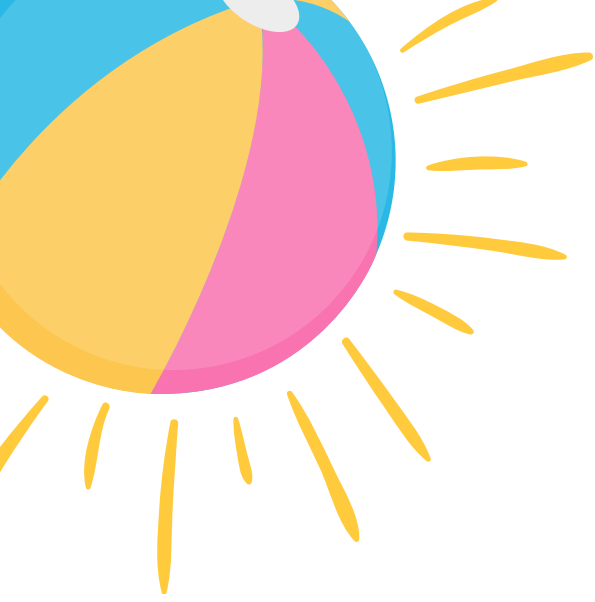


CAMP PAL-O-MINE 2025

Follow us on Instagram

@yongeeglintoncc to stay up to date with
important information and to see all the
fun
adventures we go on this summer!



CAMP PAL-O-MINE ALLERGY INFORMATION

If your camper has an allergy that requires the use of an epinephrine auto-injector (ie. Epi-Pen) please email Camp-Pal-O-Mine@yongeeglintoncc.com to request the Anaphylaxis package.



YONGE EGLINTON COMMUNITY CENTRE, 160 Eglinton Avenue East, Toronto, Ontario M4P 3B5
Telephone: 416-392-0511 Fax: 416-392-0514 E-mail: info@yongeeglintoncc.com Website: www.yongeeglintoncc.com

CAMP PAL-O-MINE PARENT/CAREGIVER HANDBOOK 2025

Dear Parents, Families, and Caregivers of Camp Pal-O-Mine Campers,

Welcome to Camp Pal-O-Mine! This year, we have many exciting trips, swimming excursions, physical activities, art and crafts, and other special events planned for our campers. Most importantly, they will play in a safe and inclusive environment and will be guided by counsellors who will provide them with fun, memorable experiences.

Please read the following information carefully, to ensure that your child(ren) is ready for all camp activities.

HOURS AND LOCATION:

Camp Pal-O-Mine operates out of **Yonge Eglinton Community Centre**, which is located at 160 Eglinton Ave. East. The nearest intersection is Redpath Ave. & Eglinton Avenue East.

From Monday to Friday, the core camp hours are **9:00 a.m. to 4:00 p.m.**

We offer **extended care** from **8:00 a.m. to 9:00 a.m.**, and **4:00 p.m. to 6:00 p.m.** for an additional charge. Information regarding extended care can be found on the Registration Form.

DROP-OFF AND PICK-UP:

Please follow these safety procedures when bringing your child(ren) to and from camp:

- You must **sign your child(ren) in and out each day** in the designated binder, including the **signature** and **time** of arrival and departure. **Please note that you, or the person authorized to pick up your child(ren), may be asked to show photo ID.**
- Camp is not responsible for children dropped off before the requested morning extended care hour **of 8:00 a.m.** For this reason, Camp Staff will not open the door before 8:00 a.m.
- Children **MUST** be picked up by the end of the requested extended care hour of **6:00 p.m.**
- Children signed up for the core hours of camp must be **dropped off at 9:00 a.m. and picked up by 4:00 p.m.**
- If you are dropping off your child(ren) before 9:00 a.m., or picking up your child(ren) after 4:00 p.m. on Fridays, please enter and leave by the back door of the Centre.
- **All children should arrive by 9:00 a.m.** to ensure camp routines are not disrupted.
- **If you will be arriving later than 9:30am** please let staff know ahead of time so we know to expect you later. *Campers cannot be dropped off at the Centre or trip locations after the group leaves for an outing.
- **Please note:** *There will be \$1.00 per minute late fee per child who is picked up after your selected hours (including core hours). Please inform Camp Staff if you know you are going to be late for pick-up or if there is an emergency by phoning the Camp at 416-392-0511 ext. 0.*



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Children will be released only to the persons you have indicated on your Registration Form.
ANY CHANGES MUST BE GIVEN TO THE CAMP COORDINATOR IN WRITING.

