



We build strong kids, strong families, strong communities.

Summer 2010

Dear Parents/ Guardians:

Soaking up the sun's rays used to be considered healthy before we learned about the dangers of ultraviolet rays. These invisible rays, known as UVA and UVB cause suntan, sunburn, and skin damage. There is no safe UV light. Protecting young people from the sun is especially important as most our lifetime exposure comes before the age of 20.

YMCA Day Camp participants spend a great deal of time in the outdoors and are thereby exposed to the sun's harmful rays. Since it is our commitment to promote healthy spirits, minds and bodies we request that you send in a bottle of sunscreen with your child and give us permission to apply it to your child.

Sincerely,
Lisa Zarrelli
Day Camp Director

I _____ give my permission for the YMCA to apply
sunscreen to my child, _____.

Signature

Amsterdam Family YMCA • 58 N. Pawling Street • P.O. Box 280 • Hagaman, New York 12086
518-842-2130 • 518-842-2131 (fax) • www.amsterdamymca.com

YMCA Mission: *To build strong kids, strong families, and strong communities by enriching the lives of all people in spirit, mind, and body.*