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# YMCA CAMP ABNAKI

## 2026 Day Camp Parent/Guardian Handbook

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# WELCOME

We are thrilled to welcome campers and staff to camp for 2026. Our Parent Handbook provides important information to answer questions and help you and your family prepare for overnight camp.

Welcome to YMCA Camp Abnaki's Day Camp program! This Parent/Guardian Handbook provides our general policies and procedures as well as important information to answer questions and help you and your family prepare for Day Camp. Should you have any questions, do not hesitate to contact the camp office at (802) 652-8180, or e-mail [youbelong@campabnaki.org](mailto:youbelong@campabnaki.org). Any non-urgent questions can be sent to [daycamp@campabnaki.org](mailto:daycamp@campabnaki.org).

## UltraCamp

Our online registration is facilitated by UltraCamp. The information and account will stay with your family during your entire length of involvement with Camp Abnaki. Here you can manage forms, make payments, update camper information, manage store funds, and more. All forms can be accessed and uploaded via the Document Center in your UltraCamp account. **To adequately process all camper information, all forms must be completed and received three weeks prior to the start of camp.** If you have any questions about UltraCamp, your account, or the multitude of services provided, please contact the camp office at 802-652-8180.



## Doctor's Exam

The single page Doctor's Exam Form must be filled out by the parent and signed by a physician for the camper to attend. All campers must have an exam from a licensed medical professional within 24 months prior to camp attendance. Each camper must submit a new form each year. They do not necessarily need to have a new exam, but the form needs to be filled out annually by the doctor. We recommend keeping a copy of this form for your records.

## Camper Drop-off and Pick-up

We contract with a local bus company to provide transportation to and from camp. It is the responsibility of parents to drop off and pick up their child at the location(s) selected during registration. If your son is riding the bus, it is

expected that an authorized adult be present at the designated location for both pickup and drop-off. **Your child will only be released to a legal parent or guardian or authorized adult listed in your registration.** If you wish to change a pickup or drop-off location, please contact the camp office by phone 24 hours in advance by calling 802-652-8180.

There will be staff members on the bus to and from camp every day. The Camp Abnaki staff members riding the bus will verify the identity of the adult picking up each child in the afternoon before the bus continues its route. We will have phone numbers for the person responsible for picking up your son. In the event an authorized pickup person is not present, we will make one attempt to contact that person. The bus will wait for five minutes before leaving for the next stop. Any campers not picked up at their designated drop-off point must be picked up at the final drop-off location for the bus. Please note that the bus will not stop at locations not selected by at least one parent for that week. A fee may be assessed for any late pick-up. If the bus is delayed for more than 15 minutes, you will be contacted to notify you of the delay by text or phone call.

Please make sure your camper does not attempt to board the bus until it has come to a complete stop. While on the bus, campers are expected to stay seated and use respectful inside voices. Campers should adhere to any guidelines established by the bus driver and follow all regular camp expectations.

Please contact the camp office promptly should you expect to be delayed in dropping off or picking up your child. We understand that things may occasionally happen beyond your control (flat tire, traffic, etc.) and expect that you will communicate any delays by calling the Day Camp bus commuter. **The phone number for Summer 2026 will be shared prior to camp!**

**If you are bringing your child to and from camp in person, the drop-off time is from 8:45 to 9:00 a.m. each day, and pick-up is between 4:00 and 4:25 p.m. Staff will be busy with other obligations until 8:45 a.m. Please park in our main parking lot at the bottom of the hill as you drive into camp and walk up to The Shed.**

Children may not be left unattended at camp. Habitual tardiness in picking up your child may result in an additional fee, as delays incur higher staff costs. The fee is \$10 per family for the first 10 minutes, and \$5 for every five minutes thereafter. This fee will be added to your tuition bill.

If your child is going to be absent from camp for a day, please email [daycamp@campabnaki.org](mailto:daycamp@campabnaki.org) before 7:30 am. A member of the Camp Abnaki staff will contact you by 9:30 am in the event of an unexplained absence.

**Pick-Up / Drop-Off Bus Schedule**

|                             |         |         |
|-----------------------------|---------|---------|
| University Mall             | 7:45 am | 5:25 pm |
| .....                       |         |         |
| Chimney Corners Park & Ride | 8:05 am | 5:05 pm |
| .....                       |         |         |
| South Hero Town Office      | 8:25 am | 4:45 pm |
| .....                       |         |         |
| YMCA Camp Abnaki            | 8:45 am | 4:25 pm |

**University Mall Pick-Up Spot (2025)**

For the University Mall (South Burlington) stop, the bus will be in the lot behind Dorset Street Family Dental and the TD Bank ATM (do not park in the small lot that is designated for Dorset Street Family Dental, but the larger one behind it). For any returning Day Camp Families, this is the same spot as 2025.



