

Class to Camp

An interactive pre-Camp and post-Camp guide

Every summer, Camp Kanata becomes a home away from home for campers all over the world. Campers come to Camp for a week or more and spend time making new friends, trying new activities and exploring the great outdoors. This is a welcomed relief from their hectic school schedules, allowing them a chance to be kids away from the distractions of technology and every day life.

This summer, we're thrilled to introduce our Class to Camp program, which offers families a way to prepare for Camp together by completing activities and discussing conversation prompts designed to ease pre-Camp jitters and encourage connection. We invite you to follow along by printing out the 4 week calendar and adding the dates based on when your camper will be attending Camp. We've also included a page full of fun stickers for you to cut out and tape to the calendar as you want. We have broken various prompts and activities up into 4 weeks based on where we think they are most effective. However, we understand every family is different, with different schedules, so feel free to move at your own pace. We hope this is helpful to you as you prepare to send your camper off to Camp for the best week of their summer!

Class to Camp Links



YMCA
CAMP KANATA

Week 1

Pre-Camp

- Print out your calendar and cut out your stickers.
- Review the Camp schedule and discuss any questions that come up.
- Begin to practice a Camp-friendly bedtime routine.
- You should receive your cabin assignment this week, review the Different Cabin Types at Camp Kanata blog and learn more about the cabin you will be in.
- Read through the First-Year Camper Pro Tips blog.
- Practice being a good cabinmate by making your bed each morning.
- Learn about swim assessments from our website and talk through any anxiety you might be feeling. Practice at your local Y.
- Talk through the possibility of missing home and come up with a plan to work through it as a family. Have your parents been to Camp? Ask them how they overcame missing home.

Week 2

Pre-Camp

- Review the Opening Day blog.
- Look through the activities available to you at Camp and make a plan for those they'd like to try.
- How will your parents keep themselves busy while you're at Camp?
- What are some ways you can entertain yourself during quieter moments at Camp?
- Address envelopes as a family and pack them for Camp.
- Pack for Camp together.
- Practice showering on your own with the toiletries you'll bring to Camp.
- Pick out a few pictures to print out and take to Camp with you to decorate your bunk.

Week 3

At Camp - Parents

- Send a Bunk Note to your camper.
- Look for photos of your camper on the Camp Kanata Mobile App - Powered by Bunk1.
- Review the glossary of Camp Kanata lingo.
- Read through your camper's mini update on Wednesday.
- Review Closing Day car conversation prompts.
- Take a look at our online [Gear Store](#) and make a plan for any items you'd like to purchase on Closing Day.

Week 4

Post-Camp

- Missing items? Fill out the lost and found form.
- Set a calendar reminder on October 29, 2026 to register for summer 2027.
- Read your letter home from your camper's counselor.
- Order any prints you or your loved ones might want through our Camp Kanata Mobile App (Bunk1).
- Fill out the Camp survey sent to your email.
- Consider supporting another camper's stay through a donation to our Annual Campaign, Parent Giving Challenge or Camper Essentials Program.

Closing Day Car Conversation Prompts

We hope your camper had an incredible week at Camp! We're sure they are so excited to see you and tell you all about it. We've found that the easiest way to get your camper to open up about their time at Camp is through specific open-ended questions. Here are a few to choose from to get conversations started.

- What was your favorite Evening Program?
- What was your favorite cabin time activity?
- What was your favorite activity?
- What did your unit do for Unit Night?
- Who did you hangout with the most at Camp? Who would you want to hangout with outside of Camp?
- What were some of your favorite things you did with your swim buddies?
- What was your favorite part of the week?
- Did you meet anyone new? What were they like?
- Was there a moment you helped someone else or they helped you?
- What did you learn this week?
- What is something new you tried this week?
- What was the funniest thing that happened?
- What challenges did you overcome, if any?
- What was your favorite Camp song or cheer?
- What was something about your morning routine that was different at Camp than it is at home?
- What was the vibe of your cabin?
- What was a new skill you learned?
- What was the coolest thing you saw outside? A plant, bug, animal etc.
- What skit did your unit perform at closing campfire?
- Who was your favorite counselor?
- What made you feel the most proud?
- What was your favorite thing you ate?
- Did you participate in an activity during Shoulda Woulda Coulda that you didn't sign up for during your morning activities?
- Did you try something new (a food, activity etc.) that you didn't think you'd like and ended up loving?
- Would you want to come back to Camp next year? If so, you'll be a returning camper and will have the chance to register during our first wave, October 29.

