



CAMP

CORY

YMCA OF GREATER ROCHESTER



FAMILY HANDBOOK

Hello there!

We're absolutely thrilled you've decided to have your child join our camp! Every program and activity we offer is spearheaded by our team of 'Professional Role Models', whose exemplary qualities set a positive example for all our campers. Our commitment lies in fostering a secure environment where children feel free to express themselves, explore new perspectives and acquire valuable skills.



At YMCA Camp Cory, we provide a welcoming community for your child to form lasting friendships, dive into novel experiences, learn about diverse cultures from around the globe and develop abilities and skills that promote greater independence.

The Family Handbook serves as an essential guide for navigating our summer camps, offering answers to many common questions and concerns. Should you or your family have any further inquiries or need assistance, please don't hesitate to reach out to us.

Thanks again, and we eagerly anticipate welcoming you to Camp!



Patrick Foster
Executive Director
PatrickF@RochesterYMCA.org
(O) 585-263-4241 (C) 585-506-5430



Blake Van Horn
Camp Director
Blake.VanHorn@RochesterYMCA.org
(O) 585-341-3080



Sydney Barrette
Operations Manager
Sydney.Barrette@RochesterYMCA.org
(O) 585-263-4242



Kiara Ball
Day Camp Director
Kiara.Ball@RochesterYMCA.org
(O) 585-263-4240 (C) 585-313-3876



Jacob Peregrim
Camp Ranger
Jacob.Peregrim@RochesterYMCA.org

Camp Infirmary

CampCoryHealthTeam@RochesterYMCA.org
Call, Text or Fax - 585-505-8012

Main Contact

CampCory@RochesterYMCA.org
585-325-2889



KEEPING IN TOUCH

MAIL & CARE PACKAGES

Mail and care packages are delivered each day after lunch. Feel free to send your camper with pre-addressed and stamped envelopes or postcards; we also sell these supplies in the Camp Store!

If you'd like to avoid mail delays and shipping costs, you can drop off any mail or care packages at the Camp Store during Sunday Check-In and they will be delivered on any day you specify.

BUNKNOTES

Bunknotes is a third party service through [Bunk1.com](https://www.bunk1.com) that allows families to send notes to campers via email. Bunknotes are printed daily at 6 am and delivered to campers with the general mail delivery. Bunknotes received after 6 am will be delivered the following day. Families can choose to supply their camper with a reply note which allows them to write back. Reply notes get scanned and delivered to the sender's email as soon as the camper turns them in. Visit [Bunk1.com](https://www.bunk1.com) to get started. Registered families will receive a code to tie your account to Camp Cory.

PHOTOS

Photos are posted daily on [Bunk1.com](https://www.bunk1.com). While pictures can only provide a snapshot in a day, we know how important it can be to see your camper in action! Our media specialist prioritizes moving around the entire camp throughout the day, making sure they see each camper at least once and capturing the magical moments that happen at camp.

PHONE CALLS

While we understand it is a difficult transition for parents and campers to not have instant access to each other, we believe the unplugged opportunities at camp far outweigh the need for a phone. Phone calls often result in camper homesickness rather than being a helpful tool. Parents may call the office to talk with the Camp Leadership Team for an update or with any concerns at any time. In some instances, we can have campers use the office phone if there is a need to talk with parents/guardians for a concern or emergency. Arrangements can be made by calling the main office. Additionally, the office or infirmary will reach out if there are any issues or concerns.

Follow us on Facebook and Instagram:

Facebook: YMCA Camp Cory

Instagram: YMCA_Camp_Cory

Mail should be addressed as follows:

Camper's Name - Cabin/Village

140 Rt 54 E Lake Rd

Penn Yan, NY 14527



REGISTRATION & FEES

REQUIRED FORMS

All of the necessary forms for summer camp can be found in your online parent account. Please make sure all forms are completed and uploaded to your account prior to your camper's arrival. If we do not have the required medical paperwork for your camper, they may not be able to attend until it is received. All medications, including over-the-counter medications not listed on our form, require a doctor's note.

PRICING & FEES

A 10% deposit is due at the time of registration. Families can choose to pay in full at the time of registration, utilize a monthly payment plan, or defer the remaining payment until May 15. If you need to set up an alternative payment plan, please email Sydney.Barrette@RochesterYMCA.org. All payments are due in full by May 15. Lack of payment by May 15 may result in your child being unenrolled for their camp sessions. Families have the option to apply for an experience scholarship after the registration process.

CANCELLATION AND SESSION CHANGE POLICY

All payments are fully refundable until May 15. After May 15 and up to two weeks prior to your session starting, you will be refunded minus your 10% deposit. Cancellations within two weeks from the start of the session will not be refunded. If a camper's time at camp ends early due to homesickness, dismissal, illness or voluntary withdrawal, there are no refunds. Refunds will be given for medical purposes (with a doctor's note) prior to the start of camp. If final payment is not received by the due date, your registration may be canceled, and your deposit forfeited. All cancellations must be made in writing to CampCory@RochesterYMCA.org.

