CELEBRATING 120 YEARS OF YMCA OF THE PINES

1303 STOKES ROAD
MEDFORD, NJ 08055
WWW.YCAMP.ORG

2026

FAMILY HANDBOOK

WELCOME TO OUR DAY CAMP FAMILY

MAIN CAMP & EXPLORERS
GRADES K TO 10

WELCOME TO CAMP!



LYNN PASSARELLA
SENIOR DIRECTOR OF DAY CAMP

Thank you for choosing Lake Stockwell Day Camp for your child's summer adventure!

As both the Senior Day Camp Director and a camp mom myself, I know firsthand how powerful the camp experience can be. Watching my own daughter grow more confident, independent, and joyful each summer reminds me why what we do matters so much. Camp isn't just about fun activities. It's about discovery, belonging, and the kind of growth that lasts long after summer ends.

At Stockwell, we believe camp is more than a place; it's a community where children can truly be themselves. Our incredible team of "Professional Role Models" lead by example, creating a safe and supportive, and laughter-filled environment where campers build friendships, try new things and gain confidence every single day.

From swimming and archery to arts & crafts and boating, campers get to explore all that the outdoors has to offer while learning the values that shape who we are - caring, honesty, respect, responsibility, courage, and inclusion.

This Family Handbook is your guide to all things camp. Inside you'll find answers to common questions and important details to help you and your camper prepare for an amazing summer ahead. If you ever need anything, please do not hesitate to reach out - my door (and inbox) are always open.

I can't wait to welcome your family to another unforgettable summer at Lake Stockwell!

With Stockwell Spirit,

Lynn Passarella

Lynn Passarella
Senior Director of Day Camp

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REGISTRATION INFORMATION

This section provides details to help families prepare for the upcoming camp season. You'll find information about enrollment, payment timelines, and how to make changes to your camper's schedule. Reviewing this section in advance helps ensure a smooth registration process from start to finish.

REGISTRATION AND REQUIRED PAPERWORK

Registering for camp is quick and easy through your online account, where you can view your camper's information anytime. Once your registration is submitted, families cannot make changes directly. Any updates must be made through our registration department by emailing registration@ycamp.org. During our peak season, please allow 7–10 business days for processing.

Before your camper's first day, please make sure the following are complete:

- Camper registration
- Full payment
- Forms: medical, participation waiver, camper information
- Trading Post deposit (optional; not applicable for Preschool Camp)
- Friend request, if applicable

TUITION DEADLINE

All camp fees are due by May 15, 2026.

- Any remaining balance on that date will be automatically charged to the payment method on file.
- Families paying by check should make sure payment is received that same week.
- Registrations made after May 15, 2026, must be paid in full at the time of registration.

A 3% credit card processing fee applies to all credit card transactions. To avoid this fee, families are welcome to pay using a debit card or ACH (electronic check) through their online account. Checks may still be used up to two weeks before your camper's start date.

Please note that checks and e-checks are not accepted within two weeks of your camper's start date, as e-checks can take up to 10 days to process or bounce back.

CANCELLATION POLICY

Life happens! Here's what to expect if you need to adjust your camper's registration:

- **Before March 15, 2026**: all payments made, including the deposit, are fully refundable or can be transferred to another session (based on availability).
- **After March 15, 2026**: Deposits are non-refundable, and all payments made are non-refundable and non-transferable.

MEDICAL CANCELLATIONS

Credits for cancellations due to medical reasons will only be considered in cases of a contagious illness or injury, such as a fracture or break, that prevents the camper from safely participating in activities.

A physician's written confirmation of the camper's condition and inability to attend is required. All medical documentation must be submitted within one week of the missed session to registration@ycamp.org for review.

When a medical cancellation is approved, families provided with a credit for use in the same summer pending available space, or for a subsequent summer.

For medical cancellations submitted after the March 15, 2026, deadline, the session deposit is non-refundable, but any remaining eligible payments may be considered for credit as outlined above.

Credits and/or refunds will not be issued for non-contagious conditions, mild illness, or minor injuries that do not prevent participation.

CHANGE OF SESSION POLICY

All session changes must be submitted to the registration department to be processed. Email registration@ycamp.org and include your camper's full name and the changes desired. During our peak season, please allow 7–10 business days for processing.

- **Before March 15, 2026:** families may make one session change at no cost, pending availability.
- **After March 15, 2026:** a $50 change fee will apply for each additional request, pending availability.

MILTARY DISCOUNT

We're proud to support the brave men and women who serve our country. Families with a parent or legal guardian on active military duty in the U.S. Army, Navy, Air Force, Marines, Coast Guard, National Guard, or Reserves receive 25% off summer camp tuition.

To receive this discount, submit a letter from your Commanding Officer confirming active duty status to our registration department (registration@ycamp.org), or show your active Military ID at our Welcome Center. Photocopies will not be accepted. Active duty status must apply to the camp season for which you're registering.

We're also honored to recognize the men and women who have proudly served our country. Families with a parent or legal guardian who has been honorably discharged from the U.S Army, Navy, Air Force, Marines, Coast Guard, National Guard, or Reserves receive 10% off camp tuition.

To receive this discount, submit copy of your Form DD214 as verification to our registration department (registration@ycamp.org).

Please note, the military discount offers cannot be combined with other discounts and incentives, including but not limited to, early registration, marketing, and open house promotional codes.

FINANCIAL ASSISTANCE

We believe every child should have the opportunity to experience summer camp. Financial assistance is available based on household size and income, with aid ranging from 5% to 60% off camp tuition fees for up to 5 weeks of day camp.

HOW TO APPLY

- Complete your camper's online registration, including the deposit.
- Submit the Financial Assistance Application along with all required documents to our registration department. This includes your most recent tax return (2025 for the 2026 camp season) and any current financial information such as pay stubs, child support, alimony, welfare, social security, or unemployment benefits.
- Once your application has been reviewed, you'll receive a notification of your eligibility. Families have one week to accept or decline the award.

If you choose not to move forward with registration, any deposits paid will be fully refunded.

