



YMCA of Central East Ontario

Belleville & Quinte Region
Summer Day Camps 2015

www.ymcaofceo.ca

*Building healthy
communities*

Building healthy communities

Our Mission

The YMCA of Central East Ontario is a charity dedicated to strengthening the foundations of community.

Our Core Values

Caring: We commit to building relationships and demonstrate compassion towards others.

Honesty: We practice and promote integrity and trustworthiness.

Respect: We treat all persons with dignity and acceptance.

Responsibility: We keep our promise and do what we believe is right.

Inclusiveness: We welcome and foster a sense of belonging for all.

The YMCA Experience

— Values in Action

The YMCA Day Camps are a shared experience for all children to enjoy. Each of us, staff, campers, volunteers and parents have a part in making camp a positive, enjoyable, safe and fun experience for everyone. YMCA Day Camps encourage behaviour modeled on our YMCA Core Values of Caring, Honesty, Respect, Responsibility and Inclusiveness.

At the YMCA Day Camps, values beads play an important role as a sign of character and personal achievement. As an important form of recognition, beads at camp promote positive behaviour, and are a constant reminder of what we value as a camp community. Throughout the week, beads are awarded to children for demonstrating YMCA Core Values and achieving success.

YMCA Camp Staff

The YMCA recognizes the tremendous impact a positive day camp experience has on the development of a child. Our camp staff are university, college and senior high school students or graduates who have a personal interest in ensuring that every camper's experience is one that they will cherish and remember for their lifetime. Our staff are selected based upon their leadership skills, day camp experience and genuine interest in working with children of all ages, backgrounds and abilities. All staff are carefully screened and trained and all possess current First Aid and CPR Certificates. A Police check and Vulnerable Sector Screening is completed.

We Create a Safe and Supportive Environment

It is our goal to provide a healthy, safe and secure environment for all participants. Camp staff use a positive, values-based approach to guide appropriate behaviours and seek to reward and reinforce positive behaviours. Campers are expected to follow our behaviour guidelines and to interact appropriately with their fellow campers.

Our Commitment to Quality

- YMCA Camps build Strong Kids in a fun, safe, stimulating environment
- YMCA Camps encourage learning new skills, developing friendships and healthy development
- Campers are supervised and supported by qualified, trained staff that act as positive role models for campers
- YMCA Camps develop the Spirit, Mind and Body of campers and build strong character through the YMCA Core Values
- YMCA Camps treat everyone equally, understanding the individual needs of each camper as well as the overall group

Convenient Camp Hours

Monday to Friday

7:30am - 6:00pm

Family Discounts

Family Discounts are available for the second and third child when registered in the same weeks. Day camp fees will be reduced by \$5.00 per week for each additional child from the same family.

Parent/Guardian Information Guide

When you register for Camp, please make sure to ask for an Information Guide at the Sales and Service Desk as it has important details about our camps. The handbook will also be available on our website at www.ymcaofceo.ca

YMCA Parent Satisfaction Survey

The YMCA Parent Satisfaction Survey will be on our website and comes from YMCA Canada. Results from the survey are very valuable as they allow us to maintain high standards, meet expectations and make changes to our programs based on parental feedback. In 2013 the YMCA of Central East Ontario received a 90% overall satisfaction with our Day Camp. We excelled well above the YMCA National Average.

Hotdog Fridays

BBQ hotdogs and drinks will be available for lunch for all children.

Should your child have an allergy please provide this information at the time of registration and also when signing your child into camp.

Weekly Trips

YMCA Day Camps will be travelling to a new destination either by foot or by bus. Trips will take place on weeks 2 thru 9. The trips are INCLUDED in the weekly cost of camp. Trips we have been on in the past are: Peterborough Zoo, Cobourg Beach and Lang Pioneer Village.

Strong Kids Campaign

The YMCA's annual Strong Kids Campaign wants to ensure no child or family is turned away from life-enhancing YMCA programs because of the inability to pay. Each year, the YMCA provides for local youth, families, and seniors in need. Every year there are more and more families in need. The YMCA, through annual fundraising, wants to be there to meet the needs and provide the tools for a healthy lifestyle. To make a donation visit www.ymcastrongkids.ca.

Thank you!



