

Y COUNTRY CAMP 2025 FAMILY HANDBOOK

WINTER ADDRESS:

5400 Westbury Avenue
Montreal, QC H3W2W8
514-737-6551 ext. 267

SUMMER ADDRESS:

130 Chemin Lac Blanc
Huberdeau, QC J0T1G0
819-687-3271



SUMMER OFFICE HOURS

June 22 - August 15:

Sunday to Friday 9:00 am - 6:00 pm Telephone: 819-687-3271

Email : ycc@ymywha.com | www.ycountrycamp.com

[Directions to Camp](#)



IMPORTANT DATES

June 4-18

****Medication drop off at the YCC Office (5400 Westbury, Suite 113) .****

This year, we are asking parents to drop off their camper(s)' medications and medication form at the camp office between June 4 and June 18, from 9:00 AM to 4:00 PM (please email or call Erin erin@ymywaha.com or 514-737-6551 x 267 prior to stopping by to ensure she will be in the office). If you need to arrange a drop-off outside of these hours, please contact us at ycc@ymywaha.com to schedule an alternate time. See page 8 of the handbook for further details.

June 15

Private Tours at YCC from 1:00-4:00 pm, contact us at ycc@ymywaha.com to book your tour!

June 26

Luggage Drop off for **Montreal Families (7:30 am - 8:45 am)**

LOCATION @ Place Vertu Shopping Centre Parking Lot

3131 boul. de la Côte-Vertu, H4R 1Y8 (Corner of Cavendish and Côte-Vertu)

June 30

First day of Camp Bus Departure

MONTREAL Families (8:15am)

@ Place Vertu Shopping Centre Parking Lot

3131 boul. de la Côte-Vertu, H4R 1Y8 (Corner of Cavendish and Côte-Vertu)

Out of town families will bring their luggage and medication on this day

OTTAWA Families (7:30 am -8:30 am) @Loblaws 2065 Robertson Rd , Nepean, Ontario

Bring luggage and medication to bus departure

More information regarding Luggage Drop-off and Bus Departure to follow.

JULY 20

Fun in the Sun / Visiting Day @YCC (12 pm -3pm)

SUMMER SESSIONS

Starter Camp 1 | June 30 – July 13

First Session | June 30 – July 27

First Session Plus | June 30 - August 10

Starter Camp 2 | July 28 – August 10

Masada Israel | July 28- August 18

Second Session | July 28 – August 15

Both Sessions | June 30 – August 15

Weekend Camp | August 8 - 10

Labour Day Family Wknd | Aug 29-Aug 31

BIRTHDAYS AT CAMP

It is a YCC tradition to celebrate each camper's birthday with a cake (provided by the camp), singing and a cabin party. If you (parents only) would like to phone your child on their birthday, please do so by arranging a time in advance with Erin by emailing ycc@ymywha.com. Usually, the ideal time for this call is around 9:15 am.

PHOTOS

Photos will be shared **daily between 9:00-10:00 pm** except on Shabbat (no pictures will be posted Friday or Saturday nights). You can access our online photo album by clicking [here](#), login to your account and click photos. Information will be sent out prior to the start of camp with further details on how to access our photos.

IMPORTANT NOTE REGARDING COMMUNICATION WITH YOUR CAMPER

Please only send an email or letter to your camper(s) after the first three days of each session have passed. The start of each session is when campers are most susceptible to missing home and letters from home can exacerbate such feelings. For this same reason, we will only encourage our campers to write home as of day 3 of each session. This will help our campers focus their time and energy on life at camp and on the development of their new friendships. Campers will be told not to expect letters from home at the beginning of each session. Mail and emails will be distributed to campers starting Thursday, July 3rd.

E-MAIL

To communicate with your child during camp, you may send email through your [CampMinder](#) Account. NEW this year, parents will have the option to receive an email from their camper called eLetters. eLetters offer an easy way for your child to send letters from camp. Instructions will be sent to families prior to the summer. Also new this summer, parents will receive unlimited Camp Stamps which are necessary to send and receive emails.

