



**WE ARE  
THE Y!**

# **BEST SUMMER EVER**



**Kankakee Area YMCA  
2021 Summer  
Camp Guide**

**Registration available  
March 1st**



## Welcome to Kankakee Area YMCA Day Camp!

We can't wait to spend the summer with your child! The YMCA offers a summer camp that is like no other, with a focus on relationships, achievement and belonging! Your child will make new friends, be active and healthy, learn new skills, and above all, have fun.

Our camp counselors and directors look forward to working with your child this summer. All camp staff are certified in CPR and first aid. Our counselors also complete training which focuses on keeping children safe, helping children achieve, and giving children opportunities to belong. Counselors get to know each camper and help campers build strong bonds both with their peers and counselors. Our camp also offers water safety lessons to non-swimmers. If you feel your child would benefit from swimming and water safety instruction, please tell us on your child's camp registration form. We want all of our campers to be safe around the water!

Communication with families is important to us! Weekly newsletters help you stay up-to-date with activities, menus, and more.

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## Camp Discover .....

Camp Discover is our base camp for children ages 5 - 12 to experience a well-rounded, fun time at camp without any additional fees. Each week will have a new theme, from sports and pirates to LEGOs and movies. Our campers will take part in activities throughout the week that are related to the theme, along with other camp activities like swimming, lunch, and games.

In addition to fun times at the Y, we still plan to partake in weekly field trips. The field trips are listed throughout the guide, but all are currently pending COVID-19 regulations.

During the week, campers can be dropped off from 6:30 - 9:00 AM and enjoy a breakfast as we start our day. After the morning activities, we will have a healthy lunch and finish the rest of the day's activities. Pick up from camp will be from 3:30 - 6:00 PM.

## ..... Specialty Camps

The Y's specialty camps are perfect if your child want to start experimenting or learning more about specific activities, sports, and more! Each week, we offer three different specialty camps. Campers enrolled in these camps will do all the typical activities with Camp Discover, but for two hours of the day, they will be on their own learning about or practicing that week's activity.

This year, we have a variety of educational camps, sports camps, and fun camps. Check out each week's specialty camp descriptions throughout the guide to find the best fit for your child!

## Preschool Camp .....

The Kankakee Area YMCA offers a great preschool option for children ages 3 - 5. Children 5 years old may be enrolled in either Preschool Camp or Camp Discover; the Camp Director may decide whether the child is ready for a full day in Camp Discover. Preschool camp field trips may be different than field trips for Camp Discover and are subject to change. Parent chaperones are welcome and encouraged to participate on field trip days.



## Camp Shhh...

Camp Shhh... is a brand new unique camp this year designed for the more relaxed, quiet camper. We recognize that all children are different and have different needs and interests. Not all children enjoy large groups, or are into sports, or enjoy being on the go.

Does your child prefer to be alone or in small groups? Do they enjoy activities such as reading, writing, drawing, and painting? Then this is the perfect camp for them. We will focus on keeping children in small groups divided by age. This camp was designed for the needs of children who have an interest in the creative side of life.

Most of the weekly themes and all of the field trips for this camp will remain the same as Camp Discover, however the activities will be different. The activities in Camp Shhh.. will place an emphasis on reading, writing, journaling, researching, drawing, painting, and exploring the environment through the imagination.

Weekly Camp Shhh... activities are subject to change.

## 2021 Camp Pricing (per week) . . . . .

	Early Bird (March 1st – April 2nd)	Normal (starts April 3rd)
<b>Camp Discover</b>	<b>Members: \$90 Prospective: \$110</b>	<b>Members: \$100 Prospective: \$120</b>
<b>Specialty Camps</b>	<b>Members: \$110 Prospective: \$130</b>	<b>Members: \$120 Prospective: \$140</b>
<b>Preschool Camp</b>	<b>Members: \$110 Prospective: \$130</b>	<b>Members: \$120 Prospective: \$140</b>
<b>Camp Shhh..</b>	<b>Members: \$110 Prospective: \$130</b>	<b>Members: \$120 Prospective: \$140</b>

\*All camps will have a \$10 registration fee for the first three children of each family.

**RECIPE**  
**FOR A HEALTHY KID**



**INGREDIENTS & STEPS**

**1. Start with a tummy full of healthy food**



**2. Stir in a cup of physical activity**



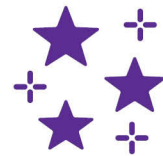
**3. Add a tablespoon of laughter**



**4. Mix in a pinch of curiosity**



**5. Sprinkle with a dash of fun!**



# HEALTHY KIDS DAY<sup>®</sup>

Get the Recipe for a Healthy Kid!

