



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP ALEXANDER



2025 SUMMER DAY AND RESIDENT CAMP



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Dear Campers and Parents,

Welcome to the **SUMMER CAMP PARENT PACKET!**

My name is Baxter Arndt, the Camp Director for Camp Alexander. Among all other things, our goal is to help your child grow throughout the summer and have fun. Camp is an opportunity for kids to find their personality and build lasting friendships. We are committed to providing the highest quality summer experience for your child.

From early childhood to young adulthood, campers benefit by participating in well planned, age-appropriate activities. One of the primary values we implement is the ability for the kids to choose which activities they wish to participate in. Throughout the summer, our goal is to advocate decision making and encourage active engagement.

As the Camp Director, I carefully select and train camp loving summer staff to implement the YMCA core values of caring, honesty, respect, and responsibility in all aspects of programming to provide a safe and fun-filled summer experience for your children.

Whether you are looking for childcare for an entire summer or one week of great outdoor fun, Camp Alexander has a program to fit your family's needs. Financial assistance programs are available ensuring no one is turned away due to an inability to pay.

On behalf of the Summer Camp Staff, I would like to thank you for allowing YMCA Camp Alexander to be part of your child's summer.

CONTACT INFORMATION

Baxter Arndt | Sports & Camp Director
Email: arndt@swcymca.org Phone: (715) 818-6010
General Information | SOUTH WOOD COUNTY YMCA: 715.818.9622

CAMP ADDRESS (NO MAIL RECEPTACLE)

1053 Camp Road | Wisconsin Rapids WI 54494

MAILING ADDRESS

601 West Grand Avenue | Wisconsin Rapids, WI 54495



PLEASE READ

To provide the best care for your camper, we ask that you **thoroughly read** this packet and **correctly fill out and return any** completed forms required. We have designed this packet to help you prepare your camper(s) for their experience and to answer a wide range of questions. However, please feel free to contact us with any additional questions.

SOUTH WOOD COUNTY YMCA

601 West Grand Ave | Wisconsin Rapids | WI | 54495

Phone 715.818.9622

www.swcymca.org

SUMMER CAMP PARENT PACKET

About Camp Alexander

YMCA Camp Alexander is a recreational and educational camp located on 33 acres of mostly wooded land on the south side of Nepco Lake. YMCA Camp Alexander was created in 1940 with funding from the Alexander family, central Wisconsin's paper industry pioneers. The camp, operated by the John E. Alexander | South Wood County YMCA, features many buildings including 6 bunk houses, a nature center, camp office/ Rec Hall, and 4,800 square foot Lester Hall which is used by campers and their families for large gatherings and activities staged during camp.

New This Summer!

- This summer Camp Alexander will not be a licensed childcare facility.
 - This means that campers must be 7 years old or older to attend.
 - Activities such as canoeing, kayaking, paddle boating, and bike riding will all be weekly scheduled activities.
- Morning Snack & Lunch will be provided!
 - Morning Snack will be served out of the camp kitchen and should not take the place of a child's breakfast.
 - Hot Lunch will be made and served on site, much like a school lunch. No more packing lunches!
 - Lunch is included in the charge for camp and there is no additional cost.
 - If a parent wishes to provide a lunch they are welcome to. Refrigeration will be provided for bag lunches.

Campers

Day campers range from 7-15 years old. Resident campers can be attended by children 8-17 years old.

Junior Counselors

Junior Counselors take on a leadership role at camp. The Junior Counselor program will promote and enhance leadership abilities. Primary responsibilities include, shadowing counselors, participating in camp activities, leading camp songs, spreading positivity, and participate in leadership training activities throughout the summer. Anyone between the ages of 13-17 are encouraged to reach out to the Camp Director via email arndt@swcymca.org to schedule an in person interview.

Special Needs Campers

Camp Alexander is designed to provide accessibility for children with moderate visual, auditory, orthopedic, mental and emotional challenges. Please discuss all situations with the Camp Director prior to registering.

Staff

Our camps are staffed with highly qualified adults that are certified in CPR and First-Aid, AED and Red Cross Lifeguarding, and are eager to help your child have a great week of learning and fun.

2024 Camp Staff and Junior Counselors



Authorized Persons to Pick-Up Campers

For the camper's safety, we will not release any camper to an unauthorized person. Authorized persons are either people designated on the registration form or people who are identified to the Camp Director by an authorized individual. **A photo ID is required for any non-parent or guardian** to check out campers at the end of each day. Please understand this is a safety measure taken for the well-being of **all campers** and is in no way a reflection of you.

