



YMCA OF GREATER HARTFORD



2026 SUMMER FAMILY GUIDE
YMCA Camp Farmington Valley

DEAR FAMILIES & CAMPERS

We are so glad you have chosen to join us at Camp Farmington Valley where your camper's adventure awaits! Whether you are a new or returning camp family, we hope that you are as excited about the 2026 season as we are! This season, we will be continuing to expand program offerings, as well as integrating more leadership opportunities for campers throughout each day!

Our goal at Camp Farmington Valley is to create a place where lifelong friendships begin, and campers make memories to last a lifetime. Camp is about developing life skills that help kids build and maintain positive relationships, explore different activities and mediums, and feel confident in the person they are becoming.

Our counselors are chosen for their empathy, maturity, and character capabilities to be a positive role model for our campers. We like to say that our counselors help the campers to grow socially, emotionally, and physically, while growing alongside them as well!

This Family Handbook should answer many of your questions regarding your camper's upcoming summer camp experience. Please read and save this guide, as you may refer to it throughout the summer season.

We look forward to meeting you or seeing you again!

Amanda Fox
Camp Farmington Valley Director

OUR MISSION

The YMCA of Greater Hartford is a charitable association open to all and committed to helping people develop their fullest potential in spirit, mind and body. This commitment is reinforced by our belief in living out universal values of caring, honesty, respect and responsibility.



CARING

Thinking beyond yourself to consider others and the greater good of our community.

HONESTY

Telling the truth and becoming someone others know they can trust.

RESPECT

The Golden Rule; recognizing your own sense of worth as well as that of others.

RESPONSIBILITY

Learn what is within your own control and take accountability for it.

OUR GOALS PROGRAM OBJECTIVES


Our YMCA day camps aim to provide a safe, fun, and enriching environment where children can develop physically, socially, and emotionally. The goals and objectives typically include:

GOALS

- **Promote Personal Growth** – Help campers build confidence, independence, and resilience through new experiences.
- **Encourage Healthy Lifestyles** – Foster physical activity, outdoor play, and healthy habits.
- **Develop Social Skills** – Teach teamwork, cooperation, and communication through group activities.
- **Instill Core Values** – Reinforce the YMCA's values of Caring, Honesty, Respect, and Responsibility.
- **Create a Safe & Inclusive Environment** – Ensure all children feel welcomed, supported, and valued.
- **Foster a Connection with Nature** – Provide opportunities for outdoor exploration and environmental awareness.
- **Promote Fun & Engagement** – Ensure that children enjoy their time at camp while learning new skills and making friends.

OBJECTIVES

- Provide structured daily activities that balance physical, educational, and creative experiences.
- Offer a variety of programs, such as sports, arts & crafts, swimming, and team-building exercises.
- Encourage campers to set personal goals and challenge themselves in a supportive environment.
- Facilitate positive social interactions to build friendships and conflict-resolution skills.
- Ensure staff are trained in child development, safety procedures, and positive role modeling.
- Incorporate character-building lessons into daily camp activities.
- Maintain open communication with parents about their child's progress and experiences.



STAFF TRAININGS AND REQUIREMENTS

Here at Camp Farmington Valley, the safety, well-being, and positive experience of every camper are our top priorities. To ensure our staff is fully prepared to provide a fun, engaging, and safe environment, all camp staff undergo comprehensive training before the start of the summer.

Our trainings include:

- **Child Safety & Supervision** – Staff are trained in best practices for camper supervision, behavior management, and creating a positive and inclusive camp culture.
- **CPR, First Aid, and Administration of Medication Certification** – Staff members are certified in CPR and First Aid to respond to any medical emergencies that may arise.
- **Emergency Preparedness** – Staff receive thorough instruction on emergency procedures, including severe weather protocols, evacuation plans, and injury response.
- **Program & Activity Facilitation** – Staff are equipped with the skills and strategies needed to lead engaging activities that promote teamwork, creativity, and personal growth.
- **Diversity, Equity, & Inclusion** – We emphasize the importance of fostering an inclusive environment where all campers feel welcome, valued, and respected.
- **Child Abuse and Neglect Prevention** - All camp staff are mandated by the State of CT to report suspicions of child abuse, neglect, and sexual assault. Our complete Child Abuse and Neglect Prevention Policy is available at families' requests

Additionally, all camp staff must complete a background check and meet the necessary qualifications for their roles. Our goal is to ensure that every child has a safe, enriching, and memorable summer at Camp Farmington Valley.



