ADVENTURE AWAITS!

2017 SUMMER CAMP & AQUATIC GUIDE

ymcasouthflorida.org
EXPERIENCE THE ADVENTURE
Summer Camp at the Y!

We believe all kids deserve the opportunity to discover who they are and what they can achieve. Summer Camp at the Y offers a variety of adventures from sports, to science, art, aquatics and fitness and camps in South Florida’s natural habitats where campers will go fishing, canoeing, exploring marine life and more.

SIGN UP FOR SUMMER CAMP AT THE Y.
Visit your local Y’s front desk or register online at: ymcasouthflorida/Camp

*Camp details included are as of March 8, 2017, and subject to change. Please call your local Y directly for any up-to-date information.

MEMBERSHIP
Enjoy the benefits of membership by joining one of our YMCA Family Centers. Savings on summer camp is just one of the ways your family can benefit by being a member of the Y. Learn how you and your family can grow in spirit, mind and body by taking a tour of one of our YMCA Family Centers. ymcasouthflorida.org

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DAY CAMP

Discover and explore nature, new talents and new activities while gaining friendships, independence and memories. Day camp includes sports, music, dance, swimming, outdoor activities, field trips and special events. Ages 5 to 12 years old.

WEEK 1
June 12 – June 16
AMAZING RACE:
Campers will enjoy participating in team building skills as well as experiencing the thrill of competition as they race to the finish line. Ready, set, go!

WEEK 2
June 19 – June 23
SUPER HEROES:
Create your own Super Hero and join with other campers to solve a quest each day to save the camp. Community heroes will make special visits to camp.

WEEK 3
June 26 – June 30
WORLD FESTIVALS:
Campers will experience different world cultures! Children will map a course to go around the world in 5 days and have fun while learning about other cultures. Bring a friend!

WEEK 4
July 3 – July 7
EXPLORE FLORIDA:
Campers will learn about all the fascinating destinations in Florida including a National Park and enjoy special activities across Broward, Miami-Dade and Monroe counties. Ready to Explore?

WEEK 5
July 10 – July 14
COLOR WARS:
Get your game face on. Campers will be participating in team competitions all week. Along with spirited fun campers will be encouraged to demonstrate the Y Core Values.

WEEK 6
July 17 – July 21
SPORTS EXTRAVAGANZA:
Experience a variety of sports, fitness and games geared for girls and boys. Increase agility, strength and skills while having fun. Ready to play ball?

WEEK 7
July 24 – July 28
WATER WARS:
Wet fun for all to enjoy. Keep cool with a week of water adventures guaranteed to make every day wet and wild. Who is ready to jump in?

WEEK 8
July 31 – August 4
MYSTERY AND MAGIC:
This camp brings to life some of your camper’s favorite fantasy stories. Campers will explore the unknown, embrace their curiosity and test various myths throughout the week. Calling all Wizards.

WEEK 9
August 7 – August 11
Y’S GOT TALENT:
Show us what you’re made of. It’s time for our campers to reveal their hidden talents. Individually or as a group, everyone’s a star on stage. Lights, camera, action!

WEEK 10
August 14 – August 18
SUMMER HIGHLIGHTS:
Come relive all the best moments of each week. From Sports to Super Heros to Water Wars, come join the fun for all!

* No camp
July 4th

NO ADDITIONAL CHARGES FOR PRE & POST CARE

Get a big dose of what you really love with a week focused on a specific activity. Includes elements of traditional day camp. Ages 5 to 12.

**AWESOME ART**
Inspire your child’s creative side through a variety of media, clay, painting, crafts and more.
Locations: Pembroke Pines, Weston, Hollywood

**DINO DIG**
Grab your field journal and embark on a journey of prehistoric proportion! Dig for dino fossils and get up close and personal with our past.
Location: Hollywood

**STEM (SCIENCE, TECHNOLOGY, ENGINEERING, MATHEMATICS)**
Experiment, discover and build. Hands-on learning experiences like building a rocket, erupting a volcano and building a bridge.
Locations: South Dade, Weston (2 week sessions)

