

A close-up photograph of a young girl with dark skin and braided hair, smiling warmly. She is wearing a pink t-shirt and a black backpack. The background is slightly blurred, showing other children in a crowd. The image is overlaid with a red diagonal graphic element in the bottom right corner.

# 2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> Summit Family YMCA <<

# Kids & Families



## CHILDCARE

**Play Center members only ages 3 months-12 years:** As a benefit of your family membership, we provide a drop-in care area for your children. Let us engage your child in fun activities while you work out at the branch! Experienced staff will help your child grow socially through games, informal play, sharing and taking turns. Children are provided with positive social experiences in a secure, playful environment while in our care. There is a 2-hour maximum per child per day, up to 10 hours per week.

### Play Center Hours

**Monday-Friday:**  
8:00 am-1:00 pm &  
3:30-8:15 pm  
**Saturday:**  
8:45 am-1:00 pm  
**Sunday:**  
12:00-4:00 pm



**Little Learners ages 2-3:** Have some YOU time while your child has some Y time! Parents can leave the YMCA during the program knowing that their child is in a safe and loving environment. Providing the building blocks of learning for children, our curriculum consists of circle-time, storytime, and gym-time, as well as mini-soccer, nurturing the potential of every child. Follows the Coweta County school calendar. [School Year](#)

**QUESTIONS?** [RebeccaS@ymcaatlanta.org](mailto:RebeccaS@ymcaatlanta.org)

**Parent's Night Out facility members ages 2-12:** Let the Y entertain your child, while you enjoy a night out knowing your child is having fun at the Y. Our experienced and caring childcare staff will provide fun activities for your child in a safe and well-supervised environment. Along with a pizza dinner, your child will enjoy a night of games, crafts, movies, but **registration is required**. FREE as a benefit of membership. Registration begins at 8:00 am online or at 9:00 am in the branch. Please see a membership sales associate for help setting up your online account. [Bi-monthly](#)

**QUESTIONS?** [sfychildcare@ymcaatlanta.org](mailto:sfychildcare@ymcaatlanta.org).

**School Break/Holiday Camps ages 5-13:** When School is out the Y is in for K-5th graders. Our focus is providing a fun, safe, environment for kids to explore new things, make new friends and grow collectively and as individuals.

**After School Program elementary & middle schoolers:** Give your child a positive, engaging place to grow! Our After School Program offers a nutritious snack, STEAM (science, technology, engineering, art, and math) activities, and Y Fit4Life (an exercise and nutrition based fitness program) all under the encouragement of a trained counselor. The Summit Family YMCA school bus is currently picking up students from the following schools: Arnall Middle School, Newnan Crossing Elementary, White Oak Elementary, Welch Elementary, and Jefferson Parkway Elementary. We also offer After School programming at Bennett's Mill Middle School in Fayetteville. Questions? Call the Y at 770-254-9622.

**QUESTIONS?** [RebeccaS@ymcaatlanta.org](mailto:RebeccaS@ymcaatlanta.org)

## ACTIVE OLDER ADULTS

Active Older Adults (AOA) at the YMCA experience a strong sense of belonging and create a network of friends who provide support for sustained health and well-being. Through on-going, fun, safe, and engaging programs, AOA members build relationships and increase self-confidence while celebrating the successes of each member of their community. At the YMCA, we've made the health and fitness of our seniors a top priority by providing programs for the spirit, mind and body. Through group exercise classes and aquatic programs that concentrate on mobility and flexibility, dance classes, social events, and volunteer activities, the YMCA is bringing Seniors together for camaraderie, fellowship and fun. Most seniors programs are free for Y members. Get involved!

- Book Club
- Craft Club
- Day Trips
- Pickleball
- BUNCO
- Crochet Group
- Lunch & Learns
- Potluck Socials

**QUESTIONS?** [LizW@ymcaatlanta.org](mailto:LizW@ymcaatlanta.org)



# Teen Programs



## TEEN PROGRAMS

For our young people, the right guidance and support can make a real difference in figuring out who they are and what they can achieve. Your Y is committed to nurturing teens to help them grow strong roots for success.