Session changes will be made based on session availability until May 15. All session changes must be made in writing to CampCory@RochesterYMCA.org.

CAMPER EXPERIENCE SCHOLARSHIPS

We believe that every child deserves the opportunity to experience the joys of camp, regardless of their socioeconomic background. We understand that financial constraints can be a barrier to participation, which is why we are committed to providing camper scholarships. Through the generosity of donors and supporters, we are able to allocate funds to help cover camp fees, ensuring that no child is left behind due to financial limitations.

The Experience Scholarship application is available once your camper is registered on your Parent Account Page. All payments are fully refundable should you decide the offered scholarship does not work for your family.



VISITORS ON CAMP

PRIOR ARRANGEMENTS FOR VISITOR ACCESS

At Camp Cory, we value the safety and security of all our campers. To ensure a smooth and organized experience for both campers and visitors, we have established a visitor policy that requires prior arrangements for access to the camp premises. To schedule a visit at Camp Cory, please contact us at CampCory@RochesterYMCA.org.

CAMPER RELEASE PROTOCOLS

For the safety of our campers, we strictly adhere to the information provided in their camper profile. Campers will only be released to individuals listed as parents, authorized pickups, or emergency contacts on their camper profile. This policy is in place to guarantee the well-being and security of every child in our care.

OUTSIDE VISITORS

(ALUMNI, FORMER STAFF AND VOLUNTEERS)

Any outside visitors who wish to visit Camp Cory are required to make an appointment with the camp office before their arrival and check in at the camp Office upon arrival. This enables us to coordinate their visit, provide necessary information and maintain a secure environment for our current campers.

RESPECTING CAMP ACTIVITIES

While we appreciate the enthusiasm of our visitors, we kindly ask that they respect the camp's daily schedule and ongoing activities. Visitors are encouraged to coordinate their visits during appropriate times to minimize disruptions to camp routines. While on property, visitors are welcome to observe, but should avoid distracting the staff team from their ongoing duties.



We appreciate your understanding and cooperation in adhering to our visitor policy. The safety and well-being of our campers are our top priorities, and these measures are in place to create a secure and enjoyable experience for everyone at Camp Cory. If you have any questions or need further clarification regarding our visitor policy, please feel free to contact the camp office. We look forward to creating positive and memorable experiences for both campers and their guests at Camp Cory.



HEALTHCARE AT CAMP

6

Camp Infirmary:
CampCoryHealthTeam@RochesterYMCA.org
Call Text or Fax at 585-505-8012

ON-SITE MEDICAL SUPPORT

The health and well-being of your child are of the utmost importance to us at Camp Cory. We want to assure you that your child will be in good hands with our experienced medical team. During our overnight sessions, we are fortunate to have two dedicated and experienced nurses living on site to provide immediate medical attention and support when needed.

PHYSICAL EXAMINATIONS

All campers are required to have an updated physical examination within 24 months of their arrival at camp. This helps us maintain a comprehensive understanding of each child's overall health and address any potential concerns proactively. Please ensure that your child's physical is current before they attend camp.

TIMELY MEDICAL UPDATES

We ask parents to update their camper's medical profile as soon as possible. This allows our medical team to thoroughly evaluate the information provided and ensure that all necessary paperwork is in order. Your prompt attention to this matter greatly contributes to the overall well-being and safety of your child while at camp.

INFIRMARY COMMUNICATION

In the event that your camper requires an unscheduled visit to the infirmary beyond regular first aid, we will promptly contact you to discuss the situation and keep you informed. Open communication is a priority, and we value your trust in our ability to care for your child.

MEDICATION MANAGEMENT

If your child requires medication while at camp, it is essential that all medications are provided by an adult and, brought in their original containers. Whether it's prescriptions medication or an over-the-counter remedy like Melatonin, we require a doctor's signature on file indicating the appropriate dosage and administration instructions. Medications are typically administered after meals and before bedtime, ensuring a consistent and routine schedule.



MEDICATION AND CAMPER HEALTH CARE FORM

7

CAMPER HEALTH CARE FORM

The Camper Health Care Form collects information about your camper's health history, date of last physical exam, medications, allergies, dietary restrictions, and health insurance information. (All campers are required to have an updated physical examination within 24 months of their arrival at camp). This information is crucial for our medical team to be well-informed and prepared to address any specific needs your child may have during their time at camp. This form must be completed annually by a parent or legal guardian. The last page is an authorization, release and indemnity waiver.

STEPS FOR COMPLETING THE CAMPER HEALTH CARE FORM

1. Complete the online Camper Health Care Form (step 1/3). You must complete this step to populate the download in step 2.
2. Download the Camper Health Care Form – this is the only form we will accept. The correct form is 2 pages long and will say "Camp Cory 2026 Health History Form" at the top. Parent/Guardian must sign the first page Healthcare provider completes the second page, authorizing prescription and over the counter medication as well as indicating date of physical within 1 year Blank forms shown below.
3. Upload completed and signed document into your parent account under the "Camper Health Care Form (Step 3/3)" upload slot. The Camp office will contact you if we need your camper's healthcare form to be corrected.