ADDING ADDITIONAL SERVICES

Families can add extra services, such as extended care, bussing, swim lessons, horseback riding, at any time throughout the summer as needed. You can easily access your camper's registered sessions through your online account to make these additions at your convenience.

Please note that all additional services must be added and paid in full by the Wednesday before the upcoming session.

MAIN CAMP AND EXPLORERS OVERVIEW

Lake Stockwell Day Camp is in a wooded wonderland in the heart of the South Jersey Pine Barrens. Our traditional co-ed summer camp, for campers ages 3 to 15, offers enriching outdoor activities such as swimming, arts and crafts, sports, fishing, boating and so much more. We also focus on developing essential skills in our campers, including teamwork, communication, leadership, and independence. We're also technology-free, so campers can happily unplug from devices while they're here.

We offer 10 weeks of camp – you can register for as little or as many weeks as you want. Our campers are divided into groups based on the grade they are entering in the fall. Each group's camp schedule is action-packed and filled with five activity periods per day. We also provide a hot lunch and afternoon snack. Each day consists of safe, age-appropriate activities, new friends, lasting memories, and personal growth.

CAMP HOURS

Here's everything you need to know about drop-off, pick-up, and extended care times:

Drop-Off – 8:00 am to 8:45 am
Pick-Up – 4:00 pm to 4:45 pm

Extended Hours:
AM Care – 7:00 am to 8:00 am
PM Care – 4:45 pm to 6:00 pm

WEEKLY THEMES

Each week features a unique theme that is woven into all aspects of our scheduled activities. From arts and crafts to sports, campers will engage in activities that reflect the theme of the week, making every day a new adventure. Campers also participate in special events that tie into the weekly theme, adding even more excitement to the camp experience.

2026 Weekly Themes	
Session 1: June 22 – June 26	Aloha Summer
Session 2: June 29 – July 3	Scooby Doo
Session 3: July 6 – July 11	Disney
Session 4: July 13 – July 17	Color Showdown
Session 5: July 20 – July 24	Stockwell Spirit
Session 6: July 27 – July 31	Time Travelers
Session 7: August 3 – August 7	Olympics
Session 8: August 10 – August 14	Summerween
Session 9: August 17 – August 21	Harry Potter
Session 10: August 24 – August 28	Around the World

WEEKLY COMPETITION – TRAVELER OF THE WEEK

A week-long competition that aims to find the group that displays group cohesion, camp spirit, and core values. When a group exhibits any of the criteria, they are awarded a Traveler of the Week coin. We also have random coin earnings that range from the group that bought the most ice cream at the camp store to the group that had the least amount of absences!

The group with the highest coin total will be announced Friday afternoon. Winners will sign our banner to be displayed for the following weeks of the summer! Plus, they'll receive a silicone bracelet

CAMPER GROUPS

Campers are divided into different groups based on the grade they are going into the upcoming fall school year. Each group travels to each activity period together every day. Campers participate in a variety of activities such as swimming, archery, sports, arts and crafts, and more. Most activities are scheduled for 1-2 times per week. This means that your camper may not participate in an activity for the first time until Friday.

Your camper will find out their official group assignment on Monday mornings. There are two groups per grade (East and West). Below are the group names and their corresponding grades where you can expect your camper to be placed in.

Lower Camp Kindergarten to 3rd Grade	Upper Camp 4th to 10th Grade
Pioneers – Kindergarten	Questers – 4th Grade
Trailblazers – 1st Grade	Navigators – 5th Grade
Wanderers – 2nd Grade	Pathfinders – 6th Grade
Voyagers – 3rd Grade	Explorers – 7th to 10th Grade

SUMMER CAMP STAFF

Our summer staff is made up of caring, enthusiastic people who love working with children in an outdoor camp setting. We begin hiring at 16 years of age, and many of our younger staff have been part of our Counselor-in-Training program or were campers themselves. We're also proud to welcome international staff members from around the world, who bring unique cultures and experiences that enrich our community. In addition, our team includes teachers, paraprofessionals, and students pursuing degrees in education, recreation, and youth development.

All staff members complete a comprehensive background check and participate in mandatory training before the start of camp. Each staff member attends at least one full week of training, where they learn about YMCA of the Pines policies and procedures, child development, safety and emergency preparedness, behavior management, and creative programming.

Lake Stockwell's staff team is composed of at least 80% adults over the age of 18. Above all, our counselors serve as Professional Role Models, dedicated to creating a safe, inclusive, fun environment where every camper can explore, grow, and thrive.

CAMPER-TO-STAFF RATIOS

Our counselor-to-camper ratios ensure close supervision and meaningful connections.

Age / Grade Level	Counselor	Camper
Ages 3 - 6 / PREK to 1st Grade	1	6
Ages 7 - 8 / 2nd to 3rd Grade	1	8
Ages 9 - 11 / 4th to 6th Grade	1	10
Ages 12 - 15 / 7th to 10th Grade	1	12

COUNSELOR STRUCTURE

Each grade level is led by a Unit Director, who oversees camper experience, group dynamics, and communication with families. Within each grade level, groups are guided by a Head Counselor and supported by 3-4 Camp Counselors.

While Unit Directors and Head Counselors stay with the same campers all summer, Camp Counselors may rotate between groups. This allows campers to build relationships with a variety of staff and feel part of the wider camp community. Younger campers benefit from seeing familiar faces across camp, while older campers enjoy connecting with more staff and peers.

In addition to our front-line staff, Lake Stockwell has a dedicated group of leadership and administrative staff who support day-to-day operations, ensuring each camper and staff member has what they need for a successful summer. Camp programs are planned and led by talented Activity Directors who bring their program areas to life, from archery to arts and crafts to science and nature, while our certified Lifeguards maintain safety and fun at our waterfronts.

WHAT TO BRING TO DAY CAMP

For safety, closed-toe shoes must be always worn while at camp. Flip flops, slide sandals, or any shoes that expose toes prohibited.

We recommend packing everything in a school-sized backpack or similar bag, and, of course, label every item your camper brings.

Since campers carry their belongings from activity to activity, it's best to pack light and stick to the essentials.

