

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 1: May 28 - 31
 Colo - RAD - o
 Age Group: 5 to 12

**Camp Site
 Contact Information**

Ethan Swaim
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 @denverymca.org

Director Name
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 @denverymca.org



**FOR YOUTH DEVELOPMENT®
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 FOR SOCIAL RESPONSIBILITY**

**YMCA of METROPOLITAN DENVER
 Summer Day Camp 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED FOR MEMORIAL DAY</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>6:30 - 7:45 Free Choice</p> <p>7:45 - 8:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Field Trip 8:30 - 3:00 Fishing Clinic at Lake Lehow</p> </div> <p>3:00 - 3:30 Return to PEAK</p> <p>4:00—4:30 PM Snack and Camp Closing</p> <p>4:30—6:00 Free Choice/Gym/Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Field Trip 9:00 - 4:00 Celestial Seasoning AND North Boulder Park</p> </div> <p>4:00 - Return to PEAK</p> <p>4:00 - 4:30 PM Snack and Camp Closing</p> <p>4:30—6:00 Free Choice/Gym/Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/AM Snack</p> <p>10:00 - 11:30— AM Rotations</p> <ol style="list-style-type: none"> 1. Rock Cactus 2. Don't Knock Down my Mountain 3. Soccer <p>12:00 - 1:00 Lunch</p> <p>1:00 - 3:00— PM Rotations</p> <ol style="list-style-type: none"> 1. Pop Bottle Firefly 2. Campfire Cookies 3. Paint and Sip CO Flag <p>3:00 - 4:00 PM Snack and Camp Closing</p> <p>4:00 - 5:00 - Playground or Gym</p> <p>5:00 - 6:00 Free choice/Clean up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Field Trip 10:30 - 3:30 Swim at Anderson Pool Please bring swimsuit and towel.</p> </div> <p>3:00 - 3:30 Return to PEAK</p> <p>4:00—4:30 PM Snack and Camp Closing</p> <p>4:30—6:00 Free Choice/Gym/Playground/Clean Up</p>

**Rotations are theme based activities that include
 Arts & Crafts, Games,
 Cooking, Science,
 Team Building, etc.**

Things to know this week

Welcome to the First Week of Camp! We are closed Monday for Memorial Day. Camp shirts will be distributed this week if you haven't already picked one up. One shirt per camper to start. We are leaving at 8:30 on Tuesday for fishing, please have your campers here by 8:00 am. We are swimming on Friday, don't forget Swimsuit and Towel.

Please Bring to Camp Everyday:

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 2: June 3 - 7
"Fun" gineers
Age Group: 5 to 12

Camp Site Contact Information

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YMCA of METROPOLITAN DENVER
Summer Day Camp 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice
8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/AM Snack
10:00 - 11:30- AM Rotations	<p>Field Trip 11:00 - 4:00</p> <p>Swim at Duncan YMCA</p> <p>Please send swimsuit and towel.</p>	<p>Field Trip 8:45 - 4:00</p> <p>Wings over the Rockies AND O Kane Park</p>	<p>Field Trip 10:00 - 3:00</p> <p>Denver Museum of Nature and Science</p>	10:00 - 11:30- Movie: TBD
1. Snowball Launcher				12:00 - 1:00 Lunch
2. Spinning Top	<p>4:00 - Return to PEAK</p> <p>4:00-4:30 PM Snack and Camp Closing</p> <p>4:30-6:00 Free Choice/Gym/Playground/Clean Up</p>	<p>4:00 - Return to PEAK</p> <p>4:00 - 4:30 PM Snack and Camp Closing</p> <p>4:30 - 6:00 Free Choice/Gym/Playground/Clean Up</p>	<p>4:00 - Return to PEAK</p> <p>4:00 - 4:30 PM Snack and Camp Closing</p> <p>4:30 - 6:00 Free Choice/Gym/Playground/Clean Up</p>	1:00 - 3:00- PM Rotations
3. Cup Stacking				1. Homemade Kaleidoscope
12:00 - 1:00 Lunch	<p>3:00 - 3:30 PM Snack</p> <p>3:30 - 5:00 - Gym or Playground</p> <p>5:00 - 6:00 Free choice/Clean up</p>	<p>3:00 - 3:30 PM Snack</p> <p>3:30 - 5:00 - Gym or Playground</p> <p>5:00 - 6:00 Free choice/Gym/Clean up</p>	<p>3:00 - 3:30 PM Snack</p> <p>3:30 - 5:00 - Gym or Playground</p> <p>5:00 - 6:00 Free choice/Gym/Clean up</p>	2. Playground Chalk/Bubbles
1:00 - 3:00- PM Rotations				3. Gumdrop Structures
1. Egg Drop Challenge				
2. Balloon Straw Rocket				
3. Oh Deer				

