



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER™



Best Summer Ever

Camp Discover

KANKAKEE AREA YMCA

 [FACEBOOK.COM/CAMPDISCOVER](https://www.facebook.com/campdiscover)

June 10th TO August 16th



Welcome to Camp Discover

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, field trips, and snack and lunch menus.

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Please look through the camp guide for more information about day camps and specialty camps, what to bring to camp, and what you and your child can expect at the Kankakee Area YMCA Camp Discover.

Get ready for the best summer ever! This summer will be full of fun, friends, and many memories.

Penny Greenlee: Senior Program Director
Emily Carson: Youth/Teen Coordinator



Camp Discover is for ages 5 – 12

Camp Discover has weekly themes and activities. Every Thursday* the camp goes on a field trip related to the theme for the week. *There will be no field trip Thursday July 4th*

Camp Discover Fees
Members \$95/week
Prospective Members
\$115/week

Specialty Camp Fees
Members \$115/week
Prospective Members
\$135/week

Week 1 June 10–14

Welcome Back Spirit Week!

Field trip:
Classic Cinemas Movie

It's finally summer! Time for fun in the sun, swimming, games, and time with friends. We will kick



Daily Schedule
6:30 – 9:00
Pre-camp/Drop off/Attendance
7:00 – 8:30
Breakfast available
9:00 – 9:15
Opening Ceremonies
9:15 – 12:00
Adventure time (Themed Activities)
11:30 – 1:30 (3 lunch groups)
Lunch time
1:00 – 3:30
Swimming, Snack, Activities
3:30 – 6:00
Post Camp/Pick up

off this summer's field trips with Spirit Week at the Y. Silly hair, dress as a movie star or your favorite color. Who knows what wacky day you'll have next!

Specialty camps:

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

Cheerleading Ready? OK! This week make up fun cheers and cute accessories. All leading up to showing your routine at Friday performance!

Jr. 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 reaching rescue skills and how to respond in an emergency. This is not a certification class.

Week 2 June 17-21

All About Animals

Field trip: Lincoln Park Zoo

Do you love animals? So do we!! Join us as we learn about local animal life, explore exotic animals from distant lands, learn what animals eat, how to track, their natural habitat and so much more!



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, shooting, and dribbling the soccer ball. Campers will also get a chance to team up and play against each other to show off all of the amazing skills that they have learned. Don't miss out on this spectacular soccer specialty camp.

Dance During this fun filled class, the participants will be taught the proper techniques and movements of various dances. Each day the dancers will get a chance to review and learn new technique. At the end of the week, the participants will be able to show what they learned by performing a dance routine that will be presented to the parents.

Cooking Do you like to cook? Want to make more than hot dogs and pizza? This camp is for you!! Learn how to make simple, tasty treats that the whole family will love!

Week 3 June 24– 28

Full Stem Ahead!

Field trip: Museum of Science and Industry

Full Stem Ahead Science Camp will provide an extraordinary atmosphere for students to build unique creations, play games and have loads of fun creating and experimenting with a wide variety of STEM activities. Children will work with exciting topics such as sky scrapers, flight, chemical reactions and much, much more!

Specialty Camps

Baseball This camp is sure to be a hit! Baseball season is in full swing once again and campers will have the chance to work on their

hitting, fielding and base running skills all week!

Slimy Science Get dirty exploring the messy side of nature! Investigate the oozy, gooey, creepy, crawly, slippery, slimy amazing world of natural science. Campers will have lots of messy science fun in our "lab"

Cheerleading Ready? OK! This week make up fun cheers and cute accessories. All leading up to showing your routine at Friday performance!



Week 4 July 1 – July 5

Rockin' in the USA! Field trip: Y Water Olympics (No Camp July 4th)

Celebrate America during this red, white and blue packed week. Campers will enjoy parades, Olympic-inspired games, and learn about global friends and the USA! This week campers will learn about teamwork through activities, games, and enjoy creating patriotic art. Campers and group leaders will face off in a variety of tasks, activities, and games throughout the week. Don't forget our family BBQ to celebrate the brave leaders that made us who we are.



Specialty camps:

Photography 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.

Spa Sorry parents, this is for kids only! Get your nails and hair done. Learn to make your own perfume and lotions. Campers will come home relaxed and with goodies. Counselors will be focused on each campers' inner beauty and strength while also teaching the basic principles of working out through yoga and zumba.

Archery If bows and arrows are your favorite, this is your camp! Spend a couple of hours each day on the archery range with our certified instructors. Bows and arrows provided; campers are welcome to bring their own gear too.



Specialty camps

Basketball Do you enjoy shooting hoops with your friends? If you do, 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!

