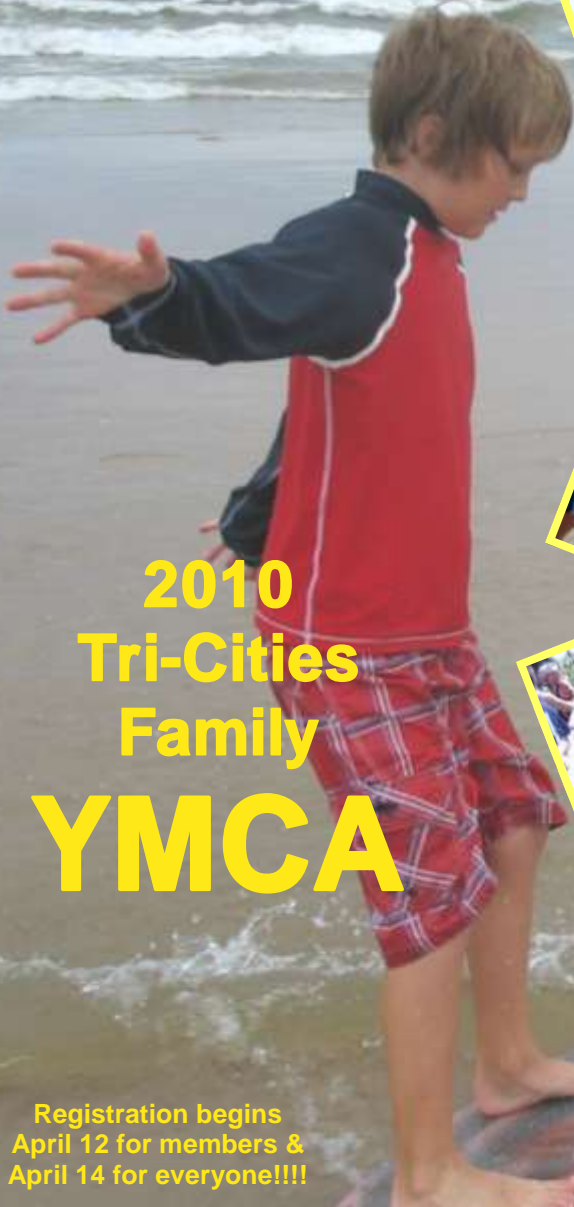




SUMMER CAMP



2010
Tri-Cities
Family
YMCA

Registration begins
April 12 for members &
April 14 for everyone!!!!

More information at: www.tcfymca.org or call (616)842-7051

Youth Summer Camps Full Day

Monday-Friday from 9:00am—4:00pm

Free Pre-Camp and Post-Camp Activities Available (7-9 am & 4-6pm)

YMCA Member \$130/week Non-Member \$155/week

No one is turned away due to inability to pay!

Community Pricing available for full day camps—ask for info at our Welcome Center
(allow 2 weeks to process)

Discovery Camp: Ages 4-5 **Adventure Camp: Ages 6-7**
Explorer Camp: Ages 8-10 **Trailblazer Camp: Ages 11-13**
Leaders in Training Camp: Ages 14-15

Have your children fallen into the trap of too much T.V. and video games? Why not have them meet new friends in an outside and active environment this summer. YMCA Day Camp provides a premier setting in Mulligan's Hollow for daily social interaction where children begin new friendships through small group interactions under the supervision of highly trained staff. College-aged counselors become the positive role models our children need as they learn to make appropriate decisions through the YMCA core values of Honesty, Respect, Caring, and Responsibility. Each staff member receives an extensive week of training in First Aid, CPR, child abuse prevention, behavior management, small group facilitation, and aquatic observation to provide a safe and nurturing environment you can count on.

Each camp is designed to build self-esteem while promoting self-confidence and leadership development. Appropriately aged activities keep kids engaged throughout the day. Campers participate in team building activities, friendship bracelets, adventure sports, hiking, building forts, camp songs, archery, fishing, elimination, group games, dance programs and more.

Each camper will not only enjoy free swim each day, but will also participate in a 30-minute swimming lesson, learning how to be safe in our waterfront community. All participants receive the Tri-Cities Family YMCA Day Camp T-shirt as a keepsake. Some camps have additional field trips to Michigan's Adventure, John Ball Zoo, White Caps game, Horseback riding.