**CRAZY SCIENCE**
Ooey, gooey, slimy and sticky! Explore the amazing world of science, learn fun facts and experiment with volcanoes, silly putty and ice cream.
Locations: Pembroke Pines, Hollywood
**GIRL POWER**
Be stronger and more confident by experiencing a full range of activities from games, science, sports and leadership development.
Locations: Pembroke Pines, Weston

**PERFORMING ARTS**
Act! Sing! Dance! Experience the fun of theatrical performing from voice projection to stage presence.
Location: Weston

**MINI MASTER CHEFS**
Master Chefs in the making. Experiment with fun finger foods, delicious healthy food creations and crazy cuisines. Learn about fun and healthy eating.
Locations: Weston, Pembroke Pines

**NO ADDITIONAL CHARGES FOR PRE & POST CARE**
SPORTS CAMP

Learn the fundamental skills, drills and strategies of your favorite sports. Age 5 to 12.

MULTI SPORTS
Build a strong foundation of sports skills, fitness and teamwork by playing basketball, volleyball, flag football, floor hockey, soccer, kickball and more. Make friends and have fun while learning a variety of sports.
Locations: Homestead, South Dade, Hollywood, Weston, Pembroke Pines

BASKETBALL
Dribble, pass, shoot, score. Learn and perfect the individual and team skills of basketball while getting stronger and having fun.
Locations: Homestead, Pembroke Pines, South Dade

FLAG FOOTBALL
Pass, catch, run and kick. Campers will learn the basics of flag football while meeting new friends and learning the strategies of the game.
Locations: Pembroke Pines, Homestead, Weston, South Dade

DANCE
Learn a variety of dances, techniques and choreography. Tap, Jazz, Latin, Salsa, etc.
Locations: South Dade
SPORTS CAMP

DANCE & CHEER
Get your cheer and dance moves on and groove your way through Hip Hop, Zumba® and Jazz. Create routines and perform!
Locations: Pembroke Pines, South Dade

GYMNASTICS
Tumble, flip and twist through a week of beam, high bars, rings, parallel bars, floor and more. Begin your Olympic journey.
Location: Hollywood

VOLLEYBALL
Bump, set, spike! Learn the fundamentals of volleyball while expanding your skills and agility while having fun and meeting new friends.
Locations: Pembroke Pines, South Dade

SOCCER
Kick, pass, shoot, goal! Start your World Cup Soccer vision right here! Have fun while learning your favorite sport and developing individual and team skills.
Locations: Pembroke Pines, South Dade
ADVENTURE CAMP

Be exposed to challenging and exciting activities full of adventure that is a bit more "extreme" than Summer Camp. Age 8 to 16.

In partnership with the U.S. Fish and Wildlife Service, the National Park Service, Broward Collage and FIU, the Y is offering an Outdoor Adventure Camp and a Junior Marine Biology Camp at Virginia Key Beach and Tiger Tail. These outdoor camps utilize the resources of the Everglades National Park, Biscayne National Park and ARM Loxahatchee Wildlife Refuge.

Find out more at ymcasouthflorida.org/camp

TIGER TAIL

Campers will enjoy outdoor adventures all day. Campers will be challenged mentally and physically as they ascend the Alpine Tower, conquer the ropes course and be exposed to exciting and dynamic water sports, sand sports and team building activities.

Location: 580 Gulf Stream Way, Dania Beach, FL 33004

REGISTER AT YOUR LOCAL Y OR ONLINE.

THANK YOU TO OUR PARTNERS

FIU

U.S. FISH & WILDLIFE SERVICE

NATIONAL PARK SERVICE

BROWARD COLLEGE
OUTDOOR ADVENTURE
Experience the great outdoors. Campers will be given hands-on instruction wilderness skills such as fishing, camping, canoeing and outdoor cooking. Locations: Hollywood, Pembroke Pines

VIRGINIA KEY BEACH
Take part in this unique summer camp where youth learn about our beautiful natural habitat through a combination of hands-on exploration and classroom learning. Sea adventures at beautiful Virginia Key Beach Park let kids collect and study sea animals including starfish, sea urchins and fish. Water activities include swimming, snorkeling, kayaking and paddle boarding. Campers are required to pass a swimming test prior to participating, and swim instruction is provided.

We offer convenient bus pick-up/drop-off locations: Comstock Elementary, David Fairchild Elementary, Snapper Creek Elementary and North Hialeah Elementary.

