Dear Parents/Guardians,

We welcome all of our returning and new campers to our 2014 Summer Camp Programs. We are excited to embark on another summer of fun and learning.

From sports and swimming to arts and culture, YMCA camps span a broad range of interests. We focus on developing young minds and bodies.

In 2013 the YMCA served over 10,000 campers in communities throughout New York City. We are proud that in Queens the Flushing YMCA will be able to engage your child in a summer of new friendships, skills and exploration.

Thank you for choosing our Y summer camp. We look forward to getting to know your camper!

Sincerely,

Michelle Caban
Day Camp Director
718-551-9372
mcaban@ymcanyc.org

Lois Rothstein
Early Childhood Director
718-551-9356
lrothstein@ymcanyc.org
In 1885 the YMCA helped to invent summer camp to provide children with positive and fun experiences that build confidence and new friendships. YMCA camp staff have served as positive role models for generations of campers and helped build future leaders.

The centerpiece of YMCA camps are activities that will excite and engage your child and give them a summer of adventure. Whether learning a new sport, exploring arts and culture or exploring New York City, YMCA Summer Camps offer an opportunity to build lifelong memories and a feeling of community that will last beyond the summer.

Each of our camps is accredited by the American Camping Association (ACA) and our staff go through rigorous training to ensure the safety and positive experience of each child.

“She loves camp and doesn’t want to leave at the end of the day. I feel good knowing she is safe and happy while I am at work”

- YMCA Day Camp Parent

PROGRAMS

Our YMCA camps have something unique to offer for every age group from our Kinder Camp Programs to Teen Camp. Our goal is to meet your child’s developmental needs and provide a foundation for continued learning during the summer months.

Alongside sports, swimming and arts programs the YMCA offers academic enrichment that is infused throughout the camp day. These programs include summer reading, journal writing and science activities.

Each session you will be given a schedule of activities so you can follow your child’s course of learning and adventure over the summer.

OUR CAMP LOCATIONS

The Flushing YMCA Summer Day Camp operates out of our main branch location at 138–46 Northern Boulevard, Flushing, NY 11354.

Our Summer Sleepaway Camp is for boys and girls ages 6–16 from all over the world and is located outside NYC in Huguenot, NY. There are two villages, McAlister (ages 6–12) and Talcott (ages 12–15), that are located on 1,150 acres of forests and lakes.
WHAT PARENTS NEED TO KNOW ABOUT DAY CAMP
DATES & HOURS OF OPERATION
Flushing YMCA Summer Day Camp is an eight-week program that runs from June 30th - August 22nd.
Camp hours are from 9:00 am - 5:00 pm.
Extended Day hours are from:
7:30 am - 9:00 am
5:00 pm - 6:30 pm

DAY CAMP OPEN HOUSES
• Saturday, March 1: 10 am - 3 pm
• Saturday, April 26: 10 am - 3 pm
• Saturday, May 17: 10 am - 3 pm

REGISTRATION MADE EASY
Submit $50 deposit per session you would like your child to attend. This will hold your child’s spot for the designated sessions of camp.
• Take advantage of the 10% Early Bird discount by paying off your entire balance by May 17, 2014.
• Submit your child’s medical form with parent and doctor’s signature, stamp and information. Medical forms are due two weeks before session begins. Submit 2 passport size photos of your child with the registration form.
• The YMCA accepts all major credit cards or you may sign up for automatic billing to ensure payments are made on time with no late fees incurred.

FINANCIAL ASSISTANCE
The YMCA of Greater New York awards scholarships to campers based on a parent or family’s annual income. The scholarship applications must be submitted by April 1st, 2014.

DAY CAMP DISCOUNTS
• 10% Early Bird Discount for those who register before the end of the day on Saturday May 17th and have paid in full.
• 10% Sibling discount is available for all siblings of the first child registered at full price.
• Discounts cannot be combined and are available only on the cost of camps per session, not on extended day or transportation fees.