Rotations are theme based activities that include
Arts & Crafts, Games, Cooking, Science, Team Building, etc.

Things to know this week

We are Swimming on Tuesday this week, don't forget swimsuit and towel. Please remember to send sunscreen for your camper. Please send camper shirts on Thursday for the Museum.

Please Bring to Camp Everyday:

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 3: June 10 - 14
Splashin into Summer
Age Group: 5 to 12

Camp Site Contact Information

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YMCA of METROPOLITAN DENVER
Summer Day Camp 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice
8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/AM Snack
10:00 - 11:30- AM Rotations				10:00 - 11:30- AM Rotations
1. Fish Ship Shore				1. DIY Lava Lamps
2. Ocean in a Bag				2. Crabwalk Soccer
3. Drip Drip Splash				3. Crab Cupcakes
12:00 - 1:00 Lunch				12:00 - 1:00 Lunch
1:00 - 3:00- PM Rotations				1:00 - 3:00- Movie: TBD
1. Ocean Slime				
2. Sponge Relay				
3. Popsicle stick Sailboats				
3:00 - 3:30 PM Snack				3:00 - 3:30 PM Snack
3:30 - 5:00 - Gym or Play-ground				3:30 - 5:00 - Gym or Play-ground
5:00 - 6:00 Free choice/Clean up				5:00 - 6:00 Free choice/Gym/Clean up
	<p>Field Trip 10:30 - 3:30 Swim at Anderson Pool Please bring swimsuit and towel.</p>	<p>Field Trip 9:00 - 4:00 Swim at Paradise Indoor Pool Please bring swimsuit and towel.</p>	<p>Field Trip 10:00 - 4:00 Swim at Bay Aquatic Park Please bring swimsuit and towel.</p>	
	3:30 Return to PEAK	4:00 - Return to PEAK	4:00 - Return to PEAK	
	4:00 - 4:30 PM Snack and Camp Closing	4:00 - 4:30 PM Snack and Camp Closing	4:00 - 4:30 PM Snack and Camp Closing	
	4:30 - 6:00 Free Choice/Gym/Playground/Clean Up	4:30 - 6:00 Free Choice/Gym/Playground/Clean Up	4:30 - 6:00 Free Choice/Gym/Playground/Clean Up	

Rotations are theme based activities that include
Arts & Crafts, Games, Cooking, Science, Team Building, etc.

Things to know this week

This is a swim and water week, all of our field trips and activities are water based. Please send clothes that your camper can get wet in and swimsuits for all field trips this week.