DAY CAMP

If your camper does not take prescription medications that need to be administered during the camp day, Camp can accept their school physical as the required documentation.

Please note: The Infirmary cannot administer any over-the-counter medications based solely on a school physical.

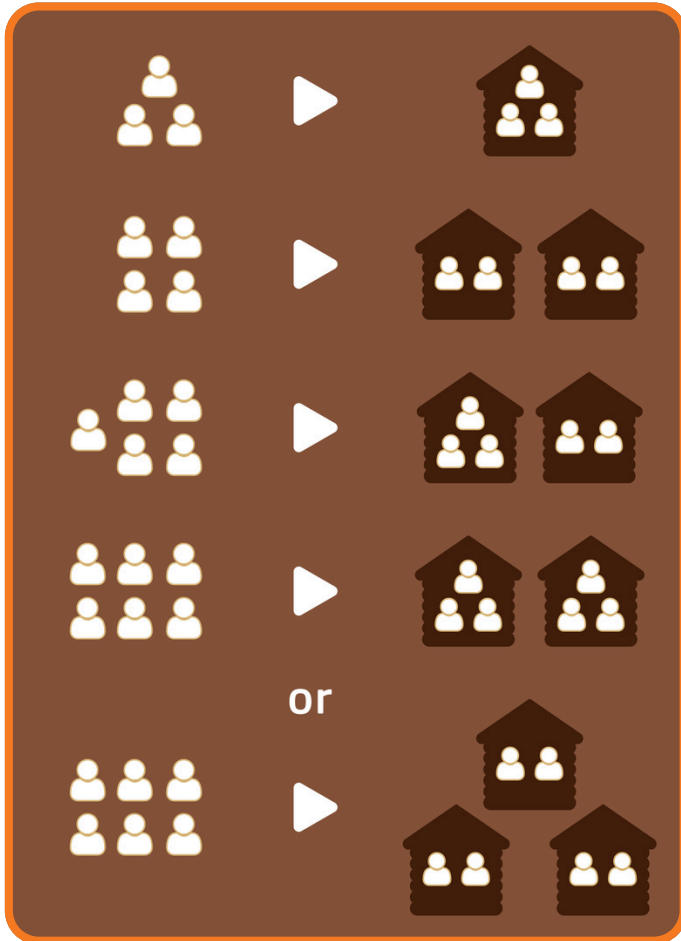
If your camper does take prescription medications, please follow the steps listed above for the Camper Health Care Form or submit a medication order from their doctor.

IMPORTANCE OF MEDICAL INFORMATION

To ensure the best possible care for your child, we request that you complete and update the medical information on your child's camper profile. The information is crucial for our medical team to be well-informed and prepared to address any specific needs your child may have during their time at camp. Please provide accurate and up to date details about your child's health, allergies, medications, and any other pertinent medical information.



GROUP MATE & BUNK MATE REQUESTS



Campers can request to share their group or cabin with friends. In Day Camp, these requests are not restricted by gender. However, in Overnight Camp, cabins are assigned based on gender identity. We accommodate friend requests for campers within a one-year age difference to maintain a balanced experience.

Additionally, we can fulfill requests for up to three campers in a single group or cabin. If the request involves more than three campers, they will be placed in adjacent cabins, ensuring each camper is still with at least one chosen friend. This policy helps prevent any single group of friends from dominating the cabin dynamics, thereby fostering inclusivity and encouraging new friendships.



YMCA CAMP CORY INCLUSION POLICY

GENDER INCLUSION

Equal access, inclusion, engagement, and affirmation based on sex, gender expression, and/or gender identity is essential to the camp experience. The Camp administration will insist that programs and activities are conducted accordingly. This policy provides staff guidance for ensuring a safe and inclusive environment for all campers and equal access to all programs and activities.

Camp Cory's living spaces are gender specific and inclusive, which means:

- Girls+ includes girls, transgender, and non-binary campers
- Boys+ includes boys, transgender, and non-binary campers

CAMPERS WITH DIVERSE ABILITIES

We are committed to ensuring that every camper, regardless of their abilities, has a fulfilling and enjoyable experience. We understand that each camper may have unique needs, and we are dedicated to making any reasonable accommodation necessary to facilitate their participation and enjoyment of camp activities. While we are committed to inclusion, we are not a specialized camp and have limitations in our grounds, facilities, ratios and staff ability and training that may mean Camp Cory is not the right environment for your camper. If your child has diverse abilities, please reach out to our Camp Director to discuss accommodations.



INCLUSION STATEMENT

At YMCA Camp Cory we strive to ensure that everyone- regardless of ability, age, cultural background, ethnicity, faith, gender, gender expression, gender identity, ideology, income, national origin, race or sexual orientation - has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect, responsibility and connection; they guide everything we do. While Camp is welcome to all, we recognize our own limitations in meeting the needs of some of our potential campers in both resources and facilities. We will work with partners to identify and remove the barriers that historically have prevented camp from being accessible to marginalized communities. By doing so, we will work to ensure that everyone can access the unique support they need within our ability. We will make decisions alongside individual families regarding each situation and camper on a case-by-case basis.



