BEST SUMMER EVER

EXPERIENCE THE 2017 SOLAR ECLIPSE WITH Y-CAMP

CAMP GUIDE 2017

ROGUE VALLEY FAMILY YMCA

522 West Sixth Street
Medford, OR 97501
541-772-6295
rvymca.org

Day Camp
Teen Adventures
Resident Camp
Solar Eclipse Camp
Rafting Camp
Coastal Camp
Chef Camp
Rock Climbing Camp
Drama Camp
YMCA Day Camp has been a summer tradition in the Rogue Valley since 1948. We know it’s important to keep children’s minds sharp over the summer so they can continue to thrive upon their return to school. The activities that we engage campers in are hands-on learning while not forgetting about all the fun and silliness you’ve come to expect at day camp. Each week’s activities will follow a unique theme. The summer camp staff will help create each week’s theme and each week will include opportunities to explore creativity, teamwork and leadership in a physically active environment. Campers will come home each day excited to share what they have done and ready to rest for the next day. A detailed weekly schedule is distributed on the Friday before each week.

New in 2017, we will be offering two overnights on Thursday to Friday during week 1 and week 11. We will be hosting an opening campfire during week 1 and closing campfire during week 11. Parents are invited to join us for the campfire and then campers and staff will spend the night under the stars. Both a dinner and breakfast will be included with the overnight, parents can join us for dinner for a small fee. This is a great opportunity for young campers to experience a sleepaway program and a chance for parents to have a night off. You must register for the overnights at Day Camp during the week of each overnight and the there is no additional fee other than you will be paying for both Thursday and Friday of day camp.

A week of Day Camp includes:
- Low camper to counselor ratio for individualized attention
- Developmentally-appropriate thematic activities, such as cooking projects, science experiments, outdoor living skills and arts & crafts that keep young minds growing and learning through fun
- Field trips and special guests
- Friday swim days at the YMCA
- Traditional camp games, sports, and songs
- Two healthy snacks per day and lunch provided by the Federal Summer Foods Program

Weekly field trips will get us into nature that is all around. Each day campers will be assigned a “cabin” with their own counselor to guide them through the day. Our unique program allows campers to take part in daily themed activities as well as working with their cabin mates to craft part of their day.

To make sure that your camper is properly prepared for each day they should come dressed for the weather and ready to get dirty with a backpack filled with the required five: Lunch, Water Bottle, Sunscreen, Swimsuit and Towel. We work with Sodexo and the USDA Summer Foods Program to provide free sack lunches as an option for families (available for any income level).
Our camp experience is tailored to the needs of each camper by dividing into two smaller camps (see below) which are then divided into mock cabins (a counselor and 10 to 15 campers) based on each camper’s grade and gender.

**The Ospreys** (entering 1st – 3rd grade) - Osprey campers will participate in a Wednesday field trip and Friday swim day. Staff are selected for their skills in meeting the needs of this age group. Staffing ratio is 1 adult to every 10 campers.

**The Eagles** (entering 4th – 6th grade) - Eagle campers will participate in two weekly field trips (on Tuesday and Thursday) and Friday swim day plus will enjoy camp activities and experiences appropriate for this age group. Staffing ratio is 1 adult to every 15 campers.

**Who:** Youth entering 1st – 6th grade  
**When:** M-F, 7:30am–6:00pm  
**Fee:** $30/day, Many scholarships available. Pay for only the days you use! Must arrive at camp by 8:45am or you may be turned away.  
$1,500/summer – Day Camp Full Time (everyday of day camp we offer), no refunds for unused days. Can also be paid in three monthly payments on June 1, July 1, and August 1.

**FAST FACTS**

Daily M–F, 7:30am–6:00pm  
**Scholarships:** Many scholarships are available so please just ask. Pre-Qualified Free Lunch Letter or Food Stamp Award Letter Scholarships: $20/day  
Dress for the weather and Pack the Required 5: Lunch, water bottle, sunscreen, swimsuit and towel!!

