

YMCA

camp



SUMMER
CAMP
2009



400 Grand Avenue
Washington, MO 63090

636-239-5704

www.ymcastlouis.org/fourivers



Four Rivers Area Family YMCA Summer Day Camp

CAMP ROCKS

A Big Camp Welcome

Our camps provide fun and exciting activities that enhance physical, social, emotional and spiritual growth. We strive to help children respond to challenges and become more responsible and independent while under the supervision of caring and well-trained staff.

Our Mission

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

Our Values

Caring, honesty, respect and responsibility are the basis for all we do.

Register Early

Space is limited, so we encourage you to sign up early. Pick up a registration packet at the YMCA and reserve your camps with a deposit.

Call the YMCA for registration information or check on line at www.ymcastlouis.org/fourrivers.

Inclusion Services

Our YMCA welcomes participation by people of all abilities. Day Camp is available to children with developmental disabilities. All children diagnosed with a disability will be referred to the Inclusion Services Department for assessment. For more information call 314-962-5979.

Financial Assistance

We believe every child should have the chance to go to camp. With available resources from our Partner Campaign, financial assistance is provided to those in need. Financial assistance applications are available at the service center.

Cancellations

A minimum two-week notice is required for cancellations or changes in camp attendance. A \$10 fee will be charged for all changes. No refunds or credits for missed weeks without prior approval from the child care director. The registration and deposit is non-refundable.

What to Bring

- * Backpack with luggage tag
- * Painting shirt
- * Weather-appropriate, comfortable play clothes
- * Socks and tennis shoes, no sandals
- * Swimming suit
- * Lunch, drink and ice pack (refrigeration is not available)
- * Two frozen water bottles
- * Bottle of sunscreen and bug spray

All items must be labeled with the camper's name. The YMCA is not responsible for lost or stolen items. Please do not bring personal toys to camp.

Camp Fees

Full members attending full time save 10% on the second, third, fourth, etc.. child registration. A \$10 weekly deposit fee is due at the time of registration. Balances will be paid by EFT.

Full Time Camp Participation

Weekly camp fee per child \$120

Program members pay \$110

Full members pay only \$100

Includes a \$10 non-refundable weekly activity fee.

Monday/Wednesday/Friday Camp Participation

Weekly camp fee per child \$90

Program members pay \$80

Full members pay only \$70

Includes a \$10 non-refundable weekly activity fee.

Tuesday/Thursday Camp Participation

Weekly camp fee per child \$75

Program members pay \$65

Full members pay only \$55

Includes a \$10 non-refundable weekly activity fee.

Space is limited for part-time care.

Registration Fee

Registration fee per child \$30

Registration fee per family \$45

Non-refundable fee includes a camp t-shirt.



Specialty Camps

Splash Camp

Ages 6 and up. Campers learn about safety when swimming in the open water, backyard pools and water parks. Campers will learn basic swimming and water safety skills in this four day camp.

June 8-11, 1:00-4:00 p.m.

Camp fee \$50

Program members pay \$40

Full members pay only \$30

Competitive Swim Camp

Ages 5 and up. For all levels of competitive swimmers who want to build endurance and sharpen techniques. Fun meet on the last day of camp.

August 10 - 13, 1:00-4:00 p.m.

Camp fee \$50

Program members pay \$40

Full members pay only \$30

Schynchronized Swim Camp

Ages 6 and up. Campers learn synchronized swimming skills and will perform a water show in the last day of camp for parents.

July 6-9, 1:00-4:00 p.m.

Camp fee \$50

Program members pay \$40

Full members pay only \$30

Water Sports and Games Camp

Ages 6 and up. Campers learn a variety of games including water polo, water volleyball, water basketball, relay races and much more!.

June 22-25, 1:00-4:00 p.m.

July 20-23, 1:00-4:00 p.m.

Camp fee \$50

Program members pay \$40

Full members pay only \$30

Babysitting Camp

Ages 11-15. This camp will provide teens and young adults with basic knowledge and skill to care for infants and children. Campers will be certified through ASHL. #30155

June 8-11, 9:00-11:00 a.m.

July 13-16, 9:00-11:00 a.m.

Camp fee \$60

Program members pay \$50

Full members pay only \$40

Flag Football Camp

Participants work on the fundamentals of flag football. Scrimmage time is planned. Camp is held at Washington West. Minimum of 10 required to hold camp.

June 22-26

Ages 8-9. #30140-01, 9:30-10:30 a.m.

Ages 10-13. #30140-02, 10:30-11:30 a.m.

Camp fee \$40

Program members pay \$35

Full members pay only \$30

Basketball Camp

Campers work on the "Big 5" of basketball... shooting, passing, dribbling, defense and rebounding.

June 15-18 at the YMCA

Ages 5-8. #30142-01, 10:00-11:00 a.m.

July 6-10 at Washington West

Ages 8-9. #30142-02, 10:00-11:00 a.m.