MEALS AT CAMP

At YMCA Camp Cory, we partner with Wolfoods Kitchen to ensure every camper has a safe, nutritious, and inclusive dining experience. Here is how we manage food safety and allergies:

HOW WE KEEP YOUR CAMPER SAFE

- **Expert Training:** Our kitchen team is professionally trained in safe food handling and specific cross-contamination prevention.
- **Careful Labeling:** We maintain a detailed library of ingredient labels for all packaged foods, ensuring we know exactly what is in every item we serve.
- **Smart Storage:** All allergen-free foods are stored separately in a clean, sanitized environment to keep them safe.
- **Clear Communication:** Every meal features an Allergen Communication Board in the dining hall, clearly marking the "Top Allergens" (including Sesame) present in that meal.
- **Safety Close at Hand:** Our medical team provides a comprehensive list of all camper restrictions to the kitchen staff. For peace of mind, emergency First Aid (including Epi-Pens) is always kept close to the dining facility.

PERSONALIZED MEAL CARE

For campers with anaphylactic allergies or multiple dietary needs, we individually wrap and label their meals with their name to ensure they get exactly what they need.

While some manufactured products may contain sesame, we omit it from all of our "house-made" ingredients. These items will always be clearly marked on our communication boards.



MEALS AT CAMP

HOW YOU CAN HELP US PREPARE

To provide the best care for your camper, we rely on a close partnership with you before they even arrive at Keuka Lake.

BEFORE CAMP STARTS

- **Be Detailed:** On your health forms and Food Allergy Profile, please clearly list all dietary restrictions. It is incredibly helpful for us to know if it is a sensitivity or a life-threatening allergy, what a reaction typically looks like, and the exact steps our medical team should take to treat it.
- **The Two-Week Mark:** Please ensure all forms are completed and submitted at least two weeks before your camper's arrival. This gives our kitchen and leadership teams the time they need to order the right ingredients and prepare for your child's specific needs.
- **Practice at Home:** We encourage you to review "self-management" with your camper. Helping them feel confident in identifying their safe foods and knowing when to ask a counselor or kitchen staff member for help makes their camp experience much smoother.

A Note on Outside Food

While your camper will be provided with great meals in the dining hall and snacks in the camp store, many campers bring snacks to keep in their cabin. We ask that you please provide your campers with sealed containers for their snacks. Please no snacks with peanuts and/or tree nuts. While camp can provide hot water in the dining hall for snacks like ramen noodles, access to a microwave or special containers are reserved for special dietary needs.



CAMP SCHEDULE OVERVIEW

Day Camp Schedule Overview

Time	Cosmos Village	Aviator Village	Conifer Village
7:00-8:30	Sunrise Club (open Drop off)		
8:35	Round up/ Flag		
9:00	Group Break Down		
9:25	Play & Learn Activity	Rotating Waterfront Activities	Period 1
10:25	Waterfront	Rotating Waterfront Activities	Period 2
11:45	Lunch		Free Hour
12:45	Rotating Activities	Store	Lunch
1:35	Rotating Activities	Rotating Activities	Waterfront
2:45	Rest Time/ Store	Group Or Village Level	Store/ Group Level
3:45	Village or All Day Camp Activity		
4:30	Group Break Down/ Snack		
4:30-6	Sunset Club (Open Pick up)		

***These schedules are generalized and will vary day-to-day.**

Overnight Schedule Overview

Time	Activity
7:00AM	Polar Bear (Optional jump in the lake)
7:30AM	Reveille
7:45AM	Flag
8:00AM	Breakfast
8:45AM	Morning Messages/ Cabin Clean
9:25AM	Period 1
10:25AM	Period 2
11:45AM	Free Hour
12:45PM	Lunch
1:35PM	Rest Hour/ Store
2:45PM	Period 3
3:45PM	Period 4
4:45PM	Cabin Level
5:45PM	Flag
6:00PM	Dinner
7:00PM	Evening Program
8:30PM	Showers/ Campfire
9:30PM	Taps & Devotional



OVERNIGHT CHECK-IN & CHECK-OUT

SUNDAY CHECK –IN:

Keuka Village and Craig Village: 3–3:30 pm

Wells Village and Maijgren Village: 3:30–4 pm

Walmsley Village and CITs: 4–4:30 pm

If you have multiple campers, please arrive at your earlier assigned time. Village placement is emailed 5 days prior to your campers' arrival. When you arrive at Camp you will be

directed to park and head to the Central Pavilion for check in where your camper will receive their cabin assignment. Once you have checked in, the following steps can happen in any order:

Medication Check In: Medication check-in is in the dining hall with our Camp Nurses. Medications need to be in original packaging and match exactly what the completed medical paperwork says.