Through our leadership programs and social gatherings, your Y strives to ensure that every young person has an opportunity to envision and pursue a positive future. Building a strong foundation in leadership early in life encourages youth to take an active role in strengthening their communities as adults.

Participants in our teens programs can expect to make new friends, find the support they need and gain the confidence to challenge themselves.

**Leaders Club 6th–12th graders:** Leaders Club is a youth development program with a special emphasis on service learning, the development of leadership skills and cultural competence. The purpose of this club is to challenge each participant to develop a stronger sense of self-confidence, independence and cooperation, as well as to deepen his/her appreciation for the diversity and interdependence among the world's people creating cause-driven leaders. Teen Leaders will meet weekly, have a minimum of one community service project and social gathering per month, and have opportunities to attend local and regional teen rallies.

**Teen Advisory Board 8th–12th graders:** A forum for teens to meet other teens who enjoy service, want to have a voice in planning the activities for teens at the Summit Family YMCA, and help promote our services to their peers, both in and outside of the Y. We will meet as a group at least once a month. During meetings we will discuss and plan upcoming activities and talk about ways our Y can help teens. Meeting dates and times will be determined by the group as a whole.



## TEEN EVENTS

At the Y, Youth and Teens are encouraged to reach their full potential by mastering life skills needed to become positive adult citizens. We focus on developing youth and teens in a way that is specific to their individual need and interest through programs and social events:

**February:** Middle School Night

**March:** Teen Swim & Gym (open to community)

**May:** Middle School Night

**June:** Teen Luau (open to community)

**September:** Teen Block Party (open to community)

**October:** Middle School Night

**November:** Community Wide Teen Event

**QUESTIONS?** [RebeccaS@ymcaatlanta.org](mailto:RebeccaS@ymcaatlanta.org)

### TEEN LEADER QUOTE...

"The Y is different because it is based on good values that are firm and are genuinely believed by every person working and serving there. It places emphasis on family and compassion between people. You can see that evident in all youth programs where fun is the number one priority. You can even tell when talking to the people in higher up positions that they actually care. The fact that there is a term, "Y-People" to describe those who are energetic and passionate about their work or service is evidence enough for the values instilled there."

# Health & Wellness



## SIGNATURE PROGRAMS

**The COACH APPROACH®**, An Exercise Support Process a six-month program free for members ages 18+: Y exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program. Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercise on mood, stress & energy
- Stay on track even when your schedule throws you a curve ball!

Schedule an appointment at the Membership Desk to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

**Weight Loss for Life** free for members ages 18+: Weight Loss for Life is the next level to our signature exercise program, The Coach Approach. This program will help establish wise, controlled eating habits using behavioral tools that create long-term dietary changes. Both sustained weight loss and reduction in health risks have been the proven results of this program. See a Wellness Coach for more details.

## KIDS FITNESS

**Kids Triathlon Training** ages 6-15: This FREE training program is open to kids who are registered for the Atlanta Kids Triathlon in August. Trainings take place at the Y and will consist of fundamental and endurance training. Click here to register for the Atlanta Kids Triathlon. Once registered, sign up for our free trainings. **Summer**

## GROUP EXERCISE CLASSES

**Group Exercise Classes** for facility members 13 & older: Members, ages 13 & older, may attend as many group exercise and water exercise classes as they wish, as a benefit of membership. Reservations required for some classes—check our app or online schedule for details. Members ages 9-12 may participate in select group exercise classes when accompanied by a parent or guardian (except for Body Sculpt & Group Cycling). View our [online schedule](#).



## FITNESS EQUIPMENT

**Equipment Orientation** free for members ages 13+: Y Wellness coaches are available to answer your fitness questions, provide instruction on how to design a safe, effective exercise routine. Schedule an appointment at the Membership Desk.

**Youth Policy Fitness Guidelines:** Kids ages 9-12 may use Wellness Center equipment if the following requirements are met:

- Successfully complete an equipment orientation (with parent/guardian present) and earn a Character Value bracelet.
- Subsequent use of the area requires parent/guardian present (within arms reach) with Character bracelet visible!

