

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 group setting. The image is overlaid with a red diagonal graphic element in the bottom right corner.

2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> Northwest Family YMCA <<

Kids & Families



FACILITY MEMBER BENEFITS

Clubhouse ages 12 weeks-5 years: While parents are enjoying our programs and services at the Northwest Family YMCA, their children are divided into age-appropriate rooms that are monitored by well-trained staff. Children ages 2 & older will enjoy stories, crafts, music & movement, literacy centers, math & shape centers and more. There is a 2-hour limit per day with up to 10 hours per week max. **FREE** for Facility Members with Family Membership

The Zone ages 5-12: Kids have fun and socialize while playing active video games, STEM challenges, crafts, game nights and more. There is a 2-hour limit per visit with up to 10 hours per week max. **FREE** for Facility Members with Family Membership

CLUBHOUSE HOURS

Monday - Friday:

8:00 am-1:30 pm

3:00-8:00 pm

Saturday:

8:00 am-1:30 pm

Sunday:

1:00-5:00 pm

ZONE HOURS

Monday - Friday:

3:00-8:00 pm

Saturday:

8:00 am-1:30 pm

Sunday:

1:00-5:00 pm

Hours extended when school's out.

Rock Wall ages 4 & up: Kids and adults alike can take their workout to new heights on our rock climbing wall. Children ages 4-7 must have a parent present at the wall while climbing. All climbers must present their membership card.

Monday - Thursday, 5:00 - 8:00 pm

Fridays, 4:00 - 7:00 pm • Saturday, 9:00 am - 1:00 pm

Sunday, 2:00 - 4:00 pm

School Holidays: 9:00 am - 1:00 pm

FREE for Facility Members

PARENT BREAKS

Parents' Morning Out ages 2-5: Our PMO program is designed to provide positive, age-appropriate experiences to help your child grow and learn. Children will explore shapes, colors, letters and early math concepts through a variety of games, puzzles, songs and activities as well as a scheduled story time, craft time and playground (or gym) time. Each day has a special activity time focused on either science, tumble, art, dance or music. Sign up for 1-5 days per week.

Mondays: Super Scientists

Tuesdays: Tiny Tumblers

Wednesdays: Amazing Artists

Thursdays: Dazzling Dancers

Fridays: Mini Musicians



Parent's Night Out facility members only ages 2-12:

You can feel confident knowing your children are happy and safe as they enjoy a variety of fun activities with their Y friends while you enjoy a much needed night out. Children bring their own dinner. Registration opens on the first day of the month before the event at 7:00 am. Register in person or online. This is a very popular event so make sure to register early. **1st Saturday of each month, except for July.**

QUESTIONS? ErikaS@ymcaatlanta.org

Kids & Families



AFTERSCHOOL CLUBS

Science Club ages 6-12: Students will explore the world of science through fun, hands-on projects designed to keep young, active minds engaged.
Spring & Fall

Craft Club ages 6-12: Join in the fun as we paint, draw, cut, sculpt and create! Students will be able to unleash their imaginations and creativity.
Spring & Fall

Archery Club ages 6-13: Safety, skill and mastery! Kids will be introduced to age-appropriate techniques with an emphasis on fun, self confidence and safety.
Spring & Fall

Climbing Club ages 7-12: Rock climbing is an amazing sport that allows you to conquer fears, improve self-confidence, exercise and learn to trust yourself and those around you. In this class children will learn skills and techniques on our indoor climbing wall, led by our certified instructors. Winter, Spring & Fall



HOMESCHOOL PROGRAMS

Homeschool Art facility members only ages 5-12: In this hands on two-hour class, our budding artists will work with various art media to create a take home piece each session. See the Homeschool Programs' flyer for more details! Monthly

Homeschool PE FREE for Facility Members ages 5-12: This class is a great way for kids to move and play while learning new skills and trying new activities. See the Group Ex schedule for more details.
Tuesdays and Thursdays

QUESTIONS? ErikaS@ymcaatlanta.org

SCHOOL BREAK CAMPS

Preschool Mini Camps ages 2-5: Pick a day to stay and play when local schools are on break. Each day will include activity centers, games, stories, a craft and a healthy snack all centered around the day's theme. Check out the seasonal flyer for more info. Register by the day.

School's Out Camp ages 5-12: Does the school calendar leave your kids out of school more often than you can take off work? We are bringing the best of camp activities including climbing wall, swimming, gym games, and more right here to the YMCA for safe, affordable, and fantastic fun for your kids during the school holidays.

MENTORING

REACH & RISE™ Mentoring Program serving at-risk youth ages 9-17: REACH & RISE™ helps at-risk youth overcome personal, social and family challenges through a positive adult-child relationship. All kids have great potential. At the Y, we work to help children and teens achieve their goals. Through this program, we are striving to make sure that every child has an opportunity to envision and pursue a positive future, and to take an active role in strengthening his or her community. We offer one-on-one and group mentoring. Student mentee referrals taken year round, and mentor training also offered year round.

QUESTIONS? BeckyC@ymcaatlanta.org

Kids & Families



Family Fun Nights: A night of family-style fun once a month on Fridays. All activities are planned so that parents and their children can have fun TOGETHER and focus on a fun theme. FREE for facility members, but please register in advance. [Monthly](#)

4th & 5th Grade Nights: Join us for a night of camp-style fun just for students in 4th and 5th grades. Kids will swim, climb the wall, do team and STEM challenges and gym games. Pizza will be provided. Bring a friend – the community is welcome! [Monthly dates that coincide with Middle School Nights](#)

SPECIAL EVENTS

Sweetheart Dance [ages 4-12:](#) Children can enjoy a special “date” with their parent, grandparent or any special adult. [February 8](#)

Healthy Kids Day [all ages:](#) We are planning a morning of active outdoor fun. Join us for games, challenges, demos, vendors and bounce houses. [April 27](#)



Spooktacular [all ages:](#) Everything you love about fall wrapped into one festival. Wear your favorite costume for an evening of fun with games, bounce houses, spooky trail, scavenger hunts, fall crafts, prizes, food and more! [October 24](#)

Holly Jolly Christmas: Visit the Elves’ Workshop to make ornaments and Christmas cards, play some reindeer games with your family, enjoy a holiday breakfast and visit with your favorite holiday characters! [December 12](#)

QUESTIONS? KristinaK@ymcaatlanta.org



BIRTHDAY PARTIES

Birthday Parties [facility members only ages 1-12:](#) Let us host your child’s birthday party! We will provide party hosts to help you set up, lead activities and clean up. For available times and pricing, contact Youth & Family Coordinator [Erika Swales](#).

Toddler Time Party [ages 1-4](#)

Twist & Roll Tumble Party [ages 3-7](#)

Splashin’ Bash Pool Party [ages 5 & up](#)

Rockin’ Y Climbing Wall Party [ages 5 & up](#)

QUESTIONS? ErikaS@ymcaatlanta.org

Dance & Tumble



Our dance/tumble programs follow the Cobb County School's calendar, August to May. Our instructors will help your child build confidence, perfect practicing techniques and develop a love for healthy living as they learn their routines. In May, participants will perform in a dance recital or tumble demo.



PRESCHOOL DANCE

Beginner Ballet ages 2-3: Welcome to ballet for the beginner. Your young one will have a ball while gaining flexibility, coordination, and self-confidence.

Preschool Ballet & Tap ages 2-5: Your preschooler will learn ballet and tap basics while gaining flexibility, coordination, and self-confidence.

YOUTH DANCE

Ballet/Tap & Jazz ages 5-7: Flow from the smooth transitions in ballet to quick tapping feet to the sharp movements of jazz.

Ballet/Jazz ages 6-11: Learn challenging ballet technique then transition into current jazz routines.

Hip Hop ages 6-11: A great chance for your dancer to try a different style of dance that is upbeat and high energy, while learning to memorize choreography by working on a combination each class.

Rising Stars Performing Group 1st graders+: This is an invite-only group for those who have previous dance experience. These dancers will perform at Y events and in the community.

TUMBLE

Tumble classes are based on ability, not age.

Preschool Tumble coed ages 3-5: Allows active preschoolers to develop a love for tumbling while increasing their physical fitness. Participants will gain flexibility and coordination while learning forward and backward rolls.

Boys Tumble boys only ages 4-8: Customized to the skills and energy level of young boys. Participants will work on rolls, handstands, cartwheels and other skills that will help with flexibility and coordination.

Tumble 1 ages 3-12: A beginner class is for girls who have no previous tumbling experience. Participants will practice forward & backward rolls, handstands, cartwheels, bridges and strengthening exercises. Solid cartwheel needed to advance to Tumble 2.

Tumble 2 ages 5-12: Intermediate class is for girls who have completed Tumble 1 or have a solid cartwheel. Participants will continue to perfect tricks from Tumble 1 and add backbend kickovers, handstand snapdowns, walkovers, roundoffs and more to their skills. Solid backbend kickover/walkover needed to advance.

Tumble 3 ages 6-14: Advanced class is for girls who have completed Tumble 2 or have a solid backbend kickover & walkover. Participants will learn backhand springs, ariels & more and will begin linking skills together by using roundoff with back handsprings.

Tumble Extreme: Invite-only class.



QUESTIONS? SamA@ymcaatlanta.org

Youth Sports



PRESCHOOL SPORTS

Sporties for Shorties ages 2.5-3.5: A non-competitive parent/child soccer program. Kids explore the simplest basics of group sports, along with games and free play. Emphasis is on having FUN while developing your child's large & small motor skills, attention span & ability to follow directions.
Spring: March • **Fall:** September

Preschool Basketball ages 3-6: Introduce your child to basketball in a non-competitive atmosphere, emphasizing good sportsmanship and having fun, while developing skills for future basketball programs.
Fall/Winter: November – January



YOUTH & ADULT SOCCER

Youth Soccer ages 3-18: Our recreational soccer league offers a quality soccer experience in a fun playing environment for players of all skill levels. Our goal is to introduce the game by putting an emphasis on sportsmanship and fair play. We want to not only develop the player but also the person.
Spring: March • **Fall:** September

Academy & Select Soccer ages 6-18: Give your child the opportunity to develop his/her skills at a competitive level in the state and region under the guidance of top coaches.
Tryouts: May & June

Adult Soccer ages 18+: The Y offers soccer for adults seeking a fun way to stay fit and connected. Whether you're a competitive player looking for a challenge, an experienced older player looking to stay active or a beginner, we have a league for everyone.
Spring: March – May
Fall: September – November



VOLLEYBALL

Youth Volleyball League 2nd-12 grade: We've teamed up with Cobb Atlanta Volleyball to offer a fun, instructional rec league with Thursday and Friday night practices for Sunday afternoon games.
Spring: February • **Fall:** August • **Winter:** November

FOOTBALL

Flag Football ages 6-13: Come and play flag football at the Y. Game are held on Sunday afternoons at Hubert Park in Acworth. Shirts provided.
Winter: December – February

QUESTIONS? WCYSports@ymcaatlanta.org

Teen Programs



TEEN LEADERSHIP

Leaders' Club for grades 7th-12th: The Leaders' Club is for teens who want to develop leadership skills and make an impact in their community by using their ideas, strengths and interests. The club requires a commitment to attend regular club meetings and participate in special activities and overnight events throughout the year. Teens will have the opportunity to meet new people, build new relationships, learn valuable skills, get involved in the community and learn what it truly means to be a Leader.

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."

TEEN NIGHTS

Middle School Nights for grades 6th-8th:

Come meet new people and create new friendships! Activities will be based on a monthly theme and will include swimming, group games like dodgeball, basketball, capture the flag, and more. Bring a friend and register in advance to save. Pizza provided.
3rd Saturday of the each month



QUESTIONS?

KristinaK@ymcaatlanta.org

STAY CONNECTED



Check out our website...
ymcaatlanta.org/wcy



Like us on Facebook...
facebook.com/NorthwestFamilyY



Follow us on Twitter...
twitter.com/AtlantaYMCA



Subscribe to our YouTube channel...
youtube.com/MetroAtlantaYMCA



Follow us on Instagram...
instagram.com/atlantaymca

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+

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.

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? PeggyH@ymcaatlanta.org

Swim Programs



YMCA SWIM TEAM

Wahoos Swim Team facility members ages 4-18:

We have an “everybody swims, everybody wins” atmosphere. Coaches will work on all four competitive strokes as well as dives and turns. Our philosophy is Youth Development. Throughout the year we will work on self-awareness, self-esteem, team-building and self-confidence. We will compete against other Metro Atlanta Ys. Cost will include a team t-shirt, swim cap, end-of-season banquet and medals. All new swimmers must sign up for a swim evaluation before registering for the team. [Register in person only at the Y. Runs late August through Early March.](#)

Rookie Red ages 4-6: This is a great next step for swimmers who have completed our Y Swim Lessons. These swimmers must be able to swim 25 yds unassisted free style and must be comfortable in deep water. This group will work on front and back crawl, dives and turns.

Bronze Group ages 6 - 11: This group must be able to swim 25 yds front & back crawl non-stop. Swimmers must be comfortable in the deep water. This group will work on front and back crawl. We will introduce them to breast stroke, butterfly, dives and turns.

Silver Group ages 10 - 15: This group must be able to swim front and back crawl, 25 yds non-stop, and have basic knowledge of breast stroke & butterfly. This group will work on stroke technique as well as stroke endurance, dives and turns. Swimmers in this group must commit to at least 80% of swim meets.

Gold Group ages 8 - 11: This group must have a signed coach’s placement sheet before registering. Swimmers must commit to four days per week of practice and 80% of swim meets. Swimmers must have achieved at least a level “B” USA motivational time & be legal in all four competitive strokes/turns.

ELITE Group ages 12 - 18: This group must have a signed coach’s placement sheet before registering. Swimmers must commit to four days per week of practice and 80% of swim meets. Swimmers must have achieved at least a level “B” USA motivational time & must be legal in all four competitive strokes/turns.

PRIVATE LESSONS

Private/Semi-Private Lessons members only ages 3+: Cost includes 3-hour block of time (your choice of three 1-hour, six 30-minute or four 45-minute lessons). One-on-one instruction, for a wide range of swimming abilities. Please stop by the Membership or Aquatics Office to fill out a private lesson request and an instructor will contact you when they have an opening in their schedule. Payment required on the first day of lesson. Must be used within 8 weeks of purchase.

SPECIALTY SWIM

Stroke Clinic ages 6 & up: The class refines all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). Students will begin to have more structure training sessions that will prepare them for the swim team.

[April, May & August](#)

QUESTIONS? PeggyH@ymcaatlanta.org

Health & Wellness



SIGNATURE PROGRAMS

The COACH APPROACH[®] Exercise Support Process A six month program provided free for members 18+: Maximize your membership with The Coach Approach – a YMCA 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 exercising on mood, stress & energy and stay on track when schedules throw you a curve ball. Make your first Coach Approach appointment in the Membership Office or at the Wellness Desk.

Weight Loss for Life free for members ages 18+: This 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.

FITNESS EQUIPMENT

Cybox Equipment Orientation free for members ages 9+: Y Wellness Coaches are available to answer your fitness questions, provide instruction on how to use the Cybox equipment and design a safe, effective exercise routine. Schedule appointments in the Membership Office or at the Wellness Desk.

Facility members ages 9-12: May use select wellness equipment upon meeting the following criteria:

- Complete orientation with parent/guardian present
- Workout only with parental supervision

GROUP EXERCISE

Group Exercise Classes for facility members 13+: We offer a variety of land and water group exercise classes including Boot Camp, YFit, Zumba, Water Aerobics, Pilates, Yoga, multiple Strength Training classes and more. Check out our [schedule](#) online.

TRAINING

Personal Training facility members ages 13+: Meet with a trainer who will develop a personalized program just for you. Discover ways to take your workout to the next level. May be used in 1-hour or 1/2-hour sessions with certified Y trainers by appointment only. Register in Membership Office.

Kids Triathlon Training ages 6-15: FREE 7-week training program open to kids who are registered for the [Atlanta Kids Triathlon](#). Trainings consist of fundamental and endurance training. Once registered, sign up for our free trainings. [June/July](#)



AIREFITNESS

AireFitness: FREE addition to your workout options. Located in our upper lot. This pod provides challenging functional fitness training, circuit classes and open workout time in a refreshing, outdoor setting! Check our [schedule](#) online to find classes.

Small Group Training: Check out our small group training options offered at our cutting edge, outdoor AireFitness. For a small monthly fee, you can take your fitness to another level in a small group environment with one of our experienced personal trainers. Various days and times are available beginning in March.

CHALLENGES

Wellness Challenges: FREE new challenges are presented every 6-8 weeks to motivate and inspire our members. Look for flyers near the Wellness Office for details.

QUESTIONS? AbbyP@ymcaatlanta.org

Community Programs



TRAINING CLASSES

Child and Babysitting Safety Classes ages 11-16:

This class is a great way for your preteen/teenager to learn the basic skills of caring for a baby or young child. It could be a great experience in teaching your teen how to build and run their own small business. This course will give teenagers everything they need to know from safety and injury prevention, tips on age appropriate play/games, speaking with parents, feeding infants and children, key safety caregiving skills, and first aid tips, (recognizing an emergency, caring for bites/stings, cuts and scrapes and knowing how to care for a choking infant/child). All students who pass course will receive CABS Certification Card.

Lifeguard Training Class ages 15 & up: This course is designed to give participants the basic knowledge needed to be lifeguards in the pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to guard, anticipate, and prevent problems and take action to help those in danger when necessary. It also covers safety and survival skills every swimmers needs or know, accident prevention, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, weather & open water dangers, legal responsibilities, etc. Pre-requisites include current first-aid certification, current CPR, current certification in AED and Oxygen Administration. Complete medical clearance is recommended. For Red Cross classes, participant must be 15, but YMCA classes, participants must 16 by course start date. If under the age of 18, participant must have parental consent to take this course and pass a swimming test.

QUESTIONS? PeggyH@ymcaatlanta.org

SENIORS

Senior Trips and Tours ages 55+: On a monthly basis we will have activities, get togethers, trips and events. Look for flyers posted around the Y about the trips and events. Trips may include apple picking, shopping, visiting one of the Atlanta area gardens or helping with our lunch break program. Open to all members and the community. Questions? Contact Elizabeth Janda at ElizabethJ@ymcaatlanta.org.

Senior Health & Wellness ages 55+: We offer group exercise and water exercise classes especially for our senior members. We also offer Pickleball in the gym to keep you moving and active.



NUTRITION

Good Measure Meals 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 the Northwest 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.

Volunteer & Outreach



LUNCH BREAK PROGRAM

The Y is committed to nurturing the potential of kids, promoting healthy living and giving back to our neighbors. This is why we commit hundreds of staff hours and ask our members to volunteer to help us achieve these goals through our Lunch Break Program. This program brings meals to children in our community during the summer and other school breaks, when they are not able to get lunch at their schools. Members can sign up to donate food items, pack the lunches, or deliver the lunches to one of our sites. Those who deliver the lunches can visit with families, play games with the children, and have a chance to see this project up close. Y staff and volunteers build relationships with the children while leading games, songs, crafts and other activities designed to get them moving and enjoy being outside. Young leaders from our summer teen camp also benefit from the program by planning games and crafts for the kids. To be included in our volunteer mailing list, email Associate Director of Community Engagement Becky Cross at BeckyC@ymcaatlanta.org.

TOGETHERHOOD®

Togetherhood® is the Y's member-led volunteer service program. It activates Y members to work together to plan and lead service projects that respond to local community needs. Togetherhood® creates social change and demonstrates that we're a charity dedicated to strengthening community. We will team up with other organizations throughout the year on Togetherhood® projects. Watch this [video](#) to find out more about this national YMCA program.

VOLUNTEER OPPORTUNITIES

Volunteer opportunities are available in every department. Some examples include:

- **Preschool & Youth Sports Volunteer:** Coach, referee, picture day, score keepers, tournaments or help in our sports department office.
- **Administrative Champion:** Assist our office staff with filing, copying and data entry.
- **Welcoming Ambassador:** Smile and greet our members, scan cards at our membership desk.
- **Nursery/PlayCenter:** Conduct special activities, arts & crafts, storytelling, etc.
- **Wellness:** Empower youth through fitness and nutrition programs.
- **Program Intern:** Perform duties and work with a Y Program Director.
- **Lunch Break Volunteer:** Prepare, pack and deliver lunches during school breaks and summer.
- **Aquatics Champion:** Assist instructors with swim team & special events in the pool.
- **Togetherhood Committee:** YMCA's signature program for social responsibility. This program invites Y members to lead and participate in volunteer service projects that benefits the communities where they live.
- **REACH & RISE™ Mentor**
(see Kids & Families page in this guide)

For current volunteer opportunities, contact Becky Cross at BeckyC@ymcaatlanta.org for more information.

Summer Day Camp



Camp is a powerful experience that can strengthen the values that you, as parents, are teaching daily. At the Northwest YMCA, we offer a wide array of summer camp options to meet every camper's needs. All of our summer camps are designed to make summer fun, exciting, and safe while focusing on the Y's values of caring, honesty, respect, and responsibility. For more information, see our camp guide.

QUESTIONS? ErikaS@ymcaatlanta.org

Key: Preschool • Traditional • High Harbour • Specialty • Teen

Session 1: May 26-29

Summer Carnival ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-12
AM – Nature Camp ages 5-8
AM – Flying Fish ages 9-12
PM – Beyond Brushes ages 5-8
PM – Pet Academy ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 2: June 1-5

Superheroes ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Starfish ages 5-8
AM – Take Flight ages 9-12
PM – Jr. Geologists ages 5-8
PM – Dance Mania ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 3: June 8-12

Splish Splash Beach ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Starfish ages 5-8
AM – Outdoor Adventures ages 9-12
PM – Hydromania ages 5-8
PM – Lego Robotics ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 4: June 15-19

Pirates & Princesses ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Jr. Geologists ages 5-8
AM – Flying Fish ages 9-12
PM – Nature Camp ages 5-8
PM – ARTrageous ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 5: June 22-26

Splish Splash Ocean ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Starfish ages 5-8
AM – Music Makers ages 9-12
PM – Musical Theater ages 5-8
PM – Mind Storm ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 6: June 29-July 3

Holiday Hoopla ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Hydromania ages 5-12
PM – Beyond Brushes ages 5-12
Navigators ages 12-13
ALC ages 14-16

Summer Day Camp



Key: Preschool • Traditional • High Harbour • Specialty • Teen

Session 7: July 6-10

Animal Planet ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Big Top Talent ages 5-8
AM – Pet Academy ages 9-12
PM – Dance Mania ages 5-8
PM – Musical Theater ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 8: July 13-17

American Adventures ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Starfish ages 5-8
AM – Take Flight ages 9-12
PM – Beyond Brushes ages 5-8
PM – Hydromania ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 9: July 20-24

Splish Splash ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Starfish ages 5-8
AM – Outdoor Adventures ages 9-12
PM – Hydromania ages 5-8
PM – ARTrageous ages 9-12
Navigators ages 12-13
ALC ages 14-16

Session 10: July 27-31

Olympic Week ages 3-5
Explorers ages 5-6
Voyagers ages 7-8
High Harbour ages 9-12
AM – Nature Camp ages 5-8
AM – Flying Fish ages 9-12
PM – Big Top Talent ages 5-8
PM – Mind Storm ages 9-12
Navigators ages 12-13
ALC ages 14-16

HIGH HARBOUR

Campers will be bused from the Y to YMCA Camp High Harbour, located on Lake Allatoona. They will learn new activities and skills including: paddle boarding, kayaking, tubing, high & low ropes course, climbing tower, archery, team sports, arts & crafts, swimming, boat rides, bush cooking and more.

SPECIALTY CAMP

We offer a variety of morning and afternoon specialty camps that focus on areas of interest such as art, robotics, science and music. Campers will engage through games, activities, challenges, and teamwork. We will also host community leaders who are experts in their field.

TEEN CAMP

Navigators Camp is the first step in our leadership development continuum, followed by our Advanced Leadership Camp (ALC). Both camps teach leadership skills and team building, while offering opportunities for fun and service to their community.

PRESCHOOL CAMP

These morning camps are especially designed for maximum fun for our youngest campers. They will enjoy games, crafts, centers, stories & songs – all centered around the weekly theme. Campers must be completely potty trained.

TRADITIONAL CAMP

Our traditional camp is an active, outdoor camp held here at the Y that includes games, challenges, crafts, STEM activities, archery, and daily pool time – all centered around weekly themes. Activities are designed to build self confidence, develop social and problem-solving skills, teach teamwork, and build lasting friendships.

Camps run weekly, MON– FRI

Preschool:

9:00 am-12:30 pm

Specialty:

AM – 9:00 am-12:30 pm

PM – 12:30-4:00 pm

Traditional & Teen:

9:00 am-4:00 pm

Free Pre Camp & Post Camp

for Full-Day Camps Only:

7:30-9:00 am & 4:00-6:00 pm