

YMCA OF CENTRAL NEW MEXICO
2023 Summer Specialty Camp Guide

Welcome to YMCA Summer Program!

At the YMCA, children have fun while they learn how to make new friends, build new skills and grow in self-reliance. Equally important is the inculcation of positive values such as caring, honesty, respect and responsibility. The concepts of independence and discovery come into play every day at the YMCA!

REGISTRATION

Members Only registration day March 6th, 2023.

Non-member Registration starts March 7th, 2023.

Only in person registration will be accepted for members only day.

Online registration starts March 7.

Registration closes two weeks prior to each camp start date or when camps fill.

YOU MUST HAVE ALL OF THE ABOVE AT THE TIME OF REGISTRATION TO SECURE YOUR CHILD'S SPOT IN OUR SUMMER PROGRAM.

WHAT YOU NEED TO REGISTER

- ✚ \$10 deposit for each week your child will attend.
- ✚ Membership fee (if your child is currently not a member)
- ✚ Current copy of your child's shot records.
- ✚ Completely fill out your child's online registration form and enrollment agreement.

CAMP FEES

\$130/week*

Second Child Discount: \$5.00 weekly

**A YMCA family or single parent family membership required. Call for non-member pricing.*

CAMP HOURS

There will be a morning and afternoon sessions to choose from.

Camps are 1 week long Monday – Friday.

Morning Session

8:00 AM – 12:00 PM: Camp Activities

Drop off is at 8:00 a.m. & Pick up is at 12:00 p.m.

Afternoon Session

1:00 PM – 5:00 PM: Camp Activities

Drop off is at 1:00 p.m. & Pick up is at 5:00 p.m.

LOCATIONS

Netherwood Park Church (next to Horn YMCA)	5101 Indian School RD NE, Albuquerque, NM 87110
McLeod Family YMCA	12500 Comanche NE Albuquerque, NM 87111
St. Paul's United Methodist Church	9500 Constitution Ave, NE Albuquerque, NM 87112

CAMP OFFERINGS

Date	Netherwood Church	McLeod Camps	St. Paul's Camps	Sports Camps (Wilson MS)
June 5-9	Fitness & Fun / Kids Gone Crafty	Outdoor Adventure / Yoga & Art	--	Soccer Camp
June 12-16	Fitness & Fun / Kids Gone Crafty	Outdoor Adventure / Yoga & Art	--	Soccer Camp
June 19-23	Disc Golf / Coding	Yoga & Art / Kids Gone Crafty	--	Basketball Camp
June 26-30	Disc Golf / Coding	Yoga & Art / Kids Gone Crafty	--	Basketball Camp
July 3 – 7 th	Outdoor Adventure / Fitness & Fun	Coding	Top Chef	Basketball Camp
July 10-14	Outdoor Adventure / Fitness & Fun	Coding	Top Chef-	Volleyball Camp
July 17-21 nd	Archery / Top Chef	Coding	--	Volleyball Camp
July 24 th -28 th	Archery / Top Chef	Performing Arts	--	Volleyball Camp

AGES

Each camp has different age range. See the table below.

Camp	Grades
Fitness & Fun	6 years old – 12 years old
Yoga & Art	6 years old – 12 years old
Archery	8 years old – 12 years old
Outdoor Adventure	6 years old – 12 years old
Top Chef	7 years old – 12 years old
Disc Golf	7 years old – 12 years old
Coding	6 years old – 12 years old
Kids Gone Crafty	6 years old – 12 years old
Basketball Camp	6 years old – 13 years old
Volleyball Camp	8 years old – 13 years old
Soccer Camp	6 years old – 12 years old

1ST DAY OF CAMP

What should my child bring?

- ✚ 2 snacks
- ✚ Dress in comfortable clothing and tennis shoes (**flip flops / sandals should not be worn to program**)
- ✚ Water bottle
- ✚ Sunscreen, labeled with child's name, will stay at the program site for daily use

Please be sure to write child's name on all of the above items.

Do not allow your child to bring

The Y summer program is packed with activities to keep children engaged. Please do not allow your child to bring personal items, such as toys, electronics, and cell phones into the program. If necessary, children can communicate with parents via the site cell phone. Children will not be allowed to have gum in program, unless gum is provided during an activity.

