



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA of WEST CENTRAL FLORIDA SUMMER CAMP GUIDE 2017



# Get ready for a summer of ENRICHMENT, DISCOVERY, & ADVENTURE

**WELCOME!** The YMCA is one of the nation's largest providers of out-of-school programming, and has a long, rich history of over 100 years in providing top-notch summer camps to parents across the country. We strive to provide kids with a safe environment and a place to continue learning, develop social skills and have FUN for an overall amazing summer camp experience. Our Day Camps provide a safe and enriching environment for campers to participate in healthy, developmentally-appropriate activities and learning experiences. All camps focus on building self-esteem, confidence and social skills while increasing independence and health and wellness awareness. At the YMCA kids learn that the sky is the limit this summer!

## 2017 CAMP OPTIONS:

-  **Day Camp (South Lakeland Location)**
-  **Weekly Enrichment Add-ons**
-  **Day Golf Camps (YMCA Par 3 Location)**
-  **Aquatics Camps**
-  **Gymnastics Camp**
-  **Sports Camp**
-  **Day Camp (North Lakeland Location)**

## CAMP LOCATIONS:

**Lakeland Family YMCA** (South Lakeland)  
3620 Cleveland Heights Blvd.  
863-644-3528

- Day Camp w/ Weekly Add-Ons
- Gymnastics Camp
- Aquatics Camps
- Sports Camp
- Pre-K Camp

**Fontaine Gills Family YMCA** (North Lakeland)  
2125 Sleepy Hill Road  
863-859-7769

- Day Camp w/ Weekly Add-ons

**YMCA Par 3, Home of The First Tee of Lakeland**  
1740 George Jenkins Blvd.  
863-577-0236

- Various Golf Camp Options
- Full and Half-Day Camps

WEEK 1

June  
5-9

WEEK 2

June  
12-16

WEEK 3

June  
19-23

WEEK 4

June  
26-30

WEEK 5

July  
5-7  
Prorated

WEEK 6

July  
10-14

WEEK 7

July  
17-21

WEEK 8

July  
24-28

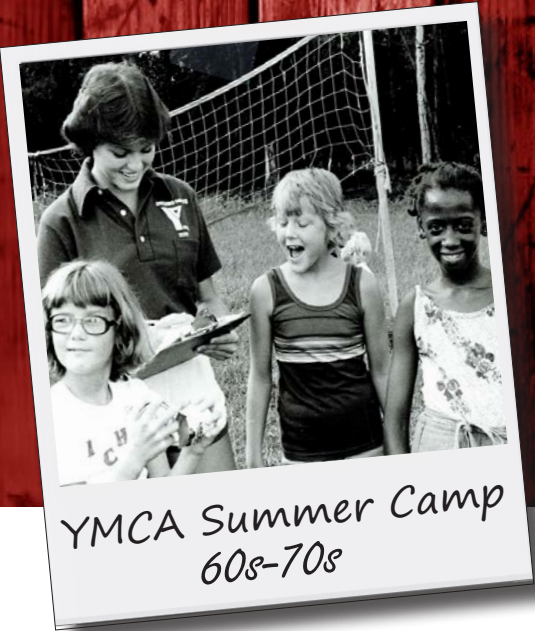
WEEK 9

July 31-  
August 4

1st Day of School:  
**August 10**

ARE YOU  
REGISTERED FOR  
AFTER SCHOOL  
CHILDCARE?

# YMCA SUMMER CAMP THROUGH THE YEARS... BLAST TO THE PAST!



YMCA Summer Camp  
60s-70s



YMCA Summer Camp  
70s-80s



YMCA Summer Camp  
TODAY!

## DAY CAMP (SOUTH LAKELAND FACILITY)

Themed weeks of traditional summer camp for children include: indoor & outdoor games, swimming, arts and crafts, sports, music, science, special events, and more! So join us this summer and make new friends while having fun! Weekly add-ons are available to make your summer experience even more memorable. A healthy snack is provided daily. Campers will be swimming each day, weather permitting. One-piece bathing suit required.

**Weekly Enrichment Add-ons:** For an additional fee you can pair one of our fun and exciting day excursions with paid day camp. See next page for details. SPACES ARE LIMITED.

