



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THERE'S A CAMP FOR THAT

DAY CAMPS 2015



Discover



STEM



Fine Arts



Sports



Specialty



LIT and CIT



WELCOME

Our Mission

Providing for the physical, mental, and spiritual well-being of the individual, family, and community.

Our Focus

Encourage campers to meet their potential by demonstrating the Y's four core values: caring, honesty, respect, responsibility.

Communication

Communication is critical for the Rochester Area Family Y Summer Camp and we strive to maintain effective communication with all parents and campers. We will also utilize our website, Facebook page and Twitter.



Rachel Hoben (Youth and Family Director)
507.267.2260 ext. 1031
Taryn Wohlfiel (Camp Administrator)
507.287.2260 ext. 1031



Email us at: camp@rochfamy.org



Like us on Facebook
www.facebook.com/rafydaycamp



Visit our website:
www.rochfamy.org



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Dear Camper:

We are so excited to have you in camp this summer! We are going to have lots of fun and know you will be entertained while you hang out with old friends and make new ones. You'll be learning new skills and honing current ones. Each day we will play many fun games, participate in various activities and go on many amazing field trips. Get ready for a great summer!



Dear Parent:

Welcome to the Rochester Area Family YMCA Summer Day Camp program. It is our belief that each child is a unique individual with his or her own rate of development. Our goal at the Y is to introduce the campers to as many positive experiences as possible. Furthermore, it is our goal to ensure that each child feels confident and secure with himself or herself in this environment. As a team, we seek to improve the quality of life for our campers.

According to a study conducted by the National Recreation and Parks Association, kids spend an average of 7.6 hours per day “plugged-in” and only an average of 7 minutes per day in unstructured outdoor play. We will provide a safe, positive, diverse summer experience for each camper. Day Camp is about developing skills, building character and making friends. Every day at camp we strive to instill the Y’s four core values of caring, honesty, respect, and responsibility. These values are emphasized throughout activities and conversations and are more commonly known to the campers as the “Core Four”. Each week we will recognize campers who have shown one or more core values during their time at camp.

Our highly trained and experienced staff will lead campers through days of adventure and excitement with activities including weekly challenges, swimming, field trips, and more! Camp counselors are carefully selected for their ability to relate to diverse groups, have extensive experience, and are trained and certified annually. We will provide your camper with compassion, patience, and many learning opportunities. In turn, we ask that you, as the parent, help us in as many ways as you can by letting us know of any concerns or ideas that arise at any time. In this way, staff and parents can function as a team oriented toward helping children. The YMCA is a place for families and it is our intent to do everything possible to help strengthen and support your family.

Thank you for entrusting your camper with us this summer!



MEMBERSHIP

Benefits of Membership

- Unlimited access to our full service Fitness Center
- Over 75 free Group Exercise Classes
- Aquatic Center with Lap Pool, Water Park, & Whirlpool
- 5 Racquetball/Handball Courts for open and league play
- 3 gyms available for Basketball, Volleyball, Pickleball and gym games
- Free Equipment Rental (balls, racquets, etc.)
- Indoor track available for walking and/or running
- Opportunity to add unlimited Kid's Care to your membership
- Exclusive member discounts on all programs and services
- Exclusive program registration dates
- Opportunities for community involvement
- Free 30 minute consultation with a personal trainer

3 MONTH SUMMER MEMBERSHIP SPECIAL

Two Adult Family Membership	\$252.00
One Adult Family Membership	\$222.00

**Membership must be paid for upfront and will be active for June, July and August

HEY PRESCHOOLERS-
Looking for something fun to do this summer? Our summer programs feature half-day adventures for children ages 3-5. Sessions are led by Y-Tots Preschool teachers and will include play, exploration, art, stories, snacks, playground time, and Friday swim time.

SOCIAL ICE

Peace Plaze, Downtown Rochester

Friday, February 20 and Saturday, February 21 4:00pm-6:00pm

Fun for the whole family—bring your kids to meet this summer's camp counselors and register to win a free week of summer camp! You won't want to miss the 'Cool as Camp' display and live ice carving demonstrations.

SOCIALICE
— ROCHESTER MINNESOTA'S ICE BAR —

FAMILY ACTIVITIES

Register for all Family Activities at the Rochester YMCA or online.

