITS

We know how essential it is to start healthy habits at an early age, so we give kids plenty of opportunities to engage in active playtime while learning the importance of nutrition and physical activity. Youth Fit for Life is a 12 week weight management program that focuses on 4 core areas; nutrition, fitness, strength, cardio and flexibility. The main focus is to address childhood obesity by decreasing BMI, increasing healthy eating habits, and promoting physical activity.

Serving **NASSAU, CLAY, BAKER, DUVAL** and **ST. JOHNS** Counties.  
To learn more, call **904.265.1775**.



# OUR INTENT

Incorporate a more holistic approach to youth development in day camp by fostering 3 specific dimensions of well-being: Achievement, Relationships and Belonging.



## ACHIEVEMENT

- Youth feel that their efforts are valued and recognized
- Increased youth perception of self as capable leaders
- Increased youth sense of self confidence/esteem
- Increased knowledge and awareness of development pathway/progress (youth, staff, families)



## RELATIONSHIPS

- Staff have an increased knowledge of each youth's personality, likes/dislikes, interests
- Families feel informed and included in programs
- Youth feel that they can openly and honestly communicate with staff
- Increased transparency with current & potential community partners



## BELONGING

- Youth feel valued by peers and staff, part of afterschool "team"
- Youth feel included in program development and/or delivery
- Increased awareness of diversity, including different perspectives, ideas, and customs.
- Staff feel responsible for youth development