Camp Store: Our Camp store will be open during this time to purchase any merchandise, add money to your camper's account, and drop off any mail you would like delivered to them throughout the week.

Cabin Move In/Bunk Selection: Once checked in, campers can move their belongings to their cabin and meet their counselors and fellow campers. In order to meet everyone's needs, bunks will be chosen once all campers in their cabin have arrived, or at the end of your village check-in time (whichever comes first).

Names will be 'pulled from a hat' to pick bunks to make it as fair as possible. Families can choose to wait until bunk selection to help move their camper in, or their counselors will be available to assist. If your camper has extenuating circumstances that requires a bunk specification, please include that information in the Camper Information Form. Please email blake.vanhorn@rochesterymca.org for any questions.

SATURDAY CHECK-OUT:

Families can arrive anytime between 9–11 am and head right to your camper's cabin.

PHOTO ID IS REQUIRED.

Medication pick-up is at the infirmary. Don't forget to check the pavilion for lost and found! The store will also be open to use up your camper's funds.

PLEASE LEAVE PETS AT HOME



LEAVING CAMP EARLY/ALTERNATIVE ARRANGEMENTS

If you need to pick your child up early or drop off late, please contact camp ahead of time to make arrangements. Additionally, please call the camp office when you are on your way so we can make sure your camper is ready to go when you arrive.

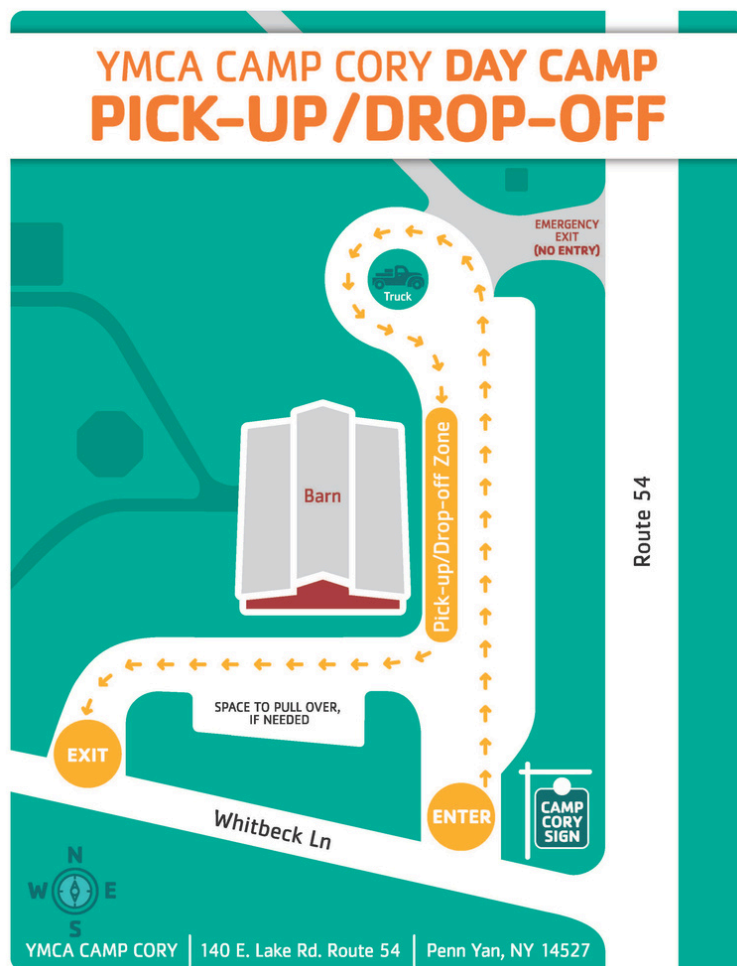
If your camper gets sick while at camp, we ask that you pick up as quickly as possible to help avoid the spread of illness. Campers may return to camp when they are fever-free for 24 hours and show no other signs or symptoms of illness.



DAY CAMP DROP-OFF & PICK-UP

Check-in runs between 7 and 8:30 am. All groups will be dispersed around camp after 9 am, so please text us if you plan to drop off late, so we can plan accordingly with getting them connected with their group. Drop off consists of signing your child in and checking in with the staff with any questions or additional information.

Check-out runs between 4:45 and 6 pm. All groups will be at the barn (or close to it) by that time. If you need to pick up before that time, please text us with at least a 20 minute window so we can have them where they need to be when you arrive. Please bring a photo ID to pick-up. Only authorized individuals are allowed to pick up, which includes those listed as parents, emergency contacts and authorized pickups on the camper's profile. You can add, update or remove your emergency contacts and authorized pick ups at anytime by logging into your account, clicking "view details" and selecting "Update Household Information."



Please pull into the Barn at the Day Camp sign and follow the above image for best flow of traffic. Please use specified parking spots if you need to pull to the side for ease of car seats as well as bringing in and picking up your Cosmo Camper. We expect Monday mornings at drop off to take a little longer than the rest of the week. Additionally, we anticipate Friday pick-up will take longer, as they are wrapping up and saying goodbye to their new friends.