Family Movie Day at Paragon Theatre

Saturday, March 27th

10:00am

\$8.00/ticket (\$2 from every ticket benefits our Camp Scholarship program)

Join us as we partner with Paragon Theatres for the showing of the hilarious family-friendly movie, *Home*, featuring the voices of Jennifer Lopez, Steve Martin, and Rihanna. Purchase tickets by 3/26 in person at the Y or online at www.rochfamy.org.

Summer Camp Kick Off Party

Sunday, June 7

12:30pm-3:30pm

Free event for camp families. Concessions will be available to purchase.

Families and campers will have a chance to meet camp staff and play a variety of exciting camp games and activities. Oxbow Park will be present to share their knowledge and experiences with the great outdoors. *Roses and Sunshine* painting will be doing glitter tattoos for \$3/person.

Family Night at Chesterwoods

Wednesday, June 24th

6:00pm-8:00pm

Free for families (15 family limit)

Families can enjoy the outdoors together at this fun event. Grab a canoe, paddleboat, or kayak and explore Chesterwoods scenic landscape.

Rochester Honkers Baseball Game

Thursday, July 23rd

12:05pm

\$7 per adult

Join campers as we take a field trip to watch the Rochester Honkers! Families are encouraged to attend. Families do not need to register for this event through the Y and can purchase their tickets at the door or call the Honkers directly. Tickets have already been purchased for campers.

Overnight at Oxbow Park

Activities from 4:00pm-9:00am

Saturday, July 25th

\$35 per 6 person tent (Limit of 20 tents)

Spend the night at Oxbow Park playing fun games with camp staff and enjoy a guided nature walk with Oxbow staff. Hot dogs, chips, and a healthy snack will be served. We will end the evening with camp stories, songs, skits, and s'mores around the campfire! Adult participants must be present at all times and are responsible for their youth participants. Each family must provide their own camping gear and supplies including tents. Must be registered prior to event to attend. YMCA Staff will be leaving at 9:00pm and will not be liable for activities after this time.

Family Night at Oxbow Park

6:00pm-8:00pm

Wednesday, August 26th

Free for families

Enjoy the outdoors together as a family. Oxbow Park staff will be leading demonstrations and nature activities. Families will have an opportunity to explore the park and see the zoo animals.

GENERAL INFORMATION

Meals and Snacks

Each camper is responsible for bringing a morning snack and a lunch. We will provide an afternoon snack. In addition, we do a weekly sampling of produce from our Nutritious and Delicious Youth Camp Garden.

Due to various nut allergies, we want to protect our campers and staff from coming into contact with nut products. Please do not send any food products that may contain nuts. We will have a nut free area. If your camper has a nut allergy, please indicate this on the registration form.



Staffing

The true backbone of the Y's Day Camp are the dedicated staff. Staff are chosen for their proven abilities in working with children and being positive role models. All staff are CPR and First Aid certified and are required to attend over 40 hours of training. The care of each child is at the heart of all we do. We are committed to making each camper's experience at camp the best it can be.

The staff to camper ratio is 1 staff to 10 campers for grades K-2 and 1 staff to 12 campers for grades 3-6.



GENERAL INFORMATION

Early Pick-up and Late Arrivals

Due to the nature of day camp programming, we strongly discourage late arrivals and early departures. We do understand that there will be exceptions and when these occur please notify one of the Camp Directors to ensure your child will be ready to go when you arrive or a staff member is available to meet you at a designated location if you are dropping off your child late. Please be aware that day camp takes place both inside and outside the branch and there may be some delays depending on which activity your child is involved in.

Late Pick-up

In fairness to our staff and due to subsequent program demands, it is very important that your child be picked up on time. A late fee of \$1.00 per minute will be charged for each child not picked up by 6:00 pm.



Huddles

A huddle is a group of campers and counselors your child is assigned to for the week. A huddle participates in activities together throughout the day. Huddle assignments are made on a weekly basis and based on the grade level of campers. Because the make up of the entire camp can be different each week due to the different ages of the campers enrolled for the particular session, the huddles may change from week to week. However, camp staff will make every attempt to keep the huddles as consistent as possible. At the request of the parent, children with special needs will be grouped in the huddle that best fits their needs.

Swimming

Campers have the opportunity for daily recreational swim while at camp. Any camper who wishes to swim in the deep end will take a swim test. During swim time, the pool is staffed with certified lifeguards as well as camp counselors who swim with the campers.