If by the 5:30pm (5:00pm on Friday's) program ending time a camper has not been picked up by an authorized individual, camp staff will make every effort to contact authorized individuals until a person is contacted and pick up is arranged.

Registration

Registration paperwork will be emailed to you after registration. It is also available at the YMCA membership desk. Bring in or mail the completed registration form with the payments for each camp week to South Wood County YMCA, 601 W. Grand Avenue Wisconsin Rapids, WI 5449.

Payment

Payment must be made a minimum of two weeks prior to the first day of the registered week.

Most Frequently Asked Question

Do I have to complete the Registration Form, Health History Form and attach immunization records if I attended last year?

YES. Our camp requires that new forms be completed each year.

Financial Assistance & Camperships

To inquire about financial assistance, please reach out to blum@swcymca.org

Cancellations and Refunds

- Contact the YMCA as soon as possible if you plan to cancel a camper registration.
- Upon cancellation, parents will have the option to transfer the amount to a different week of camp or receive a refund.
- ***To receive a refund, notification of the cancellation must be received in writing two weeks in advance to the YMCA.***
- Children expelled from camp for behavior matters will not receive refunds.



AMERICANS WITH DISABILITIES ACT

The YMCA's policy and practice are to comply with the Americans with Disabilities Act to ensure equal employment opportunity to all qualified persons with disabilities. The YMCA is committed to ensuring non-discrimination in all terms, conditions, and privileges of employment. Reasonable accommodation will be available to all staff members and applicants, including work site accessibility, if the accommodation does not cause undue hardship to the YMCA.

ADMISSION POLICY

YMCA Camp Alexander is open to all children ages 7 years - 12 years of age. Hours of operation is 9:00 to 4:00pm with pre-care from 7:00-9:00am and post-care from 4:00-5:30pm. We are a 12-week full-time program. The YMCA does not discriminate based on race, sex, national origin, or creed. The YMCA Camp Alexander is a nonsectarian, non-profit program. Non-English-speaking children and families are welcome and can be provided information in their native language.

Children with special physical or emotional needs will be accepted provided that "reasonable accommodations" can be made and/or if the child's participation does not require an inordinate amount of time that would not allow for safe and quality care for the other children in the program. The final decision of a child with special needs in the program is made by the YMCA Camp. A trial period may be recommended in these circumstances.

Registration Process is to complete an enrollment packet and return to the YMCA. Parents are encouraged to visit the camp and tour our facility prior to the child's enrollment and regular attendance. Enrollment by telephone is not allowed.

Unless notified prior, if a child is registered for camp and is not in attendance by 9:30 am, the counselors will call to find the child's whereabouts.

We provide a healthy morning snack and lunch. We have accommodations for items needing to be refrigerated. Please be mindful that we are nut free Zone due to allergies of campers and staff, please **DO NOT send any nut products.**



Medicine

If your child requires medication during the camp day, medicine and schedule for taking the medication must be provided on the first day of camp. An "Authorization to Administer Medication" form is located on the Health Form.

All medications that are being distributed at camp, need to be accompanied in a pill bottle with the child's name, specific instructions, dosage amounts, and times medications need to be distributed.

No over the counter medications may be given to campers by camp staff. All leftover medicine will be discarded or returned to a parent/guardian up to one week after camper's last day of camp. Insurance for health-related matters must be covered by the parent or guardian.

Illness and Absences

If a camper is feeling ill, keep him/her home and **notify the camp at 715.818.6010** of their absence. Children cannot have a fever within the last 24 hours to attend camp.

If a camper becomes ill while at camp, we will notify parents/guardians to discuss whether he/she should be picked up or stay in a quiet resting area of camp. YMCA Camp Alexander will send a child home who is suspected to have an illness, a temperature of 100.4 or a contagious disease.

If a camper does not arrive within 90 minutes of the program's start time without prior notice (9:30am), camp will attempt to contact the camper's parents/guardians to determine the camper's whereabouts.

Behavior Management

Camp staff are trained to implement behavior management techniques that include positive guidance, redirection, and the setting of clear limits and expectations with the goal of helping each child develop self-control, self-esteem, and respect for others. Campers are held responsible for their actions and are expected to follow the YMCA four core values of Honesty, Caring, Respect, and Responsibility. The Y and Camp Alexander have a ZERO TOLERANCE policy on bullying and disrespect.