Please bring your photo id every day! Please text the Day Camp cell number below to let us know about any late drop offs or early pick-ups with at least 20 minutes notice.
(585) 313-3876



SWIM PROCEDURES & LOST AND FOUND

SWIM PROCEDURES

On Mondays, all campers go to Dip N' Dash, where they do a brief swim assessment and are given a red, blue or white wristband. This wristband corresponds to the swim section they are allowed to swim in without a lifejacket. It also corresponds to the respective chip color with the camper's name and cabin on it for the week. Anytime campers do any water activity, they are checked in and out of the buddy board with this chip. If a camper does not want to participate in Dip N' Dash for any reason, they can opt out and receive a red band.

- The RED section is a small shallow section that all campers are able to be in without a lifejacket. This section is also where they can play in the sand.
- The BLUE section is anywhere from 3-5 feet deep depending on the area and the overall lake water levels. Campers with a blue band have demonstrated basic strokes and a level of endurance necessary for their safety in the blue section.
- The WHITE section is the deepest and is anywhere from 4-8 feet deep depending on the area and overall lake water levels. Campers with a white band have demonstrated high level stroke proficiency and a level of endurance necessary for their safety in the white section.

Campers doing any water activity outside of swimming (sailing, paddleboarding, kayaking, etc) must wear a lifejacket at all times.

Lifeguard ratios are 1:15 with another staff member in the water and 1:10 without.

LOST AND FOUND

Lost and Found is collected and presented to camp daily during messages (every morning for Day Camp). It is also kept in a central area for campers to check on their own if they'd prefer. On Saturdays, any remaining lost and found items are laid out at our central pavilion for families to check.

Day Camp families can check Lost & Found at Friday pick-up, but are also welcome to come back Saturday morning if necessary. If you wish to come pick up an item outside of those times, please let us know at the email below. We can ship items on a case to case basis.

Lost and Found is kept until the following Saturday after your campers session. After that, all items will be donated.

LABELING ALL ITEMS IS HIGHLY ENCOURAGED!

If you discover something missing after returning home, please email CampCory@RochesterYMCA.org ASAP.



HOW TO HELP YOUR CHILD PREPARE FOR SLEEPAWAY CAMP & HANDLING HOMESICKNESS

To prepare for the adventure of sleepaway camp, the most helpful strategies depend on two main factors: your child's mindset, and yours.

Strategies:

- Discuss the child's expectations without projecting your own. Review all the information provided in the handbook and on our website, so they know what to expect.
- Based on what they bring up, target worries with information and planning when possible. For many common worries, information gathering and planning can help a child know better what to expect to help them feel less nervous.
- It's natural to feel nervous about new experiences, and while no amount of preparation can entirely eliminate those feelings, it offers a valuable opportunity to practice an important life lesson: learning how to manage discomfort.
- Hype it up! Focus on the the cool and exciting parts of the experience! Talk about the fun and memories they are going to make!

Attend one of our First Time Camper Zoom Sessions, Talk and Walks, Open Houses or Family Camps so your camper can ask questions and check out the camp.



HOMESICKNESS

Homesickness is common when attending camp for the first time. Here is some information to prepare you and your child before arriving at camp:

- Our staff are trained in multiple ways to prevent, and handle homesickness as it comes.
- Talk with your children about what to expect: They will be having so much fun; learning new things, making new friends, and creating memories and experiences for themselves.
- Let them know that you'll only be apart for a few days and encourage them to jot down their experiences they want to share with you on Saturday.
- Mail, bunk-notes and care packages are always beneficial in communication and comfort throughout their stay at camp, so you both can keep up-to-date with what is happening in each others lives. See pages titled 'Keeping In Touch' for more information.



BEHAVIOUR MANAGEMENT AT CAMP

Our first step in managing behavior is prevention. We provide clear, reasonable limits for children's behavior and maintain them. We reinforce positive behaviors and redirect negative behaviors. We help children recognize and identify their feelings as valid and acceptable. You will be contacted if we have serious concerns about your child's behavior so we can discuss the best way to help them course correct. If you have concerns about your child's behavior at camp, we encourage you to put the information on the camper information form and to speak with your child's counselor on check in day to clarify any information. You are also welcome to call camp ahead of time to discuss best practices with the Camp Director.

Possible discipline or consequences for poor behavior at camp include (but not limited to) redirection, discussion of behavior with a staff, taking a break from activities to reset, restriction from activities or privileges, conference with Camp Director, and/or a conference with Director and home.

We make every effort to communicate and solve individual behavior challenges; however, if a problem persists, we may need to send a camper home for their behavior. While every child is different and we assess every situation on a case by case basis, a few reasons for being sent home from camp include:

- Theft or Destruction of property
- Physical harm to self or others
- Bullying, bigotry, or other mental/emotional/social harm to others
- Repeated insubordination, disregard for the rules, and/or disrespect of staff team
- Possession of cell phone, weapons, alcohol, drugs, tobacco products, vapes, or undocumented medication

Please check your camper's belongings for restricted items before they attend camp. For the safety and well-being of all campers, Camp Cory may search a camper's belongings.



