



# Y Neighbourhood Day Camps

2023  
Camp Guide

YMCA of the  
National Capital Region

   [ymcaottawa.ca](https://www.ymcaottawa.ca)

# Welcome to Y Neighbourhood Day Camps!

We are very fortunate to have an incredibly passionate and knowledgeable camp leadership team. With countless years of experience in childhood recreation programs and leadership training, our team is focused on making sure your camper has fun while gaining new skills to help them thrive at camp and beyond! We know that every camper has different needs; our leaders make the camp experience welcoming, engaging, and inclusive for all. At Y Neighbourhood Day Camps, we help children create memories and friendships for life!



**Sara Pinsky**  
Acting General Manager  
Camping & Outdoor Education

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## Camp Locations

Y Neighbourhood Day Camps are offered at various locations across Ottawa including Kanata, Ottawa-Nepean-West, Ottawa South, Ottawa East, and Clarence-Rockland. **Exact locations will be confirmed in April 2023.** Please make sure you select the appropriate neighbourhood when registering your child for camp.

**\*Please note, the Ottawa Vanier and Ottawa South locations will serve as bus pick-up and drop-off locations only.**

Campers who register for these locations will be transported by bus at no cost to our Taggart Family Y where they will participate in their day camp program. Buses will run twice in the morning and twice in the afternoon, and a schedule will be emailed to each family in advance of their day camp program. The bus schedule will also be available in our camp guide and on our website. Please do not hesitate to reach out to our camp team with any questions or concern.

**613-832-1234**

**[day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca)**

## About Y Neighbourhood Day Camps

At Y Neighbourhood Day Camps, memories are made close to home. Children can choose specialty camps or take part in a range of traditional day camp activities in gymnasiums, local parks/green spaces, and activity rooms, as well as themed weeks with special guests and field trips to related offsite locations. Swimming will be available at most of our day camps this summer, please contact the camp office at [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca) or 613-832-1234 to find out which locations have confirmed pool access.



### SAFETY

Whether on an out trip, on a field, in a gym, or on a climbing wall, our staff members emphasize safety in all activities. Counsellors are trained in First Aid and CPR, and lifeguards are nationally certified.

### EXTENDED DAY CAMPS

Morning and/or afternoon extended day camp hours are available for an additional fee to accommodate parents'/guardians' schedules. Please see registration information on page 12 to learn more.

### INCLUSION PROGRAMS

We are proud to offer supportive programs for participants with special needs and requirements.

This program allows campers the opportunity to participate in our camp programs with additional counsellor support ensuring that their experience is a positive one. Each camper will be assessed independently and assigned, with the help of the camper's family, a one to one or low ratio camper to counsellor experience within our camp's ability to provide the necessary support that will ensure a healthy and safe learning environment. Please note that space is limited and prices vary depending on programs. Specialty programs are subject to cost of program plus inclusion fees. To learn more, please contact our camp office at 613-832-1234 or [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca).



# Y Neighbourhood Day Camps

## Program Overview

Our Neighbourhood Day Camps are proud to offer **two categories of camps to choose from** to enjoy traditional summer day camp activities.

### GENERAL PROGRAMS

General programs are separated into 3 age categories: Tiny Tots (4Y-5Y), Y Creators (6Y-9Y), and Y Adventurers (10Y-12Y). Campers in these general programs enjoy different activities each week. Some programs are available only at select locations.

### LEADERSHIP PROGRAM

Our Leadership program is designed for youth aged 13Y-14Y who are interested in developing their leadership abilities and learning new skills.

\*Please note that all campers in all programs will be expected to attend the weekly field trip associated with their camp. Parents will be informed of any special activities or guests prior to their week of camp by email.

### Find the right camp for your child in four easy steps:

- 1 Choose the appropriate age group.
- 2 Choose the location that works best for your family.
- 3 View available camp options.
- 4 Select the week(s) that works best and register!