Our wellness coaching staff is available to assist you with any questions or concerns you may have.

**QUESTIONS?** [KathyBa@ymcaatlanta.org](mailto:KathyBa@ymcaatlanta.org)

# Health & Wellness



## TRAININGS

**TRX® Suspension® Training for members ages 13+:** Designed by a Navy SEAL, TRX Suspension Training® is a complete total-body workout that helps athletes, military personnel, and general health seekers take their performance to the next level. TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Perfect for all fitness levels – from the beginner exerciser who just wants to get stronger and fitter to the professional athlete who needs peak performance. **Ongoing**

### **Personal Training for members only:**

An individualized program and training session, designed to assist you in achieving & maintaining a desired fitness level through strength training, cardio conditioning, and weight management. The Y strives to make available to you the most experienced and professional personal fitness trainers who will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine or conditioning yourself for a competitive sport. Complete the Personal Contact & Inquiry form and return forms to the Membership Desk. Your trainer will contact you within 24-48 hours.



### **Train Together for two members:**

Participants must train at the same time.

**Y-Fit** A high intensity strength and conditioning class for the person looking for a challenge! A wide variety of equipment and formats may be used including but not limited to – battle ropes, rowers, treadmills, weights, group cycles, BOSU balls, plyometric boxes, etc. **Ongoing, FREE Member Benefit**

Personal Training programs are only available to facility members. Sport-specific training is available.

## HEALTH IMPROVEMENT

**PD Gladiators:** Did you know that aggressive exercise is one of the best things someone with Parkinson's disease can do for themselves? This is why the YMCA of Metro Atlanta and the PD Gladiators have partnered to be able to offer group exercise classes focused on Parkinson's disease patients and caregivers. The PD Gladiators program is open to anyone with Parkinson's disease. Let's get aggressive and fight this disease together!

**Water Strength & Stability:** This program can help improve joint flexibility and muscle strength with the aid of the water's buoyancy and resistance. The classes are instructed in the warm water therapy pool. **FREE** member benefit offered on our [group exercise schedule](#).



## NUTRITION

**Good Measure Meals (GMM):** The Y is partnered with Good Measure Meals, an organization that makes it easy to eat healthy and enjoy gourmet food every day even with a busy schedule. Place your order and pick up at our Y. 100% of proceeds from your purchase supports Open Hand community nutrition programs provided free of charge to homebound seniors and individuals battling chronic or critical illness.

**QUESTIONS?** [KathyBa@ymcaatlanta.org](mailto:KathyBa@ymcaatlanta.org)



# Youth Sports



## SOCCER

**Rec League Soccer** ages 3-12 co-ed: This dynamic program offers age appropriate divisions. This program is a great way to introduce your child to soccer and we encourage parent involvement. This is a 7-week program with practices one day a week and games on Saturdays.

**Spring & Fall**

Camps and clinics are offered throughout the year to give participants a chance to further develop their skills or stay refreshed. Please check at the branch for further details.



## VOLLEYBALL

**Youth Volleyball League** ages 11-14 coed: Volleyball is an exciting sport combining team play and individual skills. YMCA Youth Volleyball promises no try outs, no getting cut and no bench warmers! Every child plays at least half of every game while making friends and learning new techniques.

**Spring & Fall**

## BASKETBALL

**Basketball Clinic** ages 3-4: This program will introduce young athletes to the basics of basketball in a safe and fun environment. No uniform required.

**Winter: December**

**Youth Basketball League** ages 5-14: Teams will work on passing, dribbling, shooting and team offense and defense. Every child should participate in every game and should receive equal playing time, regardless of skill level. We partner with the Atlanta Hawks to offer two free Hawks tickets to each basketball participant. **Winter: December**

## TUMBLING

Participants will learn the basics of tumbling in a progressive setting. Physical strength, flexibility, and kinesthetic awareness are all integral parts of gymnastics. The first step in becoming a gymnast is mastering tumbling.

