

This form should be submitted no later than two weeks before your camper's first day at camp.



# YMCA Camp Hi-Rock Day Camp Coaching Period Request Form



Camper Name: \_\_\_\_\_

Week(s) Attending:      1a    1b    2a    2b    3a    3b    4a    4b

**Chipmunks (ages 5 to 7):** Campers in the Chipmunk Unit do not need to complete this form. Chipmunk campers will experience some of the activities below that are developmentally appropriate, but not during the formal coaching periods (which integrates day camp with overnight camp programs).

However, if you would like to express interest in having your camper gain some exposure to an activity during the week (such as through a demonstration or introductory activity period), please use the space on the back of this form to describe your wishes in-depth, and do not hesitate to contact our Day Camp Director at (413) 528-1227.

**Bobcats (ages 8-9):** Campers in the Bobcat Unit will be signed up for a morning coaching period each week. Please write your camper's top three choices (activity offerings listed on back):

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Falcons (ages 10-12):** Campers in the Falcon Unit will be signed up for both a morning and an afternoon coaching period each week. Please write your camper's top five choices (activity offerings listed on back):

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_

We will do our best to help campers get at least one of their top choices every session. Please understand that coaching period availability depends heavily on several factors, including programming availability, scheduling needs, staff skills, and overall camper interest. During your camper's first week, the Day Camp staff will ask campers for any new or modified requests and take them into account for the next week.

## Coaching Periods Listed on Back of this Form

The following is a list of typical activities that are offered:

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A Cappella	Dance	Low Ropes Course	Swimming
Advanced Swimming	Digital Photography	Martial Arts	Tennis
Air Riflery	Drama	Outdoor Living Skills	Touch Rugby
Archery	Fishing	Overnight Camping	Ultimate Frisbee
Arts & Crafts	Fitness	Rock Climbing	Volleyball
Aerobics	Flag Football	Rocketry	Wake Boarding*
Basketball	Frisbee Golf	Row Boating	Water Skiing*
Canoeing	Gardening	Snorkeling	Web Journalism
Cooking	Hiking	Soccer	Windsurfing
Creative Writing	Kayaking	Softball	and more!

\* = extra fee required

- To take part in the following activities, it is helpful, but *not required*, that your camper swim test as a blue- or green-level swimmer:
  - Canoeing
  - Row Boating
- To take part in the following activities, it is *required* that your camper swim test as a blue- or green-level swimmer:
  - Kayaking
  - Water Skiing
  - Wake Boarding
- The following activities are limited to green-level swimmers only:
  - Advanced Swimming
  - Snorkeling
  - Windsurfing

To learn more about coaching periods, requirements, and the camp schedule, please refer to the Day Camp Parent Handbook, or call us at (413) 528-1227.

(Chipmunk Camper parents, please use this space)

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