



The place to be and to become!

ADVENTURE CAMP 2009



We build strong kids, strong families, strong communities.

YMCA DAY CAMPS

Children have the opportunity to

YMCA Summer Camps offer children a safe, exciting, and memory-making day camp experience. Children have the opportunity to build self-confidence, independence, and creativity. At YMCA day camps, campers make friends while learning the values of diversity and cooperation. Best of all, you can be assured your kids are having fun in a friendly, caring, and safe environment.

3 different day camps for children 5 to 12

The YMCA of Wood Buffalo will be offering 3 different day camps for children aged 5 to 12 at our Westwood and Birchwood locations. Campers will enjoy daily swimming and a wide variety of indoor and outdoor activities.

2 different day camps for children 13 to 15

The Westwood YMCA will host 2 different camps for youth aged 13 to 15. They can decide to either participate in our Youth Leadership Training course, or in our Lifesaving Camp which will get them on their way to becoming a lifeguard.

Experienced and caring staff implement curriculum and serve as role models for your campers. Low camper-to-counsellor ratios (10 to 1) ensures that safety comes first.

Age-appropriate curriculum is designed to emphasize emotional growth, physical activity and character development. All camp counsellors model and reward the YMCA's core values of **Honesty, Respect, Caring and Responsibility** throughout camp activities. YMCA summer camps help children develop self-confidence, independence and character that will last a lifetime.



build self-confidence, independence, and creativity.

Our camps 'build strong kids' and are designed to support healthy living — each program will include a minimum of one hour of outdoor activity every day.

Day camps for children 5 to 12 years

Sports Camp

Everyone is a star at YMCA Sports Camp. Sports Camp introduces and develops fundamental skills through approximately four hours of drills, scrimmages, and sports conditioning exercises daily. Sports Camp promotes respect, friendship, sportsmanship, teamwork, and fun. Some of the sports will include: Basketball, Baseball, Soccer, Flag/touch Football, Swimming, Soccer, Volleyball, and Ultimate Frisbee.

Fees:
\$250 / 1 week session

Location: Westwood YMCA

Aquatics Camp

Children are instructed in the YMCA Learn to Swim Program up to level Star 6 by qualified instructors.

Activities include: games, sports, arts and crafts, and extra swim time.

Fees:
\$450 / 2 week session

Location: Westwood YMCA

Creative Arts Camp

Children who enjoy expressing themselves artistically will love Creative Arts. Activities include: arts, crafts, drawing, painting, modeling, sculptures, skits, plays and group games with a focus on using natural materials and environmental themes.

Fees:
\$250 / 1 week session

Location: Birchwood YMCA



DAY CAMPS OVERVIEW

Camp Hours:

8:30am to 4:30pm
(Extended Day Camp
6:00am – 8:30am and
4:30pm to 6:00pm)

Days of Week:

Monday to Friday

Dates of Camp:

Weekly sessions for
June 30 to August 28/09

What to Bring

- Swimsuit, Towel, Sunscreen, Bug spray, Hat, Water bottle, Drink...
- Label all personal items, including backpacks

What **NOT** to Bring

Please do not send money, radios, video games, MP3 players or other valuables unless requested by staff for a specific scheduled activity. The YMCA is not responsible for lost or stolen items.

Special Event

Every Friday the YMCA summer camps will host a Bar-B-Que and hold a special event in the afternoon which will be open to all campers and their friends and family to attend. There will be games and activities for everyone to participate in with a different theme each week. All money raised at the Bar-B-Que will be donated to the "Strong Kids Campaign" which will help a less fortunate child attend camp and have the same opportunities as their friends.

YMCA campers will be provided with a daily lunch, morning and afternoon snacks and a special Y camp gift!

The place for friendships, the place for spirit, the place for leadership.

Day camps for youth 13 to 15 years

Youth Leadership Training

Youth who enjoy the outdoors, meeting new people, participating in recreational activities like swimming and hiking, and learning about their community will love Youth Leadership. Activities include: environmental awareness, global education, community service projects, and planning activities for younger campers.

Fees: \$450 / 2 week session

Location: Birchwood YMCA



Lifesaving and Sports Camp

Youth aged 13 to 15 who are interested in becoming lifesavers and eventually moving on to becoming lifeguards will love the Lifesaving and Sports Camp. Each week students will learn the fundamental skills of learning how they can help save someone's life by learning skills from the Lifesaving Society's Bronze Medallion with Emergency First Aid and Bronze Cross. On top of learning these skills, campers will also take part in a variety of sporting activities which will include: Basketball, Baseball, Soccer, Flag/touch Football, Swimming, Soccer, Volleyball, and Ultimate Frisbee.

Pre-requisite for Bronze Medallion:

13 years old and able to swim 20 lengths

Pre-requisite for Bronze Cross:

14 years old, Bronze Medallion and Emergency First Aid (included with Bronze Medallion)

Fee: \$250 / 1 week session

Location: Westwood YMCA

Sessions of Training:

Bronze Medallion (with Emergency First Aid) – Weeks 1, 3, 5, 7 and 9

Bronze Cross – Weeks 2, 4, 6 and 8

TO REGISTER:

Registration Forms can be downloaded from our website www.ymca.woodbuffalo.org and then submitted in person or by fax.

p: 780-790-9622

f: 780-743-4045

Member Registration begins May 9, 2009

Non-Member Registration begins May 16, 2009



YMCA OF WOOD BUFFALO

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