

2015 SUMMER CAMP GUIDE

BEST SUMMER EVER!

Friendship, Accomplishment, Belonging



NEW! NEW PROCESS FOR SUMMER CAMP HEALTH FORMS!

Beginning this summer, in our continuous efforts to provide the best possible care to our campers, the Tri-Cities Family YMCA is partnering with CampDoc.com. CampDoc.com is an electronic health record system for camps that will help us consolidate and integrate camper health information into a centralized and secure location. This system will give our staff instant access to camper health information, a key component in providing quality care.

SUMMER CAMPERS, FOREVER FRIENDS

FULL DAY CAMPS

At the Y, a quality camp experience is much more than running around outdoors and going home tired – it is a chance for your child to discover new adventures, grow personally, and make new friends and memories. Each week of camp has its own “theme” and is packed with activities, crafts, games, music, water fun, sports, field trips and so much more! Camp is Outdoors and Active, the way summer should be! We utilize our wonderful local parks such as Mulligan’s Hollow, Duncan’s Woods, the Splash Pad and of course, the Beach! **Water Safety** is an important component of our Day Camp and lessons are included with the cost of camp. Indoor swim lessons along with free swim time is scheduled each day. Join us, for one week or the whole summer!

WHAT PARENTS NEED TO KNOW

FULL DAY CAMP HOURS

Monday – Friday 9:00 am – 4:00 pm

FREE EXTENDED CARE FOR FULL DAY CAMPERS

Pre-camp: 7:00 – 9:00 am, Post-camp: 4:00 – 6:00 pm

COST

MEMBER: \$135/week*

NONMEMBER: \$160/Week*

AGE GROUPS

Full Day camps are designed for children ages 4–13 and divided into the following age groups: **Discovery Camp:** Ages 4–5, **Adventure Camp:** Ages 6–7, **Explorer Camp:** Ages 8–10, and **Trailblazer Camp:** Ages 11–13

PAYMENT INFORMATION

A \$25 non-refundable deposit is due at the time of camp registration. The remaining balance must be paid in full the Wednesday prior to camp start date and can be automatically deducted from a checking, savings or Visa/MasterCard or Discover Card.

HEALTH FORMS **NEW!**

When you register for camp, you will receive an email from CampDoc.com with information about how to complete your camper’s health information. **Health forms must be submitted in order for your child’s camp enrollment to be complete.** Health forms must be submitted the Wednesday prior to the camp start date.

FIELD TRIP FEES*

Camps that offer a field trip during the week may also require (as an option) an additional fee to cover the field trip costs. Fees must be paid in full the Wednesday prior to camp start date. See weekly descriptions for pricing.

LATE FEES

Late registration may be processed up to 6:00 pm the Friday before the camp start date. Additional fee \$25.

CANCELLATIONS/REFUNDS

Cancellations must be made 7 days before the camp start date for full refund less the \$25 non-refundable deposit.



FINANCIAL ASSISTANCE*

Yes! Thanks to generous donations from individuals and our community partners, funds are available for families who may not be able to afford a day camp experience for their child. We encourage you to start the application process as soon as possible as funds are limited. Plan to have your application submitted at least two weeks in advance of the camp you would like your child to attend.

CAMP SAFETY & STAFF TRAINING

Camper safety is our #1 priority. Our staff are selected based on their expertise, background and their strong desire to work with children. They are motivated to provide your child a safe and fun camp experience. All staff undergo extensive summer camp training. We cover topics such as team building, character development, conflict resolution, emergency procedures, child abuse awareness and prevention, CPR, first aid and age appropriate activity planning. The Tri-Cities Family YMCA Day Camp is one of only a handful of programs in West Michigan to be accredited by the American Camping Association (ACA).



WEEKLY CAMP THEMES

PIRATES OF THE HIGH SEAS

WEEK 1: JUNE 8-12

Ahoy! all ye pirates out thar, come discover your inner PIRATE with a week full o' adventure! This week will have pirate journeys, treasure huntin', map makin', and many other excitin' activities. This week will be highlighted with visits t' local Nautical Museums.

BLAST FROM THE PAST

WEEK 2: JUNE 15-19

It's time to get RETRO! Come have a TOTALLY GROOVY trip through the decades. Be prepared to take a FAR OUT journey. Each day will be taking a trip through another decade and will learn about popular trends, games, and music!

SILLY SCIENCE WEEK

WEEK 3: JUNE 22-26

Free your inner scientist! This week will be full of ooey goopy fun, interactive science experiments, and hands-on activities. This week will include a visit to the Grand Rapids Public Museum for the Explorer and Trailblazer camps and a visit to the Grand Rapids Children Museum for Adventure and Discovery camps (additional \$25 field trip fee).