Camp Kanata Glossary

Unit: A collection of cabins based on age groups. Spartans and Daisies are the youngest campers, Rangers and Butterflies are the middle-aged campers and Lower Lake Knights and Hilton Angels are the oldest campers.

Cabin Time: Age-specific creative programming designed by the cabin counselors that changes daily.

Shoulda Woulda Coulda (SWC): An activity period where campers get to choose any activity. This is a great time to try an activity that they didn't select for their morning activities.

Chapel: A brief gathering in the amphitheater where we sing songs and discuss a character trait for the day.

Devotion: A quiet, reflective activity run by cabin counselors. This usually lasts 10 minutes.

Evening Program: A Camp-wide activity that changes daily, ranging from capture the flag to a dance to a talent show.

Unit Night: An Evening Program designed by Unit Leaders and counselors for each unit. This includes dinner and an activity.

Pet the Squirrel: If a camper's birthday falls during their week at Camp, they get to take part in a long-standing Kanata tradition of petting a stuffed squirrel to celebrate.

Gertrude: Gertrude is our "neighbor" at Kanata. Campers "wake her up" at Sunday Chapel by yelling her name across the lake.

Rufus: Rufus the gnome is Camp's mascot.

Chalet: A cabin that houses the Daisies, our youngest girl campers.

Camp Kanata Glossary

Palace: A cabin that houses the Daisies, our youngest girl campers.

Barracks: A cabin that houses the Spartans, our youngest boy campers.

Manor: A cabin that houses the Spartans, our youngest boy campers.

Gaga Ball: A gentler variation of dodgeball played in an octagonal pit.

9-Square: A game that combines volleyball and foursquare, known for its beams in the air that campers pass the ball through.

Swim Buddy: Anytime a camper is in the water, they have a swim buddy who is responsible for knowing where they are at all times. They are also responsible for knowing where their swim buddy is. Our staff conducts swim buddy checks periodically to ensure camper safety in the water. This partner changes daily.

Table Cheers: Unit-specific cheers that involve hand signs and percussion on tables. Often performed at meal times.

Blockstacking: A competition between units where campers are selected to stack blocks at lunch to see who can get their stack the highest before it falls.

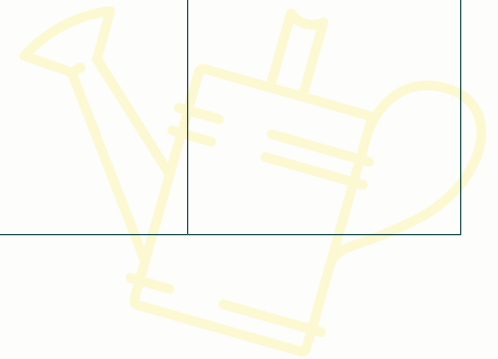
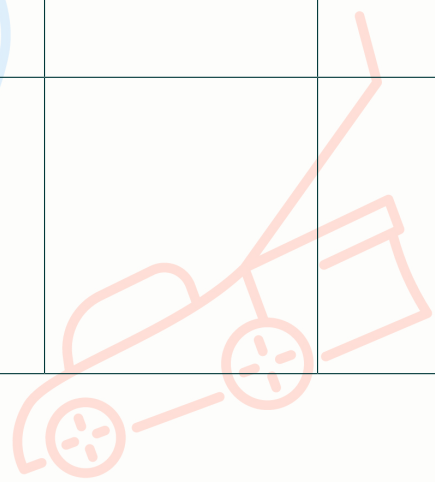
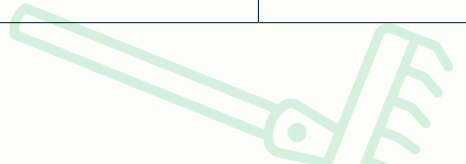
Mini Update: A brief update written by cabin counselors on each camper. These are delivered to parents via Camp Kanata's Mobile App on Wednesdays.

Camp Store: A free snack-time that takes place every afternoon after SWC.

CLASS TO CAMP



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							





This gnomie is going to CAMP!