**AGES:** 5-12 (must have completed Kindergarten)

**WEEKLY FEES:**

\$90 Member / \$120 Non-Member  
There is a one-time \$25 registration fee

**PRORATED WEEKS:**

Week 5: \$54/\$72 (3-day week)  
NOTE: Enrichment Add-ons are not prorated

**TIMES:** 7:00am - 6:00pm

## PRE-K CAMP (SOUTH LAKELAND FACILITY)

The Pre-K summer camp program provides an academic blend that is curriculum based and reinforces kindergarten readiness skills. Each day children will participate in arts and crafts, music time, organized and free play, and more. Children will also enjoy special events and guest speakers throughout the summer. At the Y, campers gain confidence, learn to make good choices, and develop their social skills. They grow in compassion and caring, and are encouraged to celebrate self-discovery! A healthy snack is provided daily. **Space is limited to 17 campers. Each week is first come, first serve based on payment.**

**AGES:** 4-5 (must have turned 4 years old by September 1, 2016)

**WEEKLY FEES:**

\$120 Member / \$150 Non-Member  
There is a one-time \$25 registration fee

**PRORATED WEEKS:**

Week 5: \$72 Member / 90 Non-Member (3-day week)

**TIMES:** 7:00am - 6:00pm

\*Breakfast and lunch will be provided to Day Camp and Pre-K Camp. Dates TBA.



# SUMMER CAMP: BLAST TO THE PAST

## WEEKLY CAMP THEMES (South & North Lakeland YMCA Facilities)

### **Week 1: 1920's** June 5-9

Jazz is in the air and swing is the thing. Come with us as we experience the roaring 20's! Learn the foxtrot, the Charleston, and even enjoy a live Jazz performance on Friday! This fun filled week will showcase everything that made the 20's fabulous!

### **Week 2: 1930's** June 12- 16

Your children will discover that you don't have to have a lot, to have a lot of fun! Children will spend the week making their own toys, playing stick ball, marbles, and other games enjoyed during the 1930's. We will also unravel the magic of the big top on Friday and enjoy a petting zoo and other circus games.

### **Week 3: 1940's** June 19-23

Teamwork is the key to success this week! Work together to overcome obstacles and learn that with grit and determination anything can happen. Just as the country banded together for greatness during a trying time, our kids will come together and take on obstacle courses and other fun challenges!

### **Week 4: 1950's** June 26th – June 30th

Get ready to burn rubber and have a swell time! We will make our own hot rod to enter the Y car show, complete with carnival games and fun prizes. So throw on that poodle skirt, grease back your hair and Let's Go to the Hop!

### **Week 5: 1960's** July 5th-July 7th

Enter the space race and blast off as we celebrate the first man on the moon! Explore the history of the Space Shuttle Initiative by creating and launching your own rockets. It'll be far out!

### **Week 6: 1970's** July 10th- July 14th

Shake your groove thing as we get boogie fever and dance the week away! The entire camp (excluding Pre-K camp) will take a field trip to Skate World on Friday for a morning of disco-themed skating. All campers **MUST** be here **NO LATER** than 8:00am. We will return by 12pm.

### **Week 7: 1980's** July 17th – July 21st

Put on your neon, pull out your leg warmers, and tease your hair as we sweat to the oldies! We will have a totally awesome time experiencing upbeat group exercise and discovering rad world of the boom in music videos.

### **Week 8: 1990's** July 24th – July 28th

Gear up as team spirit hits an all-time high. Each group will deck out their rooms in a spirit competition then compete together in 90's game show style challenges. **WARNING:** You will get slimed!

### **Week 9: Future** July 31st – August 4th

The future is bright and the possibilities are endless. Designing robots, improving technology, and enhancing space travel are what await as we look through the present to see what comes next.

