



Y FAMILIY CAMP™

We build strong kids, strong families, strong communities.

1ST ANNUAL YMCA FAMILY CAMP UNDER THE STARS AT HERITAGE PARK July 25 & 26th 2009

Fee: \$30 per camp space (8 persons max. per site)

LOCATION: Heritage Park (5546 Beryl St.)

Fun for the whole family – children must be accompanied by an Adult

Family Name _____ Family Count _____

Contact Person: _____

Address: _____

City, Zip: _____

Day Tel # _____ Cell # _____

Email*: _____

*We will be sending you camp update information via email, "What to Bring" List, Special events information etc.

July 25th Check in: 1 PM

July 26th Check out: Noon

Want to try camping? Here's your chance!

- o Tents, No RVs or Trailers. Camp sites are approx. 10'x15'
- o Outdoor cooking, stoves provided, you bring food
- o Campfire with songs and skits, talent show
- o Group games
- o Nature Activities and Demonstrations



Visit our website at www.rcfymca.org for more information.

Register at the YMCA for more information call 909-987-0777

or fax to 481-6425. Contact person is Dianna Lee

This program is sponsored by the YMCA and the City of Rancho Cucamonga

**WEST END YMCA
RELEASE AND WAIVER OF LIABILITY
AND INDEMNITY AGREEMENT**

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HERBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.

2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned of such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by negligence of the releasees or otherwise.

3. THE UNDERSIGNED HERBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasee or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements of inducement apart from the foregoing written agreement have been made.

I HAVE READ THIS RELEASE

Date

Signature of Applicant/Parent

Name of Child

Name of Child

Name of Child

THIS IS A LEGAL DOCUMENT AND CANNOT BE CHANGED OR ALTERED.

YFAMILY CAMP™

We build strong kids, strong families, strong communities.

Welcome to our first annual RC YMCA Family Campout Under the Stars!

Our goal is to provide a fun filled family activity that will allow both experienced and inexperienced campers a night amongst nature. Please include your entire family in the planning discussions for this campout. Please review with the entire family the activities, the “what to bring” list, the rules and various etiquettes and expectations of camping before you arrive. It will make your over-night stay more pleasant if everyone understands what will happen.

If we can do anything to make your family experience more enjoyable, please do not hesitate to ask for our assistance. We have many Camp Crew volunteers standing by to help you.

What to Bring List

- Tent, Screened Tent, Tarp if you want to sleep out under the stars
- Food for Saturday Dinner, Sunday Breakfast, snacks or lunch foods, bottled water for drinking, drinks, etc.
- Cooking utensils: pots, utensils, potholder, paper goods-plates, napkins, paper towels, forks, spoons, etc.
- Flashlight – 1 for each adult minimum
- Glow sticks work great for the kids
- Battery lantern (optional)
- Folding chairs, tables (optional, but could be handy)
- Sleeping bags (or sheets and blankets) and Pillow
- Air mattress (optional)
- Toiletries
- Change of clothing and sleeping attire, shoes must be worn around park.
- Ice Chest and ice
- A sense of adventure and willingness to try something new or different!

What Not to Bring:

- Alcoholic beverages of any kind
- Guns, Knives, air soft or other types of guns
- Fireworks
- Valuables: iPods, video games, etc.
- Dogs, pets of any kind, except service animals
- Generators

Cooking Information:

We will be providing a camp cook stove for you to use and share with other campers in our common cooking area. It is essential that you limit your cooking time so that everyone has a chance to use the stoves. One cooking station/stove area per campsite. For that reason, we suggest creating “one pot” meals, or meals that only need re-heating. These are open flame stove top stoves. There are no microwaves or ovens available. We will provide pot washing on a limited basis in one of the main park facilities. We do suggest you wipe out your pots with paper towels you provide, and wash them at home upon your return on Sunday. You are responsible for your own cooking utensils. You are responsible for cleaning of your cooking area. We will provide cleaning solution and sponges.

Meal Suggestions – Simplicity is the key:

- Pre-made spaghetti with sauce, re-heating in a sauce pan is all that is required
- Soup
- Chili, stew

- Casseroles – pre cooked, that will require re-heating in a saucepan or skillet
- Hot dogs/Hamburgers (barbeque space is very limited)
- Sandwiches – bring the fixings, make it different and fun
- Cooking condiments: as you require – salt, pepper, oil, foil, plastic baggies, etc.?
- Hot water that is added to dried boxed meals is easy – like noodle or rice dishes, etc.
- hot chocolate mix, tea bags
- Cereal and small container of milk
- A meal of tomato soup and grilled cheese sandwiches are always a favorite.
- One pot meals like: Sloppy Joes, Hamburger helper; or there are several one pot meals you can make from scratch –search on line for recipes or refer to your cookbooks. You can also make it at home in a crock pot, and bring to re-heat in a sauce pan.
- The same pan for your one pot skillet dinner can also work for scrambled eggs (eggbeaters), pre-cooked bacon/sausage and hash brown potatoes, mixed together and wrapped in a tortilla with a little cheese for breakfast.
- Coffee Cake, donuts for breakfast
- Fresh fruits and nuts for snacks.