- To write your camper an email, go to your account and click on the Email icon.
- YCC will print and distribute emails to campers daily starting on Thursday, July 3 (except on Shabbat).
- Information will be sent out closer to camp time on how to email your camper and receive handwritten eLetter replies from your camper.

MAIL

Packing pre-addressed envelopes, stationery, and stamps, help campers send mail during camp.

Our campers are encouraged to write home twice per week. Please ensure that you send with your camper enough stationery, pens, envelopes, and stamps.

You should receive letters from camp around 5+ days after they are mailed. Unfortunately, our rural location slows down outgoing mail. We appreciate your patience.

PARENTS AND GUARDIANS ROLE AT CAMP

To make this camping season successful, we are asking families to join us in a partnership. We need you, our partners, to take responsibility to do the following:

- Include your child in the process of preparing for camp.
- Review the [Camp Life Agreement](#) with your camper
- Update your camper's records, including immunizations (if you have not already done so).

- Communicate with us about your potential concerns, your child's fears, and successful ways of helping your child work through his or her challenges.
- Use positive language to help your child get excited about camp.
- Support our camp policies.
- Give us feedback and how we can meet your child's needs.

ALLERGIES AND DIETARY NEEDS

We accommodate most food allergies and restrictions. If your camper has unique dietary needs, please indicate this on the space provided on our camp application form (click [here](#) for instructions on how to update your application). If your child has any special dietary needs, please email Marni at mschlomowitz@ymywha.com by June 1st, 2025.

CAMPER PHOTO

A recent photo must be included in your [CampMinder](#) account. Click [here](#) for instructions.

HEAD LICE

To minimize the chance of bringing lice into the camp (and to hopefully prevent them from bringing it home), and to avoid the issue of treating the kids in camp, we ask to have your children checked for lice 7-10 days BEFORE they come to camp. If they have lice, please treat them BEFORE camp, and re-treat 7 days later. If your child is found to have lice in the first 14 days of camp, there will be a \$50 charge per treatment. Thank you for your cooperation in helping to ensure a lice-free summer.

LAUNDRY

Each camper's clothing will be sent to the on-site laundry once per week. Because laundry will be washed by unit and will be returned folded to the bunk, it is ESSENTIAL that every item be clearly marked with the camper's name; this includes socks and underwear! The [packing list](#) assumes that each child will have enough clothing for two weeks. Linens, blankets, and pillow(s) are not provided by Camp. While we do our best to provide satisfactory laundry service, we are washing for a large family. If a garment might fade or shrink, it will. Label EVERYTHING. Send only inexpensive, pre-worn, pre-washed, iron-free, well-marked garments.

FOOD POLICY

At YCC, we care about the safety and well-being of our campers and staff. We also want to provide our campers with the best summer experience possible. That's why we've decided to allow campers to bring some of their favorite snacks to camp. We understand that sometimes they may want to have some specific foods that they eat at home and that it may help them to better adjust to the camp environment. For this reason, we are allowing campers to bring a limited amount of outside food that meet our guidelines. We hope that this will make everyone feel more comfortable and happier at camp.

Please follow the following guidelines when sending snacks to camp:

1. Storage Allowance:

- All food must fit into one designated storage bin (approx. 18x12x7). This aims to prevent animals from accessing the food and helps maintain a clean-living space.

2. Nut-Free and Kashrut Guidelines:

- All food must strictly adhere to our nut-free policy and cannot contain any traces of any type of nuts.
- All foods cannot contain shellfish or meat or traces thereof.
- No outside food can be brought into the dining hall or kitchen for any reason.

3. Utensils, Bowls, Kettles:

- Campers are required to bring their own utensils and bowls (to be used outside of the dining hall). These will not be provided by YCC and cannot be removed from the dining hall to maintain adherence to kashrut.
- Camp-provided kettles will be available for use with staff supervision. Campers are not permitted to bring their own kettles to camp.