Healthy Kids Day provides all the ingredients for developing healthy, resilient kids. Join the Y for a day full of fun activities that celebrate kids being kids!

All our welcome to join this free event on April 24th!

**April 24th, 12:30 –3:30 PM**

Kankakee Area YMCA  
1075 N. Kennedy Dr. Kankakee, IL  
815-549-5930  
k3ymca.org

**For a better us.**

# Hooray for Hollywood

It's finally summer! Time for fun in the sun, swimming, sports, games, and fun with friends. We are rolling out the red carpet for our campers. Some of this week's events include Meeting the Cast, Karaoke Contest, Dance Off, and performing Hollywood stunts.

**FIELD TRIP**  
Classic Cinemas  
Movie

\*Pending COVID-19 Regulations

## Specialty Camps

### PHOTOGRAPHY (AGES 8 - 12)

Point, Click, Print! Bring your camera and get ready to get creative. This camp will teach you how to focus your camera, creative angles, lighting, and everything you need to be a camera pro.

### DANCE (AGES 5 - 12)

During this fun-filled class, participants will be taught the proper techniques and movements of various dances. From ballet to hip hop, your child will be able to show off what they have learned. At the end of the week, they will be performing a dance routine.

### FLAG FOOTBALL (AGES 8 - 12)

Come score a touchdown to start off your summer camp! Flag football specialty camp offers a chance for your child to work on throwing, catching, and running with our fun and experienced staff.



## Camp Shhh...

We will be rolling out the red carpet to welcome campers this week. Do you have a knack for writing or telling stories? Put your skills to use in this creative camp. Campers will write and illustrate their own play, short story, etc. They will paint and create many Hollywood props that will be used around camp to create a theatrical atmosphere.



# Pirates and Mermaids

## FIELD TRIP

Shedd  
Aquarium

Join our captain and crew as we spend a week with the pirates and mermaids. Campers will learn all about pirates and mermaids and engage in themed crafts, activities, and games. Come explore the hidden secrets of the sea!

\*Pending COVID-19 Regulations

## Specialty Camps



**SOCCER**  
Come to camp and kick it with your friends as you progress and show off your soccer skills. Campers will work on passing, dribbling, and shooting and will also get a chance to team up and play against each other. Don't miss out on this spectacular soccer camp.



**SPA**  
Sorry parents, this one is for the kids only! Come get pampered and learn how to make homemade facial scrubs, perfume, and lip balm, Get your nails and hair done all while focusing on each camper's inner beauty. Decompress and stretch your body through yoga and meditation. At the end of the week, campers will come home relaxed, pampered, and with a bag full of goodies.



**JUNIOR LIFEGUARD**  
Have you always wondered what it would be like to be a lifeguard? Want to learn about water safety and rescue skills? Jr. Lifeguard campers will learn rescue skills and how to respond in an emergency. This is not a certification class.

## Camp Shhh...



Come explore the creatures of the seas. Read classic tales of pirates, treasure hunters, and mermaids. Learn about how the myths and legends began. Campers will write a short story and poems about the sea and will watch Treasure Island, the Little Mermaid, and other sea themed movies and write about their favorite characters. Join in creating sea themed art and craft projects that will be displayed in the halls of the Y.

# ALL Ball

Campers can kick it all week, learning about all sports involving balls. From baseball to football, soccer, basketball, kickball and many more, your campers will learn all the ball basics. Don't miss out on this fun-filled week of all ball sports!

**FIELD TRIP**  
Joliet Slammers  
Game

\*Pending COVID-19 Regulations

## Specialty Camps

### BOARD GAMES (AGES 5 - 12)

Do you like to play games like Candy Land, Monopoly, and Clue? Then this is the camp for you! Campers will spend all week learning new board games, card games, and enjoying the classics. Campers will go outside to enjoy a game of lawn Twister and a giant game of checkers. Keep calm and let the games begin!

### BASEBALL (AGES 8 - 12)

This camp is sure to be a hit! Baseball season is in full swing once again. Campers will have the chance to work on their hitting, fielding, and base running skills all week.

### CHEERLEADING (AGES 5 - 12)

Ready? Ok, Let's go! This camp is all about making up fun cheers and routines. Cheerleaders need their pom-poms and cute hair bows to accessorize. Bows and Bling is a cheerleader thing! Campers will show off their routines and bling during their Friday performance.