**Tumbling Tots** ages 2-4 with adult: Instructor will help guide tot and parent through basic gymnastic skills to help develop strong motor skills. Curriculum is geared to safely introduce coordination, balance, and gymnastics equipment. Each class will use core values to build confidence, friendships and prepare participants for beginning tumbling.

**Beginner Tumbling** boys & girls, ages 4-12: This is a non-parent assisted class. Children begin to work on the foundations of gymnastics through various skills.

**Intermediate Tumbling** boys & girls, ages 4-12: Children must have successfully complete beginner tumbling. This class will introduce more independence and confidence of floor gymnastics. Must meet prerequisites.

**QUESTIONS?** [SashaS@ymcaatlanta.org](mailto:SashaS@ymcaatlanta.org)

# Tennis



## YOUTH TENNIS

**Juniors Tennis Drills ages 4-18:** Players are grouped by age and ability. The quick start method is used for ages 10 & under with low compression balls and smaller courts. Instruction will include stroke production, court positioning, shot selection and match play strategy. Register in advance for these 1- or 2-day-a-week, 6-week sessions.

**Intermediate/Advanced Drills for ages 13-18:** Drills for players who have had some instruction on the basic strokes of the game. Participants will be introduced to shot selection, court positioning and beginning match play.

**High School Drills for ages 12-18:** Drills for players who are interested in playing high school or tournament tennis. Players will have to be evaluated by Tennis Director before signing up for these drills.

## ADULT TENNIS

**Adult Drills ages 18+:** Drills are offered morning and evenings based on USTA ratings. Drills are available for beginner to advanced players. Participants uncertain of their USTA rating should contact the tennis office for an evaluation. Spaces are limited so pre-registration is encouraged. Drop ins allowed if spaces are available.

## TEAM PLAY

**Team Play ages 6+:** ALTA and USTA teams may play out of the Summit Family YMCA based on availability. Each team playing out of the Summit Family YMCA must have at least one full facility member.

## ALL AGES

**FREE Tennis Drills ages 6+:** Tennis is the game of a lifetime. Interested in trying the sport? Looking to pick it back up after some time off? As a Y member you can participate in free drills offered exclusively as a benefit of your membership! Register at the Registration Desk.

### Junior Drills:

Ages 6-10: Saturdays, 9:00-10:00 am

Ages 11-15: Saturdays, 10:00-11:00 am

### Adult Beginners Drills:

Mondays, 6:30-7:30 pm

Fridays, 9:00-10:00 am

### Adult Intermediate Drills:

Thursdays, 6:30-7:30 pm

**Private Lessons:** Offered in hour and half hour sessions. Private lessons must be booked by contacting 770-254-5934 or [BrownL@ymcaatlanta.org](mailto:BrownL@ymcaatlanta.org).

**Round Robin members only:** Social round robin offered for juniors and beginner adults ages 12 and up. Play is held on Sunday at 2-3:30 pm. The round robin is played in a doubles format with players switching partners every 4 games.

**Pickleball:** Pickleball is now available at your Y. If you have never played before clinics will be offered throughout the year. Open play is available 7 days a week during operating hours for facility members.

**QUESTIONS?** [BrownL@ymcaatlanta.org](mailto:BrownL@ymcaatlanta.org)

# Swim Lessons



We teach youth, teens and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Y Swim Lessons provide important life skills that could save a life and will benefit participants for a lifetime.



## GROUP LESSONS

**Swim Starters ages 6 months-3 years:** Lessons for infants and toddlers with a parent. Not designated to teach infants & toddlers to swim, but rather to learn to be comfortable in the water and develop swim-readiness skills.

**Swim Basics ages 3 & up:** Participants learn personal water safety and achieve basic swim competencies, such as swim, roll, float, jump, push and turn.

**Swim Strokes ages 3 & up:** Having mastered the fundamentals, participants learn additional water safety skills and build stroke technique.

