



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORE OUTDOORS

OUTDOOR EDUCATION & LEADERSHIP
DEVELOPMENT
PlanningGuide YMCA
CAMP SURF



OUR STAFF

We are especially proud of our program instructors. They are adults with backgrounds in education or recreation who show a strong commitment to working with children. All staff undergo extensive screening, including reference checks, interviews, and a national criminal background check before they are eligible for hire. We recruit staff from throughout the United States and internationally. Staff are trained to help children realize their fullest potential in a positive, experiential manner through a comprehensive training program.



interrelationships -
plants and animals live
in communities that
meet their special

LifeguardService

At our beach, safety is the top priority. If requested as an activity our waterfront will be opened for beach recreation time. This is the only opportunity for students to get wet in the ocean. For safety reasons we do not permit guests in the ocean unless lifeguards are on duty. All schools must attend a Waterfront Orientation prior to entering the ocean. Our YMCA Camp Surf lifeguard team is trained and certified under the United States Lifesaving Association (USLA), the same standards our state and local agencies follow. In addition, all lifeguards are trained as First Responders.

HealthCare

YMCA Camp Surf staff are well trained in first-aid and CPR. However, the school/group has the primary responsibility to provide health care for students including first aid and dispensing of all medication. As we are in close proximity to nearby hospitals and urgent cares, we do not have an onsite nurse. Please come prepared with over-the-counter medication and a first-aid kit to care for your students. *For more information on your responsibilities see #3 Adult Supervision on page 5.*

Meet Our Staff

You can get to know our full-time and seasonal staff by visiting our website at camp.ymca.org and looking under *About Us*.

FACILITIES

YMCA Camp Surf offer campers the chance to experience surf, sand, and sun. Each day, the salty ocean breeze blows the sand into new patterns outside your cabin. In the evening, you'll fall asleep to the pulse of the pounding surf. You'll also share meals in our brand new dining facility, McKinney Hall, with a million dollar view of the Pacific Ocean, Point Loma, and the Coronado Islands.

Housing - Traditional cabins which sleep up to 16 people and platform tents which sleep up to 12 are clustered around each of our bathroom and shower facilities. Waterman Village utilizes solar power and is completely off the grid boasting open-air cabins and platform tents which sleep 12 each.

Program Areas - Our wetland trails, beach, rock jetty, sand dunes, aquariums, climbing tower, bouldering wall, crafts, and compost demonstration areas are all used by students in a variety of programs throughout the year!

Accreditation - YMCA Camp Surf is accredited by the American Camp Association. We have been serving youth and families since 1969!

MEALS&FOOD

Meals are served family and buffet style at our indoor/outdoor dining facility. Enjoy a fruit and cereal bar at breakfast and a salad bar at lunch and dinner to supplement a tasty main course. Vegetarian options are available by request so please inform us of any dietary restrictions your group may have at least 2-weeks before arrival. Meals begin with lunch on the day of arrival all the way through lunch on departure day. Students have plenty to eat, and refills are always available. We ask that you do not bring any food to camp since it attracts animals and insects into your cabins and possibly into your luggage!

Camp Store - There is a small camp store which will be open after lunch and dinner in order to purchase drinks, snacks, and souvenirs. Students are responsible for bringing and keeping their own money.

LEADERSHIP DEVELOPMENT

YMCA Camp Surf's Leadership Development Program is designed for peer counseling, student government, sport teams, service clubs, or any other group with a desire to build unity and accept the challenge of developing as individuals and as part of a team. Students build trust and confidence through fun and challenging experiences in a safe environment.

Our classes can be combined with your training or we can do it all! All groups begin with a series of non-traditional games and icebreakers to set the stage for the rest of the program. From there challenges are introduced to develop communication, problem solving, trust, planning, and cooperation.

TEAMBUILDING & RECREATIONAL ACTIVITIES

For many students this may be the only opportunity they have to attend an overnight camp. We offer a variety of teambuilding and recreational opportunities to supplement our educational classes in order to provide a truly unique camp experience for your students.

Teambuilding - A series of fun classes (up to 3 class periods) designed to build group cooperation, communication, and trust. Advanced teambuilding is ideal for middle and high school students.

Climbing Tower - Set a personal goal and climb a traditional tower with helmet, harness, and belay for safety. Make it to the top and check out the stunning views of the Pacific Ocean, Downtown San Diego, and Mexico!

Archery - Learn archery basics and practice safe firing techniques.

Crafts - We offer sand candles, lanyards (gimp), surfboard necklaces, mask making, sewing ... and more!