**Where:** 2 locations –  
**Medford Area** – all weeks  
Medford Education Center Athletic Complex  
815 South Oakdale, Medford, OR 97501  
(to facilitate the Medford School District Floor refinishing, we will have an alternate location for 2–3 weeks; this will be announced at a later date)  
**Eagle Point Area** – During Weeks 4, 5, 6  
Hillside Elementary School  
185 East Main, Eagle Point, OR 97524

**Contact Us**  
We want your camper’s summer camp experience to be the best it can be and we will work with you to make sure your child will have a great time. For more information please contact Gary Taylor at gtaylor@rvymca.org or 541-772-6295 ext. 107.
LIL’ ADVENTURES

Once your little camper has experienced their first Lil’ Adventures they will be hooked for life. Campers will experience a variety of activities including: hiking, camp songs, arts and crafts, water play and much more depending on the week’s theme. Each day begins at the YMCA with snack before loading the bus to head off for the day’s adventure. Field trip and activities will be based on the weekly theme and final schedules will be out on the Friday before each week. Campers will have a chance to enjoy the day’s field trip and then eat their sack lunch before returning to the YMCA by 1:00pm.

Who: Ages 3–6 (Must be potty trained)
When: T, W and Th, 8:30am–1:00pm
Where: YMCA, 522 West Sixth Street, Medford, OR 97501
Fee: $120/week, Many scholarships available.
Staff to Camper Ratio: 1:10

Creature Here, Creature There – The wild things are all around us in the Rogue Valley and we are going to be seeking them out. Week 1, June 20–22

The Science Alliance – Everyone wants to know why. Come with us as we visit the local science museums and see why things do this and that. Week 5, July 18–20

Splish, Splash it’s a Blast – We are going to stay cool as we travel to the area’s splash parks. Week 7, August 1–3

COUNSELOR IN TRAINING (C.I.T.)

We are proud to offer the Counselor In Training (C.I.T.) program for older campers as they become ready to take on additional responsibility at camp. All of our programs are staff by a team of experienced counselors. Our C.I.T. program gets campers that are 15 years old ready for stepping into a counselor role at camp during the summer of 2018. Prior to becoming a C.I.T., campers must apply with the Camp Director before being able to register for this program. C.I.T.s must commit to spending at least 6 weeks at Day Camp this summer. To learn more please contact Gary Taylor.

Who: Youth 15 years old during 2017
When: Summer 2017 (6 week minimum)
Where: At Day Camp Locations
Fee: $150/summer, scholarships available
Every teen deserves the opportunity to envision and pursue a positive future, and to take an active role in strengthening his or her community. It can be hard to figure out your place in the world. As a young person with your whole life ahead of you, having the right guidance and support can make a real difference in figuring out who you are and what you can achieve. The camp environment provides a unique opportunity for teens to build leadership skills.

The goal of the Teen Adventures program is to teach the skills of leadership that can be used at school, home and community (not just at camp), all while enjoy the fun of going to camp. Teens will make new friends while having opportunities to step up as a leader for younger campers, and within their peer group. Their summer will be filled with experiences ranging from enrichment and community service projects to themed activities, sports, field trips, and art exploration. Teen Adventures inspires positive self-esteem through respect of self and others.

Our teen campers work with their counselors to lead themselves in a wide variety of activities each day, including games, cooking, sports, community service, swimming and off-site field trips. At the beginning of each session the teens are given the chance to work with their counselors to plan out their session.

This program is perfect for teens that are motivated, responsible, ready to work hard, and willing to accept the leadership challenge. To continue involvement throughout the summer, teens must be actively engaged in all aspects of the program. The reason we are able to offer this camp at a lower fee than Day Camp is because we realize the benefit teens offer to the program and the younger campers.