## INSTRUCTORS

Our YMCA swim instructors are nationally certified and have training in CPR, AED, First Aid, and Oxygen Administration. To ensure participants have a trained instructor at every level and ability to help them progress through the stages, the following ratios are applied to our swim lessons classes.

**1:12 for Infant-Toddler + Parent Classes**

**1:4-5 for Preschool Classes**

**1:6-8 for School-Age, Teen & Adult Classes**

## REGISTRATION

Register for the days & times that work best with your schedule within the correct age group below. Skill tests will be administered during the first class to determine Stage of Learning. Participants are placed according to current skill level in order to advance quickly through the stages.

- **Infant/Toddler + Parent** ages 6 - 36 months
- **Preschool** ages 3-5 years
- **School-Age** ages 6-12 years
- **Teen & Adult** ages 13+

## PRIVATE LESSONS

**Private/Semi-Private ages 3+:** Improve or master your swimming skills with individualized attention. Instructors will work with you to determine your goals for the sessions so lessons can be customized to meet your goals and arranged to fit your schedule. Classes are 30 minutes and sold in packages at your membership desk.

**Adaptive ages 3+:** Children and young adults with special needs can learn to swim at the Y. This program is taught by specially trained aquatic staff and personalized to suit the needs of each individual. Previous experience in swimming is not required. Participants are enrolled in either a private or small group depending on their specific needs and abilities. Classes are 30 minutes and sold in packages at your membership desk. Not offered at all branches. Contact your aquatics director for availability.

## POLICIES

**Lightning Policy:** We close all pools, whirlpools, saunas, steamrooms, and pool decks for 30 minutes following lightning or thunder.

**Make-Up Policy:** In the event that your child misses a lesson, there will be NO credits or refunds given.

**Refund Policy:** Refund requests must be made in writing at least 72 hours before session starts.

**QUESTIONS?** [ChelseaC@ymcaatlanta.org](mailto:ChelseaC@ymcaatlanta.org)



# Swim Programs



## SWIM THE DISTANCE

**100 Mile Swim Club for facility members only:** If you are a member of the Y, love to swim, and wouldn't mind pushing yourself to reach the 100 mile mark, this challenge is for you! This lap swimming challenge starts January 1 and ends December 31. Swim at your own pace, with your own stroke, for as many days as you need to reach 100 miles. Register for the Challenge Online, and then download the Y App to keep track of your distance. T-shirts will be given to all participants at the end of the year or when you complete the challenge.



## YMCA SWIM TEAM

**Titans Swim Team ages 5-18:** The Titans are a registered USA Swimming swim team that competes in meets against other Y's in Metro Atlanta, as well in as other USA Swimming sanctioned meets. All swimmers are assessed for placement in the appropriate training group. All training groups focus on stroke development and personal goal-setting in an environment that emphasizes the YMCA character values of caring, honesty, respect, and responsibility. We will focus on teaching proper technique and mechanics for all four competitive strokes and the drills that reinforce that technique. We believe in a progression-based progress through drills and competition. **Summer: May – July**  
**Fall/Winter: September – March**

### BLUE GROUP

**Practice Times:** Mondays, Tuesdays & Thursdays from 4:00-4:45 pm

**Age Range:** 7-12 (suggested)

**Entrance Requirements:** Swimmers in the Blue Group should be able to complete the following swims in a continuous manner and with a good understanding of the mechanics of each stroke: 50 yards of Freestyle and 25 yards of Backstroke.

### SILVER GROUP

**Practice Times:** Mondays, Tuesdays, Thursdays & Fridays from 4:45-5:45 pm

**Age Range:** 8-12 (suggested)

**Entrance Requirements:** Before joining the Silver Group, swimmers should have attended Competitive (YMCA or USA) meets and have goals to achieve the following time standards for their age group: 2 BB times OR 4 B times (based on the Age Appropriate USA Motivational Time Standards, Short-Course Yards or Long-Course Meter)

### GOLD GROUP

**Practice Times:** Monday – Friday from 5:45-7:15 pm (Dryland on Tuesdays & Thursdays, 5:15-5:45 pm)

**Age Range:** 11-18 (suggested)

Age criteria based on swimmer's age at the beginning of the season.