Camper Behavior

Camp programming is designed for group participation and interaction. Attempts to correct behavior through action plans, character contracts and parent/guardian meetings will be held to instill positive changes. Behavior that disrupts programming, endangers self or others, disrespects property of others, or requires repeated one-to-one attention may result in the camper being suspended and/or expelled from camp.

General Behavior Management Guidelines are listed below:

- Problem behavior addressed by on site staff.
 - Parents/guardians notified based on seriousness and/or if behavior persists.
- Suspension or temporary removal as deemed necessary by Camp Director.
- Action plans with set time line created and put into place for camper's continuation in programs.
- Follow up meetings are set.
 - Based on outcome – decision made regarding continuation or removal from programs.



Pre-Care and Post-Care

Pre-Care and Post-Care will be offered. Pre and Post-Care offers a less structured time for campers to enjoy the outdoors and visit with their friends.

Pre-Care begins at 7:00am Parents may drop off their children at the camp office where camp staff will be on duty. All campers must check in upon arrival. Campers will not be checked in before 7:00am.

Post-Care is from 4:00-5:30pm Monday-Thursday Parents may pick up their children any time after 4:00pm (or earlier if prior arrangements made with Camp Director). Additional fees may be charged if campers are not picked up by 5:30pm.

Post-Care on Friday is from 4:00-5:00pm Parents must sign out their children at the camp office where camp staff will be on duty.

Non-parents/guardians must be on a pre-written approval list and show a photo ID daily to pick up a child.



Field Trips

Three weeks during the summer we will offer a field trip to a local destination. During these trips the campers will be supervised by counselors at a maximum ratio of 15:1. These weeks may have an increased fee to reflect the cost of the field trip and transportation.

Transportation To and From Field Trips

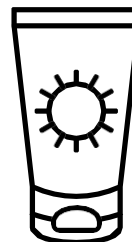
Each vehicle has a Child Safety System that requires drivers and staff to conduct a vehicle sweep to ensure that no child is left on the vehicle upon arrival at the final destination. You will also be asked to sign a Field Trip Consent Form for any week your child is attending that includes a field trip.

Your child will not be able to go on the field trip without the form on file.



Insect Repellent and Sunscreen

We suggest you have your child apply a lotion or cream before arriving at camp. IF YOU WOULD LIKE YOUR CHILD OR CAMP STAFF TO BE ABLE TO APPLY SUNSCREEN AT CAMP, YOU WILL NEED TO FILL OUT AN AUTHORIZATION on the Registration Form. Pack extra sunscreen for your camper and be sure to clearly mark the bottle with your child's name. We also suggest that you teach your child the proper application of insect repellent and sunscreen, so it is applied safely.



Lost and Found

We highly recommend **writing the Camper's first and last name on everything they bring to camp**. All lost and found items will be kept for one (1) week after the last week of camp at the camp office. At that time, lost and found is donated to charity organizations.

Emergencies

If your camper is involved in an emergency situation, camp staff will follow emergency procedures immediately. First aid measures will immediately be put into practice and an ambulance contacted if necessary. Camp staff will call parent/guardian or emergency contact listed on the Registration Form.

An emergency number will be available for parents in case you need to reach staff or your camper while at camp.

Severe Weather/Rain

Camp has early warning and communication steps in place in case severe weather strikes. Campers will be moved inside to an appropriate area upon first warning of dangerous weather. Please do not come to camp until the severe weather has passed. In the event of extreme temperatures, campers will be moved into a temperature-controlled building and camp will go on indoors! In the event of rain during pick-up/drop-off kids will be housed in Lester Hall.



Resident Camp Drop-Off and Pick-Up

Campers arrive at the camp on Monday between 7:00am-9:00am and depart on Friday between 12:00-1:00pm. Contact camp at 715.818.6010 with any questions.



What to Bring

Day Campers should bring the following labeled items on a daily basis:

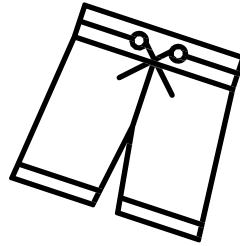
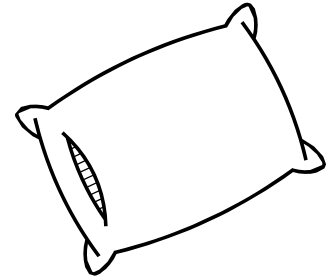
- A day pack or duffel bag to carry everything in
- Swimsuit/towel
- Tennis shoes that are closed toed
- Raincoat
- Sweater, sweatshirt, or light jacket when cool
- Extra change of clothes on a rainy day
- Water shoes or aqua socks for the waterfront (NEPCO Lake has an abundance of zebra mussels)
- Snacks in a lunch box
- **A refillable water bottle**
- Sunscreen
- (Lunch will be provided at camp)