Who: Teens entering 7th - 9th grade
Where: Medford Day Camp Location
Fee: $200 for 2 weeks, Many scholarships available.
Pre-Qualified Free Lunch Letter Scholarships: $110
Staff to Camper Ratio: 1:15

When: M-F, two weeks 7:30am-6:00pm
Sessions:
A (June 19-30)
B (July 10-July 21)
C (July 24-August 4)
D (August 14-25)
RESIDENT CAMP

Our resident camp program will be offered again this summer at Lake of the Woods Resort, Aspen Point Campground. Camp is filled with swimming, hiking, archery, arts & crafts, cookouts, skits, songs, team building, outdoor living skills and all of the time honored traditions campers have come to expect. We also offer a “Choose & Do” time during the week where campers can sign up to spend a little more time doing the things they really love like archery, floating on the lake and commando hikes. Being away from home with a group of new friends helps youth learn independence and the ability to rely on others. Resident camp is an experience that you never forget.

Each evening at camp is concluded with an unforgettable campfire experience where campers and counselors sing songs and perform skits. The final day of camp is special because campers and counselors dress in their camp finest to attend a formal closing banquet and campfire.

Campers will live in tents with their fellow campers and counselor with modern bathroom facilities nearby. Campers are asked to eat a big breakfast before being dropped off at camp on the first day.

Who: Youth entering 2nd – 9th grade
Where: Lake of the Woods Resort, Aspen Point Campground
Staff to Camper Ratio: 1:8
Fees: $300
When: Week 8, August 7-11
Drop-off: 8:00am Monday, August 7 at the YMCA 522 West Sixth Street, Medford, OR 97501
Pick-up: Friday, August 11 at the YMCA, 12:00noon

RESIDENT CAMP SPOONS
(high school campers)

Spoon campers are given the opportunity to attend camp for less than the regular fee, because they help wash dishes after the meals. Spoons still enjoy all of the regular camp activities plus the freedom to develop a few of their own.

Who: Youth entering 10th – 12th grade
Staff to Camper Ratio: 1:12
Fees: $180
When: Week 8, August 7-11
Drop-off: 8:00am Monday, August 7 at the YMCA 522 West Sixth Street, Medford, OR 97501
Pick-up: Friday, August 11 at the YMCA, 12:00noon
RAFTING CAMP

When you live in the Rogue Valley you should get the opportunity to really experience the Rogue River. Whether you join us for the one day adventure or decide to try the full 3 day experience you will get a chance to enjoy rafting at its best. Campers paddle down river each day, with plenty of opportunities for swimming. Each night the group camps along the river, under the stars. Campers should be comfortable in and on the water. All campers and staff will be required to wear a life jacket at all times while in and on the water.

Intro to Rafting

This one day trip will take you from Cole River Fish Hatchery to Shady Cove park to give you just the perfect introductory experience that will leave you feeling ready to join us again next year or for the 3 day rafting adventure. All you need to bring is sunscreen, a lunch, water bottle, swimsuit, towel for this splash filled day. Transportation will be provided by the YMCA.

When: June 28, meet at the YMCA at 8:00am and returning at 5:00pm
Where: Drop-off and pick-up at the YMCA, 522 West Sixth Street, Medford, OR 97501
Who: Youth entering 5th – 10th grade
Fee: $50, some scholarships available.
Staff to Camp Ratio: 1:6

3-Day Adventure

Dropping in at Cole River Fish Hatchery and floating for 3 days down to Tou Velle State Park. We will stop the first night at Rogue Elk Park and the second night just below Dodge Bridge. All group camping equipment is provided by the YMCA, you just need to pack your personal gear (a packing list provided one week before the camp), eat a complete breakfast before arriving and bring a lunch for the first day. All other food will be provided by the YMCA. Each night will add to this memorable experience has we setup our camp site, cook our meals as a group, and finish the evening with a campfire along the river. All campers will come away with a basic understanding of raft navigation and camp cooking.

