

# Summer Camp!

## "On the Go! "

Week 12 – Aug.31- Sept. 4

Discovery

5-6 years

MONDAY	TUESDAY: FT	WEDNESDAY:FT	THURSDAY: FT	FRIDAY: Swim
7a-9a	7a-9a	7a-9a	7a-9a	7a-9a
Extended Day Care	Extended Day Care	Extended Day Care	Extended Day Care	Extended Day Care
9a-930a	9a-930a	9a-930a	9a-930a	9a-930a
Rally	Rally	Rally	Rally	Rally
930a-10a	930a-10a	930a-10a	930a-10a	930a-10a
Expectations, Name Game	Field Trip Prep	Field Trip Prep	Field Trip Prep	Swim Prep
10a-1030a	10a-3p	10a-3p	10a-3p	10a-11a
Restroom Break	Bonita cove!	San Diego Zoo!	Waterfront Park!	Swim!
1030a-11a	3p-330p	3p-330p	3p-330p	11a-12p
Snake's Tail/Sport	Snack	Snack	Snack	Arts & Crafts
11a-12p	330p-4p	330p-4p	330p-4p	12p-1245p
KickBall	Closing Rally	Closing Rally	Closing Rally	Lunch Prep/Lunch
12p-1245p	4p-6p	4p-6p	4p-6p	1245p-230p
Lunch	Extended Care	Extended Care	Extended Care	Nap/Reading/Sports
1245p-200p	<b>Campers will need their swim stuff (bathing suit, towel, sunblock, hat, goggles, etc) Tuesday, Thursday, Friday</b>			230p-300p
Nap/Reading/Sports				Restroom Break
2p-3p				3p-330p
ZumbaDancing				Snack
3p-330p				330p-4p
Snack				Radio Gaga!
330p-4p				4p-6p
Closing Rally	<b>Camp and Sports Director: Justin Reeves</b> 619-264-0144 x111/ jreeves@ymca.org			Extended Care
4p-6p	<b>Camp Coordinator: Esme Pena</b> cpena@ymca.org			<b>Unit Leader: Mr. B</b>
Extended Care				

# Summer Day Camp!

## "On The Go!"

Week 12 – Aug 31st- Sept 4th

7-8 years

MONDAY:	TUESDAY: FT	WEDNESDAY: FT	THURSDAY: FT	FRIDAY: SWIM
7a-9a	7a-9a	7a-9a	7a-9a	7a-9a
Extended Care	Extended Care	Extended Care	Extended Care	Extended Care
9a-930a	9a-930a	9a-930a	9a-930a	9a-930a
Rally!	Rally!	Rally!	Rally!	Rally!
930a-1030a	930a-10a	930a-10a	930a-10a	930a-945a
Soccer/ Arts And Crafts	Field trip Prep	Field Trip Prep	Field Trip Prep	Powerpads
1030a-11a	10a-3p	10a-3p	10a-3p	945-1045a
Restroom/ Water	<b>La Jolla Shores!</b>	<b>San Diego Zoo!</b>	<b>Waterfront Park!</b>	Sports Rotations
11a-12p	3-330p	3p-330p	3p-330p	1045a-11a
Art Project	Restroom/ Water Break	Restroom/ Water Break	Restroom/ Water Break	Swim Prep
12p-1p	330p-4p	330p-4p	330p-4p	11a-12p
Restrooms/Lunch	Camp Rally!	Camp Rally!	Camp Rally!	Swim
1p-3p	4p-6p	4p-6p	4p-6p	12p-130p
Camp Rotations	Snack/ Extended Care	Snack/ Extended Care	Snack/ Extended Care	Swim Change/Lunch
3-330p	<b>Beach Day! Make sure to pack a hat, sun-block, swimsuit, and a towel</b>	<b>It's warm out there! We recommend sending your camper with a hat, water bottle, sun-block, and morning snack every day.</b>	<b>Water Day! Make sure to pack a hat, sun-block, swimsuit, and a towel</b>	130p-230p
Restroom/ Zumba				Balloon Contest
330-4p				230p-3p
Camp Rally!				Leaders Choice Game
4p-6p				3p-330p
Snack/Extended Care				Restroom/ Water Break
<b>Camp and Sports Director: Justin Reeves</b> 619-264-0144 x111/ jreeves@ymca.org <b>Camp Coordinator: Esme Pena</b> cpena@ymca.org				330p-4p
				Radio Gaga!
				4p-6p
				Snack/Extended Care

