



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER™



SUMMER FUN STARTS HERE  
Day Camp  
Extreme Teens

WENATCHEE VALLEY YMCA



## The Importance of Summer Youth Programs

Summer youth programs provide children with opportunities to continue learning and growing in between school years. The children in our Y summer programs learn new skills, build strong relationships with other youth and positive adult role models, and make connections in our community while having fun. We understand that you want the very best for your child and would be honored to be part of your child's summer. You may register online at [www.wenymca.org](http://www.wenymca.org) or in person at the Y.

### Summer Day Camp (Grades K-4 in May 2018)

Each one week session of the Wenatchee Valley YMCA's Summer Day Camp is packed with trips to area parks, educational theme-related activities, team challenges, group games, special events, and swimming. In addition to all of that, we will have exciting local facility tours and guest speakers. Summer Day Camp this year will be offering the choice of several enhanced field trips throughout the summer for a small additional fee. During the enhanced field trips, campers get to experience Slide Waters, white water rafting, boating and the low ropes courses at Lake Wenatchee YMCA Camp. Children may be signed in as early as 7:30 am and signed out between 4:45 and 6:00 pm at the Wenatchee Valley YMCA.

Member \$140 SDC Enhanced \$165 // Community Member \$160 SDC Enhanced \$185

Fees for Week 3, July 2-6: Member \$112 // Community Member \$128

**Week 1 June 18-22: Around the World** Summer is finally here and it's time to step out of your comfort zone! Experience games, food, and cultures from different countries all over the globe. Let your competitive side come out with our Camper Amazing Race challenge and tour the Pangborn Airport, which connects us to places all around the world!

**Week 2 June 25-29: Going Green** Let's put the REduce, REuse, and REcycle back into REsponsibility. Learn about the Wenatchee Valley and it's effort to help our planet from LINK Transit and Rocky Reach Dam. Learn about what YOU can do to Go Green!

**Week 3 July 2-6: Y-Spy** Harness your inner spy and detective this week. After learning about crime scene investigation from one of our own Wenatchee Police Department Detectives, put your skills to the test solve a series of Y-crimes.

**Week 4 July 9-13: Survivor** It's time to problem-solve! Learn basic survival skills and what you should do in the case of an emergency. Face outdoor challenges on your own and with a team and be prepared to climb to new heights on our Climbing Wall.  
Enhanced Field Trip: White Water Rafting

**Week 5 July 16-20: Mad Scientists** Let the explosions begin! Wear old clothes this week because we'll certainly be getting messy with slime, volcanoes, elephant toothpaste and more! Explore the Wenatchee Valley College science lab and learn about all the possibilities of becoming a scientist!  
Enhanced Field Trip: Slide Waters

**Week 6 July 23-27: Calling All Superheroes** The Wenatchee Valley is filled with superheroes and Summer Day Camp at the Y is just the place to meet them! This week, we'll learn from our local superheroes in the medical field. We will also be diving into the classic comics to learn about the transformation of superheroes throughout the ages.  
Enhanced Field Trip: Slide Waters

**Week 7 July 30–August 3: Happy Holidays** You better watch out, you better not cry, you better not pout, I'm telling you why because Valentine's Day, Halloween, Thanksgiving, Christmas, and New Years are coming in July! Spend this week celebrating our favorite holidays summer-style.

Enhanced Field Trip: Slide Waters

**Week 8 August 6–10: Kids' Kitchen** Chop, slice, sauté! Dust off your cooking skills and show us what you can make! This week we will be learning from a dietician, trying new healthy recipes, and preparing our Kids' Kitchen menu to host a parent meal Thursday evening!

Enhanced Field Trip: Slide Waters

**Week 9 August 13–17: Splashing Summer** Cool off this week with outdoor water games and team challenges. Learn about the world's oceans and the diverse creatures right here in the Columbia and Wenatchee Rivers. Put your new knowledge to the test in our interactive water trivia game on Friday!

Enhanced Field Trip: Swimming/Boating at Lake Wenatchee Camp and Low Ropes Course

**Week 10 August 20–24: Video Games Galore** Jump into the virtual realities of video games old and new! Take on classic life-sized challenges from Super Mario and Pac-Man as well as missions from Minecraft and Plants vs. Zombies. This week also includes a trip to the bowling alley and arcade at Eastmont Lanes!