Day Camp Commuting Counselors have a phone specifically for parent/alternate contact communication. You should contact them for urgent updates. **The phone number for Summer 2026 will be shared prior to camp!**

## What to Bring to Camp

Campers in the Day Camp program will participate in various activities throughout the day, including waterfront activities and land sports. Please have your child bring a backpack each day with the following items:

- Bathing suit and towel
- Sunscreen (recommend SPF 30+ and spray sunscreen)
- Insect repellent
- Water bottle
- Closed-toed shoes or sneakers
- Sandals or water shoes highly recommended (we have rocky shores & zebra mussels)
- Rain jacket (check the weather)
- Change of clothes
- Hat or sunglasses
- Morning snack

Please make sure all your camper's belongings are clearly labeled with their **first and last name**. We will make every effort to return lost items to their rightful owner, but we are not responsible for items left at camp. It is not recommended that campers bring personal sports equipment to camp (baseball gloves, tennis racquets, etc.) as camp has plenty of equipment available.

Please **DO NOT** send the following items to camp: Pokémon cards, pocketknives, firearms of any type (including Airsoft or pellet guns), portable music players or any other electronics, bikes, scooters, hover boards, portable video games, cell phones, pets or other animals, or candy. Campers are forbidden from possessing any form of tobacco, alcohol, or drugs.

## Our Daily Schedule (Sample – Subject to Change)

- 9:00 am – arrival
- 9:15 am – morning team meetings + shout-outs
- 9:30 am – first choice time, typically 2–3 choices offered (occasionally joining overnight camp cabin activity)
- 10:30 am – change if swimming later
- 10:45 am – second choice time (2–3 options)
- 11:50 am – wash hands + LUNCH in teams
- 12:35 pm – waterfront time (free swim/volleyball)
- 1:35 pm – skills class or third choice time (2–3 options)
- 2:40 pm – snack
- 2:50 pm – camp store time + Gaga Ball
- 3:45 pm – team meetings, pack-up, check lost & found
- 4:00 pm – take attendance and go home

## Teams + Small Groups

Day Camp is a place where both kids and counselors love to be! For the past few years, with 40 campers per session, we will now be implementing “teams.” Campers and counselors will get into teams on the first day for a less overwhelming introduction to camp. These teams will meet 2–3 times per day to check in (i.e. morning, lunchtime, before departure). The teams will be based on age, to give our campers a chance to engage and make friends in a more manageable way before embarking on choice activities with the entire Day Camp group.

Campers will have ample time to engage with other campers outside of these “team meetings.” This is simply a way for us to ensure our campers are happy, safe, and well-supervised.

## Photographing and Videotaping of Program Participants

There may be times throughout the summer when the YMCA, local media organizations (radio, television, newspapers)

or authorized individuals may want to videotape or photograph groups or individual children in our various programs for public relation purposes. Please tell us through a separate letter to the Camp Office ([youbelong@campabnaki.org](mailto:youbelong@campabnaki.org)) if you do not want your child to appear in any videotapes or photographs used for public relations or educational purposes.

## Swimming

On Monday, each camper has the opportunity to do a “swim check” in their teams. We have one lifeguard on the swim dock and one lifeguard in the water with the kids while they are doing their swim checks. Campers can earn a swimming “tag” which designates which sections they are permitted to swim in and if they are required to wear a life jacket. The tags are red, blue, and green; red is for our least independent swimmers (most shallow swim section), blue is for our intermediate swimmers (about 4 feet deep), and green is for our advanced swimmers (7–8 feet deep). All campers who are assigned a red tag must wear a life jacket in all swim sections; blue tag campers must wear a life jacket in the green section, and green tag campers are not required to wear a life jacket.

Campers are not obligated to do the swim check; they will simply be automatically assigned a red tag if they choose not to. Campers may also do the swim check with a life jacket on (they will still be assigned a red tag, but this way they can be involved!).

Starting Tuesdays, we offer a “free swim” option. We have a buddy system along with a tag system. Campers are always supervised by lifeguards and day camp staff while in and around the water.

Boating can occasionally be an option for some of our older day campers **with green tags** (at the discretion of the Waterfront/Day Camp Staff).

