



YMCA CAMP SURF SUMMER Day Camp Parents' Guide

YMCA Camp Surf, 560 Silver Strand Blvd, Imperial Beach, CA 91932

(P) 619 423 5850 (E) camp@ymcasd.org

(W) <https://www.ymcasd.org/camps/day-camp/surf-summer>

ENDLESS SUMMER FUN! – 2026

WELCOME

We are excited that your family will be a part of YMCA Camp Surf this summer! Please feel free to call us or visit our website.

619.423.5850

DIRECTIONS TO CAMP

Travel south on Interstate 5 past Chula Vista. Exit on Palm Ave. and turn right. After 9th Ave., veer left toward Imperial Beach (you're still on Palm Ave.). Turn right one block after the 4-way stop onto Silver Strand Blvd. The camp entrance is at the end of the street. Please adhere to the 5mph speed limit while driving on camp property. For the safety of children and others, follow staff instructions and signs to park and unload/load vehicles and passengers.

HOURS OF OPERATION

YMCA Camp Surf's Day Camp program runs from **8:30am–4:30pm** from Monday to Friday. Extended care is available 7:30am–8:30am and/or 4:30pm–5:30pm. There is no additional charge for extended morning or evening care. **Entering grades 5–7:** Campers will participate in traditional activities and also have the opportunity for an **optional Tuesday night Sleep Out!** which will also include additional evening program activities.

Optional Tuesday Sleep Out: This is offered to campers entering grades 5–7. If campers choose to stay they must arrive Tuesday with everything they need (see Gear List). Staff and campers sleep out under the stars. Please no Cell Phones.

PROGRAM STRUCTURE

Campers will rotate through all of our traditional activities during the week. We have extra time built in to get ready, apply sunscreen, cover water safety, and to help campers build responsibility for behavior, belongings, and taking care of equipment.

BEHAVIOR AT CAMP

Camp is an environment filled with friendship, respect and character development. Our staff will provide positive, realistic expectations for your child. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are responsible to come to camp and pick up their child.

FRIEND REQUEST

Camp is all about making new friends. If your child(ren) wishes to be in a group with another camper please ensure at time of registration:

1. They are the same grade and no more than 1 year apart in age.
2. Request at least 1 week prior to the session beginning in your CampInTouch Account
3. There is a maximum of 2 friend requests per camper.

We do not guarantee friend requests but will do our best to schedule accordingly.

CAMPINTOUCH

CampInTouch is our parent/Registration system! (powered by CampMinder). Here you can fill out your camper application, camper forms, view photos and make online payments all in the same place. Visit ymcasd.campintouch.com. You can also access via the Companion app.

CHECK-IN

All campers are checked in at the day camp area (including early bird). Upon entering camp, follow the signs to the right, park and walk on the trail to meet staff at the day camp area. Day Camp check-in is between 8:30–9am. If you arrive after 9:20am you will need to sign in at the main office and take your child(ren) to their first activity. We take attendance each day, please notify the camp office in advance if your child is going to be absent.

CHECK OUT

Our program concludes daily at 4:30pm. Please go to the day camp area to sign out and pick up your camper. Campers staying for extended care will also be picked up at the day camp area.

Early Pick Ups must be arranged during morning check-in. Please go to the office to sign-out your camper and allow time to go and get them from their activity.

EXTENDED CARE

If you have registered for extended care please make sure your child has eaten breakfast before they arrive to camp and send a snack for the late afternoon. **There is NO extended care on Friday night.**

LUNCH

Campers will be served lunch as part of the day camp program. You will not need to pack a lunch for your child(ren).

We will do our best to accommodate the needs of severe allergies. Please contact us ahead of time with questions or concerns. Food Service Director: Joe Breedlove
jbreedlove@ymcasd.org

AUTHORIZED PICK UP

This form, can be completed and updated in your CamplnTouch account. This is your authorization for parental custody. Please note any persons that are authorized to pick up your child from camp. .

Whoever is picking up your child MUST be 18+ years of age, have government issued photo ID and be listed on this form. Please be sure to list any friends/family who may be authorized to sign out your child, including yourself.