FOOD MUST BE BROUGHT UP WITH YOUR CHILD ON DEPARTURE DAY IN ONE REUSABLE SHOPPING BAG. ALL ITEMS MUST BE CLEARLY LABELLED. **PLEASE DO NOT PACK FOOD IN YOUR CHILD'S LUGGAGE.** For campers staying longer than one session, parents can replenish their snacks on July 20 when you join us for Fun in the Sun. Please do not send any food packages to camp. **ANY FOOD SENT TO CAMP VIA A CARE PACKAGE WILL BE NOT BE DISTRIBUTED.**

Screen Free

Every summer at YCC, our campers get to enjoy the great outdoors, make new friendships, and take a break from the everyday stresses of school and city life.

While we understand that electronic devices are part of our culture and daily lives, summer camp is one of the few remaining places where our campers are given a much-needed break from the world of technology. Here they can enjoy everything that sleep away camp has to offer, developing their independence, building new skills, making, and fostering new friendships, getting dirty and so much more!

Campers are not allowed to have a cell phone with them at camp. Having a phone will undermine all of the work that we do to nurture our campers' growth in self-confidence and independence. The introduction of even one cell phone into a cabin or tent can negatively affect the experience of the entire group which would not be fair to those campers and their families. YCC has a duty to ensure that our campers are given every chance to benefit from the YCC experience and that no one is taking that away from anyone else. For this reason, if a camper is found in possession of a cell phone or any device that can do more than just play music, the device will be confiscated.

We thank you in advance for working with us to ensure that you have **all of your campers' cell phones in your possession as they board the bus to camp.** We have a similar policy for our staff which will ensure they continue to be positive role models for all our campers.

ELECTRONICS

The only electronics permitted will be screen-free music players (e.g. iPod shuffles, MP3 players) and digital cameras. All other music players, cell phones, tablets, e-readers (such as Kindle), iPods with screens, iPads, portable game devices, walkie-talkies, and video players are prohibited. Any other electronic devices brought into camp will be confiscated. Here is an example of an MP3 device that is acceptable at camp <http://surl.li/qbejm> and here is a link to help your camper convert their Apple or Spotify music files to the MP3 format <http://surl.li/qbeme>.

LABEL CLOTHING & EQUIPMENT

Please label each item with your camper's **FIRST INITIAL AND FULL LAST NAME** (even on socks and underwear). Initials alone are not sufficient information to enable us to return items to campers.

The best luggage is a large, top-open duffle bag. Most items will be unpacked onto shelf space in the cabin. Extra items can be kept in their bags and stored under their bed.

Please make sure your camper helps pack at home, so they know what they have and where everything is located. Click [here](#) to access our packing list.

A FEW ITEMS NOT TO BRING

There are items that can cause environmental or behavioral problems ;please read this list carefully and **ensure that none of these items** make it to your child's luggage.

- Money
- Weapons of any shape or size, including knives
- Roller blades or skateboards
- Clothing that advertises alcohol, sex, drugs, or associated paraphernalia
- Cell phones
- Tablets
- Matches / lighters
- Walkie talkie
- Candles / Incense

MEDICAL TEAM

The Y Country Camp medical team is led by Dr. Mark Karanofsky and other professionally trained doctors. Our medical team has extensive experience in camp life at YCC and are also trained and knowledgeable with the most current medical protocols. At YCC, we work hard to ensure personal and professional medical care when needed. We always maintain a complete health care facility with a doctor in residence. Meet our doctors:

- Dr. Mark Karanofsky: Affiliated with Herzl Family Medicine Centre at the Jewish General Hospital
- Dr. Jennifer Friedmann specializing in Internal Medicine and Oncology.
- Dr. Eleena Pearson: Affiliated with the Jewish General Hospital
- Dr. Maya Leitner: Affiliated with the Jewish General Hospital and the Children's Hospital/McGill (MUHC)
- Dr. Barbara Evans, Affiliated with Herzl Family Medicine Centre at the Jewish General Hospital

During the summer, the infirmary has set clinic hours, but is open 24 hours a day in case of emergencies.

