



**METROWEST  
YMCA**



## **METROWEST YMCA LOCATIONS**

**Framingham Branch**  
280 Old Connecticut Path  
Framingham, MA 01701

**Association Office**  
100 Waverly Street Path  
Ashland, MA 01721

**Education Branch**  
282 Old Connecticut Path  
Framingham, MA 01701

**Hopkinton Outdoor Center**  
45 East Street  
Hopkinton, MA 01748

**Clearbrook Family Swim Club**  
120 Parker Road  
Framingham, MA 01701

# **SUMMER CAMP OPPORTUNITIES FOR ALL**

[metrowestymca.org](http://metrowestymca.org)

**CAMP INCLUSION SUPPORT**

## INCLUSION SUPPORT AT THE YMCA

Summer camp is a place where children of all abilities have fun, explore, try new things, and make friends. Our trained Inclusion Team creates an environment where all children have the opportunity to successfully navigate the camp schedule and build positive peer relationships.

The Inclusion Team provides our staff with tools and strategies to support children as they participate in activities throughout the day. They provide our families with proactive communication and resource offerings to create partnerships for child success.

## WHAT TO EXPECT AT CAMP

The camp environment can be overwhelming at times. Here are some situations that our campers need to be prepared for:



**Large Groups**  
20+ children



**Loud Noises**  
can tolerate noise or  
will wear headphones



**Sensory Tolerance**  
singing songs, wet clothes,  
life jackets, sunscreen, bug  
spray



**Natural Elements**  
outdoor spaces, sun,  
rain, mud, heat,  
insects

## READY FOR CAMP CHECKLIST

Campers are responsible for keeping track and taking care of all their personal belongings. In addition to being able to independently manage and navigate their day, our campers are expected to be able to:

- ✓ Follow verbal directions
- ✓ Follow the camp schedule
- ✓ Transition activities every 30-minutes
- ✓ Remain with their group and counselors at all times
- ✓ Change in/out of swimsuit
- ✓ Communicate their weekly needs
- ✓ Complete a swim evaluation and participate in daily lessons
- ✓ Handle disappointment and frustration without harming others
- ✓ Participate/tolerate in non-preferred activities
- ✓ Tolerate a variety of sensory input
- ✓ Use the bathroom independently



## PARTNERING FOR SUCCESS

Our Inclusion Team will work with your family to develop a plan that supports your child's success in navigating our large group camp setting. This can be done in 3 easy steps:

1. Scan the QR code or [click here](#) to schedule an intake meeting and camp tour with your local Y Inclusion Team.
2. Bring your child's IEP or any other resources to align accommodations and inform their camp support plan.
3. Share our helpful tools with your child prior to camp to support their adjustment to a new experience.
  - Practice the swim test at the Y prior to camp
  - Schedule additional visits to the camp property



**SCHEDULE  
A MEETING**

Please note that our camp does not provide 1:1 support.

## STRATEGIES & TOOLS

Our team proactively conducts staff training and coaching sessions to review successful group management strategies and the proper use of sensory support tools.

### Our camp staff are equipped with:

- Sensory bags with fidget items that align with the Zones of Regulation
- Visual schedule to reduce anxiety by informing children about their day
- Camp map to see where we are and what's next
- Transition game ideas
- Getting to know each other activities

**Questions? Contact Laina Abolfazli, MSW, LCSW,  
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