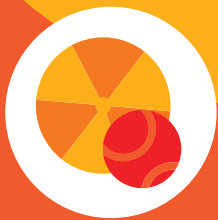




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER™



2018 Summer Camp Guide
YMCA OF COLUMBIA

Visit columbiaymca.org/camp to register today!

WHY CHOOSE THE Y?

Friendship, accomplishment and belonging

SOMETHING NEW EVERY DAY

When kids experience Y Camp, they experience something new every day. Like the power of a positive mentor, the confidence that comes from trying (and succeeding!), and the importance of healthy, long-lasting friendships. Of course, they don't know this – they just think they're having a whole lot of fun!

From water activities and sports to creative arts, each day is packed with age-appropriate activities, new friends and personal growth. In addition to traditional and specialty camp activities, we are uniquely devoted to physical activity, water safety and STEAM (Science, Technology, Engineering, the Arts and Mathematics) education. Few environments will foster your child's mind, body and spirit more than at the Y.



FINANCIAL ASSISTANCE

The Y is committed to providing quality programs to all children and families regardless of their financial circumstances and strives not to turn anyone away due to an inability to pay. We offer financial assistance through our Annual Campaign financial assistance program. Applications are available at any Member Services desk and at columbiaymca.org. Financial Assistance is only available to families who are not using a 3rd party subsidy and hold a current membership with our Y. Financial assistance applications are due by May 23.

All camps focus on the Y's core values:

CARING

HONESTY

RESPECT

RESPONSIBILITY

FAITH

CAMP LOCATIONS

Convenient offerings across the Midlands

DOWNTOWN YMCA

1447 Hampton Street · Columbia, SC 29201 · 803.799.9187

Camps Offered: Traditional onsite at select Richland 1 schools
For Ages: 5-13

CAMP DIRECTOR

AJ Hernandez · ajhernandez@columbiaymca.org



DOWNTOWN

LEXINGTON FAMILY YMCA

401 YMCA Road · Lexington, SC 29073 · 803.359.3376

Camps Offered: Outdoor Adventure, Teen, CIT & Equestrian
For Ages: 5-16

CAMP DIRECTOR

Paul Sadler · paulsadler@columbiaymca.org



LEXINGTON

JEEP ROGERS FAMILY YMCA

900 Lake Carolina Drive · Columbia, SC 29229 · 803.451.8439

Camps Offered: Preschool, Traditional, Speciality, Teen & CIT
For Ages: 3-16

CAMP DIRECTOR

Lindsay Olson · lindsayolson@columbiaymca.org



JEEP ROGERS

NORTHWEST FAMILY YMCA

1501 Kennerly Road · Irmo, SC 29063 · 803.407.8007

Camps Offered: Traditional, Speciality, Teen & CIT
For Ages: 4-16

CAMP DIRECTOR

Katie Eagan · katieeagan@columbiaymca.org



NORTHWEST

CAMP OFFERINGS

Programs designed for all

HALF-DAY SPECIALITY Members: \$95 Non-Members: \$155

For ages 5-12. Does your child have a special interest? Campers can explore passions or discover a new one through our half-day specialty camps. The Jeep Rogers and Northwest locations are offering a variety of specialty camps ranging from art to baseball to STEM. Campers can pursue their interests with other campers while learning new skills in a safe and fun environment. Parents can add on a full day of care for \$75 during the same week.

HALF-DAY PRESCHOOL Members: \$60 Non-Members: \$75

For ages 3-4. Your camper will enhance their social skills, develop friendships, and focus on kindergarten-readiness by participating in theme-based activities. They will have the opportunity to learn through exploration all while remaining active and experiencing the benefits of the great outdoors. Throughout the half-day, campers will participate in hands-on and engaging activities including dramatic play, arts & crafts, group games, sports, Y swim lessons and special events. Counselor to camper ratio is 1:6. Children must be potty trained. A healthy snack is provided.

TRADITIONAL Members: \$120 Non-Members: \$160

For ages 4-11.* New experiences, skill building, a sense of community and lasting friendships are all part of Traditional Camp. Weekly-themed activities allow campers to create arts and crafts, explore science and technology, swim, participate in field trips, appreciate nature, and better understand our many cultures. Campers will build self-confidence, appreciate teamwork and sportsmanship while gaining independence as they nurture their spirits, challenge their minds and strengthen their bodies. Kids can explore diverse interests and have fun along the way! A healthy lunch and snack are provided. *Care for ages 4 only offered at our Northwest location.