OLYMPIC TOURNAMENTS

WEEK 4: JUNE 29 - JULY 3

Come join this fun filled week that will be full of Olympic challenges, from frisbee to soccer to swimming, activities will include camper classics and Olympic-themed favorites. (Field Trip to be determined).

SPLASH INTO SUMMER

WEEK 5: JULY 6-10

Make a big splash into a week of water fun! Come and enjoy a week of wet n' wild water activities, slip and slides, squirt guns, hoses, water balloons, and a field trip to Michigan Adventures Theme Park for Explorer and Trailblazers (additional \$45 field trip fee).

STAR WARS ADVENTURE

WEEK 6: JULY 13-17

Come to a galaxy far, far way, and join the Jedi Council. Take part in a multitude of fun and exciting Star Wars activities and games. You'll make light-sabers, reenact scenes, design costumes, and much, much more. This week will be highlighted with a trip to Craig's Cruisers for Trailblazer and Explorer Camp for laser tag and fun, and Adventure and Discovery camps will visit Crazy Bounce (additional \$30 field trip fee).

ANIMAL PLANET WEEK

WEEK 7: JULY 20-24

Go WILD this summer! Learn about different animals, play animal themed games and create cool colorful critters from around the world. Camp is highlighted with a field trip to John Ball Zoo for all ages (additional \$25 field trip fee).

COAST GUARD ADVENTURE

WEEK 8: JULY 27-31

Join us as we celebrate our wonderful community and participate in fun activities and adventures that are a part of Coast Guard Festival. Watch the Coast Guard ships come in, tour ships and attend Coast Guard Kid's Day.

WORLD OF WIZARDRY

WEEK 9: AUGUST 3-7

Experience the Magic, in a world full of wizardry. Come be sorted into different houses, learn how to create your own wands, search for horcruxes, create potions, and much more. Trailblazers camps will travel to Kirk Park learn archery, nature hike and explore the DNR's nature center (additional \$15 field trip fee).

WACKY WATER WEEK

WEEK 10: AUGUST 10-14

Wacky Water Week is sure to be a splash of fun! Come ready to get wet and enjoy swimming, water games, relays, and a trip to Michigan's Adventure Theme Park for Explorers and Trailblazers (additional \$45 field trip fee).

EVERY DAY IS A FIELD TRIP

WEEK 11: AUGUST 17-21

A special summer week, where campers will explore the Y, all over Grand Haven and more. They will travel by foot to mini-golf, bowling, trolley rides, and ice cream. Trailblazer, Explorer, and Adventure camps will travel to Rainbow Ranch for horseback riding and hay rides (additional \$40 field trip fee for Rainbow Ranch).

HOLLYWOOD/ROCK STAR EXTRAVAGANZA

WEEK 12: AUGUST 24-28

Campers will shine during this session, where every child is a star! Come join us for a camp full of laughter, fun, theater drama, creativity, and talent! Friday will bring a concert with skits, music, talent shows and performances by the campers!

A TYPICAL DAY OF CAMP

7:00-9:00 am Pre-camp activities

9:00 **CAMP BEGINS:** ice-breakers, group games, songs

10:00 Theme of the week activities, relays, sports

11:00 Small group activity, crafts

12:00 Lunch

12:45 Themed games, hikes, exploration

1:45 Swim lessons and free swim

3:30 Reflection and wrap-up

4:00 **CAMP DAY ENDS**

4:15-6:00 pm Post-camp activities

HALF DAY CAMPS

For preschool aged children and kids who have special interests, we offer a wide variety of half day camps. Campers can explore their interests with like minded children and learn new skills in a safe and fun environment. The camps are listed in age appropriate groups and divided into the following categories:

LEARNING TREE CAMPS

Skilled teachers provide an exciting, safe environment for your camper to develop their active imaginations through hands-on activities. These camps are specifically focused on children ages 2 to 6 years old and are filled with themed activities in arts and crafts, music, games, and so much more!

SPORTS / GYMNASTICS / DANCE CAMPS

Whether your child likes to kick, throw, cast, balance, climb, swing or spike... we've got you covered! We offer specialized training in a day camp setting that is designed to teach sports skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility.

ENRICHMENT CAMPS

Our Y summer enrichment camps provides kids with a variety of imaginative activities that make sure they have fun while making new friends, building self-confidence and discovering the world around them. Our carefully selected counselors work with campers on skill building in arts and crafts, gaming, cooking and babysitting.

