



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2016
**SUMMER
CAMPS,
SPORTS, ICE
& AQUATICS**



BEST. SUMMER. EVER.

Set your sights on a summer of action, adventure and achievement.

PROGRAM LOCATIONS INCLUDE:
Boulder, Broomfield, Erie, Lafayette,
Longmont, Louisville & Superior

YMCA OF BOULDER VALLEY

BEST SUMMER EVER



2016 SUMMER PROGRAMS

Riding rapids or reading books. Arts or archery. Cannonballs or canoeing. When you count on the Y, you count on a summer of action, adventure and achievement. From swim lessons to soccer, hockey to camp, the Y is here to create experiences that immerse your child in an atmosphere that inspires, guiding them to live healthfully, help others and smile like they've never smiled before. It's gonna be the best summer ever.

Camps

Y overnight, day or specialty camps share one thing—they're all about discovery. We foster kids' curiosity and encourage them to expand their comfort zones in what they do and what they believe is possible. Our campers explore nature, discover new talents, try activities and gain independence all while making friendships that last a lifetime.

Sports

Participants in our sports programs learn, grow and have fun on the field, on the court and on the turf. Our goal is to build a community in which everyone has the opportunity to learn new skills, grow technique, join a team and learn the joys of this thing we call sport.

Ice

Our ice programs give all skaters the tools to reach levels they have never imagined. Y Learn to Skate, hockey and figure skating programs offer kids and adults life-changing opportunities to find a sport, hobby, club or team to call their own. Our staff works to progress skaters' skills while developing a life-long love for the ice.

Aquatics

The YMCA has been America's leading swim instructor for more than 100 years. We provide recreational, competitive and specialty aquatics programs for all ages and abilities, including parent-child classes, exercise opportunities, safety and rescue instruction and swim team.

YMCA OF BOULDER VALLEY • ymcabv.org • Serving Boulder, Broomfield and Weld Counties

YMCA Center Hours

Mon-Fri: 5:00am-10:00pm
Sat: 6:45am-8:00pm
Sun: 8:00am-8:00pm

Arapahoe Center

2800 Dagny Way
Lafayette, CO 80026
303-664-5455

Ed & Ruth Lehman Center

950 Lashley Street
Longmont, CO 80504
303-776-0370

Mapleton Center

2850 Mapleton Avenue
Boulder, CO 80301
303-442-2778

YMCA Camp Santa Maria

51321 US Highway 285
Grant, CO 80448
303-443-4474 x4450

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For info on memberships, visit ymcabv.org and click on "membership info" or email membership@ymcabv.org.

JOIN THE Y

JOIN OUR CAUSE

You live a more robust life with the Y by your side, and we are a stronger organization because of the strength of our members. It's a partnership, and we are even stronger together. From fitness classes and swimming lessons to sports and ice programs to summer camps and after-school care, we truly engage the spirits, minds and bodies of families in our communities. Let us help you lift more, run faster, get healthier and smile more.

MEMBERSHIP TYPE	JOINING FEE*	MONTHLY RATE*	ANNUAL RATE*
Adult (Ages 25+)	\$50	\$64	\$768
Adult Couple	\$75	\$82	\$984
Family**	\$75	\$91	\$1092
Single Adult Family**	\$75	\$83	\$996
Youth (Ages 12-18)	\$25	\$36	\$432
Young Adult (Ages 19-25)	\$25	\$49	\$588
Senior (Ages 62+)	\$50	\$49	\$588
Senior Couple	\$75	\$66	\$792

*Fees are subject to change. **Family refers to two adults and up to seven children under the age of 19 residing at the same address. **Single Adult Family refers to one adult and up to seven children under the age of 19 residing at the same address.

OTHER WAYS TO JOIN Corporate Membership

Employee Paid

The individual employee pays at a discounted membership rate to the Y; no cost to the company. This discount requires each individual employee to complete a membership form and show a company ID. The employee pays no join fee and receives a discount on their monthly fees.

Company Paid

The company pays the Y membership fee on a monthly basis for eligible employees. With this option, we can provide monthly attendance reports if needed for insurance or incentive purposes. We can also help with setting up incentives or adding additional wellness educational programs.

Military Membership

Active duty military personnel and veterans receive reduced rates. Must show a government ID. Membership is also available for eligible military families and personnel through the Department of Defense's Military Outreach Initiative. No join fee.

SilverSneakers® Membership

The Y provides the SilverSneakers® Fitness Program at no cost to eligible participants. Check with your health insurance if you qualify for a free membership to the YMCA of Boulder Valley.

Financial Assistance

The YMCA of Boulder Valley is a 501c3 nonprofit charity. For those who qualify, financial assistance is available for membership and for our programs. Thanks to the generous gifts of our donors, we are able to continue to help our community. Stop by either facility to pick up a financial assistance application or download one at ymcabv.org.

Child Watch (Ages 6 weeks-10 years)

Child Watch is free for up to two hours and is included with your Y Family or Single Adult Family Membership. Other members and program participants can utilize Child Watch for a minimal fee while utilizing the facility (when space is available). Our trained and caring staff provides a safe, encouraging environment for your child while you workout. Playing, reading stories, art and crafts and other activities provide variety and fun.

Other child care programs include Kid's Club (ages 3-5) and Gym Ventures (ages 6-10) at the Arapahoe Y and Youth in Action (ages 7-13) at the Longmont Y. Details and hours at ymcabv.org.

MEMBERSHIP BENEFITS

- Access to three locations as well as Ys across the country through the AWAY program
- Member rates on fee-based programs
- Most fitness classes are free to members
- Free fitness consultation and basic health assessment
- Nutrition consultations and workshops
- Massage and acupuncture (Mapleton Y)
- Cardiovascular equipment
- Strength training equipment
- Personal training
- Basketball gyms
- Group exercise studios
- Indoor cycling studios
- Indoor running tracks
- Spirit, Mind, Body Studio with custom resonating floor (Arapahoe Y)
- Pilates Reformer studios (Arapahoe and Mapleton Ys)
- Racquetball courts (Longmont and Mapleton Ys)
- Four year-round pools
- Outdoor spray parks (Year-round at Arapahoe Y, seasonal at Mapleton Y)
- Hot tub (Mapleton Y)
- Dry saunas (Longmont and Mapleton Ys)
- Ice rink (Arapahoe Y)
- Synthetic turf field (Arapahoe Y)
- Y Friends program (discounts at area businesses)
- On-site after school programs and preschool (Longmont Y)
- Educational farm (Longmont Y)
- Family activity nights
- Member clubs

MEMBERS SAVE AN AVERAGE OF \$50 PER WEEK ON SUMMER CAMP!

For info on memberships, visit ymcabv.org and click on "membership info" or email membership@ymcabv.org.

FIND YOUR PLACE AT THE Y

JOB OPPORTUNITIES

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working for the Y, you'll discover more than a job—you'll enjoy the opportunity to make a lasting difference in the lives of those around you.



Aquatics

Lifeguarding is more than just fun in the sun; it is an important leadership role. By being a Lifeguard or swim instructor, you're taking a stand to be a lifesaver, to protect others and to serve the community. Certification classes and recertification classes are offered. Includes summer membership to the Y. Must be 16+ to apply.



Day Camp

We have a wide range of day camp experiences for K-10th graders including sports, field trips, biking, skateboarding, paddleboarding, teen camps and more. There's sure to be a great fit for you! Includes summer membership to the Y. Must be 18+ to apply.

For more information and to apply, visit ymcabv.org. Additional opportunities available in sports, health and fitness and membership.

VOLUNTEER AND INTERNSHIP OPPORTUNITIES

Each YMCA across the nation is volunteer founded, volunteer led and volunteer based. YMCAs are the largest nonprofit organization in the nation and benefit from the leadership of more than 600,000 volunteers. We're an organization of people of all ages and from all walks of life joined together to strengthen the foundations of our community. Volunteers at the YMCA of Boulder Valley help make a difference in the lives of thousands of kids, families and adults each year.

VOLUNTEER

The YMCA of Boulder Valley welcomes volunteers in all areas of our association. Duties range in responsibility from reading to preschool students to coaching youth sports to greeting members at our front desk. If you are interested in becoming a volunteer, we can work together to find a placement that fits your availability, personality and interests. Must be 16+ to volunteer.

Volunteer at the YMCA of Boulder Valley to:

- Make a difference in your community
- Support a cause you believe in
- Put your skills and experience to work
- Learn new skills
- Make new friends and develop professional contacts
- Combat social isolation and reduce stress
- Build confidence

INTERNSHIP

An internship at the Y can earn you university credit within degree programs and help put your classroom knowledge to work while you build your resume. The length of our internships are negotiable but generally last 10-16 weeks. Must be 16+ to intern.

The Student Benefits By:

- Building confidence through practical experiences
- Refining skills by working alongside a tested professional mentor
- Developing professional relationships in the field
- Being able to make informed career decisions

The YMCA of Boulder Valley Benefits By:

- Accessing current trends in the student's field of study
- Gaining new talent and additional staff to accomplish organization priorities
- Observing potential new professionals
- Providing opportunities for our organization to mentor future industry leaders

For more information visit ymcabv.org, contact volunteer@ymcabv.org or call 303-664-5455 x1130.

It is our corporate policy that all staff, volunteers and interns must pass a criminal background screening prior to placement.

For more info on job, volunteer and internship opportunities, visit ymcabv.org.