DAILY ESSENTIALS



PROHIBITED ITEMS

We strive to keep camp a safe environment. The following are forbidden:

- Illegal drugs and/or drug paraphernalia
- Tobacco products and/or vaping devices
- Alcohol
- Knives, guns, or any weapons
- Fireworks or explosives
- Matches, lighters, or candles
- Animals/pets
- Camper motorized vehicles

TECHNOLOGY-FREE POLICY

Camp is a unique opportunity for kids to unplug, enjoy the outdoors, and build meaningful connections with others, without the distractions of phones and screens.

While we understand that some campers may bring a cell phone for emergencies, we ask that phones stay tucked away during the camp day. This also includes

smartwatches, or any other devices that can send or receive messages or access apps.

To help support this policy, if a camper is reminded more than twice in one day to put their device away, it will be held in a designated "cell phone backpack" for the rest of the day.

Other technological devices that are prohibited include:

- Air pods/headphones
- Portable gaming devices
- Laptops/tablets
- Electronic reading devices
- Speakers

ARRIVAL, DISMISSAL, AND ATTENDANCE PROCEDURES

Smooth arrival and dismissal routines help each day begin and end safely. Families will find information about bus transportation, on-site drop-off and pick-up, and attendance expectations to ensure every camper is accounted for throughout the day.

ON-SITE DROP-OFF AND PICK-UP PROCEDURES

MORNING DROP-OFF: 8 AM TO 8:45 AM

Click here to view our morning drop-off procedure!

When dropping off your camper, you will enter our McKendimen Road entrance and pull into one of the open lanes. Not all lanes will be open to ensure the safety of our campers as they exit vehicles. All families are asked to stay in their vehicles throughout the drop-off process.

On the first day of your camp session, your camper will be directed to our lifeguard team. They will inform your camper of the group they have been assigned to and walk with them to their group. The groups meet at the same location every day for the duration of the summer.

Our drop-off area closes at 9:00 am. After 9:00 am, you will need to bring your camper to our Welcome Center, located off Stokes Road. The Welcome Center staff will radio the group and figure out the best place, in camp, for you to drop off your camper.

AM Extended Hours are available from 7:00 am – 8:00 am. Campers must be registered prior to using this service. This service is an additional fee.

AFTERNOON PICK-UP: 4 PM TO 4:45 PM

Click here to view our afternoon pick-up procedure!

Pickup begins at 4:00 pm. Our campers are still participating in camp activities until 3:55 pm. If you are picking up your camper before 4:00 pm, you will need to go to our Welcome Center, located off Stokes Road. The Welcome Center staff will radio the group and figure out the best place, in camp, for you to pick up your camper. We

recommend sending a note in for early pickup so that we can have your camper ready when you arrive.

Just like morning drop off, you'll enter our McKendimen Road entrance. During pick up, all lanes will be open. When you arrive, you'll be greeted by a staff member who will ask you for your pickup card. If you don't have the card with you, please be ready to show your photo ID.

If, for any reason, someone is picking up and does not have the card, we will request a photo ID from the person and compare their name to the names listed on the camper's registration form. If the person is on the form, we will issue them a card and they are cleared to pick up. If they are not on the form, we will call you before sending your camper home with that person. We understand that this process can be frustrating, but safety is our number one priority, and we want to be sure campers are going home with an approved pickup person.

PM Extended Hours are available from 4:45 pm – 6:00 pm. Campers must be registered prior to using this service. This service is an additional fee. Picking up after 6:00 pm will result in a late fee of $10 for each 15-minute interval of additional time.

BUS TRANSPORTATION PROCEDURES

MORNING PICK-UP AT BUS STOPS

Each morning you will be greeted by the bus supervisor. The bus supervisor is responsible for communication between camp and your family. Our buses will only wait an additional 5 minutes for the campers to arrive at the stop. Please be sure to wait with your camper before the bus arrives. The bus supervisor will call or text you before they leave the stop to make sure that your camper will not be missed. The bus supervisor may also arrange an additional stop for morning pick up.

When arriving at camp, the buses will drop the campers off at the dining hall parking lot. The bus supervisor, additional staff, and campers will walk to the landsports field to begin the day with their group. The bus supervisor has the groups assignments for each camper and will assist in walking the campers to their group.

AFTERNOON DROP-OFF AT BUS STOPS

At 4:00 pm, our bus campers will begin gathering in the dining hall area. The bus supervisor and additional staff will walk with the campers to their assigned bus once all campers are accounted for.

When the bus arrives at the drop off location, you will be greeted by the bus supervisor and asked for a camper pickup card. The card tells us that you are authorized to pick up.

If, for any reason, someone is picking up and does not have the card, we will request a photo ID from the person and compare their name to the names listed on the camper's registration form. If the person is on the form, we will issue them a card, and they are cleared to pick up. If they are not on the form, we will call you before sending your camper home with that person. We understand that this process can be frustrating, but safety is our number one priority, and we want to be sure campers are going home with an approved pickup person.

If no one is at the drop-off location for your camper, the bus supervisor will call to determine if they have the time to wait or to arrange to drop off at another stop. It is important to communicate with the bus supervisor if you are running late.

If, for any reason, you are allowing your camper to walk home from any bus stop, written permission slip must be submitted to the bus supervisor and Camp Director.

ADDITIONAL BUS INFORMATION

- Prior to the upcoming session, you will receive an email about the week's transportation procedures, including the bus supervisor's name and cell phone number for you to contact them throughout the week.
- Bus times are approximate and do not take into consideration traffic and construction.
- Campers are not permitted to make public stops while riding the bus. Please remind your camper to use the restroom before boarding in the morning and before leaving camp in the afternoon. Our staff will provide reminders each day as well.
- While riding Lake Stockwell's bus service, campers are expected to follow these rules:
    - Seatbelts must be always worn.
    - Remain seated when the bus is in motion.
    - No horseplay or distracting bus drivers.

LATE DROP-OFFS AND EARLY-PICK UPS

Parents/Guardians who need to drop off their camper late or pick up their camper early must check in with the Welcome Center, located off Stokes Road. Welcome Center staff will radio the camper's group and will direct the parent/guardian to the camper's group. This process eliminates the vehicle traffic as well as identifies visitors on camp property.