Please bring the following items daily

- Swimsuit and towel (in plastic bag)
- A hat, sunscreen and change of clothes
- Running shoes
- Nutritious PEANUT/NUT FREE LUNCH (all campers lunches and snacks will be checked by the counselors at first snack)
- Snacks and plenty of liquids (water bottle required)
- Weather appropriate clothing
- Extra clothing for Young Campers is recommended

Please label all clothing and belongings. Please do not bring any valuables, toys or electronics to camp. If these items are brought to camp, they will be removed and returned at the end of the day. The YMCA is not responsible for any lost items.

Registration

Registration must be done in person.

The first week of camp **chosen** must be paid in full at the time of registration. Each additional week of camp registration requires a **NON REFUNDABLE 25% DEPOSIT**. The balance is due by post dated cheques, Visa, Mastercard or American Express and dated **TWO WEEKS** prior to the start of the camp week that the camper(s) is registered.

Session	Session Dates	Theme
1	June 29-July 3*	Canadian 'Eh
2	July 6-10	Super Hero Strong Kids
3	July 13-17	Up, Up and Away
4	July 20-24	Wild' bout Summer
5	July 27-31	Ocean Commotion
6	August 3-7*	To infinity and Beyond
7	August 10-14	Flip Flops and Flamingos
8	August 17-21	Shipwrecked
9	August 24-28	Summer Camp Rewind
10	Aug 31-Sept 4	Backyard Palooza

****Please note that camps will not run Wednesday July 1st, 2015 or Monday August 3rd, 2015. Camp fees will be adjusted accordingly.**

Welcome to Camp!!!

Meeting new friends, learning new skills, and enjoying fun filled days in a caring, supervised environment is what YMCA Day Camp is all about! We are committed to giving your child the support, care and fun they deserve. Each of our camps will have their specialty, and participate in traditional camp games, songs, crafts, outdoor activities, swimming, dress up days and hot dog Fridays. Trips take place weeks 2-9. The YMCA Core Values of Caring, Honesty, Respect, Responsibility and Inclusiveness are carefully and purposely integrated into all of our camp programs. YMCA Day Camps strive in making memories that last a lifetime.

Safety First

Sign In and Out Process

To ensure the safety and well-being of each camper, we require all campers to be signed in and out every day by a parent or guardian 18 years or older. Please inform the sign in staff daily if there are any custody issues or any other extenuating circumstances we should be aware of. In the event that a change needs to be made, we ask the parent/guardian to contact the Camp Director. Be prepared to provide picture identification when picking up campers.

At the YMCA of Central East Ontario, the safety of your child in our camp program is of the utmost importance. In order to remain safe, all campers will be given a wrist band that they are asked to wear all week when they are at camp. This bracelet will identify to all YMCA staff that your child belongs to a specific camp group, and will aid us in ensuring that the children are in the correct location and with the correct staff. These bracelets will also aid us when we are off site for field trips. Should your child need to remove the bracelet in the evenings for comfort or sports that is perfectly fine, it will be re-applied in the morning when they arrive at camp.

Refund/Cancellation Policy

The refund/cancellation policy is as follows:

- Must be made in writing by completing a "Program Cancellation Request Form" located at the Membership Sales and Service Desk
 - Refunds and credits must be requested at least 14 days prior to the start of the program
 - The 25% deposit made at the time of registration is non-refundable unless there is an extenuating circumstance (medical or emergency situation). The proper documentation is required for all cancellations and refunds for medical and emergency reasons
 - Refunds are not granted if a parent/guardian withdraws a camper early from the session
 - Refunds are not granted if a camper is sent home for misconduct
- ** The Camp Director makes the final decision as to who qualifies for refunds**

We Promote Family Involvement

Camp parents are invited to become part of the camp experience by participating in our Family Involvement Event.

Family BBQ

Wednesday, July 22, 2015

5:00 - 6:30pm

Rain Date

Wednesday, July 29, 2015

5:00 - 6:30pm

Belleville Branch Camps

Discovery

There are so many adventures to be had this summer! Activities include arts and crafts, outdoor discovery, stories, active games, songs, creative play and more. Campers must have a birth date on or after January 1, 2010 and be fully toilet trained.

This camp runs week 10

Ages 4 - 5

Weekly Rate: YM \$115.00 NM \$125.00

Kids Club Camp

This camp is the perfect introduction to a summer camp experience. Kids Club Camp is about learning through investigation and hands on fun through songs, art, experiments and games. Campers will naturally build confidence and friendships. These experiences are specific to their interests, set in a fun, safe and educational environment.