Beach Time - Play on the beach and swim in the ocean. Our lifeguards will review waterfront safety and guidelines. *Note: Students are allowed in the water only when the lifeguards are on duty.*

Surfing - Our spilling waves are great for learning to surf and we have everything you need from surfboards to expert instructors. *Note: Surfing is only available for 5-Day Groups and must be scheduled in advance!*

EVENING PROGRAMS

Campfire and S'mores - Long standing camp traditions to sing songs, make a s'more, hear amusing stories, be creative, and join in the spotlight.

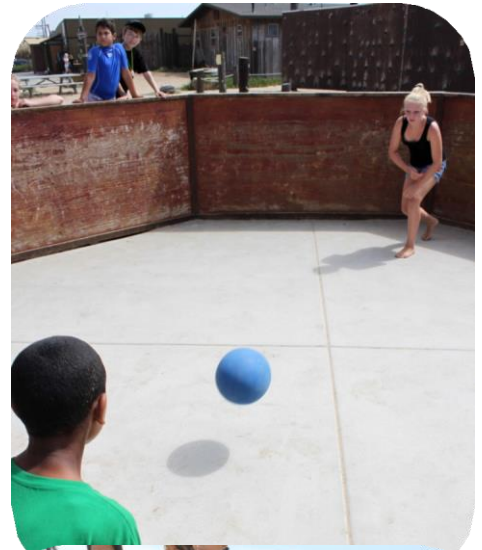
Skit Night - Cabins plan skits in their free time with their chaperones. Ask to borrow our skit resource binder to get a few good ideas.

Leadership Compass - Students discover their leadership style based on the characteristics of four amazing animals and develop an understanding of how different styles communicate and lead.

Cabin Challenge - A cooperative improv activity where groups are given different scenarios to act out on stage.

Twilight Adventure - Explore camp after sunset and learn about our crepuscular and nocturnal creatures and their unique adaptations.

Kumeyaay Discovery - Coming soon!



PARENT INFORMATION

Dear Parent,

YMCA Camp Surf welcomes your child to our Outdoor Education Program on the Silver Strand Beach in San Diego, California. We offer a comprehensive camping and educational program. ***Please help us provide a happy and healthy experience by following these guidelines:***

Health Form/Waiver of Liability - Please read and sign the Health Form for your child. All adults in attendance will sign a separate Release Waiver. ***No one can stay on site or participate in camp activities without this signed waiver.***

Medications - Do not pack medication in your child's luggage (state law). Give medication to school staff in original container with clear instructions and also write instructions on the Health Form.

Emergency Contact - In case of **EMERGENCY ONLY**, the camp cell number is 619.316.7637. For all other inquires and messages, the camp office number is 619.423.5850. YMCA Camp Surf staff are equipped to respond to emergency first aid incidents, but medical care and dispensing medication is the responsibility of the school.

Camp Store - The camp store is open after lunch and dinner to purchase drinks, snacks, and souvenirs. Students are responsible for their own money. Items vary in price from \$35.00+ for a sweatshirt, to \$15.00+ for a t-shirt, to \$1.00+ for a snack.

What to Bring - Refer to the Equipment List. Please do not allow your child to bring cell phones, MP3 players, expensive cameras, food, or anything that could be considered a weapon. ***YMCA Camp Surf is not responsible for the damage or loss of items brought to the camp. Please leave expensive belongings at home.***

Our staff is committed to providing the very best experience possible your child. If you have any questions, please don't hesitate to call or email us, or visit our website. We thank you for the privilege of helping your child grow!

Sincerely,
The YMCA Camp Surf Staff

P.S. - Put names or initials on everything!!!

YMCA Camp Surf • 560 Silver Strand Blvd. • Imperial Beach, CA 91932
P 619.423.5850 • F 619.423.4141 • www.camp.ymca.org



EQUIPMENT LIST

Campers MUST bring:

- ___ Sleeping bag and pillow
- ___ Towels (beach & shower)
- ___ Soap & shampoo
- ___ Toothbrush & toothpaste
- ___ Brush or comb
- ___ Deodorant
- ___ Hat with brim or visor
- ___ Sunscreen & lip screen
- ___ Warm jacket or coat
- ___ 2 Sweatshirts or sweaters
- ___ Warm shirts
- ___ Long pants (2-3 pair)
- ___ Pajamas/sleepwear
- ___ Short sleeve t-shirts
- ___ Shorts
- ___ Undergarments
- ___ Socks
- ___ 1 pair of sneakers
- ___ 1 pair of sandals
- ___ Rain gear (or poncho)
- ___ Swim wear (if water time)

