

YMCA OF SIMCOE/MUSKOKA

YMCA GENEVA PARK Leadership Development, Outdoor Education & Conference Centre

Summer Resource Guide

2004

We build strong kids,
strong families,
strong communities.



Plus de vie à la vie
des jeunes, des familles
et de la communauté.

YMCA

Welcome to YMCA Geneva Park!

We are delighted to have you join us at the Park. Here is a little bit of history about our incredible facility.

In keeping with the “Y” commitment to building strong kids, strong families and strong communities, YMCA Geneva Park has provided leadership training and outdoor education to a wide variety of individuals, groups and organizations for almost 100 years.

YMCA Geneva Park is located on a 150-acre peninsula on Lake Couchiching. This property was first owned by William Thompson who, it’s widely believed, named the site after his sister Gen and wife Eva. This private park was often visited by boat excursions from Orillia and also provided a recreational venue for residents of Longford Mills. As it became better known, people came from farther afield to enjoy the pleasures of the Park.

Geneva Park was purchased by YMCA Canada in 1908 and became the national leadership training site for YMCA staff and volunteers.

In the years following, The Park provided training to many individuals involved with the YMCA. Eventually these “Y” staff members began to bring their families to the Park and vacation on site in tents. “Tent Alley” was located where the main parking lot is now. As families began to outgrow their tents, cottages were built. Many of the descendents of these original families continue to return to the Park each year.

In the mid 1960’s Geneva Court and Geneva Lodge were built, which gave YMCA Geneva Park year round accommodation and the ability to provide more extensive leadership training opportunities to both conference and vacation guests.

On January 1, 2004, YMCA Geneva Park was purchased by the Barrie YMCA and became part of the YMCA of Simcoe/Muskoka. Our mission states "The YMCA of Simcoe/Muskoka is a charity that excels in strengthening our communities by providing opportunities for all to grow in spirit, mind and body". Our vision is that, by 2010, the YMCA of Simcoe/Muskoka will be the recognized leader in lifelong health and personal growth. The Park will continue to promote our organizational values of respect, responsibility, caring, honesty and inclusion through leadership development, outdoor education and conference services for youth, families and organizations.

Thanks for joining our current history. Enjoy your stay!

A FEW NOTES & REMINDERS

Program area hours are as follows:

9:00 a.m. – 12:00 noon/1:00 - 5:00 p.m.	Swim Dock, Boat Dock, Gym, Marina, Craft Shop & Outdoor Discovery Centre
9:30 a.m. – 12:00 noon	Shire (3 – 5 year olds)
1:30 – 3:30 p.m.	Children's Programs (6+ years)
4:00 - 5:00 p.m.	Children's Drama or Dance (6+ years)

Every so often we offer special activities, such as lunch hikes, mountain biking or golf, which require lunches. If you are staying in the Court or Lodge, please be sure to **order your lunch 24 hours in advance.** This can be done through the Registration Desk.

Meal times, for guests staying in the Court, Lodge and Alberta House are as follows:

Breakfast	8:00 – 9:00 a.m.
Lunch	12:30 – 1:30 p.m.
Supper	5:30 – 7:00 p.m.

If you are vacationing in a cottage your telephone messages will be posted on the bulletin board just outside the Registration Desk in the Centennial Centre. Please pick up your own (and perhaps your neighbor's) whenever you are coming by the office. Only urgent messages will be delivered to you. All Court and Lodge rooms have telephones. If you have a message, the red light will be flashing. Dial "0" to connect with registration desk and we will relay your message. Payphones are located in various locations on Park property. Phone cards may be purchased at the Registration Desk in the Centennial Centre.

The nurse's clinic is located in the yellow and green building near the Swim Dock. There is a large red cross on the building. Each nurse has different hours, which are posted in the Weekly Jottings and on the door of the nurse's clinic. If there is an emergency, please contact the Registration Desk in the Centennial Centre or any program area so they can call for help. The nurse can always be contacted on walkie talkie. Please check the Weekly Jottings for the name of the nurse on site during your stay.

Saturday evening between 6:00 – 7:00 p.m. there is a welcome BBQ and program planning meeting at the beach. Burgers and veggie burgers are \$3.00, hotdogs are \$2.00 and pop is \$1.00. Immediately following the BBQ we have our weekly program planning meeting. This is your opportunity to let us know what you would like to do during your time here.