GOVERNMENT & UNION VOUCHERS*
We accept ACD, HRA, TWU Local 100, and 1199 SEIU vouchers. You must have your confirmation letter with you at the time of registration. (*Participation varies by branch)

REFUNDS AND CREDITS
If your child cannot attend camp for a period of time paid, you may submit a request for credit along with documentation to the Camp Director. Credits can be used for camp or other programs throughout the year. Any refund requests will be submitted to the Camp Director and will be granted under the discretion of the Youth and Family Director. All requests should be made prior to the start of the session.

PARENT ORIENTATION
Parent/Guardian orientation meetings are mandatory. The meetings will be held on the following dates and times:
Date: 6/11/13  Time: 6:30pm
Date: 6/21/13  Time: 10:00am

CAMP GEAR
Day Camp will provide 2 tee shirts and a camp bag. Early Childhood Camp and Kindercamp will provide 1 tee shirt and a camp bag. Swim caps will be provided during the camper’s first day of swim. Camp tee shirts must be worn every day. Additional shirts can be purchased for $10 each or 3 for $25. Swim gear must consist of a towel, swim-suit, change of clothing, water shoes and a plastic bag for wet swim gear.
EXPLORE!
PLAY!
GROW!
SUMMER DAY CAMP

EARLY CHILDHOOD CAMP
Ages 2-3
Early Childhood Camp is designed for children ages 2 and 3 which focuses on social interactions, group activities and skills that enhance their physical, cognitive and emotional development. Activities include instructional swimming, arts and crafts, literacy, music and dance, and access to private YMCA playground. Weekly themes and special events are held throughout the summer. Campers have a 3 or 5 day option.

*Cost for 3 days per 2 week session
Fee: $295

*Cost for 5 days per 2 week session
Fee: $375

KINDERCAMP
Ages 4-5
Kindercamp is designed for four and five year old children entering Kindergarten September 2014. It is designed to support the transition to kindergarten through building social and emotional skills in a fun and supportive environment. Included in the program are instructional swimming, local outings, special events, indoor and outdoor group play activities and theme-based arts and crafts. This program will focus on enhancing the social skills and teamwork of young children.

*Cost per 2 week session:
Fee: $375

FLUSHING YMCA DAY CAMP
Ages 6-11
Traditional Day Campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active and challenge them to learn new things every day. They will have the opportunity to meet new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as Crazy Hat Day. They will engage in environmental science and more. Traditional day campers will be divided into age groups with children no more than 1-2 years apart in age.

Day camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. The YMCA offers programs such as Book of the Week which gives children the opportunity to read a book as a camp group and participate in related discussion. Journaling helps children to retain writing skills through writing exercises that connect with their camp experiences. Field trips are selected to maximize educational enrichment and include trips to local museums and science centers.

*Cost per 2 week session:
Fee: $470

FLUSHING YMCA MIDDIE CAMP
Ages 12-14
This camp program is for students currently enrolled in middle school to build skills, confidence and positive relationships with their peers. Campers will engage in fun activities that keep them thinking and motivated during the summer months. They will participate in community projects and educational trips.

*Cost per 2 week session:
Fee: $470
**SPORTS CAMP**

*Ages 8–12*

Our Sports Camp programs are designed to enhance various sports skills and fundamentals in groups according to age. Campers will learn the history of different sports. They will learn the rules and skills of each while practicing their techniques in mini games. In addition, they will learn about teamwork, good sportsmanship and motivating each other to succeed. Camp staff have background in coaching sports including basketball and soccer.

*Cost per 2 week session:

Fee: $470

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**SWIM CAMP**

*Ages 8–11*

Our Swim Camp helps youth develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction. Swim Camp is divided into 2 age groups: swimmers ages 8–9 and 10–11.

