



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER SUMMER AT THE Y!

2019 Summer Camp
YMCA OF WEST CENTRAL FLORIDA

YMCA OF WEST CENTRAL FLORIDA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
863.644.3528
ymcawcf.org












CHOOSE YOUR OWN ADVENTURE AT THE Y!

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 wellness awareness. At the YMCA kids learn that the sky is the limit!

2019 CAMP OPTIONS:

-  **Day Camp (South Lakeland Location)**
-  **Teen Camp**
-  **Day Golf Camps (YMCA Par 3 Location)**
-  **Aquatics Camp**
-  **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/ Add-Ons, Pre-K Camp
- Gymnastics Camp
- Aquatics Camp
- Sports Camp
- Teen Camp

Fontaine Gills Family YMCA (North Lakeland)

2125 Sleepy Hill Road
863-859-7769

- Day Camp w/ 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	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
June 3-7	June 10-14	June 17-21	June 24-28	July 1-3 closed July 4 & 5	July 8-12	July 15-19	July 22-26	July 29- Aug 2	August 5-7 prorated week

TOP 10 REASONS

YOU AND YOUR CAMPER WILL LOVE SUMMER CAMP AT THE YMCA!

FUN • INNOVATION • FRIENDSHIP • ENCOURAGEMENT • LEADERSHIP • MOTIVATION • HEALTHY LIVING • SUPPORT • SAFETY • RESPECT • CONFIDENCE • NEW SKILLS • CREATIVITY • ADVENTURE

1. At the Y, we strive to promote **HEALTHY LIVING** and Physical Activity (HEPA) standards. At summer camp, children spend their day moving, running, hiking, jumping, dancing, climbing, biking; they almost forget what it feels like to sit!

2. **SAFETY** is paramount at the Y. All camp counselors are specifically trained to meet the needs of various age levels and abilities, and are required to complete the YMCA camp training course prior to instruction. They also must pass a nationwide background screening and must hold current CPR and First Aid certifications.

3. **TEAMWORK**...Our various camp programs offer opportunities for friendly competition through games, sports, arts and knowledge all rooted in the YMCA core values of caring, honesty, respect, and responsibility.

4. Our Y camp curriculum features the opportunity for **ENHANCED LEARNING** activities when guest groups and speakers come in to offer fun and educational learning experiences.

5. At Y camp we **ENCOURAGE** self-development independence. Children are empowered at our camp to try new things, cooperate and respect one another.

6. At the Y we teach children important **LEADERSHIP** skills; skills that empower them to set the pace and tone for other children – and feel empowered in tasks they take on throughout their lives.

7. Camp builds positive memories! Summer is a time of **DISCOVERY** and self-improvement that stays with a child long into adulthood!

8. Each day our campers **DEVELOP NEW SKILLS**. Our nurturing environment yields encouragement allowing children to endure setbacks, take on unknown challenges and even try difficult things a second time to experience improvement.

9. The atmosphere at Y camp brings people together. For years, great **FRIENDSHIPS** have been built and strengthened through time at summer camp. Singing, laughing, cheering, talking, playing and doing everything we do at camp is bound to lead to close bonds between children!

10. And we can't forget **FUN!** Children deserve the chance to enjoy their summer, and soak up the great outdoors. We are constantly aiming to provide your child with new and exciting options. Camp can be a silly place at times, and there is nothing wrong with that!

MOTIVATED



The thrill of discovery is within reach for every child, every day at camp. Under the guidance of their counselors, children form a cohesive unit and learn the value of friendship and teamwork.

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! A healthy snack is provided daily. Campers have the option to swim each day, weather permitting. One-piece bathing suit required. Breakfast and lunch will be provided to campers Monday-Thursday, dates TBA. Pizza lunch every Friday for \$5.

AGES: 5-12 (must have completed Kindergarten)

WEEKLY FEES: \$100 Member / \$130 Non-Member
PRORATED WEEKS: \$60 Member / \$78 Non-Member

There is a one-time \$25 registration fee

TIMES: 7:00am - 6:00pm



Weekly add-ons are available to make the summer experience even more memorable. A detailed schedule will be available in March.