GENERAL INFORMATION

Weather

Our Day Camp is an outdoor-based program and we utilize many different areas in and outside of the Y building. We know firsthand how hot summer can get. When weather reports indicate an unhealthy heat index, we adjust our day camp to safeguard campers from dehydration and overexposure to sun and heat. We provide cool, indoor or shaded places for camp activities, provide frequent water breaks and monitor sun exposure.

In the event of a rainy day, camp remains in operation. Regular camp activities will continue during light rain conditions. During more severe weather including thunder and lightning, we alter a typical day's schedule and plan more indoor activities.

PARENT INFORMATION SESSIONS

Join us for a parent information session where we will share camp information and answer any questions you may have regarding our summer camp program. The information sessions will be held in Balfour Hall. Please contact either Rachel Hoben or Taryn Wohlfel to register for one of these sessions.

Dates and Times

Thursday, April 16 th	6:00pm-7:00pm
Thursday, May 28 th	6:00pm-7:00pm
Tuesday, June 2 nd	7:00pm-8:00pm
Wednesday, June 3 rd	10:00am-11:00am

HEALTH INFORMATION



Illness

In order to keep our campers in good health, please do not send your camper to camp if they are displaying any of the following:

- Fever over 100 degrees
- Vomiting
- Diarrhea
- Head lice or constant itching
- Unidentified rash or open lesions
- Pink eye
- Persistent cough or sore throat

Campers must be symptom free for at least 24 hours prior to returning to camp. If a child becomes ill during camp, a parent or emergency contact will be notified to come pick up your camper as soon as possible.

Medication Policy

If your child requires any medication during the day a Medical Authorization form must be submitted. This form can be obtained from one of the Camp Directors. Please bring the medication directly to one of the Camp Directors and they will ensure the proper administration of the medication, per the Medical Authorization form.

Emergencies

In the event of an emergency, we will make every attempt to notify parents or emergency contacts. If necessary, emergency transportation will be handled by 911 and local emergency services.

Sunscreen & Bug Spray

In order to comply with our child abuse prevention guidelines, the application of topical products will take place in an open setting. Staff will assist campers if they need and will supervise the application of the products for our older campers. If you do not want one of our Camp Staff to assist your camper, please note that on the registration form.



PAYMENT AND PRICING

Payment & Registration

Please read all registration materials thoroughly and ensure all forms are filled out correctly. Your camper will not be able to attend if your balance is not paid in full by Monday morning, before he/she is signed into camp.

Each camper will be charged a one-time, non-refundable registration fee. New this year we are requiring an active credit card or bank account on file for each camper, unless you are paying for the camp at the time of registration in full. If a credit card or bank account is preferred, we will be automatically drafting weekly payments on the Tuesday prior to the week of camp, unless other arrangements are made with the Camp Administrator.

Refunds and Credits

There will not be credits or refunds issued if a camper missed a day due to vacations or schedule conflicts. We understand that unforeseen events arise throughout the summer. Therefore, cancellations must be made at least a week before the camp in order to receive a refund. Any cancellations received less than a week before the scheduled camp will result in a 50% refund. Cancellations must be approved by one of the Camp Directors.

Financial Assistance

Summer Camp is one of the most important programs that the Y offers and we want to make sure that all kids have a chance to attend regardless of their financial situation. Each year, the Rochester Area Family YMCA, through the Annual Support Campaign, raises money to provide scholarships for families who wish to participate in Y programs but do not have the means necessary to do so. Last year we awarded 1 in 5 campers a scholarship. Campers who qualify for a scholarship will be eligible to receive up to 2 weeks of camp at 50% off (excluding Specialty Camp). If you have any questions please email camp@rochfamy.org.



PAYMENT AND PRICING

Fees	Member	Non-Member
One-time Registration Fee	\$15.00	\$30.00
Discover Camp	\$140.00	\$160.00
STEM Camp	\$140.00	\$160.00
Fine Arts Camp	\$140.00	\$160.00
Sports Camp	\$140.00	\$160.00
Specialty Camp	\$200.00	\$275.00
LIT Camp	\$45.00	\$70.00
CIT Program	\$50.00	\$75.00
Daily Rate	\$30.00	\$35.00
Field Trip Daily Rate	\$45.00	\$55.00