We recommend planning for an extra 10-15 minutes to allow time for this process.

REPORTING CAMPER ABSENCES

If your camper is absent, please notify us as soon as possible through email, text, or the Remind messaging app. If your camper is a bus rider, please also communicate absences with the bus supervisor.

Please note that missed camp days are non-refundable or transferable.

CAMP PROGRAMS AND ACTIVITIES

Every day at Lake Stockwell is filled with adventure, creativity, and discovery. Our camp program is designed to give campers a well-rounded experience, balancing classic camp fun with new opportunities to learn, grow, and make lasting memories.

CORE CAMP EXPERIENCE

Our core camp program offers a balanced mix of classic activities, new adventures, and meaningful connections. Each week is carefully planned to give campers a well-rounded camp experience that's both fun and enriching.

FRIEND REQUESTS

Camp is all about building friendships, and we understand how meaningful it can be for campers to start their session with a familiar face. Friend requests must be submitted prior to the start of the camper's session and will be considered using the following guidelines:

- Requests must be mutual, and campers must be in the same grade.
- If two campers who are one grade apart mutually request each other, the older camper will be placed with the younger camper's group, pending space availability.
- Camp will make every effort to honor one friend request per camper, but due to group size and enrollment limits, requests are not guaranteed.
- If friend-requested campers become repeatedly disruptive to group dynamics or behavior, they may be separated at the discretion of the Senior Director without prior notice to families.

SAMPLE DAILY SCHEDULE

Each day at Lake Stockwell is filled with a variety of engaging activities led by our trained staff. Campers rotate through different program areas throughout the week, giving them the chance to explore everything camp has to offer.

Most activities take place once or twice per week, depending on the rotation, while swimming is part of every camper's day. Because of the rotating schedule, some groups may not visit certain activities until later in the week, sometimes even as late as Friday, but rest assured, all campers will experience each scheduled activity by week's end.

Age / Grade Level	Lower Camp Grades K – 3rd	Upper Camp Grades 4th – 10th
7:00 – 8:00 am	AM Extended Care Activities	AM Extended Care Activities
8:00 – 8:45 am	Camper Arrival	Camper Arrival
8:50 am	Morning Announcements	Morning Announcements
9:10 – 9:50 am	Traveler Time	Traveler Time
10:00 – 10:50 am	Activity Period 1	Activity Period 1
11:00 – 11:50 am	Lunch	Activity Period 2
12:00 – 12:50 pm	Activity Period 2	Lunch
1:00 – 2:00 pm	Activity Period 3	Activity Period 3
2:10 – 3:00 pm	Snack	Activity Period 4
3:10 – 3:50 pm	Activity Period 4	Snack
4:00 – 4:45 pm	Camper Dismissal	Camper Dismissal
4:30 – 6:00 pm	PM Extended Care Activities	PM Extended Care Activities

ACTIVITIES BY GRADE

Activities led by our skilled Activity Directors are thoughtfully designed to be age-appropriate, engaging, and full of variety. Each program is tailored to meet the developmental needs of campers and ties into our weekly themes, ensuring every week brings new adventures, creative challenges, and fresh experiences for everyone.

LOWER CAMP GRADES K – 3rd	**UPPER CAMP GRADES 4TH – 6TH**	**EXPLORERS GRADES 7TH TO 10TH**
Archery	Archery	Archery
Arts & Crafts	Arts & Crafts	Arts & Crafts
Boating – 2nd grade	Axe Throwing	Axe Throwing
Ceramics	Boating	Boating
Cooking	Ceramics	Canoe Fishing
Earth Education	Challenge Course	Ceramics
Fishing – 3rd grade	Earth Education	Challenge Course
Gaga	Fishing	Earth Education
Gardening	Gaga	Fishing
Landsports	Landsports	Gaga
Open Play Space	Outdoor Cooking	Landsports
Playground Time	Paddle Boarding – 5th grade	Outdoor Cooking
Science	Swamp Course	Paddle Boarding
Swimming	Swimming	Swimming
	Tactical Tag	Tactical Tag
		Weekly Field Trips
		Zip-Lining

EXPLORERS' FIELD TRIPS

Our Day Camp Explorers (grades 7 to 10) enjoy opportunities for adventure, learning, and friendship through off-site field trips to local attractions. These trips are included in the camp tuition and include bus transportation, lunch, and supervision by our experienced camp staff.

Participation is optional. Campers who choose to remain on site will join one of the 5th or 6th grade groups for the day, depending on enrollment. Each field trip is led by trained staff, and at least one accompanying team member is First Aid and CPR certified.

The 2026 field trip schedule will be shared by March 15, 2026, the session change and cancellation deadline.

OPTIONAL ADDITIONAL SERVICE PROGRAMS

Families can enhance their camper's experience by registering for optional add-on programs. These activities offer unique opportunities beyond the regular camp schedule and require additional registration and fees.

PM SPECIALTY PROGRAMS – DAILY, 4:30 PM – 6:00 PM

Campers in grades K-10 have the option to stay a little longer each day to enjoy extra activity time. This extended afternoon session allows campers to focus on

favorite interests, build new skills, or simply have more fun at camp. The activities offered include:

Session 3: Sports - Campers will enjoy extra time playing favorite games like soccer, basketball, and kickball while sharpening their skills and teamwork.

Session 4: Arts & Crafts – Campers will get creative with a variety of materials, making unique projects to take home and exploring kiln-fired clay.

Session 5: Outdoor Living Skills & Archery - Campers will learn outdoor basics like shelter building and orienteering while practicing their aim on the archery range.

Session 6: Drama – Campers will step into the spotlight, learning acting skills, practicing lines, and building confidence through performance.

Session 7: STEM – Campers will bring science, technology, engineering, and math to life through creative projects and hands-on experiments.

Session 8: LEGOs & games – Campers will design and build with LEGOs, then relax with classic board and card games for a fun, imaginative afternoon.

Note: PM specialty programs are not offered during sessions 1, 2, 9 and 10.