YOU MAKE MORE POSSIBLE



For a Better Us™

We've been serving this community for more than 140 years, providing a welcoming place to learn new skills, connect with others and access support in times of need. Our unique combination of services allows us to provide for the well-being of people of all ages and walks of life. One in three of our participants receive financial assistance. As a nonprofit organization, we never turn away anyone based on an inability to pay. We need your financial support to keep that promise.

Give to Your Y. Give to Your Community.

The Y is the unparalleled cause for strengthening community because we are the community. There are four ways to make a contribution to the YMCA of Boulder Valley.

Annual Support Campaign

Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and the community to help people of all ages and from all walks of life be healthier, more confident, connected and secure.

Planned Gifts & Endowment

When leaving a personal legacy through your will or other planned gifts, you can feel confident that a contribution to the Y will be the gift of a lifetime.

Capital Development

Capital development gifts keep our facilities up-to-date. The Cohagen-Platts Sports Field, Carlston Ice Arena, the Y pools and the Arapahoe Y pool bubble are all made possible with capital development gifts.

Gift Matching

You can make an even greater impact with your donation by securing a matching gift from your employer. When your employer supports your charitable giving, it amplifies the impact of your gift and helps us serve more families.

Your Impact

Safety Around Water

The new and powerful YMCA Safety Around Water Program provides free water safety lessons to local kindergartners and Head Start students. The program helps children who may not have access to swim lessons by teaching them how to save themselves and others in water — reducing their chance of drowning.

Partners In Community

The YMCA strengthens community — but we don't do it alone. The Y has robust partnerships with organizations such as school districts, hospitals and the University of Colorado. We provide space and offerings to many entities, including the Colorado Ice Wizards (special needs hockey), Camp to Belong (camp for foster kids) and Intercambio (immigrant support).

All Stars Sports

Every year, more than 10,000 kids play YMCA Jr. Buffs sports. For one small group, the opportunity is especially important. In the All Stars Sports program, kids with special needs gather to play basketball, soccer and other sports. For some of them, it's a chance to play an organized sport for the very first time. Each athlete is given one-on-one coaching and attention.

Y Achievers

For Y Achievers participants at Sanchez Elementary, the achievement gap is not some abstract concept. It's something they battle to overcome each and every day. The students in the program are selected specifically because they need extra support to succeed in and out of the classroom. Y Achievers offers the kids homework help, out-of-the-box learning tools and mentoring after school.

Summer Camp

Last summer we sent almost 400 kids to Y summer camp with the help of financial assistance. No matter a family's income level, their children should have a chance to experience nature, harness their inner adventurer, develop meaningful friendships, find mentors and play like they've never played before.

For more info on how to support the Y, visit ymcabv.org or contact development@ymcabv.org or call 303-443-4474 x1101.

CAMPS AT A GLANCE

BEST. SUMMER. EVER.

Looking for a summer camp for your child? The Y has so much to offer for every age group. Here is a snapshot of the summer camp programs that are available. There's more information on each camp inside this guide and at ymcabv.org. Please don't hesitate to contact us if you need help figuring out the very best camp for your child.

Day camps are divided by sessions throughout the summer.

Session 1: May 31-June 3*	Session 7: July 11-15
Session 2: June 6-10	Session 8: July 18-22
Session 3: June 13-17	Session 9: July 25-29
Session 4: June 20-24	Session 10: August 1-5
Session 5: June 27-July 1	Session 11: August 8-12
Session 6: July 5-8*	Session 12: August 15-17

*No camp on May 30 and July 4.



7 TIME WINNER OF BOULDER WEEKLY'S BEST SUMMER CAMP

Fun in the Sun Traditional Day Camp (Entering K-6th Grade)

Come join the Fun in the Sun Traditional Day Camp for an experience your child will never forget. Campers will engage in a variety of activities such as archery, sports and games, swimming, arts and crafts and STEM, just to name a few. Weekly themes, Y Camp Readers and special events will help shape your campers summer into the best summer ever. Fun and engaging field trips, including trips to our outdoor education center Ora Penn (late June). Page 10

Blast Camp (Entering K-6th Grade)

Get ready to blast off during this camp, which will test your camper's capacity for FUN! Campers will explore, create and engage all week long. Activities include archery, sports and games, gaga ball, swimming, ice skating, foam machine fun, 50 ft. slip and slide, arts and crafts and much more. Page 10

YMCA & BVSD Lifelong Learning Day Camp (Ages 6-12)

YMCA of Boulder Valley and Boulder Valley School District Lifelong Learning are collaborating again this summer to offer a fun and educational camp opportunity for youth in the community. There are seven different camp themes to choose from at six BVSD schools. Page 11

Arts & Humanities Camps (Ages 6-12)

Whether your child is an aspiring actor, an inspiring artist or simply a kid who likes to get messy, the Y has plenty of options for a summer of spotlight-shining, paint-splattering fun. Our specialty camps ensure campers are engaged, their creativity is satisfied and their smocks are well used. Page 15

Sports Day Camp (Entering 1st-6th Grade)

Shoot, dribble and score your way to enhanced sports-specific skills in our summer sports camp. Campers will explore the wide world of sports through team-building, skill progression, age appropriate activities and experience our "Y Way to Play" philosophy. Sports related field trips and swimming will round out camp. Page 16

Adventure Day Camp (Entering 3rd-8th Grade)

Climb, paddle and ride the waves to Adventure Camp this summer. Campers will experience adventure that will strengthen their belief in themselves, enhance their confidence, develop skills and build relationships. Campers will have the opportunity to progress from basic to advanced skills in rock climbing, flatwater paddleboarding and whitewater paddleboarding. Page 18

Skateboarding Day Camp (Entering 1st-10th Grade)

Campers are introduced to a variety of challenging techniques, including navigating skate park terrain, trick progression, street skating and longboarding. Skateboard camp has limited space due to the individual attention given to skaters. Page 20

Y Riders Cycling Day Camp (Entering 1st-9th Grade)

Y Riders Cycling Camp has taught kids and teens to ride successfully and safely for more than 25 years. Starting in 1st grade, children can learn how to ride a two-wheeler in learn-to-bike classes and build their skills in Y Riders Basic Skills. Junior Y Riders and Local Adventures programs offer skills in path riding and mountain biking. Small groups with low ratios provide the perfect environment for campers to learn safe biking and build their skills. Page 21

Teen Camps (Entering 6th-10th Grade)

Ensure your teen's summer is more fulfilling and fun than couch sitting and video-game playing. Ultimate Teen Camp will send campers to locales like Pirate's Cove, Jump Street and Water World. Participants make friends and stay entertained while learning about the importance of respect, responsibility, honesty and caring. Our Teen Leader in Training Camp gives participants the knowledge and experience to begin their journey as leaders, spending a bulk of their summer working with younger campers. Page 22

YMCA Camp Santa Maria (Ages 6-17)

Nestled on 1,000 beautiful acres in the Rocky Mountains near Bailey, Colorado, YMCA Camp Santa Maria offers a traditional resident camp experience. Campers make friends, build skills and unplug.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: 303-443-4474 x4242

FUN IN THE SUN

TRADITIONAL DAY CAMP

CAMP
REGISTRATION
IS NOW
OPEN



FUN IN THE SUN (ENTERING K-6TH GRADE)

Best. Summer. Ever. Come join the Fun in the Sun Traditional Day Camp for an experience your child will never forget. Campers will participate in weekly camp traditions, including opening and closing ceremonies, theme days and much more. Campers will engage in a variety of activities such as archery, sports and games, swimming, arts and crafts and STEM, just to name a few. Weekly themes, Y Camp Readers, and special events will help shape your camper's summer into the best summer ever. Fun and engaging field trips, including trips to our outdoor education center Ora Penn (late June). Enthusiastic and well-trained staff will ensure a fun and safe summer. The eight convenient Boulder County locations ensure that we have the fun covered for your camper this summer. Part-time and full-time options available.

NEW! Y Camp Readers

We make summer reading fun and engaging for the campers. All of our FIS locations will participate in the Y Camp Readers program. Campers will explore reading through a variety of ways, including independent reading, partner reading, staff read-aloud, thematic reading and much more. Let's bridge the reading gap together!

Our Featured Activities

- Archery
- Swimming
- Fun Y Friday
- Wacky Wednesday
- Carnival Day
- Olympic Day
- Ice Skating
- Maker Space Art
- Y Camp Readers
- Color Wars
- Family Nights
- And Much More!
- STEM

Campers Are Divided By Appropriate Age Groups

- **EXPLORERS** (Entering K-1st grade)
Must be 5 years old by Sept 30, 2016 to attend Louisville, Superior and Foothill. Must be 5 years old on first day of camp to attend Eisenhower, Bear Creek and Kohl.
- **VOYAGERS** (Entering 2nd-3rd grade)
- **JOURNEYS** (Entering 4th-6th grade)

Hours

- Pre-Camp Care 7:30am-9:00am
 - Camp Activities & Excursions 9:00am-4:00pm
 - Post-Camp Care 4:00pm-6:00pm
- Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Schedule Options

- Full Time..... 4-5 days per week
 - Part Time*..... 1-3 days per week
- *You must confirm your part-time days with your camp director.*

Weekly Rates

AGE GROUP	FULL TIME (M/NM)	PART TIME (M/NM)
Explorers	\$270/\$315	\$205/\$245
Voyagers	\$245/\$295	\$200/\$240
Journeys	\$245/\$295	\$200/\$240

Sessions 1 and 6 are short weeks and are part-time rates.