When: August 15, meet at the YMCA at 8:00am and returning on August 17 to the YMCA at 5:00pm
Where: Drop-off and pick-up at the YMCA, 522 West Sixth Street, Medford, OR 97501
Who: Youth entering 5th – 10th grade
Fee: $180, some scholarships available.
Staff to Camp Ratio: 1:6
COASTAL CAMP

Waves, kites, tide pools, and sand castles will be the perfect way for your camper to go coastal this summer. We will be camping at Sunset Bay State Park and will have the chance to walk and explore the tide pools, try our hand at some crabbing, build sand castles, and play in the surf. The Oregon coast has a lot to offer and this week of camp will allow your camper the chance to enjoy it all.

We will conclude each evening with a campfire and groups activities. All YMCA camp programs focus on living together as a small group and this week will be no different as campers will be asked to help setup camp, prepare meals and clean. Group camping gear and food will be provided by the YMCA except a sack lunch on the first day. All swimming and water activities will be over seen by YMCA lifeguards. Join us as we go coastal this summer.

Who: For youth entering 4th - 7th grade
When: Week 4 July 11-14, Drop-off 8:00am, Pick-up 5:00pm
Where: Drop-off and pick-up at the YMCA 522 West Sixth Street, Medford, OR 97501
Fee: $220, some scholarships available.
Staff to Camper Ratio: 1:8

ROCK CLIMBING CAMP

Campers will climb as high as 60 feet, learn to boulder, learn to rappel, and even try walking across a slack line. Rock climbing is a growing sport and the YMCA is no stranger to teaching kids to climb. YMCA Climbing Gym staff will be on hand this week to help work with each camper to ensure safety and a fun experience.

Campers will come home with a basic understanding of bouldering, belaying, climbing safety and how to ascend a climbing route.

We will be staying at Emigrant Lake Oak Slope Campground and climbing each day at the rock formations near the Emigrant Lake dam. All climbing gear, group camping equipment and all food except a lunch on the first day will be provided by the YMCA.

Who: Youth entering 6th - 10th grade
When: July 26-28, Drop-off 8:00am, pick-up 5:00pm
Where: Drop-off and pick-up at the YMCA 522 West Sixth Street, Medford, OR 97501
Fee: $180, some scholarships available.
Staff to Camper Ratio: 1:8
ECLISPE CAMP

On August 21, 2017 at approximately 10:19 a.m., the moon will pass in front of the sun casting the small Central Oregon town of Madras into complete darkness for over two minutes. Labeled “The Great American Eclipse” this will be the first total solar eclipse in America since 1918. To fully experience total darkness you must be within a 67 mile band of the shadow. The difference between seeing the eclipse from within this band and outside of it is truly “Night & Day”.

Join Y-camp this summer as we travel to Central Oregon to experience the totality first hand. After enjoying this once in a lifetime experience we will explore Central Oregon. We will visit Lava Lands at Newberry National Volcanic Monument the site where US astronauts trained for the first lunar landing. Then we will travel underground as we go spelunking (caving) and explore Lava River Cave. Participants will need to provide personal camping gear (sleeping bag, clothes, etc.), group camping gear will be provided by the YMCA. Campers will be asked to have eaten a complete breakfast and bring a sack lunch with them on the first day, all other food will be provided by the YMCA.

Who: Youth entering 4th -12th grade
When: August 20-23, Drop-off 10:00am, pick-up 5:00pm
Where: Drop-off and Pick-up at the YMCA 522 West Sixth Street, Medford, OR 97501
Fee: $220, some scholarships available.
Staff to Camper Ratio: 1:8