ABSENCE:

If a child is absent from camp, it is the parent/caregiver's responsibility to notify Camp Pal-O-Mine **before 8:30 a.m.** by calling Yonge Eglinton Community Centre at **(416) 392-0511 ext. 0**. Parents or guardians must also provide written notice if their child is to leave camp during the day for any reason. Please note, pick-ups and drop-offs are not permitted outside the Centre (e.g., on field trips or outing locations).

PAYMENT:

If your camp fees have not yet been paid in full, payment is required on or before Monday, June 23rd, 2025. If you sign up for another session, payment is required on the preceding Thursday of the new camp session. Registering your child or children for another session depends on availability of spaces. Please speak to the Camp Director regarding this matter.

CAMPER GROUPS:

Groups are arranged by age to provide children with developmentally-appropriate games and activities, which they will also find fun and challenging. *Transitioning between the groups is at the discretion of the Coordinator.*

Each group is staffed by at least two counsellors (one male and one female). Camp supervision ratio for ages 4-5 is **one staff for every five children**. For ages 6 and up, the ratio is **one staff to every eight children**. The Camp Coordinator will attend all day trips.

WEEKLY PROGRAM, TRIPS, AND SPECIAL EVENTS:

Camp Pal-O-Mine goes on one or two weekly trips on school buses and the TTC. Because the Centre has no outdoor play space, the camp also walks to neighbourhood parks for sports, games, swimming, and picnics.

Each week, a weekly program is sent home with an outline of the week's events and activities. Please be advised that the program is subject to change at the discretion of the staff due to uncontrollable circumstances (e.g., weather). A schedule of all major summer camp trips and special events has been enclosed for your information.

CAMP INCLUSION POLICY:

Campers with diverse abilities and/or special needs are welcome to attend Camp Pal-O-Mine. If your child has a special need, please identify their needs on the Registration Form. If it is noted, the Camp Coordinator will contact parents/guardians directly to discuss if and how Inclusion Camp Counsellors can best support the child. All information is treated with strict confidentiality and professionalism. Camp requires this information in order to increase staff awareness and assist them in making your child's camp experience as safe and rewarding as possible.



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Please note: The Centre is not funded to provide one-on-one support. For your child's safety, campers who exhibit behaviours that need consistent one-on-one attention will be withdrawn from the Camp Program.

BEHAVIOUR POLICY:

Camp Staff use a positive and proactive approach to guide all children in their behaviours and help process emotions, with each situation dealt with individually and respectfully. At Camp Pal-O-Mine, children are a part of the conflict resolution process and are encouraged to come up with solutions, with Camp Staff guiding them through the process. Camp Counsellors are trained in conflict mediation and behaviour management, and they are monitored regularly to ensure that children are always treated respectfully in a supportive way.

For their own safety and the safety of others, campers must be able to:

- Follow directions of the Camp Staff;
- Stay in their camp group, and with their buddy, at all times;
- Use “camp-appropriate” language (i.e., no put-downs, swearing);
- Keep hands and feet to themselves.

If a child is consistently unable to follow these requirements, you will be notified immediately, and a meeting will be required. After the meeting and if the child is still consistently unable to follow these requirements, it will result in his/her removal from the camp program.

SNACK TIME:

Your child will receive a healthy, nutritious snack every afternoon at around 2:30 or 3:00 p.m. Every snack includes at least two of the food groups (i.e., fruits and/or vegetables, whole grains, dairy, or meat/meat alternatives). Children with dietary restrictions and allergies, as noted ahead of time on their Registration Form, are fully accommodated. Along with snack, children will have access to water to keep them refreshed and hydrated. To encourage children's healthy eating habits, Camp Staff will serve water instead of fruit juice during snack time.

ANAPHYLAXIS EMERGENCY PLAN:

Please note your child's allergies on the Registration Form. Camp Staff **must** be made aware of your child's allergies. If your child has a severe allergy and your doctor has prescribed an epinephrine auto-injector (e.g., Epi-Pen), you will be requested to fill out an Anaphylaxis Emergency Plan prior to your child's first day of camp. **The Anaphylaxis Emergency Plan informs staff how to take action to prevent any serious injuries. All children who have a severe allergy must bring an epinephrine auto-injector to Camp. Camp Staff will not admit children who left their epinephrine auto-injectors at home or have an expired one. Please refer to the Anaphylaxis Policy for more information.**

WHAT TO BRING TO CAMP:

✓ **A HEALTHY AND COMPLETE LUNCH AND A REUSABLE WATER BOTTLE**



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- **Do not provide your child with food containing tree nuts and/or peanuts** due to severe allergies. All peanut and nut products (e.g., Nutella) will be confiscated and your child(ren) will not be allowed to eat them at Camp.
- Children **should not** bring foods that need to be refrigerated or heated.
- You may send your child(ren) to Camp with **extra snacks and/or drinks** to nourish them throughout the day.