Financial Assistance is available. Contact Elizabeth Baker 303-664-5455 or elizabeth.baker@ymcabv.org.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: 303-443-4474 x4242

FUN IN THE SUN

TRADITIONAL DAY CAMP


Swim Lessons Offered as an Additional Program During Camp

We believe that every child needs to be safe in the water; therefore we offer two sessions of swim lessons during the summer. **We'll take your child to swim lessons during camp.** Children must be signed up for the days and weeks of each session to participate. Please be aware that there is limited space.

Campers need to arrive at their camp location one hour before the swim lesson begins, wearing swimsuit and 30 SPF sunscreen. Please pack a towel, goggles and a change of clothes.

Register online or download registration forms at ymcabv.org.

 **Swim Option A:** Camp sessions 2, 3, 4

 **Swim Option B:** Camp sessions 7, 8, 9

Arapahoe Y Outdoor Pool

LOCATION	DAYS	TIME	FEE
Superior	Mon/Wed	9:30-10:30am	\$80
Louisville	Tue/Thu	9:30-10:30am	\$80
Kohl	Mon/Wed	9:30-10:30am	\$80

Half hour lesson and half hour in the splash park.

Longmont Y Indoor Pool

LOCATION	DAYS	TIME	FEE
Twin Peaks	Tue/Thu	9:30-10:30am	\$80
Longmont Y	Mon/Wed	9:30-10:30am	\$80

Mapleton Y Indoor Pool

LOCATION	DAYS	TIME	FEE
Eisenhower/Bear Creek	Mon/Wed	9:30-10:30am	\$80
Foothill	Tue/Thu	9:30-10:30am	\$80

Half hour lesson and half hour in the splash park.



FUN IN THE SUN WEEKLY THEMES

Come join the fun! Fun in the Sun campers will participate in at least three field trips each week. Field trips may include a swimming trip, an outdoor education trip (hike/open space), Fun Y Fridays, Wacky Wednesdays and theme based adventures. These exciting adventures may include visits to the Denver Zoo, Pirate's Cove, science museum, planetarium, bowling and many other fun places around our beautiful area.



CIRCLE OF FRIENDS

Session 1: May 31- June 3

Start the summer off right. Campers will make lasting friendships and engage in team-building activities, FIS camper pen pals, self portraits, summer journals and much more.

No camp May 30.

MAD SCIENTIST

Session 2: June 6- 10

Campers bring your white lab coats, goggles and sense of the scientific method. It is time to explore all things science! From the slimy to the bubbly, campers will engage in various experiments. Gather up the beakers and let the fun begin.

HEROES UNITE

Session 3: June 13-17

Grab your cape, fire hose, police hat and all things heroic for this exciting week of camp. All of your favorite heroes are here to help make camp an awesome adventure.

June 16: Family Night

6:00-7:30pm at each FIS location

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: 303-443-4474 x4242

FUN IN THE SUN

TRADITIONAL DAY CAMP

AROUND THE WORLD

Session 4: June 20-24

Campers should be prepared to travel the world. Participants will encounter different cultures, food, traditions and languages as they explore the globe. Get your passports ready!

June 24: Olympic Day

ANIMAL PLANET

Session 5: June 27-July 1

Bound and gallop into the extraordinary world of the animal kingdom. Campers will engage in various activities that capture the fun and exciting animal world. Be careful—your camper may start acting like a monkey!

June 29: Colorado Rockies Game (Voyagers and Journeys)

TREASURE ISLAND

Session 6: July 5-8

Pirates unite! Be a part of this wacky, wet and wild week of camp. Campers will explore the underwater world and watch out for pirates lurking above the seas.

July 8: Pirate's Cove

No camp July 4.

ARTFUL ANTICS

Session 7: July 11-15

"Every good painter, paints what he is."—*Jackson Pollack*

This week, Y camp counselors will nurture your child's inner artist and inspire their self-expression. We will communicate our true selves through many mediums, creative avenues, games and more.

CARNIVAL

Session 8: July 18-22

The carnival has come to the Y. Campers will enjoy a week of games and carnival fun. Explore your creativity by developing your own team carnival game.

July 22: Family Carnival Night

6:30-8:00pm at Arapahoe Y



TO INFINITY AND BEYOND

Session 9: July 25-29

Grab your space gear as we travel across the galaxy. We explore space through art, science and games. It is sure to be out of this world!

HOLIDAY FUN

Session 10: Aug 1-5

This is a crazy week of celebration when every day is a holiday, including a camper birthday bash. Campers can dress for the theme, and each day will be filled with games, crafts and much more.

August 3: Camp Color Wars

CHECK OUT BLAST CAMP FOR SESSIONS 11 AND 12 ON PAGE 10

Camp Site Locations and Director Contacts

Camp directors may be contacted for the following age groups by calling 303-443-4474 and the extension listed below.

LOCATION	ADDRESS	EXPLORER CONTACT INFO	VOYAGERS/JOURNEYS CONTACT INFO
Bear Creek Elementary	2500 Table Mesa Dr, South Boulder	x5006 fisbearcreek@ymcabv.org	x5006 fisbearcreek@ymcabv.org
Foothill Elementary	1001 Hawthorn Ave, North Boulder	x5001 fisfoothill@ymcabv.org	X5001 fisfoothill@ymcabv.org
Louisville Elementary	400 Hutchinson St, Louisville	x5003 fislouisville@ymcabv.org	x5003 fislouisville@ymcabv.org
Eisenhower Elementary	1220 Eisenhower Dr, Boulder	x4410 fiseisenhower@ymcabv.org	x4410 fiseisenhower@ymcabv.org
Superior Elementary	1800 South Indiana St, Superior	x5010 fissuperior@ymcabv.org	x5010 fissuperior@ymcabv.org
Kohl Elementary	1000 West 10th Ave, Broomfield	x5005 fiskohl@ymcabv.org	x5005 fiskohl@ymcabv.org
Longmont Y	950 Lashley St, Longmont	x5011 saplongmont@ymcabv.org	x5011 saplongmont@ymcabv.org
Twin Peaks Charter Academy	340 S Sunset St, Longmont	x5012 twinpeaks@ymcabv.org	x5012 twinpeaks@ymcabv.org

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: 303-443-4474 x4242

BLAST CAMP



BLAST CAMP (ENTERING K-6TH GRADE)

3...2...1... Blast off! Come join the adventure that awaits you at Blast Camp. Campers will explore, create and engage in fun-filled activities, including arts and crafts, STEM, gaga ball, sports and games, swimming, archery, ice skating, 50 ft. slip and slide, foam machine and much more. You do not want to miss this excitement!

Campers Are Divided By Appropriate Age Groups:

- **EXPLORERS** (Entering K-1st grade)
Children must be 5 years old by the first day of Blast Camp
- **VOYAGERS** (Entering 2nd-3rd grade)
- **JOURNEYS** (Entering 4th-6th grade)

Hours

- Pre-Camp Care 7:30am-9:00am
- Camp Activities & Excursions 9:00am-4:00pm
- Post-Camp Care 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Location: Arapahoe and Longmont Ys

Schedule Options

- Session 11 4-5 days per week
- Session 12 (short week) 3 days

Session 11: Aug 8-12

AGE GROUP	SESSION 11
Explorers	\$270/\$315
Voyagers	\$245/\$295
Journeys	\$245/\$295

Session 12: Aug 15-17

AGE GROUP	SESSION 12
Explorers	\$205/\$245
Voyagers	\$200/\$240
Journeys	\$200/\$240

Mon-Wed only.

Financial Assistance is available. Contact Elizabeth Baker 303-664-5455 or elizabeth.baker@ymcabv.org.



REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: 303-443-4474 x4242

YMCA & BVSD LIFELONG LEARNING

YMCA & BOULDER VALLEY SCHOOL DISTRICT LIFELONG LEARNING (AGES 6-12)

The YMCA of Boulder Valley and BVSD Lifelong Learning are collaborating again to offer a fun and educational camp opportunity for youth in the community. There are seven different themes to choose from at four BVSD schools. Within each theme, there are multiple camp options, so mix and match them as much as you want. If you choose a full-day camp option, you must remain at the same location. **Enrollment options on page 13.**

For a detailed list of specific camp offerings and ages offered under each theme, please visit bvsd.org/LLL.