**There will be an additional \$10 charge for Week 4 and Week 10 (Valleyfair and Minnesota Zoo).



WHAT TO BRING

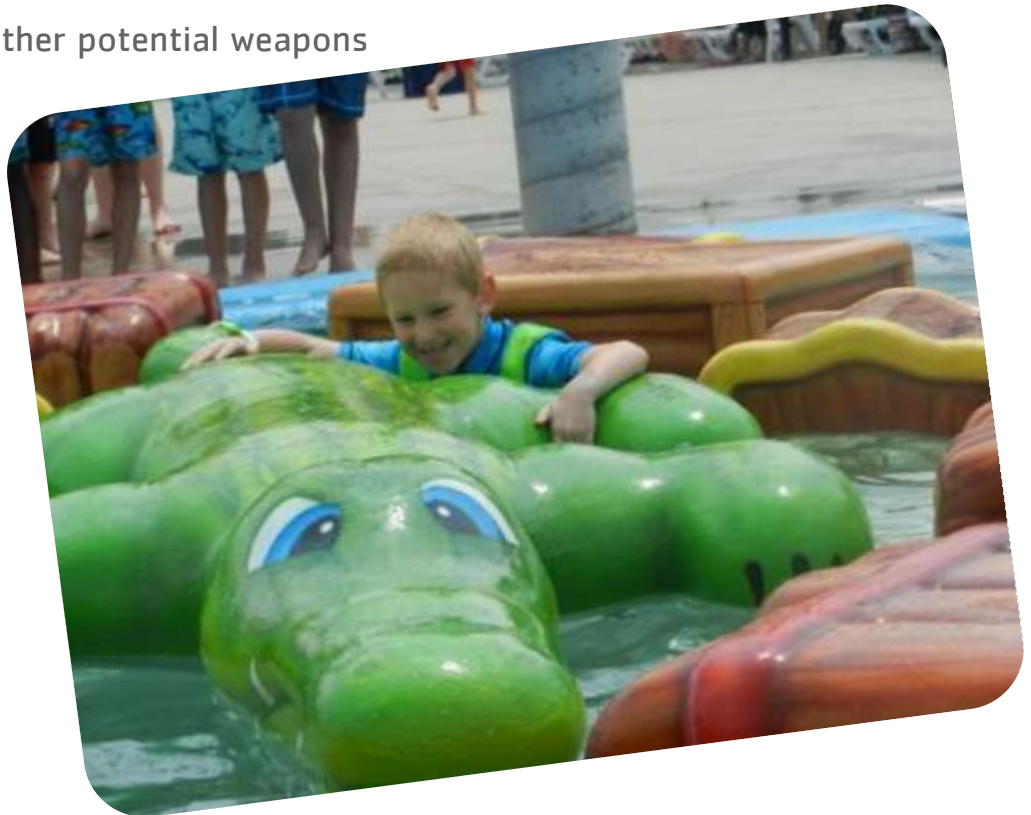
What to Bring

- Sturdy, closed-toed shoes (no open-toed shoes or sandals)
- Lunch with a drink
- Morning snack (we provide an afternoon snack)
- Light jacket (in case of rain)
- Sunscreen
- Bug spray
- Swim suit and towel
- Water bottle
- A backpack to keep track of all items which should be labeled with camper's first and last name.

** A lost and found will be kept behind the Camp Desk.

What Not to Bring

- Cell phones (unless requested by a guardian, but must be kept in backpack)
- Video games
- Video or digital camera
- iPods, iPads, Kindles, Nooks, etc.
- Money
- Pocket knives or other potential weapons
- Matches/lighters
- Fireworks
- Valuables
- Guns



BEHAVIOR POLICY

Camper Behavior

The Y strives to make each child feel safe and cared for while at camp. When rules are broken, it is our goal to guide children based on our values of caring, honesty, respect and responsibility. Misbehavior will be viewed as an opportunity to develop self-control, strengthen character, and resolve conflict in a non-violent way. When a camper's behavior is not in the best interest of the total camp, counselors will take the following steps:

- Redirection and reminder of the rules and consequences
- Verbal warning and discussion
- Time away from the group, writing/drawing activity, etc.

Parent notification:

- The first parent contact is a warning
- The second contact we will ask that the parent pick-up the child
- The third contact will result in a suspension from camp lasting 1-5 days

The Rochester Area Family YMCA does not tolerate violence. Any camper causing physical or emotional harm will result in immediate suspension from camp lasting 1-5 days.

We understand that each camper is different and we want to embrace these differences. If you have any special concerns or any individualized education plan, please let us know. We will do our very best to accommodate your camper's needs. If your child's behavior or ability in any way alters the service or safety we provide to other participants, you could be asked to make other arrangements for the summer.