# Tiny Tots General Programs

Ages: 4Y-5Y

General Programs feature themed weeks and traditional summer day camp activities. Tiny Tots (4Y-5Y), Y Creators (6Y-9Y) and Y Adventures (10Y-12Y) share the same weekly themes and fieldtrips, but programming will vary based on each age group to ensure the most age-appropriate fun. Depending on the week, children will be playing sports, making art, exploring nature, and even learning about science!

## Dress up Day with Themed Programs

Every Friday with Neighbourhood Day Camps is a theme day! At the beginning of every week, themes will be posted at the sign in table. Then on Fridays, campers can come to camp dressed up and participate in activities based on the theme.

## H2O EXTREME

AGE: 4Y-5Y

Enjoy a week of traditional camp activities with a highlight on water games and activities! Campers will take trips to local splash pads and parks for water games, take a virtual trip to an aquarium, and travel offsite to a nearby waterpark!

**Out trip – Mont Cascade Waterpark**

July 4 - 7\*

M \$190.45

NM \$209.60

## SPORTS FOR ALL

AGE: 4Y-5Y

This week will be all about sports with a focus on building some skills! With so many fun games to choose from this week, there will be something for everyone to learn. Some of the sports we'll play include soccer, football, basketball and some other non-traditional sports. **Out trip – To be determined**

July 10 - 14

M \$238.18

NM \$262

## TOTALLY SCIENTIFIC

AGE: 4Y-5Y

With a focus on scientific discovery and hands-on activities, this will be a week to remember! Campers will get a chance to learn more about the natural world from a scientific point of view while still participating in all kinds of traditional summer camp activities. This week will offer a variety of scientific explorations with a focus on our natural environment. **Out trip – The Canada Science and Technology Museum**

July 17 - 21

M \$238.18

NM \$262



## CENTER STAGE

AGE: 4Y-5Y

Find the spotlight and find yourself in the arts for this specialized week! This program will focus on developing skills in the arts and finding passion in self-expression. We'll encourage campers to step out of their comfort zones to learn more about music, drama, and art, and will finish the week with a special talent show event! **Out trip – The Rhythm Room**

July 24 - 28	M \$238.18	NM \$262
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## OLYMPIC JOURNEY

AGE: 4Y-5Y

This week we'll work on new and exciting skills that might spark an interest in becoming a future Olympian as we embark on the journey to the NDC Olympics 2023! Campers will participate in a number of summer and winter sport challenges each day and will finish off the week with a closing ceremony. **Out trip – To be determined**

Jul 31 - Aug 4	M \$238.18	NM \$262
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## TRAVEL THROUGH TIME

AGE: 4Y-5Y

Fasten your seatbelt as we travel through time to rediscover moments throughout history and maybe even see what the future holds! Each day our time travellers will engage in century old camp games and leave their mark in history. **Out trip – Museum of Nature**

August 8 - 11*	M \$190.54	NM \$209.60
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## COUNTY FAIR

AGE: 4Y-5Y

Time to have some fun at the County Fair this week with popcorn, face painting and three-legged races! County Fair week will be filled with exciting crafts and classic carnival games and activities that campers will love as we near the end of the summer. **Out trip – Carnival at Camp Otonabee**

August 14 - 18	M \$238.18	NM \$262
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## TO INFINITY AND BEYOND

AGE: 4Y-5Y

Join us as we look up to the stars and blast off to outer space! This program will have campers exploring the solar system, learning about space, engaging in fun crafts like creating rocket ships, and having fun while participating in classic summer camp games. **Out trip – Canada Space and Aviation Museum**

August 21 - 25	M \$238.18	NM \$262
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## INTO THE JUNGLE

AGE: 4Y-5Y

This week we are focusing on all things wild! We want your campers to roar with excitement in fun themed jungle activities and games this week! **Special Guest – Little Ray's Reptiles**

Aug 28 - Sep 1	M \$238.18	NM \$262
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## Extended Day Camp

Ages: 4Y-14Y

Extended Day Camp is available in the morning and afternoon for all day campers to accommodate parents'/guardians' schedules.