Activities revolve around a theme each week. With 12 themes and multiple activities, your child will never get bored. Join us for one week or all summer long!

Leaders in Training Camp: Ages 14-15 (Sessions 2 & 6 only)

This camp is for teens who like to be active, work with children and have an interest in gaining leadership skills. Participants will have opportunities to lead children by working side by side with summer camp staff and gain first-hand experience leading sports and planning outdoor activities. Participants must be able to follow directions, be sensitive to children and be able to assist staff in carrying out recreational programs. Participants will receive lunch on Fridays, two junior leadership t-shirts, a water bottle, a certificate of recognition, First Aid & CPR training!

Here is a sample schedule of a typical day in camp:

7:00am-9:00am
Pre-Camp activities – early drop-off
9:00am-9:15am
Group Game – Camp day begins
9:15am-9:45am
Camp songs, opening ceremony
9:45am-10:00am
Bathroom/sunscreen/water break
10:00am-11:00am
All camp activity, game, sport, relays
11:00am-12:00pm
Small group activity time or craft
12:00pm-12:30pm
Lunch
12:30pm-12:45pm
Bathroom/sunscreen/water break
12:45pm-1:45pm
Themed activity time
1:45pm-3:30pm
Swimming lessons and free swim
3:30pm-4:00pm
Change to closing ceremonies
4:00pm-6:00pm
Post-camp activities

More information at: www.tcfymca.org or call (616)842-7051

Session Dates (Full Camp)	Session #	Themes	Descriptions
June 14– June 18	1	Trailblazing and Horseback*	Calling all cowboys and cowgirls, come explore the adventures and activities of the wild, wild, west, highlighted with horseback riding at Rainbow Ranch.
June 21– June 25	2	Star Wars	Young Jedi's, explore the galaxy with all your Star Wars favorites. Make your own light saber, compete in the Jedi Trials games and complete the Naboo water challenge.
June 28– July 2	3	Splash into Summer*	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, and relays highlighted by a day at Michigan's Adventure Theme Park.
July 5– July 9	4	Everyday is a Holiday*	Celebrate a new holiday each day. Bring your favorite Halloween costumes, celebrate Christmas in July and break in the New Year with a week of holiday fun, activities, and celebrations highlighted by attending a White Caps baseball game!
July 12– July 16	5	Pirates and Princesses	Get ready to walk the plank! Search the seven seas hunting for treasure, build ships, swords, and wands, be treated like royalty, and dress up like princesses and pirates.
July 19– July 23	6	Hollywood/ YMCA Idol	Calling all stars! We will be having fun with movie, television, and sports themed games and activities with performances all week long crowning the winning team
July 26– July 30	7	Forts of all Sorts	Use your creative instincts to build outdoor and indoor shelters from scratch. Learn survival techniques and compete in the forts of all sorts challenge relays and games.
Aug. 2– Aug. 6	8	Coast Guard Adventure	Join us as we participate in fun activities and adventures to celebrate the Coast Guard Festival. Tour ships, attend kids day, and participate in parades.
Aug. 9– Aug. 13	9	Outrageous Outdoors*	Calling all outdoor enthusiasts! It's sure to be a fun week of activities such as scavenger hunts, exploring the trails, and relay races, highlighted by a trip to John Ball Zoo!
Aug. 16– Aug. 20	10	Wacky Water Week*	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.
Aug. 23– Aug. 27	11	Survivor— Grand Haven	Come and take on the survivor challenge! Try exotic foods, compete in outdoor adventure games, learn how to cook over a fire and survive the elements using skill and teamwork.
Aug. 30– Sept. 3	12	Clone Wars	Go on an adventure with Anakin Skywalker, Obi Wan Kenobi and all their allies. Learn the true identity of the clones by playing under siege and other adapted outdoor games.