Gardening Potatoes, potatoes, how do we know which seed is which, when to plant it, how much dirt to use, how much sun it needs..? In this fun, environmental camp, kids will learn what makes a garden grow. It's more than silver bells and cockle shells.

Water Sports 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!

Week 5 July 8- July 12

Go Green

Field trip: Kankakee River State Park

Participants learn about a variety of issues pertaining to the environment under the two broad themes of "Ecology" and "Sustainability". In addition to engaging activities in the sciences and arts, participants also explore their natural urban environment through a field trips to the Kankakee River State Park.

Week 6 July 15–July 19

Comic Books and Cosplay

Field trip: Game Day at the Y

Superheroes are all around us, including at the YMCA! Campers will learn how to make their own comic book and even how to make their own costume! Don't just read about being a hero, live it!

Super Hero Look up in the sky! It's a bird! It's a plane! No, it's you! Jump in for a super week of camp! Go through superhero and sidekick training, make costumes, create an alter-ego, and battle against villains.



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, shooting, and dribbling the soccer ball. Campers will also get a chance to team up and play against each other to show off all of the amazing skills that they have learned. Don't miss out on this spectacular soccer specialty camp.

DIY Camp: If you like to be hands on and make things, this camp is for you. Design and build a card-board boat, we'll try it out in the pool. What else can you make this week?

Week 7 July 22–26

Every Hero Has a Story

Field trip: Joliet Slammers Game (Wed. July 24th)

What is your favorite story? Who is your hero? Campers have the chance to find out in this fun, interactive camp. Learn about some of your favorite legends and some new ones. Hear some tall tales and even write your own. Then top it all off with a trip to the Joliet Slammers Game where campers will meet heroes in person!

Specialty camps

Dance – During this fun filled class, the participants will be taught the proper techniques and movements of various dances. Each day the dancers will get a chance to review and learn new technique. At the end of the week, the participants will be able to show what they learned by performing a dance routine that will be presented to the parents.

Cooking – Have you ever wanted to taste what treats kids around the world are eating? This week our campers will experience different international flavors!

Art – For the creative camper. Paint, draw, use new medias and new techniques to create your own masterpiece. This isn't just doodling, this is art to the max!! Find your inner Picasso!



Week 8 July 29 – August 2

Passport

Field trip: Field Museum

This is where we take the campers on a trip around the world, without ever leaving the safety of the camp ground. Campers will experience all kinds of culture and learn from our counselors who hail from all over the world.

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, shooting, and dribbling the soccer ball. Pillow Polo is a fun variation of hockey and will teach you how to pass, shoot, and work as a team to score the pillow polo ball. Campers will also get a chance to team up and play against each other to show off all of the amazing skills that they have learned. Don't miss out on this spectacular soccer specialty camp.

Volleyball – Are you ready to be in the spot-light? Join us this week to learn skits, sing musical hits, and learn all the behind-the-scenes techniques to putting on a great show.

Lego – Do you love Legos? This camp is for you! Build ships, rockets, trains, planes, automobiles and much more in the cool, creative camp for everyone!



Week 9 Aug. 5–9

Discover Nature

Field trip: Willowhaven Nature Park

What insect is this? Where does that animal live? How do squirrels climb trees? What sort of birds live around here? These are just a few of the questions your camper will find answers for in this one of a kind nature camp. Go hiking, spend a lot of time outdoors and learn what makes our area so unique and special.

Specialty camps

Swim Team – Is pool time every day just not enough for you? Would you rather play games in the pool all day? Don't miss this camp, it is sure to be a splash!

MasterChef – Put your passion for food to the test! This week we'll challenge our chefs to make tasty and healthy foods!

Archery – If bows and arrows are your favorite, this is your camp! Spend a couple of hours each day on the archery range with our certified instructors. Bows and arrows provided; campers are welcome to bring their own gear too.



Week 10 Aug. 12–16

Carnival Style

Field Trip – YMCA Carnival Day

We are closing out our final week of camp with a Carnival!! Dress like a clown, be a ringleader or a lion tamer. Who is your favorite carnival worker? The trapeze artists, the acrobats? Find your fun, creative side this week all topped off by a game filled day at the YMCA Carnival!!

No Specialty Camps This Week



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 inter-

view. 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 snack, and assisting counselors during activities.

Members: \$50/week

Prospective Members: \$60/week



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.