Below are the key components of Aquatics:

- Young swimmers are given the chance to build skills and learn about water safety
- Stroke development and other training is tailored to age level and skills
- Swim campers participate in core camp activities
- Personal Growth: In learning new skills students build self-esteem

*Cost per 2 week session:

Fee: $570
# 2014 Summer Day Camp Sessions and Fees

## Camp Sessions

<table>
<thead>
<tr>
<th>Session</th>
<th>Start Date</th>
<th>End Date</th>
<th>Payment Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 30, 2014</td>
<td>July 11, 2014</td>
<td>June 1, 2014</td>
</tr>
<tr>
<td>Session 2</td>
<td>July 14, 2014</td>
<td>July 25, 2014</td>
<td>June 14, 2014</td>
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<tr>
<td>Session 3</td>
<td>July 28, 2014</td>
<td>August 8, 2014</td>
<td>July 1, 2014</td>
</tr>
<tr>
<td>Session 4</td>
<td>August 11, 2014</td>
<td>August 22, 2014</td>
<td>July 11, 2014</td>
</tr>
</tbody>
</table>

## Camp Fees Per Session (Every Two Weeks)

Payment in full for each session is due prior to session start date as specified above.

*Session 1 camp fee reflects that camp is closed on July 4th.*

<table>
<thead>
<tr>
<th>Camp</th>
<th>Ages</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>EC Camp</td>
<td>2-3</td>
<td>3 day: $295</td>
<td>5 day: $340</td>
<td>3 day: $295</td>
<td>5 day: $375</td>
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<tr>
<td>KINDER Camp</td>
<td>4-5</td>
<td>$340</td>
<td>$375</td>
<td>$375</td>
<td>$375</td>
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<tr>
<td>DAY Camp</td>
<td>6-11</td>
<td>$423</td>
<td>$470</td>
<td>$470</td>
<td>$470</td>
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<tr>
<td>MIDDIE Camp</td>
<td>12-14</td>
<td>$423</td>
<td>$470</td>
<td>$470</td>
<td>$470</td>
</tr>
<tr>
<td>SWIM Camp</td>
<td>8-11</td>
<td>$513</td>
<td>$570</td>
<td>$570</td>
<td>$570</td>
</tr>
<tr>
<td>SPORTS Camp</td>
<td>8-12</td>
<td>$423</td>
<td>$470</td>
<td>$470</td>
<td>$470</td>
</tr>
<tr>
<td>DAY Camp Extended Hours</td>
<td>6-14</td>
<td>AM or PM: $45</td>
<td>AM or PM: $80</td>
<td>AM or PM: $45</td>
<td>AM or PM: $80</td>
</tr>
<tr>
<td>EC/KINDER Camp Extended Hours</td>
<td>2-5</td>
<td>AM or PM: $50</td>
<td>AM or PM: $90</td>
<td>AM or PM: $50</td>
<td>AM or PM: $90</td>
</tr>
</tbody>
</table>
A SUMMER OF FUN
CAMP HIGHLIGHTS

Session 1
July 10th - Y Summer Olympics
Campers will participate in Y Camp Olympic events.

Session 2
July 24th - Camp Carnival
Children and their families participate in carnival games, arts and crafts, face painting and much more in this annual fundraiser for Strong Kids.

Session 3
August 8th - Family Night
In 2014 join us for a “Night at the Movies” where we will celebrate Hollywood’s summer blockbusters with fun themed activities.

Session 3
August 22nd - Summerfest
Come see your camper show off their hard work in our annual end of summer showcase.

FALL PREVIEW

Holiday Camps 2014
Join us for a fun-filled time while school is out. If you love summer camp you will enjoy Holiday Camp. For more information and to enroll your child in the Flushing YMCA Holiday Camps call Sabrina Snyder at 718-551-9375.

We offer the following Holiday Camps: Columbus Day, Election Day, Veterans Day, Martin Luther King Jr., December Winter Recess, February Break and Spring Break.

Family Day
September, Date TBA
Join us for a free fun-filled family event and enjoy food, music and activities.

Early Childhood Programs 2014-2015
The Flushing YMCA offers programs for children for ages 2 to 5 Monday through Friday full and half-day options available. Universal Pre-K offered, enrichment classes and swimming also available. Certified teachers and licensed by the Department of Health. For more information contact Lois Rothstein, Early Childhood Director, 718-551-9356.