This camp runs weeks: 1-9 Staff to camper Ratio: 1 to 10

Ages 4 - 5

Weekly Rate: \$140.00

Licensed by the Ministry of Education.

Y Ventures

Y Ventures is designed for this age groups curiosity and energy. Each week presents a new theme which is highlighted in games, songs, arts and craft, creative play, various sports, adventures and more.

This camp runs weeks 1-10

Ages 6 - 7

Weekly Rate: YM \$115.00 NM \$125.00

Picasso Palooza

Play, create and explore! This art camp will explore different art forms including drawing, painting and paper mache projects. Let's get messy! We encourage an art smock or shirt to go over top of their clothes.

This camp runs weeks 4 and 8

Ages 6 - 7

Weekly Rate: YM \$130.00 NM \$140.00

Lets Dance!

Campers will learn the basics of dance through music and rhythm. Creative movement and a simple routine will be practiced using a variety of age appropriate music. This program will have a performance on Fridays at 4:30pm for family and friends.

This camp runs weeks: 3 and 7

Ages 6 - 7

Weekly Rate: YM \$115.00 NM \$125.00

Sports of All Sorts

Put your game face on. Through cooperative games and activities the campers will develop fundamental skills including passing, dribbling, target, coordination, teamwork and fair play. Lace up your sneakers and lets have a ball!

This camp runs weeks: 2 and 5

Ages 6 - 7

Weekly Rate: YM \$115.00 NM \$125.00

Mad Scientists

If you have a passion for exploring and experimenting, come check out the silly side of science. Learn about slimy creatures, oozing fluids, and other disgusting stuff. Come prepared to explore and get messy. Campers are encouraged to bring a smock or a shirt to put over their clothing.

This camp runs weeks: 1 and 6

Ages 6 - 7

Weekly Rate: YM \$130.00 NM \$140.00

Science Rocks!

Campers will participate in exciting activities that will spark their interests and curiosities about the mysteries of science. Campers will collaborate to test theories, myths and laws that will lead to new discoveries. Campers are encouraged to bring a smock or a shirt that can be put over their clothing.

This camp runs weeks: 2 and 8

Ages 8 - 13

Weekly Rate: YM \$130.00 NM \$140.00

Sports Camp

This camp is designed for the true sport enthusiast! Campers will participate in a variety of organized team and partner activities. Campers will receive instruction of essential skills in a variety of sports which will include: basketball, volleyball, flag sports, hockey and more. Focus will also be on teamwork and sportsmanship.

This camp runs weeks: 1, 4, 5, 7 and 10

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Fit Kids

This physical camp is all about fun and educating the campers with proper techniques to strengthen their bodies and improve their cardiovascular conditioning through a variety of sports, fitness classes, free weights, circuit machines and cardiovascular equipment. Our experienced staff supervises each camper to ensure they are getting the best work out for their body. This is a fast track program and once completed the campers will receive a teen strength card which they can use on the cardio and circuit machines with their parents outside of camp.

This camp runs weeks: 2, 5, and 8

Ages 8-13

Weekly Rate: YM \$115.00 NM \$125.00

Y Camps Give More = Swim Lessons Included

Soccer Camp

Running, dribbling, kicking, ball control, passing, defending and shooting are just some of the core soccer skills that will be practiced in this camp. This program uses creative and challenging games that will improve the campers overall soccer skills with a strong focus on team building and sportsmanship. Soccer camp welcomes all levels of skill.

This camp runs week: 9

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Ultimate Frisbee Camp

One of the fastest growing sports in Canada and the world, ultimate Frisbee is a non – contact, fast paced field sport played with a flying disc. This camp is for all skill levels. Skills include jumping, pivoting, passing, catching, throwing and running. The most important concept is spirit and respect between the players.

This camp runs week: 6

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Flag Sports

Flag sports will include flag football and flag rugby. Basic rules of the game are similar, but played in a safe environment without contact. Emphasis is on team work and sportsmanship while practicing passing, receiving, running patterns as well as coordination.

This camp runs week: 3

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$ 125.00

Centre Stage Dance Camp

Dance all styles with a smile! Creative expression enhances the sense of self. This camp will build their dance routine, take part in team building activities, and work on their flexibility while making life long friendships. This program will have a performance on Fridays at 4:30pm for family and friends.