**Entrance Requirements:** Before joining Gold Group, swimmers should have attended Competitive (YMCA or USA) meets and met the "Entrance Criteria" listed above. The Time Standards for Gold Group are as follows (based on the Age Appropriate USA Motivational Time Standard Short-Course Ys Long-Courser)

**Goals to Achieve:** 1 A Time, 2 BB times OR 4 B times (based on the USA Motivational Time Stans, Short-Course Yards or Long-Course Meters) and a consistent attendance record of 4 practices per week in current group.

### SENIOR

**Practice Times:** Mondays, Tuesdays, Wednesdays and Fridays from 6:15-7:30 pm

**Age Range:** 13-18

**Entrance Requirements:** Swimmers joining this group should be able to swim 2 lengths (50 yards) of free-style (with rotary breathing) and backstroke without stopping and must be able to swim, with regular breaks, for the full practice time.

**QUESTIONS?** [ChelseaC@ymcaatlanta.org](mailto:ChelseaC@ymcaatlanta.org)

# Swim Programs



## TRAININGS

### American Safety and Health Institute (ASHI)

**CPR & AED ONLY:** This course teaches the skills of Adult, Child, & Infant CPR for the general community. Ideal for anyone just wanting to be able to save a life.

**ASHI Community CPR/AED & First Aid:** Same as CPR except you will receive an additional certification in First Aid.

### ASHI CPR for the Professional Rescuer, First Aid, & Oxygen Administration:

This course teaches Adult, Child, & Infant CPR skills at a slightly higher level. It also includes the skills of Oxygen Administration and First Aid. This course is designed for Medical Professionals, Lifeguards, Group Exercise Instructors, etc. This course will require internet learning to be done outside of the YMCA, prior to the first day of class. We will offer ASHI Courses every month on the 3rd Saturday of the month...

January 18	February 15
March 21	April 18
May 16	June 20
July 18	August 15
September 19	October 17
November 21	December 19

### YMCA Swim Lesson Instructor Certification

**ages 16+:** Must be certified in CPR PRO, Oxygen Admin & First Aid prior to attending. This course will teach participants the components of YMCA Swim Lessons and how to teach children and adults to swim according to YMCA guidelines.

March, April/May, October



### YMCA of the USA Lifeguarding, CPR-Pro, First Aid, & Oxygen Administration ages 16+:

Participants need to be able to complete a physical competency requirements, including the front crawl, breaststroke and backstroke with inverted breaststroke kick. Students must be on time and attend every class meeting for successful course completion, including CPR for the Professional Rescuer, AED, Oxygen Administration, and First Aid Certification Classes.

February, April, May & December

**QUESTIONS?** [ChelseaC@ymcaatlanta.org](mailto:ChelseaC@ymcaatlanta.org)

## STAY CONNECTED



Check out our website...  
[www.ymcaatlanta.org](http://www.ymcaatlanta.org)



Like us on Facebook...  
[facebook.com/SummitYMCA](https://facebook.com/SummitYMCA)



Follow us on Twitter...  
[twitter.com/summit\\_family\\_y](https://twitter.com/summit_family_y)



Subscribe to our YouTube channel...  
[youtube.com/MetroAtlantaYMCA](https://youtube.com/MetroAtlantaYMCA)



Follow us on Instagram...  
[instagram.com/summitfamilyy](https://instagram.com/summitfamilyy)

**Lynch Park Pool:** Lynch Park Pool is owned by the City of Newnan and operated by the Summit Family Y. The YMCA staff is excited to offer quality services and activities for visitors to the outdoor pool. We also plan to offer programs like swim lessons, family events, water safety, and water exercise classes. The Y is committed to ensuring that the Lynch Park Pool is a fun, safe and exciting place to be, so be sure to look out for information about their Memorial Day, July 4th and special family activities throughout the summer!