Camp fee \$40

Program members pay \$35

Full members pay only \$30

Junior Lifeguard Camp

Ages 11-15. Practice and learn lifeguarding skills and get a head start on certification. Learn the basics of YMCA lifeguarding, CPR and First Aid. Must be able to swim 100 yards and tread for 30 seconds. Minimum 4. Maximum 20.

June 15-18, 1:00-4:00 p.m.

Camp fee \$50

Program members pay \$40

Full members pay only \$30

TGA Golf Camp

Golf for kids! Learn new skills and improve your swing. Prizes will be awarded and each child will get a hat and t-shirt. Camp is held at Washington West. Minimum 6. Maximum 20. #30308

9:00-11:00 a.m.

Camp I: Ages 5-7

June 8-11

Camp II: Ages 8-9

July 13-17

Camp III: Ages 10-12

July 27-31

Camp fee \$130

Program members pay \$120

Full members pay only \$110

Discovery Campers: Ages 5-7

This full day camp is customized to fit the needs of the younger camper. Field trips, swim sessions, arts and crafts, sports and more are planned. Camp is held outdoors. Children must have completed Kindergarten.

All field trips are subject to change.

Week 1: Royal Fun

June 1 - 5

The magic of childhood is in the imagination and wonder of each child. What could be more fun than being a prince or princess, a knight or damsel.

Week 2: Jungle Book

June 8-12

Let's go exploring in a place full of mystery. Field trip to the St. Louis Zoo.

Week 3: Honey I Shrank the Kids

June 15-19

What would the world be like if you were no bigger than a bug. Field trip to Weldon Springs.

Week 4: 101 Dalmatians

June 22-26

Man's best friend can be a lot of fun. Field trip to Purina Farms.

Week 5: It's a Small World

June 29 - July 3

Explore other countries and other cultures through crafts, games and music. Field trip to Worldways Museum.

Week 6: Pirates of the Caribbean

July 6 - 10

Ahoy mateys! A pirates life is for me. Field trip to Powder Valley.

Week 7: Finding Nemo

July 13 - 17

Fun and adventure under the sea. Field trip to the Busch Memorial Wildlife Center.

Week 8: Toy Story

July 20 - 24

Who doesn't like toys. Field trip to the Magic House.

Week 9: Dinosaurs

July 27 - 31

Extinction: gone but not forgotten. Field trip to The Science Center.

Week 10: Dumbo's Circus

August 3 - 7

It's carnival time! Field trip to the city pool.



Adventure Campers: Ages 8-9

Campers enjoy activities that revolve around different weekly themes, offering opportunities for outdoor exploring, field sports, games and crafts. Field trips and swim sessions are planned. Camp is held outdoors.

All field trips are subject to change.

Week 1: Reduce, Reuse, Recycle June 1 - 5

Recycling is a necessity, not an option. This summer we will explore ways we can help the planet by GOING GREEN! Through nature walks, games and activities we will learn respect for the world in which we live and have fun doing it. Recycling can be fun. Most of our crafts will use recycled materials. Don't forget to bring your imagination!

Week 2: Doing our Part June 8-12

How can we help out Mother Earth? Campers will learn about things they can do and ways that they can help the world they live in. Field trip Weldon Springs - "Toxic Waste".

Week 3: The Birds and the Beasts June 15-19

We will explore some of the other creatures that share our planet. Learn about life cycles and habitats, and even replicate an animal's footprints. Our "zoo" will be open for viewing at the end of the week. Field trip to the St Louis Zoo.

Week 4: Waste Not Want Not June 22-26

Learn ways to get the most out of what we have and why it is important. Field trip to Rockwood Reservation - "It's Where You Live".

Week 5: Earth Awareness June 29 - July 3

Learn respect for the trees and plants that grow all around us. Field trip to Weldon Springs - "Native Plant Walk and Talk".

Week 6: Breathe Easier July 6 - 10

We're talking about air quality and what it means to us. Field trip to Pockwood Reservation - "Cave Exploration".

Week 7: Don't Drink That July 13 - 17

How clean is the water you drink? Campers will understand the basics of water pollution, acid rain and other things that contaminate our most valuable resource. Field trip to Weldon Springs - "pHear Factor"..

Week 8: Paper Trail July 20 - 24

Anyone can actively recycle their own garbage. Learn to make your own paper out of junk mail, magazines and newsprint. Field trip to Grants Farm.

Week 9: Fossil Fuels July 27 - 31

How did we get from dinosaurs to gasoline? Field trip to The Science Center.

Week 10: I Can Make a Difference August 3 - 7

Campers will share their ideas and get a chance to demonstrate how they can make a difference. Field trip to the city pool.



Trail Blazers: Ages 10-12

Outdoor activities, sports, games and crafts highlight this great camp. An emphasis is placed on community projects and service. CPR and First Aid training will be offered during weeks 3 and 7. Weekly field trips and swim sessions are planned.