HEALTH HISTORY FORM

The Health History form is required to be completed online prior to check in day. Health History needs to be complete with parent's signature and medical information. State Health Codes also require that the camper's immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently been under a doctor's care, a physician's authorization is required for camp attendance. If none of these conditions apply, a doctor's physical is NOT required.

INSURANCE

You, as parent or guardian, are responsible for any medical costs incurred as the result of injury or illness while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form.

HEALTH CARE

Camp Surf operates a small health center with staff trained in First Aid and CPR. A doctor is on-call nearby in Imperial Beach and 911 ambulance service is readily available. Our nearest hospital is in Coronado.

Allergies: We will do our best to accommodate the needs of severe allergies. Please contact us ahead of time with questions or concerns.

Illness: If your child is sick, please do not send them to camp. For illness during camp, campers are housed in the Health Center for a brief period, but will need to be picked up if health does not improve. We will call you if your child is out of program for more

than one hour (sometimes they are just tired and need to rest!) We will also call you to report any accidents more severe than a simple scratch or bruise. In case of an accident or more severe illness, it is our practice to contact parents immediately. However, if you cannot be reached, we have your written authorization for emergency treatment on the health form.

MEDICATIONS

It is important that medications, including non-prescription medications (cough drops, vitamins, etc.), are not packed in your child's bag. All medications are submitted to health care staff at check in (State Law). Prescription drugs must be in the original container with patient's (camper) name and physician's instructions. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide complete written directions on dosage and frequency and verify instructions for dispensing your child's medications during check in.

CAMP STORE

This summer we will be adding an opportunity for campers to visit the Camp Store midweek to purchase Camp mementos using a pre-funded store "Account". Parents may fund the Account via CamplnTouch. The Camp Store carries items such as hoodies, hats, shirts, plush toys, water bottles, stickers and more! Prices range from \$2 - \$45 depending on the item. **Please note that all sales are final and cannot be returned or refunded.** No more than \$75 may be preloaded on to the Account for your camper per week. Campers will be encouraged to spend their entire Account balance during their visit. **Any amounts remaining in the Account after the visit will not be refunded.** If your camper is attending multiple weeks of Day Camp at Camp Surf, the Camp Store balance will be rolled over for those additional camp sessions. The Camp Store is a cash-free facility and will not be able to accept any cash purchases. **Funds loaded onto the Account are non-refundable and non-cancelable.** ANY FUNDS REMAINING IN ACCOUNT BY AUGUST 31, 2026, WILL BE DONATED TOWARD YMCA OVERNIGHT CAMPS SCHOLARSHIPS, YMCA WILL PROVIDE A DONATION LETTER UPON REQUEST. The YMCA Overnight Camp Store will be open for card-only sales on check-in and check-out days.

WETSUITS

Wetsuits are highly recommended for every camper due to the amount of time they spend in the water each day. You may provide your own or can rent one for your child(ren) for their entire week of camp for \$20 each. If you would like to rent one, please be prepared to do so during Monday Check-In and we will ensure your child is fitted and ready for their first ocean experience that morning!

All our wetsuits are spring suits (short arms & short legs). The added insulation helps our campers to be more comfortable and allows them to spend a LOT of time in the water, developing new skills and having fun!

SURF/BODY BOARD RULES

To ensure the safety of all campers we only permit fiberglass/hard surfboards in special cases. Our long & short soft foam boards allow for safe and effective skill building in a team environment where campers are able to surf safely together in the same area.

Advanced surfers that can demonstrate and consistently ride "green" waves, and go "outside", navigate a rip current on their own, duck dive effectively, & do not "bail" off their board during set waves may use their own board. Campers will be required to demonstrate these skills during the first lesson on a camp short board. If the instructor determines the camper is capable and safe in the water, they will be able to use their own board in another area. This area is separate from the soft board area and all campers are in view of lifeguards.

SUN PROTECTION

There is very little shade at YMCA Camp Surf. It is critical that your child understands the risks of overexposure to the sun. The best protection is regular (every 2-4 hours) applications of quality sun block and lip screen. It is important to send non-expired Waterproof Sun Block (SPF 30+), lip screen, a brimmed hat, and a water bottle! Please discuss this with your child before they arrive.



