

BEST. SUMMER. EVER.

Youth & Family Programs

YOUTH & FAMILY FITNESS

Physical activity is essential to a child's healthy development. The Y often is the starting point. Here, many young people learn about becoming and staying active. They can develop healthy habits that stay with them throughout their lives, and the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from taking a first organized class or building the positive relationships that lead to good sportsmanship and teamwork, participation at the Y is about building the whole child, from the inside out.

FAMILY YOGA

Find fun family time with easy to do yoga poses the whole family can do together. Come experience greater balance and flexibility in your life.

Time: 11:15 AM - Noon
Location: Gym - East Side
Member Fee: FREE
Community Fee: \$20 per session

KID'S CIRCUIT

Learn about healthy living while rotating through stations with jump ropes, steps, cones, exercise bands and agility games (push-ups, jumping jacks, sit-ups, and more). Kids will have fun warming up and training in basic fitness skills.

Thursday: 5:30 - 6:15 PM
Location: Gym - East Side
Member Fee: FREE
Community Fee: \$20 per session

LITTLE NINJAS

Young boys and girls develop respect and discipline as they learn basic martial arts in a fun way. Your little ninja will learn proper form for kicks & punches to achieve board breaking abilities!

Wednesday: 5:00 - 5:45 PM - Campbell
Saturday: 9:15 - 10:00 AM - E. Gym
Member Fee: FREE
Community Fee: \$20 per session

LITTLE TUMBLERS

Watch your child build strength, agility & character as they learn first year gymnastics and tumbling skills.

Saturday: 10:15 - 11:00 AM
Location: Gym - East Side
Member Fee: FREE
Community Fee: \$20 per session

POUND FIT

Find your rhythm with Pound Fit, a full-body cardio/jam/exercise session that combines light resistance with constant drumming. An overall fun and feel good workout! This is a great class for families!

Monday: 5:30 - 6:15 PM
Location: Blue Water Board Room
Member Fee: FREE
Community Fee: \$20 per session

YOUTH STRENGTH TRAINING

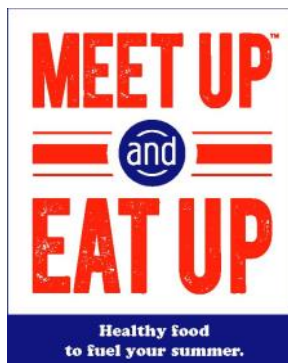
A fun, interactive class for kids! Youth Strength Training provides supervised introduction on the foundations of physical fitness and personal wellness.

Thursday: 6:30 - 7:15 PM
Location: Gym - East Side
Member Fee: FREE
Community Fee: \$20 per session

MEET UP AND EAT UP

Facilitated by the Port Huron Area School District in collaboration with the Michigan Department of Education, the YMCA is a host site for the Meet Up and Eat Up program. This summer food program was created to ensure that children in lower-income areas will continue to receive nutritious meals during long school vacations, when they do not have access to the school breakfast or lunch programs.

Monday - Friday : June 17 - August 30
Time: 11:40 - 11:50 AM
Age: 18 and Under
Fee: Free
Location: Campbell Room YMCA



BEST SUMMER EVER™



YMCA OF THE BLUE WATER AREA
SUMMER 2019 Youth Programs
June 24 - August 30, 2019

YMCA HALF DAY CAMPS

New Adventures. Forever Friendships.

SUMMER HALF-DAY CAMPS

Summer half-day camps are hands-on and highly interactive for campers ages 6 –12 who have completed Kindergarten. They run for a one-week period at the same time every day. **Member Fee: \$50 Community Fee: \$65**

DISC GOLF

Campers will have the opportunity to learn the basics of disc golf from putting to driving. We will meet you at your level and help you grow your skills. This camp will have pick up and drop off at the East China Disc Golf course.

Dates: June 17-21
Time: 8:30 - 11:30 AM

JR. CHEFS

Jr. Chefs will work in groups to create healthy snacks. Campers will be introduced to the concepts of measuring, mixing and portion control. Each day they will plan, prepare, sample and clean up our snacks. Jr. Chefs will also create a cookbook of some of their favorite recipes.

Dates: June 17-21
Time: 12:30 - 3:30 PM
Dates: August 5-9
Time: 12:30 - 3:30 PM

FARM TO TABLE

Campers will work in groups to learn how to grow food and how to prepare it. They will learn how to grow mini gardens and what healthy snacks they can harvest from it.

Dates: June 24-28
Time: 12:30 - 3:30 PM
Dates: July 15-19
Time: 8:30 - 11:30 AM



FISHING CAMP

Campers will have the opportunity to learn the basics of fishing. They will learn the basics from hooking a worm to tying a fly so they can catch with confidence.

Dates: July 8-12
Time: 12:30 - 3:30 PM

BABYSITTER BOOTCAMP

Campers will have the opportunity to learn the basics of babysitting. Campers will walk away with a basic understanding of child development, age appropriate activities, and tools to create a "babysitters bag."