# EXPERIENCE MORE!

## WEEKLY ENRICHMENT ADD-ONS

South Lakeland  
YMCA Day Camp  
Location

**Time Warp:** Get ready for adventure as you embark on field trips away from the Y. Each day we will embark on a exciting trip to try something new! Field trips vary each week and include: The Crayola Experience, MOSI, The Florida Aquarium, Dinosaur World, Bowling, Museums, Parks, and many more.  
Weeks: 1,2,3,4,6,7,8,9 / Ages: 6+ / Price: \$45

**Archery:** The basics of target archery are introduced including: familiarization with archery equipment and terminology; instruction in shooting techniques that create successful archers; training in archery range safety rules and regulations; fun archery activities to build proficiency. Attendees will leave with an understanding of the sport of target archery, and the knowledge to practice it safely.  
Weeks: 1, 7 / Ages: 8+ / Price: \$40

**Fishing:** Hands-on fun and excitement as campers fish and learn to safely operate a boat. Campers learn valuable information regarding fish and their habitat as well as various fishing techniques. Campers will build responsible angling habits and practices. All aspects of fishing are covered, from fish identification and biology to boat navigation. Campers leave with an appreciation for the sport of fishing, as well as the knowledge required for ethical angling. At the end of the week each child will take home a fully stocked tackle box.  
Weeks: 2, 6 / Ages: 9 and up / Price: \$70

**Ukulele:** Campers learn the basics of Ukulele through fun, silly, and crazy camp songs. Campers will learn to tune, hold, strum and sing along with their ukulele as well as the four most common ukulele cords through songs and games After spending the week learning how to play, campers get to perform a mini-concert for their friends at the end of the week.  
Weeks: 7 / Ages: 7+ / Price: \$40

**Drum:** During the daily sessions, campers learn how to make music using various percussion instruments such as congas, bongos, drum sets, marimbas, boomwhackers, rain sticks, tambourines, and many, many more. Students learn percussion rhythms with fun phrases, like "Banana Underwear." First you say it, then you play it! They learn how to play individually and how to play within a large group. At the end of the week campers get to show how they march to the beat through a performance for fellow campers.  
Weeks: 1 / Ages: 7+ / Price:\$40

**Theater:** Lights! Camera! Action! Like to be on center stage? Put your unique talents to use! We will audition for and perform a play, as well as learn acting techniques, play improvisational games, and work on props and costumes. It will be an exciting week of fun and drama.  
Weeks: 2 / Ages: 6+ / Price: \$40

**Lego:** Campers will explore the complexity and joy of Lego design. Kids will learn hands on planning and building strategies to develop and enhance problem solving & critical thinking skills and show them that everything is cool when you are part of the team!  
Weeks: 4,6 / Ages 5+ / Price: \$40

**Golf:** Participants will learn golf fundamentals, life skills, and character development. Have fun spending the day with your friends on the greens! Golf clubs will be provided.  
Weeks: 1, 8 / Ages: 5+ / Price: \$40

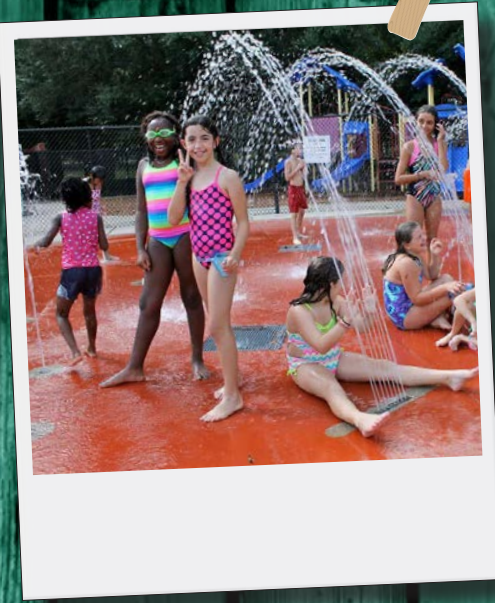
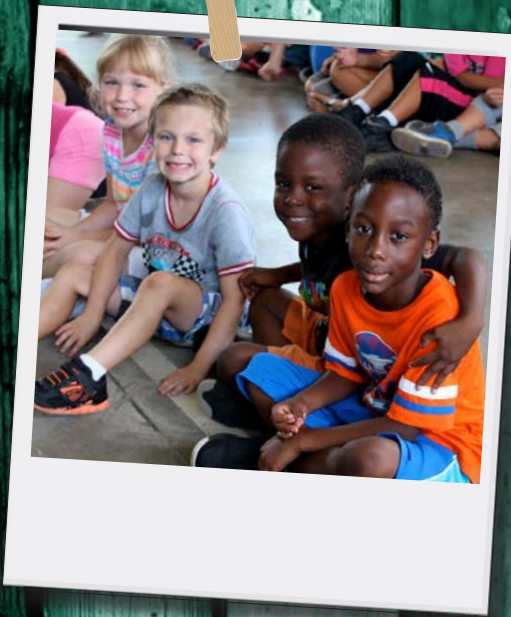
**Painting and Drawing:** Improve your art skills and learn new ways to express your individuality and creativity. Campers can expect to spend time working in many mediums including: line drawing, painting, watercolor and drawing with oil pastels. Week: 3 / Ages: 5+ / Price: \$40