TYPICAL SCHEDULE

Typical Day

6:30am-9:00am	Check-In/Pre Care (Inside at Camp Desk)
9:00am-9:30am	Opening Ceremonies
9:30am-9:45am	Huddle Time
9:45am-10:30am	Weekly Activities
10:30am-11:00am	Morning Snack
11:00am-12:00pm	Group Activities
12:00pm-12:45pm	Lunch
12:45pm-3:30pm	Swimming/Group Activities
3:30pm-4:00 pm	Afternoon Snack (Provided)
4:00pm-6:00 pm	Check-Out/ Post Care (Outside)

**Schedule subject to change. May include reading activities, visits to local parks, and guest presenters.

Weekly Activities

Monday: Music Mondays and Theme Activities
Tuesday: Garden/Nutrition and/or Library Visit
Wednesday: Field Trip
Thursday: Garden/Nutrition
Friday: Dress-Up and Camp Challenge

Healthy Kids Day

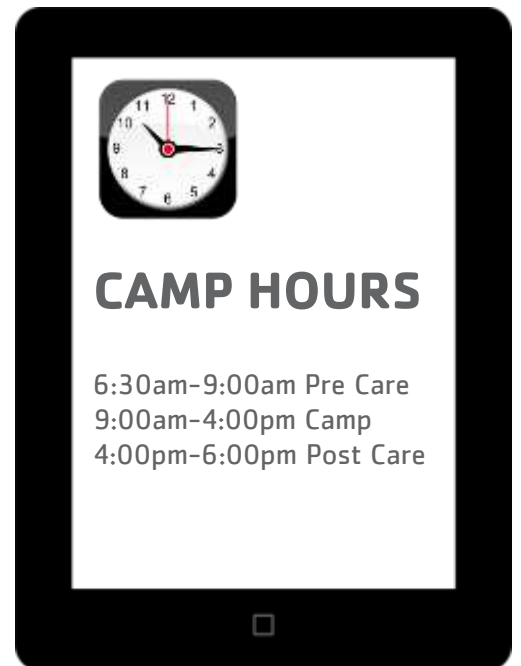
Saturday, April 25th

10:00am-3:00pm

Free event for the whole community

Register for your chance to win a FREE week of camp!!

Families and youth will have the opportunity to participate in games and activities, witness fun demonstration including Karate and more. The waterpark and swimming pool will be open from 1pm-3pm for all community members.



DISCOVER CAMP

Explorers: Kindergarten–2nd Grade
Adventurers: 3rd Grade–6th Grade

Fun happens here! Campers will enjoy fun and exciting activities all week long and have a chance to explore nature, find new talents and make lasting friendships and memories. Campers will be grouped into huddles based on grades.

Aloha Summer

Week 1: June 8–12

Aloha campers! Join us as we heat things up this summer Hawaiian style. Y Camp is ready to kick off summer with a big aloha!

Dress-Up: Bring your leis, grass skirts, and Hawaiian shirts

Welcome to the Jungle

Week 2: June 15–19

Grab a vine and swing into action. It's time to have some fun and explore the animals lurking in the wild. Prepare to go on an adventure into the depths of the jungles.

Dress-Up: Dress up like your favorite animal

Wild, Wild West

Week 3: June 22–26

Howdy partner! Grab yer satchel and bootstraps, and giddy on over to the wild, wild west. In this rip-roaring adventure, campers will experience life "livin' in the west." There's only enough room in this town for a few of us!

Dress-Up: Show up as a cowboy or cowgirl

Hoppin' Holidays

Week 4: June 29–July 3

Have you ever celebrated Cinco de Mayo in June or the Chinese New Year in July? Join us for a week full of holiday celebrations from around the world!

Dress-Up: Wear your favorite Holiday Outfit



Movie Magic

Week 5: July 6–10

Lights! Camera! Action! Campers will go behind the scenes to learn about what it takes to create a movie and use their imagination in movie related activities.

Dress-Up: Movie Star or Movie Character Theme

Captain Y and the League of Super Heroes

Week 6: July 13–17

Campers assemble! Campers will use their super powers as they team up with other super heroes to solve mysteries and bring justice to the world.

Dress-Up: Fly into camp dressed as your favorite super hero



DISCOVER CAMP



Once Upon a Time

Week 10: August 10-14

Once upon a time in a land far, far away campers used their imagination to discover the world of knights, princesses, and castles.