The Tuck Shoppe is open daily between 9:00 a.m. and 10:00 p.m. You can pay with cash, bill your accommodation or set up an account. **Parents must make arrangements to allow their children to bill purchases to their accommodation.** Don't forget sticky buns on Tuesday morning! Tickets for the Wednesday Night Tuck Shoppe BBQ must be purchased by 11:00 a.m. Wednesday morning. See the Tuck Shoppe staff for more information.

GARBAGE AND RECYCLING

Please note that all recycling and garbage bins are now located across from the Maintenance Service Centre (beside the gym). One bin is for newsprint only and the other two are co-mingle bins (cans, plastic, glass). Please do not put recyclables in the garbage bins or vice versa. There will no longer be blue box pickups along the cottage line or at the suites. As always, please take your garbage to the dumpsters and, to avoid the nuisance of raccoons, please be sure that you put it inside the bins.

CHILDREN, YOUTH AND TEENS AT YMCA GENEVA PARK

We offer instructional and recreational programs for children and youth from 3 to 16 years of age. Children can help plan their week by meeting with Children's Program staff on Saturday evening at 6:45 p.m. at the beach (just after the BBQ). The ideas from these meetings are then produced in the **WEEKLY JOTTINGS** in the **KIDZ COLUMN**. This section lists all the exciting activities that will take place during the week, what to bring and where to meet.

Don't miss **DRAMA!!** Every weekday afternoon at 4:00 p.m., our Children's Program staff meets all interested kids at Copeland Hall to prepare an extraordinary drama production, which is performed at Friday night's Variety Show. Everyone is invited to participate in whatever way you wish. This fun-filled activity is a highlight of any YMCA Geneva Park visit!

A Reminder to Parents ...

Please note that you should not leave the Park while your children are attending any programs unless you have someone (another adult) who has agreed to take responsibility for them in the event of an accident or emergency. Program staff **must** be told of these arrangements to ensure the best and most timely response in an emergency situation.

A REQUEST FROM OUR CHILDREN'S PROGRAMMING SPECIALISTS...

Please send your children to the appropriate program, based on their age. YMCA Geneva Park program staff develop and deliver age-specific programs and staffing numbers are based on the ages and number of children in each group. Younger and/or older children in an inappropriate program will not likely have fun and may reduce the enjoyment for other children. YMCA Geneva Park staff cannot supervise children under the age of 3 years during scheduled program times. If your child is under 3 years of age, you must stay with him/her during any programs offered at the Park. Perhaps you would like to check out our babysitting book, located at the Registration Desk, if you require supervised care for your young children. Thank you for your cooperation!

Age Group Divisions

- **Shire** – 3-5 year olds (9:30 a.m. – 12:00 noon). Meet at the Shire.
Shire Parents: Please adhere to our sign-in and sign-out system at the Shire. This system has been implemented with your child's safety in mind. All children must be signed-in at the Shire bulletin board in the morning and signed-out at the Beach at 12:00 noon. Thank you for your cooperation!
- **Juniors** – 6 – 7 year olds (1:30 – 3:30 p.m.). Meet on the Tuck Shoppe porch.
- **Intermediates** – 8 – 9 year olds (1:30 – 3:30 p.m.). Meet on the Tuck Shoppe porch.
- **Seniors** – 10 – 12 year olds (1:30 – 3:30 p.m.). Meet in front of the Program Centre.
- **Groop** – 13 years and older (1:30 – 3:30 p.m.). Meet in front of the Program Centre.

WANT TO BE A BABYSITTER? NEED A BABYSITTER?

If you would like to be a babysitter during your stay please post your name on the bulletin board beside the Registration Desk in the Centennial Centre. Any guest *requiring* a babysitter should check the bulletin board. Please note that screening and payment of babysitters is the responsibility of the individual.

THE DANIEL PROGRAM CENTRE

The Daniel Program Centre is open daily and all guests are welcome to use our board games and well-stocked library. Please be sure to sign out any book(s) you are taking back to your cottage or room and return them to the library when you are finished. **Please help us keep this area neat and tidy by putting books, games and equipment back when you are finished using them. Thank you!**

PING-PONG, FOOSBALL & GOCKEY

Please note that the ping-pong table, foosball table and Gockey game is located in the back room of the gym and will be available 9:00 a.m. – 5:00 p.m. and 7:00 – 9:00 p.m. There will be a .50 charge for ping-pong balls. They can be purchased either at the gym or at the front desk.

