the YMCA®

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER

Summer Camp

YMCA OF THE CAPITAL AREA

#BestSummerEver

THE ORIGINAL SUMMER CAMP

The YMCA of The Capital Area brings another summer of fun and excitement to the area for kids from all over to enjoy. While escaping from the classroom they'll be playing games, building lasting friendships and exploring the true meaning of summer fun. Our campers will enjoy spending time participating in non-traditional games and splashing around in our pools. Through Y summer programs, the social-emotional, cognitive, and physical development of all youth are nurtured and celebrated, resulting in the BEST SUMMER EVER!!

The YMCA SUPPORTS YOUTH IN:

- **Discovering skills to help them realize their accomplishments, passions, talents and potential**
- **Building friendships to demonstrate the role positive relationships play in the well-being of a child**
- **Developing a sense of belonging where kids feel safe, welcome and express their individuality**

FOR SPECIAL REGISTRATION PRICING RESERVE YOUR SPOT BY FRIDAY, MAY 12th

TRADITIONAL DAY CAMP: AGES 4-12

OVERVIEW

TRADITIONAL CAMP

Our traditional camps offer a little bit of everything that you can think of when you think "CAMP." Daily activities include playing and leading games, nature and outdoor exploration, arts and crafts, swimming, and a variety of sports. Weeks are structured with one major field trip, swimming, an art project reflecting on the theme of the week and a ton of creative fun for every camper!

REGISTRATION FEE

BEFORE MAY 12TH	AFTER MAY 12TH
$20 Members	$30 Members
$30 Participants	$40 Participants

WEEKLY FEE

$110 Members $150 Participants

REGISTER FOR CAMP

1. Submit camp registration form to the YMCA location where your child will be attending camp.
2. Pay for the first week of summer camp.
3. Submit your child's immunization records at the time of registration.
4. Attend Parent Orientation-check with the Y for dates and times.

ACTIVITIES

- Field trips
- Swimming
- Sports
- Arts & Crafts
- Teambuilding
- Group Games
- Science Activities
- STEM

THE VALUE OF MEMBERSHIP

Become a member and save this summer! Members save $40 per week for summer camp, that is a total savings of **$400!**

CAMP ESSENTIALS

Bag Lunch *
(2)Healthy Snacks
Tennis Shoes
Lined Swim Suit
Spray Sunscreen
Towel
Changes of Clothes (ages 4-6)
Medication (See Parent Handbook guidelines)
Camp Shirt (specified on schedule)

*Several camps will be involved in a summer feeding program and will provide FREE hot lunches for most weeks of camp. Ask the camp director for more information.

CAMP THEMES

AMAZING RACES
Every day is a new challenge with scavenger hunts that will test your campers mental and physical endurance.

BARNYARD PALOOZA
Campers will explore wildlife through hands-on learning about life on the farm.

BEYOND THE STARS
To Infinity and Beyond.... campers will travel through space learning about the stars. This week will have plenty of SCI-FI based activities as well.

C.S.I.
Campers will work together to solve riddles, make/analyze finger prints, decipher codes, and participate in scavenger hunts.

EVERYONE'S A GAMER
Spend all week experiencing all sorts of live and interactive games from real game shows of the past and present.

LAND BEFORE TIME
Journey to a lost land exploring our ancient history of dinosaurs and other mystical wonders of nature.

MAD SCIENTIST
Join us for some amazing science experiments and cool projects. Every day offers a new experience for campers to ask questions and find solutions using everyday science experiments.

NATURES OWN
Green thumbs required! Campers will explore how plants thrive and produce food. Our junior gardeners will learn about life cycles and even participate in taste testing games. Campers will learn concepts like "leave no trace" and recycling.

STARS & STRIPES
Campers will show their national pride all week long by competing in old school traditional field games, arts projects and even Olympic competitions.

THROUGH THE DECADES
Travel through time to appreciate all the fun of the decades in music and entertainment. Campers will learn new skills and have a chance to showcase them at the camp talent show.

WATER MANIA
Every day is a great day to get soaking wet! Campers will participate daily in outdoor water games or indoor gym and pool games such as beach towel volleyball, water ball, and water polo.

SAMPLE FIELD TRIPS | Bowling, Skating, Zoo, Swamp Tours, Movies, State Capitol and more!

Games, activities and field trips may vary by branch.

SAMPLE CAMP DAY

7-9AM	Camper Check-In, Small Group Games
9-9:45AM	Morning Rally, Snack, Group Time
9:45-11AM	Games and Activities
11AM-12PM	Arts and Crafts
12-1PM	Lunch and Specialty Focused Activities
1-2PM	Swim/Activities (swim time varies by branch)
2-4PM	Theme Activities
4-6PM	Camper Check-Out, Snack, Small Group Games

WHAT PARENTS SAY

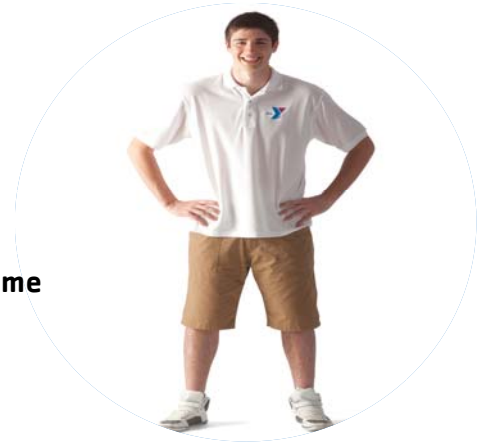
QUOTES

1. The first words out of my son's mouth were, "I had the **best day ever** and I can't wait till tomorrow."
2. Your **counselors make camp** what it is...they are all amazing!
3. It's **safe, clean and fun.** The kids LOVE it! We are counting down the days until next summer.
4. I love listening to my children recap their experiences at camp over and over. My kids come home **stronger in their self-confidence and leadership.**
5. It was the first time my daughter experienced camp. The **nurturing and bubbly personalities** of the counselors made her feel comfortable. Thank you!
6. We love the daily updates we receive while in the check-out line. Their counselor **always greets us** with information about our son.

