

MARCH BREAK CAMP 2012



RKY CAMP

Arrival and Departure Times

Please plan to drop-off your child at the Kingston Family YMCA parking lot, between 8:30 and 9:00 a.m. on Monday, March 12th. This will allow for sufficient time to make the trip to RKY Camp to get settled into cabins and a tour of the camp before lunch at 12 p.m. Departure from RKY is set for late afternoon on Friday March 16th. Please plan to be at the Kingston Family YMCA at 3:00pm to pick up your son/daughter.

Accommodations

All participants for our March Break Camp will be staying in either one of our three winterized cabins or our central lodge (the Homestead) which is also heated. Please be advised that, while our winter sleeping quarters are insulated and heated, one should be prepared for a chilly evening. Please make sure your son/daughters have either a thick sleeping bag or two heavy blankets plus a sheet for the mattress ☒

Food Services

Our cooks will be preparing tasty and well-balanced meals plus a snack each day. If you have any dietary restrictions, please contact the camp office in advance (we are able to accommodate some, but not all, dietary exceptions).

In addition, please note that RKY Camp is a peanut, nut and shellfish-free site for your safety. To protect the lives of all our campers and staff, please ensure that any foods you do bring on site do not contain these substances.

Winter Camp Activities

Depending on weather, we partake in snowshoeing, skating (please bring your own skates), cross-country skiing, tobogganing, ice fishing, winter wall-climbing, snow soccer, games, low-ropes, arts and crafts and a variety of indoor and outdoor games.

Camper Health and Safety

As in the case with all of our programs, safety is always first! Our staff are trained to ensure a positive experience for everyone. There are First Aid Kits located on site in several central locations, and all of our staff are certified in Standard First Aid and CPR.

The Assistant Camp Director will be responsible for administering all prescription medications. Upon dropping-off your child at the Kingston Family YMCA, please be sure to hand prescription medicines to the Assistant Camp Director.

Please refer to our 2012 Registration form and 2012 Parent Handbook for further details on RKY Camp.

PLEASE FIND A PACKING LIST AND DIRECTIONS TO THE DROP-OFF/PICK-UP SPOT. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT US AT THE CAMP OFFICE AT 613-546-2647 ext. 236

RKY Camp Packing List

Winter Over-night Programs

During an over-night visit at RKY Camp, you never know what the weather is going to bring, or what activities you are going to enjoy. Make sure that everyone is dressed for the weather before arriving, we suggest to wear your outdoor clothing such as your snow-pants, jackets and warm winter boots!

Here's a list of things to bring make sure you have a fun and comfortable time at RKY Camp:

- **1 Bagged Lunch for Day 1 (no peanuts please- we are a nut-sensitive site)**
- **5 Pairs of heavy socks (preferably wool)**
- **1 Warm & Cozy Sleeping Bag**
- **1 Pillow (optional)**
- **2-3 Pairs of long underwear (TOPS & BOTTOMS)**
- **2 Pairs of pants (preferably not jeans)**
- **3 Sweaters or Sweatshirts (FLEECE are awesome)**
- **1 Pair of snow pants**
- **1 Warm jacket**
- **2 Winter hats**
- **2 -3 T-shirts**
- **4 Pairs of underwear!**
- **2 Pairs of mitts (waterproof if possible)**
- **1 Pair of winter boots (removable liner is ideal)**
- **1 Pair of indoor shoes or slippers (sandals work just fine)**
- **1 Water bottle or water container**
- **1 Knap-sack to put it all in**
- **Optional Equipment:** Camera, Ice-skates, Hockey Sticks, Journal & Pen

IT IS BETTER TO BRING TOO MANY WARM CLOTHES THAN TOO FEW!!!

Please Do Not Bring: Gum, candy, MP3 players/IPOD, hair dryers, good clothing, **any personal valuables** or CELL phones. RKY can not be held responsible for any lost, stolen or broken valuables so please leave them at home.

Typical March Break Camp Day

7:30 Wake Up!

8:00 Breakfast

8:30 Cabin clean up and Prep for Activities

9:00 Morning Activity - ex: Climbing Wall, High Ropes, Ice fishing, Quinze Building, Broomball, Skating, Sledding, Winter Nature Hike, Snowman building, Archery, Arts and Crafts

11:30 – Warm up and Prep for Lunch

12:00 – Lunch

1:00 – Afternoon Activity 1

2:30 – Afternoon Activity 2

4:00 – Free Choice Activity / Showers

5:00 – Dinner

6:00 – Evening Program: ie Campfire, Winter Carnival, Skit Night, Iron Chef

8:00 – Evening Snack and Hot Chocolate

9:00 – Bedtime Prep

Other Activities: Cross Country Skiing, Snowshoeing, Overnight in Quinzes,