# Summer Day Camp



Summit Family YMCA's Summer Day Camp offers a wide variety of summer camp options to meet your camper's needs. Our summer camps focus on the Y's values of caring, honesty, respect, and responsibility to ensure a safe, fun and exciting experience. Check out our camp guide for more detailed information about all our camps.

## TRADITIONAL CAMPS

Monday – Friday, 9:00 am – 4:00 pm

**FREE Extended Care:** 7:30-9:00 am & 4:00-6:30 pm

**Traditional Day Camp ages 5-12:** Campers will enjoy swimming, outdoor recreation, tennis, group games, arts & crafts, weekly themes, summer learning and more. These camps focus activities around our four core values of caring, honesty, respect and responsibility.

**Explorers** for ages 5-6

**Voyagers** for ages 7-8

**Pathfinders** for ages 9-10

**Trailblazers** for ages 11-12

## SPECIALTY CAMPS

Monday – Friday, 9:00 am-1:00 pm

**Free Pre-camp available:** 7:30-9:00 am

**STEM Camp ages 5-12:** In this half-day camp, participants will dive deep into the world of STEM. Campers will enjoy days filled with science experiments & engineering challenges and more!

**Art Camp ages 5-12:** In this half-day camp, participants will learn the history of art while painting, drawing, sculpting, and more.

## **SPORTS CAMPS** for ages 8-14

Monday – Friday, 9:00 am-1:00 pm

**Free Pre-camp available:** 7:30-9:00 am

**Cheer:** Cheer camp will focus on technique, teamwork and cheer fundamentals.

**Basketball:** The focus of this camp will be on importance of teamwork in addition to refining individual skills, dribbling, passing, receiving, shooting and defending.

**Tennis:** Campers attending this tennis camp will learn skills and drills and have some match play. Campers will learn technique, teamwork and sportsmanship.

**Volleyball:** Volleyball campers will learn the teamwork and important skills such as setting, passing, spiking, blocking and serving.

**QUESTIONS?** [SashaS@ymcaatlanta.org](mailto:SashaS@ymcaatlanta.org)

## TEEN CAMPS

Monday – Friday, 9:00 am – 4:00 pm

**FREE Extended Care:** 7:30-9:00 am & 4:00-6:30 pm

**Navigators ages 13-14:** This camp will be held onsite and off site. Teens will have the opportunity to give back to their community with weekly service projects, strengthen their leadership skills by taking weekly leadership classes and participate in fun outings.

**Advanced Leadership Camp (ALC) age 15:** This is a great opportunity for teens to gain valuable experience in leadership roles. They will spend their time at camp involved in a wide variety of activities including: leadership training, learning work ethics, game facilitation, doing community service projects, working with campers, as well as enjoying traditional camp activities. These teens will also spend time shadowing and assisting the counselors in all of the different camp activities. **2-week program**


**QUESTIONS?** [RebeccaS@ymcaatlanta.org](mailto:RebeccaS@ymcaatlanta.org)




# Summer Day Camp



**Key:** Traditional Camp • Sports Clinic • Specialty Camp • Teen Camp

Session 1: May 26-29	Session 2: June 1-5	Session 3: June 8-12
Explorers ages 5-6	Explorers ages 5-6	Explorers ages 5-6
Voyagers ages 7-8	Voyagers ages 7-8	Voyagers ages 7-8
Pathfinders ages 9-10	Pathfinders ages 9-10	Pathfinders ages 9-10
Trailblazers ages 11-12	Trailblazers ages 11-12	Trailblazers ages 11-12
	Basketball ages 8-14	Volleyball ages 8-14
	Art ages 5-8	Tennis ages 8-14
	Navigators ages 13-14	Navigators ages 13-14
	ALC age 15	ALC age 15

Session 4: June 15-19	Session 5: June 22-26	Session 6: June 29-July 3
Explorers ages 5-6	Explorers ages 5-6	Explorers ages 5-6
Voyagers ages 7-8	Voyagers ages 7-8	Voyagers ages 7-8
Pathfinders ages 9-10	Pathfinders ages 9-10	Pathfinders ages 9-10
Trailblazers ages 11-12	Trailblazers ages 11-12	Trailblazers ages 11-12
Cheer ages 8-14	Basketball ages 8-14	Navigators ages 13-14
STEM ages 5-8	Tennis ages 8-14	
Navigators ages 13-14	Navigators ages 13-14	

Session 7: July 6-10	Session 8: July 13-17	Session 9: July 20-24	Session 10: July 27-31
Explorers ages 5-6	Explorers ages 5-6	Explorers ages 5-6	Explorers ages 5-6
Voyagers ages 7-8	Voyagers ages 7-8	Voyagers ages 7-8	Voyagers ages 7-8
Pathfinders ages 9-10	Pathfinders ages 9-10	Pathfinders ages 9-10	Pathfinders ages 9-10
Trailblazers ages 11-12	Trailblazers ages 11-12	Trailblazers ages 11-12	Trailblazers ages 11-12
Basketball ages 8-14	Tennis ages 8-14	Navigators ages 13-14	
STEM ages 9-12	Art ages 8-12		
Navigators ages 13-14	Navigators ages 13-14		
ALC age 15	ALC age 15		

# Belong. Engage. Connect



## SEVERAL WAYS TO VOLUNTEER AT YOUR Y.

### Sign up and show up!

Below is a link to our event volunteer opportunities that allow you to sign up and then show up the day of the event, filter through Summit: <https://tinyurl.com/yc4ze6kh>

Looking do something on a more consistent basis? Here is a link to our on-going volunteer needs; these are needs that run on a weekly basis and require a background check provided by the Y. Filter using Newnan as your location. <https://tinyurl.com/y77t83fm>

### Togetherhood™

With Togetherhood there are opportunities to serve on a committee throughout the year to plan 6 projects that make an impact in our community outside of the walls of the Y or volunteer on individual community projects that interest you. Use this link and filter through Summit-Togetherhood. <https://tinyurl.com/yc4ze6kh>

### Corporate Volunteerism

Corporate volunteerism enhances visibility for the company while also assisting the YMCA. If your company would like to build a stronger community, boost employee morale and visibility in the community, contact our Assistant Director-Community Outreach to discuss ways to partner with your Y as a volunteer.

For up to date volunteer and community outreach posts, join our Summit Family YMCA of Newnan Volunteer Facebook group [here](#).

### Save-the-Date for the Veterans' Expo

**Feb 27th 4-7p.m.** The first of it's kind in Coweta! Togetherhood brings you an Expo like none other that will benefit our military community and families with free services, food, vendors, prizes and more. Open to our community and free-bring a friend!

**QUESTIONS?** [JennyS@ymcaatlanta.org](mailto:JennyS@ymcaatlanta.org)

## MEMBER EVENTS:

Engage in monthly member fun nights like Game Night, BINGO, Trivia, and Ice Cream Sunday parties throughout the year as well as several larger member and community events.

**Princess Ball** Tiaras, princess dresses, party shoes and glitter. Celebrate your princess at this fun, annual event. **March**

### Healthy Kids Day all ages:

This annual event is our national initiative to improve the health and well-being of kids. Bring your kids for a fun-filled few hours of games, arts & crafts, snacks and more. **April**



**Days of Service:** This event brings together 2,000+ corporate and individual volunteers to make a collective impact of service over two days. Volunteers will complete more than 20 community service projects for our partners across the metro area. **September**

**Welcoming Week:** We believe our communities are stronger when everyone feels welcome and we work together for the common good. Welcoming Week is a chance for neighbors—both immigrants and U.S.-born residents—to get to know one another and celebrate what unites us as a community! **September**

**Fall Festival:** Harvest a great time at our annual Fall Festival. Join us for games, arts and crafts, activities, and plenty of tricks and treats. **October**

### Veteran's Breakfast & Veteran's Week

A special morning honoring our service men and women. **November**

**Winter Wonderland/Cookies with Santa:** Join us for a morning of storytelling, arts and crafts, and special treats. Santa will be available for pictures with the family. **December**