**Cooking:** If you like hands-on fun and have taste buds that are up for an adventure, this add-on is sure to be sweet. Join our chef-de-jour as we cook main courses and desserts. Explore the backstage of food production with field trips to the Publix dairy plant and local bakery, Crumb and Get It.  
Weeks: 3 (5-7 year olds) & 4 (7 and up) / Price: \$40

**Robotics:** Kick it into gear as you learn to build machines then bring them to life. Campers will work in small groups to design, build, and program a robot. Children experiment with engineering and programing the robot to complete different tasks & compete against other robots.  
Weeks: 3, 8 / Ages: 7+ / Price: \$40



**\*Summer Enrichment Add-ons are NON-REFUNDABLE and NON-TRANSFERABLE.**



# FONTAINE GILLS FAMILY YMCA

## DAY CAMP (NORTH LAKELAND FACILITY)

Themed weeks of traditional summer camp for children include: indoor & outdoor games, swimming, arts and crafts, sports, music, science, special events, and more! So join us this summer and make new friends while having fun! Weekly add-ons are available to make your summer experience even more memorable. A healthy snack is provided daily. Campers will be swimming each day, weather permitting. One-piece bathing suit required.

**Weekly Enrichment Add-ons:** For an additional fee of **\$40 a week (Time Warp is \$45)** you can pair one of our fun and exciting enrichment add-ons with paid day camp. See next page for details. SPACES ARE LIMITED.

**AGES:** 5-12 (must have completed Kindergarten)

### WEEKLY FEES:

\$90 Member / \$120 Non-Member

There is a one-time \$25 registration fee

### PRORATED WEEKS:

Week 5: \$54/\$72 (3-day week)

NOTE: Add-ons are not prorated

**TIMES:** 7:00am - 6:00pm

\*Breakfast and lunch will be provided. Dates TBA.

## ENRICHMENT ADD-ONS

### Week 1:

Sports (Basketball/Football), Swim & Fit, or Time Warp

### Week 2:

Sports (Soccer), Swim & Fit, or Golf at the YMCA Par 3, or Time Warp

### Week 3:

Sports (Baseball), Tumbling, Engineer/Lego Design, Swim & Fit, or Time Warp

### Week 4:

Xtreme Sports, Tumbling, Engineering/Lego Design, Swim and Fit, or Time Warp

### Week 5:

Sports (Basketball/Football) or Swim & Fit

### Week 6:

Sports (Soccer), Swim & Fit, or Time Warp

### Week 7:

Sports (Baseball), Swim & Fit, or Time Warp

### Week 8:

Sports (Basketball/Football), Swim & Fit, or Time Warp

### Week 9:

Sports (Baseball), Swim & Fit, or Time Warp

# SUMMER GOLF CAMPS

at the YMCA Par 3



## Linksters Camp: Half Day Camp

Designed to include golf fundamentals, golf etiquette, on course play and traditions of the game. Clubs are provided if needed. \*Need a minimum of 3 participants pre-registered to hold camp.

**AGES:** 8-14 / **WEEKLY FEES:** \$95 Members / \$105 Non-Member

**WEEKS:** 2 & 9 / Monday-Friday / 8:30am – 12:30pm

## Pee Wee Players Camp Half Day Camp

A camp tailored to our younger golfer where coaches will be enthusiastic and will keep the campers active and engaged. Activities will reflect this age group's attention span and appropriate skill levels. Our emphasis will be on having FUN while learning how to play the game of golf.