Location: 4020 Virginia Beach Dr, Miami, FL 33149
REGISTER AT YOUR LOCAL Y.
AQUATICS CAMP

Perfect your skills, become a stronger swimmer or learn a new water sport. Aquatic activities can be enjoyed for a lifetime.

JUST KEEP SWIMMING
Learn strokes, refine the strokes you know and learn flip turns. Play games and water sports. Learn water safety skills. Campers will swim from 9 am – noon in groups according to skill levels. Ages 6 to 12. Campers must be a Stage 3 Swimmer.
Locations: Hollywood, Pembroke Pines Aquatic Center, Weston, Homestead

JR. LIFEGUARD CAMP
YMCA Junior Lifeguarding is designed to build the foundation of knowledge, attitude and skills for future lifeguards. Campers will learn techniques and build stamina to be a lifeguard. This camp is not a Lifeguard Certification due to the age of the campers. Campers must be a Stage 3 Swimmer. Ages 10 to 14.
Locations: Pembroke Pines Aquatic Center, Weston, Homestead

SCUBA CAMP
Join the Y and Sea Experience™ for an underwater adventure! Learn how to snorkel and scuba dive with a certified PADI instructor. All participants must have medical clearance from a physician and complete the Scuba medical packet to participate. Campers must be a Stage 3 Swimmer. Mask and Snorkels required. Ages 8 to 12.
Locations: Hollywood, Pembroke Pines Aquatic Center, Weston
MARINE BIOLOGY
Become a Jr. Marine Biologist for a week! Experience life under the water by getting hands on learning about our tropical ecology, wildlife and surrounding reefs through education conservation. Campers must be a Stage 3 Swimmer.
Locations: Upper Keys, Hollywood

SAFER SWIMMER
Learn water safety skills such as floating, treading water and strokes. Learn boating safety basic rescue skills. Campers must be a Stage 2 Swimmer.
Locations: Pembroke Pines Aquatic Center

WATERFRONT
Learn how to canoe, kayak and other water activities. Campers will spend the mornings at one of our waterfront locations learning the ins and outs of safe, open water activities supervised by a certified lifeguard. Campers must be a Stage 2 Swimmer.
Locations: Pembroke Pines Aquatic Center

PRIVATE LESSONS
If you feel that you work better in a one-on-one setting, want to work on specific skills or strokes or are looking for more flexible class times, private lessons are for you. Private lessons are available at the discretion of the requested location. Sold in packages.

1 Class: Member: $45 Non-Member: $65
5 Classes: Member: $150 Non-Member: $225

SEMI-PRIVATE LESSONS*
Semi-private lessons are for two to three participants at approximately the same age and skill level who would like to have a smaller setting than group lessons. Each participant must register individually. YMCA staff will not match participants. Please register at the same time as the participant(s) with whom you would like to take the lessons. Sold in packages.

5 Semi-Private Lessons (Per-child): Member: $130 Non-Member: $205

10 Classes: Member: $280 Non-Member: $355
15 Classes: Member: $375 Non-Member: $425

TEEN & ADULT LESSONS
AGES 13+
We provide swim lessons for both teens and adults. If you are a beginner or an experienced swimmer, we will fit the class to your goals and needs.

FOR MORE INFORMATION ABOUT OUR SWIM LESSONS VISIT: ymcasouthflorida.org/swim-lessons
SWIM LESSON PROGRAM GUIDE STAGE DESCRIPTIONS

FOR MORE INFO VISIT: ymcasouthflorida.org/swim-lessons

Infant/Toddler
Introduces infants and parents to the aquatic environment through developmentally appropriate exploration, encouraging them to enjoy themselves while learning about the water.

Infant/Toddler
Parents are guided to work with their child, exploring body positions, floating, blowing bubbles and fundamental safety and aquatic skills. Students are encouraged to make purposeful movement.

SWIM BASICS: PRESCHOOL 3–5 & YOUTH 6–12
In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water.

1 Water Acclimation
Preschool/Youth
Student develops comfort with underwater exploration by being introduced to swim, float, swim and jump, push, turn, grab, assisted by instructor.