This camp runs weeks: 1, 2, 3, 5, 6, 10

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Cheer Camp

Yells, Chants, and Cheers are meant to get the campers moving, shouting and standing proud. This camp is for all levels. The focus will be on skill development, routines incorporated with motions, cheers, spotting, dances and jumps in a low pressure, safe and fun environment. This program will partake in many team challenges and team building opportunities bringing the group together while working on their final performance for families and friends on Fridays at 4:30pm.

This camp runs weeks: 4 and 8

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

TAG

Girls Only! Campers will participate in group games, crafts, team builders and exploring discussion topics that mean something to them. Topics include active living, balanced eating, social media pressures and safety, body image, positive relationships and bullying in a safe and welcoming environments.

This camp runs weeks: 7 and 9

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Broadway Bound

Kids, ever been told to stop being so DRAMATIC? Lucky for you, we love your dramatic side! We'll be exploring drama forms like improvisation, mime, voice projection, building and creating small scenes. Plus there will be more than a few drama games in each day. Mark your calendars, its time to explore your inner actor or actress at the Y! Campers will entertain family and friends with their performance on Fridays at 4:30pm.

This camp runs weeks: 4 and 9

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Artrageous

Campers will be exploring materials, form and shape, colour, texture, scale big and small. Try out all kinds of materials and techniques while creating unique artwork. Put on your creative cap, we're off on an artistic journey of discovery and fun. Campers are encouraged to bring a smock or a shirt that can be put over their clothing.

This camp runs weeks: 1, 6 and 7

Ages 8 - 13

Weekly Rate: YM \$130.00 NM \$140.00

Outdoor Explorers

Your explorer will have the ultimate outdoor experience when they attend this camp. Campers will help create and maintain connections with nature, wildlife, plants, science and the environment through games, crafts, and exploration. Campers will be involved in hiking, fishing, and other outdoor adventures.

This camp runs week: 3

Ages 8 - 13

Weekly Rate: YM \$130.00 NM \$140.00



Belleville Branch Camps

CampAbility (8:00am-4:00pm)

CampAbility is designed to meet the needs of youth ages 6-17 years with special circumstances or considerations. CampAbility's goal is to promote an environment where children with exceptionalities can grow and mature with their peers, and discover their full potential.

This camp runs weeks: 1-5, and 7 & 8

Location: St. Theresa's Catholic Secondary School

Weekly Rate: \$190.00

Helping Hands

This program picks up where CampAbility left off. Designed to meet the needs of young adults 18 and over with special circumstances or considerations. Participants will have the opportunity to be involved in program activities including swimming and trips with the main goal being to promote personal independence with a focus on leadership and skill development.

This camp runs weeks: 1-5, and 7 & 8

Location: St. Theresa's Catholic Secondary School

Weekly Rate: \$190.00

Let's Get Certified

Learn the skills to be a safe, prepared and fun babysitter. This camp teaches infant and child safety, basic lifesaving skills including adult/child CPR, signs of choking, how to help a choking victim, Emergency Response number (911) and age appropriate games and crafts.

This camp will have the campers ready for the first babysitting job covering professionalism, etiquette, preparedness and safety will be the focus of the camp. Campers will have hands on experience facilitating games and crafts to our younger campers at the end of the week. Eligible campers will receive a Babysitters Course Certificate and Standard First Aid level "C" Certificate.

This camp runs week: 5

Ages 11-15

Weekly Rate: YM \$135.00 NM \$150.00

The Leader Corps Experience

Since 1884, the YMCA has been training the leaders of the future. YMCA Youth Leader Corps programs are designed to help participants build skills that they can use for a lifetime! The program aims to provide a sense of responsibility for the well-being of others and a sound foundation of formal and supervised in-service training that prepares youth for future volunteer and employment opportunities.

Spending time with friends, trying new activities and having a great time is what Leader Corps is all about. Our Leader Corps participants work closely within a group of their peers and a staff advisor. Together, they learn how to work as a team, set goals and plan together, become involved in the community and discover ways to make a difference in the lives of others.

Through involvement in the program, our participants learn about working with and getting along with others. More importantly, in time, our leaders begin to understand themselves and their own individual strengths.

YMCA Youth Leader Corps Programs feature three components: Values Based Leadership Training – skills such as communication and teaching. Volunteerism- opportunities to take part in charitable, educational and worthwhile activities, making an impact on our community. Self – Government- participants will identify their own projects, learning goals and group activities.

YMCA Youth Leader Corps is an opportunity to build skills, friendships and experiences that will be unforgettable.