Enhanced Field Trip: Slide Waters

## **Extreme Teens (Grades 5–7 in May 2018)**

Extreme Teens is a program designed to teach our middle-schoolers specific outdoor recreation skills in addition to creating and using their own budget for special activities. Each morning, participants will receive instruction from our team of experienced hikers and paddlers. In the afternoons, participants are in charge! They will design and manage their own budget and schedule to pick the activities that they want to do most. Do they want to go bowling? See a movie? Grab a milkshake? It's up to them! Extreme Teens is led by our Y staff team with the help of each week's volunteer instructors. All transportation to and from activities is included. Children may be dropped off as early as 7:30 am and may be picked up between 4:45 and 6:00 pm at the Wenatchee Valley YMCA.

Member \$205 // Community Member \$225

July 9–13, 2017: Traversing our Rivers– We are partnering with the Wenatchee Row and Paddle Club to provide skill-building lessons on the Wenatchee and Columbia Rivers. Spend this week on the water learning how to canoe and kayak both as a team and going solo!

July 16–20, 2017: Trekking through the Valley– Learn how to hike from experienced hikers in our valley. Spend this week on five of our beautiful hiking trails and coordinate your final hike on Friday with the other participants. Also included in this week is an afternoon at the Washington State University Extension Challenge Ropes Course.

## **Uplift (Grades 5–8 in May 2018)**

Uplift is an educational course that teaches practical components related to free weight, circuit and cardiovascular training as well as general conditioning. Upon successful completion, graduates may participate in adult programs without adult supervision. Sessions are offered each month. Check our website or Membership services for dates and times. This program is only available to Y members.

Group Uplift Instruction: \$55 // Semi-Private Uplift Instruction: \$120

## **Child and Babysitting Safety Course (CABS) (Grades 5-8 in May 2018)**

CABS is a certification course designed to help young adults build a successful babysitting business. The course gives participants everything they need to know from the business side to safety. They will learn how to work with parents and children. In addition, participants receive 1st Aid and CPR training. Please check with Membership Services for our next class dates.

Member: \$60 // Community Member: \$70

## **Youth and Teen Center (Grades K-8 in May 2018)**

The Youth and Teen Center provides children with supervised free choice time. Children may choose from our fitness arcade, table games (pool, air hockey, ping pong, and foosball), the Imagination Station (toys, blocks, and games), and arts and crafts activities.

Member: Included with membership // Community Member (through age 12) \$3

**Summer Youth and Teen Center Hours:** Monday-Friday 4:00 pm-8:00 pm

**Family Youth and Teen Center:** Monday-Friday 6:30 pm-8:00 pm

**Youth Open Gym:** Monday-Friday 3:00 pm-4:00 pm • Saturday 10:00 am-11:00 am  
(Climbing Wall, Sportwall, and group sports)

**Family Open Gym:** Monday, Wednesday, Friday 6:40 pm-7:30 pm • Saturday 10:00 am-11:00 am

**Youth Open Swim Ages 6-15:** Monday-Friday 4:00 pm-4:45 pm

**Family Open Swim:** Monday, Wednesday, Friday 6:15 pm-7:00 pm

## **Babysitting (Crawling through 5 years)**

Monday-Friday 8:30 am-1:00 pm

Monday-Thursday 4:00 pm-8:00 pm

Saturday 8:30 am-11:00 am

Member: Included with membership // Community Member: \$3

## **Summer Birthday Program**

Have your child's next birthday party with us at the Y. Our staff take care of the set up, clean up, party decorations, cake, snacks, fun activities, and party favors. Activity options include: Climbing Wall, Gym, Swimming Pool, and Game Room. Please check with Membership Services for details and pricing.

## **Financial Assistance**

No child is ever denied participation because of inability to pay. Thanks to the generous contributions to our Partners with Youth Campaign, scholarships are available to residents of Chelan and Douglas Counties. Participants may also earn all or part of their way to Summer Day Camp, Extreme Teens, and the Lake Wenatchee YMCA Camp by selling YMCA Butter Toffee Peanuts. The Peanut Sale for 2018 will run from April 11-May 2 and requires a summer program registration and deposit.