Please Bring to Camp Everyday:

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK #4 : June 17 - 21
Back to the Future
Age Group: 5 to 12

Camp Site Contact Information

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice
8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/AM Snack
10:00 - 11:30- AM Rotations				10:00 - 11:30- Movie :TBD
1. Freeze Dance				
2. DIY Flower Pot				
3. Musical Plates				
12:00 - 1:00 Lunch				12:00 - 1:00 Lunch
1:00 - 3:00- PM Rotations				1:00 - 3:00- PM Rotations
1. DIY Spray Chalk				1. Friendship Bracelets
2. Melty Beads				2. Ice Cream in a Bag
3. Kickball				3. Playground Time
3:00 - 3:30 PM Snack				3:00 - 3:30 PM Snack
3:30 - 5:00 - Gym or Playground				3:30 - 5:00 - Gym or Playground
5:00 - 6:00 Free choice/Gym/Clean up				5:00 - 6:00 Free choice/Gym/Clean up
	<p>Field Trip 9:00 - 1:30 Rugby Camp at Excel Academy Please send a hat for your camper.</p>	<p>Field Trip 10:00 - 4:00 Casa Bonita Lunch will be provided, campers may bring extra money for arcade.</p>	<p>Field Trip 9:30 - 4:00 Swim at Brighton Oasis Please bring swimsuit and towel.</p>	
	2:00 Return to PEAK	3:00 - 3:30 Return to PEAK	3:00 - 3:30 Return to PEAK	3:00 - 3:30 PM Snack
	3:00 - 4:00 PM Snack and Camp Closing	4:00-4:30 PM Snack and Camp Closing	4:00-4:30 PM Snack and Camp Closing	3:30 - 5:00 - Gym or Playground
	4:30-6:00 Free Choice/Gym/Playground/Clean Up	4:30-6:00 Free Choice/Gym/Playground/Clean Up	4:30-6:00 Free Choice/Gym/Playground/Clean Up	5:00 - 6:00 Free choice/Gym/Clean up

Rotations are theme based activities that include
Arts & Crafts, Games, Cooking, Science, Team Building, etc.

Things to know this week

Please send a hat for Rugby camp on Wednesday. Please have your camper wear their camp shirt on Thursday for Casa Bonita. Lunch will be provided, please still send 2 snacks for your camper.

Please Bring to Camp Everyday:

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 5: June 24 - 28
Mighty Jungle
Age Group: 5 to 12

**Camp Site
Contact Information**

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Summer Day Camp 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice
8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/AM Snack
10:00 - 11:30- AM Rotations				10:00 - 11:30- AM Rotations
<ol style="list-style-type: none"> 1. Fire in the Jungle 2. Paper Chain Snake 3. Oh Deer! 				<ol style="list-style-type: none"> 1. Tiger Shaving Cream Marbling 2. Awesome Possum 3. Banana Monkey Muffin
12:00 - 1:00 Lunch				12:00 - 1:00 Lunch
1:00 - 3:00- PM Rotations				1:00 - 3:00- Movie : TBD
<ol style="list-style-type: none"> 1. Safari Binoculars 2. Jump the River 3. Rain Sticks 				
3:00 - 3:30 PM Snack				3:00 - 3:30 PM Snack
3:30 - 5:00 - Gym or Playground				3:30 - 5:00 - Gym or Play-ground
5:00 - 6:00 Free choice/Gym/ Clean up				5:00 - 6:00 Free choice/Gym/ Clean up
	<p>Field Trip 10:30 - 3:30</p> <p>Swim at Anderson Pool</p> <p>Please bring swimsuit and towel.</p>	<p>Field Trip 8:00 - 4:00</p> <p>Cheyenne Mountain Zoo</p>	<p>Field Trip 8:00 - 4:00</p> <p>The Wild Animal Sanctuary</p>	
	3:30 Return to PEAK	4:00 - Return to PEAK	3:00 - 3:30 Return to PEAK	3:00 - 3:30 PM Snack
	4:00 - 4:30 PM Snack and Camp Closing	4:00 - 4:30 PM Snack and Camp Closing	4:00 - 4:30 PM Snack and Camp Closing	3:30 - 5:00 - Gym or Play-ground
	4:30 - 6:00 Free Choice/Gym/ Playground/Clean Up	4:30 - 6:00 Free Choice/Gym/ Playground/Clean Up	4:30 - 6:00 Free Choice/Gym/ Playground/Clean Up	5:00 - 6:00 Free choice/Gym/ Clean up

**Rotations are theme based activities that include
Arts & Crafts, Games,
Cooking, Science,
Team Building, etc.**

Things to know this week

On Wednesday and Thursday we are leaving at 8:00 am for our field trips, please make sure your campers are there before 8:00 am.