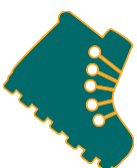
Resident Campers should bring the following labeled items:

- Sleeping bag
- Pillow/pillow case
- Towels
- Toothbrush/paste
- Shampoo and soap
- Clothes for each day – plus extra! (undergarments, socks, pants/shorts & shirts)
- Swimsuit/towel
- Sweatshirt
- Extra pair of shoes
- Water shoes or aqua socks
- Rain gear
- Bug spray
- Brush/comb
- Flashlight
- A water bottle or money to purchase one in the Trading Post
- Sunscreen
- Medication

OPTIONAL ITEMS: Cap/hat, book, sunglasses, camera (disposable or digital)



Be sure to mark all items clearly with the camper's first and last name. If your child does lose something at camp, please contact staff as soon as possible to assist in checking lost and found. YMCA Camp Alexander is not responsible for lost items.



Do Not Bring

Radios, iPod/electronics/cell phones, toys/valuables, camping knives, and soft drinks are not allowed.



Wildlife at Camp

YMCA Camp Alexander offers campers the opportunity to experience the outdoors and the wildlife that inhabit camp in its natural state. Camp programs are structured so that both the campers and creatures that are a part of camp can cohabitate together. Camp staff will ensure the safety of the campers and contact parents/guardians and local authorities if there is ever a problem. We'll have kids keep an eye out for the family of deer that live at camp and the many species of birds flying overhead!

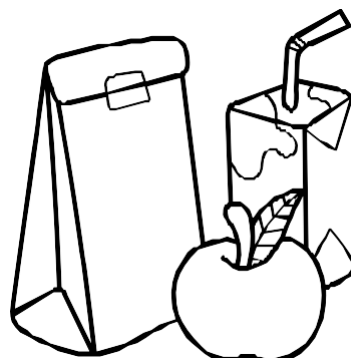


Rainy Days

Camp will go on! If the weather is warm and the rain is light, we will be outside for at least some portion of the day. We suggest packing a spare set of dry clothing and a raincoat for these days. If we cannot be outdoors, games, activities, songs, and stories will be in the rec hall and Lester Hall.

Lunch

Lunches will be prepared and served on site. Meals will take place in Lester Hall. In addition to daily lunches, morning snack will be provided. Parents can opt to send a lunchbox with a snack or two if they expect their child to want more than the provided meals.



FAMILY FUN NIGHTS!

Thursday June 19 | 5:30-7:00pm WEEK 2

Thursday August 7 | 5:30-7:00pm WEEK 9

Family Night is a time for family members and campers to share in the activities and excitement of camp. Enjoy smores, play camp games, meet the counselors, and take a camp tour.



Daily Schedule

Monday-Thursday:

7:00am-9:00am Check In/Pre-Camp FREE BEFORE CARE

9:00am-9:30am Snack and Full Circle

9:30am-10:30am All Camp Activity

10:30am-11:45am Breakout 1

12:00pm-12:30pm Lunch

12:30pm-12:45pm Full Circle

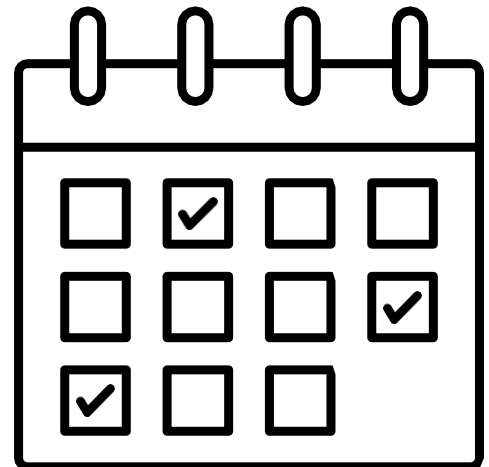
12:45pm-2:00pm Breakout 2

2:00pm-3:30pm Swimming

3:30pm-4:00pm Snack, clean up, Reflect

4:00pm-5:30pm Check Out/Post Camp FREE AFTER CARE

***Friday: 4:00pm-5:00pm Check Out/Post Camp**



Full Circle – Announcements, icebreaker games, songs, etc.

