

#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

Mighty Jungle

**WEEK OF:** 

May 31st –June 4th

**FIELD TRIPS & SPECIAL EVENTS:** 

**Wednesday**– Serpentations

Thursday—Hawkquest

#### **CAMPERS & FAMILIES -**

This week we will be... Channeling our inner animal! Exploring snakes and looking up at hawks! Please bring water bottles and sunscreen!

Can't wait to meet everyone!

SITE HOURS

6:30 AM—6:00 PM

**CONTACT US** 

Director - Kewhan Dickerson (720) 352 2862

**Assistant Director - Selena S.** 

**VISIT US ONLINE** 

https://www.denverymca.org/programs/youth-programs/summer-day-camp

#### WHAT TO BRING EVERYDAY

**PRE-CAMP** 6:30-9:30

**MORNING ACTIVITIES** 

**AFTERNOON ACTIVITIES** 

**AFTER CAMP** 330-6:00

#### **MONDAY**

**CLOSED** 

#### CAMP OPENING & AM SNACK

**CLOSED** 

1000—12:00

#### LUNCH

**CLOSED** 

CAMP CLOSING & PM SNACK

CLOSED

Minute to win it.

Gym Activities,

Legos

#### **TUESDAY**

MORNING

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Rotations:

Craft: Handprint Birds

**Gym: Animal Tag** 

Rotation #3 -

Team

building

#### LUNCH

**Rotations:** 

Craft: The Mixed up

Chameleon

Gvm: Dead Ants

Rotation #3 -

Team building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

#### **WEDNESDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Serpentations

Comes

To

YMCA!

#### LUNCH

**Rotations:** 

**Craft: Volcanoes** 

Gvm: What time is it Mr.

Rotation #3 -

Teambuilding

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it

#### **THURSDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Hawkquest** 

Comes

To

YMCA!

#### LUNCH

Rotations:

Craft: Jungle Slime

Gym: Sharks and Minnows

Rotation #3 -

Teambuilding

CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

**Gym Activities,** 

Legos

#### **FRIDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

Elementary

**Rotations:** 

**Rotation #1 Field Game** 

Rotation#2 Playground

#### LUNCH

**Rotations:** 

**Craft: Handprint Koalas** 

Gym: Zoo

Rotation #3 -

Teambuilding

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

WEEK OF: May 31-June 4



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

Colo-RAD-O

**WEEK OF:** 

June 7th-June 11th

**FIELD TRIPS & SPECIAL EVENTS:** 

**Tuesday - Colorado History** 

Center

Wednesday - Molly Brown

House

**Thursday**– **Scavenger Hunt** 

**CAMPERS & FAMILIES -**

This week we will be... Learning how RAD Colorado is . Remember to wear camp shirts on Tuesday, Wednesday and Thursday!

Can't wait to meet you on Monday!

**SITE HOURS** 6:30 AM—6:00 PM

**CONTACT US** 

**Director - Kewhan Dickerson** krdickerson@denverymca.org

**Assistant Director - Selena S.** 

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#### WHAT TO BRING EVERYDAY

### PRE-CAMP 6:30-9:30

# MORNING ACTIVITIES 1000—12:00

# AFTERNOON ACTIVITIES

## AFTER CAMP

#### MONDAY MORNING

#### **STATIONS:**

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

Rotation #1 Field Game

Rotation#2 Playground

#### **LUNCH**

#### Rotations:

Craft: Rocky Mountain
Columbine Flower

Gym: Junkyard

Rotation #3 -

Team building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

.egos

#### **TUESDAY**

#### **MORNING**

STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to** 

Colorado

**History** 

Center

#### LUNCH

**Rotations:** 

Craft: Homemade

Snowflake

Gym: Captain's coming

Rotation #3 -

Team building

#### CAMP CLOSING & PM SNACK

AFTER CAMP

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **WEDNESDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to Molly

**Brown** 

House

#### LUNCH

**Rotations:** 

**Craft: Snowy Mountains** 

Gym game: Freeze Tag

Rotation #3 -

Team building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities** 

Legos

#### **THURSDAY**

#### MORNING

STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

Colorado

Scavenger

Hunt

#### **LUNCH**

**Rotations:** 

Craft: Flower Suncatch-

Gym: Captain's coming

Rotation #3 -

Team building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

Legos

#### **FRIDAY**

**MORNING** 

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

Rotation #1 Field Game

Rotation#2 Playground

#### LUNCH

**Rotations:** 

**Craft: Fizzy Snowman** 

Gym: Red light, Green

Rotation #3 -

**Team building** 

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

,....