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. Breakfast and lunch will be provided to Monday-Thursday, dates TBA. Pizza lunch on Friday for \$5. **Space is limited to 17 campers. Each week is on a first come, first serve basis**

AGES: 4-5 (must have turned 4 years old by September 1, 2018)

WEEKLY FEES: \$130 Member / \$160 Non-Member
PRORATED WEEKS: \$78 Member / \$96 Non-Member

There is a one-time \$25 registration fee

TIMES: 7:00am - 6:00pm

TEEN CAMP (SOUTH LAKELAND FACILITY)

YMCA Teen Camp is the ultimate summer camp experience for teens. We strive to help campers develop character and build assets through a variety of fun and challenging activities including team-building games, field trips, and community service opportunities.

Breakfast and lunch will be provided to campers Monday-Thursday, dates TBA. Pizza lunch on Fridays for \$5. **Drop-off and pick-up is in the main building.**

AGES: 13-15

WEEKLY FEES: \$120 Member / \$150 Non-Member / There is a one-time \$25 registration fee
PRORATED WEEKS: \$72 Member / \$90 Non-Member

TIMES: 7:00am - 6:00pm

TEEN CAMP CONTACT: Walter Huffstutler, walter.huffstutler@ymcawcf.org



DAY CAMP WEEKLY THEMES

SOUTH & NORTH LAKELAND FACILITIES

Week 1 Space/Astronomy

Turn your eyes to the stars, taking in planets, moons, and all that our galaxy has to offer. During camp we'll be working toward earning our NASA badge by gaining information about rockets, and the innerworking of the space race. Make your own rocket ship and shoot for the stars because this week will be out of this world!

Week 2 Engineering/Robotics

Thomas Edison once said, "To invent, you need a good imagination and a pile of junk." This week in camp will teach you how to make the most of both! We will learn about the innerworking of current robotic developments as well as create some Lego Robots of our own. The week will finish with an Invention Convention where you will display your own inventions created as a team.

Week 3 Chemistry

Things are about to get explosive! We will explore the chemical reactions all around us. Whether we're cooking something delicious or watching solids turn into liquids in the palm of our hand. This week we will add a huge ELEMENT of fun to the table!

Week 4 Criminology/Genetics/Physics

Being a detective takes more than a magnifying glass. To truly figure out "whodunit" you need to use your mind to identify fingerprints, paint splatter, and using genetics to eliminate suspects. At the end of the week, use all the skills you've learned to examine a crime scene and solve the case!

Week 5 Paleontology/Archeology

Take a trip 65 million years in the past to look at bones left behind by the dinosaurs. We will dig for fossils and learn about the giant creatures that roamed the earth. We won't be stuck in the Jurassic period only! We will go beyond and learn about ancient human civilizations by creating our own cave drawings and seeing what we can learn from our ancestors.

Week 6 Marine Biology/Oceanography

Get ready to jump in and make a splash! This week we will not only be learning about the deep blue sea, but we will spend the week playing water games and keeping our cool in the summer heat. Learn about the different creatures in the ocean, from top-dwelling dolphins to the luminescent animals that stalk the deep, dark sea.

Week 7 Environmental Science/Botany/Geology

The world is alive! This week we will learn how to take better care of our environment by recognizing that our choices make a difference. We will grow our own plants and learn that the earth rocks!

Week 8 Zoology/Entomology

Time to get wild! Learn about all species of animals from the largest elephants to the tiniest ants. Our week will be filled with animal crafts and unique experiences that will bring the animal kingdom to life.

Week 9 Aeronautics/Cartography/Meteorology

Soar through the clouds and touch the sky this week as we build planes of all shapes and sizes. We will create maps of the world we live in and worlds that live in your imagination. Learn how the weather is predicted and how all these things work together to create adventures of a lifetime.

Week 10 Biology/Anatomy/Physiology

How does our brain know when to tell our legs to take a step? How does our body know how to keep our blood pumping? What keeps our bodies healthy and at their best? The answers to these questions and more will be discovered during this week when we learn how our bodies work and how to make choices to keep our bodies healthy

PLEASE NOTE: Weekly add-ons are available to make the summer experience even more memorable. A detailed schedule will be available in March.