**AGES:** 4-7 / **WEEKLY FEES:** \$75 Members / \$95 Non-Member

**WEEKS:** 2 & 8 / Tuesday-Friday / 8:30am - 12:30pm

## The First Tee of Lakeland Summer Camp

This camp is tailored to focus on The First Tee Nine Golf Fundamentals within the golf skill categories of Putting, Chipping, Pitching and the full-swing. Activities will reflect appropriate skill levels of each camper. Additionally, we will focus on The First Tee Nine Core Values and how to develop life and golf skills through this exposure. Clubs are provided if needed.

**AGES:** 7-15 / **WEEKLY FEES:** \$125 Members / \$155 Non-Member

**WEEKS:** 4 & 7 / Tuesday-Friday / 9am - 3pm

## The First Tee Golf Experience: Juniors and Beginners

This camp is tailored for the young novice who wants to experience golf and learn the fundamentals of Putting, Chipping, Pitching and the full-swing. Golf etiquette, fitness, healthy lifestyle and course management will be included. Friendly contests & matches will round out the week!

**AGES:** 8-15 / **WEEKLY FEES:** \$75 Members / \$100 Non-Member

**WEEKS:** 5 / Wednesday-Friday / 9am - 3pm

## The First Tee of Lakeland Golf Academy

The First Tee Academies provide in-depth golf instruction in all areas of the game including: putting, chipping, bunker play & long game. The Academy also provides knowledge about healthy living, exercise, mental awareness & how to prepare for tournament golf. If your child is ready to take their golf game to the next level, then this is the right camp for them. **\*Please contact camp director John Copeland to enroll your child in this camp.**

**AGES:** 12-17 / **WEEKLY FEES:** \$150 Members / \$190 Non-Member

**WEEKS:** Girls Academy: Week 3 / Boys Academy: Week 6

**DAYS & TIME:** Tuesday-Friday / 9am-4pm

## PLAYERS Cup Camp: Invitation Only

PLAYERS Cup Camp is designed for golfers who are advanced tournament players. During the week, players will get the opportunity to travel & play at different golf courses in Central Florida. **\*Contact Gerald Richardson, YMCA Par 3 Executive Director, to enroll your child in this camp. 863-577-0236**

## LPGA-USGA Girls Golf of Lakeland Camp: Half Day

Designed for young females who are 7 years of age or older and have participated in LPGA-USGA Girls Golf, The First Tee or school golf programs. All aspects of the game including golf etiquette, golf skills, fitness, healthy lifestyle, The 5 E's and course management will be included. Friendly contests and matches will round out the week! Register through [www.girlsgolf.org](http://www.girlsgolf.org) for our Lakeland site and receive a FREE LPGA Girls Golf membership kit from the LPGA

**AGES:** 7-15 / **WEEKLY FEES:** \$95 Members / \$105 Non-Member

**WEEK:** 1 / Monday-Friday / 8:30am - 12:30pm

A healthy snack is provided each day, but campers need to bring a refillable water bottle and snacks/lunch each day, unless otherwise notified.



# 'SUMMER'S SAULT CAMP

**JUMP, DANCE, TUMBLE & TWIRL!** Spend the week with us learning and perfecting gymnastics, dance, tumbling, and cheerleading skills and drills. Campers will enjoy a full day of gymnastics training, group games, swimming, arts and crafts, and more! After a week of fun and learning with friends, parents are invited to our Friday showcase. We want every participant to grow this summer not just by making new friends and trying something new, but also by gaining confidence within themselves. Whether walking across the high-beam for the first time or coming out of their comfort zone to cheer on a fellow participant, we want to make your camper's summer a worthwhile experience-- something they have never experienced before! Participants will need a swim suit (one piece for girls) and a towel each day. A healthy snack will be provided. **SPACE IS LIMITED.**

**AGES:** 5-14 (must have completed Kindergarten)

**WEEKS:** 1-9

**WEEKLY FEES:** \$110 Member / \$140 Non-Member

**PRORATED WEEK:**

Week 5: \$66/\$84 (3-day week)

NOTE: There is a one-time \$25 registration fee

**TIMES:** 7:00am - 6:00pm

**DROP-OFF & PICK-UP:** 7am-9am at back building 4pm-6pm at back building. Person picking up must stay in vehicle and provide government issued ID.