All field trips are subject to change.

Week 1: Science is Fun June 1 - 5

Discover fun things to do with science. Campers will spend the summer building a hands on Science Museum for all to enjoy.

Week 2: That's Gross June 8-12

The name says it all. Field trip to Skaterz.

Week 3: Fizz Factor June 15-19

Playing with soda never seemed so cool. Field trip to Big Driver.

Week 4: CSI June 22-26

Use the scientific method to find the clues and solve the mystery. Discover how to send secret messages to your friends using special codes. Just how unique are fingerprints? Field trip to Weldon Springs - "Orientation Challenge".

Week 5: The "Wright" Stuff June 29 - July 3

Newton's Law of Gravity: what goes up must come down. From simple flying devices such as kites, hot air balloons and parachutes to helicopters and airplanes, we will explore them all! Field trip to St. Louis Science Center.

Week 6: Science vs. Magic July 6 - 10

Ahoy mateys! Is it fact or fiction, science or magic? Learn the difference between illusion and science in the fine art of magic. Field trip to Great Eight Cinema.

Week 7: Crazy Chemistry July 13 - 17

We encounter chemistry things everyday. Science should be fun... educational... edible! Discover how chemical reactions are everywhere. Mix, mush and brew together different, safe chemicals to create things you can use and sometime eat. Field trip to Weldon Springs - "Solids, Liquids and Gases".

Week 8: Machine Mania July 20 - 24

Find out how wedges, screws and levers help us with daily life. Use simple machines to complete different tasks. Field trip to Woody's.

Week 9: Reinventing the Wheel July 27 - 31

Reinvent the wheel, build a better mousetrap, campers are encouraged to create their own spin on existing inventions. What can they make better, or more fun? Field trip to Oasis Bowling.

Week 10: Hands on Science August 3 - 7

Campers show off their handiwork with their very own Science Museum. They will also get a chance to try out the experiments. Field trip to the city pool.

Counselor in Training (CIT): Ages 13-15

This program helps teens develop skills in camp counseling, group activities, problem solving, First Aid, safety, communication and role modeling. Applicants must apply for the CIT program in advance of registration. Applicants will go through an interview process. Not all applicants will be chosen for the program. CITs will pay a one-time registration fee of \$50. After the third week, we will conduct an evaluation. Some CITs will be promoted to the position of Volunteer Assistant and others may join the Trail Blazers.

All field trips are subject to change.

Preschool Camp

Y Wee Camp

Ages 3 to 5. Daily activities include games, crafts, snack and story time. Campers must be potty trained. There is a minimum of 8 required to hold each camp and a 20 child maximum.

A Typical Day of Camp

AM Camp - 9:00 a.m. - Noon

9:00 a.m. Welcome / Theme Play
10:00 a.m. Crafts
10:45 a.m. Snack
11:00 a.m. Story Time
11:30 a.m. Outdoor / Gym Play
12:00 noon Parent Pick Up

PM Camp - 1:00 p.m. - 4:00 p.m.

1:00 p.m. Welcome / Theme Play
2:00 p.m. Crafts
2:45 p.m. Snack
3:00 p.m. Story Time
3:30 p.m. Outdoor / Gym Play
4:00 p.m. Parent Pick Up

Weekly Payments

Full members attending full time save 10% on the second, third, fourth, etc., child registration. A \$10 weekly deposit fee is due at the time of registration. Balances will be paid by EFT.



Week 1: June 1 - 5

AM Camp - Princess Camp
PM Camp - Ahoy Mateys

Week 2: June 8-12

AM Camp - Thomas & Friends
PM Camp - Princess Camp

Week 3: June 15-19

AM Camp - Outdoor Discovery
PM Camp - Animals Around the World

Week 4: June 22-26

AM Camp - Fairy Fun Time
PM Camp - Thomas & Friends

Week 5: June 29 - July 3

AM Camp - Fun and Games
PM Camp - Princess Camp

Week 6: July 6 - 10

AM Camp - Animals Around the World
PM Camp - Mother Goose Rocks

Week 7: July 13 - 17

AM Camp - Ahoy Mateys
PM Camp - Fairy Fun Time

Week 8: July 20 - 24

AM Camp - Princess Camp
PM Camp - Outdoor Discovery

Week 9: July 27 - 31

AM Camp - Mother Goose rocks
PM Camp - Fun and Games

Choose either AM or PM Camp

Weekly Camp Fees

Weekly camp fee: \$70
Program members pay: \$60
Full members pay only: \$50



FOUR RIVERS AREA Family YMCA
a branch of the YMCA of Greater St. Louis



A United Way Agency

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Join us for Healthy Kids Day on Saturday, April 18
from 9:00 a.m. - 12:00 noon at the YMCA
and save on the day camp registration fee.

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Sign Up
NOW
for Day
Camp