✓ **SUNSCREEN AND INSECT REPELLANT**

- **Children should be able to apply sunscreen and insect repellent without any assistance.**
- Please clearly label your sunscreen and insect repellent with your child's name and application instructions.
- Camp does not allow the sharing of sunscreen and insect repellent due to the possibility of an allergic reaction. Therefore, **the Camp does not supply sunscreen and insect repellent.**

✓ **BATHING SUIT AND TOWEL (Fridays and Scheduled Field Trips/Outings)**

- Every Friday, yellow group and blue group are returning to North Toronto Memorial Community Centre for swimming in their outdoor pool. Red group will visit June Rowlands Splash Pad on the same day. **Please remember to pack your child(ren)'s bathing suit and towel.**
- For other outings that require swimwear, please refer to the weekly schedule distributed every Monday morning.
- Children should be able to change in and out of their bathing suit on their own.

✓ **PROPER FOOTWEAR AND A SPARE CHANGE OF CLOTHES**

- Little accidents can happen! Please bring a spare change of clothing, especially for children ages 4 to 5.
- Clothing and shoes can be left at Camp during the week. Please, label your child(ren)'s clothing and their bag.
- Children should **wear proper walking or running shoes**. For safety reasons, children should not wear flip flops, sandals, or crocs.

✓ **A BACKPACK THAT IS NOT TOO HEAVY TO CARRY**

- **Please send your child(ren)'s belongings in a labeled backpack.** Children will be required to carry their own belongings when away from the Centre.
- Siblings, especially in different groups, should have separate backpacks.
- Please do not use bags with wheels for pulling, since it will disrupt the Camp's line formation when on walks.

Please Note:

- Every child must wear a **red Camp Pal-O-Mine hat** during outdoor excursions (provided). The hats help staff easily identify campers and gives protection from the sun. Hats are given out one per child for the whole duration of summer camp, and it is the family and child's responsibility to bring the hat for every outing day.
- Every child will receive one camp hat on their first week of camp. Camp hats will be helpful on camp trip outings with the group. Although they won't be mandatory for children to wear, we will be providing children with pinnies for larger trips/outings outside the neighborhood.



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- Please do not send any medications (e.g., Tylenol, Benadryl, cough syrup, prescriptions, etc.) with your child(ren) unless you have notified the Camp Director and completed a Medication Administration Record. For safety, **ALL** medication is stored in the Camp office, out of other children's reach, until dismissal.
- Please leave all personal toys and electronics at home, such as cell phones, tablets, iPods, hand-held gaming devices, trading cards (e.g., Pokémon cards), money, and other valuables. Children are not permitted to use these items at any time during Camp. The Centre is not responsible for lost or stolen items.
- Please remember to bring your child(ren)'s belongings home at the end of each week (e.g., lunch boxes, water bottles, clothing, etc). Any unclaimed items that remain after Friday, September 1st are donated or discarded.

Thank you for your participation in Camp Pal-O-Mine. We look forward to having a safe and exciting summer with all of our campers! If you have any questions, please contact the Camp Coordinator at 416-392-0511 ext. 0.

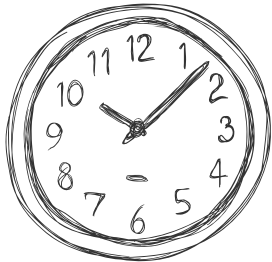
Sincerely,

Amanda Young
Program Manager

CAMP

PAL-O-MINE 2025

DAILY CHECK LIST FOR CAMPERs



CAMP HOURS

Morning Extended Care: 8 am – 9 am

Core Camp Hours: 9 am – 4 pm

Afternoon Extended Care: 4 pm – 6 pm

Bathing Suit and Towel
(Fridays)



Refillable Water
Bottle



Please bring
the following
to camp
every day

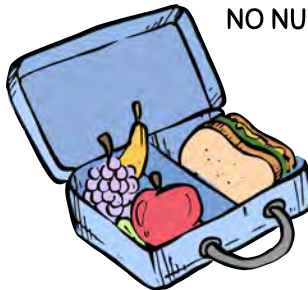


Running Shoes



Sunscreen

Healthy Lunch and Morning Snack
NO NUTS, NO PEANUTS



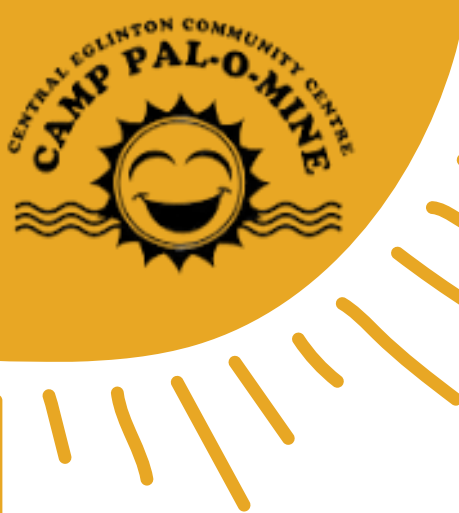
Insect
Repellent

Comfy, Child-sized
BACKPACK



Spare Clothes
(younger campers)