CHEF CAMP

Nothing provides more comfort in the outdoors then a hot freshly prepared meal. Campers will learn to prepare meals on stoves, over the fire and in Dutch ovens. They will get hands-on experience with the entire cooking process as they learn to plan, prepare and cook a meal. Campers will work with a variety of cooking equipment including stoves and kitchen knives as they learn to safely prepare a meal. On the first day we start by working to plan out the menu and then we leave for the grocery store where campers will be selecting and purchasing the food. We will be staying at Emigrant Lake and in between cooking our meals we will be swimming, hiking, and just enjoy our time under the stars. Parents are invited to join us on Thursday at Emigrant Lake at 2:30pm to share a meal prepared by the campers. Participants will need to provide personal camping gear (sleeping bag, clothes, etc.), group camping gear will be provided by the YMCA. Campers will be asked to have eaten a complete breakfast and bring a sack lunch with them on the first day, all other food will be provided by the YMCA.

Who: Youth entering 6th -10th grade
When: July 18-20, Drop-off 8:00am, pick-up 5:30pm
Where: Drop-off and Pick-up at the YMCA 522 West Sixth Street, Medford, OR 97501
Optional Pick-up at Emigrant Lake at 2:30pm to enjoy a meal prepared by your camper
Fee: $180, some scholarships available.
Staff to Camper Ratio: 1:8
Hey You Guys!  
It’s A Variety Show!  
PAGE–TO–STAGE  
(entering grades 3–6)

This performing arts camp will include instruction by professional theater artists and blend it with traditional summer camp activities such as swimming, rock climbing, team building games, and camp songs. Your camper is sure to find the perfect opportunity for self-expression and creativity at drama camp this summer.

This year we are putting on a variety show, Muppets style! Backstage antics and sketch comedy with your kids as the stars. This two–week day camp will explore the entire stage production process. Y–camp counselors and Randall professional theater artists will help your camper discover their talents as we write, cast, rehearse, design costumes and the set, and perform under the spotlight in a showcase for family and friends. Whether your camper is interested in acting in front of the audience or helping behind the scenes, this program will allow everyone the chance to shine. Returning participants will help write, mentor and direct!

Who: Recommended for youth entering grades 3–6 grade  
When: July 10–21, weekdays 7:30am–6:00pm  
REQUIRED Performances: Thursday and Friday, July 20–21 at 7:00pm  
Where: Randall Theater – 10 East 3rd Street, Medford, OR 97501  
Fee: $300, some scholarships available.  
Staff to Camper Ratio: 1:12  
Capacity: 24  

Camp WinterSpring

This camp is offered through a partnership between the YMCA and WinterSpring, which is dedicated to helping children, teens and adults, who are experiencing the pain of loss, to embrace life again. We have taken the strengths of both organizations to create an impactful experience that can help set a path of healing. We will be staying at Emigrant Lake, Oak Slope Campground. During our time together we will have a chance to go rock climbing, river rafting, and push our personal boundaries through challenge activities. Parents will join us on Thursday at Emigrant Lake at 4:00pm for a potluck and welcome home ceremony.

Participants will need to provide personal camping gear (sleeping bag, clothes, etc.), group camping gear will be provided by the YMCA. Campers will be asked to have eaten a complete breakfast and bring a sack lunch with them on the first day; all other food will be provided by the YMCA.

Who: Youth entering 7th – 12th grade  
When: June 26–29, Drop–off 8:00am on June 26.  
Where: Drop–off at the YMCA 522 West Sixth Street, Medford, OR 97501, Pick–up at Emigrant Lake at 4:00pm to enjoy a potluck with your camper.  
Fee: $150, partial and full scholarships available from WinterSpring.  
Staff to Camper Ratio: 1:8
# SUMMER CAMP CALENDAR 2017