Legos

WEEK OF: June 7-11



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

**H20** 

**WEEK OF:** 

June 14th-18th

**FIELD TRIPS & SPECIAL EVENTS:** 

Tuesday- Snapology

Thursday- H20 Brien

Friday - Peter Pan Park

#### **CAMPERS & FAMILIES -**

This week we will be...going into the water! Remember to bring camp shirts Thursday and Friday. Also, bring swimsuits, towels and sunscreen on Thursday and Friday!

See you Monday!

### **SITE HOURS** 6:30 AM—6:00 PM

#### **CONTACT US**

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Assistant Director - Selena S.

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#### WHAT TO BRING EVERYDAY

PRE-CAMP

MORNING ACTIVITIES
1000—12:00

#### **MONDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym
Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

Rotations:

Rotation #1 Field Game

Rotation#2 Playground

#### **LUNCH**

**Rotations:** 

Craft: Paper Bag Jellyfish

Gym: Sharks and Minnows

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

STATIONS:

Minute to win it,

Gym Activities,

Legos

#### **TUESDAY**

**MORNING** 

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Snapology** 

**Comes** 

To

The

**YMCA** 

#### LUNCH

**Rotations:** 

Craft: Paper plate sea

Gym: Captain's Coming

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

Legos

#### **WEDNESDAY**

MORNING

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

**Rotation #1 Field Game** 

**Rotation#2 Playground** 

#### **LUNCH**

**Rotations:** 

Craft: Paper plate beach

ball

**Gym: Octopus Tag** 

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **THURSDAY**

**MORNING** 

STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

Field trip to:

SWIM at H20' Brien

Leave site at 9:30 AM

#### **LUNCH**

Field Trip to:

H20 Brien

Return to site at: 3:15 PM

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **FRIDAY**

MORNING

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

**Peter Pan Park** 

Leave site at 10:00 AM

#### LUNCH

Field Trip to:

**Peter Pan Park** 

Return to site at: 3:15

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

Legos

WEEK OF: June 14-18



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

Work hard, play hard

**WEEK OF:** 

June 21st-June 25th

FIELD TRIPS & SPECIAL EVENTS:

Tuesday- Rent a Theme -

**Wii Rocks** 

**Thursday- Warrior** 

**Challenge** 

**Friday - Carpenter Park** 

#### **CAMPERS & FAMILIES -**

This week we will be... Doing tons of games and activities!

Remember to bring camp shirts on Thursday and Friday!
Carpenter Park has a spray ground so you may bring a swimsuit on Friday!

### SITE HOURS

6:30 AM—6:00 PM

#### **CONTACT US**

Director - Kewhan Dickerson krdickerson@denverymca.org

**Assistant Director -**

Selena S.

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#### WHAT TO BRING EVERYDAY

PRE-CAMP 6:30-9:30

MORNING ACTIVITIES
1000—12:00

#### **MONDAY**

MORNING

**STATIONS:** 

Card Games, Gym
Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

Elementary

Rotations:

**Rotation #1 Field Game** 

Rotation#2 Playground

#### **LUNCH**

**Rotations:** 

**Craft: Olympic Torches** 

Gym: Dodgeball

Rotation #3 -

Teambuilding

CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

Gym Activit<u>ies.</u>

Legos

#### **TUESDAY**

MORNING

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

CAMP OPENING & AM SNACK

Wii

Rocks!

#### **LUNCH**

**Rotations:** 

**Craft: Sports Bracelets** 

**Gym: Poison Ball** 

Rotation #3 -

Teambuilding

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

Gym Activities,

Legos

#### **WEDNESDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

Rotation #1 Field Game

**Rotation#2 Playground** 

#### **LUNCH**

**Rotations:** 

Craft: Design Your Own Jersey

**Gym: Spud** 

Rotation #3 -

**Teambuilding** 

CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **THURSDAY**

MORNING

STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

Field trip to:

**Warrior Challenge** 

Leave site at 11:30 AM

Please bring camp shirt!

#### LUNCH

Field Trip to:

Warrior Challenge

Return to site at: 3:15 PM

CAMP CLOSING & PM SNACK

**AFTER CAMP** 

STATIONS:

Minute to win it,

**Gym Activities,** 

Legos

#### **FRIDAY**

**MORNING** 

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

**Carpenter Park** 

Leave site at 10:00 AM

Please bring camp shirt!