Our "Zen Den" is a space for campers to take a quick break to reset themselves, if need be.

Camp Cory believes in mutual communication and respect combined with natural and appropriate consequences (when necessary) as the foundations of Behavior Management. Please note that Camp Policy dictates that discipline NEVER includes depriving a camper of sleep, food or restroom privileges, placing a camper alone without supervision, or subjecting a camper to ridicule, shaming, threat, corporal punishment, washing out the mouth or physical exercise or restraint.



PROGRAM OFFERINGS

- Arts & Crafts
- Aqua Fun
- Athletics
- Canoeing & Kayaking
- Dance
- Drama
- Fishing
- Guitar
- High Ropes
- Lawn Games
- Low Ropes
- Outdoor Activities
- Outdoor Cooking
- Sailing
- Stand-Up Paddleboarding
- STEM
- Target Sports

Our Overnight campers as well as our Day Campers in the Conifer Village, will have a schedule designed for them, based on their choices in the "Activity Area Request Form" on your registration portal. Overnight campers choose their top 10 choices (five for Conifers), and are then placed in four (two for Conifers) of those choices with their #1 choice being a top priority. We ask that this form be filled out at least 2 weeks before they arrive at camp, so we can have their schedules ready to give to them when they arrive at camp. If the form is not filled out in that time frame, they will still get activities, but will be limited to what space is available. Certain classes also have "advanced" options available for kids ages 12/13 (depending on the activity) and older. For a little more in depth description of the options on the left, visit our website under the overnight camp page.

DAY CAMP PROGRESSION

PRESCHOOL-KINDERGARTEN

Age based program with modified camp activities

First-Fourth Grade

Rotating schedule to try a little bit of everything

Fifth Grade +

Elective based choices (fill out the "activity request form")

Activity	Pre-school	PreK & Kinder	1st	2nd	3rd	4th	5th+
Highropes			X	X	X	X	X
Target Sports		X*	X*	X	X	X	X
Arts & Crafts	X	X	X	X	X	X	X
Aqua Fun	X	X	X	X	X	X	X
Canoeing & Kayaking			X*	X	X	X	X
Sailing				X	X	X	X
Outdoor Cooking		X	X	X	X	X	X

*Modified to be age appropriate



CAMP STORE

The Camp Store is open to families on check-in and check-out days and once daily for campers during the session. Campers can purchase souvenir clothing items, stickers, postcards/envelopes with stamps, water bottles, keychains, etc. We also sell food items in the store such as slushies, popcorn, ice-cream and Gatorade. Snacks are limited to one per day not including Gatorade and are \$1-\$4. Novelty items and apparel tend to range between \$6-\$45. The store does not sell toiletries, sunscreen, bug spray, etc. The Camp Store is completely optional, but if you would like your campers to be able to make purchases, please open their store account through your online parent account before check-in day. While we accept cash and cards on check-in and check-out day in the store, we utilize campers' online accounts during the week.

You are able to monitor your campers' store fund throughout the week in your online account. Products in the store vary from year to year. If your camper is attending multiple weeks, their store balance will roll over week to week. At the end of the summer, any unspent Camp Store money is donated to Camp Cory's Experience Scholarship Fund.



YMCA CAMP CORY

Overnight Camp Packing List



CLOTHING:

- T-shirts (8)
- Long-sleeve shirts (3)
- Shorts (5-6)
- Pants (2)
- Sweatshirts (2)
- Undergarments (10)
- Socks (9)
- Pajamas (2-3)
- Swimsuits (3)
 - Bathing suits must cover all private areas and be appropriate for the activity.
- Towels (1-2 bath & 1-2 beach)

TOILETRIES:

- Shower caddy with holes/something to carry shower stuff in
- Toothbrush
- Toothpaste
- Deodorant
- Soap
- Shampoo & conditioner
- Hair care items (brush, comb, hair ties)
- Feminine care products

ESSENTIALS:

- Water bottle
- Sunscreen
- Laundry bag (if you are not using our laundry service)

CABIN GEAR:

- Sleeping bag/sheets and warm blanket
- Pillow with pillow case

SHOES:

- Sneakers
- Sandals with a back strap
- Shower shoes

EXTRA SUGGESTIONS:

- White item to tie-dye
- Fan
 - We ask that you bring a battery operated and/or rechargeable fan
- Hat
- Rain jacket
- Flashlight
- Disposable camera

PERSONAL ITEMS:

- Playing cards, books, friendship bracelet string, stuffed animal, etc
- Pre-addressed Stationary & pens
- Snacks in a sealed container (no nuts or gum)

SAILING CAMP EXTRAS:

- 3-5 sets of clothing that can get wet
- Extra swimsuits
- Shoes that can get wet