WHAT PARENTS NEED TO KNOW

HALF DAY CAMP HOURS

AM CAMPS: 9:00 am – 11:30 am

PM CAMPS: 1:30 pm – 4:00 pm

COST

See bottom of each table for pricing information

PAYMENT INFORMATION

A \$25 non-refundable deposit is due at the time of camp registration. The remaining balance must be paid in full the Wednesday prior to camp start date and can be automatically deducted from a checking, savings or Visa/MasterCard or Discover Card.

HEALTH FORMS NEW!

When you register for camp, you will receive an email from CampDoc.com with information about how to complete your camper's health information. **HEALTH FORMS MUST BE SUBMITTED IN ORDER FOR YOUR CHILD'S CAMP ENROLLMENT TO BE COMPLETE.** Health forms must be submitted the Wednesday prior to the camp start date.

WHAT TO BRING

Campers should bring a healthy snack and water bottle every day!

LATE FEES

Late registration may be processed up to 6:00 pm the Friday before the camp start date. Additional fee \$25.

CANCELLATIONS/REFUNDS

Cancellations may be made 7 days before the camp start date for full refund less the \$25 non-refundable deposit.



IF A HALF DAY IS NOT ENOUGH...

We offer children ages 4-13 the option of joining our traditional full day camps for the rest of the day at a special rate. Just add \$85 (\$95 for non-members) to the price of any half day camp.

For children ages 3-12, we also offer additional hours of child care before or after our half day camps through our licensed childcare program. See page 6 in this program guide for pricing information.

AGES 2 – 3

JUN 8-12

JUN 15-19

JUN 22-26

JUN 29-JUL 3

JUL 6-10

JUL 13-17

JUL 20-24

JUL 27-31

AUG 3-7

AUG 10-14

AUG 17-21

AUG 24-28

LEARNING TREE CAMPS

PINT-SIZED PIRATES AND PIXIES

Come explore Pixie Hollow with the fairies of Neverland & ride the pirate ship with Captain Hook and Jake! Learn all about the magical powers of pixies and how to talk like a pirate! Don't miss out on the pint-sized fun!

TUE / THU

PAW PATROL ADVENTURE

Join the pup pack in a paw-raising adventure. No job is too big and no pup is too small to help save the day! Learn about your favorite pup and join the canine rescue team!

TUE / THU

SUPER HEROS TO THE RESCUE!

Up, up, and away! Calling local caped crusaders to perfect their powers, battle evil villains, and save the world! Learn the super hero pledge, make your very own super hero cape and shield, and become invincible!

TUE / THU

DORA & DIEGO BACKPACK ADVENTURE

Backpack! Backpack! Hola Kids! Join Boots and Dora as they set off on an adventure with the help of the Map. Watch out! Swiper the fox might be right around the corner in this adventure filled camp!

TUE / THU

OOEY GOOEY MESSY MANIA

It's time for some ooey, gooey messy fun! Whether it is yummy foods, sticky crafts, or crazy games, we're planning to get messy this week at camp!

TUE / THU

THE BACKYARD BARNYARD

What can be more fun than the farm! Learn all about cows that go "moo", pigs that go "oink", and roosters that go "cock-a-doodle-doo"!

TUE / THU

BUBBLES, BALLS & BALLOONS

Welcome to a bouncing, popping, exciting good time! Whether you blow it up, kick it or chase it you'll have fun and learn a few tricks with these summer favorites.

TUE / THU

ARTS OF ALL SORTS

It's time to draw, paint, collage, and much, much more in this fun filled creative camp! We will use our finger and our toes to create mini masterpieces!

TUE / THU

SHERRIF CALLIES'S WILD WEST CAMP

Giddee up, Partner! It's time to saddle up for some fun! We're taking a trip out west with Sherrif Callie and all her cowgirl and cowboy friends! There will be plenty of crafts and fun! You'll be saying "Yee-Haw" in no time!

TUE / THU

GYMNASTICS / DANCE CAMPS

LITTLE TUMBLERS GYMNASTICS

Little Tumbler Gymnastics is a two day mini-camp for our littlest gymnasts. Campers will learn basic gymnastics on Bars, Beam Floor, Vault & Trampoline.

MON / WED

LITTLE PRINCESS DANCE CAMP

Little Princess Dance Camp is a two-day mini-camp for our littlest dancers! Campers participate in ballet & creative movement, crafts, story time, silly songs and fun games!

MON / WED

MON / WED

MON / WED

ALL CAMPS: 9:00 AM – 11:30 AM

MEMBER: \$40

NONMEMBER: \$50

"I am thankful for being able to come to Y camp because I have learned so much on being a better person. I am glad my mom is able to afford letting me come to camp everyday. I met my very best friend here and that's what I love most about the YMCA. I also love seeing the counselors dress up as animals during animal week." – Lydia

WHERE LITTLE IMAGINATIONS CREATE BIG FUN!