# Summer Camp!

## "On the Go!"

Week 12- August 31- September 4

Explorer

9-10 years

MONDAY	TUESDAY: SWIM	WEDNESDAY: FT	THURSDAY: FT	FRIDAY: FT
7a-9a	7a-9a	7a-9a	7a-9a	7a-9a
Extended Care	Extended Care	Extended Care	Extended Care	Extended Care
9a-930a	9a-930a	9a-930a	9a-930a	9a-930a
Rally!	Rally!	Rally!	Rally!	Rally!
930a-945a	930a-11a	930a-10a	930a-10a	930a-10a
Restroom/Water	Swim Prep/Swim!	Field Trip Prep	Field Trip Prep	Field Trip Prep/Restroom
945a-1015a	11a-1130a	10a-3p	10q-3p	10a-3p
Team Building Activity	Swim Change/Restroom	<b>Silver Strand!</b>	<b>San Diego Zoo!</b>	<b>Waterfront Park!</b>
1015a-1130a	1130a-12p	3p-330p	3p-330p	3p-330p
Sports Activity	Circle Games	Restroom/Reflection	Restroom/Reflection	Restroom/Reflection
1130a-12p	12p-1p	330p-4p	330p-4p	330p-4p
Camp Games	Lunch Prep/ Lunch	Closing Rally!	Closing Rally!	Radio Gaga!
12p-115p	1p-230p	4p-6p	4p-6p	4p-6p
Lunch Prep/Lunch	Art Activity	Extended Care	Extended Care	Extended Care
115p-215p	230p-315p	Bathing suits, towels, sunblock and a hat are recommended for the field trip.	Sunblock, a hat, water and snacks are recommended for the field trip. Campers may bring money but must carry it on their own.	Bathing suits, towels, sunblock and a hat are recommended for the field trip.
Art Activity	Sports Activity			
215p-315p	330p-4p			
Water Balloons	Closing Rally!			
315p-330p	4p-6p			
Restroom/Water	Extended Care			
330p-6p				
Closing Rally/ Extended!				

Camp and Sports Director: Justin Reeves

Unit Leader: Ali Cardenas

619-264-0144 x111/ jreeves@ymca.org

Camp Coordinator: Esme Pena

cpena@ymca.org

# Summer Day Camp

## On The Go!

Week 12: August 31- September 4

Challenger 11-UP

MONDAY	TUESDAY: SWIM	WEDNESDAY: FT	THURSDAY: FT	FRIDAY: FT
7a-9a	7a-9a	7a-9a	7a-9a	7a-9a
Extended Care	Extended Care	Extended Care	Extended Care	Extended Care
9a-930a	9a-930a	9a-930a	9a-930a	9a-930a
Rally!	Rally!	Rally!	Rally!	Rally!
930a-10a	930a-10a	930a-10a	930a-10a	930a-10a
Challenger Huddle	Challenger Huddle	Field Trip Prep	Field Trip Prep	Field Trip Prep
10a-1030a	10a-1030a	10a-3p	10a-3p	10a-3p
Restroom/Water	Restroom/Water	<b>Silver Strand!</b>	<b>SD Zoo!</b>	<b>Waterfront Park!</b>
1030a-1130a	1030a-11a	3p-330p	3p-330p	3p-330p
Team Activities	Team Activites/Swim Prep	Challenger Huddle	Challenger Huddle	Challenger Huddle
1130-12p	11a-12p	330p-4p	330p-4p	330p-4p
Restroom/Water	Swim Time!	Closing Rally!	Closing Rally!	Radio Gaga!
12p-1230p	12p-1230p	4p-6p	4p-6p	4p-6p
Lunch	Lunch	Extended Care	Extended Care	Extended Care
1230p-1p	1230p-1p	<b>Bathing suits, towels, sunblock, water and a hat are recommended for the field trip.</b>	<b>Campers may bring money but staff cannot hold it for them. Water, sunblock and a hat are recommended.</b>	<b>Bathing suits, towels, sunblock, water and a hat are recommended for the field trip.</b>
Master Skill Activity	Master Skill Activity			
1p-2p	1p-2p			
Rotation Stations	Rotation Stations			
2p-3p	2p-3p			
Team Building Games	Team Building Games			
3p-330p	3p-330p			
Challenger Huddle	Challenger Huddle			
330p-4p	330p-4p			
Closing Rally!	Closing Rally!			
4p-6p	4p-6p			
Extended Care	Extended Care			

Camp and Sports Director: Justin Reeves

Unit Leader: Shanae Dunn

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Camp Coordinator: Esme Pena cpena@ymca.org