OUTDOOR ADVENTURE Members: \$135 Non-Members: \$175

For ages 6-11. Explore the great outdoors while meeting new friends. Camp Lexington will provide campers with an outdoor residential camp with the peace of mind of returning home every night. Campers will take part in activities such as horseback riding, archery, swimming, camp crafts, low ropes team building, nature hikes, camp songs, and more fun games. A healthy lunch and snack are provided.

OVERNIGHT EXCURSION ADD-ON Members: \$35 Non-Members: \$40

For ages 7-14. Can't get enough of Outdoor Destination camp? Add a Friday overnight excursion as a great way for your camper to continue the camp experience by engaging in safe and fun nighttime activities. Overnight Excursions are deeply rooted in traditions, stories and creating long-lasting memories! Some of the activities include an evening swim, boating, campfire, s'mores, outdoor movie and morning devotional. Dinner and breakfast will be provided.

EQUESTRIAN Members: \$300 Non-Members: \$315 Members: \$440 Non-Members: \$480

For ages 6-15. A horse lover's dream! With over 160 acres of pristine land, miles of riding trails, and a full-service stable, equestrian camp offers help for beginner to advanced riders to hone their skills. Campers will learn horse care, feeding, grooming, barn work, riding lessons (both mounted and unmounted), trail riding and many other fun activities. Campers must weigh under 180 lbs. An overnight camp also provided during select weeks.

TEEN Members: \$140 Non-Members: \$190

For ages 12-14. Teens have a reason to step away from their screens and get out and have some face-to-face interaction at Teen Camp. They will learn life skills such as communication, collaboration and social skills that will help them down the road in college and beyond. A healthy lunch and snack are provided.

COUNSELOR IN TRAINING Members: \$50 Non-Members: \$75

For ages 14-16. The Counselor in Training (C.I.T.) program provides teens with training in how to use effective leadership skills throughout their lives and how to effectively lead children. CIT's are provided with training, leadership, and mentors as they assist in day camp programs and field trips. CIT's must participate in the pre-summer training week (includes First Aid/CPR) that will ensure they are comfortable and prepared to work with youth! The CIT program takes place throughout the summer, coinciding with regular camper sessions. Healthy lunch and snack are provided. Separate application required by May 11.

RICHLAND ONE Members & Non-Members: \$105

For ages 5-13. Our Traditional Camp experience provided onsite at three Richland One schools Monday-Thursday. Campers will build self-confidence through character education, appreciate teamwork and sportsmanship while gaining independence as they nurture their spirits, challenge their minds and strengthen their bodies. A healthy breakfast and lunch are provided. Friday care offered at Outdoor Adventure Camp with dropoff Downtown.

WEEKLY CAMP THEMES

Get prepared for the best summer ever

WEEK 1 June 11-15 **BE YOURSELF**

We will celebrate diversity and unity as we build our camp family. Focus will be on team-building, embracing uniqueness, and building confidence to start the summer.

WEEK 2 June 18-22 **RED CARPET HOLLYWOOD**

We'll be rolling out the red carpet so you can tap into your inner movie star. Showcase your personality and talents! Lights, camera, action!

WEEK 3 June 25-29 **SUPERHEROES**

Come save the day! This week every camper is a superhero. Meet a new friend and embark on adventures with your super team.

WEEK 4 July 2-6 **PARTY IN THE USA**

Fourth of July, Halloween, Thanksgiving and Christmas... We're packing all of the fun of holiday cheer for the year into one festive week!

WEEK 5 July 9-13 **THROUGH THE DECADES**

Hop into the YMCA time machine! Take a blast from the past and journey through different eras in just one week.



SPLISH SPLASH WEEK 6 July 16-20

Splish splash, come have a blast! Join us for a week of water-filled fun through ocean and beach-themed activities and water wars. Have a wet and wild time!

CELEBRATIONS OF NATIONS WEEK 7 July 23-27

Pack your bags and grab your passports! We are off on an adventure learning about different cultures and countries across the world.

SECRET AGENT EXTRAORDINAIRE WEEK 8 July 30-Aug 3

Your mission should you choose to accept it: Finish the Best Summer Ever!

COLOR WARS - GOING FOR THE GOLD! WEEK 9 Aug 6-10

One, two, three, four...we want color wars! Color wars will bring out the fun and competitive spirit in you through Olympic-style games.