ELECTRONICS AT CAMP

Camp provides children a chance to live without electronic devices and daily social media. For security, safety, and a number of other reasons, we do not permit cell phones, iPods, computers, netbooks, electronic games or similar devices. Please do not pack any of these items for your child(ren). If they come to camp, they will be confiscated and held in the office. If you need to speak to your child, please call the office and we will arrange a time that will not disturb their fun day. We are not responsible for damage or loss of any electronics brought to camp.

LOST & FOUND

We will make every effort to help your child keep his/her belongings together. However, we are not responsible for lost or damaged items. Please help us and your child by making sure to put names on everything.

We have designated cubbies and baskets for each camper. We also have a dry line for wet items and a lost and found area. Please check these areas for your child's belongings at the end of each day.

TRANSPORTATION SAFETY



Please adhere to the posted 5 mph speed limit while driving on camp property. For the safety of children and others, follow staff Instructions and signs to park and unload/load vehicles & passengers.

All campers being transported in camp vehicles must adhere to these Shuttle/Bus Safety Rules:

1. Remain seated at all times.
2. Arms/hands are kept inside the shuttle or bus.
3. Objects are never thrown or passed through windows.
4. Treat all others with respect & caring.
5. Alert staff if there are any problems.
6. Make a new friend on the way!

PACKING LIST

Please bring your child ready for the water Monday—Thursday morning! (swimsuit, sandals, sunscreen)

REQUIRED ITEMS:

- ☐ 1 hat or cap with brim
- ☐ Waterproof Sun Block SPF 30+. **Please lotion only, NO AEROSOL sprays.**
- ☐ Waterproof Lip Block SPF 30+
- ☐ Water bottle or canteen
- ☐ Wetsuit **and/or** RASH GUARD (nylon shirt worn in water to protect from irritation & sun exposure. Available for purchase at camp store.)
- ☐ Backpack / bag for belongings
- ☐ Bathing suit
- ☐ Flip flops / sandals for beach
- ☐ **Closed-toe shoes (needed daily)**
- ☐ Beach towel
- ☐ Dry change of clothes

HIGHLY RECOMMENDED:

- ☐ Wetsuit—short "spring suit" is fine. (Spring suits are available to borrow at camp)

***The YMCA is not responsible for lost or damaged items.**

TUESDAY OVERNIGHT ITEMS: (ENTERING GRADES 5-7)

- ☐ Sleeping bag
- ☐ Pillow
- ☐ Pajamas/clean clothes to sleep in
- ☐ Toiletries— toothbrush/paste, soap
- ☐ Change of clothing for Wednesday
- ☐ Flashlight

NOT PERMITTED

Cell phones, iPods, video games, iPads, computers, netbooks, food, candy, alcohol, drugs, tobacco, vaping devices, knives/weapons, fireworks, aerosol sprays, cosmetics, pets, offensive magazines or clothing, skim boards.

SUGGESTIONS FOR PACKING

Pack old stuff, camp is a sandy, salty environment. Sending nice new shoes/clothes is ok but they'll need a good wash at home. Please talk to your child about the importance of keeping track of belongings.

FRIDAY SURF CARNIVAL

We invite parents and families to join us for our Surf Carnival on Friday afternoon at 3pm. This is the perfect opportunity to take photos and share camp with your child(ren).

Please **leave pets at home** since we cannot allow animals on the beach (& the parking lot gets hot!)

There is no extended care on Fridays and check out is between 3-5pm.



ONLINE PHOTO GALLERY

We upload photos of our campers everyday via CamplnTouch which can be accessed in the "photos" tab. If needed, you can provide guest accounts to other family members in the 'Guest Accounts' tab. Upload a photo of your camper through the Companion app to receive alerts whenever new photos of them are added.

OVERNIGHT CAMP

Day Camp is a great stepping stone for your child to gain the confidence and skills for staying with us overnight. If you're interested, contact Payton, our Summer Camp Director. For a tour: pschoonmaker@ymcasd.org or call 619 423 5850