TEAMWORK



SPORTS CAMPS | SOUTH LAKELAND FACILITY

Experiencing a wide range of new activities, kids learn what interests them.

Our staff offers each camper guidance, patience and encouragement.

At the Y, we emphasize good sportsmanship and self-confidence.

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 campers become a more well-rounded athlete. Sports include: basketball, soccer, football, volleyball, ultimate frisbee, baseball and more!

A healthy snack is provided daily. Campers have the option to swim each day, weather permitting.

AGES: 6-11 (must have completed Kindergarten)

WEEKS: 1-10

WEEKLY FEES: \$120 Member / \$150 Non-Member

PRORATED WEEKS: \$72 Member / \$90 Non-Member

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 (work ID's are UNACCEPTABLE)

Breakfast and lunch will be provided to campers Monday-Thursday, dates TBA. Pizza lunch on Fridays for \$5.

CONTACT: Mitch Devore, 863-644-3528, ext. 225 mitch.devore@ymcawcf.org

WEEKLY THEMES:

- Week 1 – Basketball & Football
- Week 2 – Soccer
- Week 3 – Baseball
- Week 4 – Basketball & Football
- Week 5 – Volleyball & Ultimate Frisbee
- Week 6 – Soccer
- Week 7 – Baseball
- Week 8 – Basketball & Football
- Week 9 – Soccer
- Week 10 – Baseball

YMCA PAR 3 SUMMER GOLF CAMPS



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

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: 5-7 **WEEKLY FEES:** \$95 Members / \$105 NM

WEEKS: 1, 7, 9 / Tuesday-Friday / 9am-1pm

The First Tee of Lakeland Summer Camp

This camp is tailored to introduce The First Tee Nine Golf Fundamentals to the young player. Golf skill categories of Putting, Chipping, Pitching and the full-swing will be included. 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. Friendly contests & matches will round out the week!

AGES: 8 & up **WEEKLY FEES:** \$130 Members / \$160 NM

WEEKS: 3, 8 / Tuesday-Friday / 9am-4pm

LPGA-USGA Girls Golf Littles Camp: Half Day

Designed for girls who are new to the game and want to learn in a girls-friendly environment. Aspects of the game including golf etiquette, putting, chipping/pitching, long game, fitness, healthy lifestyle, Friendly contests and matches will round out the week!

AGES: 5-8 **WEEKLY FEES:** \$95 Members / \$105 NM

WEEK: 4 / Tuesday-Friday / 9am-1pm

LPGA-USGA Girls Golf of Lakeland Camp: Half Day

Designed for girls who are 9 years of age or older and have participated in LPGA-USGA Girls Golf, The First Tee or middle school golf programs and have advanced golf skills.

All aspects of the game including golf etiquette, putting, chipping/pitching, bunker play, long game, fitness, healthy lifestyle and course management will be included; getting the girls ready to play competitive golf. Friendly contests and matches will round out the week! Register your girl golfer through www.girlsgolf.org for our Lakeland site and receive a FREE LPGA Girls Golf membership kit from the LPGA!

AGES: 9 and up **WEEKLY FEES:** \$95 Members / \$105 NM

WEEK: 2 / Tuesday-Friday / 9am-1pm

The First Tee of Lakeland Golf Academy

This is the camp for youth looking to play competitive golf. The First Tee Academies provide in-depth golf instruction in all areas of the game including: putting, chipping, bunker play and long game. The Academy also provides knowledge about healthy living, exercise, mental awareness and 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 Cope-land to enroll your child for this camp.

AGES: 8-15 **WEEKLY FEES:** \$160 Members / \$200 NM

WEEK: 6

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

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 NM

WEEKS: 1, 2, 4, 7, 9 / Tuesday-Friday / 8:30am-12:30pm

There is a one-time \$25 registration fee for all camps. Campers need to bring a refillable water bottle and snacks/lunch each day, unless otherwise notified.

CONFIDENT



SUMMERSAULT CAMP

(SOUTH LAKELAND FACILITY)

Confidence grows in campers with each passing day and new adventure.

With the support of their friends and Y staff, kids are encouraged to push beyond their comfort zone and try new things.

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 is 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.