AGES 3 – 4	JUN 8-12	JUN 15-19	JUN 22-26	JUN 29-JUL 3	JUL 6-10	JUL 13-17	JUL 20-24	JUL 27-31	AUG 3-7	AUG 10-14	AUG 17-21	AUG 24-28
LEARNING TREE CAMPS												
FIZZ, POP, BANG! Pop on in for guaranteed fun as we explore the world of fizzing, foaming, floating, and bubbles! Lots of crazy experiments will be packed into this week. Lab coats optional.	MON - FRI											
BIG TRUCKS CAMP Vroom, vroom! Get your motors running for some big truck fun! Explore the world of dump trucks, diggers, and big rigs in this revved up camp. Special rigs will visit this week and we will finish with a trolley ride around town!			MON - FRI									
DOC McSTUFFINS The Doc is in and it is time for a little stuffed animal first aid! Whether a mend or a stitch, a bandage or a hug, your little one will help save the day.					MON - FRI							
HAPPILY EVER AFTER CAMP What comes after once upon a time and in a land far, far away? Happily ever after of course! Meet your favorite princesses, wish upon a star and attend the royal ball in style!							MON - FRI					
DISCOVERING DINOSAURS Stomp on in for some dino-mite fun! Meet a T-Rex, dig for fossils, and make volcanos explode during this egg-citing week of prehistoric fun!								MON - FRI				
ME, MYSELF, & ART Five fun filled days with art ALL ABOUT YOU! Explore many different mediums and styles while celebrating your likes, talents, and creativity!											MON - FRI	
SPORTS CAMPS												
NINJA CAMP Do your kids love an obstacle course? Then our Ninja Camp is for them! We'll swing, jump, climb, and crawl through a series of obstacles in this exciting high energy camp. This camp is centered in the Gymnastics Center but will also spend time in the rock wall area too!			MON - FRI						MON - FRI			
ACTIVE MOVEMENT Children will keep busy through a variety of large motor activities. Your child will enjoy running, jumping, skipping, scooters, obstacle courses, and group games.					MON - FRI							MON - FRI
SOCCER A fun way for your child to explore the world of soccer where the basic skills will be taught through fun games and drills. We work on dribbling, stopping, passing and shooting.	MON - FRI					MON - FRI					MON - FRI	
SPORTS SAMPLER Your child will spend the week exploring any and everything ball related. Soccer, Basketball, Volleyball, Floor Hockey, Golf, Football and Bowling just to name a few.		MON - FRI		MON - FRI			MON - FRI			MON - FRI		
ALL CAMPS: 9:00 AM - 11:30 AM MEMBER: \$85 NONMEMBER: \$95												

CAMP GOALS

We're here to make your kids feel welcome...

- ... to help your kids grow,
- ... to support, guide and help them try new things,
- ... to foster curiosity and expand their comfort zones,
- ... to show kids all they can accomplish when they believe in themselves.

Week long. Summer long. Life long. Y Camp is about friendships, accomplishments and belonging.



AGES 3 – 4

JUN 8-12

JUN 15-19

JUN 22-26

JUN 29-JUL 3

JUL 6-10

JUL 13-17

JUL 20-24

JUL 27-31

AUG 3-7

AUG 10-14

AUG 17-21

AUG 24-28

GYMNASTICS / DANCE CAMPS

GIRLS GYMNASTICS

Campers will have fun filled mornings of gymnastics! Skills on the Bars, Beam, Floor and Vault will be introduced. Other activities include games, dances, parachute and craft.

JEDI TRAINING (BOYS GYMNASTICS)

Campers incorporate gymnastics skills with "JEDI" training. Skills taught on the rings, bars, floor, vault & trampoline. "Troopers" experience light sabers, flips n' tricks and crafts "out of this Galaxy".

DANCE/CHEER/GYMNASTICS

We love camp! Yes, we do! We love camp! How 'bout you? Campers will learn dances, cheers, stunts, jumps, tumbling and gymnastics skills on the Bars, Beam, Floor and Vault!

DANCE/GYMNASTICS

Get ready to dance and tumble in this combo class. Campers will twist and twirl with the dances they learn. Skills on the Bars, Beam, Floor & Vault will also be taught.

PRINCESS DANCE CAMP

Dreams come true at Princess Camp! Spend the week dancing with Ariel, Belle, Cinderella, Merida, Sleeping Beauty and more! We will read fairy tales, play princess games & make princess crafts!

FROZEN DANCE CAMP

Join us for a FROZEN Adventure! We will "let it go" daily with Princess Elsa & Anna dancing, singing, stories, games & creating frozen crafts.