* Some of the themed weeks involve an additional fee for field trips



contact information: (616) 842-7051 or daycamp@tcfymca.org

Preschool Specialty Camps

Whiz Kids (Ages 2-3 years old)

Monday & Tuesday or Wednesday & Thursday 9-11:30am

Members and Non-Members \$40

CAMP	DATES	DESCRIPTIONS
Creepy Crawlers	June 16 & 17	The bugs crawl in the bugs crawl out... so let's catch one and check him out! Your child will have fun exploring the many bugs that crawl, fly and invade our space during summer.
Super Hero	June 21 & 22	Up, up and away ... We will take an adventure into the world of superheroes. Games, stories, arts and crafts – even making our own superhero cape.
Let's Get Messy	June 23 & 24	Finger paint, cook, play in the mud, make slime and have a fun time!
Little Pirate	June 30 & July 1	Arrrrrrh! Come and join us where we will dig for treasure, make treasure maps, and even have a treasure hunt!
Little Fairy Tale Princess	July 7 & 8	Come out and play with all the princesses! Belle, Cinderella, Sleeping Beauty, Ariel and more will all be in attendance for this Royal party.
Down on the Farm	July 21 & 22	Come and learn what makes farms so much fun! We will learn about cows that moo, pigs that oink, and roosters that cock-a-doodle-doo! We may even have an animal visitor or two!
Little Pretty Princess	August 2 & 3	Dress-up, paint nails, and do "fancy" hair.
Little Artist	August 9 & 10	Come and let your little one explore different types of Art! We will use our hands, and maybe even our feet.

Playful Preschoolers (Ages 4-6 years old)

Monday-Friday 9-11:30am

Members and Non-Members \$90

Fairy Tale Princess Dreams really do come true!	June 14-18	Enter the world of fairy tale fantasies and go on a magical adventure. With a touch of the wand and a sprinkling of fairy dust your ordinary child will be turned into a fairy tale princess! In attendance at this Royal Ball will be; Belle, Cinderella, Sleeping Beauty, Ariel and more...
Star Wars Camp	June 21-25	May the force be with you! Come to a galaxy far, far away! In one exciting week your Jedi will take part in a multitude of fun and exciting Star Wars activities. They will make light sabers, re-enact scenes, design costumes and do battle with the Dark side!
Pirates Life For Me!	June 28-July 2	Ahoy mates! Take to the High Seas and be a pirate for the week! Our pirates will build and sail their own miniature pirate ships, dig for buried treasure and learn how to talk like a pirate!
Broadway Baby	July 12-16	Gotta Sing? Gotta dance? If you have a theatre loving child this is the camp for you! The camp will tap into your child's natural creativity through singing, dancing and crafts. At the end of the week there will be a musical presentation for the whole family!
Big Trucks	July 19-23	We will bring in a variety of trucks from different agencies, so that your child can touch, have pictures taken with them, and play with real trucks. While learning how they work and what they do.
Pretty, Pretty Princess	July 26-30	Calling all Pretty Princesses to the YMCA...We will dress up, paint nails, do "Fancy" hair and maybe even have a Fashion Show at the end of the week!
Bridge to Kindergarten	August 9-13 August 16-20	A special review week for all current 4's and Young Fives who will be entering Kindergarten in the Fall! Come and review mathematics, language arts, science, and geography. This camp program will help your child review and be more kindergarten ready than ever!!
Mom and Me Cook Together!	August 9 & 10 only \$45	Doesn't your child love to help you in the kitchen? Well here is the fun opportunity to make a mess <u>with</u> your child-in our kitchen!! Make yummy treats to share and eat, decorate your own apron and even create a recipe book to take home with you.
Dad and Me Build it Together!	August 11 & 12 only \$45	Build it together, Hike it together, Play it together! Your child and their father will build a kite, hike some dune trails, play capture the flag and just have a ball with their Dad!
Picasso Painters	August 16-20	Your child will experience art like they never have before! They will sponge paint, splatter paint, paint with their feet, and use their creative energy to create masterpieces!

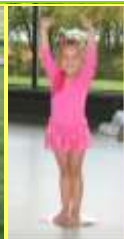
DISCOUNTS DO NOT APPLY TO SPORT & SPECIALTY CAMPS

Preschool Sports Camps

Monday– Friday 9-11:30 am Members and Non-Members \$90

MUST be Potty Trained! No Pull –Ups!