2 Water Movement
Preschool/Youth
Student learns to move in the water on their own through practicing swim, float, swim and jump, push, turn, grab without assistance.

3 Water Stamina
Preschool/Youth
Student practices swimming across the pool through advanced sequences of swim, float, swim and jump swim, turn, swim, grab.

SWIM STROKES: PRESCHOOL 3–5 & YOUTH 6–12
In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

4 Stroke Introduction
Preschool/Youth
Swimmers develop stroke technique in front crawl and back crawl while also being introduced to breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 Stroke Development
Youth
Swimmers work on stroke technique and all major competitive strokes are introduced. In addition, water safety continues to be reinforced through treading water and sidestroke.

6 Stroke Mechanics
Youth
Swimmers refine stroke technique on all major competitive strokes, learn about competitive swimming and how to incorporate swimming into a healthy lifestyle. “Building strong swimmers and confident kids.”
TEEN CAMP

LEADERSHIP DEVELOPMENT CAMP
Future Leaders ages 13–17 experience an action-packed day of fun, leadership, team building, field trips, community service projects and much more. Earn Community Service hours.

FITNESS CAMP

ATHLETIC CONDITIONING CAMP
Through mobility, agility, power, speed, body control, cardiovascular fitness and proper nutrition, we build foundation for all athletes. Campers will learn from a Y-certified strength and conditioning personal trainer in addition to being supervised by a counselor. Conditioning Camp builds confidence and strength.
Locations: Weston, Hollywood, Pembroke Pines

Y - FITNESS CAMP
Active play and games designed to improve endurance and strength using proper techniques is great for campers at all fitness levels. Campers will improve their cardio conditioning, strength, flexibility and nutrition while learning how to incorporate these skills in their every day lives. Campers will receive a pre and post fitness test administrated by Y –Certified Personal Trainers and Counselors. Minimum 4 weeks participation to see results.
Locations: Pembroke Pines, Weston, South Dade
YMCA Preschool will provide 10 weeks filled with art, music, games and developmentally age-appropriate learning experiences. The preschool ensures a safe and healthy environment for children while providing a perfect balance of summer learning and fun! Program activities, schedules and rates may vary by site location. Please contact for additional details. School Readiness accepted. Financial assistance available.

YMCA PRESCHOOL LOCATIONS

Hollywood Y Early Learning Center
(License #45450)
Ages 3-5, M-F, 7:30 am–6 pm
3161 Taft Street,
Hollywood, FL 33021
954 989 9622

Martin Luther King, Jr. YMCA Preschool
(License #C11MD0985)
Ages 3-5, M-F, 7 am–6 pm
2000 NW 62 Street,
Miami, FL 33147
305 636 1844

Allapattah YMCA Preschool
(License #C11MD1791)
Ages 1-5, M-F, 7 am–6 pm
2370 NW 17 Ave,
Miami, FL 33142
786 422 7504

Homestead YMCA Preschool
(License #C11MD0137)
Ages 1-5, M-F, 7 am–6 pm
1034 NE 8 Street,
Homestead, FL 33030
305 247 0393

THEMES
Wind and Air
Sand and Water
Flowers and Trees
Plants We Eat
Animals
Creepy Crawlers
Reptiles and Amphibians
Sea Life
Birds
Back to school Bash

BACK-TO-SCHOOL FALL ENROLLMENT
Preschool enrollment for the 2017/18 school year is open. Enroll today to guarantee your child’s spot in our high quality program. Voluntary Prekindergarten (VPK) is available. Space is limited.
The following pages contain tables with a list of camps offered per YMCA family center. The dots indicate the weeks the camp is offered. Below is a reference table for the weeks 1-10. Prices are listed for members and non-members.

To become a member please visit ymcasouthflorida.org or call/visit your local Y.

**CAMP WEEKS**

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<td>Week 4</td>
<td>Jul 3 – Jul 7*</td>
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<td>Week 5</td>
<td>Jul 10 – Jul 14</td>
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<td>Aug 7 – Aug 11</td>
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* No camp July 4th

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# L.A. LEE YMCA FAMILY CENTER
408 NW 14 Terrace, Fort Lauderdale, FL 33311 • 954 467 2444

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<th>CAMP</th>
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* All 1/2 day camps can be extended to full day for $75 Member; $95 Non-Member.

**All camps ages 5 to 12 unless otherwise listed.
## CAMP LOCATION

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* All 1/2 day camps can be extended to full day for $75 Member; $95 Non-Member.  **All camps ages 5 to 12 unless otherwise listed

**PEMBROKE PINES YMCA FAMILY CENTER**

501 SW 172 Avenue, Pembroke Pines, FL 33029 • 954 727 9622

**PEMBROKE PINES YMCA FAMILY CENTER**

501 SW 172 Avenue, Pembroke Pines, FL 33029 • 954 727 9622

**Academic Village (Pembroke Pines Charter High School)** | 17189 Sheridan Street, Pembroke Pines, FL 33331 | 954 727 9622

**Rose Price Park** | 901 NW 208 Avenue, Pembroke Pines, FL 33029 | 954 727 9622

**Towngate Recreational Center** | 901 NW 155 Avenue, Pembroke Pines, FL 33026 | 954 727 9622

**Walter C Young Middle School** | 901 NW 129 Avenue, Pembroke Pines, FL 33028 | 954 727 9622

**Pembroke Pines YMCA Family Center** | 501 SW 172 Avenue, Pembroke Pines, FL 33029 | 954 727 9622

**Pembroke Pines YMCA Aquatic & Program Center** | 1361 NW 129 Avenue, Pembroke Pines, FL 33028 | 954 727 9622

2017 Summer Camp & Aquatic Guide 17
### GREATER HOLLYWOOD YMCA FAMILY CENTER
3161 Taft Street, Hollywood, FL 33021 • 954 989 9622

<table>
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</table>

* All 1/2 day camps can be extended to full day for $75 Member, $95 Non-Member.
**All camps ages 5 to 12 unless otherwise listed

### NORTH POINTE YMCA FAMILY CENTER
7351 NW 186 Street, Miami, FL 33015 • 786 433 9622

<table>
<thead>
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### VILLAGE OF ALLAPATTAH YMCA FAMILY CENTER
2370 NW 17 Avenue, Miami, FL 33142 • 305 635 9622

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### SOUTH DADE YMCA FAMILY CENTER
9355 SW 134 Street, Miami, FL 33176 • 305 254 0310

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<td>Non-Member: Summer Day Camp</td>
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<td>Member: Fitness Camp (Age 9–15)</td>
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<td>Member: Basketball or Dance Camp</td>
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<tr>
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* Extended to full day ages 9 to 12 only.

### HOMESTEAD YMCA FAMILY CENTER
1034 NE 8 Street, Homestead, FL 33030 • 305 248 5189

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<td>Member: Aquatics Camp</td>
<td>$130</td>
<td>●</td>
<td>●</td>
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<td>Non-Member: Aquatics Camp</td>
<td>$195</td>
<td>●</td>
<td>●</td>
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</table>

### UPPER KEYS YMCA PROGRAM CENTER
Key Largo Community Park, 500 St. Croix Place
Key Largo, FL 33037

<table>
<thead>
<tr>
<th>CAMP</th>
<th>PRICE</th>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
<th>WEEK 6</th>
<th>WEEK 7</th>
<th>WEEK 8</th>
<th>WEEK 9</th>
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</thead>
<tbody>
<tr>
<td>Member: Summer Day Camp</td>
<td>$100</td>
<td>●</td>
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</tr>
<tr>
<td>Non-Member: Summer Day Camp</td>
<td>$130</td>
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</tr>
<tr>
<td>Member: Junior Marine Biology</td>
<td>$130</td>
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</tr>
<tr>
<td>Non-Member: Junior Marine Biology</td>
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</table>

**All camps ages 5 to 12 unless otherwise listed**
When you join the Y you can save an average of $85 on summer camp and enjoy discounts on other programs such as youth sports and swim lessons.

JOIN THE Y TODAY!

YMCA Membership includes:

• Full access to all 9 YMCA locations in Broward and Miami–Dade counties
• No Contracts
• 3 FREE one-on-one healthy living orientations with fitness specialist
• Over 100 group fitness classes, including Yoga, Zumba® and so much more
• Up to 2 hours of FREE child care while you work out