



# YMCA CAMP ONYAHSA 2024

## Day Camp Confirmation Letter

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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Thank you for registering for YMCA Camp Onyahsa's Day Camp "Joheh-goh." This is the Seneca term for "three sisters:" corn, beans, and squash, which were planted together to grow cooperatively and nourished the communities in this region before 1800. Our campers will also grow in health and in cooperation.

### STAFF

Day Camp Directors Barry Roesch, Mary Roesch, and other counselors from YMCA Camp Onyahsa.

### ARRIVAL and DEPARTURE

Drop-off is from 8:30am – 8:45am daily.

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

Pick-up is from 5:15-5:30 pm daily.

*Arrivals or departures outside of the above times disrupt the curriculum, necessitating the removal of staff from other campers & activities. If you need to pick up your child prior to 5:15pm, please refrain from attending that day.*

Exercise extreme caution when arriving and departing, especially while backing-up, as young children will be present in the areas. The Camp's speed limit is 10 mph.

By the Friday prior to arrival, you will receive specific program and drop-off/pick-up location information, based on that week's enrollment numbers and demographics. A general camp menu will be included.

### LOCATION

5411 E Lake Rd (Route 430), Dewittville, NY 14728.

### CONTACT

The Camp's site office number is **(716) 753-5244**. Please leave a message here if your child is unable to attend on a particular day or if they are running late. You can also email [office@onyahsa.org](mailto:office@onyahsa.org) to notify us. We will call non-attendees to check their status.

BUSINESS OFFICE Jamestown YMCA, 101 East Fourth St., Jamestown, New York 14701. The number for pre-camp inquiries is **(716) 664-2802 ext. 238**.

### WHAT TO BRING

Please mark all items with your child's name.

- A non-nut snack if your child gets hungry.
- Pack meals if your child will not eat the breakfast/lunch noted in the weekly menu.
- Water shoes (to protect feet from lake shells)
- Athletic shoes (please no flip-flops)
- Water bottle (non-disposable and BPA-free)
- A book bag or gym bag to keep items together.
- Clothing appropriate for the weather.
- A swimsuit and towel
- Sun protection lotion (SPF 45+) and a hat
- Apply bug spray/tick repellent each morning.
- Please put the child's name on each item.

### PLEASE DO NOT BRING

Anything that will detract from the camp experience.

Do not bring any bedding or pillows. Clean sheets will be provided for rest period.

### DAILY ACTIVITIES

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 special dietary needs, please pack meals (no nuts please), and notify the Camp Staff and explain on the Camper Health Form if your child has food allergies or dietary concerns.

### CONCLUSION

Campers should bring loads of enthusiasm and a willingness to try new and challenging activities, as well as a desire to make lasting friendships. What they will take home from Camp will hopefully be personal growth, friendships, and special memories!

Email: [office@onyahsa.org](mailto:office@onyahsa.org)

[www.onyahsa.org](http://www.onyahsa.org)