**Please Bring to
Camp Everyday:**

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 6: July 1 - 5
Holidaze
Age Group: 5 to 12

**Camp Site
Contact Information**

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Summer Day Camp 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Free Choice 8:30 - 9:30 Camp Opening/AM Snack 10:00 - 11:30- AM Rotations 1. Red White and Blue Tag 2. 4th of July BINGO 3. Four Square 12:00 - 1:00 Lunch 1:00 - 3:00- PM Rotations 1. Popsicle Stick Uncle Sam 2. Smelly Onions 3. Salt Painted Fireworks 3:00 - 3:30 PM Snack 3:30 - 5:00 - Gym or Playground 5:00 - 6:00 Free choice/Gym/ Clean up	6:30 - 8:30 Free Choice 8:30 - 9:30 Camp Opening/ Field Trip Expectations/AM Snack <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: white;"> <p>Field Trip 9:30 - 4:00 Swim at Westminster Rec Center Please send swimsuit and towel.</p> </div> 4:00 - Return to PEAK 4:00—4:30 PM Snack and Camp Closing 4:30—6:00 Free Choice/Gym/ Playground/Clean Up	6:30 - 8:30 Free Choice 8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: white;"> <p>Field Trip 9:00 - 4:00 Spider Monkey AND Country Lane Park Signed Waiver Needed</p> </div> 4:00 - Return to PEAK 4:00—4:30 PM Snack and Camp Closing 4:30—6:00 Free Choice/Gym/ Playground/Clean Up	<p style="text-align: center; font-size: 2em;">CLOSED FOR 4TH OF JULY</p> <p style="text-align: center; font-size: 2em;">CLOSED FOR 4TH OF JULY</p>	6:30 - 8:30 Free Choice 8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: white;"> <p>Field Trip 9:00 - 4:00 Hammond's Candy AND Westland's Park</p> </div> 4:00 - Return to PEAK 4:00—4:30 PM Snack and Camp Closing 4:30—6:00 Free Choice/Gym/ Playground/Clean Up

**Rotations are theme based activities that include
Arts & Crafts, Games,
Cooking, Science,
Team Building, etc.**

Things to know this week

We are Closed Thursday for the 4th of July. Please sign the waiver for Spider Monkey on Wednesday. Campers may bring extra money for Hammonds Candy.

**Please Bring to
Camp Everyday:**

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 7: July 8 - 12
Work Hard! Play Hard!
Age Group: 5 to 12

Camp Site Contact Information

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Summer Day Camp 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/AM Snack</p> <p>10:00 - 11:30- AM Rotations</p> <ol style="list-style-type: none"> Knockout (Basketball) Make your own Bouncy Ball Home Run Derby <p>12:00 - 1:00 Lunch</p> <p>1:00 - 3:00- PM Rotations</p> <ol style="list-style-type: none"> Paper Plate Baseball Penalty Kick Challenge Golf Ball Art <p>3:00 - 3:30 PM Snack</p> <p>3:30 - 5:00 - Gym or Play-ground</p> <p>5:00 - 6:00 Free choice/Clean up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Field Trip</p> <p>11:00 - 4:00</p> <p>Swim at Duncan YMCA</p> <p>Please send swimsuit and towel.</p> </div> <p>3:00 - 3:30 Return to PEAK</p> <p>4:00-4:30 PM Snack and Camp Closing</p> <p>4:30-6:00 Free Choice/Gym/Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Field Trip</p> <p>8:45 - 4:00</p> <p>Loveland Laser Tag</p> </div> <p>4:00 - Return to PEAK</p> <p>4:00-4:30 PM Snack and Camp Closing</p> <p>4:30-6:00 Free Choice/Gym/Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Field Trip</p> <p>10:00 - 4:00</p> <p>Outlaws Game at Broncos Stadium</p> <p>Campers may bring extra money. Please wear camp shirts.</p> </div> <p>3:00 - 3:30 Return to PEAK</p> <p>4:00-4:30 PM Snack and Camp Closing</p> <p>4:30-6:00 Free Choice/Gym/Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/AM Snack</p> <p>10:00 - 11:30- AM Rotations</p> <ol style="list-style-type: none"> Balloon Tennis Screen Ball #1 Foam Hands <p>12:00 - 1:00 Lunch</p> <p>1:00 - 3:00- Movie : TBD</p> <p>3:00 - 3:30 PM Snack</p> <p>3:30 - 5:00 - Gym or Play-ground</p> <p>5:00 - 6:00 Free choice/Clean up</p>