Breakouts – Selection of several different activity options to allow the campers to choose their own adventure.

Ex. Frisbee golf, tie-dying, baking, knot tying, paddling, shelter building, fishing, etc.



Waterfront Regulations

Ratios: Number of Kids x Numerical Weight = Counselors required (excluding waterfront director)

$$7+y/o \quad .056$$

- One person with a current Red Cross lifeguarding certificate per 25 children in the water.
- The waterfront director, or equally qualified person acting as waterfront supervisor, is on duty at all times children are in the water.
- The waterfront director, or equally qualified person acting as waterfront supervisor, is not included in ratios during any period when children are in the water.
- Staff included in the ratio count must be able to swim.

Swim tests

Swim tests must be completed upon the first arrival to swim front every week. Children will have to start at the north or south side of the swimming area and swim in any manner to the opposite side and back without touching the ground.

Upon completing the swim test first and last name will be recorded on the paper labeled swimmers and they will have the privilege to enter the deep end of the designated swim area.

If the camper does not want to take the swim test or touches the ground while attempting the swim test their name will be recorded on the paper labeled non swimmers and they will receive a wrist band. The wrist band will let the staff know that this camper is not allowed into the deep end of the designated swim area.

Buddy Checks

After going over rules with the campers and before entering the water children will pair up in groups of two (and one group of three if an odd number of campers exist). These will be their buddies until the end of swim time for that day.

Once buddies are paired up, they will be assigned a number which will be assigned to them by the counselor running buddy board that day. The names of both children along with their numbers will be recorded on the piece of paper labeled buddy board. The children will be told their number, and they will have to remember it for that day. The campers will tell the buddy board person which area they would like to swim in and must return to the buddy board leader every time they wish to leave that assigned area.

Buddies must remain together in either the deep side of the designated swim area or in the non--swimming area. To switch areas both children must report to the buddy board leader and tell them that they are moving to another area.

Every 5-7 minutes buddy checks will be performed. This will take place when the waterfront supervisor, or equally qualified person acting as waterfront supervisor, blows his or her whistle one long time and yells "Buddy Check." The waterfront supervisor, or equally qualified person acting as waterfront supervisor, will give the campers 20 seconds to find each other. At that time, the pairs will find each other and interlace their fingers while raising the two connected hands into the air. At this time, the children should be directed to remain still and to remain silent. The lifeguard will then count the number of groups in the deep end and the number of buddies in the shallow end and make sure all buddies are accounted for.



Swim Front Rules

No running, rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving, snapping of towels, improper acts which would endanger any patron.

No spitting, spouting water, blowing nose, urinating, or defecating in the lake. No prolonged underwater swimming for time and/or distance.

No swimming under the dock for any reason.

Campers must remain within the roped off area at all times while in the lake.

Campers must remain within the designated beach area in site of a counselor at all times.

No climbing on rocks for any reason.

No hanging, leaning, climbing, pulling, or pushing on any of the wood guard rails on the beach.

No throwing sand.

If at any time you hear 3 whistle blows get out of the water immediately.

WATER EMERGENCY ACTION PLAN

Drowning or Near Drowning

- Three long whistle blows, three horn blasts etc. Initiate emergency action plan.
- Call 911 with the cell phone in the waterproof case on the dock.
- Call the camp director.

The waterfront director will be the lead rescuer. If the waterfront director is in an accident a lifeguard or staff member will step into this role. The beach front and swim area will be cleared, and all campers will return to their assigned cabins with their respected counselors, or support counselors.

Get the victim out of the water and begin first aid or CPR.

If a lost or missing person is presumed in the water begin underwater sweeps with extra staff and all other necessary equipment (shepherd's hook, masks, etc.).

Continue resuscitation for at least two hours or until EMS arrives to take over.

If breathing is restored, treat them for shock. Keep them comfortable, warm, dry, and elevate the feet.

The camp director will contact the nearest relative.

WEATHER EMERGENCY ACTION PLAN

- In case of tornado, we will seek shelter in the bath house or Lester Hall
- In case of fire will move group to the parking lot of camp, if we need to evacuate, we will move all Campers off the premises to (Lake Aire Supper Club) at the end of the camp road.
- Call 911
- Evacuate children to safe place & call all parents to notify of whereabouts of their child.