HORSEBACK RIDING – DAILY, 9:25 AM – 10:25 AM

Our Horseback Riding Program, provided by Pony World Adventure, focuses on introducing campers to the fundamentals of riding and horse care. Designed for beginners and early intermediate riders (ages 5 and up), lessons emphasize safety, confidence, and proper riding techniques.

In addition to riding, campers learn about stable management, grooming, and equipment care, giving them a well-rounded introduction to working with horses. Each lesson builds on the camper's individual progress, creating a fun and supportive learning experience. All campers who participate in the equestrian program are required to wear long pants and wear sturdy, hard-sole shoes or boots with ½ inch heel.

- All riders must wear a safety helmet while mounted. Camp provides helmets but it is permissible for your camper to bring their own, if it is SEI/ASTM certified.
- Lessons are during the camp day. **Campers will miss regular camp programming for the one-hour lesson.** Credit will not be given for missed lessons.

Horseback riding is offered during the following sessions: 1, 2, 3, 6, 7, 8 and 9.

SWIM LESSONS – DAILY, 4:30 PM – 5:30 PM

Our after-camp swim lessons are designed to help campers build confidence and progress in their swimming abilities, whether they're just getting comfortable in the water or refining advanced strokes. Lessons are taught by our certified Red Cross lifeguards and focus on safety, skill development, and fun.

Campers learn a mix of instruction and play, including:

- Water Comfort – gaining confidence in the water through fun games and gentle introductions.
- Skill Development – practicing key techniques such as blowing bubbles, floating, flutter kicks, and arm strokes.
- Safety Education – learning important water safety rules at the waterfront.
- Progressive Learning – building on each skill day by day to promote steady improvement.
- Interactive Games – reinforcing skills through activities like Marco Polo and Alligator Tag.

Each lesson begins with a review of previous skills, followed by new instruction and practice time. Sessions are structured to be both educational and engaging, and every week ends with a fun group activity to celebrate camper progress in the water.

AQUATICS AND WATERFRONT SAFETY

Swimming and waterfront activities are at the heart of the Lake Stockwell experience. Our aquatics program combines fun, skill-building, and strong safety practices to ensure every camper feels confident in and around the water. Campers participate in daily swim periods and learn from American Red Cross–certified lifeguards who prioritize both enjoyment and safety.

SWIMMING AND WATERFRONT SAFETY

Our campers swim at two different beaches, depending on their grade.
Bette's Beach – Kindergarten to 3rd Grade
Shady Sands Beach – 4th to 10th Grade

Every camper must participate in a swimming evaluation to swim in our lake. Our Red Cross certified lifeguards will make the evaluation of swimming ability and place campers in the appropriate swimming level sections. Each of our waterfronts is sectioned off into three different swimming levels: white, green, and red. **Kindergarten and 1st Grade campers only swim in the white section and do not participate in a swimming evaluation.**

The white section is open to all campers and is the shallowest section. The green section is the middle section and requires a little more endurance. Finally, the red section is our deepest section at the waterfront and is best for campers who can comfortably swim for extended periods of time.

The swimming tests are designed to ensure that your camper is swimming in an area of the lake that is safest for them. The tests are as follows:

- **White Section:** Walk out to the deepest point of the section and touch the rope. This ensures that campers can touch the bottom in the whole section.
    - Depth at Bette's Beach – 2 ft
    - Depth at Shady Sands – 3 ft
- **Green Section:** Two dock lengths of freestyle, one dock length of breaststroke (unmodified), and thirty seconds of treading water. This is to ensure that campers who may not be able to touch the bottom have the stamina to keep swimming in a safe manner.
    - Depth at Bette's Beach – 3 ft

    - Depth at Shady Sands – 4 ft
- **Red Section:** Two dock lengths freestyle, two dock lengths breaststroke (unmodified), and one minute of treading water. It is highly unusual that campers can touch the bottom in the red sections. So, stamina and the ability to keep swimming for long periods of time without grabbing a dock for assistance is of the utmost importance.
    - Depth at Bette's Beach – 7 ft
    - Depth at Shady Sands – 8 ft

Depths of each section may vary depending on the amount of rainfall.

Our lifeguards take their jobs very seriously and watch during tests for signs that your camper may not be in the safest section for them during the swim test.

Signs that your camper may not be ready for the section that they are testing for are as follows:

- Repeated motions for reaching the bottom of the lake for support or a break.
- Fully submerging their head at any point of the test where it is not required
- If a camper seems overexerted or claims to feel too tired during the test.
- Inability to complete a dock length of one of the strokes.
- Reaching for a dock for assistance or support.

Campers are encouraged to test for more advanced swimming levels at the beginning of each week. With hard work and practice, campers can always advance to harder sections!

AQUATICS AT LAKE STOCKWELL

Besides cooling off and having fun, safety is our top priority at our waterfronts. Each waterfront is staffed by American Red Cross certified lifeguards who have completed the Waterfront Module certification. Further, the organization maintains an Aquatics Facility Plan which is compliant with American Red Cross waterfront standards for guarding and ratios.

It should also be noted that our waterfronts are inspected annually by the Burlington County Department of Health to ensure that the waterfronts have sufficient first aid and lifeguarding supplies, that the equipment is in good working order, and that the waterfront is otherwise in good shape. In addition to this annual inspection, our waterfronts are sampled by a third-party vendor weekly during the "swimming season" to ensure that the water itself is safe for swimming.

To further our safety measures at the waterfront, campers will be assigned a swim buddy. Swimming buddies must swim in the same section together. Before entering the waterfront, the swim buddies will give their swim tag to the lifeguard. The lifeguard will place the swim tags on our buddy board that is specifically designed for the swim sections' tags.

At routine intervals, our lifeguards will call "buddy check. During a "buddy check," all campers and staff exit the water and sit on the beach area or dock, depending on their swim section. Campers and staff will find their buddy and hold their hands in the air together. The lifeguards will count to be sure the number of buddy pairs matches the buddy pairs on the board. This procedure ensures that all the campers that have entered the waterfront are accounted for. Before campers can go back into the water, lifeguards will rotate to different guard areas of the swimming sections.

