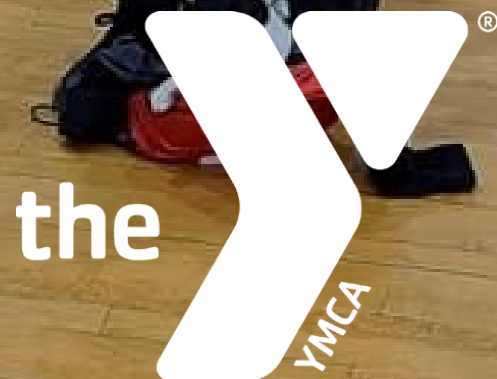




BEST SUMMER EVER

Kankakee Area YMCA
2023 Summer Camp Guide

Registration available
February 20th



Welcome to Kankakee Area YMCA Day Camp!



Samantha Utter
Youth Director

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.

Table of contents

Welcome	Page 2
Camp Options	Page 3
Camp Options/Pricing	Page 4
Week 1	Page 5
Week 2	Page 6
Week 3	Page 7
Week 4	Page 8
Week 5	Page 9
Week 6	Page 10
Week 7	Page 11
Week 8	Page 12
Week 9	Page 13
Week 10	Page 14
LIT/Additional Details	Page 15
Additional Details	Page 16



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 knights to LEGOs and Olympics. 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 – 8:30 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 4:00 – 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 S.U.N.

Camp S.U.N. (Specializing for Unique Needs) is our specialty camp 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 S.U.N. will place an emphasis on reading, writing, journaling, researching, drawing, painting, and exploring the environment through the imagination.

Weekly Camp S.U.N. activities are subject to change.

2023 Camp Pricing (per week)

	Early Bird (February 20th – March 31st)	Regular (Begins April 1st)
Camp Discover	Members: \$110 Prospective: \$130	Members: \$120 Prospective: \$140
Specialty Camps	Members: \$130 Prospective: \$150	Members: \$140 Prospective: \$160
Preschool Camp	Members: \$130 Prospective: \$150	Members: \$140 Prospective: \$160
Camp S.U.N.	Members: \$130 Prospective: \$150	Members: \$140 Prospective: \$160

Summer Forever

It's finally summer! Time for fun in the sun, swimming, sports, games, and fun with friends. We are kicking off the summer here at the Y with a week-long celebration! Some of this week's activities include a limbo contest, making homemade ice cream, and water balloons!

FIELD TRIP Water Day at the Y

*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!



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.



NATURE (AGES 5 - 12)

Filled with exploration and environmental education, we'll focus on discovering insects, birds, fish, frogs and other animals and plants. Campers will go on nature hikes, discover different types of rocks and learn about vegetation.



Camp S.U.N.

To kick off summer camp, campers will be choosing and decorating a journal that they will be using over the course of the summer! They will create summer themed crafts that will decorate the Y and show our excitement that summer is finally here!



Out of This World

FIELD TRIP TBD

Enjoy a week so fun it's out of this world! Campers will learn about the plants, stars, and everything space related. They will engage in activities like building rockets, making galaxy slime, and hunting for aliens!

*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 S.U.N.

Come explore outer space! We will learn all about our solar system through books and stories. Campers will get creative and design their own planets. They will come up with the characteristics of their planet and then later design it!

LEGOS

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!

FIELD TRIP
TBD

*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 S.U.N.

Campers will work together to build Legos that will make up YMCA city!



Around the World

FIELD TRIP TBD

*Pending COVID-19 Regulations

Join us as we travel around the world at Camp Discover! Each group will learn all about a different country and work together to create a presentation to show the rest of camp at the end of the week. Through themed activities such as making passports, guest speakers, and creating flags. campers will grow to understand and appreciate other cultures.

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!



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!



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 S.U.N.

Campers will learn about different countries around the world. They 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. Travel the world with us and get your passport stamped at the YMCA!

Stars & Stripes

*Closed Monday July 4th

Happy Fourth of July! Celebrate America's stars and stripes in this action-packed week. Campers will play classic backyard games like bags, bag races, and sidewalk chalk art. We'll end the week with our Annual Family Fun Day here at the Y!

FIELD TRIP
Family Fun
Day

*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.



SLIMY 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 S.U.N.

Show off your patriotic spirit this week. Campers will create their own firework display on paper with paint and glitter. Campers will create many patriotic crafts and write about their plans to celebrate the holiday. Come enjoy a week of stars and striped theme activities!



Under The Sea

FIELD TRIP

TBD

We're visiting the deep blue this week to explore everything about the ocean! This week will be filled with activities like sea animal crafts, sea shell jewelry, making boats, and lots more!

*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.



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!



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 S.U.N.

Come explore the creatures of the sea! Campers will write a short story and poems about the sea and watch sea themed movies. Join in creating sea themed art and craft projects that will be displayed in the halls at the Y.

Zoo Explorers

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

TBD

*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 S.U.N.

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 about the animals that live in each type of environment. They will learn what the animals eat, their shelter, and what they need to survive. Come explore the wild!



S.T.E.A.M. Week

FIELD TRIP TBD

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.

*Pending COVID-19 Regulations

Specialty Camps



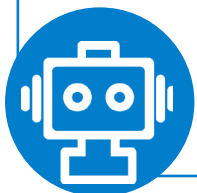
CHEERLEADING (AGES 5 - 12)

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!

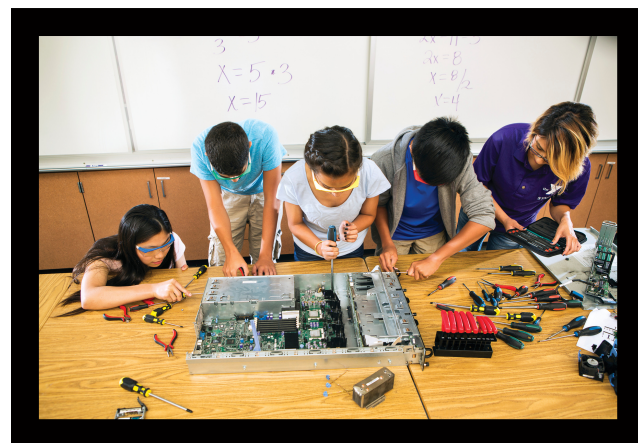


S.T.E.A.M. STATIONS (AGES 5 - 12)

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!

Camp S.U.N.

Campers will do all sorts of science experiments this week! They will learn how science and math are used in everyday life. Don't miss out on this fun week of extreme steam!



Knights of the Round Table

We're throwing it back to medieval times at Camp Discover! Campers will spend the week learning about knights, kings, queens, castles, dragons, and more. Campers will participate in themed activities like building castles, capture the flag, and treasure hunts!

FIELD TRIP**TBD**

*Pending COVID-19 Regulations

Specialty Camps

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!



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 S.U.N.

Campers will learn all about knights, kings, and queens. Explore the past legends and histories of castles, fair maidens, and fire breathing dragons. Campers will not only learn about fairy tales, but they will also write a fairy tale of their own. This week will be sure to make you feel like you have stepped right into the medieval times!



Y-Olympics

FIELD TRIP

Classic Cinemas

Campers will end the summer with a fun week competing for the gold! Each group will be an Olympic team and participate in fun activities that could gain them points in the Y Olympics. At the end of the week, we will have a closing ceremony to awards all teams for their great work!

*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 S.U.N.

Campers will celebrate and reflect on the great summer we've had! We will create scrapbooks to showcase each week with all of our favorite pictures and projects.



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
\$70/week

Prospective Members
\$80/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.