7AM - 9AM	M \$30/wk	NM \$30/wk
4PM - 6PM	M \$30/wk	NM \$30/wk

To register for Extended Day Camp, select the appropriate section when registering for camp.

# Y Creators General Programs

Ages: 6Y-9Y

General Programs feature themed weeks and traditional summer day camp activities. Tiny Tots (4Y-5Y), Y Creators (6Y-9Y) and Y Adventures (10Y-12Y) share the same weekly themes and fieldtrips, but programming will vary based on each age group to ensure the most age-appropriate fun. Depending on the week, children will be playing sports, making art, exploring nature, and even learning about science!

## Dress up Day with Themed Programs

Every Friday with Neighbourhood Day Camps is a theme day! At the beginning of every week, themes will be posted at the sign in table. Then on Fridays, campers can come to camp dressed up and participate in activities based on the theme.

## H2O EXTREME

AGE: 6Y-9Y

Enjoy a week of traditional camp activities with a highlight on water games and activities! Campers will take trips to local splash pads and parks for water games, take a virtual trip to an aquarium, and travel offsite to a nearby waterpark!

**Out trip – Mont Cascade Waterpark**

July 4 - 7\*

M \$190.45

NM \$209.60

## SPORTS FOR ALL

AGE: 6Y-9Y

This week will be all about sports with a focus on building some skills! With so many fun games to choose from this week, there will be something for everyone to learn. Some of the sports we'll play include soccer, football, basketball and some other non-traditional sports. **Out trip – To be determined**

July 10 - 14

M \$238.18

NM \$262

## TOTALLY SCIENTIFIC

AGE: 6Y-9Y

With a focus on scientific discovery and hands-on activities, this will be a week to remember! Campers will get a chance to learn more about the natural world from a scientific point of view while still participating in all kinds of traditional summer camp activities. This week will offer a variety of scientific explorations with a focus on our natural environment. **Out trip – The Canada Science and Technology Museum**

July 17 - 21

M \$238.18

NM \$262





## CENTER STAGE

AGE: 6Y-9Y

Find the spotlight and find yourself in the arts for this specialized week! This program will focus on developing skills in the arts and finding passion in self-expression. We'll encourage campers to step out of their comfort zones to learn more about music, drama, and art, and will finish the week with a special talent show event! **Out trip – The Rhythm Room**

July 24 - 28	M \$238.18	NM \$262
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## OLYMPIC JOURNEY

AGE: 6Y-9Y

This week we'll work on new and exciting skills that might spark an interest in becoming a future Olympian as we embark on the journey to the NDC Olympics 2023! Campers will participate in a number of summer and winter sport challenges each day and will finish off the week with a closing ceremony. **Out trip – To be determined**

Jul 31 - Aug 4	M \$238.18	NM \$262
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## TRAVEL THROUGH TIME

AGE: 6Y-9Y

Fasten your seatbelt as we travel through time to rediscover moments throughout history and maybe even see what the future holds! Each day our time travellers will engage in century old camp games and leave their mark in history.

**Out trip – Museum of Nature**

August 8 - 11*	M \$190.54	NM \$209.60
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## COUNTY FAIR

AGE: 6Y-9Y

Time to have some fun at the County Fair this week with popcorn, face painting and three-legged races! County Fair week will be filled with exciting crafts and classic carnival games and activities that campers will love as we near the end of the summer. **Out trip – Carnival at Camp Otonabee**

August 14 - 18	M \$238.18	NM \$262
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## TO INFINITY AND BEYOND

AGE: 6Y-9Y

Join us as we look up to the stars and blast off to outer space! This program will have campers exploring the solar system, learning about space, engaging in fun crafts like creating rocket ships, and having fun while participating in classic summer camp games. **Out trip – Canada Space and Aviation Museum**

August 21 - 25	M \$238.18	NM \$262
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## INTO THE JUNGLE

AGE: 6Y-9Y

This week we are focusing on all things wild! We want your campers to roar with excitement in fun themed jungle activities and games this week! **Special Guest – Little Ray's Reptiles**

Aug 28 - Sep 1	M \$238.18	NM \$262
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## Extended Day Camp

Ages: 4Y-14Y

Extended Day Camp is available in the morning and afternoon for all day campers to accommodate parents'/guardians' schedules.

