

YMCA



# SPRING INTO SUMMER

Family YMCA of Black Hawk County  
Summer Program Guide

**AWAKEN  
SUMMER  
IMAGINATION**

**HEALTHY KIDS DAY 2018**

Saturday, April 21st

Enjoy free family events all day! Visit

[www.blackhawkymca.org](http://www.blackhawkymca.org) for a complete schedule!

EVENT IS  
FREE  
& OPEN TO  
THE PUBLIC

Family YMCA of Black Hawk County  
669 South Hackett Rd, Waterloo IA  
319.233.3531 | [www.blackhawkymca.org](http://www.blackhawkymca.org)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING INTO SUMMER

## YOUTH SPORTS

YMCA youth sports encourage and promote healthy kids, families and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team-building as well as individual development, a positive self-image and mutual respect for others.

### Youth Sports offered April - May

Register today online!

To register, go to [www.blackhawkymca.org](http://www.blackhawkymca.org) and click on "Youth Sports & Wellness" or contact Bri at [bboss@blackhawkymca.org](mailto:bboss@blackhawkymca.org) or 319.233.3531 ext 219

#### Indoor Soccer | Tots ( Age 3-5) and Kindergarten-3rd Grade

Soccer for kids is exciting - a sport combining teamwork and individual skill. Unlike most club soccer leagues the Y has no tryouts so all kids can experience soccer in a fun friendly level playing field that allows all players to have fun.

#### Tumbling | Tots ( Age 3-5) and Kindergarten-3rd Grade

This course is designed to introduce youth to basic tumbling activities and helps build coordination and muscular development. Concepts include, but are not limited to: rolls, cartwheels, handstands, bends, and walkovers.

#### Track | Kindergarten-6th

Grab your shoes and come run for fun! The youth in our track program will learn running basics in a team atmosphere.



## SWIM LESSONS

### Spring Lessons offered Spring and Summer

At the Y, children become safe and confident in the water by learning to swim in a positive, fun manner that builds lifelong skills. Research shows formal swimming lessons can reduce the risk of drowning by 88% among children ages 1-4 years. We offer a wide range of options for the whole family with classes beginning at 6 months of age. The spring session begins in March. Classes are available Monday, Tuesday and Thursday evenings as well as Saturday mornings. Private and Semi-Private lessons are also available.



### SPLASH Water Safety Day Saturday, May 26th, 1 - 4 pm

Swimming is a survival skill as well as an excellent form of physical activity and a lifetime sport. More importantly, learning to swim can help improve self-esteem and self-confidence. The SPLASH Water Safety program teaches kids how to be safe in and around water, from pools and waterparks to beaches and lakes. Throughout the morning, children will learn safe swimming habits, basic swim and survival techniques, as well as how to help if someone is in trouble. Drop your kids off for a morning of fun in the water.

To register, go to [www.blackhawkymca.org](http://www.blackhawkymca.org) and click on "Youth Swim Lessons" or contact Bri at [bboss@blackhawkymca.org](mailto:bboss@blackhawkymca.org) or 319.233.3531 ext 219

## OUR VALUES



### CARING

Considerate to the needs and feelings of others.



### HONESTY

Being trustworthy and truthful.



### RESPECT

Treating others, the environment and yourself with dignity.



### RESPONSIBILITY

Accepting accountability for your actions and role in the community.

## DAY CAMP



Join Y Day Camp for a week or for an entire summer of fun! We focus on caring, honesty, respect and responsibility in all of our activities, from educational camper-chosen skill activities to swimming and everything in between. We provide fun-filled activities that allow for physical movement, social interaction, educational opportunities, leadership building, personal growth and creativity. Day campers will be divided into small groups by age with activities appropriate to the interests and needs of each group. Campers will also have the opportunity to travel on local field trips throughout the summer.

Day Camp is for youth entering 1st through 6th grade in the fall.  
Locations: the Y, St. Timothy's in Cedar Falls, Poyner Elementary and Orange Elementary

## KINDER CAMP



This camp provides a smaller setting for our youngest campers. Our staff create a positive and caring learning environment where children can make new friends, achieve new successes and have their first camp experience. The program includes many camp traditions such as camp circle, theme days and more. Daily activities that are designed to meet the social, emotional and physical needs of your youngsters include arts, science, literacy, games and outdoor play. Activities provide hands-on fun, while children have the opportunity to be active and learn new skills while reinforcing lessons learned throughout the year.

Kinder Camp is for youth entering Kindergarten in the fall. Limited spots are available so register early.  
Location: the Y

## COUNSELORS IN TRAINING



Our Counselors In Training program focuses on developing strong leaders through training, discussion, observation and supervised child interaction. This is a program for teens serious about learning to work with children and improving their leadership skills. The purpose of this program is to help teens become strong leaders.

Counselors in Training is for youth entering 7th - 9th grade.  
Location: the Y

## CAMP WAPSI RESIDENT CAMP



YMCA Camp Wapsie provides a safe and fun environment where children can challenge themselves while learning new skills in an outdoor environment. Programs built around fun and character development are designed to give different age groups the optimum experience and tie into their interests and abilities. Whether mastering the climbing tower or learning to prepare food over a campfire, campers are encouraged to set goals and try new things.

## REGISTER ONLINE TODAY!

**Register by April 6th and receive \$10 off each week of camp!**

Summer Camp registration is now open.  
Go to [www.blackhawkymca.org](http://www.blackhawkymca.org) and click on "Camp"  
to learn more and register today!

Questions? Contact Rebecca, our Y Camp Coordinator, at  
[rnims@blackhawkymca.org](mailto:rnims@blackhawkymca.org) or 319.233.3531 ext 206



SIGN YOUR KIDS UP FOR THE

**BEST. SUMMER. EVER.**





# AT SUMMER DAY CAMP YOUR CHILD WILL EXPERIENCE...



There is no place like Y Camp – A home away from home where kids laugh, learn, explore and grow while creating memories and friendships that last a lifetime. Kids discover not just the wonders of day camp but the joy of exploring their unique traits, talents and interests and the power of sharing their strengths and skills to benefit the group. That’s why we serve over 150 kids weekly at the Family YMCA of Black Hawk County Y Camp to belong, achieve and build relationships.

## We are a Value-driven Day Camp! What does that mean?

Our Y Camp strives to instill the Y’s core values of caring, honesty, respect and responsibility into every activity, every day. With the careful guidance of our trained staff, campers learn these core values that will last a lifetime. They’ll explore, play, grow, and have an incredible amount of fun!



## ACHIEVEMENT

- Campers continue learning all summer with literacy and STEM programming.
- Campers choose clubs each week to explore areas of interest and develop skills.
- Our weekly showcase allows campers to present what they’ve worked on during the week and celebrate each other.



## RELATIONSHIPS

- Small group time and team building activities facilitates closer bonds between campers and staff.
- Our staff are professional role models who demonstrate positive relationship building and conflict resolution skills.



## BELONGING

- We foster an environment to ensure every child feels a sense of belonging.
- Our special camp traditions promote a sense of community.
- Campers can thrive, knowing they can relax in a safe and inclusive environment.



**Fun Days Day Camp**  
March 30 (Cedar Falls)  
April 30 (Waterloo)

**Early Bird Registration Deadline**  
Saturday, April 6th

**School Age Care Spring Show Case**  
April 21st during Healthy Kids Day at the Y

**Camp Meet & Greet**  
Sunday, May 20th from 1-3pm at our YMCA  
Join us for an afternoon of day camp fun where you can get more details about camp and meet camp counselors.