CAMP	DATES	DESCRIPTIONS
Magical Ballerinas (3-5 yrs old)	June 14– June 18	Come dance away to princess land during this week long dance camp! Our magical ballerinas will spend the week dancing with Ariel, Belle, Cinderella & Sleeping Beauty as we transform the dance studio into a magical ballerina land! We will read fairy tales, dress up & make princess crafts too!
Soccer (4-5 yrs old)	June 14– June 18	Your camper will experience the fundamentals of soccer—kicking, dribbling, blocking and more. All while developing positive personal skills & self-esteem.
Dance, Cheer & Gymnastics (4-6 yrs old)	June 21—June 25	YMCA Dance, Cheer & Gymnastics Camp is a fun filled week jammed packed with Dancing, Cheering & Gymnastics! Campers will learn dances, cheers, stunts, jumps, tumbling, & gymnastics skills on the floor, bars, beam & vault! Other activities include games, songs, parachute, crafts, snacks & FUN!
All Sport (3-4 yrs old)	June 21—June 25	Each day your camper will be introduced to a new sport—soccer, basketball, t-ball, gymnastics, volleyball, golf, football, hockey and more!!!
Pre-School Gymnastics (3-5 yrs old)	June 28—July 2	Campers will have a fun filled morning of gymnastics! Girls & Boys will be introduced to gymnastics skills on the Floor, Bars, Beam & Vault. Other activities include games, songs, dances, parachute, craft & snack!
Pre-School Dance & Gymnastics (3-5 yrs old)	July 5—July 9	YMCA Dance Gymnastics Campers will spend the week dancing to tunes from Little Mermaid, Pocahontas, Cinderella, Beauty & The Beast & Sleeping Beauty! They will also learn gymnastics skills on the floor, bars, beam & vault. Other activities include games, songs, parachute, crafts, snacks & FUN!
Magical Ballerinas (3-5 yrs old)	July 12—July 16	See previous description
Dance, Cheer & Gymnastics (4-6 yrs old)	July 19– July 23	See previous description
All Sport (3-4 yrs old)	July 19—July 23	See previous description
Pre-School Gymnastics (3-5 yrs old)	July 26– July 30	See previous description
Magical Ballerinas (3-5 yrs old)	Aug 9– Aug 13	See previous description
Pre-School Dance & Gymnastics (3-5 yrs old)	Aug 16– Aug 20	See previous description
Pre-School Gymnastics (3-5 yrs old)	Aug 23—Aug 27	See previous description



More information at: www.tcfymca.org or call (616)842-7051

Specialty & Sport Camps

Monday-Friday half days

AM camps are from 9am-11:30am & PM camps are 1:30-4pm

Fee \$90/camp or \$55 with any full day camp

CAMPS	DATES	AM/PM	DESCRIPTIONS
Fishing (5-8 & 9-12 yrs)	June 14-18	AM	Think you can catch the biggest fish? Learn how to fish various bodies of water like the Grand River, Potawatomi Park Bayous, Government Pond and the Boardwalk Pier. Catch varieties of fish like Bass, Bluegill, Catfish, Sheephead, Sunfish, Goby, even Steel-head.
Baseball (6-8 & 9-12 yrs)	June 14-18	AM	Learn the fundamentals of America's Favorite Pastime. Have fun learning the different aspects of the game and learn how to become the best possible baseball player you can be!
Gymnastics (6-8 & 9-12 yrs)	June 14-18	AM	YMCA Gymnastics camps are a fun filled week of instruction of gymnastics skills for girls & boys of all ages and levels. Learn cart-wheels, handstands, back bends and back handsprings. Each day your child will have rotations on Vault, Bars, Beam & Floor. Other activities include games, crafts, dance & snack.
Soccer (6-7 & 8-10 yrs)	June 14-18	AM	GHHS Soccer Head Coach Aaron Dean and friends once again lead this high energy camp focused on learning proper soccer technique. Campers will also play games, relays, do crafts, watch soccer video and scrimmage. Soccer the fun way!
Beginning Skateboarding (9-12 yrs)	June 21-25	AM	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.
Cheerleading (5-8 yrs)	June 21-25	AM	YMCA Cheer camps are a fun filled week of cheers, chants, stunts, tumbling & dances geared toward beginner & intermediate level cheerleaders. Come learn lots of cheers, make mega phones, face paint, play games & have FUN! Parents join us Friday at the end of camp for a performance from your cheerleaders!
Fishing (5-8 & 9-12 yrs)	June 21-25	AM	See previous description
All Sport (5-7 yrs)	June 28- July 2	AM	Learn different sports everyday—flag football, soccer, basketball, floor hockey, baseball and more!
Beginning Skateboarding (5-8 yrs)	June 28- July 2	AM	See previous description
Dance (6-8 & 9-12 yrs)	June 28- July 2	AM	YMCA Dance camp is a fun filled week of Dancing! Ballet, Jazz & Hip Hop will be taught. Students will learn dance routines, play fun games, crafts & snack! A small recital will be held on Friday at the end of camp.
Fishing (5-8 & 9-12 yrs)	June 28- July 2	AM	See previous description
Basketball (6-8 yrs & 9-12 yrs)	July 5- 9	AM	Learn how to play the great game of basketball the right way. This week will show you basketball basics and how to be a great team player.
Beginning Skim Boarding (8-10yrs)	July 5- 9	AM	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!
Beginning Skim Boarding (11-15yr)	July 5- 9	PM	See previous description
Fishing (5-8 & 9-12 yrs)	July 5- 9	AM	See previous description