CARNIVAL WEEK 10 Aug 13-17

Dunk, toss, and spin! Round out the best summer ever with camper-created classic carnival games.



HOW TO REGISTER

Register for camp at any YMCA of Columbia location or online at columbiaymca.org/camp. There is a \$10 non-refundable deposit at the time of registration per week, per camper. All weekly tuition fees must be paid in full in order for a camper to attend each weekly camp. Parents may pay the full amount at registration for all summer camps or may choose a weekly bank draft payment to be drafted the Tuesday prior to the week registered. The weekly deposit will reserve camper's space and will be applied to the weekly tuition. Payment is due for every week registered regardless of attendance. Weekly tuition is not prorated for any reason. Cancellation for any reason requires a written notice given to the Y two weeks prior to registered sessions.

HALF-DAY SPECIALITY CAMPS

Build new skills and explore talents

For ages 5-12. Held weekly from 8 a.m. - Noon.

» Members: \$95 Non-Members: \$155

WITH A FULL DAY OF CAMP

» Members: \$170 Non-Members: \$230

ART & ARTISTS

For budding artists, we will spend the week learning about different artists. Campers will create their own unique art in the styles of different artists to display in a culminating art show.

DANCE, DANCE

Express yourself through a variety of dance styles! Campers will enjoy choreographed and free dance to a wide array of music. We will also explore dance as a form of fitness.

SCIENCE, POTIONS & SLIME

Explore the world around us by testing hypothesis and predictions as we experiment. Many activities will involve creating various slimes, potions and goo.

SPORTS OF ALL SORTS

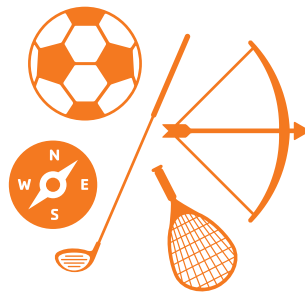
For campers who love sports and campers who want to love sports! We will learn variations of some favorite sports around the world.

TOY BUILDING BRICKS/STEM

Does your camper love to build with toy building bricks? This camp is for you! Campers will enjoy both free build time as well as complete daily challenges incorporating STEM concepts. Come build a catapult that can launch farther than your friends!

TRY A TRI

Come try the ultimate challenge! Campers will spend the week developing swim stroke, bike safety and running techniques. We will fuel all this fun with healthy snacks recipes! The week will culminate in a Kids Triathlon! Campers should be able to swim and bring a bike to participate.



NORTHWEST

JUNE 18-22 Art & Artists
JUNE 25-29 Toy Building Bricks/STEM
JULY 9-13 Science, Potions & Slime
JULY 16-20 Sports of all Sorts
JULY 23-27 Dance, Dance
JULY 30-AUG 3 Try a Tri



ART

Geared toward campers who are interested in learning firsthand skills in various forms of art. Campers will explore mosaics, sculpting, pottery, and more. You never know, we may have the next Picasso in midst!

BASEBALL

Emphasizes basic to advanced skills instruction and practice in the areas of batting, fielding, throwing and base running. Campers will learn the rules of baseball as well as team concepts and sportsmanship. This camp is ideal for any youth baseball player looking to improve their baseball skills, or a player who wants to learn the fundamentals of baseball.

BASKETBALL

Emphasizes basic to advanced skills instruction and practice in the areas of shooting, dribbling, passing, rebounding and defense. Campers will learn the rules of basketball as well as team concepts and sportsmanship. This camp is ideal for any youth basketball player looking to improve their basketball skills, or a player who wants to learn the fundamentals of basketball.

CHEER

Emphasizes basic to advanced skills instruction and practice in the areas of basic motions, jumps, cheers, routines and chants.



ENGINEERING

Campers will build objects and tinker with experiments through the foundation of science and engineering education while inspiring innovation and creativity.

FLAG FOOTBALL

Emphasizes basic to advanced skills instruction and practice in the areas of passing, receiving and defense. Campers will learn the rules of football as well as team concepts and sportsmanship. This camp is ideal for any youth flag football player looking to improve their football skills, or a player who wants to learn the fundamentals of flag football.

GIRLS ROCK

A week just for girls! Girls of all ages will learn about fashion, careers, service, and much more! This week girls will work together to empower each other while having fun!