Rotations are theme based activities that include
Arts & Crafts, Games, Cooking, Science, Team Building, etc.

Things to know this week

We are going to the Denver Outlaws game on Thursday, please make sure your camper is wearing their camp shirt. Campers may bring extra money for the concession stand or gift shop.

Please Bring to Camp Everyday:

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 8: July 15 - 19
You're BACON Me Crazy
Age Group: 5 to 12

**Camp Site
Contact Information**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	
8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	
10:00 - 11:30- AM Rotations	<p>Field Trip 9:30 - 4:00</p> <p>Swim at Westminster Rec Center</p> <p>Please send swimsuit and towel.</p>	<p>Field Trip 10:00 - 4:00</p> <p>Hu Hot</p> <p>Lunch is Provided</p> <p>AND</p> <p>Lion's Park</p>	10:00 - 11:30- Movie ; TBD	<p>Field Trip 8:15 - 4:00</p> <p>Dion's Pizza</p> <p>Lunch is Provided</p> <p>AND</p> <p>Carpenter Park</p>	
1. Watermelon Relay Race			12:00 - 1:00 Lunch		12:00 - 1:00 Lunch
2. Coloring Contest			1:00 - 3:00- PM Rotations		1:00 - 3:00- PM Rotations
3. Hanging Donut			1. Edible Garden		
			2. Musical Fruit		
12:00 - 1:00 Lunch			3. Nacho Bar		
1:00 - 3:00- PM Rotations			3:00 - 3:30 PM Snack		
1. Tiger Fruit Cups			3:30 - 5:00		
2. Pasta Relay Race			5:00 - 6:00 Free choice/Gym/ Clean up		
3. Edible Marshmallow Paint					
3:00 - 3:30 PM Snack	4:00 - Return to PEAK	4:00 - Return to PEAK		4:00 - Return to PEAK	
3:30 - 5:00 - Gym or Playground	4:00-4:30 PM Snack and Camp Closing	4:00-4:30 PM Snack and Camp Closing		4:00-4:30 PM Snack and Camp Closing	
5:00 - 6:00 Free choice/Gym/ Clean up	4:30-6:00 Free Choice/Gym/ Playground/Clean Up	4:30-6:00 Free Choice/Gym/ Playground/Clean Up		4:30-6:00 Free Choice/Gym/ Playground/Clean Up	

**Rotations are theme based activities that include
Arts & Crafts, Games,
Cooking, Science,
Team Building, etc.**

Things to know this week

Welcome to food week! Lunch will be provided on Tuesday and Friday's field trips. Please provide 2 snacks each day.