COUNSELOR-IN-TRAINING

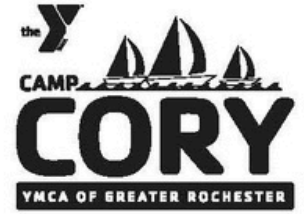
- Notebook
- Pens/Pencils
- Extra Swimsuits for lifeguarding
- Backpack

ITEMS TO BE LEFT AT HOME

- Money
- Items of high monetary value (Camp Cory is not responsible for lost or stolen items)
- Any device with wi-fi, 5G, or other internet capabilities (cell phone, tablets, iPads, smart watches, etc.)
- Pets
- Pocket knives/lighters

YMCA CAMP CORY

Overnight Camp Packing List



EMBRACING THE UNPLUGGED EXPERIENCE AT YMCA CAMP CORY

YMCA Camp Cory wholeheartedly believes in the immense and necessary benefits of disconnecting from electronics during the camp session, and we ask for your full cooperation with this essential policy.

Camp Cory offers a unique and invaluable setting where campers are given the resource of belonging to a community entirely their own. This screen-free environment allows children to fully invest in face-to-face interactions with peers and positive role models who have the time to listen, talk, relax, and reflect genuinely. Suspending electronic interactions is vital for teaching essential social and emotional skills—from recognizing facial emotions and non-verbal cues to making social adjustments with new and different people.

We know that campers thrive and achieve their best when they are fully present in the Camp Cory experience and are empowered to handle the week independently. While separation can sometimes feel harder for parents than for our campers, we encourage you to talk to your camper ahead of time about non-electronic ways they can share their adventures with you. Simple methods like writing letters, journaling, or looking forward to photographs are wonderful ways to connect across the distance.

PACKING TIPS & LOST AND FOUND

- Let your camper pack with you
- Storage can be limited in cabins, we recommend that you provide your child with a storage container to hold their belongings. Trunks, Duffle Bags, and packing cubes are recommended
- Label as much as you can
- Lost and found is kept for one week after the Saturday of your child's session. After that, items are donated

SNACKS

While your camper will be provided with great meals in the dining hall and snacks in the camp store, many campers bring snacks to keep in their cabin. We ask that you please that you provide your campers with sealed containers for their snacks. Please no snacks with peanuts and/or tree nuts. While camp can provide hot water in the dining hall for snacks like ramen noodles, access to a microwave or special containers are reserved for special dietary needs.



YMCA Camp Cory

Day Camp Packing List

Disconnecting to Connect: Our Day Camp Electronics Policy

YMCA Camp Cory wholeheartedly believes in the immense benefits of disconnecting from electronics during the camp day, and we ask that campers leave their cell phones at home during their camp day.

Day camp offers a unique setting where campers can fully immerse themselves in a community entirely their own. This screen-free environment allows children to invest in face-to-face interactions with peers and positive role models who have the time to listen, talk, and engage genuinely. Suspending electronic interactions is vital for teaching essential social and emotional skills—from recognizing non-verbal cues to making social adjustments with new friends.

We know that campers thrive when they are fully present in the Camp Cory experience and empowered to navigate their day independently. While we understand the desire to stay connected, we encourage you to talk to your camper about sharing their adventures with you once they head home for the evening.

STAYING IN TOUCH

If you need to reach your camper or the camp leadership during the day, please use the following direct lines rather than calling or texting a camper's personal device:

- Kiara Ball, Day Camp Director Cell: 585-313-3876
- Blake Van Horn, Camp Director Direct: 585-341-3080
- Pat Foster, Executive Director Direct: 585-263-4241
- Health Office Main Number: 585-505-8012

PACKING TIPS & LOST AND FOUND

- Let your camper pack with you
- Label as much as you can
- Lost and found is kept for two weeks after the Saturday of your child's session. After that they are donated

SNACKS

While your camper will be provided with great meals in the dining hall and snacks in the afternoons, we do ask that campers leave snacks at home. If there is a strong need for specific snacks in your campers' belongings, please no snacks with common allergens including nuts (peanuts and tree nuts), eggs, and wheat.



YMCA Camp Cory

Day Camp Packing List

ESSENTIALS:

- Backpack
- Water bottle
- Sunscreen
- Lunch (if you did not register for lunches provided)
- Extra set of clothing (Shorts, shirt, underwear, and socks)
- Swimsuit
- Towel
- Sneakers (Closed toed shoes with backs are required for many camp activities)

OPTIONAL ITEMS:

- Hair care items (brush, hair ties, etc.)
- Feminine care products
- White item to tie-dye (on Friday)
- Hat
- Water shoes (crocs, sandals with back straps, etc.)
- Rain Gear, sweatshirt, or long sleeve (weather permitting)

PROHIBITED ITEMS:

- Money
- Items of high monetary value (Camp Cory is not responsible for lost or stolen items)
- Any device with wi-fi, 5G, or other internet capabilities (cell phones, tablets, iPads, smart watches, etc.)
- Pocket knives/lighters
- Medications (unless checked in to nurse with appropriate paperwork)
- Toys or games from home
- Anything you mind getting a little dirty
- Vapes, tobacco, alcohol, and drugs