Dates: July 15-19
Time: 12:30 - 3:30 PM

BATTLE OF THE JR. CHEFS

This fun competition of culinary masters will leave your mouth watering. Cooks will be divided into 2 teams and paired with one of our culinary experts. Each week, using the guidelines given, they will prepare their best dishes to be judged in a blind taste test to see who are the cooking masters.

Dates: July 22-26
Times: 12:30 - 3:30 PM

CHEER CAMP

Campers will learn the basics of cheerleading and will work together to create a short program to display at the end of the session.

Dates: July 29-August 3
Times: 12:30 - 3:30 PM

SPANISH LANGUAGE & CULTURE

Explore the language, customs, and culinary delights of Mexico! Campers will learn simple Spanish words and phrases, songs and games. We will explore the history of Mexican holidays and sample yummy foods. This activity will take place at Colonial Woods Missionary Church from drop off to pick up.

Dates: August 12-16
Time: 8:30 - 11:30 AM

FITNESS SAMPLER

Campers will have the opportunity to get a taste of different workout styles from yoga to cardio all with a kid friendly twist!

Dates: August 12-16
Time: 12:30 - 3:30 PM

GAME CHAMPION CAMP

Explore and master the world of board and card games. Whether you are rookie or an expert we will meet you where you at and help fine tune your strategy skills to become a champion of games. This activity will take place at Colonial Woods Missionary Church from drop off to pick up.

Dates: August 19-23
Time: 8:30 - 11:30 AM

DANCE CAMP

Campers will get a taste of ballet and hip hop and will work together on a performance for the end of the session.

Dates: August 19-23
Time: 12:30 - 3:30 PM

MAKE A SPLASH

Swim Lessons at the Y

71% OF THE WORLD IS WATER ~ CHILDREN ARE 100% CURIOUS

Teaching children how to be safe around water is not a luxury, it's a necessity in the Blue Water Area. Safety Around Water can help your children learn essential water safety skills while building their confidence and opening up a world of possibilities to safely satisfy their curiosity. **The class is 4 weeks long and is offered for FREE thanks to the support of Cargill and other generous donors.**

A typical session includes: Exercises to help kids adjust to being in water. Instruction in: Jump, Push, Turn, Grab and Swim, Float, Swim - two skill sets kids can use if they unexpectedly find themselves in the water. Specific safety topics like what to do if you see someone in the water who needs help. Fun activities that reinforce skills.

Court Street Pool - Port Huron

Saturdays: 12:30 - 1:30 PM
Session 1: June 22 - July 13
Session 2: July 20 - August 10

Hosted by: Port Huron Parks & Recreation

YMCA of the Blue Water Area

Thursdays: 5:30 - 6:30 PM
Session 1: June 27 - July 25
Y closed July 4th
Session 2: August 1-22

Hosted by: YMCA

Beebe St. Memorial Park (Richmond)

Fridays: 9:30 - 10:30 AM
July 12 - August 2

Hosted by: Richmond Parks and Recreation

SWIM LESSONS

As America's Favorite Swim Instructor and leader in water safety, our swim lesson program is designed to teach personal water safety, stroke development, water sports & games, rescue and personal growth skills. Using both instruction and play, kids build their skills as they are ready, ensuring that they succeed often, build confidence and have fun. The program is broken down by developmental stages, and swim skill level within three age categories: Parent and Child (6 months - 36 months), Preschool (3 - 5 years) and Youth (6 - 12 years). Private and semi-private swim lessons are available.

SWIM EVALUATIONS

Deciding which swim class to enroll your child or yourself in is fun and easy. Swim evaluations are offered on Monday, Tuesday and Wednesday prior to the beginning of a session.

	Water Discovery - Stage A	Water Exploration - Stage B	Water Acclimation - Stage 1	Water Movement - Stage 2	Water Stamina - Stage 3
Age	6 Months - 2 Years	2 - 3 Years	Preschool	Preschool	Preschool
Cost	\$40/\$65	\$40/\$65	\$40/\$65	\$40/\$65	\$40/\$65
Class Length	30 mins	30 mins	30 mins	30 mins	30 mins
Thursday	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM
Saturday	9:45 AM	9:45 AM	9:15 AM	9:15 AM	10:30 AM

	Water Acclimation - Stage 1	Water Movement - Stage 2	Water Stamina - Stage 3	Stroke Introduction - Stage 4	Stroke Development - Stage 5	Stroke Mechanics - Stage 6
Age	School-Age	School-Age	School-Age	School-Age	School-Age	School-Age
Cost	\$45/\$70	\$45/\$70	\$45/\$70	\$45/\$70	\$45/\$70	\$45/\$70
Class Length	45 mins	45 mins	45 mins	45 mins	45 mins	45 mins
Thursday				4:30 PM	4:30 PM	4:30 PM
Saturday	9:00 AM	9:00 AM	9:00 AM	10:00 AM	10:00 AM	10:00 AM