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FOR HEALTHY LIVING
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FREQUENTLY ASKED QUESTIONS

When does Camp Excel operate? Monday-Friday 8:00 a.m. to 5:00 p.m.

Where is Camp Excel located? Camp Excel is located at the West Cary Middle School, 1000 Evans Rd, Cary, NC 27513 How does Rides In (Drop Off) and Rides Out (Pick Up) Work?

- Rides In will take place in the middle of the school (look for our rides in signs and banner). Please stay in your car. From 8:00 a.m. to 9:00 a.m., we will have a staff member outside to open car doors and greet you.
- Rides Out is from 4:00 p.m. 5:00 p.m. and will be run in the same area. The person picking up must have their pick-up card (provided on your child's first day of camp) and an ID as a safety precaution. If you are dropping off or picking up between 9:00 a.m. 4:00 p.m., please park in front of our front office, stay in your car, and call 919–338–4308. A staff member will come to you!
- If your child is riding our bus, morning pick up in your neighborhoods will approximately be between 8:00 a.m. and 8:45 a.m. In the afternoon, kid's riding the bus home will leave camp on the bus by 4:20 p.m. We expect all kids to be home by 5:00 p.m.

Can I drop off early? For the safety of your child, we cannot allow children to be dropped off prior to Rides In/8 a.m. while our staff are setting up for camp.

What happens if I'm late to pick up? All kids must be picked up by 5:00 p.m. If you are running late, please call our camp office number at 919-338-4308 to let us know. If there is a consistent issue with picking up late the Camp Director may discuss other options with you.

What does my child need to bring to camp?

- Backpack with a bathing suit, towel, flip flops/sandals, and swim band. At Camp Excel we swim every day.
- Bead necklace (your camper will receive this on their first day of camp).
- Insulated lunch box or cooler with a healthy and hearty lunch (if they do not want to eat the one provided by WCPSS), two snacks and a
 reusable water bottle labeled with their name. Campers do not have access to a refrigerator or microwave.
- Extra changes of clothes are recommended for children that may have accidents or for our younger campers.
- Please label all items you send to camp with your child's first and last name to assist us in returning all lost and found.
- Toys, personal listening devices, portable game devices, cell phones, trading cards, stuffed animals, pets and money should stay at home. The YMCA is not responsible for lost, stolen or broken items.

How are children divided into groups? At Camp Excel, we divide into smaller "Huddles" based on age and grade. Each huddle is staffed at a 1:12 ratio, typically with 24 children in a huddle with two counselors. We also have leadership staff to support all huddles.

What will my child do on a typical day?

Rides In/ Breakfast from WCPSS

Morning Assembly

Classroom Times for K-5th graders daily

Activities, Swimming, Lunch, Huddle Time, Camp Time

PM Snack, Bead Time

Rides Out

Wednesday is our spirit day at camp! If your camper would like to participate, they can wear as much of their camp color as they can! Camp 1 (Grades K-2) is green, Camp 2 (Grades 3-5) is yellow, Camp 3 (Grades 6-8) is red and CILTS (Grades 9 & 10) are purple.

When does my child swim? We swim every day! We have 3 set swim times that kids may go to the pool during! We bus kids off site to the Taylor Family YMCA to swim and get lessons. If you plan to pick your child up early, please let us know so that we don't send them off site to swim during the time you'd like to pick them up. Swim Session A (swim lesson time) is 11:15 a.m. to 11:55am p.m., Swim Session B is 1:30 p.m. to 2:10 p.m., and Swim Session C is 2:15 p.m. to 2:55 p.m.

How do you manage medications? We are able to administer both daily and emergency medications. Please bring all medications to us in their original containers on the first day of camp along with a completed medication form. Medication forms will be provided in our newsletter or can be found on our website.

Can I send my camper with sunscreen? If your child needs assistance in applying spray on sunscreen, we can do so if you provide us with the sunscreen and complete our Sunscreen Administration Form located on our website. As a safety precaution, we cannot assist a child with applying lotion sunscreen. Staff will only direct kids on how to apply lotion sunscreen. We will apply sunscreen prior to swimming daily.

How will you communicate with me this summer? An email newsletter will be sent out to you on the Friday before the beginning of each camp week. This newsletter will have important information happening at camp that week including dress up days, special events and more. Please be sure to have an accurate email on file with us. We will also be communicating in person at Rides In/Rides Out and through phone calls.

Contact Information: Leighton Mauze, Camp Excel Director — Leighton.Mauze@YMCATriangle.org; or call our camp office at 919-338-4308

Tai'Jonna Clegg, Camp Excel Director — TaiJonna.Clegg@YMCATriangle.org; or call our camp office at 919-338-4308