



# YMCA CAMP ONYAHSA

## 2025 Day Camp

### Information Letter

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear Camp Families:

Thank you for registering for YMCA Camp Onyahsa's Day Camp "Joheh-goh"! Joheh-goh is the Seneca term for the "three sisters": corn, beans, and squash. These were three of the main crops of Indigenous Peoples in this region before 1800. Our day camps will likewise grow in cooperation with each other.

#### STAFF

Day Camp Director Mary Roesch and other staff counselors from YMCA Camp Onyahsa.

#### ARRIVAL & DEPARTURE TIMES

**Drop-off: 8:30-8:45am** daily, Monday-Friday.

*Early drop-off (additional cost, must sign up ahead of time): 8:00-8:30am.*

**Pick-up: 5:15-5:30pm** daily, Monday-Friday.

*Please respect the nature of the program. Arrivals or departures outside of the above times disrupt the curriculum, necessitating the removal of staff from other campers & activities. If there's a particular day you will be significantly late to arrive, or need to pick up your child prior to 5:15pm, please refrain from attending that day.*

By the Friday prior to arrival, you will receive an email with specific program and assigned drop-off/pick-up area information, based on that week's enrollment numbers. A general camp menu will be included (subject to change).

#### YMCA CAMP ONYAHSA LOCATIONS

**Campsite (Day Camp Location): 5411 E Lake Rd (Rte. 430), Dewittville, NY 14728.**

**Camp Office/Mailing Address:** 101 E. 4th St., Jamestown, NY 14701 (Jamestown Area YMCA).

#### CONTACT INFO—for Absences/Late Arrivals

Please email [office@onyahsa.org](mailto:office@onyahsa.org) or call 716-664-2802 ext. 238 to notify us if your child will be absent on a particular day, or if you are running a little late (& what time you expect to arrive). We will call non-attendees to check their status. Campsite Phone: 716-753-5244 [staff are not always near this landline to answer].

#### REQUIRED FORMS/PAYMENT

Deposits are due upon registration; registration, full session payment, and required forms are due by the Friday a full week before the session begins. Contact the Camp Office for assistance. Financial assistance/tiered pricing is available for local families.

#### WHAT TO PACK/WEAR FOR DAY CAMP

- A non-nut snack, if needed between meals
- Meals, if your child will not eat our breakfast/lunch, or if they have highly specialized dietary needs. *Please do not send soda/candy/large bags of chips to Camp.*
- **Water shoes** (to protect feet from lake shells)
- **Athletic shoes** (please, no flip-flops)
- **Water bottle** (non-disposable and BPA-free)
- A book **bag**/gym bag to keep items together
- Clothing appropriate for the day's weather
- A **swimsuit and towel**—**please send your child to camp wearing their swimsuit underneath their day clothes** if possible, for a faster transition to swimming. Please send **dry undergarments** to change into as needed.
- **Sunscreen** (SPF 45+) and a **hat**

Please put the child's name on each item. Please check the **Lost and Found** at the flagpole for any missing items. *Please contact the Camp Office if you need assistance securing necessary items from the packing list.*

#### PLEASE DO NOT SEND

Do not send any bedding/cloth items that could carry parasites such as bedbugs. Clean sheets will be provided for rest period.

Do not send cash/valuables/electronics, or anything that will detract from the camp experience.

#### DAILY ACTIVITIES/MEALS

Activities will be developmentally appropriate and may include: boating in kayaks/canoes, supervised lake swimming/beach time, crafts, nature walks, challenge course and/or playground adventure, recreational games, songs, and other traditional camp activities.

Breakfast and lunch will be provided daily. If your child has highly specialized dietary needs, please pack meals daily.

*Please do not send soda/candy/large bags of chips to Camp.*

Please notify the Camp Staff and explain on the Camper Health Form if your child has food allergies or dietary concerns.

#### CONCLUSION

Most importantly, campers should bring loads of enthusiasm, a willingness to try new and challenging activities, and a desire to make lasting friendships.

What they will take home from Camp will hopefully be personal growth, friendships, and special memories!

#### CONTACT INFORMATION

- **Camp Office/Administrator: 716-664-2802 ext. 238;** [office@onyahsa.org](mailto:office@onyahsa.org)
- Campsite Phone: 716-753-5244 [staff are not always near this landline to answer]
- Director Jon O'Brian: 716-664-2802, ext. 223; [director@onyahsa.org](mailto:director@onyahsa.org) [for after hours emergencies; please contact the Camp Office first for general inquiries]