Dress-Up: Fairy Tale characters

Wacky, Wet and Wild

Week 11: August 17-21

There is no better remedy for summer heat than being wacky, getting wet and having a wild time. Campers will have splash-tacular water fun!

Dress-Up: Wear the craziest outfit you can imagine.

Spy Kids: Mission Possible

Week 12: August 24-28

Enter our top secret spy agency and join forces with other secret agents to save the world from evil.

Dress-Up: Come disguised as a spy or a secret agent

Rockin' Beach Party

Week 13: August 31-September 4

We may not have a beach, but we sure know how to party like rock stars! Prepare to rock things out with an uproar of fun as we close out summer 2015.

Dress-Up: Come as your favorite rock star

All-Star Sports

Week 7: July 20-24

Become an all-star this summer as you kick, throw and run your way to the finish line.

Dress-Up: Which athlete will you strive to look like?

Olympic Celebration

Week 8: July 27-31

On your mark, get set, go! Experience the excitement of various Olympic sports for yourself. Prepare to make your way up to the podium.

Dress-Up: Dress for success as an Olympic winning athlete

Moving and Grooving

Week 9: August 3-7

Prepare to be moving and grooving all week long as we play games and prepare for our group dance off on Friday!

Dress-Up: Join us for Flashback Friday and wear clothes from the 60s, 70s and 80s.



SPORTS CAMP

Professional Athletes: Kindergarten-2nd Grade
Olympic Athletes: 3rd Grade-6th Grade

Get your game on! Our sports camps give campers the chance to spend the summer enjoying their favorite sports, learning new skills and making friends. Our goal is to offer campers a fun and exciting opportunity to learn and play sports. Our trained sports staff teach campers the rules and etiquette of sports in an instructional and recreational environment.

Soccer

Week 1: June 8-12

Do you want to be the next Landon Donovan or Lionel Messi? We will get you started in the right direction. Campers will learn the basics of soccer including ball handling, passing, and shooting.

Volleyball

Week 2: June 15-19

Ace Ace Baby! Campers will learn basic skills necessary to play the game including serving, passing, setting, and hitting.

Baseball/Softball

Week 3: June 22-26

Swing for the fences and learn about America's Pastime. Campers will learn the skills of hitting, catching and throwing.

Basketball

Week 5: July 6-10

Did you know basketball was invented at the YMCA? Come learn about and experience the game at the place it all began. Campers will practice skills including dribbling, passing and shooting.

Swim K-2

Week 6: July 13-17

Due to popular demand, we have split swim camp into two groups! Campers will be introduced to various swimming strokes and mechanics as they play in the pool. (Note: this is NOT a swimming lesson. Campers should have basic water knowledge.)



SPORTS CAMP

Swim 3-6

Week 7: July 20-24

Campers will develop their swimming strokes and mechanics as they play in the pool. (Note: this is NOT a swimming lesson. Campers should have basic water knowledge.)

Karate

Week 8: July 27-31

Are you an aspiring black belt? Begin your journey in martial arts by learning the basics of Ryu Te Karate. Ryu Te Karate is a self-defense system founded by Master Seiyu Oyata. Campers will learn the basics of self-defense, how to deal with bullies, and how to resolve conflicts without physical aggression.



Tennis

Week 9: August 3-7

Serve it up! Campers will participate in a variety of drills and play games as they learn basic tennis fundamentals and skills.

Cheer, Tumbling, Dance

Football

Week 10: August 10-14

Calling all cheerleaders, dancers and gymnasts! Campers will learn the basics of gymnastics, tumbling and cheer while developing teamwork, strength, and flexibility.

Hut, Hut Hike! Campers will be introduced to the basic skills and concepts of football like passing, receiving, and playing defense.

FINE ARTS CAMP

Apprentice: Kindergarten-2nd Grade
Master: 3rd Grade-6th Grade

Young minds are full of curiosity and the Rochester Area Family YMCA wants to give each camper the opportunity to allow their minds to explore various areas of visual and performing arts. Our Fine Arts camps are designed to develop motor skills, cultivate imagination, creativity and social development in a caring and fun environment. We will be having an art showcase every Friday afternoon.

Art through Science

Week 1: June 8-12

It's art with a twist! When you mix up art and science, you'll create all kinds of interesting, cool designs. Experiment with different, colorful substances that produce rad reactions.

Mural Madness

Week 2: June 15-19

Do you want to become the next Diego Rivera or Leonardo da Vinci and learn how to create beautiful murals? Campers will construct projects that will culminate into a large mural.