ALL CAMPS: 9:00 AM - 11:30 AM

MEMBER: \$85

NONMEMBER: \$95

AGES 4 – 6

JUN 8-12

JUN 15-19

JUN 22-26

JUN 29-JUL 3

JUL 6-10

JUL 13-17

JUL 20-24

JUL 27-31

AUG 3-7

AUG 10-14

AUG 17-21

AUG 24-28

LEARNING TREE CAMPS

STAR WARS

May the force be with you when you meet us in a galaxy far, far away! Young Jedis will train in light sabre battles, battle the dark side, and destroy the death star! Learn all about droids and Wookies in this galactic adventure!

AMERICAN GIRL DOLL CAMP

Bring your special doll to camp each day. We will make crafts, play games, and build friendships! The final day of camp will be a special Victorian Tea Party with dolls in attendance.

MYTH BUSTERS!

Separate fact from fiction and test urban legends in this hands-on camp filled with exploration, discovery, and fun! Find your inner scientist and BUST these myths wide open or not...

OOEY GOOEY MESSY MANIA

It's time for some ooey, gooey messy fun! Whether it is yummy foods, sticky crafts, or crazy games, we're planning to get messy this week at camp!

PIRATES VS NINJAS

Who will win, Pirates or Ninjas? It will be swashbucklers versus senseis in this epic battle of wits! Recruit your friends and join us for this fantastic adventure!

THE ENCHANTED FOREST

This classic "Fairyland" week welcomes fairies, elves, royalty, and mythical creatures of all sorts! It's magic in the making!

PRESCHOOL PICASSOS

Unleash your inner Picasso! Come explore the wonderful world of art as we get our hands messy and explore a variety of material and mediums to create many masterpieces!

ALL CAMPS: 9:00 AM - 11:30 AM

MEMBER: \$85

NONMEMBER: \$95

ADVENTURE AWAITS

AGES 5 – 8

JUN 8-12
JUN 15-19
JUN 22-26
JUN 29-JUL 3
JUL 6-10
JUL 13-17
JUL 20-24
JUL 27-31
AUG 3-7
AUG 10-14
AUG 17-21
AUG 24-28

ENRICHMENT CAMPS

GIRLS GLITZ & GLITTER

Is glamour your thing? If yes, this is the camp for you. Come join us as we create unique projects and designs. Such as glitzy hair accessories, fuzzy flip flops, glitter jewelry, decorate bags, learn about hair & make up and much more! Join us for a fun week as we pamper and primp as all girls should.

AM

PM

PM

PM

JEWELRY MAKING CAMP

Want to learn how to design and create your own jewelry? This camp is for you! Campers will make bracelets, earrings, necklaces and other accessories using a variety of different items!

AM

AM

KIDS IN THE KITCHEN

This fun camp will motivate our young chefs! Make healthy snacks each day, make a cookbook with exciting recipes to try at home, decorate chef accessories and learn about kitchen safety.

PM

PM

GET YOUR GAME ON

CALLING ALL GAMERS! Campers will play a variety of strategic board games, such as chess, checkers, battle ship, Risk and many more, while learning, sharing tips and competing against other campers and their counselors.

AM

PM

INVENTOR'S WORKSHOP

Campers will build, design, experiment, and invent in this week filled with creativity, and tons of hands-on fun!

AM

PM

AM

FISHING

Think you can catch the biggest fish? Drop off and pick up at various bodies of water and fish the Grand River, Potawatomi Park Bayous, Government Pond and the Boardwalk Pier. Catch varieties of fish like Bass, Bluegill, Catfish, Sunfish, and more. *(own pole optional)*

AM

AM

AM

AM

AM

MISSION IMPOSSIBLE

Get ready for a harrowing spy adventure! Super sleuths in training must follow clues and connect the dots before it's too late! Create your own spy kit, participate in scavenger hunts, and work together to solve mysteries to keep trouble away from camp!

PM

PM

AM CAMPS: 9:00 AM – 11:30 AM

PM CAMPS: 1:30 PM – 4:00 PM

MEMBER: \$90

NONMEMBER: \$100



AGES 5 – 8

JUN 8-12

JUN 15-19

JUN 22-26

JUN 29-JUL 3

JUL 6-10

JUL 13-17

JUL 20-24

JUL 27-31

AUG 3-7

AUG 10-14

AUG 17-21

AUG 24-28

SPORTS CAMPS

SWING, BATTER, BATTER!

Take me out to the ball game! Become a big hitter this summer at our baseball camp! This session, campers will hit the ball out of the park while learning what teamwork is all about.

HOOP IT UP

If you like basketball then you will love our HOOP IT UP Camp! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game.

PASS, KICK, SCORE!

This Y Camp will play both American football & European football (aka Soccer). Join us as we learn the basics of these two sports favorites!