More information at: www.tcfymca.org or call (616)842-7051

CAMPS	DATES	AM/PM	DESCRIPTIONS
Tennis(8-10&11-15 yrs)	July 5-9	AM	Chris Wilton, USPTA Professional leads this interactive, high energy program designed to make tennis fun and easy to learn. Racquets will be provided if needed.
Archery (11-15 yrs)	July 12-16	PM	Learn bow safety and how to correctly shoot a bow. Enjoy some fun competition to see who can shoot their bow the farthest and hit the target! Plan to demonstrate your skills at an off-site archery range.
Beginning Skateboarding (5-8 yrs)	July 12-16	AM	See previous description
Flag Football (6-8 & 9-12 yrs)	July 12-16	AM	Ever wanted to learn how to throw a tight spiral? Or catch a Hail Mary and add a sweet touchdown dance? Learn the basics of offense, defense in the fun YMCA way.
Gymnastics (6-8 & 9-12 yrs)	July 12-16	AM	See previous description
Advanced Skim Boarding (12-15 yrs)	July 19-23	PM	Take your skim boarding skills to the next level! Learn some new skills like the front side turn, backside wrap, shuv-it, 360. Be ready to show them off every day at the beach.
Babysitting (11-15 yrs)	July 19-23	PM	Learn to care for infants and toddlers while becoming a good leader and role model. Handle emergencies, illness and accidents. Write a resume, learn how to interview and become the most sought after babysitter on your block. Includes CD-Rom.
Beginning Skim Boarding (8-12 yrs)	July 19-23	AM	See previous description
Cheerleading (5-8 yrs)	July 19-23	AM	See previous description
Fishing (5-8 & 9-12 yrs)	July 19-23	AM	See previous description
Babysitting (11-15 yrs)	July 26-30	PM	See previous description
Dance (6-8 & 9-12 yrs)	July 26-30	AM	See previous description
Drum & Rhythm (9-13 yrs)	July 26- 30	PM	Beat buckets, trash cans, cow bells, bongos, cymbals and more with International Drummer Scott Pellegrin and friends. Take hikes, learn nature's rhythms, and build to a Friday performance for all the parents.
Karate (6-12 yrs)	July 26-30	PM	Gain self-control, confidence and self-esteem as Dave Thomas, 8 th Degree Black Belt, teaches the physical and mental aspects of Karate from techniques, forms, self-defense sparring complete with weapon demonstrations and board breaking techniques.
Advanced Skim Boarding (12-15 yrs)	Aug. 9-13	PM	See previous description
All Sport (5-7 yrs)	Aug. 9-13	AM	See previous description
Beginning Skim Boarding (8-12yrs)	Aug. 9-13	AM	See previous description
Cheerleading (5-8 yrs)	Aug. 16-20	AM	See previous description
Yoga (7-11 yrs)	Aug. 16-20	AM	Your child will learn various yoga poses along with activities to build spirit, mind and body.
Clone Wars (6-8 & 9-12yrs)	Aug. 9-13	AM	Explore the galaxy with all your Star Wars favorites, play adapted camp games from Lucas Films inc. See clips of your favorite movies and create your own ending to the Star Wars Saga.
Gymnastics (6-8 & 9-12 yrs)	Aug. 9-13	AM	See previous description
Dance (6-8 & 9-12 yrs)	Aug.23-27	AM	See previous description

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**TRI-CITIES FAMILY YMCA
1 Y Drive
Grand Haven, MI 49417
616-842-7051**

**NON-PROFIT
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GRAND HAVEN, MI**

Or current resident



Community Partner