



YMCA CAMP SURF @ Paradise Point

Watersports Day Camp Parents' Guide

Paradise Point Resort & Spa, 1404 Vacation Rd, San Diego, CA 92109
(P) 619 423 5850 (E) camp@ymcasd.org

ENDLESS SUMMER FUN! – 2026

WELCOME

We are excited that your family will be a part of YMCA Camp Surf's new Watersports Day Camp at Paradise Point this summer! Contact us at camp@ymcasd.org or give us a call at 619.423.5850

CAMP LOCATION

Paradise Point Resort & Spa
1404 Vacation Rd, San Diego, CA 92109

HOURS OF OPERATION

YMCA Camp Surf's Watersports Day Camp at Paradise Point runs from-

Drop off

M-F: 8:00am – 9:00am

Camp hours

M-F 9:00am-4:00pm

Pick up

M-TH: 4:00-5:00pm

F: 2:00-3:00PM

PROGRAM STRUCTURE

Campers will rotate through all of our 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.

On Wednesday, campers will be transported to meet up with YMCA Camp Surf to experience Surfing & Body Boarding. Pick up and drop off will still be at Paradise Point.



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

You can update your [groupmate request](#) in your CampInTouch (CIT) account under the Forms Dashboard.

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 must be mutual.

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

CHECK-IN

All campers are checked in at the day camp area. Upon entering the property, follow the Y signs, park and walk to the check in table to meet staff at the day camp area. Day Camp check-in is between 8:00-9am. We take attendance each day, please notify the camp in advance if your child is going to be absent.

CHECK OUT

Our program concludes **M-Th at 4:00pm, Friday at 3pm**. Please go to the day camp area to sign out and pick up your camper.

Early Pick Ups must be arranged during morning check-in.

AUTHORIZED ADULTS

This form can be updated in CampInTouch. **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.

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



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. Get ready to experience camp in a whole new way with the Campanion mobile app to find out more: <https://help.campminder.com/en/articles/7947788-campanion-app-parent-login-and-faq>

HEALTH HISTORY FORM

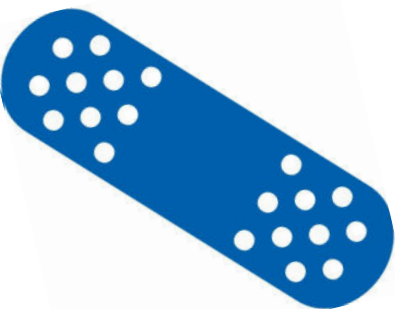
The Health History form is required to be completed online through your Forms Dashboard on your CamplnTouch (CIT) account. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently been under a doctor's care, a Doctor's authorization is required for camp attendance. This form is also found in the Forms Dashboard. If none of these conditions apply, a doctor's authorization 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.

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 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.



SUN PROTECTION

There is very little shade at Paradise Point Resort. 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, iPads, 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 baskets for each camper group. We also have a lost and found area. Please check these areas for your child's belongings at the end of each day.

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.



PACKING LIST

Please bring your child ready for the water in the 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.)
- ☐ 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.
- *The YMCA is not responsible for lost or damaged personal articles. Leave valuables at home.**

ONLINE PHOTO GALLERY

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

[View Campanion App FAQs here](#)

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