AGES: 6-12 (must have completed Kindergarten)

WEEKS: 1-10

WEEKLY FEES: \$120 Member / \$150 Non-Member

PRORATED WEEKS: \$72 Member / \$90 Non-Member

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 (work ID's are UNACCEPTABLE)

Breakfast and lunch will be provided to campers Monday-Thursday. Dates TBA. Pizza lunch on Friday for \$5.

CONTACT: Mitch Devore 863-644-3528, ext. 230 mitch.devore@ymcawcf.org

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



MAKE A SPLASH AQUATICS CAMPS!

(SOUTH LAKELAND FACILITY)

WET AND WACKY CAMP FULL-DAY CAMP

This is a camp for children who want to learn to swim or improve their 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: 1-10

WEEKLY FEES: \$120 Member / \$150 Non-Member

PRORATED WEEKS: \$72 Member / \$90 Non-Member

TIMES: 7:00am - 6:00pm

WET AND WACKY CAMP ONLY:

DROP-OFF & PICK-UP: 7am-9am at back building and 4pm-6pm at back building. Person picking up must stay in vehicle and provide government -issued ID (work ID's are UNACCEPTABLE)

Breakfast and lunch will be provided to campers Monday-Thursday. Dates TBA. Pizza lunch on Friday for \$5.

There is a one-time \$25 registration fee for all 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 of skills learned throughout the week. Campers need to be potty-trained. Campers will need a towel daily. **Drop-off and pick-up is in the main building front lobby.**

AGES: 3-6

WEEKS: 2, 3, 4, 6, 7, 8, 9, 10

WEEKLY FEES: \$85 Member / \$115 Non-Member

TIMES: 9:00am - 12:00pm

In addition to our weekly aquatics camp options, we will run our summer session of swim lessons from June 24-August 24 (no classes the week of July 4th).

We offer classes from 6 months to adult, from swim starters to stroke development. Lessons are offered various times Monday-Thursday and on Saturday. Pick up a current swim lesson brochure at the front desk for class times.

Contact:

Sandra Austin, Aquatics Director
sandra.austin@ymcawcf.org



INSPIRED



Action-packed fun is designed to give them a memorable summer and allow them to build friendships that truly do last a lifetime.

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! A healthy snack is provided daily. Campers will have the option to swim each day, weather permitting. One-piece bathing suit required for girls.

Breakfast and lunch will be provided Monday-Thursday. Campers will be transported to Sleepy Hill Elementary school daily for lunch. Dates TBA. Pizza lunch on Friday for \$5.

AGES: 5-12 (must have completed Kindergarten)

WEEKLY FEES:

\$100 Member / \$130 Non-Member

PRORATED WEEKS:

\$60 Member / \$78 Non-Member

There is a one-time \$25 registration fee

TIMES: 7:00am - 6:30pm



Weekly add-ons are available to make your summer experience even more memorable. Schedule will be available in March.

WEEKLY THEMES

Week 1 Space/Astronomy

Turn your eyes to the stars, taking in planets, moons, and all that our galaxy has to offer.

Week 2 Engineering/Robotics

Learn about the innerworking of current robotic developments as well as create some Lego Robots of our own.

Week 3 Chemistry

Things are about to get explosive! We will explore the chemical reactions all around us.

Week 4 Criminology/Genetics/Physics

Being a detective takes more than a magnifying glass. To truly figure out "whodunit" you need to use your mind this week.

Week 5 Paleontology/Archeology

Take a trip 65 million years in the past to look at bones left behind by the dinosaurs!

Week 6 Marine Biology/Oceanography

Get ready to jump in and make a splash as we learn about the deep blue sea.

Week 7 Environmental Science/Botany/Geology

This week we will learn how to take better care of our environment.

Week 8 Zoology/Entomology

Time to get wild! Learn about all species of animals from the largest elephants to the tiniest ants.

Week 9 Aeronautics/Cartography/Meteorology

Soar through the clouds and touch the sky this week as we build planes of all shapes and sizes.

Week 10 Biology/Anatomy/Physiology

This week we will learn how our bodies work and how to make choices to keep our bodies healthy.



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

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

Fontaine Gills Family YMCA

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

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 or at one of our YMCA locations.



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