CAMP LIFE AND DINING

Camp days are active, engaging, and full of movement. Mealtimes offer a chance to recharge, connect with friends, and enjoy nutritious options in a relaxed setting. Lunch and an afternoon snack are included in camp tuition, helping campers stay fueled and ready for a full day of fun.

LUNCH

We serve kid-friendly favorites like pizza, chicken tenders, hot dogs, tacos, and more! In addition to the main entrée, campers can enjoy a full salad and sandwich bar with options like cold-cut sandwiches and soy nut butter & jelly. Cereal and fresh fruit are always available, ensuring there's something for every appetite, even our pickiest eaters!

Meals are served family style, giving campers the chance to practice good table manners, teamwork, and responsibility as they help clean up their tables, with counselor assistance, of course. We make cleaning up part of the fun!

If your camper has any dietary restrictions, please contact our Executive Chef prior to camp to discuss any specific needs or questions. Each meal and snack includes vegetarian, gluten-free, and dairy-free options to help accommodate a wide range of diets.

A sample menu is provided below to give families a sense of what's typically offered each week.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	cheese pizza	chicken patty sandwiches	waffles	pretzel melts	chicken tenders
Side	pasta salad	waffle fries	breakfast sausage	tater tots	french fries
Gluten Free Course	GF pizza	GF chicken and buns	GF waffles	GF buns	GF chicken tenders
Vegetarian Course	vegan cheese	veggie chicken patty	veggie sausage	vegan cheese melt	vegan chicken tenders

Additional Lunch Options	
Salad Bar	lettuce, tomatoes and cucumbers available every day - other options rotated
Sandwich Bar	ham and cheese / soynut butter and jelly
Cereal Bar	selection of 3 cereal varieties - including various milk options

AFTERNOON SNACK

An afternoon snack and fruit are provided each day to help campers recharge and stay energized between activities. Snack offerings rotate throughout the week and may include favorites like Goldfish, Cheez-Its, Smartfood Popcorn, Teddy Grahams, granola bars, or popsicles. Fruit options often include apples, oranges, pears, plums, and other seasonal selections.

WATER AND HYDRATION

Staying hydrated is an important part of the camp day! Water stations are located throughout camp, and campers are encouraged to bring a refillable water bottle each day. Staff remind campers regularly to take water breaks, especially during high-energy activities.

If, for any reason, a camper forgets their water bottle, one will be provided and charged to their camp store account, or they will be given a cup to use throughout the day.

TRADING POST (CAMP STORE)

Campers visit the Trading Post once per week during their scheduled time. The store offers a mix of practical items, souvenirs, and treats to make the camp experience even more fun.

Available items include:

- Camp clothing – t-shirts, sweatshirts, shorts, and long-sleeve shirts
- Souvenirs – stuffed animals, lanyards, water bottles, and small toys
- Snacks and beverages – including everyone's favorite, ice cream!

Campers should not bring cash to camp. Families can deposit funds into their camper's Trading Post account through online registration or by submitting cash, check, or credit card payment before camp begins. We recommend depositing $5–$10 per one-week session. (Preschool Camp does not participate in Trading Post.)

Any unspent funds at the end of the summer will be donated to the Camper Scholarship Fund. Campers will have a chance to use their remaining balance during their final scheduled visit to the Trading Post.

FAMILY EVENTS

Camp is a community that extends beyond our campers and staff. Families are invited to join in the fun through special events held throughout the summer, offering opportunities to connect, celebrate, and experience the spirit of Lake Stockwell together.

MEET THE STAFF NIGHT

We understand how important it is for families to meet the people who will be part of your camper's summer experience. Just like meeting your child's teacher before the school year begins, Meet the Staff Night gives families the chance to get to know the counselors and leadership team who will be guiding and caring for campers all season long.

Join us on Wednesday, June 17, 2026, for an evening filled with fun activities, delicious BBQ, and great conversations as we kick off another amazing summer together. We welcome both new and returning families to join us for this family-friendly event.

Rain date: Thursday, June 18, 2026.

FAMILY NIGHTS

Family Nights are a wonderful opportunity for the whole family to experience a taste of Lake Stockwell! Families can enjoy some of the same activities' campers love every day - swimming, boating, archery, tomahawks, and gaga. Dinner and s'mores will be served at no additional cost, and the Trading Post (camp store) will be open during the event.

Family Nights are held on Wednesday evenings during the following sessions:

- Session 3 – July 8
- Session 5 – July 22
- Session 7 – August 5

Events may be cancelled in the event of inclement weather.

CAMP POLICIES AND COMMUNICATION

The safety and well-being for our campers are always our top priority. This section outlines how we communicate with families, manage camper health and behavior, and handle any unexpected situations that may arise during the camp day. Our goal is to keep families informed, campers supported, and all communication clear and consistent.

EMERGENCY CONTACT INFORMATION

If you need to reach us in the event of an emergency:

- During business hours, please contact the Welcome Center at 609-654-8225.
- Outside of business hours, please contact the Senior Director at 609-668-5352.

In the event of an emergency at camp, families will be contacted directly. We will also post updates on our website (www.ycamp.org) and share messages through the Remind app to keep families informed.

COMMUNICATION AT CAMP

We understand that families want to feel connected to their camper's experience. Our goal is to keep you informed and engaged throughout the summer so you can share in the excitement of each camp week. Below are the ways you can stay in touch with what's happening at Lake Stockwell:

Session Newsletters: Emailed the Thursday before each registered session, newsletter include details about the upcoming weekly theme, special events, activity highlights, and the lunch and snack menu. You'll also find reminders about the procedures that stay the same each week, such as drop-off and pick-up, swim testing, and camp awards. Please check your junk or spam folders if you don't see it in your inbox.

Weekly Update: Each Wednesday, families receive a mid-session update that shares highlights from the week so far. Featuring updates on the weekly theme, competition standings, and talking points to help spark conversation on the car ride home or at the dinner table.