## Camp Shhh...

Not into sports that much? Come discover the other side of All Ball camp. Campers will practice juggling, make popcorn balls, make a DIY bouncy ball, and even learn some ballroom dancing. Learn how to create art using marbles, baseballs, golf balls, and other types of small balls.





# Stars and Stripes Forever

## FIELD TRIP

Foam Pit  
at the Y

Happy Fourth of July! Celebrate America's stars and stripes in this action-packed week. Campers will learn about teamwork through our water Olympic games, patriotic games, and stars and stripes art.

\*Pending COVID-19 Regulations

## Specialty Camps



### COOKING (AGES 8 - 12)

Do you like to cook? Want to make more than hot dogs and pizza? This camp is for you. Campers will learn kitchen basics such as measuring ingredients, basic food safety, and how to make simple, tasty treats that the whole family will enjoy!



### WATER SPORTS (AGES 9 - 12)

Do you love the water? Do you love sports? Then this camp is for you! Come join us in the pool as we play cool aquatic games like water volleyball, diving, and more!



### BASKETBALL (AGES 8 - 12)

Do you enjoy shooting hoops with your friends? If you do, this basketball specialty camp might be the right camp for you! Campers will get fun and helpful instruction on the fundamentals of shooting, passing, dribbling, and defending. Come score a great week with us at basketball specialty camp!

## Camp Shhh...

Show off your patriotic spirit this week. Campers will create their own firework display on paper with a bath sponge, paint, and glitter. Campers will create fireworks in a bottle, and write about their plans to celebrate the holiday. Come enjoy a week of stars and striped themed activities!



## Dino-SOAR

Campers will learn about pre-historic times and what kind of creatures roamed the earth millions of years ago. Campers will also discover what creatures soared in the night sky!

**FIELD TRIP**  
Adler  
Planetarium

\*Pending COVID-19 Regulations

## Specialty Camps

### ART (AGES 5 - 12)

Are you creative? Do you love to draw, paint, and create? Then this is the camp for you! Learn different techniques, use new media, and create your very own masterpiece. This isn't just doodling; this is art to the max! At the end of the week, campers will host an art show to display their creations. Join us for this camp and discover your inner Picasso!



### SLIMEY SCIENCE (AGES 5 - 12)

Get dirty exploring the messy side of science. Investigate the ooey gooey, slippery slimy, foaming, and oozing world of science. Campers will have lots of fun getting messy in the Y lab!



### BASEBALL (AGES 8 - 12)

If you have a love for America's favorite sport, baseball is the camp for you! This camp is sure to be a hit! Campers will brush up on pitching, hitting, and fielding skills. Come knock it out of the park with us at this camp!



## Camp Shhh...

This week campers will learn about dinosaurs and creatures that soared through the sky millions of years ago. Campers will study up on the different types of dinosaurs and will be able to distinguish between a carnivore and herbivore. They will create their own dinosaur book to take home at the end of the week. Campers will chose one dinosaur to focus on and learn about the environments and habitats and create a diorama. This is a hands on creative camp! Campers may also go on a dinosaur excursion and dig up some dinosaur bones to create a model dinosaur for display!

## Discover Nature

### FIELD TRIP

Willow  
Haven

Are you curious about nature? Did you ever wonder why the sky is blue? What insect is this? What sort of birds live here? These are just a few of the questions your camper will find answers to in this one-of-a-kind nature camp!

\*Pending COVID-19 Regulations

## Specialty Camps



### GARDENING (AGES 5 - 12)

Campers will learn how to plant and grow everything from flowers to carrots along with what kind of environment works best for each type of plant. They will learn how to grow and care for their own garden. Campers will decorate pots and take home the plant of their choice at the end of the week.



### DIY (AGES 5 - 12)

If you like to be hands on and make things, this is the camp for you. Make your own bowl out of pearly beads, make DIY colorful bath paints, glowing bouncy balls and much more!



### SOCCER (AGES 8 - 12)

Come kick it with your friends in this amazing soccer specialty camp. Campers will work on passing, shooting, and dribbling the soccer ball. Campers will also get to team up and play against each other to show off their sweet set of skills.

## Camp Shhh...



Are you curious why the sky is blue, why the seasons change, or why the birds go south for winter? Campers will learn the answers to these questions and many more. Campers will study everything in nature from the sun to the moon and everything in between. Campers will make leaf rubbings, keep a nature journal, go on a nature hike, and much, much more. Come explore the environment with us!