Week Schedule and Pricing

2025 Summer Camp Schedule

Week 1 June 9-13

Week 2 June 16-20 *Family Fun Night 5:30 – 7pm, Thursday June 19

Week 3 June 23-27 *WR Water Park Field Trip

Week 4 June 30-July 3 *Mini Resident Week

Week 5 July 7-11

Week 6 July 14-18 *Resident Week

Week 7 July 21-25

Week 8 July 28 – August 1 *WR Water Park Field Trip

Week 9 August 4-8 *Family Fun Night 5:30 – 7pm, Thursday August 7

Week 10 August 11-15 *WR Water Park Field Trip

Week 11 August 18-22

Week 12 August 25-29



Pricing

Early Bird: Save \$10 by signing up prior to April 1st

Weeks 1, 2, 5, 7, 9, 11 & 12

Member	Non-Member
\$160	\$180

Weeks 3, 8 & 10: Including Field Trip

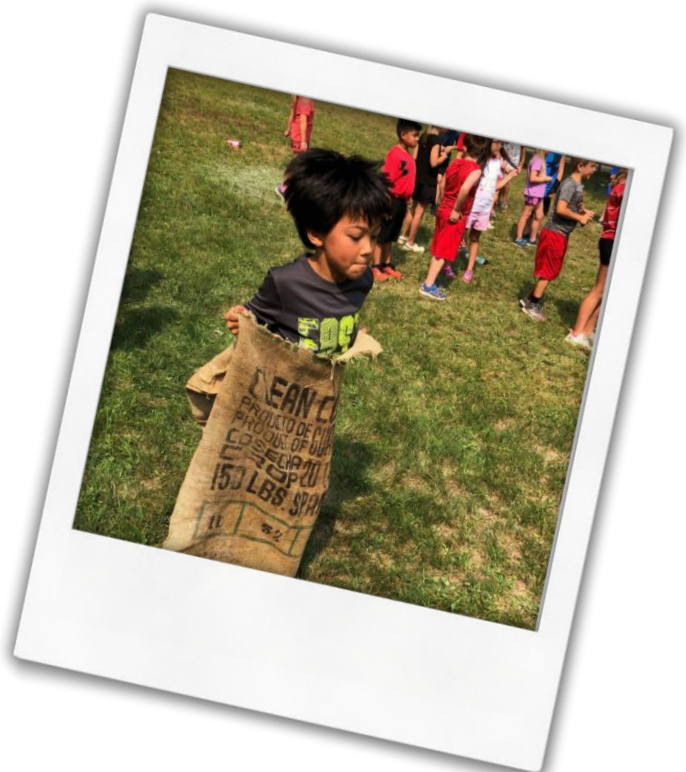
Member	Non-Member
\$175	\$195

Week 4: Mini Resident Week

Member	Non-Member
\$310	\$330

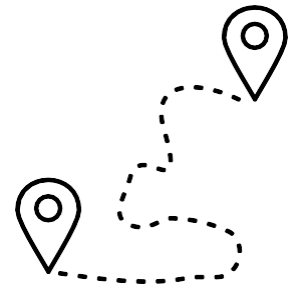
Week 6: Resident Week

Member	Non-Member
\$430	\$450



Directions to YMCA Camp Alexander

Camp Address 1053 Camp Rd, Wisconsin Rapids, WI 54494



Coming from I39 By Plover

Take exit 153 and go West on Hwy 54 for approximately 15 miles. At Home Depot turn right on East Riverview Expressway, go 1 mile and take a left on Hwy 13S/8th Street. YMCA Camp Alexander is about 3 miles down the road on your right, just after you pass Nepco Lake.

By Plainfield

Take exit 136 and go North on Hwy 73 for approximately 16 miles. Turn right on Hwy 13N and go approximately two miles and YMCA Camp Alexander will be on your left just before Nepco Lake.

Coming from I94 By Osseo

Take exit 88 and go East on Hwy 10 for about 32 miles. Turn right on Hwy 73S for about 45 miles (you will be taking a left and right turn but stay on 73S). At the railroad tracks, take a right on Riverview Expressway and go about 2 miles. Take a right onto Hwy 13S/8th Street and you'll find YMCA Camp Alexander about 3 miles down the road on your right just after you pass Nepco Lake.

By Black River Falls

Take exit 116 and go East on Hwy 54 for about 51 miles (you will be taking a right and left turn but stay on 54E). Turn right on Hwy 73S, go approximately 6 miles (you will take a left but stay on 73S). Turn left on Hwy 13N and YMCA Camp Alexander will be about 2 miles up on your left.

We are looking forward to the
BEST SUMMER EVER!