End-of-Session Videos: On Friday evenings, families receive our weekly slideshow, featuring photos and memorable moments from the week. The video also includes the announcement of competition and special event winners, giving everyone a chance to celebrate the week's accomplishments together.

Social Media: We share photos and updates regularly throughout the week!
Facebook: facebook.com/lakestockwell | Instagram: @lakestockwelldaycamp

REMIND App: We use the Remind texting app for quick announcements and reminders during the camp season. It's free to join and available by web, text, or mobile app, and all personal information remains private.

Remind app codes for the 2026 camp season will be shared in January.

HEALTHCARE AT CAMP

Lake Stockwell has an on-site health care provider and a fully stocked, climate-controlled infirmary to address all campers' medical needs. Many of our staff are also certified in CPR, AED use, bloodborne pathogens, child abuse prevention, first aid, first responder, wilderness first aid, and lifeguarding.

In Case of Illness or Injury at Camp

Our goal is for your camper to have an outstanding camp experience, by helping them feel better and return to activities as soon as possible. In the event your child becomes ill or injured, our team of experienced health care staff will evaluate and treat your child within the parameters set forth by you and in conjunction with our standing orders. If your camper's condition falls outside of general supportive care, additional medical support may be sought from a local physician, dentist, orthodontist or Emergency Medical Services.

Parents/Guardians will be notified if their camper visits the health care provider for anything that requires medication or if a visit to the hospital or urgent care is necessary. Additionally, the health care provider will contact parents/guardians if a camper is seen by the health care provider more than once for the same symptoms. Our priority is to keep you informed about your camper's health and well-being during their time at camp.

Payments for the services of an outside provider are the responsibility of the parent. In the event any treatment recommended by the hospital Emergency Department is refused, the camper must return to the care of their parents as soon as possible.

Our health care provider will contact you if any of the following occur to your camper while at camp:

- Has been seen more than once for the same issue.
- Needs to be evaluated by a physician for non-emergencies.

- Is going to be sent to a hospital or clinical care for evaluations – campers will always be escorted by a camp staff member when being transported via ambulance.
- Obtains an injury to the head, back, spine, eye, or a cut that may leave a scar.
- Receives a bee/wasp sting.
- Has a temperature of 100°F or greater.

Care for Ill or Injured Campers

Our health care staff is prepared to care for most childhood illnesses. The health care provider may request your camper convalesce at home for illnesses or injuries that would disrupt the camper's ability to participate in activities for more than 24 hours or if the camper is contagious and at risk of infecting other campers. For instances of home convalescence, your camper will be able to rejoin camp only after an evaluation from the camper's physician and a clean bill of health.

With respect to illnesses/fever, we require that all campers be free of fever or symptoms for 24 hours before returning to camp. Symptoms include severe pain or discomfort, a fever, vomiting or diarrhea, or open sores/rash. Campers that have exhibited these symptoms may return to camp after being symptom free for 24 hours, or with a note from a medical provider that the camper poses no serious health risk to him/herself or other campers. However, if visible symptoms remain and the camper has a note, we still reserve the right to send your camper home.

At camp, we strive to protect the safety and health of all our campers, and to stop the spread of germs and illness during the summer camp season. With respect to a head injury, severe illness, or other injury, we reserve the right to request that a note be provided from your camper's medical provider clearing the camper to return to camp as deemed necessary by our camp medical staff.

Prescription & Over the Counter (OTC) Medication

Our health care provider can administer all prescriptions and over the counter medicine, supplements, vitamins, and topical ointments. For the safety of your camper, we require the following steps to be taken:

- All medications sent to camp must be in the original prescription container or packaging. Outdated medications, pill organizers, or loose medication in containers will not be administered to your camper.
- All medication will be dispensed as instructed on the original container, and by the parent's/guardian's instructions on the camper's online Camper Medical Form.
- All medications must be checked in with the health care provider on the first day of camp by the parent/guardian. Please be sure to list all medications on your camper's online Camper Medical Form.
- Campers are not allowed to self-administer medication, supplements, vitamins or topical ointments.
- If your camper is taking the bus, parents/guardians will hand off any medications to the bus supervisor. Upon arrival at camp, the bus supervisor will deliver the medication directly to the health care provider.

LOST AND FOUND POLICY

Our staff makes every effort to help campers keep track of their belongings throughout the day. At the end of each camp day, a team of staff collect any items found around camp and bring them to the Lost and Found, located in Stockwell Lodge.

Between Tuesday and Friday, our lifeguards distribute any labeled items to campers during morning arrival. Items that remain in the Lost and Found for two full camp sessions will be donated to charity.

To help your camper's belongings make their way back home, please label all items clearly with your camper's first and last name.

BEHAVIOR MANAGEMENT POLICY

All camp activities are designed to reinforce the Y's six core values of caring, honesty, respect, responsibility, courage, and inclusion. Our camp rules and guidelines are set forth below and designed to allow all campers to have the best possible camp experience. If a camper consistently or excessively breaks the rules, such actions can negatively affect other campers by jeopardizing their physical or emotional safety. Camp staff will always work toward developing a cooperative plan of action to maximize a camper's chance of success. YMCA of the Pines strives to be inclusive of all.

YMCA of the Pines, in its sole discretion, reserves the exclusive right to refuse any registration and/or dismiss any camper for any reason.

Behavior Guidelines

- We are responsible for our words and actions.
- We respect each other and the environment.
- Honesty will be the basis for all relationships and interactions.
- We will care for ourselves and those around us.
- Campers are to follow directions from staff members.
- We keep our hands, feet and other body parts to ourselves.
- Campers must travel with their group.

Any disciplinary measures used will relate to the camper's specific actions and will be handled in a timely manner. No physical punishment, humiliation, scare tactics or controlling measures shall be allowed. Methods associated with food deprivation or extended isolation are not permissible. It may be necessary to separate the camper from the group until they are able to regain control of their emotions/behaviors, and then may rejoin the group.

The following behaviors are not acceptable and may result in the immediate suspension of a camper for the remainder of the current day and the next day for day camp:

- Endangering the health and safety of oneself or others.
- Stealing or damaging camp or personal property.
- Continual disruption of the program.
- Refusal to follow the behavior guidelines.