JUNE 11-15 Basketball
JUNE 18-22 Toy Building Bricks
or Cheer
JUNE 25-29 Flag Football
JULY 9-13 Tennis or Engineering
JULY 16-20 Basketball or Triathlon

JULY 23-27 Art or Baseball
JULY 30-AUG 3 Flag Football
AUGUST 6-10 Tennis or Girls
Rock

JEEP ROGERS

TENNIS

Campers will receive great instruction in the following areas: stroke production, ball control, tactics, strategy, fitness, and sportsmanship. This camp is ideal for any beginning tennis player looking to improve their skills, or a player who wants to learn the fundamentals of tennis.

TRIATHLON

Will help improve campers' swim strokes, learn to bike, run and take care of their bodies, all to prepare for a Kids' Triathlon on Friday afternoon. Campers must be able to swim and ride a bike to participate.

TOY BUILDING BRICKS

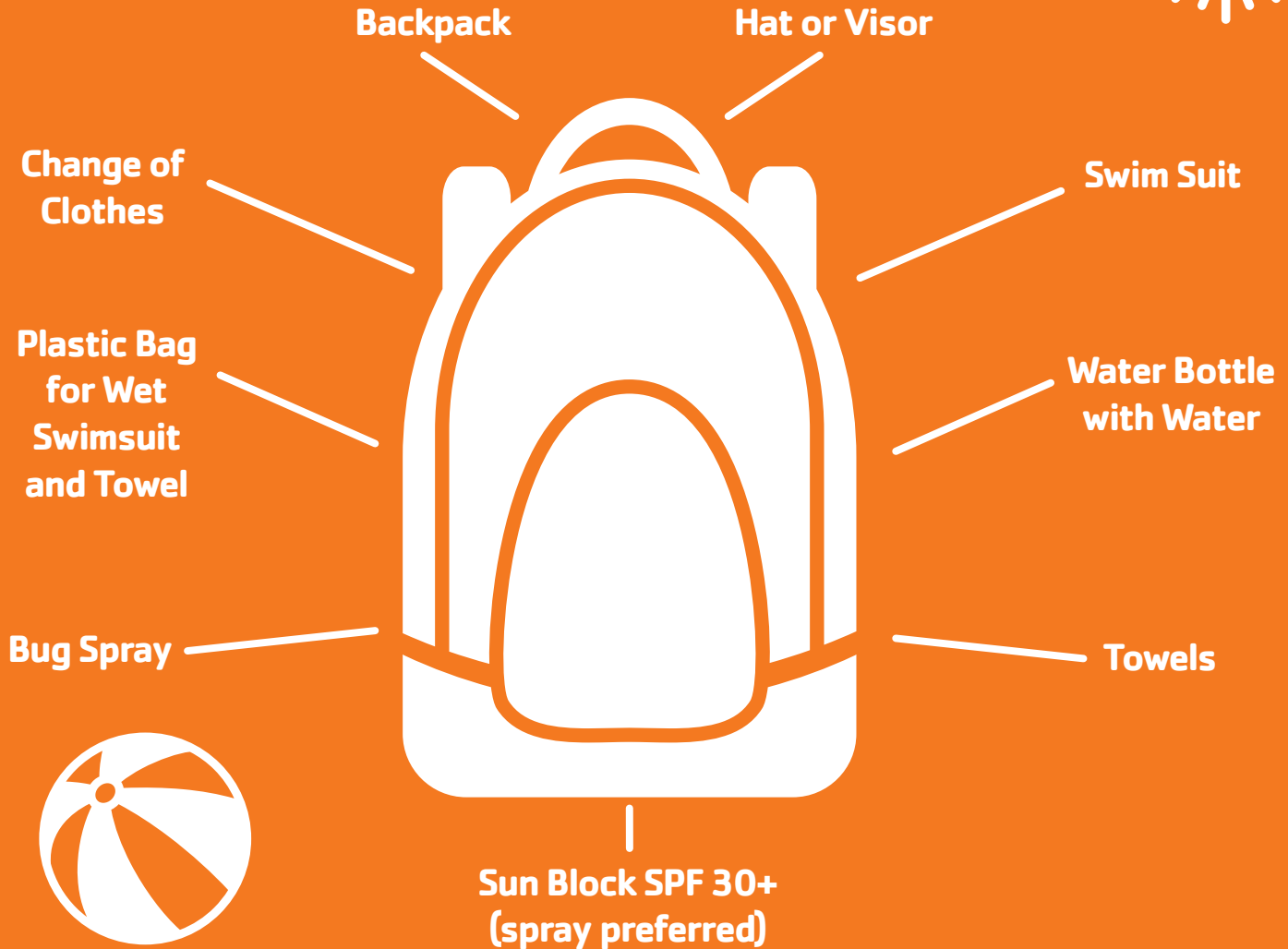
Campers will use their creativity to build houses, automobiles, cities, and much more. We will build a Lego building display that will be featured at the end of the week. Campers will compete in quick fire challenges that will encourage them to be as creative as possible in a limited amount of time.