PLANNING OUR WEEK TOGETHER – WE NEED YOUR HELP!!

Every Saturday evening at 6:45 p.m., right after the beach BBQ, the **children's** program planning meeting begins. All kids at the Park can help plan the week's activities by attending this meeting and letting us know what you would like to do. After that, at 7:00 p.m., the entire Park community helps to plan the week at the program planning meeting. We need your help to ensure a fantastic week of activities at YMCA Geneva Park. Please join us to hear and share some great ideas and to meet your Park neighbours and program staff! In the event of rain, these meetings will take place at the same time in the Daniel Program Centre.

HOW TO KNOW WHAT'S HAPPENING AROUND THE PARK!

Each Sunday, a weekly newsletter called the **Jottings** is created, listing each and every activity that will be offered at the Park during that week. The **Jottings** will supplement the information in this Resource Guide and provide details on program days, times and locations. The Master Schedule, included in the **Jottings**, lists the activities that occur each week in all the program areas at the Park. The **Jottings** includes the Kidz Kolumn, which gives details about all the activities available specifically for children throughout the week. The **Jottings** will be delivered to all cottagers and vacation guests on Sunday in the early afternoon.

The **Almost Daily Jot** is produced on Tuesdays (if necessary) and Fridays and includes updates, program changes, Park information and staff profiles. The Friday edition will include the **Weekend Jottings**, which lists all the activities for the upcoming Saturday and Sunday. The **Almost Daily Jot** will also be delivered to all vacation guests and cottagers. Be sure to scan these extra **Jottings** to stay up-to-date on the most current program information at the Park!

HOW CAN I PAY FOR PROGRAM ACTIVITIES?

There are two ways you can pay for activities:

1. You can pre-purchase program tickets at the Registration Desk by paying cash or charging it to your accommodation account. You must then reserve/book your activity time at the specific program area.
2. You can arrange for a CHIT to be signed at a specific program area. Our staff will call immediately to the office and the charge will be billed to your account. This method of payment can only be used if you are at the program area and ready to participate in the specific activity. You cannot pre-pay for a block of activities or rentals at a program area (ie: \$50.00 worth of waterskiing).

Please Note: Program areas are not set up to take any form of cash payment. Only one of the above methods may be used to pay for activities and/or equipment rentals.

PROGRAM AREA OUTLINES

OUTDOOR DISCOVERY CENTRE

Swamp tromping, Geneva Guardians and nature exploration are some of the activities offered at our Outdoor Discovery Centre. There are many hands-on displays and interactive activities inside the Centre and there will also be a variety of interpretive and experiential adventure activities taking place throughout the Park. Periodically we also invite outside guests to the Park to deliver interesting and informative sessions. Watch your **Jottings** for weekly activities.

SWIM DOCK

The Swim Dock offers a variety of daily programs, including swimming lessons for all ages, aquafitness classes and supervised recreational swim times. The beach is a central meeting place, with comfortable muskoka chairs, a beach volleyball court and lots of clean sand for castle-building. **PLEASE NOTE THAT SWIMMING IS PERMITTED ONLY AT THE SWIM DOCK AND IS NOT ALLOWED AFTER DUSK!!**

As a YMCA facility, we use a progressive evaluation system to continually assess skills throughout your stay – there is no formal testing. This approach allows for individual skill development and progression.

Please Note: Inflatable toys and waterwings are not allowed in the swim area

GYM, TENNIS AND FITNESS

The gym is full of instructional and recreational activities designed to keep guests of all ages active and healthy. Please check the weekly Jottings for the specific activities and times. When participating in a sport or activity in the gym, please wear appropriate footwear.

A fitness room is located in the Centennial Centre. Our resistance and aerobic conditioning equipment is available from 7:00 a.m. to 11:00 p.m. daily. Please note that you must be 16 years of age or older to use this area.

YMCA Geneva Park has three lit tennis courts and a practice board. Lessons are offered for all ages and court bookings may be made on a daily sign-up basis. Court sign-ups begin daily at 8:45 a.m. Bookings must be made at the tennis hut. A number of social and recreational events will be held at the tennis courts throughout the summer.

CRAFT SHOP

The Craft Shop is open daily for a wide variety of creative activities. Watch the weekly Jottings for specific instructional activities. Some projects may have a small fee to offset the cost of materials, however there are many crafts that can be completed for no cost. Please also note that there is a sign-up procedure for some activities, due to the nature of the project. This will be clearly stated in the Jottings.