#### **LUNCH**

Field Trip to:

**Carpenter Park** 

Return to site at: 3:15 PM

CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

Legos

WEEK OF: June 21-25



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

Holidaze

**WEEK OF:** 

June 28th-July 2nd

**FIELD TRIPS & SPECIAL EVENTS:** 

**Thursday- Paco Sanchez Park** 

Friday - Skate City

#### **CAMPERS & FAMILIES -**

This week we will be... celebrating different holidays in one week! Please bring camp shirts on Thursday and Friday!

Pajama day on Monday!

Dress from the 70's, 80's and 90's on Tuesday!

**Wear Costumes on Wednesday!** 

See you on Monday!

#### **SITE HOURS**

6:30 AM-6:00 PM

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Assistant Director - Selena S.

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#### WHAT TO BRING EVERYDAY

## PRE-CAMP

## MORNING ACTIVITIES 930—12:00

# AFTERNOON ACTIVITIES

## AFTER CAMP

#### **MONDAY**

#### **MORNING**

#### **STATIONS:**

Card Games, Gym
Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

Rotations:

**Rotation #1 Field Game** 

Rotation#2 Playground

Pajama Day!

#### LUNCH

#### **Rotations:**

Craft: Earth Day shaving cream painting

Gym: Sharks and Minnows

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it,

**Gym Activities,** 

Legos

#### **TUESDAY**

#### **MORNING**

#### **STATIONS:**

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

**Rotation #1 Field Game** 

**Rotation#2 Playground** 

**Decades Day!** 

#### LUNCH

#### **Rotations:**

Craft: Snowflakes

Gym: Blob Tag

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it.

**Gym Activities,** 

Legos

#### **WEDNESDAY**

#### **MORNING**

#### **STATIONS:**

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to Polaris

**Elementary** 

Rotations:

Rotation #1 Field Game

Rotation#2 Playground

**Costume Day!** 

#### LUNCH

#### **Rotations:**

Craft: Star Spangled Slime

Gym: 4 corners

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it,

**Gym Activities,** 

Legos

#### **THURSDAY**

#### MORNING

#### STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

Field trip to:

Paco Sanchez Park

Leave site at 10:00 AM

#### LUNCH

#### Field Trip to:

**Paco Sanchez Park** 

Return to site at: 3:15 PM

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it.

Gym Activities,

Legos

#### **FRIDAY**

#### MORNING

#### STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to

Polaris Elementary for lunch and playground

Field trip to:

**Skate City** 

Leave site at 11:00 AM

#### **LUNCH**

#### Field Trip to:

**Skate City** 

Return to site at: 2:45

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it,

Gym Activities,

Legos

WEEK OF: June 28-July 2



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

**Splashing into Summer** 

**WEEK OF:** 

July 5th - July 9th

**FIELD TRIPS & SPECIAL EVENTS:** 

**Thursday- H20 Brien** 

Friday - Centennial state park

#### **CAMPERS & FAMILIES -**

This week we will be... splashing into some water! Make sure to have swimsuits on Thursday! Centennial state park has a splash pad so you may bring swimsuits on Friday as well!

YMCA is Closed on Monday!

#### **SITE HOURS**

6:30 AM-6:00 PM

#### **CONTACT US**

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Assistant Director - Selena S.

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#### WHAT TO BRING EVERYDAY

**PRE-CAMP** 6:30-9:00

**MORNING ACTIVITIES** 9:30-12:00

#### **MONDAY**

#### Closed

#### CAMP OPENING & AM SNACK

Closed

#### LUNCH

#### Closed

#### CAMP CLOSING & PM SNACK

Closed

Minute to win it. **Gym Activities**,

#### **TUESDAY**

#### MORNING

**STATIONS:** 

Card Games, Gym **Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

**Rotation #1 Field Game** 

Rotation#2 Playground

#### LUNCH

**Rotations:** 

Craft: God's Eye Craft

**Gym: Elbow Tag** 

Rotation #3 - Team

building

CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Legos

#### **WEDNESDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

Elementary

**Rotations:** 

Rotation #1 Field Game

Rotation#2 Playground

#### LUNCH

**Rotations:** 

Craft: Puffy Paint Starfish

Gym: Cats in the corner

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **THURSDAY**

MORNING

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

H20 Brien

Leave site at 9:30 AM

#### LUNCH

Field Trip to:

**H20 Brien** 

Return to site at: 3:15

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

**Gym Activities,** 

Legos

#### **FRIDAY**

MORNING

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

**Centennial State Park** 

Leave site at 10:00 AM

#### LUNCH

Field Trip to:

Centennial State Park

Return to site at: 3:15

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

WEEK OF: July 5-9



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

Summer Rewind
WEEK OF:
July 12th – 16th

#### **FIELD TRIPS & SPECIAL EVENTS:**

Thursday- Hammond's Candy and Clear Creek Valley Park Friday- Aurora Reservoir

#### **CAMPERS & FAMILIES -**

This week we will be... reflecting back on how the summer is going so far!

Kids may bring extra money for Hammond's Candy. Bring a swimsuit for Aurora reservoir!

Can't wait to meet you on Monday!

### SITE HOURS

6:30 AM—6:00 PM

#### **CONTACT US**

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**Assistant Director - Selena S.** 

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#### WHAT TO BRING EVERYDAY

## **PRE-CAMP** 6:30-9:30

# MORNING ACTIVITIES 1000—12:00

# AFTERNOON ACTIVITIES

## AFTER CAMP

#### MONDAY MORNING

#### **STATIONS:**

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

Rotation #1 Field Game

Rotation#2 Playground

#### **LUNCH**

**Rotations:** 

**Craft: Foil Printed Moon** 

Gym: Dodgeball

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Sym Activities

Legos

#### **TUESDAY**

**MORNING** 

STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

Elementary

**Rotations:** 

**Rotation #1 Field Game** 

Rotation#2 Playground

#### LUNCH

**Rotations:** 

Craft: Balloon Rocket

Gym: Spud

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

Gym Activities,

Legos

#### **WEDNESDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

Rotation #1 Field Game

Rotation#2 Playground

#### LUNCH

**Rotations:** 

Craft: Snowy Moon Sand

Gym game: Poison Ball

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities** 

Legos

#### **THURSDAY**

MORNING

STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

Field trip to:

Hammond's Candy & Clear Creek Valley Park

Leave site at 9:00 AM

#### **LUNCH**

Field Trip to:

Hammond's Candy & Clear Creek Valley Park

Return to site at: 3:15

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **FRIDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

**Aurora Reservoir** 

Leave site at 9:30

#### LUNCH

Field Trip to:

**Aurora Reservoir** 

Return to site at: 3:15 PM

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

9005

WEEK OF: July 12-16



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

**Art-Tastic** 

**WEEK OF:** 

July 19th-23rd

#### **FIELD TRIPS & SPECIAL EVENTS:**

**Tuesday- Snapology** 

**Wednesday- Rockies Game** 

**Thursday- Denver Science & Nature** 

Friday - Ralston-Central Park

#### **CAMPERS & FAMILIES -**

This week we will be...having jam packed activities all week!

Kids may bring money for the Rockies game!

Ralston-Central Park is a Spray ground so bring swimsuit if you like!

See you Monday!

#### SITE HOURS

6:30 AM—6:00 PM

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#### WHAT TO BRING EVERYDAY

PRE-CAMP

MORNING ACTIVITIES
1000—12:00

AFTERNOON ACTIVITIES

AFTER CAMP

#### **MONDAY**

#### **MORNING**

#### STATIONS:

Card Games, Gym
Activities, Melty Beads

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

Rotations:

Rotation #1 Field Game

Rotation#2 Playground

#### **LUNCH**

Rotations:

Craft:: Cut, Squirt, Spin

**Gym: Animal Game** 

Rotation #3 - Team

building

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### STATIONS:

Minute to win it,

Gym Activities,

Legos

#### **TUESDAY**

#### **MORNING**

STATIONS:

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

#### **Snapology**

Comes

To

The

**YMCA** 

#### LUNCH

**Rotations:** 

Craft:: Lava lamp

Gym: Pac-Man Tag

Rotation #3 - Team

Rotation #5 - Tea

building

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it,

Gym Activities,

Legos

#### **WEDNESDAY**

#### MORNING

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

#### Rockies

Game!

#### LUNCH

#### **Rockies**

Game!