- Refusal to stay with assigned group.
- Using profanity or engaging in inappropriate conversations.
- Bullying behavior or any acts of violence.

Fighting
For the safety of all campers in our programs, physical fighting is absolutely prohibited and will **not** be tolerated. Therefore, any fighting offense may result in immediate suspension.

Hate Speech
In the event a camp participant uses hateful speech, camp staff will work to develop a plan of action that emotionally supports affected participants and maximizes the opportunity for the offender(s) to learn and grow from their mistakes. This will include modification to their camp program, parent notification, and conversations about empathy and the severity of discrimination, and may also include temporary dismissal from camp depending on the age of the camper(s) involved and the severity of the incident. If the behavior is repeated, the child will be dismissed from camp.

Camper Support and Accountability
Camp is a place for learning, growth, and community. When behavioral challenges arise, our focus is on understanding and guidance rather than punishment. Staff work with campers to identify the cause of the behavior, encourage positive choices, and restore relationships when possible. Each situation is handled individually, with the goal of helping every camper have a successful experience at camp.

If redirection and mediation cannot work with the camper and staff, the following steps may be taken:

First Phone Call to Parent/Guardian: An official warning is issued, and a plan of action is created for the camper. During this call, staff will also ask about successful strategies used at home or school to better support the camper's behavior at camp. A warning of possible suspension or dismissal may also be discussed at this stage.

Second Phone Call to Parent/Guardian: If the behavior continues, the camper will be temporarily removed from activities and must be picked up early from camp. A final warning will be issued, and staff will discuss the possibility of suspension or permanent dismissal if the behavior persists.

Third Phone Call to Parent/Guardian, if applicable: If problematic behavior continues, the camper will be permanently dismissed from the camp program.

YMCA of the Pines and staff reserve the right to immediately send home a camper from its programs. Prolonged and/or extreme behavior may warrant dismissal and is at the discretion of the Senior Director.

Campers dismissed from camp, for any reason, will not be eligible to return to camp programs in the future. Camp fees are non-refundable and will not be pro-rated if a camper is sent home for any reason at the discretion of the camp.

GRIEVANCE POLICY

YMCA of the Pines believes camper and parents/guardians have valuable thoughts and insights to share regarding our operations. Accordingly, YMCA of the Pines encourages campers and parents/guardians to share opinions, suggestions, concerns, questions and/or grievances about policies, personnel, and/or other matters impacting the organization.

In general, the best person initially to bring opinions, suggestions, concerns and/or questions is the Camp Director. However, to the extent the concerns relate to the Camp Director, or to the extent a camper or parent/guardian believes the Camp Director did not fully address a matter, campers and parents/guardians may direct their opinions, suggestions, and/or questions to the Chief Operating Officer, Greg Keresztury.

To remedy concerns that appear to have been ignored or unresolved after initial reporting, utilize this formal grievance procedure. This procedure provides for a timely, thorough and objective investigation of the following concerns:

Inappropriate Behavior by Employees/Volunteers;
Inappropriate Behavior by Campers;
Retaliation; and/or;
Whistleblower complaints

The Camp Director and/or Chief Operating Officer will thoroughly investigate the issues raised in the grievance and will protect the privacy and confidentiality of all parties involved to the extent possible by law. All parties must cooperate with the investigation. If YMCA of the Pines determines a violation of policy or law has occurred, the organization will take appropriate action, up to and including termination and notification of external authorities.

While we hope that our families feel that they can openly communicate any concerns, complaints, or grievances directly to someone in the organization, we understand that doing so can often be difficult. Because it is important to us that everyone be able to share their concerns, we provide the following mechanism through which you can make an anonymous report:

The mail slot at the Welcome Center (1303 Stokes Road, Medford) is checked daily Monday to Friday when the office is first opened during normal operating hours. Anonymous complaints may be submitted after hours through the mail slot. Further, a camper may submit an anonymous complaint by putting a letter in a box kept at the Dining Hall on the fireplace mantle by the "Pony" box. This box will be checked by camp leadership staff daily.

This organization strictly prohibits retaliation against campers and/or parents/guardians for reporting, filing, testifying, assisting or participating in any manner in any investigation, proceeding or hearing conducted by the organization or a federal or state law enforcement agency or court. Campers and/or parents/guardians should report any suspected retaliation to the Camp Director and/or Chief Operating Officer immediately after becoming aware of it. Any report of retaliatory conduct will be objectively, timely and thoroughly investigated. If a report of retaliation is found to be valid, the organization will take appropriate remedial action, up to and including discharging the individual(s) responsible. YMCA of the

Pines will not retaliate against any campers or parent/guardian for raising a complaint and will not knowingly permit retaliation by management or other employees.

IMPORTANT CONTACT INFORMATION

For over a century, we've been dedicated to serving children and families, bringing that experience, care, and joy to our work every day.

We understand that sending your child to camp, whether it's their first summer or their tenth, can come with excitement and a few nerves. Our team is here to support your family every step of the way. We're happy to share resources, answer questions, or connect you with other families who've seen firsthand how the camp experience can make a lasting impact.

Please don't hesitate to reach out and let us know how we can best serve you.

Senior Director of Day Camp	Lynn Passarella	lynn@ycamp.org
Registration	Lynne Gally	registration@ycamp.org
Executive Chef	Kelly McHugh	kelly@ycamp.org
Chief Operating Officer	Greg Keresztury	greg@ycamp.org
Executive Director of Overnight Camps	Charlotte Brown	charlotte@ycamp.org
Girl's Camp Director	Stephanie Way	steph@ycamp.org
Boy's Camp Director	Eliana Koenigsberg	eliana@ycamp.org

WE CAN'T WAIT TO WELCOME YOUR CAMPER TO ANOTHER UNFORGETTABLE SUMMER AT LAKE STOCKWELL DAY CAMP. EACH SEASON BRINGS NEW ADVENTURES, LASTING FRIENDSHIPS, AND MOMENTS THAT REMIND US WHY CAMP TRULY MATTERS. SEE YOU SOON! ☼