Participants Expectations

YMCA Leader Corps participants are an inspiration to the other campers therefore they are expected to represent the YMCA, conducting oneself in a manner reflecting the position as a role model for YMCA participants and others in the community.

The Programs

Youth Leadership Camp

Each week participants will participate in group discussions, team building initiatives and leadership activities designed to build confidence and enhance self esteem. This camp provides hands on experience planning and facilitating group games and crafts to our younger camp groups. Participants come together as they learn to work as a team and share pride in a job well done.

This program runs: Weeks 1-9

Ages 11-13 years

Weekly Rate: \$115.00

Leaders In Training

This two week program offers theoretical and practical leadership training opportunities for development as future camp leaders. Program sessions include group dynamics, camper characteristics, behavioural management, problem solving and more. The interesting and interactive work groups and activities are designed to keep you challenged and motivated. You will have the opportunity to apply your newly acquired skills and knowledge to hands on experience leading games and crafts within our camp groups.

Ages 14-16 years

This program runs:

Session 1: Weeks 1 and 2

Session 2: Weeks 3 and 4

Session 3: Weeks 6 and 7

Session 4: Weeks 8 and 9

Session Rate: \$150.00

**if returning for further weeks after the 2 week session, the fee is \$50.00 per week.*

Y Camps Give More = Swim Lessons Included



Belleville Camps Weeks Available	June 29 - July 3	July 6-10	July 13-17	July 20-24	July 27-31	Aug 3-7	Aug 10-14	Aug 17-21	Aug 24-28	Aug 31- Sept 4
	1	2	3	4	5	6	7	8	9	10
Discovery 4-5yrs										
Kids Club Camp 4-5yrs										
Y Ventures 6-7yrs										
Picasso Palooza 6-7 yrs										
Lets Dance 6-7 yrs										
Sports of All Sorts 6-7 yrs										
Mad Scientists 6-7 yrs										
Science Rocks! 8-13yrs										
Sports Camp 8-13yrs										
Fit Kids 8-13yrs										
Soccer Camp 8-13yrs										
Ultimate Frisbee Camp 8-13yrs										
Flag Sports 8-13 yrs										
Centre Stage Dance Camp 8-13 yrs										
Cheer Camp 8-13yrs										
TAG 8-13 yrs										
Broadway Bound 8-13yrs										
Artrageous 8-13yrs										
Outdoor Explorers 8-13 yrs										
Let's Get Certified 11-15 yrs										
CampAbility 6-17yrs										
Helping Hands 18+yrs										
Youth Leadership Camp 11-13 yrs										
Leaders in Training 14-16 yrs										

City of Quinte West Branch Camps

Discovery

There are so many adventures to be had this summer! Activities include arts and crafts, outdoor discovery, stories, active games, songs, creative play and more. Campers must have a birth date on or after January 1, 2010 and be fully toilet trained.

This camp runs week 1 - 10

Location: [QW Branch](#)

Ages 4 - 5

Weekly Rate: YM \$115.00 NM \$125.00

DanceNastics

This camp is a unique combination of dance and gymnastics. Kids love to move...they love to try new things...so why not let them move and groove while learning the basics of BOTH dance and gymnastics. Campers must have a birth date on or after January 1, 2010 and be fully toilet trained.

This camp runs weeks 3 & 7

Location: [QW Branch](#)

Ages 4 - 5

Weekly Rate: YM \$115.00 NM \$125.00

Y Ventures

Y Ventures is designed for this age groups curiosity and energy. Each week presents a new theme which is highlighted in games, songs, arts and craft, creative play, various sports, adventures and more.

This camp runs weeks 1-10

Location: [QW Branch](#)

Ages 6 - 7

Weekly Rate: YM \$115.00 NM \$125.00

JR Kidnastics

This is an introduction to becoming a young gymnast. During their time at camp, campers will focus on the very early progressions of basic gymnastics skills, as well as other activities that will enhance their gross motor skills (i.e. climbing over/under things, swinging on ropes, climbing ladders, etc.).

This camp runs weeks: 1, 2, 4, 5, 6, 8, 9, and 10

Location: [QW Branch](#)

Ages: 6 - 7

Weekly Rate: YM \$115.00 NM \$125.00

Picasso Palooza

Play, create and explore! This art camp will explore different art forms including drawing, painting and paper mache projects. Let's get messy! We encourage an art smock or shirt to go over top of their clothes.

