



# GYMNASTICS CAMP

<p><b>Camp Hours: (camp dates: June 30 – August 15)</b></p> <p><b>Gymnastics Camp is located at the Rye Y: 21 Locust Ave, Rye NY 10580</b></p> <p><b>Half Gymnastics Camp:</b> Monday- Friday 9:00am-1:00pm</p> <p><b>Full Camp Day:</b> Monday – Friday from 9:00am-4:00pm Drop off time: 8:45am-9:15am Pick up time half day: 12:45-1:00pm Pick up time Full Day: 4:00pm-4:15pm</p>	<p><b>Swimming:</b> Gymnastics camp <b>FULL DAY</b> campers swim (structured recreational swim, not lessons) Only beginner swimmers receive lessons (red cap swimmers)</p> <p>Aquatic Supervision Ratios: 1:3 beginners, 1:6 intermediate Safety (ACA and DOH regulations) Campers have a swim evaluation conducted on their first day of camp Campers receive a color-coded swim cap based on their swim level Buddy checks conducted every 15 minutes</p> <p>Half day campers do not swim</p>	<p><b>Staff:</b> The camp staff at the Rye Y is comprised of college, post-college and exceptional high school students. We are an American Camp Association accredited camp, we have a standard to hold our staffing structure to 80% of our staff being age 18+ (only 20% of our staff are ages 16-17). Our staff goes through a rigorous hiring process, including background and reference checks. We also run a lengthy staff training and development program, focusing on coping skills to anticipate every possible circumstance from emergencies to homesick campers. Leadership staff receive RTE, CPR, AED, EPI Pen, and First Aid training. Many others are certified as lifeguards and activity specialists. Our staff strive to make every camper feel comfortable and welcome in our daily programs All lead gymnastics staff are USAG Safety Certified</p>
<p><b>Drop Off &amp; Pick Up:</b> <b>Drop off: 8:45am-9:15am</b> Play stay in your car and pull up to the circle in front of the Rye Y, camp staff will greet your camper in vehicle. If you have questions, please pull into a parking spot and walk onto camp with your camper.</p> <p><b>Pick Up:</b> 12:45am-1:00pm -Half Day Campers 4:00pm-4:15 (Full Day Campers if not doing extended care)- Please stay in your car and pull up to the circle in front of the Rye Y, camp staff will put your camper in the vehicle. <b>Please do not arrive before 3:45 as we have 2 camps dismissing.</b></p>	<p><b>Lunch:</b> All Campers: Must pack a lunch and drink. We eat lunch from 12:15-1:00pm. Full day camper: please pack a snack for our afternoon snack break.</p> <p><b>Allergies</b> We are "nut sensitive" and ask that campers do not bring foods that contains nuts / in the ingredients. We do however separate campers with allergies when needed.</p> <p><b>Lunch Information:</b> Health and Balanced Lunches ONLY Please avoid candy, soda, etc.</p>	<p><b>Ratios:</b></p> <p>5 years &amp; younger - 1:6 counselor to camper ratio 6-8 years- 1:8 counselor to camper ratio 9-14 years- 1:10 counselor to camper ratio</p>
<p><b>Extended Care:</b> <b>AM Extended Care:</b> Monday- Friday from 8:00am-9:00am (please note you must register your child to participate in the extended care program). Important: you may drop off your camp in the circle from 7:55-8:10am after that please park and walk your child up to the gym. <b>PM Extended Care:</b> Monday -Friday from 4:00pm-6:00pm (please note you must register your child to participate in the extended care program). Light snack is provided to campers. <b>Important: extended care is at the Rye Y and is until 6:00pm.</b> You must park your car and walk into the building to retrieve your camper. (no transportation to the Osborn site)</p>	<p><b>What to Pack: (please label everything)</b></p> <p>Swimsuit (one piece) Towel Goggles Lunch/ snack (all campers) Plastic bag (for wet bathing suit) Spare change of clothes Water bottle (one that they can refill throughout the day) Sun block and a hat Female campers should wear a leotard / Male campers comfortable clothes No jewelry</p>	<p><b>Resources:</b> Please visit our camp website <a href="http://www.ryeycamp.org">www.ryeycamp.org</a> to view the following: summer camp parent handbooks, camper health forms, Y Cares application, payment plan forms and much more! <b>2025 Summer Camp Q and A Save the Date: Registration required February 26th 5:30pm- 6:30pm at the YMCA Studios.</b> Specifically designed for parents/guardians of perspective and registered camp families. Come meet the camp directors, ask questions and gather a ton of information. These orientations can be “boring” for campers, so we highly encourage leaving campers at home with a sitter.</p>

