

CAMP FRANK A. DAY FAMILY CAMP 2010

The following information is intended to help you prepare for Family Camp 2010. Feel free to contact Camp Director Leah Zippin at leahz@westsuburbanymca.org if you have any further questions.

Directions to Camp

Take the Mass Pike to exit 9, Sturbridge. Take the first right after the toll booth, which is Rte. 20 West. Turn right just before the American Motor Lodge onto New Boston Rd. Clock 4.8 miles, always bearing right at forks until 4.8 miles, at which point take two lefts and you will be in camp. Signs are posted.

Check-In

Please arrive on Friday, 8/27 between 7:00-9:00pm. Check-in will take place in the dining hall so you may drive your car into camp to allow for easy unloading. All families should eat dinner prior to arriving, because only a light snack is provided Friday evening.

Check-Out

On Sunday 8/29, check-out will be at 4pm.

Living Arrangements

Each family will have its own one-room cabin with five sets of bunk beds (ten beds total). Each cabin has electricity, but no heating or air conditioning so you may want to bring your own fan or space heater depending on the anticipated weather. All cabins are located a short walking distance from the bathhouse, which has flushing toilets and hot showers.

The Staff

Led by Camp Director Leah Zippin, a wonderful team of our staff will be at your service throughout the weekend to prepare your meals, look after your medical needs and lead you in activities.

Meals

Our kitchen staff will be preparing healthy, nutritious and delicious meals each day for you. You will be served a snack on Friday; breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. Milk, juice and water are served at all meals. Vegetarian options are available as well. For those that are hungry between meals, fresh fruit is always available. You may also bring up your own snacks; we suggest you keep them stored in a cooler or plastic storage bin in order to not attract wildlife into the cabins.



Schedule

FRIDAY, 8/27

7:00pm-9:00pm Check-in at Dining Hall

9:00pm Snack and Games

SATURDAY, 8/28

8:00am Breakfast

9:00-11:30am Morning Activities

12:00pm Lunch

1:00-5:00pm Afternoon Activities / Waterfront Open

5:00pm Free Time

6:00pm Dinner

7:30pm Campfire

9:00pm Taps

SUNDAY, 8/29

8:00am Breakfast

9:00-11:30am Morning Activities / Waterfront Open

12:00pm Lunch

1:00-3:00pm Afternoon Activities

3:00-4:00pm Camp Store Open / Check-out

Schedule subject to change.

Activities

Each morning and afternoon a variety of camp activities will be offered so families may choose what they prefer to participate in. Activities may include swimming, canoeing, kayaking, climbing wall, kickball game, soccer game, volleyball, archery, mini-golf, arts-and-crafts and more!



What to Pack

BEDDING:

Sleeping bag or twin sheets and blanket
Pillow

CLOTHES:

Shirts (long-sleeve and short)
Shorts
Jeans/pants
Underwear
Socks
Sneakers
Flip-flops/Crocs/Water shoes
Sweatshirt or light jacket
Pajamas
Swim suit

OPTIONAL:

Hat
Swim goggles
Book / playing cards / games
Camera
Alarm clock

TOILETRIES:

Shampoo
Soap
Toothbrush & toothpaste
Brush/comb
Bath towel & washcloth

MISC:

Swim towel
Sunscreen
Bug spray
Flashlight
Water bottle
Medications/inhalers/vitamins

What NOT to Pack

In order to keep Camp Frank A. Day a safe environment for all guests, we prohibit bringing the following to camp: guns, knives, weapons (including archery equipment), fireworks, tobacco products and alcohol. Because the cabins do not lock, we do not suggest you bring jewelry or valuables.

Rules

- Parents are responsible for children at all times.
- Guests are expected to be caring, honest, respectful and responsible at all times.
- Guests may not enter the areas of the waterfront, climbing tower, or archery range without the supervision of a staff member.
- No pets, alcohol or smoking allowed.
- After taps, guests are expected to keep noise to a minimum.

WE LOOK FORWARD TO SEEING YOU SOON!