LEGO® Adventures (Ages 6-12)

LEGO® have the rare ability to give both structure and flexibility, which together unleash the power of imagination and creativity in young builders. Each class will offer time for creative building as well as skills training and goal-oriented projects. These classes are hands on and work to drive a child's imagination. Challenges are tailored to a participant's age and skill level in an effort to maximize their experience of fun. There will be free building time each class and theme-based activities that will help young builders develop their projects. *See page 13 for descriptions of LEGO® camp classes.*

Sports Clinics (Ages 6-12)

These summer sports clinics focus on one sport each camp class. They will build on the knowledge and skills of each camper. These clinics are kept small so plenty of coaching and attention can be given to each camper. A variety of skill development and mini-scrimmages provide progression through the week. *See page 14 for descriptions of Sports Clinics camp classes.*

Visual Arts (Ages 6-12)

Includes drawing, painting, cartooning and mixed media. Our instructors will encourage your child and help them to hone their artistic skills. The focus will be on self-expression, technique, the creative process and, most of all, fun! All materials will be provided. *Visit bvsd.org/LLL for descriptions of Visual Arts camp classes.*



Science, Technology, Engineering (Ages 6-12)

If your child often asks, "What if...?" we have a great selection of camps for that curious problem-solver. Our camps engage kids from start to finish with stimulating hands-on projects as they explore the fields of science, technology and engineering. We give kids a unique opportunity to explore, invent, design, create, solve and move from concept to completion. *Visit bvsd.org/LLL for descriptions of Science, Technology, Engineering camp classes.*

Summer Fun Academy (Ages 6-12)

At our summer fun academy, campers will write creatively, play chess, author their own books, hone handwriting skills and immerse themselves in the traditions, cultures and languages of foreign countries. Shhh... don't tell them they'll be learning. Just nod your head and smile when they share their excitement! *Visit bvsd.org/LLL for descriptions of Summer Fun Academy camp classes.*

Create & Cook (Ages 6-12)

Your child will cook and create in this week of inspiring camps. They will work with metal, knit an original project, sculpt from clay, build a city out of recycled materials and design or sew clothes. Creating with food is also on the menu. Your child can learn how to toss pizza dough, explore international cuisines or start a restaurant! This is a week of developing talents and igniting creativity. *Visit bvsd.org/LLL for descriptions of Create & Cook camp classes.*

Dance & Drama (Ages 6-12)

Give your budding entertainer an opportunity to learn improv and comedy, the ins and outs of acting and play-making, music creation and the free-flowing movements of neo dance techniques. Our camps build confidence through creative self-expression, teaching kids to think on their toes and experience the wonder of performing and transforming. *Visit bvsd.org/LLL for descriptions of Dance & Drama camp classes.*

WANT EVEN MORE OPTIONS? Many of our Fun in the Sun Excursion Day Camps are held in the same locations on the same dates. See page 7.

REGISTER FOR CAMP: ymcabv.org or bvsd.org/LLL | INFO: LLLcamp@ymcabv.org • 303-443-4474 x4651

YMCA & BVSD LIFELONG LEARNING

Full Day

(AM & PM Camps with Pre- and Post-Camp Care)

Full-day camp is available by registering for *both* an AM class *and* a PM class and includes pre- and post-camp care held at the same location.

Hours

- Pre-Camp Care 7:30am-9:00am
 - Camp Classes 9:00am-4:00pm
 - Post-Camp Care 4:00pm-6:00pm
- Camp classes are officially 9:00am-4:00pm. Bring your own lunch.

Fee: \$375 per week (*\$305 for May 31-June 3 and July 5-8)

**No camp May 30 and July 4. Fee may be higher for a limited number of speciality camps. Some classes may require a nominal materials fee.*

How to register:

1. Pick your site location
2. Pick your age appropriate AM class
3. Pick your age appropriate PM class at the same location as your AM class

You only register through the YMCA of Boulder Valley if you need pre- and/or post-camp care. Register at ymcabv.org or call 303-443-4474 x3996.

If you do not need pre- or post-camp care and only need to register for AM and/or PM camps, please register directly with BVSD Lifelong Learning at bvsd.org/LLL or call 720-561-5968.

Within each theme, there are multiple camp classes, so mix and match them as much as you want. For camp class offerings, visit bvsd.org/LLL.

Location	Session 1 Themes: May 31-June 3*	Session 2 Themes: June 6-10	Session 3 Themes: June 13-17	Session 4 Themes: June 20-24	Session 5 Themes: June 27- July 1
Foothill Elementary	LEGO®	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy	Visual Arts and Dance & Drama	Sports Clinics
Louisville Elementary	Sports Clinics	Sports Clinics	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy	Visual Arts and Dance & Drama
Kohl Elementary	Create & Cook	Visual Arts and Dance & Drama	Sports Clinics	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy
Bear Creek Elementary	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy	Visual Arts and Dance & Drama	Sports Clinics	Science, Technology, Engineering and LEGO®
Eisenhower Elementary	Drama & Dance	Science, Technology, Engineering and Visual Arts	Science, Technology, Engineering, Visual Arts, LEGO® and Create & Cook	Create & Cook, Science, Technology, Engineering, Summer Fun Academy and Dance & Drama	LEGO®, Sports Clinics and Visual Arts
Superior Elementary	Create & Cook and Science, Technology, Engineering	Dance & Drama, Science, Technology, Engineering and Visual Arts	Create & Cook, Dance & Drama and Summer Fun Academy	Dance & Drama and Visual Arts	Create & Cook and LEGO®

Location	Session 6 Themes: July 5- July 8*	Session 7 Themes: July 11- 15	Session 8 Themes: July 18- 22	Session 9 Themes: July 25-29	Session 10 Themes: August 1-5
Foothill Elementary	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy	Visual Arts and Dance & Drama	Sports Clinics	Science, Technology, Engineering and LEGO®
Louisville Elementary	Sports Clinics	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy	Visual Arts and Dance & Drama	Sports Clinics
Kohl Elementary	Visual Arts and Dance & Drama	Sports Clinics	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy	Visual Arts and Dance & Drama
Bear Creek Elementary	Create & Cook and Summer Fun Academy	Visual Arts and Dance & Drama	Sports Clinics	Science, Technology, Engineering and LEGO®	Create & Cook and Summer Fun Academy
Eisenhower Elementary	LEGO® and Summer Fun Academy	LEGO®, Create & Cook and Dance & Drama	LEGO®, Create & Cook, Dance & Drama and Science, Technology, Engineering	LEGO®, Summer Fun Academy and Visual Arts	Science, Technology, Engineering, Sports Clinics and Summer Fun Academy
Superior Elementary	Dance & Drama, Science, Technology, Engineering, Sports Clinics and Summer Fun Academy	Dance & Drama and Science, Technology, Engineering	Science, Technology, Engineering and Summer Fun Academy	Science, Technology, Engineering and Summer Fun Academy	Science, Technology, Engineering and Visual Arts

*Camp classes will be held Tuesday-Friday due to the Memorial Day and July 4 holidays.

REGISTER FOR CAMP: ymcabv.org or bvsd.org/LLL | INFO: LLLcamp@ymcabv.org • 303-443-4474 x4651

YMCA & BVSD LIFELONG LEARNING



YMCA & BOULDER VALLEY SCHOOL DISTRICT LIFELONG LEARNING (AGES 6-12)

The YMCA of Boulder Valley and BVSD Lifelong Learning are collaborating again to offer a fun and educational camp opportunity for youth in the community. There are seven different themes to choose from at four BVSD schools. Within each theme, there are multiple camp options, so mix and match them as much as you want. If you choose a full day camp option, you must remain at the same location. More details on page 10. Here are a few selected theme highlights. Visit bvsd.org/LLL for descriptions of even more camp class options.

LEGO® Mythical Creatures

Mythical creatures always bring out the best of our imaginations, and this class will create the craziest looking animals we've ever seen. Using unique LEGO sets and our imaginations, students will design out-of-this-world creatures and bring them to life. From beating wings to snapping jaws and thrashing tails, students will have the opportunity to create their own mythical story full of heroes and villains. We will work together to learn about past mythical creatures from ancient stories, and then design our own wild creations to tell of new myths that will last for all time. Do you have what it takes to create monsters the world has never seen?

LOCATION	SESSION	DATES	AM SESSION
Foothill Elementary	Session 1	May 31- June 3*	9:00am-12:30pm
Foothill Elementary	Session 2	June 6-10	9:00am-12:30pm
Louisville Elementary	Session 3	June 13-17	9:00am-12:30pm
Kohl Elementary	Session 4	June 20-24	9:00am-12:30pm
Bear Creek Elementary	Session 5	June 27- July 1	9:00am-12:30pm
Foothill Elementary	Session 10	Aug 1-5	9:00am-12:30pm

*No camp on May 30.

LEGO® Ultimate City

The future is now! We live in an immense time, and at the heart of our civilization are our greatest cities. In this class, participants will learn what it takes to create an amazing city. We will learn the dynamics of what goes into a city, including a subway system, water, electricity, trash, parks and more. Students will then use all they've learned and work together to create the Ultimate City. Imagination is required and this class is a must for all future architects!

LOCATION	SESSION	DATES	AM SESSION
Foothill Elementary	Session 6	July 5-8*	9:00am-12:30pm
Louisville Elementary	Session 7	July 11-15	9:00am-12:30pm
Kohl Elementary	Session 8	July 18-22	9:00am-12:30pm
Bear Creek Elementary	Session 9	July 25-29	9:00am-12:30pm

*No camp July 4.

LEGO® Pirates vs. Ninjas!

It's a historic and infamous feud: The epic battle between pirates and ninjas has raged throughout time. In this Y LEGO class, we will build pirate ships, play with Ninjago sets and compete to see who is stronger: pirates or ninjas! Whose side are you on? Please pack a snack and water bottle.

LOCATION	SESSION	DATES	PM SESSION
Foothill Elementary	Session 6	July 5-8*	12:30-4:00pm
Louisville Elementary	Session 7	July 11-15	12:30-4:00pm
Kohl Elementary	Session 8	July 18-22	12:30-4:00pm
Bear Creek Elementary	Session 9	July 25-29	12:30-4:00pm

*No camp July 4.

LEGO® Star Wars

Join us in this classical universe as we explore new story lines, and participants help to build new planets and use the LEGO force to guide the hero to safety, all while saving the princess and battling the empire. In this Y LEGO class, we will build classic Star Wars ships and scenes from the movie. We will then encourage new creations and creatures that could exist in the Star Wars universe. Will you be drawn in by Darth Vader and the dark side or ultimately prevail by listening to Yoda and using the force?

