



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# I CAN... AT CAMP!

Summer Day Camp 2016 ages 3-16

COWART FAMILY/ASHFORD DUNWOODY YMCA



Call to register!  
404-267-5353.



# DAY CAMP OVERVIEW

## REGISTRATION

Registration begins Friday, January 1, 2016 at Cowart Family/Ashford Dunwoody YMCA or online at [www.ymcaregistration.com](http://www.ymcaregistration.com)

## SUMMER CAMP OPEN HOUSE

Curious about camp? Not sure which camp to choose? We encourage all parents and campers to join us for a Camp Open House & Parent Orientation on **Thursday, May 19 at 7:00 pm**

## OUR PHILOSOPHY

All YMCA Summer Camps encourage participants to grow socially, physically and intellectually. Our programs are "camper-centered" and focus on small group interactions. These small groups, led by our camp counselors, will work together and participate in fun camp activities in a safe environment. Throughout the summer, counselors will emphasize the importance of having fun while learning the Y's character values of caring, honesty, respect, and responsibility - the cornerstones of our day camp activities.

## OUR STAFF

Our counselors are carefully chosen for their maturity, special program skills and ability to work with children in an outdoor setting. Our staff participate in an extensive training program that builds a positive and effective team. Staff members are taught to encourage campers to be their best and to aid them in developing higher self-esteem and social confidence. All staff are certified in CPR, First Aid, completed a background check and drug test.

## OUR LOCATIONS

Our traditional day camp and sports camps are held at four locations, noted by color next to the individual camp descriptions:

**YMCA/Blackburn Park** • Located across the street from the Y

**Lynwood Park** • 3360 Osborne Road, NE Brookhaven 30319

**High Point Elem.** • 520 Greenland Road, Sandy Springs 30342

**Briarwood Park** • 2235 Briarwood Way NE, Atlanta 30319

## IMPORTANT PAYMENT INFORMATION

Reservations will be held with a non-refundable and non-transferable deposit of \$35 per child, per session. Each participant must be a member of the YMCA. We offer Program (PRO) and Facility Memberships (MEM) with separate camp pricing designated for both. Program memberships entitle the member to participate in YMCA programs such as camp, swim lessons, sports, and the after-school enrichment program. Session balances are due 1 week prior to the starting date of each session. If you register for camp the same week the camp is occurring, you will be charged a \$10 late fee. Absolutely no refunds will be given after August 31, 2016. **IMPORTANT: All campers must have a completed immunization form (Form 3231) and a signed waiver/authorization form included in paperwork.**

## "WHY IT MATTERS" SCHOLARSHIPS

Financial assistance is available based on need, on a first come, first served basis. Funds are limited. Contact the Y, 770-451-9622 or email [amiem@ymcaatlanta.org](mailto:amiem@ymcaatlanta.org) or [elissaj@ymcaatlanta.org](mailto:elissaj@ymcaatlanta.org).

## CAMP SESSIONS

<b>One Day:</b>	May 27
<b>Session 1:</b>	May 31 - June 3*
<b>Session 2:</b>	June 6 - June 10**
<b>Session 3:</b>	June 13 - June 17
<b>Session 4:</b>	June 20 - June 24
<b>Session 5:</b>	June 27 - July 1
<b>Session 6:</b>	July 5 - July 8*
<b>Session 7:</b>	July 11 - July 15**
<b>Session 8:</b>	July 18 - July 22
<b>Session 9:</b>	July 25 - July 29
<b>Session 10:</b>	August 1 - August 5

\*No camps May 30 or July 4

\*\*Family Cook-Outs: June 10 & July 15

## CAMP SCHEDULE

**Full Day:** 9:00 am – 4:00 pm

**Free Extended Care:** (No Charge)

7:00 – 9:00 am & 4:00 – 6:30 pm

## A NOTE FROM THE DIRECTOR

I am super excited for 2016 Summer Camp!! This will be my second summer as the Camp Director and 11th year as a YMCA employee. I plan on implementing new ideas and highlighting the amazing ideas that have been a part of this Y for many years. If you have any questions or concerns, feel free to contact me.

Amie McDougal  
[amiem@ymcaatlanta.org](mailto:amiem@ymcaatlanta.org)

## WHAT TO BRING

- Sack Lunch + 2 Snacks
- Swim Suit + Towel
- Water Bottle
- Back Pack (large enough for swimsuit, towel, lunch, etc.)

# SWIM CAMPS



Register online now!