**Please Bring to
Camp Everyday:**

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 9: July 22 - 26
H2 Oh Yeah
Age Group: 5 to 12

Camp Site Contact Information

Ethan Swaim
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice
8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/AM Snack
10:00 - 11:30- AM Rotations				10:00 - 11:30- AM Rotations
1. Tidal Wave Dodgeball				1. Water Balloon Pinata
2. Water Gun Fight				2. Water Balloon Games
3. Fishy Fishy Cross My Sea				3. Ocean Floats
12:00 - 1:00 Lunch				12:00 - 1:00 Lunch
1:00 - 3:00- PM Rotations				1:00 - 3:00- Movie : TBD
1. Galaxy Bottles				
2. Mafia				
3. Squirt Gun Painting				
3:00 - 3:30 PM Snack				3:00 - 3:30 PM Snack
3:30 - 5:00 Gym or Playground				3:30 - 5:00 - Gym or Play-ground
5:00 - 6:00 Free choice/Gym/Clean up				5:00 - 6:00 Free choice/Gym/Clean up
	<p>Field Trip 10:30 - 4:00</p> <p>Swim at Anderson Pool</p> <p>Please send swimsuit and towel.</p>	<p>Field Trip 9:00 - 4:00</p> <p>Swim at Pirate's Cove</p> <p>Please send swimsuit and towel.</p>	<p>Field Trip 9:00 - 4:00</p> <p>Swim at APEX Center</p> <p>Please send swimsuit and towel.</p>	
	4:00 - Return to PEAK	4:00 - Return to PEAK	4:00 - Return to PEAK	
	4:00 - 4:30 PM Snack and Camp Closing	4:00-4:30 PM Snack and Camp Closing	4:00-4:30 PM Snack and Camp Closing	
	4:30-6:00 Free Choice/Gym/Playground/Clean Up	4:30-6:00 Free Choice/Gym/Playground/Clean Up	4:30-6:00 Free Choice/Gym/Playground/Clean Up	

Rotations are theme based activities that include
Arts & Crafts, Games, Cooking, Science, Team Building, etc.

Things to know this week

This is our 2nd swim and water week, all of our field trips and activities are water based. Please send clothes that your camper can get wet in and swimsuits for all field trips this week.

Please Bring to Camp Everyday:

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS

M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 10: July 29 - August 2

Y Camp Throwdown

Age Group: 5 to 12



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Camp Site Contact Information

Ethan Swaim
303 333 3333
@denverymca.org

Director Name
303 333 3333
@denverymca.org

YMCA of METROPOLITAN DENVER
Summer Day Camp 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice	6:30 - 8:30 Free Choice
8:30 - 9:30 Camp Opening/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack	8:30 - 9:30 Camp Opening/AM Snack
10:00 - 11:30- AM Rotations				10:00 - 11:30- Movie I:TBD
1. Movin' on Up				
2. Crayon Art				
3. Suck It Up				
12:00 - 1:00 Lunch				12:00 - 1:00 Lunch
1:00 - 3:00- PM Rotations				1:00 - 3:00- PM Rotations
1. Catapults				1. Flip It
2. Human Ring Toss				2. Kids vs. Staff Kickball
3. Camp Banners				3. Stained Glass Window craft
3:00 - 3:30 PM Snack				3:00 - 3:30 PM Snack
3:30 - 5:00 - Gym or Playground				3:30 - 5:00 - Gym or Playground
5:00 - 6:00 Free choice/Clean up				5:00 - 6:00 Free choice/Clean up
	<p>Field Trip 9:30 - 4:00</p> <p>Swim at Brighton Oasis</p> <p>Please send swimsuit and towel.</p>	<p>Field Trip 11:00 - 5:00</p> <p>Colorado Rockies vs. Los Angeles Dodgers</p> <p>Please wear camp shirt</p>	<p>Field Trip 9:00 - 4:00</p> <p>Adventure Golf and Raceway AND Peter Pan Park</p>	
	4:00 - Return to PEAK	5:00 - Return to PEAK	4:00 - Return to PEAK	
	4:00 - 4:30 PM Snack and Camp Closing	4:00-4:30 PM Snack and Camp Closing	4:00 - 4:30 PM Snack and Camp Closing	
	4:30 - 6:00 Free Choice/Gym/Playground/Clean Up	4:30-6:00 Free Choice/Gym/Playground/Clean Up	4:30 - 6:00 Free Choice/Gym/Playground/Clean Up	

Rotations are theme based activities that include
Arts & Crafts, Games, Cooking, Science, Team Building, etc.