MEDICATION

State childcare regulations require the Y to administer only those medications prescribed by a doctor. Medication must be in the original container, and a medical form must be filled out and left with the counselor prior to the administration of the medicine.

- ✚ Medication must go home for the weekend and brought back each Monday. Medical forms must be filled out for EACH WEEK OF PROGRAM.
- ✚ The Y does not provide or dispense over the counter medication.
- ✚ The Y does not give children shots for any reason.
- ✚ Children may not administer their own medication. Administration of medicine is supervised at all times.
- ✚ *SUNSCREEN* is considered a form of medication. Parents are asked to provide an individual supply for each child with their name written on the bottle. Children are not allowed to share sunscreen.
- ✚ Please inform the on-site staff of any food allergies.

STAFF

The Y spends months recruiting, screening and training summer program staff. We look for individuals who are energetic, outgoing and self-motivated. The Y selects people who are caring and sensitive to a child's individual needs. The following are requirements of all summer staff before hired:

- 18 years of age and older
- Clear criminal background and drug screening
- CPR & First Aid certified
- Complete online courses in the proper handling of blood borne pathogens, child abuse prevention, and 16 hours of summer program specific training (pool safety, communicating with parents, facilitating program schedules and activities, field trip safety, and more).
- Adhere to a strict code of conduct

PARENT HANDBOOK

It is imperative that you take the time to read through the *YMCA's Parent Handbook* with your child. It will serve as a guide for both you and your child this summer. Please download a copy from our website. You may also request a copy from any front desk member at any of our branches.

2023 Specialty Camp Descriptions

Fitness & Fun. Come and see just how FUN it is to be healthy and active! Fit & Fun isn't about lifting weights or developing a workout regimen. It's about showing kids that you can have just as much fun by moving around and getting exercise as you can by bingeing Netflix and watching Tik Tok! On Friday please join us to learn about the games your child fell in love with at camp this week!

Yoga & Art. Yoga & Art is a great class to bring some calm and relaxation into life while also learning new and useful lifelong skills! Our certified yoga instructor will teach your child the very basics of yoga and we'll base our art projects around the skills and values learned from them each day. On Friday you can enjoy a yoga class taught by your now seasoned Yogi who will walk you through the steps they've learned throughout the week!

Archery. Archery specialty camp is designed to teach the basics of archery as well as hone your skills. All campers will learn and improve as the week progresses. Campers will be able to show off their new skill on Friday with a fun competition which parents will be invited to.

Outdoor Adventure. Let's get outside this summer and enjoy the beautiful nature here in Albuquerque! In Outdoor Adventure your child will be led by a trained staff member on hikes and trails to learn how to safely enjoy the outdoors. Along the way they will learn how to identify various plants and animals in nature and tell you all about them. On Friday join us for a hike with your child so they can tell you everything they've learned!

Top Chef. Bring your soon-to-be chef to the YMCA's Top Chef Camp to learn their way around the kitchen! We'll teach them the basics about safety in the kitchen, the tools we have at our disposal, and how to prepare some basic dishes. Join us on Friday for a meal prepared for you by your child. Bon Appétite!

Disc Golf. Throughout the camp, kids will learn and get introduced to the sport of disc golf, while also providing an opportunity to develop new skills, make new friends, and enjoy the great outdoors. The program is staffed by an experienced disc golf player who will work with the kids through instruction, fun games, and friendly competition.

Coding. With technology growing all around us, it's not a bad idea to get an early start on how it all works! Our Coding Camp will teach your child the basics of computer code, and the role it plays in society. Join us on Friday for a presentation of what your child learned during the week!

Kids Gone Crafty. Come join us for a week of awesome art projects! From friendship bracelets to shoebox robots, your child will get to explore their creative side and learn some neat tricks along the way! Our experienced staff will lead your child through guided projects, and help them with their own ideas during free time, which will lead to an awesome art show for you to walk through on Friday!

Sports Camps. Although improving skills is the focus, our camps are still designed with fun in mind. Fun games and drills keep players engaged and energized, while improving the fundamentals required for the game. Plus, our coaches will reinforce the importance of sportsmanship and fair play throughout the week.

We thank you for your time and attention to this important information. For any questions, suggestions or concerns, please reach out to the Program Director.

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