\*Breakfast and lunch will be provided. Dates TBA.

**GYMNASTICS CAMP CONTACT:** Rebecca Williamson, 863-644-3528, ext. 270

## Camp Reminders:

Long hair should be worn in a ponytail.  
No jewelry, belts, buttons, or tights.

**Attire:**

(Girls) Leotard - optional bike shorts  
(Boys) Shirt tucked into shorts





# AQUATICS CAMPS

## JELLYFISH HALF-DAY CAMP

Activities in this swimming camp include swim instruction, in and out of water safety, songs, games and the opportunity to learn and explore under water skills. On Fridays parents will be able to attend a demonstration on skills learned throughout the week. Campers need be potty-trained. Camper will need a towel daily. Drop-off and pick-up is in the main building front lobby.

**AGES:** 3-6

**WEEKS:** 1-9 (No Camp Week 5)

**WEEKLY FEES:** \$80 Member / \$110 Non-Member

**TIMES:** 9:00am - 12:00pm

## UNIQUE ACTIONS HALF-DAY CAMP

**This half day camp is for campers with special needs.**

Activities include sports, arts/crafts, gymnastics & swimming. There will be additional trained staff to help with campers. Campers will need a towel daily. A healthy snack will be provided. Drop-off & pick-up is in the main building front lobby.

**AGES:** 5-14

**WEEKS:** 8 & 9

**WEEKLY FEES:** \$80 YMCA Member \$110 Non-Member

**TIMES:** 1:00pm-4:00pm

## WET AND WACKY CAMP FULL-DAY CAMP

This is a camp for children who want to learn to swim or improve their swimming skills. Activities include basic swim instruction, stroke development, endurance, water safety, synchronized swimming, snorkeling, and wacky outside games. Campers will need to have a one piece bathing suit for girls and swimsuits for boys, plus clothing and tennis shoes for outside activities. Please bring a towel, snorkel, fins, and goggles daily.

**AGES:** 5-12 (must have completed kindergarten)

**WEEKS:** 1-9

**WEEKLY FEES:** \$110 Member / \$140 Non-Member

**PRORATED WEEK:** Week 5: \$66/\$84 (3-day week)

**TIMES:** 7:00am - 6:00pm

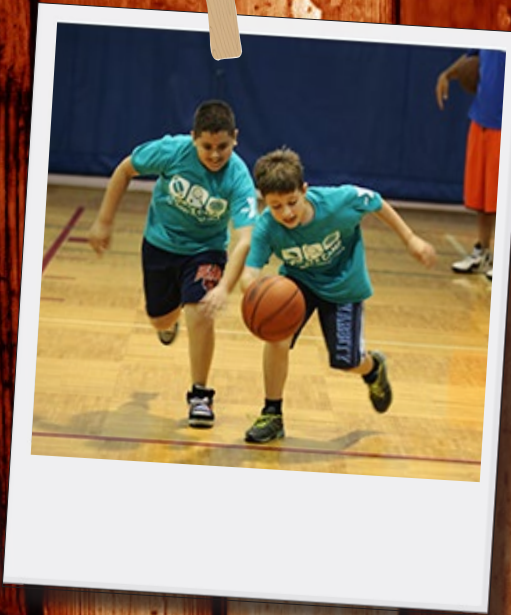
### WET AND WACKY CAMP ONLY:

\*Breakfast and lunch will be provided. Dates TBA.  
Pizza lunch for \$5 will be available on Friday.  
Campers will receive a healthy snack daily.

NOTE: There is a one-time \$25 registration fee for camps.

### AQUATICS CAMP CONTACT:

Sandra Austin 863-644-3528, ext. 230



# SPORTS CAMPS

This multi-sport program is dedicated to the truly sports-minded, active child. This camp gives participants the opportunity to play a variety of sports in a fun, safe environment. Campers will receive technical instruction in each sport and will then experience the sport in a realistic game situation. Playing sports builds character and leadership skills. As with all YMCA programs the values of caring, honesty, respect and responsibility are stressed through all our sports programs. This camp will focus on developing skills in all sports, helping them become a more well-rounded athlete. Sports include: basketball, soccer, football, volleyball, ultimate frisbee, baseball and more! A healthy snack is provided daily. Campers will be swimming each day, weather permitting.