After School 2014 – 2015
The Flushing YMCA operates after school programs in the following schools:

• PS 209 Fee based contact Sabrina Snyder, 718-551-9375

• PS 29, PS 120, JHS 189, JHS 194 – Free Programs – for more information please contact Sabrina Snyder, 718-551-9375
SAFE. OVERNIGHT. ADVENTURES.

The New York YMCA Camp is located 86 miles outside of NYC on 1,150 forested acres. We are a safe, inclusive, and diverse camp community. We are a place where children can develop friendships, lifelong skills, and cherished memories. Programs offered at New York YMCA Camp are Summer Sleepaway Camp, Specialized Summer Sports Camps (Gymnastics, Volleyball and Judo), Day Camp for Hudson Valley residents, Outdoor Education, customizable Retreat Groups, and Special Retreat Weekends (Women’s Wellness Weekend, Men’s Adventure Weekend, Family Camp). For more information on any of these programs please call 877-30-YCAMP or visit our website at www.nyyccamp.org.
FLUSHING YMCA
SLEEPAWAY CAMPS

FAMILY CAMP
Summer 2014 | August 29 – September 1
Winter 2014 | February 14 – 17

Strengthen family bonds and have fun at our Summer or Winter Family Camps. Enjoy a weekend with sports, crafts, and special themed activities. In the summer, have fun in the sun on our beautiful beaches where families can swim, tube, and waterski. When winter gives us snow, XC-skiing, snow-shoeing, and snow-tubing are always family favorites.

FLUSHING YMCA SUMMER SLEEPAWAY CAMP

Have an unforgettable summer at New York’s YMCA Camp! Our camp is for boys and girls ages 6 to 16 from NYC and all over the world. There are two villages, McAlister (ages 6 to 12) and Talcott (ages 12 to 15). Just a sample of activities that we offer are swimming lessons, a wide variety of sports, arts and crafts, outdoor living skills, media program, canoeing, Wibit, and our ropes courses. We also offer specialty programs that include water skiing, horseback riding, and rafting trips for a small additional fee.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>June 29 – July 4</td>
</tr>
<tr>
<td>2</td>
<td>July 6 – 18</td>
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<tr>
<td>3</td>
<td>July 20 – August 1</td>
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<tr>
<td>4</td>
<td>August 3 – 8</td>
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<tr>
<td>5</td>
<td>August 10 – 22</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Tier 1</th>
<th>Tier 2</th>
<th>Tier 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Week</td>
<td>$859</td>
<td>$759</td>
<td>$659</td>
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<tr>
<td>2 Weeks</td>
<td>$1589</td>
<td>$1389</td>
<td>$1189</td>
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</tbody>
</table>

Why three prices?
New York YMCA Camp realizes that families have differing abilities to pay, so we offer a voluntary 3-tier pricing program. This is strictly an honor system; select the fee you feel is appropriate to what you can pay. The program is voluntary, and in no way influences the experience children receive.

Tier 1 – Is the actual cost of camp for a child to participate
Tier 2 – Is our partially subsidized fee for temporary or minor financial need
Tier 3 – Is our heavily subsidized fee for those in need of more financial assistance

*We offer need-based financial assistance.
NATIONAL GYMNASTICS TRAINING CAMP  
Ages 7 to 17

We offer world class training for dedicated and determined gymnasts from around the world. Our focus is to support each gymnast to develop new skills and improve existing ones. Every gymnast has the opportunity to train closely with our world class coaches.