LOCATION	SESSION	DATES	PM SESSION
Foothill Elementary	Session 1	May 31-June 3*	12:30-4:00pm
Foothill Elementary	Session 2	June 6-10	12:30-4:00pm
Louisville Elementary	Session 3	June 13-17	12:30-4:00pm
Kohl Elementary	Session 4	June 20-24	12:30-4:00pm
Bear Creek Elementary	Session 5	June 27-July 1	12:30-4:00pm
Foothill Elementary	Session 10	Aug 1-5	12:30-4:00pm

*No camp on May 30.

REGISTER FOR CAMP: ymcabv.org or bvsd.org/LLL | INFO: LLLcamp@ymcabv.org • 303-443-4474 x4651

YMCA & BVSD LIFELONG LEARNING

SPORTS CLINICS (AGES 6-12, COED)

These summer sports clinics will focus on one sport each camp class. They will build on the knowledge and skills of each camper. These clinics are kept small so plenty of coaching and attention can be provided to each camper. A variety of skill development and mini-scrimmages provide progression through the week.

Lacrosse

Beginning players will learn about lacrosse in a fun, coed environment. No equipment is required. We will provide sticks for all and play in a non-contact manner. Players will practice the basic skills of passing, catching, dodging and shooting while learning about the rules of the sport in scrimmages. This is a great way to gain experience and build confidence. Participants should wear athletic clothing as well as bring 30 SPF sunscreen, a snack and a water bottle.

LOCATION	SESSION	DATES	PM SESSION
Louisville Elementary	Session 1*	May 31- June 3	12:30-4:00pm
Louisville Elementary	Session 2	June 6-10	12:30-4:00pm
Kohl Elementary	Session 3	June 13-17	12:30-4:00pm
Bear Creek Elementary	Session 4	June 20-24	12:30-4:00pm
Foothill Elementary	Session 5	June 27- July 1	12:30-4:00pm
Louisville Elementary	Session 10	August 1-5	12:30-4:00pm

*No camp May 30.



Basketball

This camp focuses on skill building to help your child grow and develop in the game of basketball. There will be scrimmages and fun competitions mixed in to keep your child moving forward. Teamwork, ball handling, shooting, passing and fun are daily components of camp. Participants should wear athletic clothing as well as bring 30 SPF sunscreen, lunch and a water bottle.

LOCATION	SESSION	DATES	AM SESSION
Louisville Elementary	Session 6*	July 5-8	9:00am-12:30pm
Kohl Elementary	Session 7	July 11-17	9:00am-12:30pm
Bear Creek Elementary	Session 8	July 18-22	9:00am-12:30pm
Foothill Elementary	Session 9	July 25-29	9:00am-12:30pm

*No camp July 4.



Soccer

Y staff will work with players to enhance their skills in passing, shooting, dribbling, offense and defense. Young athletes will also work on positioning on the field and gain an understanding of the rules and strategies through scrimmages. Participants should wear athletic clothing and bring shin guards, 30 SPF sunscreen, lunch and a water bottle.

LOCATION	SESSION	DATES	AM SESSION
Louisville Elementary	Session 1*	May 31- June 3	9:00am-12:30pm
Louisville Elementary	Session 2	June 6-10	9:00am-12:30pm
Kohl Elementary	Session 3	June 13-17	9:00am-12:30pm
Bear Creek Elementary	Session 4	June 20-24	9:00am-12:30pm
Foothill Elementary	Session 5	June 27- July 1	9:00am-12:30pm
Louisville Elementary	Session 10	August 1-5	9:00am-12:30pm

*No camp May 30.

Flag Football

Campers will learn techniques to enhance their skills in throwing, receiving and agility as well as gain an understanding of the rules and strategies of the sport. These skills are put to use and taught in drills as well as in game play. Participants should wear athletic clothing without pockets or belt loops and athletic shoes. Campers also need to bring 30 SPF sunscreen, snack and a water bottle.

LOCATION	SESSION	DATES	PM SESSION
Louisville Elementary	Session 6*	July 5-8	12:30-4:00pm
Kohl Elementary	Session 7	July 11-15	12:30-4:00pm
Bear Creek Elementary	Session 8	July 18-22	12:30-4:00pm
Foothill Elementary	Session 9	July 25-29	12:30-4:00pm

*No camp July 4.

REGISTER FOR CAMP: ymcabv.org (see page 27 For details) | INFO: LLCamp@ymcabv.org • 303-443-4474 x4651

ARTS & HUMANITIES DAY CAMPS

SPECIALTY CAMPS (AGES 6-12)

Whether your child is an aspiring actor, an inspiring artist or simply a kid who likes to get messy, the Y has plenty of options for a summer of spotlight-shining, paint-splattering fun. Our specialty camps in Longmont ensure campers are engaged, their creativity is satisfied and their smocks are well used.

Location: Twin Peaks Charter School, 340 S Sunset St, Longmont, CO 80501

Fee (M/NM): \$255/\$305 (Session 1* and 6* \$204/\$244)

Hours

- Pre-Camp Care 7:30am-9:00am
- Camp Activities 9:00am-4:00pm
- Post-Camp Care 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Lights, Camera, Action Camp

Be a part of the production. Campers will explore the world of drama, including script writing, set design, costume making and much more. Come see the finished product Friday afternoon. Campers will have the opportunity to swim during the week. Action!

SESSION	DATE	CODE
Session 2	June 6-10	LM06/06LCA
Session 5	June 27-July 1	LM06/27LCA
Session 10	August 1-5	LM08/01LCA

Messy Art Camp

Come explore the messy side of art! Campers will engage in art activities that include finger painting, clay design, splatter art and much more. Get those smocks ready for the washing machine. Campers will have the opportunity to swim during the week.

SESSION	DATE	CODE
Session 1*	May 31-June 3	LM05/31MA
Session 6*	July 5-8	LM07/05MA
Session 9	July 25-29	LM07/25MA

*No camp May 30 and July 4.

Multi Media Art Camp

Calling all artists! Join us in creating an exhibit of masterpieces. Examples include sketching, painting, sculpting and more. Campers will visit local parks and museums for inspiration. Campers will have the opportunity to swim during the week.

SESSION	DATE	CODE
Session 3	June 13-17	LM06/13MMA
Session 7	July 11- 15	LM07/11MMA

Cartooning and Comic Book Camp

Discover and create amazing things about your favorite characters and invent your own new characters through comic book creation and cartooning. See the action come alive! Campers will have the opportunity to swim during the week.

SESSION	DATE	CODE
Session 4	June 20-24	LM06/20CCB
Session 8	July 18-22	LM07/18CCB

GROWING GARDENS CAMPS (AGES 6-11)

The YMCA of Boulder Valley and Growing Gardens are partnering up to provide homegrown summer camps for local seedlings (by that, we mean your kids). Our camps provide an opportunity for children to get off the couch, step outside and enjoy the bluebird skies of Colorado. Whether they are befriending butterflies or snapping shots of squash blossoms, your little camper will have a bountiful summer in our garden.

Location: Longmont Y Educational Farm

Fee: \$285

Hours: 9:00am-4:00pm

Birds, Butterflies and Bees (Ages 6-8)

Spend five fun-filled days exploring pollinators in our garden. We'll learn about the flight of birds and the tantalizing colors of butterflies, meet our bees and taste their honey. Experience the amazing world of pollination through relay races, unique art projects and interactive gardening games.

SESSION	DATE	CODE
Session 9	July 25-29	LM07/25BBB

Art and Photography in the Garden (8-11)

Explore and recreate works of well-known garden artists using natural materials found in the garden. We'll make plantable greeting cards, learn the elements of composition and framing, as well as take photographs in and around our garden to be shared at the open house art show at the end of the week. Please bring a digital form of photography such as a digital camera, phone or tablet. If you do not have access to one of these, please let us know in advance so we can get one for you.

SESSION	DATE	CODE
Session 11	Aug 8-12	LM08/08APG

In partnership with



REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: adventure@ymcabv.org • 303-443-4474 x4455

SPORTS DAY CAMP



PLAY THE Y WAY THROUGH SUMMER! (ENTERING 1ST-6TH GRADE)

Do you have young athletes who love all sports? This camp is for you. Our sports camp includes a variety of both traditional and non-traditional sports skill clinics and games all aimed to develop individual skill and team work. With our three-hour clinics and our experienced, trained sports specialists, your child will never get bored. Campers will play a different sport each week, participate in traditional camp activities and experience first-hand our “Y Way to Play” philosophy (fun, sportsmanship, opportunity, progressive competition and community). The Y’s fun-filled sports camp brings boys and girls together to practice and play in a positive and nurturing environment. We will run an assessment day every Monday to ensure campers will be divided into groups based on their age and ability and participate in daily clinics, healthy competition and mini scrimmages. We are mixing sports camp up this summer by adding a swim field trip and a few sports-themed field trips: attending a Rockies game, touring multiple sports facilities like the Pepsi Center, Sports Authority Field at Mile High and more!

Jr. Buffs Gold (girls and boys entering 1st-3rd grade)
Jr. Buffs Black (girls and boys entering 4th-6th grade)

Hours

- Pre-Camp Care 7:30am-9:00am
- Camp Activities 9:00am-4:00pm
- Post-Camp Care 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Locations

- Sessions 1-10 will be at Manhattan Middle School (Boulder) and Twin Peaks Charter Academy (Longmont)
- Sessions 11 and 12 will be at the Mapleton Y and the Longmont Y

Fee (M/NM): \$245/\$295

(Session 1* and 6* \$200/\$240 • Session 12* \$147/\$177)

Sports Camp Sampler (May 31-June 3)

This is a sneak peek of what campers will experience all summer long at sports camp. From basketball to soccer to lacrosse, your camper is guaranteed to work up a sweat, develop new skills and meet new friends during our fun-filled first week of camp.