# Animal Planet

Campers will learn about all kinds of animals from reptiles to mammals. Join us as we learn about local animal life, explore exotic animals from distant lands, learn what animals eat, learn about their habitats, and so much more!

## FIELD TRIP

Lincoln Park  
Zoo

\*Pending COVID-19 Regulations

# Specialty Camps

## FUN FITNESS (AGES 5 - 12)

Campers will participate in a wide variety of fun group fitness. Campers will be taught the old school calisthenics, stretching, yoga, dance aerobics, Zumba, and much more! Join us for a fun way to get fit!

## VOLLEYBALL (AGES 8 - 12)

Come learn the basic rules of volleyball while having a ton of fun! This camp is designed to teach campers how to serve the ball, assist, spike, and score. Be sure not to miss out on this camp!

## COOKING (AGES 8 - 12)

Ready for round two of cooking? This camp will focus on your skills more in depth. Learn how to bake, boil, and broil! Campers will be serving a delicious good time in this specialty camp.



# Camp Shhh...

This week campers will learn about animals around the world. Each day we will focus on a different type of environment such as the jungle, the forest, the sea, the desert, and the mountains. Campers will learn what kinds of animals live in each type of environment. They will learn what the animals eat, what kind of shelter they need to survive, and which animals can be dangerous. Campers will make animal themed crafts and art projects. Come explore the wild!





## We Love LEGOs

### FIELD TRIP

Legoland

Are you a LEGO lover? You will love this week's theme! Kids will have a blast with LEGO-themed activities and working together to build a city. Each age group will have their own area of the city to build. At the end of the week, campers will merge their creations to complete YMCA City!

\*Pending COVID-19 Regulations

## Specialty Camps



### CHEERLEADING (AGES 5 - 12)

Back at it again for cheer camp part two! Campers will focus on learning cheer tricks and the gymnastic aspect of cheer. Campers will perform their routines on Fun Friday! So if you like to cheer, come join us for some sweat and sparkle!



### PICKLEBALL (AGES 8 - 12)

Come learn all about pickleball! It was created in the 1960's and is a mixture of tennis, badminton, and ping-pong. How could you go wrong?! It's a paddled sport created for people of all ages and skill levels. The rules are simple, and the game is easy for beginners to learn!



### SUPER HERO (AGES 5 - 12)

Look up in the sky! It's a bird! It's a plane! No, it's a super camper! Jump in for a super week of camp! Go through superhero and sidekick training academy. Create your own super hero costume and battle against villains. Don't miss out on this super specialty camp!

## Camp Shhh...

Campers will learn about different countries around the world. Campers will pick a country and research it. Campers will learn about customs and traditions in other cultures. Campers will learn about the types of special food eaten in other countries. Each day campers will get a taste of a simple cuisine from other countries. Campers will create a picture book about a country of their choice. Campers will write in their journals about what country they would like to visit and why. They learn how to plan a trip to another country and what to pack. Travel the world with us and get your passport stamped at the YMCA!

## Extreme S.T.E.A.M.

Full S.T.E.A.M. ahead! This week's camp will provide an extraordinary atmosphere for kids to build unique creations, explore science, technology, engineering, art, and math.

**FIELD TRIP**  
Museum of  
Science & Industry

\*Pending COVID-19 Regulations

## Specialty Camps

### S.T.E.A.M. STATIONS (AGES 5 - 12)

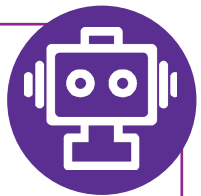
Take it up a notch with this extreme S.T.E.A.M. specialty camp! Campers will explore the environment, learn about chemical reactions, build a simple robot, explore art in the environment, create math games, and much more!

### SWIM TEAM (AGES 9 - 12)

Have a love for the water? Can't get enough of the pool? Learn what it takes to be a part of a swim team. Pass a deep end water test, learn different types of strokes, and learn how the benefits of swim can extend way beyond summer camp. So don't miss out! Good things come to those that swim!

### MASTER CHEF (AGES 8 - 12)

Put your passion for food to the test! This week, we will challenge our chefs to make healthy and tasty foods for the whole family to eat! Join us for this week for the art of cooking!



## Camp Shhh...

Campers will learn about science through simple experiments using common items found in your kitchen cabinets. Learn about how science and math are used in everyday life. Campers will also focus on the artistic side of building. They will make their own set of blue prints to design and create the building of their choice. Campers will also discover different artistic media such as clay, chalk, and paint. Don't miss out on this fun week of extreme steam!!