Cartooning and Illustrations

Week 3: June 22-26

BOOM! POW! Design your own comic and discover the secrets to drawing your favorite character.

Making the Band

Week 5: July 6-10

Get ready to rock and roll! Campers will begin to learn what it takes to become a musician through learning about songs and designing their own instruments.



Pottery: Handbuilding

Week 6: July 13-17

Try out your master potter skills this week as we work with different types of clay and create unique sculptures.

Theatre

Week 7: July 20-24

Stage struck! Campers will have an opportunity to experience a variety of areas in theatre including basic acting skills, costume and set design.

Creative Design

Week 8: July 27-31

Become a visual storyteller create a product or idea through effective visual communication. Campers will begin to learn some of the skills and techniques needed to create various products.

Recycled Art

Week 9: August 3-7

Campers are going to save the world one art project at a time by taking one man's trash and turning it into another man's treasure. We will be creating projects using recycled materials.



STEM CAMP

Builders: 2nd Grade-3rd Grade
Engineers: 4th Grade-6th Grade

Campers are going to be the next generation of inventors and problem solvers. Science, technology, engineering and math are going to help them build the skills needed to become the next Thomas Edison or perhaps the Wright Brothers. Each camper will have the chance to discover various areas of science at their grade level. We will be incorporating our LEGO Robotics program during each week.

Imagination Station

Week 1: June 8-12

Calling all imagineers! We are going to be getting messy as we create some masterpieces. Some of the activities may include duct tape projects, tie dying, and building with various materials.

Monsterology

Week 2: June 15-19

Work together to design a giant monster made of LEGOs®. Discover how science can take household items and turn them into monsters.

Funky Fizzics

Week 3: June 22-26

Sir Isaac Newton discovered that to every action there is an equal and opposite reaction. Come experience a fantastic fusion of physics and funky formulas while we build our own amusement park.

Myth Busters

Week 5: July 6-10

Think about how many times you have been told, 'Don't try this at home.' Campers will be able to test various scientific myths throughout the week and determine if these myths are confirmed, plausible or busted.



Robots and Reactions

Week 6: July 13-17

Explore the world of robots and chemical reactions. Campers will design and build their own robot. Come see what happens when we mix various products, like Mentos and soda, together!

Games Galore

Week 7: July 20-24

Campers will work with Lego Robotics and build catapults and elevators to design a contraption that will help them score points in the big game.

CSI: Camp Science Investigators

Week 8: July 27-31

Become a CSI detective as you work to uncover "Whodunnit". Campers will begin to discover what it takes to become an investigator and solve mysteries.

LEGO Land

Week 9: August 3-7

Enter the world of LEGO to build, create, learn, explore and engineer. Campers will use their imaginations and create things they have only ever dreamed of.

Advenshores

Week 10: August 10-14

Dive in some marine mania. We will be exploring water transportation and creatures of the deep.

SPECIALTY CAMP

Our specialty camps are an extension of our day camps. We are partnering with other organizations to bring in even more camps! Campers will go to various places around the Rochester area and experience some activities they may have never experienced before. Each specialty camp follows the normal day camp hours, but are designed to be at the location for 2.5 hours. Campers will play various games and activities, as well as go swimming each day. Campers who choose a specialty camp will not attend a field trip for that week. Participants will be transported daily to and from the Y to these various sites. Space is limited.

Pottery on the Wheel (Crossings)

Week 1: June 8-12

Grades 4-7

Become a master potter and turn a lump of clay into a masterpiece! Learn how to prepare clay (wedging), center and form shapes on a professional-grade pottery wheel, trim and finish your pieces with colorful glaze. The Crossings is located in Zumbrota, MN. Campers will be divided into two groups and will rotate between morning and afternoon sessions.

**Due to the nature of pottery, The Crossings will fire the creations and return them to the Y by June 26th where the campers can pick up their projects.

Golf (First Tee Program)

Week 5: July 6-July 10

Grades 1-7

Swing on over to golf camp where the Rochester Area Family Y is partnering with First Tee National Golf Program. Trained professionals will provide an introduction to the game of golf. Clubs, balls will be provided. This camp is geared toward beginning golfers; however, all skill levels are welcome.