**No camp May 30.*

Sports Camp Spectacular (Aug 8-12)

Come enjoy the last weeks of summer with us as we play tournament-style sports, games, scrimmages, team building and more. The sky is the limit for us this week. Campers will be divided into teams and participate in a week-long competition. We are putting you to the test to see the progress you have learned throughout the summer. It’s a week of fun you don’t want to miss.

Sports Camp Soccer Clinic (Aug 15-17)

This short week is all about skills and drills. Join us as we go back to the basics of soccer, improve skills and learn new ones along the way.
Mon-Wed only.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: sportscamp@ymcabv.org • 303-443-4474 x4460

SPORTS DAY CAMP



Location: Manhattan Middle School
(Session 11-12 at the Mapleton Y)

SESSION	DATE	SPORT	ENTERING GRADE	CODES
Session 1*	May 31-June 3	Sports Camp Sampler	1st-3rd	SC05/31CSS
			4th-6th	SC05/31DSS
Session 2	June 6-10	Flag Football	1st-3rd	SC06/06CFF
			4th-6th	SC06/06DFF
Session 3	June 13-17	Basketball	1st-3rd	SC06/13CBB
			4th-6th	SC06/13DBB
Session 4	June 20-24	Lacrosse	1st-3rd	SC06/20CLX
			4th-6th	SC06/20DLX
Session 5	June 27-July 1	Baseball	1st-3rd	SC06/27CBA
			4th-6th	SC06/27DBA
Session 6*	July 5-8	Soccer	1st-3rd	SC07/05CSC
			4th-6th	SC07/05DSC
Session 7	July 11-15	Net Games	1st-3rd	SC07/11CNG
			4th-6th	SC07/11DNG
Session 8	July 18-22	Soccer	1st-3rd	SC07/18CSC
			4th-6th	SC07/18DSC
Session 9	July 25-29	Basketball	1st-3rd	SC07/25CBB
			4th-6th	SC07/25DBB
Session 10	Aug 1-5	Flag Football	1st-3rd	SC08/01CFF
			4th-6th	SC08/01DFF
Session 11	Aug 8-12	Sports Camp Spectacular	1st-3rd	SC08/08CSP
			4th-6th	SC08/08DSP
Session 12*	Aug 15-17	Soccer Clinic	1st-3rd	SC08/15CSC
			4th-6th	SC08/15DSC

*No camp May 30 and July 4.

Financial Assistance is available. Contact Elizabeth Baker 303-664-5455 or elizabeth.baker@ymcabv.org.



Location: Twin Peaks Charter Academy
(Session 11-12 at the Longmont Y)

SESSION	DATE	SPORT	ENTERING GRADE	CODES
Session 1*	May 31-June 3	Sports Camp Sampler	1st-3rd	LM05/31CSS
			4th-6th	LM05/31DSS
Session 2	June 6-10	Flag Football	1st-3rd	LM06/06CFF
			4th-6th	LM06/06DFF
Session 3	June 13-17	Basketball	1st-3rd	LM06/13CBB
			4th-6th	LM06/13DBB
Session 4	June 20-24	Lacrosse	1st-3rd	LM06/20CLX
			4th-6th	LM06/20DLX
Session 5	June 27-July 1	Baseball	1st-3rd	LM06/27CBA
			4th-6th	LM06/27DBA
Session 6*	July 5-8	Soccer	1st-3rd	LM07/05CSC
			4th-6th	LM07/05DSC
Session 7	July 11-15	Net Games	1st-3rd	LM07/11CNG
			4th-6th	LM07/11DNG
Session 8	July 18-22	Soccer	1st-3rd	LM07/18CSC
			4th-6th	LM07/18DSC
Session 9	July 25-29	Basketball	1st-3rd	LM07/25CBB
			4th-6th	LM07/25DBB
Session 10	Aug 1-5	Flag Football	1st-3rd	LM08/01CFF
			4th-6th	LM08/01DFF
Session 11	Aug 8-12	Sports Camp Spectacular	1st-3rd	LM08/08CSP
			4th-6th	LM08/08DSP
Session 12*	Aug 15-17	Soccer Clinic	1st-3rd	LM08/15CSC
			4th-6th	LM08/15DSC

*No camp May 30 and July 4.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: sportscamp@ymcabv.org • 303-443-4474 x4460

ADVENTURE DAY CAMP



ADVENTURE DAY CAMP (ENTERING 3RD-8TH GRADE)

Join us for even more land ventures and water thrills this summer as we continue to expand our Adventure Camp offerings. Campers will progress from basic to advanced skills in our rock climbing, whitewater stand-up paddleboarding (SUP) and flatwater stand-up paddleboarding camps. Our progressive curricula inspires campers to challenge themselves, develop positive relationships, build excellent leadership skills, learn the importance of a healthy, active lifestyle and conquer their greatest perceived limitations. In case of inclement weather, we will run other skills and teambuilding activities at our “base camp” facility. The YMCA partners with world-renowned adventure guides and instructors to ensure campers experience safe, fun and unparalleled educational programming. We are thrilled to partner with Boulder Rock Club, Colorado Mountain School and Rocky Mountain Paddleboard.

Hours

- Pre-Camp Care 7:30am-9:00am
- Camp Activities 9:00am-4:00pm
- Post-Camp Care 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

ACTIVITY	Fee (M/NM)
Flatwater SUP	\$365/\$415
Whitewater SUP	\$375/\$425
Rock Climbing	\$375/\$425 (Session 1* and 6* \$300/\$340)

In partnership with



Rock Climbing Adventure Camp (Entering 3rd-5th Grade and 6th-8th Grade)

Campers involved in our summer climbing adventure camp will learn rock climbing techniques associated with both roped climbing and bouldering. Participants will learn essential safety and teambuilding skills while climbing indoors at the Boulder Rock Club and in the beautiful Colorado outdoors at Boulder Canyon or Eldorado State Park. Our campers will gain confidence and trust in a safe and supportive environment. Campers will learn the knots associated with climbing and be able to tie their own knots. Participants will learn about the equipment used in rock climbing including the ropes, harness, belay devices and techniques and the process of setting up a top rope system. With all that climbing fun, campers will need one day of swimming each week to celebrate their successes and cool off. Participants should be comfortable with extended physical activity. Weeks will alternate between the two age groups.

Equipment Required: Water bottle, 30 SPF sunscreen, lunch, swimming suit/towel on swim days and personal climbing gear if desired. All climbing equipment provided by Boulder Rock Club—not necessary to bring your own.

Location: Sessions 1-7 meet at Manhattan Middle School in Boulder, Session 11 meets at the Mapleton Y

SESSION	DATE	ENTERING GRADE	CODE
Session 1*	May 31-June 3	3rd-5th	AC05/31RCC
Session 4	June 20-24	6th-8th	AC06/20RCC
Session 5	June 27-July 1	3rd-5th	AC06/27RCC
Session 6*	July 5-July 8	6th-8th	AC07/05RCC
Session 7	July 11-July 15	3rd-5th	AC07/11RCC
Session 11	August 8-12	6th-8th	AC08/08RCC

*No camp May 30 and July 4.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: adventure@ymcabv.org • 303-443-4474 x4455

ADVENTURE DAY CAMP



Flatwater SUP Adventure Camp (Entering 3rd-8th Grade)

Campers will learn how to stand-up paddleboard, one of the fastest growing sports in America, along with more advanced SUP skills in a safe and fun environment. Our campers' confidence and skills will grow while exploring the waters of Union Reservoir. Along with paddling skills, participants will also learn water safety and the equipment associated with SUP. Campers will learn how to control and power their paddleboards, develop stroke technique and learn the different strokes used in SUP. Plus, campers will get to try out our new "monster" paddleboard that can hold up to eight kids on the water. Campers will also participate in fun team-building and critical thinking games on the water with their stand up paddleboards. In addition, we will also get a chance to relax and experience fun beach games on the shores of Union Reservoir. Participants should be strong swimmers and comfortable with extended physical activity.

Equipment Required: Water bottle, 30 SPF sunscreen, lunch, swim clothing, towel and closed-toed shoes that can get wet.

Location: Manhattan Middle School in Boulder and the Longmont Y

SESSION	DATE	LOCATION	CODE
Session 3	June 13-17	Manhattan	AC06/13FWP
		Longmont Y	LM06/13FWP
Session 5	June 27-July 1	Manhattan	AC06/27FWP
		Longmont Y	LM06/27FWP
Session 8	July 18-22	Manhattan	AC07/18FWP
		Longmont Y	LM07/18FWP
Session 9	July 25- 29	Manhattan	AC07/25FWP
		Longmont Y	LM07/25FWP
Session 10	August 1-5	Manhattan	AC08/01FWP
		Longmont Y	LM08/01FWP
Session 11	August 8-12	Mapleton Y	AC08/08FWP
		Longmont Y	LM08/08FWP

Whitewater SUP Adventure Camp (Entering 5th-8th Grade)

Come join us on the rapids. Campers will learn the skills of whitewater paddling, experience a full progression of skills necessary to surf a river wave, read and speak wave language and experience the thrill on the river with new friends. This camp will inspire participants to challenge themselves, develop strong leadership skills and learn the importance of a healthy active lifestyle. They will learn to be comfortable in moving water and swimming in whitewater if they fall from their board. Campers will also learn various river features, such as currents, downstream Vs and eddys, and how to use these while paddling through whitewater. Participants will progress to standing on whitewater through learning and practicing the skills necessary to be successful. Campers should be strong swimmers and capable of extended physical activity.