## Skills Classes

Our Day Campers may have the opportunity to sign up for a skills class. Spots are limited and we can’t always guarantee that every older camper will get their first choice or be able to join a class each week. However, all skills classes are based on activities that we can do in Day Camp, so they won’t miss out!

Skills classes happen for 1 hour every day for our older day campers (typical ages 9 and above). If able, they may choose from a variety of classes, depending on the week and availability.

Examples of skills classes might be:

- Wilderness survival
- Disc sports
- Volleyball
- Boating
- Climbing

We will try to send out a list of skills classes and availability the evening before each day camp session begins, but this is not always possible. Please note that overnight campers arrive the day before some of our sessions, and we may not yet be sure which skills classes are open. We will always know by Monday morning and allow our interested campers to sign up.

Signing up for a skills class is completely voluntary, and our day campers can decide to drop their skills class at any point throughout the week. However, if a day camper has decided to stop attending their skills class, they may not decide to re-enroll the next day. This is to ensure attendance, supervision, and, ultimately, safety.



## Discipline

We approach discipline from the perspective that there are negative behaviors, but not bad children, and discipline should be a learning experience, not a humiliating one. Our day camp program has the following progression for discipline. Campers are given clear expectations from the Day Camp Director and counselors at the beginning of their session and on a daily basis.

1. Verbal warning is given with an explanation of why the behavior is inappropriate and discussion of how to avoid or replace the behavior in the future.
2. Withdrawal from activity: Child will be removed from the activity and required to take some time to refocus and "make it right." In most cases this lasts a short time, but can be longer in some circumstances.
3. Verbal communication between parent and Day Camp Director.
4. If the behavior continues, the child may be required to take a day off from camp.\*
5. If prolonged or disruptive, unsafe and unacceptable behavior occurs, removal from Camp Abnaki may be an option.

**\*Steps 1–4 may be omitted if the Director deems that the behavior was serious (i.e. endangering self or others) and that child was aware of the consequences of the behavior being addressed.**

## Camp Store

Throughout the week, day campers will have a chance to visit the camp store. They have the option to purchase snacks, drinks, and various camp-related souvenirs (including hats, t-shirts, playing cards, etc.). Prices for souvenirs range from \$3–\$40. Each camper has \$15 per week for use in the camp store included in their tuition. Campers may NOT bring cash or checks for additional purchases. You may add additional store funds through your UltraCamp account or by contacting the camp office.

You can add camp store money to your camper's account at the following link:

<https://www.ultracamp.com/storedeposits.aspx?idCamp=798&campCode=9rm>

## Meals and Snacks

Campers are responsible for bringing their own optional healthy morning snack each day. Lunch and the afternoon snack are provided by Camp Abnaki. You are more than welcome to bring your own lunch or additional snack. Please do not send food that requires heating, though we can provide refrigeration. There is water available throughout camp, with plenty of places for your child to fill his water bottle.

We are a **nut aware** camp. We do not serve nuts or nut products in our dining hall or for snack. Be aware that there are instances where nut products are present at camp and consumed by campers and/or staff.

## Online Photo Viewing

Photos will be posted periodically during the summer on Instagram and Facebook. In addition to these social media programs, we will post the majority of photos through the UltraCamp system. You can find them under additional options and photo gallery. You can only see the session that your son is registered for.

**NEW!** UltraCamp has now integrated with SmugMug! When you click on your session in UltraCamp, it will take you to SmugMug. In their site, you can download photos (for free!) and purchase printed copies to be shipped to you. **Please note that the link is unable to be shared, and friend accounts cannot access the photo galleries at this time. Also, photos may not be uploaded every day.**

Please contact camp if you have any questions about UltraCamp, photo viewing, or friend accounts.

## Health Care at Camp

Camp Abnaki has a Nurse on-site during the summer. Any and all medications that need to be given (including prescription, over-the-counter, vitamins, etc) should be given to the nurse on the first day of the session (or to the counselor on the bus, along with written instructions to be given to the nurse). Children may not have medication on them while at camp. Please contact the Camp Office at 802-652-8180 regarding any exceptions to this policy.

The Camp Nurse will also provide basic healthcare as appropriate during your son's time at camp. The Nurse will contact you in the event of any medical situation requiring care beyond basic first aid. Should your child become seriously injured, Camp Abnaki will contact Grand Isle Rescue for emergency treatment. Camp Abnaki will make every effort to contact you should such a situation arise.

All campers are required to have health insurance. **Please include a copy of your health insurance card in UltraCamp with your camper's health forms.** Parents are responsible for any medical costs incurred during their son's time at camp.