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additional information

[Grooming](#)

GENERAL INFO



- **Absences:** Please report your camper absent by 9AM, by calling or texting our camp phone at 860-549-4291
- **Early Dismissals:** For any changes to pick up, or to notify us of an early dismissal, please call or text the camp phone at 860-549-4291. Campers will only be released to individuals with a valid photo ID who are listed on their contact sheet. Campers MUST be signed out daily.
- **Inclement Weather:** Camp will operate on rainy days and extremely hot days. On hot days, we make sure campers have ample opportunity to drink water, be in the shade or inside, and enjoy cooling activities. Please be sure to always send campers in with a water bottle, preferably metal to keep water cold. In case of extreme inclement weather, the safety and security of your child is our highest priority. We have an indoor plan for all regular activities if we must remain indoors.
- **Age Group Ratios:** In accordance with Connecticut Office of Early Childhood regulations all YMCA of Greater Hartford camps strive to maintain the best staff-to-camper ratio possible. CT Office of Early Childhood ratios will be maintained, which consist of at least one counselor per each 12 children (ages 6 and older), and one counselor per each 9 children (ages 5 and younger).

GROUP REQUESTS

We understand that campers often come with a friend they would like to be with. We strongly believe that camp is an opportunity to meet new people and try new things. We also are licensed by the state and must comply with ratio regulations. As such, we cannot guarantee group requests, but will try to honor requests the best we can.

WHAT TO BRING TO CAMP

- Backpack to & from camp each day to hold all belongings.
- A cold lunch (*See details in LUNCH section below).
- A re-fillable water bottle. There will be ample time for water breaks and a water fountain to refill when necessary.
- A bathing suit and a towel
- Sneakers or closed-toed shoes MUST be worn at all times! Sandals & open-toed shoes are prohibited for safety reasons.
- Sunscreen (Please apply before arrival to camp each day and re-applications will happen throughout the day).
- A hat (optional –but recommended if sun sensitive).
- For rainy days –please pack rain gear and an extra change of clothes.

*All items should be marked with the camper's name.



WHAT TO KEEP AT HOME

- Cell Phones
- All Electronics: iPad's, Tablets, Gameboys, etc.
- ALL Trading Cards
- Toys
- Personal sports equipment
- Animals
- Jewelry or anything of value – the YMCA and Camp Farmington Valley are not responsible for lost or stolen items.
- Clothing with logos or messages referring to tobacco, drugs, alcohol, or that are offensive or inappropriate.
- Weapons (knives, matches, guns or anything that can be used as a weapon). Any camper who brings a weapon to camp will be suspended immediately.
- Drugs, alcohol, tobacco, vapes.

LOST AND FOUND

Any Lost and Found left will be brought to the camp office. If it has a name, we will attempt to get it back to you. If it isn't collected within 2 weeks, then items will be donated.

ELECTRONIC FREE ZONE!

Our camps pride themselves on being electronic free. In a world consumed by cell phones, smart watches, social media, and technology; emphasis is placed on nature exploration! Help us by reminding campers on the importance of being electronics free.

FEES & CANCELLATION POLICY

A deposit of \$50 per week per child is due at the time of registration to hold your spot. Deposits are nonrefundable at any time, and only transferable for the current camp year. The remaining balance per week will be processed through auto-drafts 4 weeks prior to the camp session starting. For example: Session starting 6/15/26 will be scheduled for 5/18/26. If you register less than 4 weeks prior to your session, full payment will be due.