Our camp includes 16,000 sq feet of training space, 6 vault stations, 12 beam stations, 4 sets of competition bars, 2 full floor exercises, certified athletic trainers, and medical attention available 24/7, and more. Team rates are available.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>June 29 – July 4</th>
<th>Tier 1</th>
<th>Tier 2</th>
<th>Tier 3</th>
<th>Team Camp</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>$999</td>
<td>$899</td>
<td>$799</td>
<td>1 week</td>
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<td></td>
<td></td>
<td>$889</td>
<td></td>
<td>$1779</td>
<td>2 week</td>
</tr>
</tbody>
</table>

WORLD VOLLEYBALL TRAINING CENTER  
Ages 10 to 18

We offer progressive training techniques for all skill levels, position specific training, and video training with personal feedback. We also offer plyometric and weight training opportunities for qualified campers. The Volleyball Select program is for advanced players looking to experience training on the collegiate level.

Our camp includes 6 indoor courts with all new sport court, 5 new outdoor grass courts, a training room, certified athletic trainers, and medical attention available 24/7. We offer team packages for full week and half week rates.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>July 20 – 25</th>
<th>Tier 1</th>
<th>Tier 2</th>
<th>Tier 3</th>
<th>Team Camp</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>$829</td>
<td>$779</td>
<td>$729</td>
<td>$395</td>
</tr>
</tbody>
</table>

INTERNATIONAL JUDO CAMP  
For players of all ages | August 10 – August 16

We offer world class training for athletes from around the world. During daily practice and evening Randori, our coaches evaluate skills to develop an individualized, training program for every camper. Our focus is to support each child and adult to learn new skills and to perfect their existing ones.

Our camp includes Olympic quality Tami mats, 2 inch Swain flexi-roll mats, weightlifting and cardiovascular training equipment, trainers and medical staff on site 24/7.

Apply before July 1st: $629  
Apply after July 1st: $679
OUTDOOR ADVENTURE TRIPS
Ages 10 to 15

One or two-week adventure trips where campers experience safe, outdoor activities including mountain biking, hiking, camping, canoeing, whitewater rafting, kayaking, surfing, tubing, high-team adventure and so much more.

<table>
<thead>
<tr>
<th>Trip</th>
<th>Ages</th>
<th>Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware River Adventure</td>
<td>12-15</td>
<td>June 29 - July 4</td>
<td>$679</td>
</tr>
<tr>
<td>Empire State Adventures</td>
<td>12-15</td>
<td>July 6 - 18</td>
<td>$1659</td>
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<tr>
<td>Southeast Adventures</td>
<td>12-15</td>
<td>July 20 - August 1</td>
<td>$1799</td>
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<tr>
<td>Introductory Adventures</td>
<td>10-12</td>
<td>August 3 – 8</td>
<td>$679</td>
</tr>
<tr>
<td>Great Lakes Adventures</td>
<td>12-15</td>
<td>August 10-22</td>
<td>$1799</td>
</tr>
</tbody>
</table>

RETREAT CENTER
Year Round, Upstate New York

The Greenkill Retreat Center at the New York YMCA Camp is open year round with options for day trips, overnights, or multiple-night stays. From activity choices and breakout sessions to lodging, recreation, and meals, we work closely with each group to design a retreat that meets group goals.

OUTDOOR EDUCATION CENTER
September to June, Upstate New York

The Greenkill Outdoor Education Center provides safe and educational programs for students through a holistic approach that tailors each trip to a school’s specific needs. Educational programs range from social and emotional development to recreation, to experiential environmental education. Our professional staff focuses on the needs of students and encourages learning in the natural environment.

WOMEN’S WELLNESS WEEKENDS
Spring 2014 | May 16 – 18     Fall 2014 | October 17-19

Immerse yourself in nature at one or both of our women’s only retreat weekends. Activities include arts and crafts, guided hikes throughout our picturesque property, health and wellness sessions, yoga, and more.
DAY CAMP PROMOTIONAL OFFERS!

EARLY BIRD DISCOUNTS*
10% discount for participants who are registered by May 17th and have paid in full.

SIBLING DISCOUNTS*
10% off each additional sibling. Discounts cannot be combined.

* DOES NOT APPLY TO SLEEPAWAY CAMP PROGRAMS

YMCANYC.ORG/CAMP TO LEARN MORE!