**AGES:** 6-11 (must have completed Kindergarten)

**WEEKS:** 1-9

**WEEKLY FEES:** \$110 Member / \$140 Non-Member

**PRORATED WEEK:**

Week 5: \$66/\$84 (3-day week)

NOTE: There is a one-time \$25 registration fee

**TIMES:** 7:00am - 6:00pm

**DROP-OFF & PICK-UP:** 7am-9am at back building 4pm-6pm at back building. Person picking up must stay in vehicle and provide government issued ID.

\*Breakfast and lunch will be provided. Dates TBA.

**SPORTS CAMP CONTACT:** Jake Putnam, 863-644-3528, ext. 225

## Weekly Themes:

Week 1 – Basketball & Football

Week 2 – Soccer

Week 3 – Baseball

Week 4 – Volleyball & Ultimate Frisbee

Week 5 – Basketball & Football

Week 6 – Soccer

Week 7 – Baseball

Week 8 – Basketball & Football

Week 9 – Soccer



# OUR YMCA MISSION AND VALUES

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## ALL CAMPS FOCUS ON THE Y'S CORE VALUES

CARING

HONESTY

RESPECT

RESPONSIBILITY

## YMCA of West Central Florida Branches:

### Lakeland Family YMCA:

3620 Cleveland Heights Blvd  
Lakeland, FL 33803  
Phone: 863-644-3528  
Fax: 863-644-2517

### Fontaine Gills Family YMCA

2125 Sleepy Hill Road  
Lakeland, FL 33810  
Phone: 863-859-7769  
Fax: 863-859-6258

### YMCA Par 3, Home of The First Tee of Lakeland

1740 George Jenkins Boulevard  
Lakeland, FL 33815  
Phone: 863-577-0236  
Fax: 863-577-0239

### Childcare Services

3620 Cleveland Heights Blvd  
Lakeland, FL 33803  
Phone: 863-644-3528  
Fax: 863-644-2517

**Financial Assistance:** No qualified person is denied YMCA services due to inability to pay established fees. Those not able to pay the full fee may receive financial assistance based on the ability to pay and the YMCA's ability to fund subsidy. Assistance is available because of the generosity of YMCA donors. For a financial assistance request packet please visit us at [www.ymcawcf.org](http://www.ymcawcf.org) or at one of our YMCA locations.



# 3-MONTH SUMMER MEMBERSHIPS

Discover something new at the Y this summer!

Join by June 15 and enjoy  
**TWO** facilities at **ONE**  
great price!

## Lakeland Family YMCA (LFY)

3620 Cleveland Heights Blvd.  
Lakeland, FL 33803  
863-644-3528

## Fontaine Gills Family YMCA (FGY)

2125 Sleepy Hill Road  
Lakeland, FL 33810  
863-859-7769

### Discounts on programming including:

- Summer Camp
- Swim Lessons
- Gymnastics & Cheer
- Youth Sports
- Tae Kwon Do
- AND MORE!

**FREE** Group Fitness classes!

**NO** Contracts!

**FREE** Family Events!

[www.ymcawcf.org](http://www.ymcawcf.org)

CATEGORY	3-Month Rate	
	FGY	LFY
YOUTH (up to age 18)	\$57	\$63
YOUNG ADULT (ages 19-27)	\$102	\$108
ADULT (ages 28-64)	\$138	\$144
<b>TWO PERSON FAMILY</b> Two adults up to the age of 64 living in the same household or one adult and one dependent	\$180	\$186
<b>FAMILY PLUS</b> Two adults up to the age of 64 living in the same household plus any legal dependents	\$204	\$210
SENIOR (age 65 and up)	\$123	\$129
<b>TWO SENIOR FAMILY</b> Two adults over the age of 65 living in the same household	\$168	\$174

Take advantage of our YMCA Par 3 facility add-on for \$68. Enjoy three months at our 9-Hole golf course with lighted driving range.

\*3-Month Membership payment is due in-full at the time of sign-up.