We will be providing:

1. An urn of Hot Coffee Sunday morning (bring your own cup) and Hot water for your Hot chocolate Saturday night
2. Cooking stoves and 3 small Barbecues
3. Access to dishwashing area if you need it (you can wipe your pans and clean them when you return home)
4. Camping space
5. Restrooms
6. Parking will be regulated with designated drop off and park zones.
7. Campfire
8. S'mores Saturday Night for those interested – see sign up sheet for counts/times

Camp Site Information (map provided at check in):

- Campsites are designed in 10x15' spaces
- All spaces require hand carrying your items to your site after registration check-in. Please follow directional signage when you enter the park.
- Spaces are assigned on a first come, first served basis on grass areas, flat surfaces may not always be available.
- There is no electricity.
- Lighting is limited for maximum night vision and star gazing.
- Please keep your possessions within your designated camp site area
- Please use approved trash cans
- Restrooms are in the main park facilities, there are no shower facilities.
- Kitchen cleaning area will be in the main park facility
- Common cooking area is at the 2 shelters near the main playground only.
- Campfire Saturday night will be at the baseball diamond, bring your chairs/blankets for seating.

Camp Out Rules and Regulations

1. No open flame in camping areas. Flame in designated cooking area and for the main campfire activity only. No exceptions.
2. Clean up after your family.
3. Keep noise to a minimum, respect your neighbors.
4. No loud music.
5. No dogs or other pets, except service animals.
6. You are responsible for your own belongings, please do not bring iPods, video games, cd players, etc.
7. Activities provided are for your information and enjoyment, but are not mandatory.

8. Quiet Time starts at 10:00 PM
9. Curfew starts at 11:00 PM
10. Please escort your children to and from the bathroom facilities
11. Children must be accompanied by an adult
12. No fighting or profanity
13. Please follow park playground rules at all times
14. Please keep cell phones off or silent

Night Time Etiquette:

Once darkness settles over our camp, it is best that everyone lowers their voices. This allows for the stillness of the evening and night to not be interrupted. Flashlights should be kept on the ground, not flashed into other campsites, or the eyes of an on coming camper. There should be sufficient lighting to get to and from the bathrooms, please stay on the sidewalk paths where ever possible. Hushed voices should be used while passing another tent. We do have a quiet time and curfew time. We ask that you respect these times for the benefit of all. Early morning is also a time for hushed voices, as not everyone awakens at the same time.

Campfire:

We will be having a good old fashioned campfire. Everyone is asked to participate in the singing, stories, and skits or jokes. It is a chance for everyone to be a part of the experience of success and even bravery; we all clap, support, and sing along with the leaders, it is not intended to be a show to sit back, watch and just be entertained. Have your family plan a song or skit for campfire! Anything from nursery rhyme songs, "repeat after me" songs, to songs our grandparents used to sing.... Skits should have a beginning, middle and end with a punch line and should last typically last 2-4 minutes at the most. Visit the Campfire Master of Ceremonies to sign up your song/skit. We like to not have duplicates whenever possible. Please remember to keep your songs/skits "Family Rated" or as we like to say "Y" (YMCA) rated. If you have a great story, that is needed too. We will save the "scary stories" for after the main campfire time, so that families can choose to be a part of scary storey time. Thanks for understanding. Campfire etiquette: no booing, we clap and cheer for all. Everyone is a star on the campfire stage. Be sure to speak up loudly, directed at the audience which will be in a half circle around the campfire. Be sure to practice with your family ahead of time.

Chapel:

We will have a small get you up in the morning non-denominational motivational service Sunday morning. If you would like to do a song/skit we would love to include your family. This is not mandatory, but a great way to get some good vibes in these days and times of stress.

Other Activities:

Please see the Activities sheet for times, locations of activities scattered around the park for your enjoyment, education and just plan family fun.

Thank you for participating in our 1st Annual RC Campout Under the Stars. Please provide us your emails for updates as they become available. See you there!



Dianna Lee
Camp Director
Rancho Cucamonga Fontana Family YMCA

909-987-0777
<http://www.rcfymca.org>
11200 Baseline Rd, Rancho Cucamonga, CA