



YMCA CAMP ONYAHSA

2026 Day Camp

Information Letter

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Camp Families:

Thank you for registering for YMCA Camp Onyahsa's Day Camp "Joheh-goh"! Joheh-goh is the Seneca term for the "three sisters": corn, beans, and squash. These were three of the main crops of Indigenous Peoples in this region before 1800. Our day camps will likewise grow in cooperation with each other.

STAFF

Day Camp Director Ana Roman and other staff counselors from YMCA Camp Onyahsa.

ARRIVAL & DEPARTURE TIMES

Drop-off: 8:30-8:45am daily, Monday-Friday.

Early drop-off (additional cost, must sign up ahead of time): 8:00-8:30am.

Pick-up: 5:15-5:30pm daily, Monday-Friday.

Please respect the nature of the program. Arrivals or departures outside of the above times disrupt the curriculum, necessitating the removal of staff from other campers & activities. If there's a particular day you will be significantly late to arrive, or need to pick up your child prior to 5:15pm, please refrain from attending that day.

By the Friday prior to arrival, you will receive an email with specific program and assigned drop-off/pick-up area information, based on that week's enrollment numbers. A general camp menu will be included (subject to change).

YMCA CAMP ONYAHSA LOCATIONS

Campsite (Day Camp Location): 5411 E Lake Rd (Rte. 430), Dewittville, NY 14728.

Camp Office/Mailing Address: 101 E. 4th St., Jamestown, NY 14701 (Jamestown Area YMCA).

CONTACT INFO—for Absences/Late Arrivals

Please email office@onyahsa.org or call 716-664-2802 ext. 238 to notify us if your child will be absent on a particular day, or if you are running a little late (& what time you expect to arrive). We will call non-attendees to check their status. Campsite Phone: 716-753-5244 [staff are not always near this landline to answer].

REQUIRED FORMS/PAYMENT

Deposits are due upon registration; registration, full session payment, and required forms are due one full week before the session begins. Contact the Camp Office for assistance. Financial assistance/tiered pricing is available for local families.

WHAT TO PACK/WEAR FOR DAY CAMP

- A non-nut snack, if needed between meals
- Meals, if your child will not eat our breakfast/lunch, or if they have highly specialized dietary needs. *Please do not send soda/candy/large bags of chips to Camp.*
- **Water shoes** (to protect feet from lake shells)
- **Athletic shoes** (please, no flip-flops)
- **Water bottle** (non-disposable and BPA-free)
- A book **bag**/gym bag to keep items together
- Clothing appropriate for the day's weather
- A **swimsuit and towel**—**please send your child to camp wearing their swimsuit underneath their day clothes** if possible, for a faster transition to swimming. Please send **dry undergarments** to change into as needed.
- **Sunscreen** (SPF 45+) and a **hat**

Please put the child's name on each item. Please check the **Lost and Found** at the flagpole for any missing items. *Please contact the Camp Office if you need assistance securing necessary items from the packing list.*

PLEASE DO NOT SEND

Do not send any bedding/cloth items that could carry parasites such as bedbugs. Clean sheets will be provided for rest period.

Do not send cash/valuables/electronics, or anything that will detract from the camp experience.

DAILY ACTIVITIES/MEALS

Activities will be developmentally appropriate and may include: boating in kayaks/canoes, supervised lake swimming/beach time, crafts, nature walks, challenge course and/or playground adventure, recreational games, songs, and other traditional camp activities.

Breakfast and lunch will be provided daily. If your child has highly specialized dietary needs, please pack meals daily. *Please do not send soda/candy/large bags of chips to Camp.* Please notify the Camp Staff and explain on the Camper Health Form if your child has food allergies or dietary concerns.

CONCLUSION

Most importantly, campers should bring loads of enthusiasm, a willingness to try new and challenging activities, and a desire to make lasting friendships.

What they will take home from Camp will hopefully be personal growth, friendships, and special memories!

CONTACT INFORMATION

- **Camp Office/Administrator: 716-664-2802 ext. 238;** office@onyahsa.org
- Campsite Phone: 716-753-5244 [staff are not always near this landline to answer]
- Director Jon O'Brian: 716-664-2802, ext. 223; director@onyahsa.org [for after hours emergencies; please contact the Camp Office first for general inquiries]