Equipment Required: Water bottle, 30 SPF sunscreen, lunch, swim clothing, towel and closed-toed shoes that can get wet.

Location: Sessions 2-10 meet at Manhattan Middle School in Boulder, Session 11 meets at the Mapleton Y

SESSION	DATE	CODE
Session 2	June 6-10	AC06/06WWP
Session 4	June 20-24	AC06/20WWP
Session 7	July 11-15	AC07/11WWP
Session 9	July 25-29	AC07/25WWP
Session 10	August 1-5	AC08/01WWP
Session 11	August 8-12	AC08/08WWP

FLATWATER AND WHITEWATER SUP INSTRUCTOR: Morgan Mason is a veteran Rocky Mountain Paddleboard instructor and water enthusiast. Morgan has worked as a whitewater raft guide and has learned to read and respect the moving currents flowing down the Arkansas and Colorado rivers. He has helped pioneer stand-up paddling in the Rocky Mountain rivers. His credentials in water safety and paddling instruction are vast, and he focuses on safety and respect for the river, ensuring fun and knowledgeable instruction.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: adventure@ymcabv.org • 303-443-4474 x4455

SKATEBOARDING DAY CAMP

SKATEBOARDING CAMPS (ENTERING 1ST-10TH GRADE)

Is your child interested in skateboarding? If so, the YMCA has the camp for you. Whether you are a skilled shredder or just beginning, Y Skateboarding Camp provides learning opportunities for all ages and abilities. Campers will be introduced to a variety of challenging techniques including navigating skate park terrain, trick progression, street skating and more. The YMCA is wired for safety, so campers are required to have proper safety equipment. Skateboard camps have limited space due to the individual attention given to skaters. Register early.

Hours

- Pre-Camp Care 7:30am-9:00am
- Camp Activities 9:00am-4:00pm
- Post-Camp Care 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.



Ollie Junior Skateboarding Camp (Entering 1st-3rd Grade)

Are you goofy, regular or mungo? Getting comfortable on your skateboard and knowing what stance you are is one of the many focuses skaters will learn in our Ollie Junior Skate Camp. This camp is an introductory skateboard camp for beginner skaters. Skaters will learn the basics of skateboarding while exploring different skate parks along the way. Campers will learn skating basics, etiquette and terminology. Campers will also learn about the board they are skating on, grip tape, play games and go swimming. Our experienced skateboard instructors will teach our Ollie skaters how to use proper safety gear and techniques while developing new skateboard skills.

Equipment Required: Skateboard, helmet, elbow and knee pads, lunch, water bottle and SPF 30 sunscreen.

Fee (M/NM): \$285/\$335

LOCATION	SESSION	DATES	CODE
Manhattan Middle	Session 2	June 6-10	SK06/06JRY
Manhattan Middle	Session 5	June 27- July 1	SK06/27JRY
Manhattan Middle	Session 7	July 11-15	SK07/11JRY
Manhattan Middle	Session 9	July 25-29	SK07/25JRY
Mapleton Y	Session 11	Aug 8-12	SK08/08JRY



Kick Flip Skateboarding Camp (Entering 4th-6th Grade)

Kick flips, heel flips, backside 180s are just a few of the tricks we will focus on in our Kick Flip Skate Camp. Skaters meet each day at camp and then travel to a variety of local parks to hone in on skills and free skate. We'll also learn to assemble skateboards, grip tape art, play skateboard games and swim. There is plenty of free skating time as well as structured clinics. Skateboarders should have some basic skateboarding skills and the desire to skate and learn every day.

Equipment Required: Skateboard, helmet, elbow and knee pads, swim gear, lunch, SPF 30 sunscreen and water bottle.

Fee (M/NM): \$285/335 (Session 1* and 6* \$228/\$268)

LOCATION	SESSION	DATES	CODE
Manhattan Middle	Session 1*	May 31- June 3	SK05/31YSK
Manhattan Middle	Session 3	June 13-17	SK06/13YSK
Manhattan Middle	Session 6*	July 5- 8	SK07/05YSK
Manhattan Middle	Session 8	July 18-22	SK07/18YSK
Manhattan Middle	Session 10	Aug 1-5	SK08/01YSK

*No camp May 30 and July 4.

Mountain Quest Skate Camp (Entering 7th-10th Grade)

We'll spend two days honing our skateboard skills in Boulder County. On Wednesday we hit the road for a three-day, two-night camping and skating adventure in the Rocky Mountains. Traveling from one epic skate park to the next, we'll cook our meals and camp under the stars.

Equipment Required: Skateboard, helmet, swim gear, sleeping bag, pillow and warm clothes. Elbow and knee pads are highly recommended. Bring lunch, water bottle and SPF 30 sunscreen.

Fee (M/NM): \$335/\$385

LOCATION	SESSION	DATES	CODE
Manhattan Middle	Session 4	June 20-24	SK06/20MTN

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: skateboard@ymcabv.org • 303-443-4474 x4615

Y RIDERS CYCLING DAY CAMP

Y RIDERS (ENTERING 1ST-9TH GRADE)

Y Riders Cycling Camps have been teaching kids and teens to ride successfully and safely for more than 25 years. The unique progression of the Y Riders camps allows riders to come back year after year and gain new skills and experiences. Starting in first grade, children can learn how to ride a two-wheeler in Learn to Bike Camp and build their skills in Y Riders Basic Skills. Junior Y Riders and Local Adventures camps teach skills in path riding and mountain biking. Small groups with low ratios provide the perfect environment for campers to learn safe biking and build their skills. Our staff has extensive experience in biking and working with groups of campers.

Hours

- Pre-Camp Care 7:30am-9:00am
 - Y Riders Cycling Camp.....9:00am-4:00pm
 - Post-Camp Care 4:00pm-6:00pm
- Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

REGISTER EARLY! Classes and camps are very small due to individual attention given to cyclists.

Learn to Bike Camp (Entering 1st-3rd Grade)

This camp is designed for campers still on training wheels or struggling to ride independently on a two-wheeler. This Y program has a 100 percent success rate in teaching campers to ride without training wheels. Campers get support with a low child-to-staff ratio in a small camp environment.

Equipment Required: A helmet and bike small enough that your child can firmly touch the ground while seated, water bottle, 30 SPF sunscreen and lunch.

Fee (M/NM): \$210/\$255

LOCATION	SESSION	DATES	CODE
Manhattan Middle	Session 2	June 6-10	YR06/06LB
Manhattan Middle	Session 4	June 20-24	YR06/20LB
Manhattan Middle	Session 10	Aug 1-5	YR08/01LB

Y Riders Basic Skills Camp (Entering 1st-3rd Grade)

This camp progresses into teaching basic bike handling and safety skills. Riders will progress to beginning mountain bike skills, becoming confident riders who are capable of both on-road and light off-road riding. This is a great camp for those who have just graduated from our learn to bike program.

Equipment Required: Properly sized bike and a helmet, water bottle, 30 SPF sunscreen and lunch.

Fees (M/NM): \$255/\$300 (Session 6* \$204/\$240)

LOCATION	SESSION	DATES	CODE
Manhattan Middle	Session 3	June 13-17	YR06/13BS
Manhattan Middle	Session 6*	July 5-8	YR07/05BS

*No camp July 4.

A bike inspection form is required for Junior Y Riders and Local Adventures. Find the form at ymcabv.org.



Junior Y Riders Camp (Entering 3rd-5th Grade)

Our one-week cycling camp is designed to build camper confidence in path/street riding and mountain biking. Kids will be introduced to standard mountain biking skills and learn how to properly and safely navigate the Boulder Creek Path. Campers need to have the skill to ride in a straight line and navigate twists and turns of bike paths to enroll.

Equipment Required: Properly sized bike (gears highly suggested) and helmet, water bottle, 30 SPF sunscreen and lunch.

Weekly Fee (M/NM): \$255/\$300 (Session 1* \$204/\$240)

LOCATION	SESSION	DATES	CODE
Manhattan Middle	Session 1*	May 31-June 3	YR05/31JR
Manhattan Middle	Session 5	June 27-July 1	YR06/27JR
Manhattan Middle	Session 7	July 11-15	YR07/11JR
Mapleton Y	Session 11	Aug 8-12	YR08/08JR

*No camp May 30.

Y Riders Local Adventures Camp Beginner to Intermediate Level Mountain Bikers (Entering 5th-9th Grade)

During this two-week camp, riders will travel to destinations around Boulder County on trips with a minimum of 10 miles, gradually increasing in distance. This camp has a focus on mountain biking while including instruction on climbing and distance riding. We will plan a ride to Ora Penn for an overnight on the second Thursday night. Campers must demonstrate maturity and skill to participate in overnight.

Equipment Required: Properly sized mountain bike with a minimum of 15 speeds and a helmet, water bottle, 30 SPF sunscreen and lunch.

Two Week Fee (M/NM): \$505/\$575

LOCATION	SESSION	DATES	CODE
Manhattan Middle	Sessions 8 & 9	July 18-22 and July 25-29	YR07/18LA

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | | INFO: yriders@ymcabv.org • 303-443-4474 x4625

TEEN DAY CAMP



TEEN CAMPS (ENTERING 6TH-10TH GRADE)

In addition to our Adventure, Y Riders and Skateboarding Camps, we also have weekly camps specifically designed for teens. We'll visit amusement parks, head to the mountains, sail down a few water slides, turn a sharp corner on a go-cart, play mini golf and more! Or, if leadership opportunities are up your alley, check out our Leaders in Training program to make a difference this summer.