ULTIMATE SPORTS

You've played basketball and soccer, it's time to step up your game to Ultimate Sports. Dodgeball, floor hockey, lacrosse, gaga, wall ball and more! For all you traditional sports fans we'll play some of the classics too.

SPORTS SAMPLER

Soccer, Basketball, Volleyball, Floor Hockey, Golf, Football and Bowling are just a few of the sports that will be played.

SOCCER

We will explore the world of soccer through games and drills focusing on dribbling, passing and shooting.

JUMP ROPE

Your child will have a blast jumping their week away. Some skills that will be worked on are using the long rope, short rope, double dutch, jumping in and out, twirling, and jumping rhymes.

BUMP, SET, SPIKE INDOOR VOLLEYBALL

Each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games & competitions. Campers will learning team drills and time is spent on individual skill development as well.

SKATEBOARDING

Learn the basics of skateboarding including skateboarding safety and etiquette. Learn to ride up and down the ramps plus a variety of new skills such as how to ollie, rock and roll, and 180. (Skateboard and helmets required)

ROCK CLIMBING

Reach for the peak on your way to developing skills in knot tying, bouldering, and top rope climbing on our indoor rock wall in the new Adventure Center. Learn to overcome fears, accept responsibility, and practice decision making. It's a combination of life skills and adventure!

KARATE

Gain self-control, confidence and self-esteem. Learn the physical and mental aspects of Karate from techniques, forms, self-defense sparring complete with weapon demonstrations and board breaking techniques.

AM CAMPS: 9:00 AM – 11:30 AM

PM CAMPS: 1:30 PM – 4:00 PM

MEMBER: \$85

NONMEMBER: \$95

"Thanks to each and everyone of the counselors and the rest of the Y staff. You have made it a great summer for my son and given him lifelong memories!" – Jeff

TRY SOMETHING NEW!

AGES 5 – 8

JUN 8-12
JUN 15-19
JUN 22-26
JUN 29-JUL 3
JUL 6-10
JUL 13-17
JUL 20-24
JUL 27-31
AUG 3-7
AUG 10-14
AUG 17-21
AUG 24-28

GYMNASTICS / DANCE CAMPS

GIRLS GYMNASTICS

Children will practice a wide range of skills on the various gymnastics equipment. Come ready to learn new skills and improve all skills.

PM

AM

PM

AM

AM

PM

JEDI TRAINING (BOYS GYMNASTICS)

"May the Force be with you"! Campers incorporate gymnastics skills with "JEDI" training. Skills will be taught on the rings, bars, floor, vault & trampoline. Young "Troopers" experience light sabers, flips n' tricks and crafts that are "out of this Galaxy".

AM

AM

PM

AM

DANCE/CHEER/GYMNASTICS

We love camp! Yes, we do! We love camp! How 'bout you? Come join us for a week packed with dancing, cheering and gymnastics! Campers will learn dances, cheers, stunts, jumps, tumbling and gymnastics skills on the Bars, Beam, Floor and Vault!

PM

AM

PM

AM

CHEER & TUMBLE CAMP

We've got spirit, yes we do! We've got spirit, how 'bout you? Campers will learn the fundamentals of cheering with chants, dance, tumbling and group formations.

PM

PM

PM

TUMBLING (BEGINNER)

Your camper will work on the basic tumbling skills for the floor. Forward & Backward rolls, Bridges, Handstands & Cartwheels are some of the skills that will be worked on. No previous tumbling experience required, just an excitement for learning new skills.

PM

AM

TUMBLING (ADVANCED)

If you want to challenge yourself on your tumbling skills this is the camp for you. You must have a good Round Off and a Backbend for this class. We will be building onto those basic skills.

AM

PM

PRINCESS DANCE CAMP

Dreams come true at Princess Camp! Come dance away to princess land for the week! Our princesses will spend the week dancing with Ariel, Belle, Cinderella, Merida, Sleeping Beauty and lots more! We will read fairy tales, play princess games & make princess crafts!

PM

AM

FROZEN DANCE CAMP

Join us for a FROZEN Adventure! We will "let it go" daily with Princess Elsa & Anna dancing, singing, stories, games & creating frozen crafts. Don't miss this frozen-filled week of magical fun!

AM

PM

AM

DANCE PARTY CAMP

Here's your chance to learn fun line dances like Cha Cha Slide, Boot Scootin' Boogie, the Sid, Macarena and the Electric Slide and lots more! Campers will learn new dances daily!