PreSchool Daily Schedule
6:30 – 9:00
Pre-camp/Drop off/Attendance
7:00 – 8:30
Breakfast available
9:00 – 9:15
Opening Ceremonies
9:15 – 10:15
Classroom Activity time
10:15 – 10:30
Morning Snack
10:30 – 11:30
Active Play (M/W/F Swimming)
(T/Th Outside Play, Gym or Field Trip)
11:30 – 12:30
Lunch
12:30 – 2:30
Quiet Activities/Nap
2:30 – 3:00
Afternoon Snack
3:00 – 6:00
Classroom Activity and Pickup

Mondays, Wednesdays and Fridays are swimming days, please send your child with their swimsuit and a towel.

For Preschool schedule, Field trips and other updates check online at k3ymca.org/programs/day-camp or camp newsletters

Members: \$115/week
Prospective Members: \$135/week

How do I register for camp?

Start by filling out the 2018 camp registration form available at the end of this guide, at the Member Service desk, and on our website www.k3ymca.org. Pick out the camps, register your child, set up an electronic fund transfer, then get ready for camp!

Open House May 23rd 6:30 – 7:30 pm

Pick up your camp shirt and get to know your counselors!

Get more updates and information about camp and programs.

Cost:

Camp Discover:

Members \$95/week

Prospective Members \$115/week

Specialty and Preschool

Camps:

Members \$115/week

Prospective Members \$135/week

Registration begins April 27th

Can I get a camp refund?

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 might prevent another camper from being able to participate. If you have a medical note for absence, please see the Camp Director for special consideration.

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.

Camp Benefits:

Drive thru convenience

Enjoy the drive thru convenience to drop off and pick up your children.

Drive thru open 6:30 – 8:30am and 3:30 – 6:00 pm.

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.

Pre & Post Care

Our pre camp care is 6:30 – 8:45 a.m. Post camp care is 3:30 p.m. to 6:00 p.m. There is no additional cost for pre & post care.

Membership

A family membership is only \$62 a month with a one-time \$90 enrollment fee. Sign up today and receive member discounts on all programs. For most camps that's a savings

of \$20 each week! A membership will also give your child other member-only benefits, inquire at the Member Service Desk today!

CCR & R

If 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 CCRR subsidy covers Camp Discover only. Parents must pay the difference for a Specialty Camp. (\$20/week)

Meals and Snack

Breakfast, lunch and snack are provided for every camper. We will provide weekly menus for snack and lunch. All snack and lunches are nutritionally balanced and measured for appropriate portion size. If your child prefers something different you may send a lunch with your child (non-perishable lunches only!)



What to bring to camp:

- Sunscreen (labeled, will be stored in Camp Director's office)
 - Swimsuit
 - Towel
 - Gym shoes
 - Your name on your belongings!
- Field trip day: wear your camp shirt!

See our Parent Handbook for complete information about Summer Day Camp!

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.

Safety Around Water: At the YMCA Summer Day Camp we want your child to be safe around our pools and on field trips to water parks.

Drowning poses a threat to the health and well-being of people nationwide, particularly among children and minority populations.

- Three children die every day because of drowning.
- Drowning is the leading cause of death for children one to four years of age and is the second leading cause of death for children from five to 14 years old.

At the beginning of each week of camp, counselors, lifeguards, and camp leadership identify those campers who would most benefit from swimming and water safety lessons. These campers receive daily 20 minute lessons on basic water safety and swimming skills. Our goal is to give them the skills they need to be safe around and in water.



Teaching children how to swim and be safe around water is one of the most important life skills we can help children learn. It not only saves lives, it builds confidence.

- Research shows that participation in formal swimming lessons can reduce the risk of drowning among children one to four years of age.
- Participation in swimming helps teach children at a young age to strive for physical achievement.
- Swim lessons promote a lifelong enjoyment of swimming, encourages healthy living and the prevention of chronic disease.
- Learning to enjoy activities in and around the water nurtures social-emotional, cognitive and physical development.
- We teach fundamental water safety skills that include the concepts of reach, throw, don't go; CPR and what to look for in a safe place to swim.
- Kids learn what to do if they find themselves in the water unexpectedly.

Please contact the Camp Director or note on the camp registration form if you think your child would benefit from the Water Safety lessons at camp. You may also enroll your child in swim lessons. Summer sessions are 5 weeks long and start June 4th and July 9th. See our website at k3ymca.org for Summer Program information.



Engage, learn and shine at YMCA School age Child Care offered at the following locations:

Kennedy Middle School, serving youth in Kankakee District 111

Alan B. Shepard Elementary School, serving youth in BESD 53

Manteno Elementary, serving youth in Manteno CUSD 5

Hours are 6:30 am to start of school & End of school to 6:00 pm.
Schools out and early dismissal days are also offered. Registration is now open for the 2019-20 school year!

For more information visit our website k3ymca.org



SAVE THE DATE!

OCTOBER 4TH, 2019