Within 4 weeks of a session starting, there will be no refunds. We thank you for your cooperation as our payment policy allows us to maintain proper ratios of children to staff, quality programming, and a safe and happy Summer for all.

If you are unable to make the payments needed for deposits online, please reach out to your local branch to discuss financial assistance and Care 4 Kids. If you would like to make payments early, or set up a payment plan different from above, please reach out to your local branch.



GRATUITIES

Our staff works hard to provide everyone with the best camp experience possible. We know that your child will have a great time at camp because of our caring staff and the program we offer, but please note that gratuities are prohibited, although our staff appreciates thank you letters. If your child had a great time, and you would like to provide this same experience to another child in honor of our staff, please consider a tax-deductible contribution to our Annual Campership fund in the name of your child's counselor.



HEALTH CARE AT CAMP

FIRST AID

YMCA day camp counselors are diligently trained on First Aid prior to camp starting and follow the Office of Early Childhood First Aid requirements and policies. The Day Camp team also always has

a designated First Aid Director on duty at all times, whom has additional training, will be at least 21 years of age, and will be the primary first aid provider on site.

In the event of camper illness or injury, the First Aid Director will notify parents/ guardians. Please keep sick campers home so that germs and illnesses will not spread to other campers and staff. If deemed necessary; you will be contacted to pick up your camper.

Please see some additional information to the right that we are required to both train about and share with parents per the State of Connecticut Office of Early Childhood.



Download to read
additional information

[Concussion](#)

SUNSCREEN/BUG SPRAY

Sunscreen/Sunblock are not provided by the YMCA. To comply with state regulations, YMCA staff may only apply topical ointments if

the guardian supplies the lotion labeled with the child's name and accompanied by a state provided topical administration form. It is recommended that guardians apply a first coat of sunscreen prior to the camp day. Aerosol cans can be difficult to ensure complete coverage; we therefore prefer lotion based sunscreens for children's safety.

Please note the YMCA will not accept, store, or apply insect repellent.

REGISTRATION & MEDICAL FORMS

REGISTRATION

Upon registration in Daxko for Camp Farmington Valley, enrollment paperwork will be collected immediately within the registration. This paperwork is required by the Office of Early Childhood and creates the beginning of your child's file, to be kept on site in case of emergency. Medical paperwork is also required, which is outlined below.

MEDICAL FORMS and INFORMATION NEEDED

No child will be allowed to attend camp without a completed medical form and waiver on file. Updated medical forms must be completed and signed by a physician or their designee that includes current medication orders and physical exam. The physical exam must have been given within 3 years of the camper's arrival date. Any camper who does not have said form into the YMCA camp office the Wednesday prior to the start of camp will not be permitted into camp.

PLEASE NOTE, if your child has Asthma, Allergies, or requires any additional medication, authorization forms for those medications **AS WELL AS** care plans will be required.



CARE PLANS

Section 428-3(a) of the Connecticut State Statutes for camps requires a child's health record to include information regarding disabilities or special health care needs such as allergies, special dietary needs, dental problems, hearing or visual impairments, chronic illness, developmental variations or history of contagious disease. Individual care plans are required for the child with special health care needs or disabilities. The plan shall be developed with the child's parent(s) and health care provider and updated as necessary. Such plan of care shall include appropriate care of the camper in the event of a medical or other emergency and shall be signed by the parent(s) and staff responsible for the care of the camper.

Outside of medical information, if a parent feels that their child has any need that would require more information to be shared with our camp staff to facilitate this positive experience, our Camp leadership staff are happy to meet with a camper's parent(s) prior to the session. There are general care plans available for any situation, and also specific medical care plans that can be found on the day camp website.

MEDICATIONS

All medications (prescribed or over the counter) must have above paperwork and be checked in by the First Aid Director, Camp Director, or other authorized camp staff. Do **NOT** pack any medications in your camper's backpack. Prescription and nonprescription drugs must be submitted to the Camp Director in the original container with the licensed physician's instructions at check in. Please place each medication in a clearly labeled bag, (zip-lock bags work well, with camper's name, dosage and Medication Authorization Form (one per medication)). Unused medications will be returned to you during check out. Vitamins, over the counter medications, and homeopathic remedies count as medications that require a medical authorization form signed by a physician.