WHAT TO BRING

Be ready for any adventure

Suggested Supplies for Camp

Please add your child's name on everything they bring to camp.



What to leave home

All Electronics, Cell Phones, Toys, stuffed animals, beyblades, action figures, and jewelry. The YMCA will not be held responsible for lost items.

A child wearing a brown hat and jacket is swinging on a vine in a lush, detailed jungle diorama. The scene is filled with various tropical animals including colorful parrots, a toucan, a tiger, a monkey, and a sloth. The background is a dense forest with a large circular opening in the ceiling showing a bright sky with clouds. The text "Helping children soar" is overlaid in white on the left side of the image.

Helping children soar

Imagine a place where your child receives extraordinary care.

A place designed to meet your child's unique needs.

A place unlike any other, where your child is cared for and sent off to soar another day.

At Palmetto Health Children's Hospital, South Carolina's first hospital dedicated to caring for children, our experienced pediatric specialists and team members proudly celebrate more than 30 years of caring for you as if you were our own.

To find a pediatric specialist near you, call 803-296-KIDS (5437).



Children's
Miracle Network
Hospitals
Helping Local Kids

Because the best care matters

PalmettoHealthChildrens.org
803-296-KIDS (5437)

Water health and safety

When it's warm outside, children have a natural desire to play in the water, whether it's at the beach, a lake, a water park or a swimming pool.

Unfortunately, drowning continues to be a major cause of accidental death in children, and bodies of water can pose serious health risks if one is not careful. Here are some tips for keeping your child safe and healthy in and around water:

Swimming pools

- Teach your child to swim by enrolling them in swimming lessons. Generally, children are ready to learn after age 4, but the right age can vary. Also, if you do not know how to swim yourself, it is a good idea to learn in case there is ever a situation where you would want to assist a child in the water.
- Children should always swim with a partner, and an adult should always be present to supervise.
- Do not allow running or pushing around a pool.
- Never allow diving in shallow areas.
- Install a gate around your pool to keep children out when they are not swimming.
- Remove ladders from above ground pools when not in use.
- Clear the pool of all toys after swimming. Children have been known to drown while trying to recover their toys.
- Keep a cordless phone nearby if you're at the pool with your children. Program 9-1-1 as a quick-dial in case there is an emergency.
- Hot tubs are not recommended because children can become easily overheated.

The beach

- Use sunscreen to protect children from harmful UV rays.
- Only swim when a lifeguard is present.
- Be mindful of currents and undertows. Make sure your children know that open bodies of water are very different from swimming pools. Ask the lifeguard if there are known danger areas.
- Children should not turn their backs to waves. A large wave can come up unexpectedly and knock them underwater.



- Teach your child to recognize jellyfish and avoid them. The sting from a jellyfish or Portuguese man-of-war can be extremely painful.

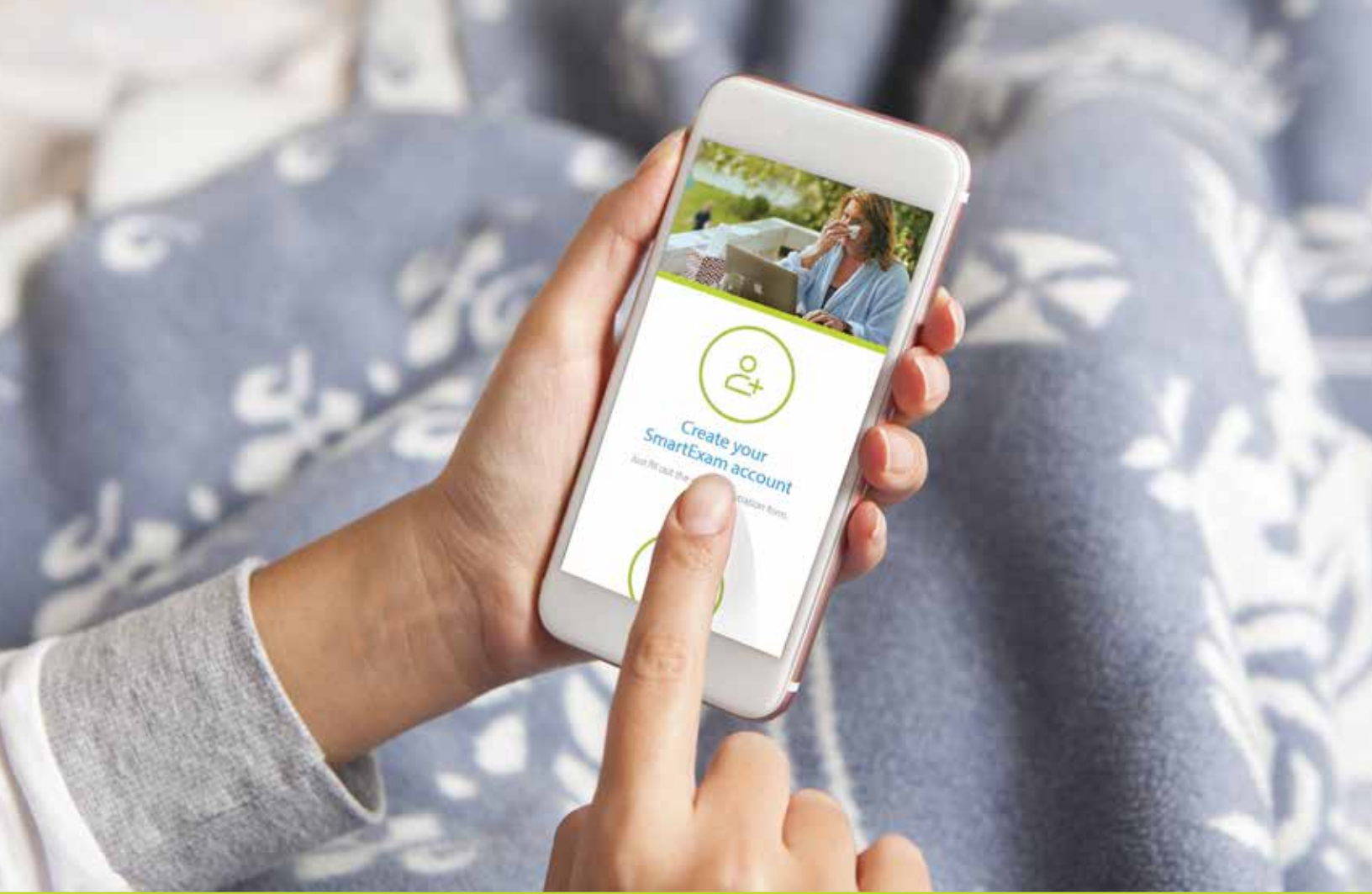
Lakes or ponds

- Wear foot protection. Ponds and lakes contain rocks and trash that can cut your child's feet.
- Be mindful of weeds and anything that could entangle your child.

Babies and water

- Start slowly. Babies are generally ready to be introduced to water at six months.
- Use waterproof diapers and change frequently.
- Keep your baby out of public swimming pools until potty trained. Cryptosporidium is a disease that can be spread in water by leaky diapers.
- Prevent swimmer's ear by drying your baby's ears carefully with a towel or cotton ball.
- Water temperature should be above 85°F (29°C). Hypothermia can result from a baby's body losing heat quickly. If your baby is shivering and/or the lips are turning blue while in the water, dry immediately and keep wrapped in a towel.

If you have questions, contact your physician or call Palmetto Health Children's Hospital at 803-296-KIDS (5437).



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SmartExam is a virtual care service that helps us gather the information we'll need to provide you with the highest quality, personalized care – even prescriptions – straight from your computer or smartphone.

- Get care from a Palmetto Health provider, in just minutes
- For \$20
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Care to be remembered.



You win when you choose our team

Jeffrey A. Guy, MD
Sports Medicine

Official team physicians
for the USC Gamecocks



Our highly skilled sports medicine team cares for the USC Gamecocks, weekend warriors and everyone in between. And we'll guide every step of your treatment — from diagnosis to recovery — so you can get back to feeling like yourself as quickly as possible.

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Palmetto Health USC
ORTHOPEDIC CENTER

Care to be remembered.



Our mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.