This camp runs weeks 2 & 7

Location: [Duncan Memorial Community Gardens \(Trenton Arena\)](#)

Ages 6 - 7

Weekly Rate: YM \$130.00 NM \$140.00

Lets Dance!

Campers will learn the basics of dance through music and rhythm. Creative movement and a simple routine will be practiced using a variety of age appropriate music. This program will have a performance on Fridays at 4:30pm for family and friends.

This camp runs weeks: 3 and 7

Location: [QW Branch](#)

Ages 6-7

Weekly Rate: YM \$115.00 NM \$125.00

Sports of All Sorts

Put your game face on. Through cooperative games and activities the campers will develop fundamental skills including passing, dribbling, target, coordination, teamwork and fair play. Lace up your sneakers and let's have a ball!

This camp runs weeks: 1, 4, 6

Location: [Duncan Memorial Community Gardens \(Trenton Arena\)](#)

Ages 6 - 7

Weekly Rate: YM \$115.00 NM \$125.00

Mad Scientists

If you have a passion for exploring and experimenting, come check out the silly side of science. Learn about slimy creatures, oozing fluids, and other disgusting stuff. Come prepared to explore and get messy. Campers are encouraged to bring a smock or shirt to put over their clothing.

This camp runs weeks: 5 & 8

Location: [Duncan Memorial Community Gardens \(Trenton Arena\)](#)

Ages 6 - 7

Weekly Rate: YM \$130.00 NM \$140.00

Science Rocks!

Campers will participate in exciting activities that will spark their interests and curiosities about the mysteries of science. Campers will collaborate to test theories, myths and laws that will lead to new discoveries. Campers are encouraged to bring a smock or shirt that can be put over their clothing.

This camp runs weeks: 9

Location: [Duncan Memorial Community Gardens \(Trenton Arena\)](#)

Ages 8 - 13

Weekly Rate: YM \$130.00 NM \$140.00

Sports Camp

This camp is designed for the true sport enthusiast! Campers will participate in a variety of organized team and partner activities. Campers will receive instruction of essential skills in a variety of sports which will include: basketball, volleyball, flag sports, hockey and more. Focus will also be on teamwork and sportsmanship.

This camp runs weeks: 1, 4, 6, 10

Location: [Duncan Memorial Community Gardens \(Trenton Arena\)](#)

Week 10 will be held at the QW Branch

Ages 8-13

Weekly Rate: YM \$115.00 NM \$125.00

Y Camps Give More = Swim Lessons Included

** Swim Instruction is only for those camps who swim daily at the YMCA

Kidnastics Camp

Young gymnasts can limber up and learn skills from experienced gymnastic leaders. Kidnastics Camp will offer fun activities that improve flexibility and agility. The campers will learn gymnastic skills and will present a performance on Friday afternoon at 4:30pm. All parents, friends and families are welcome to attend.

This camp will run weeks: 1, 2, 3, 4, 6, 7, 8, 10

Location: QW Branch

Ages: 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Fit Kids

This physical camp is all about fun and educating the campers with proper techniques to strengthen their bodies and improve their cardiovascular conditioning through a variety of sports, fitness classes, free weights, circuit machines and cardiovascular equipment. Our experienced staff supervises each camper to ensure they are getting the best work out for their body. This is a fast track program and once completed the campers will receive a teen strength card which they can use on the cardio and circuit machines with their parents outside of camp.

This camp runs weeks: 5 & 8

Location: QW Branch

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Soccer Camp

Running, dribbling, kicking, ball control, passing, defending and shooting are just some of the core soccer skills that will be practiced in this camp. This program uses creative and challenging games that will improve the campers overall soccer skills with a strong focus on team building and sportsmanship. Soccer camp welcomes all levels of skill.

This camp runs week: 3 & 9

Location: Duncan Memorial Community Gardens (Trenton Arena)

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00



Ultimate Frisbee Camp

One of the fastest growing sports in Canada and the world, ultimate Frisbee is a non-contact, fast paced field sport played with a flying disc. This camp is for all skill levels. Skills include jumping, pivoting, passing, catching, throwing and running. The most important concept is spirit and respect between the players.

This camp will run week: 7

Location: Duncan Memorial Community Gardens (Trenton Arena)

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Flag Sports

Flag sports will include flag football and flag rugby. Basic rules of the game are similar, but played in a safe environment without contact. Emphasis is on team work and sportsmanship while practicing passing, receiving, running patterns as well as coordination.

This camp runs week: 2

Location: Duncan Memorial Community Gardens (Trenton Arena)

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Centre Stage Dance Camp

Dance all styles with a smile! Creative expression enhances the sense of self. This camp will build their dance routine, take part in team building activities, and work on their flexibility while making life long friendships. This program will have a performance on Fridays at 4:30pm for family and friends.

This camp runs weeks: 5 & 9

Location: QW Branch

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

TAG

Girls Only! Campers will participate in group games, crafts, team builders and exploring discussion topics that mean something to them. Topics include active living, balanced eating, social media pressures and safety, body image, positive relationships and bullying in a safe and welcoming environments.

This camp runs weeks: 2

Location: QW Branch

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Broadway Bound

Kids, ever been told to stop being so DRAMATIC? Lucky for you, we love your dramatic side! We'll be exploring drama forms like improvisation, mime, voice projection, building and creating small scenes. Plus there will be more than a few drama games in each day. Mark your calendars, its time to explore your inner actor or actress at the Y! Campers will entertain family and friends with their performance on Fridays at 4:30pm.

This camp runs weeks: 8

Location: Duncan Memorial Community Gardens (Trenton Arena)

Ages 8 - 13

Weekly Rate: YM \$115.00 NM \$125.00

Artrageous

Campers will be exploring materials, form and shape, colour, texture, scale big and small. Try out all kinds of materials and techniques while creating unique artwork. Put on your creative cap, we're off on an artistic journey of discovery and fun. Campers are encouraged to bring a smock or shirt that can be put over their clothing.

This camp runs weeks: 4 & 6

Location: Duncan Memorial Community Gardens (Trenton Arena)

Ages 8 - 13

Weekly Rate: YM \$130.00 NM \$140.00

City of Quinte West Branch Camps

Outdoor Explorers

Your explorer will have the ultimate outdoor experience when they attend this camp. Campers will help create and maintain connections with nature, wildlife, plants, science and the environment through games, crafts, and exploration. Campers will be involved in hiking, fishing, and other outdoor adventures.

This camp runs week: 3 & 5

Location: **Duncan Memorial Community Gardens (Trenton Arena)**

Ages 8 - 13

Weekly Rate: YM \$130.00 NM \$140.00

Let's Get Certified

Learn the skills to be a safe, prepared and fun babysitter. This camp teaches infant and child safety, basic lifesaving skills including adult/child CPR, signs of choking, how to help a choking victim, Emergency Response number (911) and age appropriate games and crafts. This camp will have the campers ready for the first babysitting job covering professionalism, etiquette, preparedness and safety will be the focus of the camp. Campers will have hands on experience facilitating games and crafts to our younger campers at the end of the week. Eligible campers will receive a Babysitters Course Certificate and Standard First Aid level "C" Certificate.

This camp runs week: 3

Location: **Duncan Memorial Community Gardens (Trenton Arena)**

Ages 11 - 15

Weekly Rate: YM \$135.00 NM \$150.00

The Leader Corps Experience

Since 1884, the YMCA has been training the leaders of the future. YMCA Youth Leader Corps programs are designed to help participants build skills that they can use for a lifetime! The program aims to provide a sense of responsibility for the well-being of others and a sound foundation of formal and supervised in-service training that prepares youth for future volunteer and employment opportunities.

Spending time with friends, trying new activities and having a great time is what Leader Corps is all about. Our Leader Corps participants work closely within a group of their peers and a staff advisor. Together, they learn how to work as a team, set goals and plan together, become involved in the community and discover ways to make a difference in the lives of others.

Through involvement in the program, our participants learn about working with and getting along with others. More importantly, in time, our leaders begin to understand themselves and their own individual strengths.

YMCA Youth Leader Corps Programs feature three components: Values Based Leadership Training – skills such as communication and teaching. Volunteerism- opportunities to take part in charitable, educational and worthwhile activities, making an impact on our community. Self – Government- participants will identify their own projects, learning goals and group activities.

YMCA Youth Leader Corps is an opportunity to build skills, friendships and experiences that will be unforgettable.

Participants Expectations

YMCA Leader Corps participants are an inspiration to the other campers therefore they are expected to represent the YMCA, conducting oneself in a manner reflecting the position as a role model for YMCA participants and others in the community.