MORE GENERAL INFO

LUNCH

Pack each camper's lunch separately. All campers must bring a COLD lunch clearly marked with his/her name. Lunches will be refrigerated. Always pack a good, nutritious lunch for your child –including a sandwich, snacks, and a drink – PEANUT FREE!

Do not send food that needs to be heated! No glass bottles or containers, please. Remember to pack plastic forks or spoons if needed by your child.

SWIMMING

Camp Farmington Valley utilizes the onsite pools for swimming. All campers will be given a weekly swim test (as needed/desired) and placed in the appropriate swim group for their ability. Swimmers with limited swimming ability will be required to wear a life jacket during free swim while in the pool. Please note that swimsuits should be sent or worn under clothing every day. Please send your child in with a towel inside a backpack. Camp counselors will also be in the water with their campers for additional safety.

FIELD TRIPS/ON-SITE ACTIVITIES

At GHYMCA Day Camps, we offer exciting field trips and on-site activities to enrich your child's experience. Field trips will be scheduled throughout the summer, providing fun and educational opportunities outside of the camp. In addition, we bring in special activities and programs to our camp site for your child to enjoy. Parent permission slips will be provided ahead of time for all field trips and on-site activities, ensuring you're informed and involved in your child's adventures.



BEHAVIOR EXPECTATIONS

At the YMCA we believe that the best way to deal with behavior issues is to provide a quality camp program. By keeping activities moving and well organized, we believe that many potential problems can be avoided. Disrespect towards staff or property, injuring other children or staff, disruptive behavior, bullying, stealing, leaving camp property, profanity, drug, alcohol, tobacco use and other serious infractions, will not be tolerated.

If such a problem arises, the following steps will be taken:

- Verbal discussion with child.
- If inappropriate behavior continues, the child will be removed from the group for a specified time frame or privileges may be taken away.
- When there is a serious concern about a behavior or discipline problem, the directors will share their concerns with the parents and will make an effort to work with the parents to resolve the problem.
- If the problem persists, or a serious infraction has been made, the camper will be put on suspension or asked to leave the program.

SEND-HOME VIOLATIONS

In order to ensure that every camper has a safe and positive experience at camp, campers found to be in violation of any of the items below will be sent home at the discretion of the Camp Director.

- Possession or use of illegal or prescription drugs.
- Possession or consumption of alcohol.
- Possession or use of any kind of weapon, including martial art tools.
- Sexual Activity.
- Tobacco Possession.
- Running away, which includes "sneaking off."
- Biting.
- Any form of bullying (including mental, emotional, and physical).
- Violent or dangerous behavior (including self harm).

Consequences for fighting are to be determined by the Camp Director. However, physical aggression typically results in dismissal from camp.



PARTNERING WITH PARENTS

While campers are at the forefront of what we do at summer camp, the relationship we have with parents —and the whole family — is important to our entire staff. We know that whether it is a campers' first time or their tenth time at camp, communication is important. We pledge we will:

- Offer your child a positive, safe and supportive community where kids make new friends, try new things and learn independence and other life skills.
- Update our social media news and photos as to what's happening at camp several times each week.
- You will receive an evaluation survey in the middle of the camp season, as well as after the camp season as concluded. We encourage all parents/guardians AND campers to completely fill out the evaluation. This valued input and information is used to improve upon the programs and staffing to ensure a safe and fun summer for all our campers and staff.

For questions or assistance with payment, financial assistance, or Care4Kids, please contact our Business Manager: Erik Rosati, at erik.rosati@ghymca.org

For questions regarding membership or other YMCA programming, please contact our Front Desk at the Farmington Valley YMCA:
Main phone: 860 653 5524
Fax: 860 844 8074

CONTACT INFO/ CAMP TEAM:

Camp Director:
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Camp Farmington Valley YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY