



### NEED SWIM LESSONS?

Summer Camp participants may add swim lessons for **15% off!**

### How to Register for Camp

Please make sure to fill out a complete packet of registration forms and turn them in to the front desk to register. Forms can be found online at [harrisonfamilyy.org](http://harrisonfamilyy.org) or at the Y.

All parents/guardians will receive a **Welcome letter** prior to the week registered, with any other information you may need.



Feel free to contact us in the meantime! We are here to help make you and your child's experience meaningful.

## Camp Directory

**Sports & Gymnastics Camp:**  
Youth Development Offices  
252-972-9622 x. 227 or 255

**Mega Camp:**  
Child Care Office  
252-972-9622 x. 239, 240, or 241

**Swim Lessons:**  
Aquatics Office  
252-972-9622 x. 235

Or **Email Us** at [marketing@rmymca.org](mailto:marketing@rmymca.org)

Funded in part by:



### Y Summer Day Camp?

When your child attends a Y summer camp, you're not just dropping off your child for a day of fun activities, you're tapping into an expert summer camp resource committed to providing a high-quality, age appropriate experience.

At the Y, we are passionate about quality and safety. Parents can enjoy peace of mind knowing that their child is participating in meaningful activities and experiences that align with their needs and abilities.



### Every Child deserves the Best. Summer. Ever

At the Y, we think Summer is a time every child deserves. The learning gap between the end of the school year and the start of the next school year is increasing with each year. To help with this, we want to ensure as many children can participate in Summer Camp as possible. Financial Assistance applications are available at the Front Desk. Assistance is offered on a first come, first serve basis. **Deadline for applications is Friday, April 28th, 2017.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER!



## 2017 SUMMER DAY CAMP

HARRISON FAMILY YMCA

1000 Independence Drive • Rocky Mount, NC  
252 972 9622 • [harrisonfamilyy.org](http://harrisonfamilyy.org)

# GET READY FOR THE BEST SUMMER EVER!

## Harrison Family YMCA Day Camp At-a-Glance

<b>Location</b>	Harrison Family YMCA
<b>Ages</b>	5-14 years: (*must have completed Kindergarten)
<b>Sessions</b>	Weeks 1 – 11
<b>Days</b>	Mondays-Fridays
<b>Camp Operational Hours</b>	6:30AM-6:00PM <ul style="list-style-type: none"> <li>• 6:30-9AM: Welcome &amp; summer activities</li> <li>• 9AM-4PM: Instructional time</li> <li>• 4-6PM: Preparing for pick-up &amp; summer activities</li> </ul>
<b>Weekly Fees</b>	YMCA Members – \$130 (*family membership categories only) Non-Members – \$150
<b>Daily Drop-In Fees</b>	YMCA Members – \$35 (*family membership categories only) Non-Members – \$45 <ul style="list-style-type: none"> <li>• 2 Day – \$70/\$90</li> <li>• 3 Day – \$105/\$135</li> </ul>
<b>Registration Fee</b>	\$25 (one time)

### \*\*Need to know Information\*\*

- A registration packet must be completed prior to attending camp.
- Parents/Guardians must sign campers in and out each day with specified sign in/out sheet.
- Campers should bring a swimsuit and towel on their assigned days.
- Breakfast, lunch and 1 snack will be provided.
- Campers should wear comfortable clothing and close-toed shoes.
- Weekly bank draft option is available as preferred payment method.
- Payment or draft authorization is required upon registration.
- Balance for each week is due no later than the Friday prior.

**PICK YOUR CAMPS & WEEKS**



**Mega Fun at Mega Camp!** Campers will participate in a variety of recreational and educational activities based on weekly themes. Mega Camp is a 5 star licensed program.

## MEGA CAMP WEEKLY THEMES

### Week 1 (June 12-16): Amazing Arts/Color Run

Field Trip—NC Museum of Art

Discover your creative side with paint, clay, duct tape and more! Get colorful with the Color Run

### Week 2 (June 19-23): Take Flight

Field Trip—Sylvan Heights

Float, twirl and glide this week as we learn about things that fly!

### Week 3 (June 26-30): Beachin' It

Field Trip—The Outer banks YMCA

Dive into an underwater adventure this week while we learn about the seal!

### Week 4 (July 3-7): Pay it Forward

Learn about social responsibility as we take on a local community service project.

### Week 5 (July 10-14): Space Science

Field Trip—Morehead Planetarium

Hop aboard and explore the planets, moons, stars and more!

### Week 6 (July 17-21): H2-wh0a Week

Field Trip—YMCA at Knightdale Station & Tucker Lake

Get ready for a week filled with splashes of fun!

### Week 7 (July 24-28): Passport

Learn about culture, diversity and all of the different places in the world!

### Week 8 (July 31-Aug 4): Backyard Adventure

Field Trip—NC Museum of Life and Science

Explore and create with the world around us in this week's nature camp.

### Week 9 (Aug 7-11): Simply Delicious

Field Trip—Simply Natural Creamery

Chop, whisk, roll and bake while we learn about food and all of it's nutritious and delicious importance for our minds and bodies!

### Week 10 (Aug 14-18): Into the Wild

Field Trip—Duke Lemur Center

Discover the different amazing species of the world!

### Week 11 (Aug 21-25): Building Blocks

Field Trip—Marbles Museum and Defy Gravity

Spend this week building and learning about simple machines and how to build!



### We've got game at the Y!

Campers will receive training in the technical and fundamental aspects of different sports in a safe, non-competitive atmosphere. Our goal is to help participants learn team work, discipline, goal setting, cooperation, and character development.



## SPORTS CAMP WEEKLY THEMES

### Week 1 (June 12-16): Basketball/Color Run

Proper rules and technique will be reviewed and campers will have fun shootin' hoops! They will also get colorful with our Color Run!

### Week 2 (June 19-23): Flag Football

Touchdown this week as campers learn this popular sport!

### Week 3 (June 26-30): Soccer

Go for the goal this week with opportunities for the seasoned player and the beginner!

### Week 4 (July 3-7): Kickball

Campers will have a ball learning this fun game for all!

### Week 5 (July 10-14): Volleyball

Get ready for a week filled with splashes of fun!

### Week 6 (July 17-21): H2-Wh0a Week

Campers will learn the rules and proper play while having tons of fun with this Summer sport!

### Week 7 (July 24-28): Floor Hockey

Campers will learn the basic skills of this brand new, super fun sport!

### Week 8 (July 31-Aug 4): Basketball

Proper rules and technique will be reviewed and campers will have fun shootin' hoops!

### Week 9 (Aug 7-11): Baseball/Softball

Campers will have a ball learning the skills of these similar sports and build those skills during the week!

### Week 10 (Aug 14-18): Strength Training

Learn how to exercise the most beneficial way to get prepared for your Sports Season!

### Week 11 (Aug 21-25): All Sports Week

Have a blast participating in various sports and activities as we end our Summer!



### Tumble & Flip for Gymnastics Camp!

Campers will participate in fun activities along with age and level appropriate gymnastics skills training.

## GYMNASTICS CAMP WEEKLY THEMES

### Week 1 (June 12-16): Flexibility & Strength/Color Run

Campers will learn the basic stretches and conditioning needed for Gymnastics. They will also get colorful with our Color Run!

### Week 2 (June 19-23): Flips & Tricks

Build on the basics of "Elementary Gymnastics" while learning various flips & trips!

### Week 3 (June 26-30): Perfect Technique

Learn the ins and outs of perfect gymnastics techniques that will last you a lifetime!

### Week 4 (July 3-7): Cheerleading

Have a blast learning cheers and dance routines with music and friends.

### Week 5 (July 10-14): Fun to be Fit

Learn about the overall health benefits of participating in gymnastics, using floor skills, tumbling and equipment based on specific skill levels and abilities.

### Week 6 (July 17-21): Parkour & Stunting

Learn the art of expressing yourself without limitation of movement.

### Week 7 (July 24-28): Stick it! Floor & Tumbling

Experience the gymnastics equipment based on specific skill level and abilities.

### Week 8 (July 31-Aug 4): Freestyle!

Experiment with finding the styles and routines that fit you!

### Week 9 (Aug 7-11): Perfect Technique

Learn the ins and outs of perfect gymnastics techniques that will last you a lifetime!

### Week 10 (Aug 14-18): Routine Gymnastics

Build upon traditional gymnastics skills including tumbling, floor, beam, bars and vault!

### Week 11 (Aug 21-25): Competition Week

Participate in friendly competition with fellow campers!