AM

AM

AM CAMPS: 9:00 AM – 11:30 AM

PM CAMPS: 1:30 PM – 4:00 PM

MEMBER: \$85

NONMEMBER: \$95



ALL DAY GYMNASTICS CAMP

Do you love gymnastics and have dreamed of doing it all day? Here is your chance! Come join us for a week filled with fun team building activities, games, and of course gymnastics. We will strengthen old skills and learn new skills on each event. Ages 5-13

Two weeks to choose from: JUN 22-26 or AUG 3-7
9:00 AM – 3:00 PM

MEMBERS: \$120

NONMEMBERS: \$130

AGES 9 – 13

JUN 8-12
JUN 15-19
JUN 22-26
JUN 29-JUL 3
JUL 6-10
JUL 13-17
JUL 20-24
JUL 27-31
AUG 3-7
AUG 10-14
AUG 17-21
AUG 24-28

ENRICHMENT CAMPS

GIRLS GLITZ & GLITTER

If glamour your thing, this is the camp for you. We will create unique projects and designs such as glitzy hair accessories, fuzzy flip flops, glitter jewelry, decorate bags, learn about hair & make up and much more!

JEWELRY MAKING CAMP

Want to learn how to design and create your own jewelry? This camp is for you! Campers will make bracelets, earrings, necklaces and other accessories using a variety of different items!

KIDS IN THE KITCHEN

This fun camp will motivate our young chefs! Make healthy snacks each day, create a cookbook with exciting recipes to try at home, decorate chef accessories and learn about kitchen safety.

DUCT TAPE CREATIONS

We all know duct tape has tons of uses, but did you know you can use it to make some pretty amazing crafts and creations? Using tape of all colors and patterns, campers will have the opportunity to turn a simple household item into amazing works of art.

SCRAPBOOKING

Spend a week making your very own scrapbook. Pick a theme or event & bring pictures from it.

CHESS

Checkmate! Have you ever been stumped with how the chess pieces move? Have no fear! Chess camp will teach you the basics. Chess players will learn the different chess pieces and how they work. Players learn basic strategies and good sportsmanship.

GET YOUR GAME ON

CALLING ALL GAMERS! Campers will play a variety of strategic board games, such as chess, checkers, battle ship, Risk and many more, while learning, sharing tips and competing against other campers and their counselors.

FISHING

Think you can catch the biggest fish? Drop off and pick up at various bodies of water and fish the Grand River, Potawatomi Park Bayous, Government Pond and the Boardwalk Pier. Catch varieties of fish like Bass, Bluegill, Catfish, Sunfish, and more. *(own pole optional)*

BIG BOAT FISHING

In partnership with Freewater Experience, Troll, cast, enjoy boat fishing on Spring Lake and the Grand River for monster species: Bass, Pike, Sheep Head, Gar, Catfish and more. All equipment included. **SPECIAL TIME:** 1:00 pm – 4:00 pm, **SPECIAL PRICE:** \$150 for Members and \$160 for Nonmembers. **SPECIAL PLACE:** Parents must drop off and pick up at Fruitport Road. bridge boat launch (near Spring Lake Country Club).

BABYSITTING BASICS (AGES 11-14)

Want to be the top sitter in your neighborhood? Get advice and ideas while playing and learning activities you can put to use. Learn everything from keeping the kids safe and entertained to how to market your skills to potential clients. Through this course, campers will learn about the responsibilities of a babysitter, what parents expect, how to care for infants and young children, child development, safety & how to handle emergencies, healthy snacks, what to include in your babysitting kit, and more!

AM CAMPS: 9:00 AM – 11:30 AM

PM CAMPS: 1:30 PM – 4:00 PM

MEMBER: \$90

NONMEMBER: \$100

"As a day camp counselor, I encounter all kinds of kids during the summer; different races, socioeconomic status, family situations... and I love seeing how despite these differences, each child contributes an essential role within the group. Day camp is a place anyone can come and find their place and belong to something bigger than themselves. That's an awesome thing to come to work and see!" – Lindsay

BUILDING NEW SKILLS

AGES 9 – 13

JUN 8-12

JUN 15-19

JUN 22-26

JUN 29-JUL 3

JUL 6-10

JUL 13-17

JUL 20-24

JUL 27-31

AUG 3-7

AUG 10-14

AUG 17-21

AUG 24-28

SPORTS CAMPS

SWING, BATTER, BATTER!

Take me out to the ball game! Become a big hitter this summer at our baseball camp! This session, campers will hit the ball out of the park while learning what teamwork is all about.

PM

AM

HOOP IT UP

If you like basketball then you will love our HOOP IT UP Camp! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game.

AM

PM

PASS, KICK, SCORE!

This Y Camp will play both American football & European football (aka Soccer). Join us as we learn the basics of these two sports favorites!