We will contact you about your child's health at camp, if:

- Your camper requires any prescription medication
- Your camper has an injury, fever or illness that requires them to stay in the Infirmary overnight or for the better part of the day.
- Your camper has a serious injury or illness that removes them from activities for a prolonged period.
- A camper experienced trauma (concussion, fracture, sprain, etc.)
- A camper has a visible bandage (not a bandaid) or is using crutches
- A campers' condition worsens or remains unresolved longer than originally anticipated
- The camp will not call if a camper just needs to rest, has a mild illness or a non-significant injury

Rest assured that the people who work in the infirmary are a dedicated group of individuals who are around to make sure that your children stay healthy. While we hope that it is not necessary, the medical staff will be in close contact with you should anything arise that we feel you should be aware of.

MEDICARE CARD FOR ALL CANADIAN CAMPERS

It is not required to send the Medicare/OHIP card to camp with your child. Instead, it is necessary to upload a photo of the card to your file (click [here](#) for instructions). It must be a valid health care card, with expiry date being AFTER the summer season. Should you be out of town during the summer season, please leave the actual Medicare card with the person you appoint as an alternate contact person in case of emergencies. If you experience difficulties uploading the photo of the Medicare/OHIP card, please send a photo to Erin at: erin@ymywha.com.

HEALTH INSURANCE FOR INTERNATIONAL CAMPERS

YCC does not provide health insurance for international campers. All campers must have personal health insurance. Visits to our camp doctor are covered under the \$100 medical fee (this does not include hospital visits or prescription medication).

MEDICATION

This year, we are asking parents to drop off their camper(s)' medications and medication form at the camp office (5400 Westbury, Suite 113) between June 4 and June 18, from 9:00 AM to 4:00 PM. If you need to arrange a drop-off outside of these hours, please contact us at ycc@ymywha.com to schedule an alternate time.

The purpose of this early drop-off is to give our camp doctors sufficient time to review each form and the medication instructions thoroughly. This will allow them to contact you with any questions or concerns and ensure we are fully prepared to offer excellent care when camp begins.

Families living outside of Montreal may bring medications to bus departure on June 30.

We understand that the proper administration of medication plays a vital role in the health and safety of all campers. All prescription medications, allergy pills, and vitamins must be blister packed by your pharmacist. Each blister pack must clearly indicate your camper's name, the name of each medication, and the date and time it should be administered.

Most pharmacies will blister pack medications at no additional cost; however, they may require one to two weeks to prepare. Please check with your pharmacist and plan accordingly.

If your child takes any over-the-counter medications or vitamins not included on our approved list, please [click here](#) to complete the required form. This form must accompany all over-the-counter medications and vitamins.

OVER-THE-COUNTER MEDICATION

We stock many over-the-counter medications in pill form as well as liquid / chewable form when available including, but not limited to the following:

- Ibuprofen/Advil
- Pepto Bismol
- Benadryl
- Cold / Cough Relief
- Tylenol/Acetaminophen

- Gravol

If your camper takes a specific or not widely available over-the-counter medication, please contact the Camp Office to discuss arrangements prior to the start of our summer.

MEDICATION VACATION

If your camper currently takes medication (other than an antibiotic) for which your physician recommends a summer suspension, please let us know of this change by contacting the Camp Office or at ycc@ymywha.com. Changes in medication can produce changes in health and behavior that can impact a child's camp experience. The camp office make arrangements for you to speak to one of our medical staff before a decision is made

MEET OUR SUMMER 2025 TEAM

Marni Schlomowitz | Director

Jonathan Levine | Associate Director

Katie Goldstein | Assistant Director

Erin Godfrey | Office Manager

Rachel Wyss | Junior Side Coordinator

Kira Lanciana | Senior Side Coordinator

Kelly Gurevitch | Coordinator of Logistics and Special Events

Rudy Grief | Coordinator of Leadership Training

Noah Trueman | Coordinator of Programming & Staff Life

Samantha Kravitz | Coordinator of Community Care

Dr. Mark Karanofsky | Managing Doctor