## SPLASH CAMP Ages 5 - 8

A camp designed for all things aquatic. This camp, for our younger swimmers, will build a foundation of water safety with lessons on swimming, boating and protection from the sun. A great way for your camper to get wet and beat the summer heat. Weekly activities also include arts & crafts, camp games and songs.

MEM: \$165 PRO: \$185

YMCA/Blackburn Park **Sessions 2, 4, 3, 7, 8**



## AQUATICS CAMP Ages 7 - 12

This is a fun and innovative camp designed to improve stroke techniques through games, drills and skill activities. Arts & crafts, field games and other camp activities will be incorporated as well. Campers must be able to swim 25 yards performing the crawl stroke and backstroke.

MEM: \$165 PRO: \$185

YMCA/Blackburn Park **Sessions 5, 6, 9**



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## JUNIOR SPORTS Ages 5 - 6

This camp, held at Blackburn Park, is a fun introduction to sports. Campers will learn various sports each week. Fundamentals, rules and technique will be emphasized throughout the week, along with implementing skills in a game-like setting. Campers will enjoy other camp activities such as swimming, arts & crafts and traditional camp games.

MEM: \$160 PRO: \$180

YMCA/Blackburn Park **Sessions 2, 3, 4, 5, 7, 8, 9, 10**

## SPORTS CAMP Ages 7 - 12

Coaches will teach and administer skill-building games with the help of counselors. Campers will learn and sharpen their skills in these sport-specific camps. Fundamentals, rules and technique will be emphasized throughout the week, along with implementing those skills in a game-like environment. Everything is done in a fun and relaxed environment. Campers will enjoy other camp activities such as swimming, arts-n-crafts & traditional camp games.

MEM: \$160 PRO: \$180

**Sports Camp at the Y on May 27th** • Add'l Sessions Below

	YMCA/ Blackburn	High Point	Briar- wood	Lyn- wood
Tennis	3, 5, 7, 9	N/A	N/A	4, 8
Basketball	1, 4, 6, 8, 9	2, 6	3, 5, 7, 9	3, 5, 7, 9
Volleyball	5, 7, 10	N/A	N/A	N/A
Soccer	2, 4, 7, 10	3, 5, 7, 9	2, 4, 6, 8	2, 6
Base/Softball	3, 5, 8	4, 8	N/A	N/A



# SPORTS CAMPS

## CHEERLEADING A: Ages 5-6 B: Ages 7-12

Current and former cheerleaders and tumblers will teach campers tumbling skills & cheerleading styles while focusing on proper form and technique. Campers will perform a cheer at the end-of-the-week assembly or during one of our sporting events. Everything is done in a fun and relaxed environment. Campers will enjoy other camp activities such as swimming, arts & crafts and traditional camp games.

MEM: \$160 PRO: \$180

YMCA/Blackburn Park **Sessions 1, 3, 5, 6, 8**

## GYMNASTICS A: Ages 5-7 B: Ages 8-12

This camp will cover all gymnastics event, with emphasis on form, strength, flexibility, and skills. Campers will be split into two groups according to age, 5 - 8 and 9 - 12. Swimming, field games and arts & crafts will also be a part of the fun.

MEM: \$160 PRO: \$180

YMCA/Blackburn Park **Sessions 2, 4, 7, 9**

# TRADITIONAL DAY CAMP

Register online now!

## MIGHTY MITES Ages 3 - 5

This half-day (9 am - 1 pm) camp allows campers to learn and explore new and exciting themes each week while making new friends. Themes will include letters, numbers, colors and shapes. Each week will include time to play in the sprinkler. Children must be potty trained. No pre-/post-camp for this group.

MEM: \$105 PRO: \$125 1-day on **May 27 at the Y + YMCA/Blackburn Park Sessions 2, 3, 4, 5, 7, 8, 9**  
Lynwood Park **Sessions 2, 3, 4, 7, 8, 9**

## TRADITIONAL CAMP Ages 5 - 10

Day camp gives campers the opportunity to explore the outdoors, learn new skills and make new friends in a caring, supervised environment. Each week brings a new theme with exciting activities. Weekly activities include swimming, arts & crafts, camp games and songs. Campers are divided into groups, ages 5 - 6 and 7 - 10.

MEM: \$150 PRO: \$170 1-day on **May 27 at the Y + YMCA/Blackburn Park Sessions 1 - 10**  
Lynwood Park **Sessions 2 - 9**  
High Point Elem. **Sessions 2 - 9**  
Briarwood Park **Sessions 2 - 9**



# SPECIALTY CAMPS

Register!