Return

At

4:00 PM

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it,

**Gym Activities,** 

Legos

#### **THURSDAY**

#### MORNING

STATIONS:

Card Games, Gym

card dames, dym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

Field trip to:

**Denver Science and** 

Nature

Leave site at 9:30 AM

#### **LUNCH**

Field Trip to:

Denver Science and Nature

Return to site at: 3:00 PM

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

STATIONS:

Minute to win it,

Gym Activities,

Legos

#### **FRIDAY**

#### MORNING

#### STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

Ralston-Central Park

Leave site at 10:00 AM

#### LUNCH

Field Trip to:

Ralston-Central Park

Return to site at: 3:15 PM

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

**STATIONS:** 

Minute to win it,

Gym Activities,

Legos

WEEK OF: July 19-23



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

Y Camp Throwdown

**WEEK OF:** 

July 26th-July 30th

FIELD TRIPS & SPECIAL EVENTS:

Thursday- Washington Park Friday- Urban Air and Clement Park

#### **CAMPERS & FAMILIES -**

This week we will be... showing tons of camp spirit!

### **SITE HOURS 6:30 AM—6:00 PM**

#### **CONTACT US**

Director - Kewhan Dickerson (720) 352-2862

Assistant Director - Selena S.

#### **VISIT US ONLINE**

https://www.denverymca.org/programs/youth-programs/summer-day-camp

#### WHAT TO BRING EVERYDAY

#### **MONDAY**

**MORNING** 

**STATIONS:** 

**Card Games, Gym Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to

**Polaris Elementary** 

**Rotations:** 

**Rotation #1 Field Game** 

Rotation#2 Playground

#### **LUNCH**

**Rotations:** 

**Craft: Homemade Bottle Rocket** 

Gym: Relays

Rotation #3 -

**Teambuilding** 

#### **CAMP CLOSING** & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

Gym Activities,

Legos

#### **TUESDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to

**Polaris Elementary** 

Rotations:

Rotation #1 Field Game

Rotation#2 Playground

#### **LUNCH**

**Rotations:** 

**Craft: Bead Lizards** 

**Gym: Four Corners** 

Rotation #3 -

**Teambuilding** 

#### **CAMP CLOSING** & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

**Gym Activities,** 

Legos

#### **WEDNESDAY**

**MORNING** 

**STATIONS:** 

**Card Games, Gym** 

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to

**Polaris Elementary** 

**Rotations:** 

**Rotation #1 Field Game** 

Rotation#2 Playground

#### **LUNCH**

**Rotations:** 

Craft: Pacman Clothespins

Gym: Gaga Ball

Rotation #3 -

**Teambuilding** 

#### **CAMP CLOSING** & PM SNACK

AFTER CAMP

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **THURSDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

**Washington Park** 

Leave site at 10:00 AM

#### **LUNCH**

Field Trip to:

**Washington Park** 

Return to site at: 3:15

#### **CAMP CLOSING** & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it.

**Gym Activities,** 

Legos

#### **FRIDAY**

**MORNING** 

**STATIONS:** 

**Card Games, Gym** 

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

**Clement Park and Urban** 

Leave site at 10:00 AM

Please bring camp shirt!

#### **LUNCH**

Field Trip to:

**Clement Park and Urban** 

Return to site at: 3:45

#### **CAMP CLOSING** & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

Legos

WEEK OF: July 26-30



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

**Staycation** 

**WEEK OF:** 

August 2nd - 6th

**FIELD TRIPS & SPECIAL EVENTS:** 

Tuesday - Challenge Island

Thursday- H20 Brien

Friday - Boondocks

#### **CAMPERS & FAMILIES -**

This week we will be... the last week doing off site field trips so we're going out to do some fun packed activities! Thursday will be swimming and Friday will be boondocks! See you on Monday!

#### **SITE HOURS**

6:30 AM-6:00 PM

#### **CONTACT US**

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**Assistant Director - Selena S.** 

#### **VISIT US ONLINE**

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#### WHAT TO BRING EVERYDAY

## **PRE-CAMP**

## **MORNING ACTIVITIES**

# **AFTERNOON ACTIVITIES**

## **AFTER CAMP**

#### **MONDAY**

#### **MORNING**

#### **STATIONS:**

Card Games, Gym **Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

**Elementary** 

**Rotations:** 

Rotation #1 Field Game

Rotation#2 Playground

#### LUNCH

#### **Rotations:**

**Craft: Summer Windmill** 

Gym: Everybody's IT

Rotation #3 -

**Team building** 

#### **CAMP CLOSING**

#### **AFTER CAMP**

Minute to win it,

Gym Activities,

Legos

#### **TUESDAY**

#### MORNING

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

#### Challenge

Island

#### LUNCH

#### **Rotations:**

**Craft: Tissue Paper** Painting

Gvm: Elbow Tag

Rotation #3 -

**Team building** 

CAMP CLOSING & PM SNACK

**AFTER CAMP** 

Minute to win it.