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<td><strong>Day Camp in Medford</strong> - Week 1 - Entering Grades 1-6th</td>
<td><strong>Teen Adventures Session A</strong> - Entering Grades 7-9th</td>
<td><strong>Lil' Adventures - Week 1</strong> - Ages 3-6</td>
<td><strong>Page to Stage</strong> - Entering Grades 1-6th</td>
<td><strong>Staff Training</strong></td>
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<td><strong>Day Camp in Medford</strong> - Week 2 - Entering Grades 1-6th</td>
<td><strong>Teen Adventures Session A</strong> - Entering Grades 7-9th</td>
<td><strong>Camp WinterSpring</strong> - Entering Grades 6-9th</td>
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<td><strong>No Programs Offered</strong></td>
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<td><strong>Pages to Stage Performances</strong></td>
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<td><strong>Day Camp in Eagle Point</strong> - Week 4 - Entering Grades 1-6th</td>
<td><strong>Teen Adventures Session B</strong> - Entering Grades 7-9th</td>
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<td><strong>Teen Adventures Session B</strong> - Entering Grades 7-9th</td>
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<td><strong>Day Camp in Eagle Point</strong> - Week 6 - Entering Grades 1-6th</td>
<td><strong>Teen Adventures Session C</strong> - Entering Grades 7-9th</td>
<td><strong>Rock Climbing Camp</strong> - Entering Grades 6-9th</td>
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<td><strong>Lil' Adventures - Week 7</strong> - Ages 3-6</td>
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<td><strong>Lil' Adventures - Week 8</strong> - Entering Grades 3-6</td>
<td><strong>Resident Camp - at Lake of the Woods</strong> - Entering Grades 2-12th</td>
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<td><strong>Teen Adventures Session D</strong> - Entering Grades 7-9th</td>
<td><strong>Rafting Camp - 3 Day Adventure</strong> - Entering Grades 5-10th</td>
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<td><strong>Teen Adventures Session D</strong> - Entering Grades 7-9th</td>
<td><strong>Solar Eclipse Camp</strong> - Entering Grades 5-11th</td>
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Dear Parents,

I am excited for another summer of Y-Camp. Last year was an important year for me as I completed my 10th summer as the Camp Director here at the YMCA. Like so many of you and your children, I have always loved camp. Growing up I spent 16 years as a camper and counselor, and those summers were the best times of my childhood and early adult life. With each passing year I continue to be privileged to help provide fun-filled positive experiences for children.

Over the past year my family expanded, I got to marry an amazing woman and expand my family to a total of eight. I find myself at the helm of a blended family and I truly understand the challenges that sometimes arise as a parent. I now say that I have my own cabin of kids at home. I share this because I want you to know that I take my role as the Camp Director here at the YMCA very seriously. I know that you are entrusting us to provide the highest quality care for your child so I work hard to hire, train, and develop a staff team that I would trust to take care of my own children.

I have spent the last few months planning and creating another summer of Y-Camp and I am sure that this summer will be the BEST SUMMER EVER, for your child. All of our favorite programs are returning and we have added some new elements (like, overnights at day camp) and even a new Solar Eclipse Camp so we can enjoy the once in a lifetime total solar eclipse.

I look forward to seeing you and your child outside this summer!

Gary Taylor
Camp & Sports Director
gtaylor@rvymca.org

Scholarships are available for all YMCA camp programs.

With the YMCA you simply get the best. The YMCA camp staff are typically college students interested in a future of working with youth. Our staff are good role models, listeners, friends and confident young adults that can be there for each camper. The YMCA’s summer camp programs are directed by a full-time YMCA professional director and staffed with dedicated and dynamic leaders, selected for their maturity, understanding, patience and interest in working with youth. The selection process includes an interview, reference checks and criminal background check prior to employment. Summer camp staff complete an extensive staff training that includes: risk management, child discipline, child abuse prevention, emergency procedures, friendship building and how to lead activities all before campers arrive. Most of our staff are certified in first aid and CPR plus certified lifeguards supervise all swimming activities. At the YMCA we provide a healthy environment and do all we can to help build caring, honest, responsible and respectful youth.

ROGUE VALLEY FAMILY YMCA
522 West Sixth Street, Medford, Oregon 97501  541-772-6295  www.rvymca.org