# Knights of the Round Table

## FIELD TRIP

Castle Bounce House at the Y

Campers will end the summer with a fun week learning about knights, kings, queens, castles, dragons, and more. Campers will participate in themed activities and learn about medieval times.

\*Pending COVID-19 Regulations

## Specialty Camps



### DANCE (AGES 5 - 12)

More dance! This camp will focus on proper technique and movement of various dances. Campers will vote on a dance style and help create a dance to be performed. The winning style will be showcased on Friday for fellow campers to see! Never miss a chance to dance, so don't miss out on this specialty camp!



### TREASURE HUNTERS (AGES 5 - 12)

Do you like looking for hidden treasures? This camp is perfect for you! Campers will explore the outdoors with metal detectors, go on themed scavenger hunts, make their very own treasure chest to take home, and much more!



### FLAG FOOTBALL (AGES 8 - 12)

Come score a touchdown with fellow campers! Flag football specialty camp offers an awesome chance for your child to work on throwing, catching, and running with our fun and experienced staff!



## Camp Shhh...

Campers will read about real life knights, kings, and queens. Explore the past legends and histories of castles, fair maidens, and even fire breathing dragons. Campers will learn about real life fairy tales, and write some of their own fairy tales that will be read on Friday to the preschool campers. Create special themed art and crafts projects. This week will be sure to make you feel like you have stepped into the medieval times! Don't miss out on this exciting final week of camp!

## Leaders in Training

Are you looking for an opportunity to develop your leadership skills? Try becoming a volunteer "Leader In Training" (LIT). Throughout the summer we will focus on developing communication skills and helping you become a true leader. Fill out an application at our Member Service Desk. You will then get a call from the director to schedule an interview. LIT selection is based on both the application and interview. As a LIT, you are expected to model the four core values of the YMCA: Honesty, Respect, Caring, and Responsibility. The campers will look up to you and you need to take your position as a role model seriously. You are expected to perform unsupervised tasks around camp such as: setting up and taking down activities, preparing and serving snacks, and assisting counselors during activities.

### LIT PRICING

**Members**  
\$50/week

**Prospective Members**  
\$60/week

## How do I sign up for camp?

Signing up for any of the Y's Summer Camp options requires proper forms and documentation given to the Welcome Center prior to the camp's start. The appropriate forms in the registration packet can be found online on our Summer Day Camp page or in person at the Welcome Center. Please review the checklist below for a breakdown of where to find each required registration component.

All forms must be filled out and turned in before the Welcome Center can sign your child up for camp.

### Checklist Breakdown

#### In registration packet

- Registration Form
- Bank Draft Authorization
- Summary of Licensing Standards for Day Care Centers

#### Sign electronically at Welcome Center during registration

- Parent Handbook Acknowledgment
- Liability Waiver
- Attendance, Late Fee & Pick-up Policy

#### Bring in from home

- Original Birth Certificate (Y can copy)
- Health Information (most recent school physical, even if older than 6 months, including doctor's signature and up-to-date shot records)

#### Optional

- Custody Agreement/Court Order (if applicable)
- Medication Authorization (available upon request)





## Safety

Your child's safety is our number one priority. Our well-trained staff provide a high-quality camp experience day after day. All staff are certified in CPR/ AED and First Aid. For your child's safety, we require an authorized list of approved relatives and friends that may pick up your child. Anyone picking up a child must present photo ID and be on the authorized list for that child.

All children in Camp Discover and Specialty camps swim every day. Lifeguards are always on duty and we provide flotation devices.

Each week a group of non-swimmers will receive 20 minutes of daily swim lessons and water safety.

## CCR&R

If a participant receives Child Care Resource & Referral, an approval letter and parent co-payment are due prior to the month the camper attends. If a parent does not have an approval letter with the YMCA as the provider, the parent must pay the full camp fees until their approval letter is received. The CCR&R subsidy covers Camp Discover only. Parents must pay the difference if interested in a Specialty Camp.

## Refund Policy

Refunds and credits will not be issued once camp begins on Monday morning. Your payment in full reserves a spot in camp and late changes may prevent another camper from being able to participate. If you have a medical note for absence, please see the Camp Director.

## Cancellation Policy

The YMCA reserves the right to cancel any camp due to low enrollment. A full refund will be made if this occurs. If you would prefer to transfer your child to another camp, the difference will be refunded or additional fees may apply.