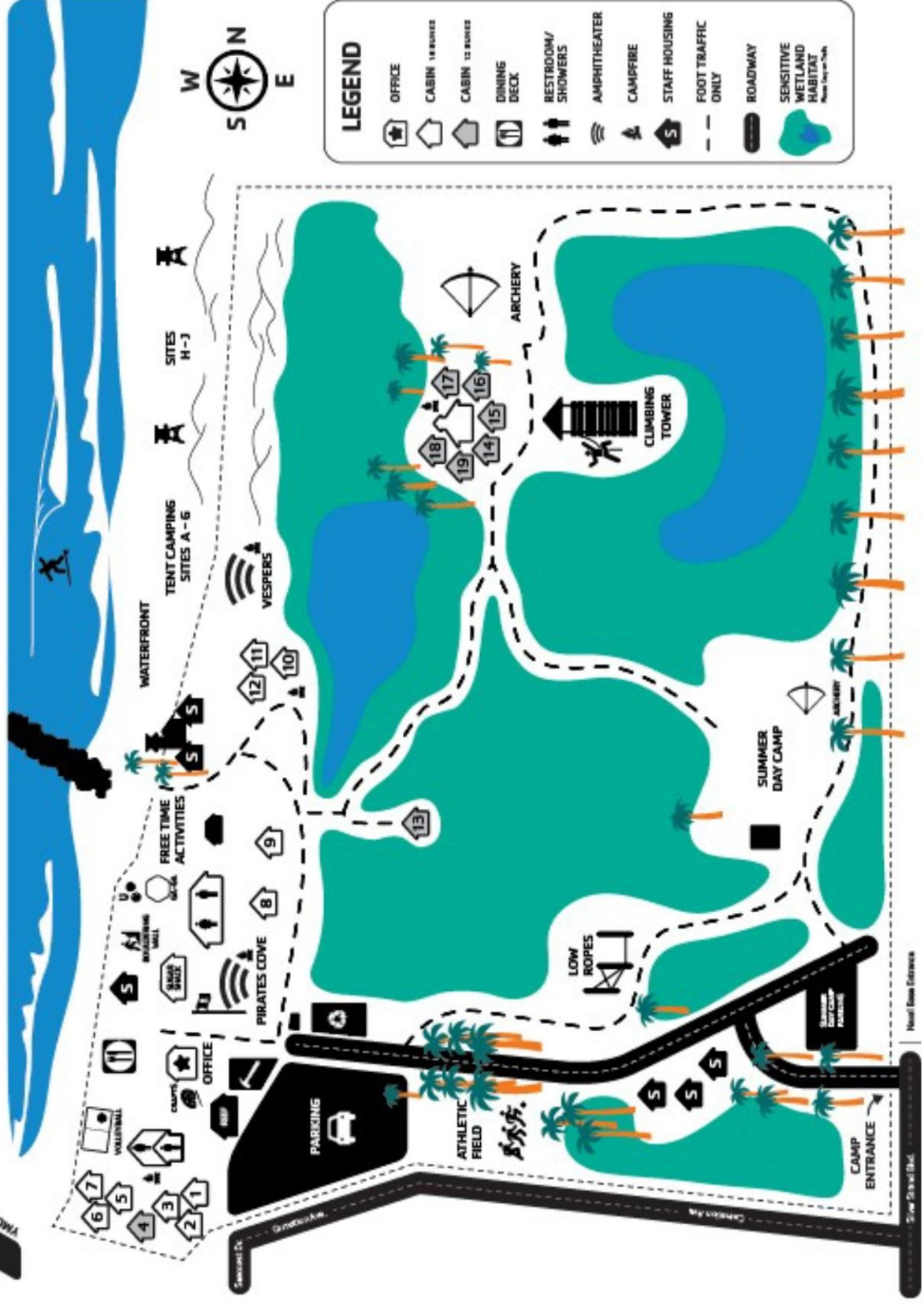
Optional:

- ___ Inexpensive camera
- ___ Reusable water bottle
- ___ Stationary & stamps
- ___ Gloves, mittens, scarves
- ___ Waist pack or back pack
- ___ Appropriate reading material
- ___ Wetsuit
- ___ Money for camp store





560 Silver Strand Blvd Imperial Beach, CA 91932
 P 619 423 5850 after hours emergencies 619 516 7457



LEGEND

- OFFICE
- CABIN 18 BUNKS
- CABIN 12 BUNKS
- DINING DECK
- RESTROOM/SHOWERS
- AMPHITHEATER
- CAMPFIRE
- STAFF HOUSING
- FOOT TRAFFIC ONLY
- ROADWAY
- SENSITIVE WETLAND HABITAT

Hand From Entrance
 Silver Strand Blvd