**Gym Activities**,

Legos

**STATIONS:** 

#### & PM SNACK

#### **STATIONS:**

#### **WEDNESDAY**

#### **MORNING**

#### **STATIONS:**

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

**Walking to Polaris** 

Elementary

**Rotations:** 

**Rotation #1 Field Game** 

Rotation#2 Playground

#### LUNCH

#### **Rotations:**

**Craft: Painted Butterfly** 

Gym: Cats in the corner

Rotation #3 -

Team building

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it,

**Gym Activities,** 

Legos

#### **THURSDAY**

#### MORNING

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

#### Field trip to:

H20 Brien

Leave site at 9:30 AM

#### LUNCH

#### Field Trip to:

**H20 Brien** 

Return to site at: 3:15

### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it.

**Gym Activities,** 

Legos

#### **FRIDAY**

#### MORNING

#### **STATIONS:**

**Card Games, Gym** 

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Field trip to:

Boondocks

Leave site at 9:30 AM

#### LUNCH

Field Trip to:

**Boondocks** 

Return to site at: 1:30

#### CAMP CLOSING & PM SNACK

#### **AFTER CAMP**

#### **STATIONS:**

Minute to win it,

**Gym Activities,** 

Legos

WEEK OF: Aug 2-6



#### THIS WEEK AT THE Y

**WEEKLY THEME:** 

You're Bacon Me Crazy WEEK OF:

August 9th - 13th

#### **FIELD TRIPS & SPECIAL EVENTS:**

Tuesday - Wafflerita Wednesday - Sweet Cow Thursday - Movie Day Friday - Last Day Party

#### **CAMPERS & FAMILIES -**

This week we will be... the last week of summer but also the tastiest!

Happy last week!

#### SITE HOURS

6:30 AM—6:00 PM

#### **CONTACT US**

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**Assistant Director - Selena S.** 

#### **VISIT US ONLINE**

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#### WHAT TO BRING EVERYDAY

### PRE-CAMP 6:30-9:30

# MORNING ACTIVITIES 1000—12:00

# AFTERNOON ACTIVITIES

## AFTER CAMP

### MONDAY MORNING

#### **STATIONS:**

Card Games, Gym

Activities, Melty Beads

#### CAMP OPENING & AM SNACK

Walking to

**Polaris Elementary** 

**Rotations:** 

Rotation #1 Field Game

**Rotation#2 Playground** 

#### **LUNCH**

**Rotations:** 

Craft: Apple Pie in a cup

Gym: Dodgeball

Rotation #3 - Team building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

STATIONS

Minute to win it,

Gym Activities,

Legos

#### **TUESDAY**

**MORNING** 

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

#### **Wafflerita**

#### LUNCH

**Rotations:** 

**Craft: Lava Lamps** 

Gym: Spud

Rotation #3 - Team building

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities,** 

Legos

#### **WEDNESDAY**

**MORNING** 

**STATIONS:** 

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to

**Polaris Elementary** 

Rotations:

Rotation #1 Field Game

Rotation#2 Playground

#### LUNCH

**Rotations:** 

Craft: Watermelon Paper Plate

Gym game: Poison Ball

Rotation #3 - Teambuilding

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

**Gym Activities** 

Legos

#### **THURSDAY**

**MORNING** 

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Movie

Day!

#### LUNCH

**Rotations:** 

**Craft: Dirt Worms** 

Gym game: Poison Ball

Rotation #3 - Teambuilding

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

Legos

#### **FRIDAY**

**MORNING** 

STATIONS:

Card Games, Gym

**Activities, Melty Beads** 

#### CAMP OPENING & AM SNACK

Walking to

**Polaris Elementary** 

**Rotations:** 

Rotation #1 Field Game

Rotation#2 Playground

#### **LUNCH**

### Last day party!

#### CAMP CLOSING & PM SNACK

**AFTER CAMP** 

**STATIONS:** 

Minute to win it,

Gym Activities,

,

egos

WEEK OF: Aug 9-13