Things to know this week

We are going to the Colorado Rockies game on Wednesday. We will not be back until 5:00 pm. Campers may bring extra money for concession stands. All campers must wear their camp shirt please.

Please Bring to Camp Everyday:

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes

Peak Day Camp

SUMMER CAMP HOURS
M-F 6:30 AM-6:00 PM

www.DenverYMCA.org/camps

WEEK # 11: August 5 - 9
Summer Rewind
Age Group: 5 to 12

**Camp Site
Contact Information**

Ethan Swaim
303 333 3333
@denverymca.org

Director Name
303 333 3333
@denverymca.org



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**YMCA of METROPOLITAN DENVER
Summer Day Camp 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/AM Snack</p> <p>10:00 - 11:30- AM Rotations</p> <ol style="list-style-type: none"> 1. Lightsaber Dodgeball 2. String Art 3. Exercise Ball Challenge <p>12:00 - 1:00 Lunch</p> <p>1:00 - 3:00- PM Rotations</p> <ol style="list-style-type: none"> 1. Color Me Backpacks 2. California Kickball 3. Handprint Shell craft <p>3:00 - 3:30 PM Snack</p> <p>3:30 - 5:00 - Gym or Playground</p> <p>5:00 - 6:00 Free choice/Clean up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/ Field Trip Expectations/AM Snack</p> <div style="border: 1px solid white; border-radius: 15px; padding: 10px; background-color: white; text-align: center;"> <p>Field Trip 11:00 - 4:00 Swim at Duncan YMCA Please send swimsuit and towel.</p> </div> <p>4:00 - Return to PEAK</p> <p>4:00 - 4:30 PM Snack and Camp Closing</p> <p>4:30 - 6:00 Free Choice/Gym/ Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid white; border-radius: 15px; padding: 10px; background-color: white; text-align: center;"> <p>Field Trip 8:30 - 4:00 Arts on Fire AND Centennial Center Park</p> </div> <p>4:00 - Return to PEAK</p> <p>4:00-4:30 PM Snack and Camp Closing</p> <p>4:30-6:00 Free Choice/Gym/ Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/Field Trip Expectations/AM Snack</p> <div style="border: 1px solid white; border-radius: 15px; padding: 10px; background-color: white; text-align: center;"> <p>Field Trip 8:45 - 4:00 Chippers Lanes AND E. B. Rains Park</p> </div> <p>4:00 - Return to PEAK</p> <p>4:00-4:30 PM Snack and Camp Closing</p> <p>4:30-6:00 Free Choice/Gym/ Playground/Clean Up</p>	<p>6:30 - 8:30 Free Choice</p> <p>8:30 - 9:30 Camp Opening/AM Snack</p> <p>10:00 - 11:30- AM Rotations</p> <ol style="list-style-type: none"> 1. Ice Cream Bar 2. Game: Camper Vote! 3. Tye-Dye Shirts <p>12:00 - 1:00 Lunch</p> <p>1:00 - 3:00- Movie : TBD</p> <p>3:00 - 3:30 PM Snack</p> <p>3:30 - 5:00 - Gym or Play- ground</p> <p>5:00 - 6:00 Free choice/Gym/ Clean up</p>

**Rotations are theme based
activities that include
Arts & Crafts, Games,
Cooking, Science,
Team Building, etc.**

Things to know this week

Happy Final week of Camp! Please make sure you check the lost and found for anything that may have been misplaced over the summer.

**Please Bring to
Camp Everyday:**

Lunch, AM & PM Snack, Water Bottle, Sunscreen, and Closed Toe Shoes