PM

AM

ULTIMATE SPORTS

You've played basketball and soccer, it's time to step up your game to Ultimate Sports. Dodgeball, floor hockey, lacrosse, gaga, wall ball and more! For all you traditional sports fans we'll play some of the classics too.

PM

AM

JUMP ROPE

Your child will have a blast jumping their week away. Some skills that will be worked on are using the long rope, short rope, double dutch, jumping in and out, twirling, and jumping rhymes.

PM

PM

BUMP, SET, SPIKE INDOOR VOLLEYBALL

Each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games & competitions. Campers will learning team drills and time is spent on individual skill development as well.

AM

SKATEBOARDING

Learn the basics of skateboarding including skateboarding safety and etiquette. Learn to ride up and down the ramps plus a variety of new skills such as how to ollie, rock and roll, and 180. (Skateboard and helmets required)

AM

AM

AM

ROCK CLIMBING

Reach for the peak on your way to developing skills in knot tying, bouldering, and top rope climbing on our indoor rock wall. Learn to overcome fears, accept responsibility, and practice decision making. It's a combination of life skills and adventure!

PM

AM

PM

PM

BEACH VOLLEYBALL

Join local volleyball advocates as we teach the fun and exciting sport of beach volleyball. Learn drills, match play and the details of the beach game.

AM

SKIM BOARDING

Learn the basics of skim boarding as well as the safety and etiquette of skim boarding. This camp is sure to be a time of fun as you learn the proper run, slide, front side turns and more in the sun at the beach! (Skim board required)

AM

AM

KARATE

Gain self-control, confidence and self-esteem. Learn the physical and mental aspects of Karate from techniques, forms, self-defense sparring complete with weapon demonstrations and board breaking techniques.

PM

PM

AM CAMPS: 9:00 AM – 11:30 AM

PM CAMPS: 1:30 PM – 4:00 PM

MEMBER: \$85

NONMEMBER: \$95

"My favorite Y camp memories from this year are going on all the field trips and adventures. We are lucky to have great, responsible and generous counselors that give up their summer for us. I'm sad that the year is over but I look forward to coming back as a camper next year and later on, as a counselor." – Lucy

AGES 9 – 13

JUN 8-12
JUN 15-19
JUN 22-26
JUN 29-JUL 3
JUL 6-10
JUL 13-17
JUL 20-24
JUL 27-31
AUG 3-7
AUG 10-14
AUG 17-21
AUG 24-28

GYMNASTICS / DANCE CAMPS

GIRLS GYMNASTICS

Girls Gymnastics camps will be an exciting week of instruction of gymnastics skills for all levels. Learn Cartwheels, Handstands, Backbends and Back Handsprings.

AM

BOYS GYMNASTICS

Hanging, support, traveling, and proper landing techniques are the basic themes on all of the events in this boys only class. Skills on Floor, Horizontal Bar, Rings, & Vault will be explored as well as Rolls, Handstands, Cartwheels, Round Offs & Backbends.

PM

AM

AM

TUMBLING (BEGINNER)

Your camper will work on the basic tumbling skills for the floor. Forward & Backward rolls, Bridges, Handstands & Cartwheels are some of the skills that will be worked on. No previous tumbling experience required, just an excitement for learning new skills.

PM

AM

TUMBLING (ADVANCED)

If you want to challenge yourself on your tumbling skills this is the camp for you. You must have a good Round Off and a Backbend. We will be building onto those basic skills.

AM

PM

DANCE PARTY CAMP

Here's your chance to learn fun line dances like Cha Cha Slide, Boot Scootin' Boogie, the Sid, Macarena and the Electric Slide and lots more! Campers will learn new dances daily!

PM

PM

AM CAMPS: 9:00 AM – 11:30 AM

PM CAMPS: 1:30 PM – 4:00 PM

MEMBER: \$85

NONMEMBER: \$95

LEADERS-IN-TRAINING

WEEK 4: JUNE 29 – JULY 3

The Leaders-In-Training (LIT) program is designed to teach leadership skills to teens. This program focuses on group and team-building activities, including volunteering, rock climbing, activity planning, peer- and self-evaluations, mixed in with games, swimming, and outdoor activities. It is designed to improve a teens' communication skills, work-ethic, problem solving skills, self-esteem, and teamwork skills by focusing on the YMCA values of Caring, Honesty, Respect, and Responsibility. LIT is required for those who wish to participate in Counselor-In-Training program next summer.

Ages 14 and 15 ONLY

MEMBERS: \$185

NONMEMBERS: \$205





GET READY FOR **MORE**



THIS SUMMER AT THE Y

**MORE HEALTH.
MORE HOPE.
MORE OPPORTUNITY.**

Take a new class. Meet a new friend. Volunteer.
Let's do **MORE** together.

The Y. So Much More™