All campers attending Camp Abnaki are required to have had a physical examination by a physician within 2 years of camp attendance. Please have your son's physician complete our Doctor's Exam Form and return it to camp or upload to UltraCamp three weeks prior to your first session. Our ultimate goal is to provide quality care to a group of healthy children.

On the first day of camp, a member of our staff will provide a basic health screening for all campers, to include a head lice check. If we discover lice or nits on a child during the health screen, we will contact a parent/guardian for the child to be picked up from camp. They may return to camp when all evidence of lice has been removed. We ask for your cooperation in keeping everyone healthy. Children who are ill are to be picked up as soon as possible after the call from the Camp Abnaki staff. Children who appear to be ill or who have communicable diseases should not come to the program that day. Children who become ill will be comforted until picked up by the parent or designee. We ask that you call if your child will be absent (802-652-8180). **Campers will only be released to an authorized pickup.**

Please keep your child at home if they have any of the following symptoms:

- Has a fever of 100F or greater,
- Is congested enough to need a vaporizer,
- Is tired enough to require sleep beyond a regular nap,
- Has any eye discharge,
- Has diarrhea (3 times in 24 hours or if it persists for more than 48 hours),
- Has an unidentified rash,
- Has severe coughing,
- Has head lice,
- Is not able to keep up with the scheduled day (i.e., outside play, field trips), and
- Has vomited within the last 24 hours.
- Has any COVID related symptoms.



Children who have been out with the following illnesses may return to camp according to these guidelines:

- **COLD/FEVER** – 24 hours after fever gone (without medication)
- **CONJUNCTIVITIS** – a properly dated medication must have been administered for 24 hours
- **CHICKEN POX or MRSA** – when the last sore is scabbed over and there is no oozing
- **HEAD LICE** – 24 hours after starting a prescription treatment and all eggs/nits are removed.
- **IMPETIGO** – 48 hours after medication has begun
- **MEASLES** – 5 days after rash appears, with a signed note from physician
- **MUMPS** – 9 days after swelling starts, with a note from physician
- **SCABIES** – 24 hours after treatment has begun
- **STREP THROAT** – 24 hours after medication has begun (4 doses)
- **VOMITING** – 24 hours after last episode and child is able to tolerate food
- **COXSACKIE** – fever must be gone; when sores are not oozing, and child can eat/drink comfortably.

When your child arrives back at camp we will check them again. If any of the above symptoms appear, we will call you to repeat this process.

### **Tobacco / Alcohol / Drugs**

YMCA Camp Abnaki's program is designed to encourage healthy personal habits. Tobacco, alcohol, vapers, or any illegal drugs are not permitted on camp property. Any campers found with such items are subject to disciplinary action, which may include, but is not limited to, dismissal from camp. Campers found to be in possession of illegal substances may be reported to the Grand Isle Sheriff's Department.

### **Cancellations and Refunds**

Please notify the camp office immediately if you need to cancel your child's enrollment. Fees paid before May 1, minus the \$100 per session non-refundable deposit will be refunded to you. After May 1, refunds will be made at the discretion of the Camp Director.

Cancellations must be submitted to the camp office in writing. Conditions for refunds include prolonged illness or accidents which preclude camp participation. In such an event, refunds will be made on a pro-rated basis for the remaining portion of the session.

Campers dismissed from camp for behavior issues are not eligible to receive a refund.

### **Contacting the Camp Office**

Camp Office: (802) 652-8180  
Bus Commuter Phone: Coming Soon!  
Fax: (802) 713-1005  
General Camp E-mail: [youbelong@campabnaki.org](mailto:youbelong@campabnaki.org)

Email: Brett Tillman, Camp Director: [btillman@gbymca.org](mailto:btillman@gbymca.org)  
Day Camp Director (Summer): [daycamp@campabnaki.org](mailto:daycamp@campabnaki.org)

### **Payment / Account / Forms Questions**

Please contact our Camp Office:  
Phone: (802) 652-8180  
Email: [youbelong@campabnaki.org](mailto:youbelong@campabnaki.org)

### **Scholarship/Financial/Payment Plans**

Please contact our Business Office:  
Phone: (802) 652-8190  
Email: [scholarships@gbymca.org](mailto:scholarships@gbymca.org)

## **THANK YOU**

This summer provides a wonderful opportunity of growth for your son. We appreciate the trust you have shown us and look forward to a long and rewarding relationship. We look forward to seeing you this summer!