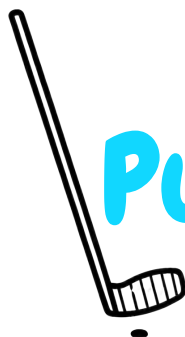
Please label campers belongings



2025 CAMP PAL-O-MINE THEMES

WEEK 1

(June 30th - July 4th)*

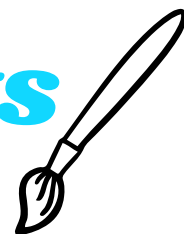


Pucks and Poses

WEEK 2

(July 7th - July 11th)

Little Artists



WEEK 3

(July 14th - July 18th)

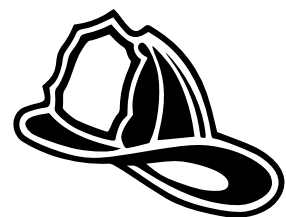


Journey Through Time

WEEK 4

(July 21st - July 25th)

Community Helpers



WEEK 5

(July 28th - August 1st)



Where Toronto Began

*Short Week



2025 CAMP PAL-O-MINE THEMES

WEEK 6

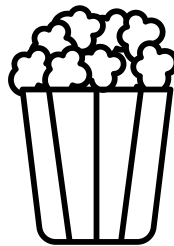
(August 5th - August 8th)*

Paws Across
the Globe



WEEK 7

(August 11th - August 15th)



PARKS AND
POPCORN

WEEK 8

(August 18th - August 22nd)

BOWL AROUND
THE WORLD



WEEK 9

(August 24th - August 29th)



ADIÓS
SUMMER!



*Short Week



JULY

2025



CAMPERS MUST BRING
SWIMWEAR TO CAMP



CAMPERS MUST ARRIVE
BY 9:15 AM


SUN	MON	TUES	WED	THUR	FRI	SAT
PUCKS AND POSES	30 Camp Program Day	1 HOLIDAY	2 YOGA	3 HOCKEY HALL OF FAME	4 Red Splash Pad Blue & Yellow Swimming	5
Little ARTISTS!	7 Camp Program Day	8 CROCK-A- DOODLE	9 LIBRARY VISIT	10 AGO	11 Red Splash Pad Blue & Yellow Swimming	12
Journey Through Time	14 Camp Program Day	15 BATA SHOE MUSEUM	16 CHILDRENS BOOK BANK (Red Group)	17 RAILWAY MUSEUM (Yellow and Blue Group)	18 Red Splash Pad Blue & Yellow Swimming	19
COMMUNITY HELPERS	21 Camp Program Day	22 FIRE STATION VISIT (Red Group) CANADA'S FIRST POST OFFICE (Blue Group)	23 FIRE STATION VISIT (Yellow Group)	24 LITTLE CANADA	25 Red Splash Pad Blue & Yellow Swimming	26
Where Toronto Began	28 Camp Program Day	29 TORONTO ISLAND	30 LIBRARY VISIT	31 FORT YORK	1 Red Splash Pad Blue & Yellow Swimming	



August 2025

 CAMPERS MUST BRING SWIMWEAR TO CAMP

 CAMPERS MUST ARRIVE BY 9:15 AM

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 Red Splash Pad Blue & Yellow Swimming	2
Paws across the Globe	4 HOLIDAY	5 Camp Program Day	6 TORONTO ZOO	8 PAWSITIVELY PETS	8 Red Splash Pad Blue & Yellow Swimming	9
Parks and Popcorn	11 Camp Program Day	12 DOWNSVIEW PARK	13 Camp Program Day	15 CINEPLEX	15 Red Splash Pad Blue & Yellow Swimming	16
Bowl Around the World	18 Camp Program Day	19 PLAYTIME BOWL	20 Camp Program Day	22 ARCADIA	22 Red Splash Pad Blue & Yellow Swimming	23
ADIÓS SUMMER	25 Camp Program Day	26 PLAYGROUND PARADISE	27 Camp Program Day	29 HIGH PARK	30 Red Splash Pad Blue & Yellow Swimming	31