Equestrian Camp (Stables Equestrian Center)

Week 6: July 13-17

Week 11: August 17-21

Grades 3-7

Gallop into a week of horseback riding skill development. All riding levels can learn new skills or enhance their current skills at this camp. We are partnering with the Stables Equestrian Center to teach campers all aspects of horsemanship including the importance of horse care and the relationships you can build with these magnificent animals. Participants will be transported daily to and from the Y.

Muddy Boot Camp (Cascade Meadows)

Week 7: July 20-24

Grades 3-7

In partnership with Cascade Meadow Wetlands & Environmental Science Center, campers will exercise their minds and bodies as they practice essential science skills of observation, exploration, data collection, and journaling. From insects, to plants, to water, each day will have a theme and will include significant time spent outside in Cascade Meadow's natural areas.

**Campers will be exploring outside so we recommend wearing boots and clothes that can get dirty.



Cascade Meadow
Wetlands & Environmental Science Center



LIT AND CIT CAMP

Leaders in Training: 7th Grade-9th Grade
Counselor in Training: 10th Grade-12th Grade

Today's teenagers are tomorrow's leaders and we are preparing the next generation of leaders. Our camp environment provides a unique opportunity for youth to build leadership skills, particularly in assisting counselors with younger campers enrolled in various Day Camp. Our goal is to teach the general skills of leadership that can be used at school, home and the community, not just at camp.

Leader in Training

Summer camp provides a fantastic environment for youth to begin developing their leadership skills. Our LIT program is designed for youth entering grades 7-9. LITs will participate in challenging activities, workshops, discussions, and service projects that focus on leadership skills including communication, teamwork, goal-setting, and decision making. LITs will also assist summer camp staff on various projects and activities. LITs will be given some free time throughout the day, as well as the opportunity to go on a field trip each week.

Counselor in Training

Counselor in Training is a brand new certification program designed to give youth entering grades 10-12 an in-depth look at what it would be like to work as a summer camp counselor. CITs will be given the opportunity to design activities, lead games, complete a service project, and help serve as a summer camp counselor all while developing their leadership skills. This is a 50 hour program that can be designed to fit each teenager's schedule and interests. These hours can be completed as an individual or in a group. Please contact the Camp Director to schedule your hours throughout the summer. 50 hours must be completed by September 4th in order to obtain the certification.



DAILY RATE



We understand that campers and their families have busy lives and we want to accommodate to all schedules. Each day of camp we will have daily rate available. Daily Rate must be scheduled at least 24 hours prior to the day you wish for your camper to attend. Campers who choose daily rate will be put in a group with our Discover Camp. Due to the design of our other camps, daily rate campers will not be able to register for STEM, Fine Arts, Sports or Specialty Camp. Daily Rate will follow the typical day schedule. If you wish to register your camper for daily rate, please circle the day(s) of the week on the registration page at the end of the guide.

Field Trip Daily Rate is available for all campers who wish to only attend the field trip during the camp week. All field trips are on Wednesdays of each week, with the exception of the Honkers Game on Week 7 which will be on Thursday July 23rd. If you wish to register your camper for the Field Trip Daily Rate, please circle each field trip on the registration page. Campers who are registered for Discover Camp, STEM Camp, Fine Arts Camp and Sports Camp do not need to register for field trips as they are included in the weekly fee.



FIELD TRIPS

Each week campers will be given the opportunity to attend one of our fun field trips. This year everyone (except Specialty Camp) will be attending the field trip on Wednesday of each week with the exception of Week 7 (July 20-24) where the field trip will be on Thursday. There will be an additional \$10 charge for Week 4 and Week 10 to accommodate for Valleyfair and Minnesota Zoo fees. Campers who do not want to attend a field trip may stay at the Y and observe the typical day of camp schedule. There will be no discount given for campers who do not attend a field trip. Each camper will receive one t-shirt that they will need to wear each week on the field trip. Additional shirts can be purchased for \$5.00.

Week 1: June 10
Rohler Rink

Week 2: June 17
Como Zoo

Week 3: June 24
Faribault Aquatic Center

Week 4: July 1
Valleyfair

Week 5: July 8
Science Museum

Week 6: July 15
Grand Slam Laser Tag

Week 7: July 23 (Thursday)
Honkers Game

Week 8: July 29
Apple Valley Water Park

Week 9: August 5
Nickelodeon Universe

Week 10: August 12
Minnesota Zoo

Week 11: August 19
Owatonna Water Park

Week 12: August 26
Brunswick Lanes (Lakeville)

Week 13: September 2
Chester Woods Park