The Programs

Youth Leadership Camp

Each week participants will participate in group discussions, team building initiatives and leadership activities designed to build confidence and enhance self esteem. This camp provides hands on experience planning and facilitating group games and crafts to our younger camp groups. Participants come together as they learn to work as a team and share pride in a job well done.

This program runs: Weeks 1-9

Ages 11-13 years

Weekly Rate: \$115.00

Leaders In Training

This two week program offers theoretical and practical leadership training opportunities for development as future camp leaders. Program sessions include group dynamics, camper characteristics, behavioural management, problem solving and more. The interesting and interactive work groups and activities are designed to keep you challenged and motivated. You will have the opportunity to apply your newly acquired skills and knowledge to hands on experience leading games and crafts within our camp groups.

Ages 14-16 years

This program runs:

Session 1: Weeks 1 and 2

Session 2: Weeks 4 and 5

Session 3: Weeks 6 and 7

Session 4: Weeks 8 and 9

Session Rate: \$150.00

***if returning for further weeks after the 2 week session, the fee is \$50.00 per week.**

Aquatics Leader Corps Camp

This camp is an innovative new aquatic camp that is designed to aid in the development of our community's youth into leaders in aquatics. This camp is designed for those 11-15 years of age who have a desire to volunteer or work in the pool. Participants will work on Lifesaving, Swimming, and Fitness Skills to help them succeed in the advanced Lifesaving Courses. Participants will also learn how to become a skilled leader and interact with a variety of people and experiences. Participants will take part in the scheduled weekly trips

Weeks: 1 & 2, 4 & 5

Ages: 11 - 15

Session Rate: \$150.00

****if returning for further weeks the cost is \$50.00 per week (to include cost of trips, hotdog days etc.)**

Y Camps Give More = Swim Lessons Included

** Swim Instruction is only for those camps who swim daily at the YMCA



Quinte West Camps Weeks Available	Location	June 29 - July 3	July 6-10	July 13-17	July 20-24	July 27-31	Aug 3-7	Aug 10-14	Aug 17-21	Aug 24-28	Aug 31- Sept 4
		1	2	3	4	5	6	7	8	9	10
Discovery 4-5yrs	QW Branch										
DanceNastics 4-5yrs	QW Branch										
Y Ventures 6-7yrs	QW Branch										
Jr Kidnastics 6-7yrs	QW Branch										
Picasso Palooza 6-7yrs	Arena										
Lets Dance 6-7 yrs	QW Branch										
Sports of All Sorts 6-7yrs	Arena										
Mad Scientists 6-7yrs	Arena										
Science Rocks! 8-13yrs	Arena										
Sports Camp 8-13yrs	Arena										
Kidnastics 8-13yrs	QW Branch										
Fit Kids 8-13yrs	QW Branch										
Soccer Camp 8-13yrs	Arena										
Ultimate Frisbee Camp 8-13yrs	Arena										
Flag Sports 8-13yrs	Arena										
Centre Stage Dance Camp 8-13yrs	QW Branch										
TAG 8-13yrs	QW Branch										
Broadway Bound 8-13yrs	Arena										
Artrageous 8-13yrs	Arena										
Outdoor Explorers 8-13yrs	Arena										
Let's Get Certified 11-15yrs	QW Branch										
Youth Leaders 11-13yrs	QW Branch										
Leaders in Training 14-16yrs	QW Branch										
Aquatics Leaders in Training 11-15yrs	QW Branch										



Operation Red Nose™

YMCA of Central East Ontario

Balsillie Family Branch Peterbrough

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Peterborough, ON K9J 3H8
(P)705-748-9622

Belleville Branch

433 Victoria Ave
Belleville, ON K8N 2G1
(P)613-966-9622

City of Quinte West Branch

50 Monogram Place
Trenton, ON K8V 5P8
(P)613-394-9622

www.ymcaofceo.ca

Hours of Operation

Monday to Friday 5:30am to 10:00pm
Saturday and Sunday 7:30am to 5:30pm
Holiday Hours 9:00am to 2:00pm
Dates include: July 1, August 3 and September 7

Member Etiquette

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity and to use our facility in a responsible manner.

Our Mission

The YMCA of Central East Ontario is a charity dedicated to strengthening the foundations of community.

Core Values

YMCA Core Values guide our everyday decisions and actions. We challenge everyone involved with us to accept and demonstrate positive values. Our Core Values are Caring, Honesty, Respect, Responsibility and Inclusiveness.