**ALL SPECIALTY CAMPS ON THIS PAGE also include a 1-day prorated camp option on May 27 at the Y.**

## HIP HOP DANCE Ages 5-10

Campers will learn various styles of Hip Hop Dance moves and will perform a dance at the end-of-the-week assembly. Campers will enjoy other camp activities such as swimming, arts & crafts and traditional camp games.

MEM: \$150 PRO: \$170  
YMCA/Blackburn Park **Sessions 3, 5, 9**

## JUNIOR TRAVEL CAMP Ages 7 - 10

Campers enjoy their summer traveling to different locations around Georgia! Each day of the week will provide your camper with a fun and enjoyable trip. In past summers, Junior Travel Camp has traveled to The Pine Mountain Animal Safari, Gwinnett Braves Games, Medieval Times and many other fun trips!

MEM: \$190 PRO: \$210  
YMCA/Blackburn Park **Sessions 2 - 10**

## CAMP SESSIONS

- One Day:** May 27
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## CAMP SCHEDULE

**Full Day:** 9:00 am - 4:00 pm

**Free Extended Care:** (No Charge)

7:00 - 9:00 am & 4:00 - 6:30 pm

## TRAVEL CAMP Ages 11 - 15

Campers travel beyond the Y to places like: Six Flags Over Georgia, Atlanta Braves Games, White Water Park, The World of Coke Museum and many other exciting destinations! They may get the opportunity to participate in service projects as well.

MEM: \$190 PRO: \$210  
YMCA/Blackburn Park **Sessions 1 - 10**

## HEALTH & WELLNESS CAMP Ages 7 - 12

Designed to develop healthy living habits while having fun, campers will have the opportunity to plant and grow food in our garden, get their groove on at Kids Zumba, learn to make healthy snacks, hike the mountains of Atlanta and take field trips.

MEM: \$150 PRO: \$170  
YMCA/Blackburn Park **Sessions 6, 9**

# SPECIALTY CAMPS



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Register!

**MEDIA CAMPS** Ages 10-14 MEM: \$190 PRO: \$210  
YMCA/Blackburn Park

**VIDEO CAMP:** Learn how to shoot and edit video using our MacLab. Instructors will teach the proper steps involved in video production. Campers will take part in our short film program, where they write, direct, produce and edit short films. Campers will enjoy other activities such as swimming, arts & crafts and additional camp games & songs.

Sessions 3, 6, 9

**MUSIC CAMP:** We are offering the best camp in music and computers around town. This innovative technology camp will allow children to learn the basic skills of music production/recording. Campers will be involved in, but not limited to, recording their own instrumentals and vocals, and recording and editing their own CD cover. Campers will be given music lessons in a small ratio setting and will enjoy other camp activities such as swimming, arts & crafts and games.

Sessions 2, 5, 8

## PHOTOGRAPHY CAMP:

Campers learn how to shoot and edit pictures using our MacLab and iPhoto software. Instructors will teach proper steps involved in taking photos and fundamentals. Photography campers will explore of the mediums such as composition, exposure, light/shadow, and depth of field. Campers will then apply these concepts to different genres of photography including landscape, still life, portrait and candid shots. This camp is being offered in a week-long session. Campers will enjoy other activities such as swimming, arts & crafts, organized games and camp theme songs. Sessions 4, 7

**CHEF CAMP** Ages 8-11

Campers will have the unique opportunity to learn, create, and have an exciting time exploring the exciting world of culinary arts!! The Chef Camp will be held in the state of the art Meadowcreek High School Culinary Arts Department's kitchen. The campers will have fun recipe labs that will be directed and tutored by the "award-winning," Meadowcreek High School Culinary Arts program. Campers will have fun recipes to prepare, complete, and eat each day from Monday-Thursday. On Friday's the Chef Camp will travel to a theatre for a special Movie Day!

MEM: \$190 PRO: \$210

YMCA/Blackburn Park Sessions 2, 3, 4, 5, 8



## TEEN CAMPS

### C.I.T Counselors in Training

Ages 14 - 16

C.I.T.s will refine their communication and decision making skills while serving in various areas and departments of the YMCA. Participants will develop skills that can apply to careers working with children, as well as basic customer service. C.I.T.s must complete an application and phone interview. Contact Kendra Fuentes at [kendraf@ymcaatlanta.org](mailto:kendraf@ymcaatlanta.org), for more information.

MEM: \$105 PRO: \$125

YMCA/Blackburn Park Sessions 2-9



**BABYSITTING CAMP** Ages 11 - 14  
Campers will become American Red Cross Certified Babysitters while learning about basic care, first aid, the business of babysitting, and how to be safe and responsible babysitters.

MEM: \$160 PRO: \$180

YMCA/Blackburn Park Sessions 3, 7