7AM - 9AM	M \$30/wk	NM \$30/wk
4PM - 6PM	M \$30/wk	NM \$30/wk

To register for Extended Day Camp, select the appropriate section when registering for camp.



# Y Adventurers General Programs

Ages: 10Y-12Y

General Programs feature themed weeks and traditional summer day camp activities. Tiny Tots (4Y-5Y), Y Creators (6Y-9Y) and Y Adventures (10Y-12Y) share the same weekly themes and fieldtrips, but programming will vary based on each age group to ensure the most age-appropriate fun. Depending on the week, children will be playing sports, making art, exploring nature, and even learning about science!

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## H2O EXTREME

AGE: 10Y-12Y

Enjoy a week of traditional camp activities with a highlight on water games and activities! Campers will take trips to local splash pads and parks for water games, take a virtual trip to an aquarium, and travel offsite to a nearby waterpark!

**Out trip – Mont Cascade Waterpark**

July 4 - 7\*

**M** \$190.45

**NM** \$209.60

## SPORTS FOR ALL

AGE: 10Y-12Y

This week will be all about sports with a focus on building some skills! With so many fun games to choose from this week, there will be something for everyone to learn. Some of the sports we'll play include soccer, football, basketball and some other non-traditional sports. **Out trip – To be determined**

July 10 - 14

**M** \$238.18

**NM** \$262

## TOTALLY SCIENTIFIC

AGE: 10Y-12Y

With a focus on scientific discovery and hands-on activities, this will be a week to remember! Campers will get a chance to learn more about the natural world from a scientific point of view while still participating in all kinds of traditional summer camp activities. This week will offer a variety of scientific explorations with a focus on our natural environment. **Out trip – The Canada Science and Technology Museum**

July 17 - 21

**M** \$238.18

**NM** \$262



## CENTER STAGE

AGE: 10Y-12Y

Find the spotlight and find yourself in the arts for this specialized week! This program will focus on developing skills in the arts and finding passion in self-expression. We'll encourage campers to step out of their comfort zones to learn more about music, drama, and art, and will finish the week with a special talent show event! **Out trip – The Rhythm Room**

July 24 - 28	M \$238.18	NM \$262
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## OLYMPIC JOURNEY

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August 8 - 11*	M \$190.54	NM \$209.60
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## COUNTY FAIR

AGE: 10Y-12Y

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August 14 - 18	M \$238.18	NM \$262
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## TO INFINITY AND BEYOND

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August 21 - 25	M \$238.18	NM \$262
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Aug 28 - Sep 1	M \$238.18	NM \$262
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## Extended Day Camp

Ages: 4Y-14Y

Extended Day Camp is available in the morning and afternoon for all day campers to accommodate parents'/guardians' schedules.

7AM - 9AM	M \$30/wk	NM \$30/wk
4PM - 6PM	M \$30/wk	NM \$30/wk

To register for Extended Day Camp, select the appropriate section when registering for camp.

# Leadership and Inclusion Programs

## Y LEADERSHIP CAMP

AGE: 13Y-14Y

Y Leadership Camps are tailored for teens and youth who want to learn new skills and develop their leadership abilities. Spend the summer days investing in your future! Y Leadership Camp helps youth aged 13Y – 14Y gain the experience and skills that will help them grow into community leaders. **Out trip: July 17-28 – Science and Technology Museum** (first week) **and The Rhythm Room** (second week). **August 7-18 – Nature Museum** (first week) **and Camp Otonabee** (second week)

**Y Leadership Camps are only available at the Taggart Family Y location.**

July 17 - 28	M \$476.36	NM \$524
August 7 - 18	M \$476.36	NM \$524



## INCLUSION PROGRAM

AGE: 4Y-14Y

We are proud to offer supportive programs for participants with special needs and requirements. This program allows campers the opportunity to participate in our camp programs with additional counsellor support ensuring that their experience is a positive one. Each camper will be assessed independently and assigned, with the help of the camper’s family, a one to one or low ratio camper to counsellor experience within our camp’s ability to provide the necessary support that will ensure a healthy and safe learning environment. Please note that space is limited and prices vary depending on programs. Specialty programs are subject to cost of program plus inclusion fees. To learn more, please contact our camp office at 613-832-1234 or [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca).