BOAT DOCK

Let our J-Craft carry you around the bay! Waterskiing, wakeboarding and kneeboarding are all available. We also offer Windsurfing at the Boat Dock. Sign-up for a ski time can be done on the Tuck Shop porch at 8:40 a.m. each day, for that day. **Please note that we will be using the lottery system again to assign ski spots and lessons.** There will also be windsurfing clinics offered throughout the summer. Watch the Jottings for further information.

Price for one ski ticket is \$18.69, plus GST (\$20.00).

Price for ski lessons is \$150.00, plus GST (\$160.50).

Price for one hour of windsurfing is \$6.50, plus GST (\$6.96).

Windsurfing lesson prices will be posted in the Jottings

MARINA

The Marina offers both instructional and recreational canoeing and kayaking for all ages. Paddleboats may also be rented at the Marina. All scheduled canoe and kayak lessons are free of charge, but you must register at the Marina to ensure a spot (see the Weekend Jottings for details). Some specialized clinics may have a nominal charge. Please refer to the weekly Jottings for details of all Marina events.

Price for one hour of canoeing, kayaking or paddleboating is \$6.50 plus GST (\$6.96).

Please note that there is a maximum of 3 people allowed in each canoe and 2 people in each paddleboat.

PLEASE NOTE:

To ensure that all our program staff remains up-to-date with their skills and qualifications, time is needed for in-service training. All program areas will be closed on Saturdays at 4:00 p.m. to enable us to provide this essential, ongoing training for our staff.

ZEBRA MUSSEL ALERT!!!

Please be aware that we continue to have a problem with zebra mussels at all of our waterfront areas, particularly at the Swim Dock. To avoid cuts, we recommend that all our guests wear water shoes/sandals when swimming.

PERSONAL WELLNESS SERVICES

This summer we are again fortunate to have the services of a Registered Massage Therapist at YMCA Geneva Park. Sally Todd will be available on Tuesdays, 9:00 a.m. – 4:00 p.m., and Fridays, 9:00 a.m. – 4:00 p.m. You may pre-book a 30-minute session with Sally by signing up at the Registration Desk in the Centennial Centre. Please only one booking per person per day – this will ensure that everyone wishing to take advantage of this opportunity can do so. The cost for a 30-minute session is \$40.00, plus GST. You may pay cash or charge the fee to your accommodation account. **Please note that this service will be held in Room 11 in the Centennial Centre.**

WEST NILE VIRUS

In response to the recent concern about West Nile Virus, YMCA Geneva Park has implemented an integrated and preventative pest management system which includes:

- ◆ Improved drainage of standing and stagnant water.
- ◆ Keeping grass cut regularly and trimming back walking trails and pathways.
- ◆ Keeping shrubbery and foliage away from buildings.
- ◆ Clearing decomposing matter in a timely way.
- ◆ Repairing holes in screens in a timely way.
- ◆ Encouraging personal protection.

Personal protection includes any or all of the following:

- ◆ Wearing light coloured clothing with long sleeves and pants, and socks and shoes during high-risk hours (dusk to dawn).
- ◆ Using DEET-based insect repellent, according to manufacturer's directions, particularly during high-risk periods.
- ◆ Choosing to remain indoors during higher risk times.
- ◆ Reinforcing these actions with your children.

Please be advised that the Tuck Shop will have DEET-based insect repellent (lotion or spray) available for purchase throughout the summer.

THE DI MATTHEWS CHALLENGE

Almost 20 years ago, a group of Geneva Park vacationers and staff gathered to decide how they could encourage more people to increase their skill levels in the various program areas around the Park. Di Matthews, a long-time cottager, thought that people might participate more if there was incentive to help the Park as well as themselves. And so the Di Matthews Challenge was born!!

When Park guests achieve a new level in at least two different activities during their stay, they earn a \$10.00 donation to the Park, to assist in equipment purchasing. An additional \$5.00 is donated for anything over the two new levels.

Di Matthews made these donations anonymously until her death. At that time an endowment fund was set up to allow the Challenge to continue. So take the Challenge, improve your skill level and help the Park at the same time!

You can improve your skills in canoeing, kayaking, waterskiing, wakeboarding, windsurfing, soccer, volleyball, basketball, tennis, track & field and archery. Be sure to let program staff know that you are working on the Challenge, so they can keep track of your progress!