We refer to our summer camp staff as "Role Models" because we expect them to set the best example for our summer camp kids. To achieve "Role Model" status our staff completes the following trainings:

ROLE MODELS

- CPR/First Aid and AED certification
- Official clean criminal background checks
- Completed professional drug screening
- Child abuse prevention policies and training
- Certified professional lifeguards on guard during swim time
- Darkness to Light Child Abuse Prevention certification
- 40 hours of YMCA Child Training in:



Day Camp Safety & Supervision	Playground Safety	Trip & Transportation
Staff Safety at Camp	Activity & Game Facilitation	Aquatic Safety/Pools

TEEN CAMP | AGES 13-16

EVERYONE'S A CAPTAIN!

CAMP TIMES 7AM-6PM

REGISTRATION FEE

BEFORE MAY 12TH	AFTER MAY 12TH
$20 MEMBERS	$30 MEMBERS
$30 PARTICIPANTS	$40 PARTICIPANTS

WEEKLY FEE

$110 MEMBERS $150 PARTICIPANTS

Get ready to experience your best summer yet! Teens will engage in a variety of activities designed to build friendships and develop interpersonal and leadership skills. Teens will spend their week participating in field trips and camp activities such as team building games, swimming, mastery skills, sports and more. Teens will also have the opportunity to lead specific camp programs for our younger campers. Teen Camp is a great way to spend the summer whether you're looking to learn new hobbies, have fun or develop your leadership skills.

SAMPLE CAMP DAY

7-9AM
Teen Check-In, Small Group Games

9-9:45AM
Lead Rally, Snack, Group Time

9:45-11AM
Games and Activities

11AM-12PM
Mastery Skills

12-1PM
Lunch and Teen Choice

1-3PM
Theme Activities

3-4PM
Swim

4-6PM
Teen Check-Out, Snack, Small Group Games

EVERYONE'S A CAPTAIN

TEEN CAMP THEMES

DOLLARS AND $ENSE
Teens will have fun learning the basics of how money works and how to work with their money. These future leaders will also gain key knowledge in best practices and how to work towards their goals.

PUTTING YOUR BEST FACE FORWARD WITH PARTIES & POLITICS
Teens will be fine tuning their best selves through giving speeches, selling themselves by practicing interviewing and writing resumes. They will also enjoy learning about civic engagement with the opportunity to champion a cause. Teens will get to author a bill for legislation and debate with each other about their chosen causes.

RESCUERS R' US
During this week our teen leaders will gain skills that will harness their ability to be responsible. They will attain knowledge and certifications in the areas of babysitting, water safety and CPR/First-Aid.

ENGINEERING THE FUTURE
Having fun while making things work will be a key goal during this week. Teens will participate in meaningful STEM activities by creating and building things such as robots, catapults, bridges and other fun projects and equipment.

THE GREAT OUTDOORS
This week being a teen leader is about more than playing traditional camp games. We will discover and learn about the great outdoors. Attaining fun and simple life survival skills is designed to be interactive and exciting.

SPORTING WARS
On your mark, get set, GO! Everyone will get to experience the thrills of sporting and competing with each other. Team work and team building activities will be a key element this week as they learn how to work within group dynamics.

FOOD, FUN, AND FITNESS
Teen leaders will practice being young chefs, health nuts, and nutritional gurus. They'll learn about nutritional balance while preparing some simple and tasty meals for themselves.

MEDIA MAKERS
Extra, Extra, Read All About It! Our teens will be exploring the world of journalism in both print and video. They will have fun writing all about the adventures of camp while learning what it means to be a star on camera and in the news.

BEST SUMMER EVER

I had so much fun this summer. I made some amazing best friends, learned new skills and had a blast. I am telling all my friends to **join me next summer.**

– Teen Camper, age 13

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CAMP WEEKS (Traditional Camp & Teen Camp)

Pre-Camp May 25-26

Week 1 May 29-June 2

Week 2 June 5-9

Week 3 June 12-16

Week 4 June 19-23

Week 5 June 26-30

Week 6 July 3-7
(no camp on July 4th)

Week 7 July 10-14

Week 8 July 17 –21

Week 9 July 24-28

Week 10 July 31-August 4

Post-Camp August 7-8

ymcabr.org/camp

Raising Cane's CHICKEN FINGERS

CAMP LOCATIONS

Americana YMCA
4200 Liberty Way, Zachary
225-654-9622

C. B. Pennington Jr. YMCA
15550 Old Hammond Hwy
225-272-9622

A. C . Lewis YMCA
350 South Foster Drive
225-924-3606

Dow Westside YMCA
3688 Sugar Plantation Pkwy
225-687-1123

Paula G. Manship YMCA
8100 YMCA Plaza Drive
225-767-9622

Baranco-Clark YMCA
1725 Thomas Delpit Drive
225-344-6775

ExxonMobil YMCA
7717 Howell Blvd.
225-906-5424

Southside YMCA
8482 Perkins Road
225-766-2991

Financial assistance is available based on need and availability of funds.

Mission: To put Christian principles into practice through programs that build a healthy, spirit, mind and body for all.