## Extended Day Camp

Ages: 4Y-14Y

Extended Day Camp is available in the morning and afternoon for all day campers to accommodate parents’/guardians’ schedules.

7AM - 9AM	M \$30/wk	NM \$30/wk
4PM - 6PM	M \$30/wk	NM \$30/wk

To register for Extended Day Camp, select the appropriate section when registering for camp.

# How to Register for Y Camps



## Online

Visit our website and follow the links to register. Full payment is due at time of registration.



## By email

Download the registration form from our website, complete it, and email to: [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca).



## In person\*

Download the registration form from our website, complete it, and bring it to any of our Y centres.

*\*Please note, if you submit your registration in person at one of our Y locations or by email, someone from our camp office will reach out to complete your registration and process your payment in full over the phone.*

### Full payment is due at time of registration.

Once registered, please be sure to download the Neighbourhood Day Camp Family Handbook. Included in your handbook is important information about what your child should expect at camp, what they should bring with them, as well as Y rules and code of conduct. Family Handbooks can be found online on our website.

## EXTENDED DAY CAMP

Extended Day Camp (EDC) is available for our day campers to accommodate parents'/guardians' schedules. Extended morning hours run from 7AM-9AM, and afternoon hours are 4PM-6PM. Additional charges apply.

7AM - 9AM	M \$30/wk	NM \$30/wk
4PM - 6PM	M \$30/wk	NM \$30/wk

Y Neighbourhood Day Camps are offered at various locations across Ottawa including Kanata, Ottawa-Nepean-West, Ottawa South, Ottawa East, and Clarence-Rockland. **Exact locations will be confirmed in April 2023.** Please make sure you select the appropriate neighbourhood when registering your child for camp.

- Taggart Family Y
- Clarence-Rockland Y
- Ottawa-Nepean-West
- Barrhaven
- Kanata
- Orleans
- Ottawa Vanier
- Ottawa South

**\*Please note, the Ottawa Vanier and Ottawa South locations will serve as bus pick-up and drop-off locations only.**

Campers who register for these locations will be transported by bus at no cost to our Taggart Family Y where they will participate in their day camp program. Buses will run twice in the morning and twice in the afternoon, and a schedule will be emailed to each family in advance of their day camp program. The bus schedule will also be available in our camp guide and on our website. Please do not hesitate to reach out to our camp team with any questions or concern.

To register for EDC, select the appropriate section when registering for camp.

## FINANCIAL ASSISTANCE

Thanks to the generous support of donors and various fundraising initiatives year-round, we are able to provide financial assistance for families who otherwise could not afford the experience for their children. Visit [ymcaottawa.ca](http://ymcaottawa.ca) to download a Financial Assistance Application Form.

## CAMP REFUND AND TRANSFER POLICY

Request for refund **16+ business days** before session start date ➔ **100% refund** of program fees

Request for refund **15-6 business days** before session start date ➔ **75% refund** of program fees

Request for refund **5-1 business days** before session start date ➔ **50% refund** of program fees

Request for refund once program has begun ➔ **No refund** of program fees

Transfer requests must be made in writing by emailing [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca). Please include your camper's name, your name, and the weeks they are both unregistering for and transferring to in your request. All transfers must be completed 10 business days prior to the session start date, provided there is space in the program.

All refunds must be requested in writing by emailing [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca). Please include your camper's name, your name, and the week they are unregistering for in your request. There are no refunds for children who are asked to leave the camp due to behavioural and/or safety issues. Please read our Camper Code of Conduct in the Family Resource section of our website for more information regarding our camper expectations and bullying policy.