Hours

- Pre-Camp Care 7:30am-9:00am
- Camp Activities 9:00am-4:00pm
- Post-Camp Care 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.



Ultimate Teen Camp (Entering 6th-9th Grade)

This year, Teen Camp at the Y will be better than ever. Each session we'll explore different themes including Urban Legends, Wild Beasts, Top Chef and Real Magic through activities such as ghost town tours, scavenger hunts at the Denver Aquarium, cooking projects and laser tag. We'll visit awesome places like Pirate's Cove, Jump Street, Water World and Lyons Classic Pinball (to name just a few). We'll go to Elitch Gardens every week, and if you sign up for three or more weeks, your youth will get to keep an Elitch's Season Pass! There's never a dull moment, and we're adding new activities all the time. Sign up early to ensure you don't miss out. Space is limited.

Fee (M/NM): \$335/\$395 (Session 6* \$268/\$316)

SESSION	DATES	LOCATION	CODE
Session 3	June 13-17	Manhattan Middle	TN06/13ULT
		Twin Peaks	LM06/13ULT
Session 4	June 20-24	Manhattan Middle	TN06/20ULT
		Twin Peaks	LM06/20ULT
Session 5	June 27-July 1	Manhattan Middle	TN06/27ULT
		Twin Peaks	LM06/27ULT
Session 6*	July 5-8	Manhattan Middle	TN07/05ULT
		Twin Peaks	LM07/05ULT
Session 7	July 11-15	Manhattan Middle	TN07/11ULT
		Twin Peaks	LM07/11ULT
Session 8	July 18-22	Manhattan Middle	TN07/18ULT
		Twin Peaks	LM07/18ULT
Session 9	July 25-29	Manhattan Middle	TN07/25ULT
		Twin Peaks	LM07/25ULT
Session 10	Aug 1-5	Manhattan Middle	TN08/01ULT
		Twin Peaks	LM08/01ULT
Session 11	Aug 8-12	Mapleton Y	TN08/08ULT
		Longmont Y	LM08/08ULT

*No camp July 4.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: teen.camp@ymcabv.org • 303-443-4474 x4671

TEEN DAY CAMP

Leaders in Training Program (LIT) (Entering 8th-10th Grade)

Learn to lead with confidence. This skill-based training program prepares teens to work as camp counselors. The first two weeks focus on camper development, communication, leadership, activity planning, safety and relationship building. In the second half, LITs get more involved directly with camp. This includes spending a week putting their newly developed skills into practice by working alongside our counselors with our young campers. The end of the second week will include an overnight at YMCA Camp Santa Maria near Bailey with their staff leaders. Following the two-week LIT program, LITs volunteer as junior counselors at one of our YMCA camp locations for an additional three weeks. There is a \$25 per week fee that covers the cost of trips taken with other camps during the week. Teens must apply and interview to be accepted into the program.

Application Process

- Applications are available at ymcabv.org and at the Arapahoe, Longmont and Mapleton Ys.
- Submit application to Zac Carlson at the Mapleton Y by Friday, April 1.
- Applicants will be interviewed by the end of April.

If Accepted

- Complete all registration forms and pay fees within five days of acceptance.
- Must attend all days of the training program.
- Commit to at least three weeks of service at one of our Y camps for three to five days per week.

Registration for LIT Program is not available online.



Fee (M/NM): \$535/\$605 plus \$25/week for a minimum of 3 weeks
(Session 1* \$436/\$492)

LOCATION	SESSION	DATES	DAYS	TIME
Mapleton Y	Sessions 1*	May 31- June 3	Tue-Fri	9:00am-4:00pm
Manhattan Middle	Sessions 2	June 6-10	Mon-Fri (with one overnight)	9:00am-4:00pm

Participant may choose their volunteer weeks throughout the summer, working a minimum of three. Mon-Fri (three to five days a week). 9:00am-4:00pm. Locations TBD.

REGISTER FOR CAMP: ymcabv.org (see page 27 for details) | INFO: teen.camp@ymcabv.org • 303-443-4474 x4671

YMCA CAMP SANTA MARIA

REGISTER SOON. SESSIONS ARE ALREADY FILLING UP!



YMCA CAMP SANTA MARIA

Nestled on 1,000 beautiful acres in the Rocky Mountains and surrounded by Pike National Forest and the Lost Creek Wilderness Area, YMCA Camp Santa Maria is located 45 minutes southwest of Denver on Highway 285, just past Bailey, Colorado.

During their stay, your child will make new friends, unplug and experience the natural world, try new activities and learn new skills.

Mini-Camp (Ages 6-8)

Mini-Camp is a four-day, three-night experience designed to introduce young kids to overnight camp and to allow parents to adjust to the idea of their child being away from home. Mini-Camp includes activities like nature exploration, arts and crafts, hiking, boating, group games, building gnome homes and more (gnome sightings not guaranteed). Campers can develop independence while experiencing a small community. We keep Mini-Camp small in numbers and big in activities. We also increase the number of staff for this camp.

Fee (M/NM): \$415/\$440

Three-night, Four-day Session

SESSION	DAY/DATE
Session 10	Sun, Aug 7-Wed, Aug 10

Pathfinders (Ages 7-10)

During this one-week session, Pathfinders engage in a variety of activities and explore their interests with the guidance of nurturing staff members and a supportive community of campers. In the morning, Pathfinders spend their time as a cabin group or with the whole Pathfinder village — building community and doing activities. Pathfinders take part in afternoon mini skill tracks with the rest of the camp, choosing from a wide variety of activities. In addition, Pathfinders also participate in evening programs with the whole camp.

Fee (M/NM): \$650/\$675

Additional Fees: \$50 weekend stay over (only needed if your camper is staying for multiple consecutive weeks in a row)
\$45 horseback riding

One-week Sessions

SESSION	DAY/DATE
Session 1	Sun, June 5-Sat, June 11
Session 2	Sun, June 12-Sat, June 18
Session 3	Sun, June 19-Sat, June 25
Session 4	Sun, June 26-Sat, July 2
Session 5	Sun, July 3-Sat, July 9
Session 6	Sun, July 10-Sat, July 16
Session 7	Sun, July 17-Sat, July 23
Session 8	Sun, July 24-Sat, July 30
Session 9	Sun, July 31-Sat, Aug 6

REGISTER FOR CAMP: ymcacampsantamaria.org (see page 27 for details) | INFO: santamaria@ymcabv.org • 303-443-4474 x4450

YMCA CAMP SANTA MARIA



Trekkers (Ages 11-14)

During their one- or two-week session, Trekkers participate in progressive "skill track" programs that give campers confidence and competence in specific activities. Skill tracks may include rock climbing, hiking and backpacking, kayaking, nature, mountain biking, wilderness skills, film-making and fine arts. Additional skill tracks may be offered. The Trekkers program offers both one- and two-week sessions for 11- to 14-year-olds. Trekkers will sign up for morning and afternoon skill tracks: A longer one in the morning and two shorter ones in the afternoon. Trekkers also participate in evening programs with the whole camp.

Fee (M/NM): One-week sessions \$650/\$675

Two-week sessions \$1,240/ \$1,290

Additional Fees: \$50 weekend stay over (only needed if your camper is staying for multiple consecutive weeks in a row)

\$45 horseback riding / \$65 rafting

One-week Sessions

SESSION	DAY/DATE
Session 1	Sun, June 5-Sat, June 11
Session 2	Sun, June 12-Sat, June 18
Session 3	Sun, June 19-Sat, June 25
Session 4	Sun, June 26-Sat, July 2
Session 5	Sun, July 3-Sat, July 9
Session 6	Sun, July 10-Sat, July 16
Session 7	Sun, July 17-Sat, July 23
Session 8	Sun, July 24-Sat, July 30
Session 9	Sun, July 31-Sat, Aug 6

Two-week Sessions

SESSION	DAY/DATE
Session 1/2	Sun, June 5-Sat, June 18
Session 3/4	Sun, June 19-Sat, July 2
Session 5/6	Sun, July 3-Sat, July 16
Session 7/8	Sun, July 17-Sat, July 30



Trekker Base Camp (Ages 11-14)

This summer, we will expand Trekker Base Camp for all 9 sessions. This adventure-focused program is based on site; however, campers stay in Tent Village and on the upper part of camp and spend each day learning and perfecting outdoor skills. They will enjoy mountain biking, rock climbing, hiking and orienteering, survival skills and flat-water kayaking and canoeing. Campers sleep in tents the whole week and make most of their own meals. Base Campers can participate in the evening all-camp activities.

Fee (M/NM): \$650/\$675

Additional Fees: \$50 weekend stay over (only needed if your camper is staying for multiple consecutive weeks in a row)

One-week Sessions

SESSION	DAY/DATE
Session 1	Sun, June 5-Sat, June 11
Session 2	Sun, June 12-Sat, June 18
Session 3	Sun, June 19-Sat, June 25
Session 4	Sun, June 26-Sat, July 2
Session 5	Sun, July 3-Sat, July 9
Session 6	Sun, July 10-Sat, July 16
Session 7	Sun, July 17-Sat, July 23
Session 8	Sun, July 24-Sat, July 30
Session 9	Sun, July 31-Sat, Aug 6

REGISTER FOR CAMP: ymcacampsantamaria.org (see page 27 for details) | INFO: santamaria@ymcabv.org • 303-443-4474 x4450

YMCA CAMP SANTA MARIA

Teen Adventure (Ages 13-16)

Teen Adventure campers focus on developing technical skills in whitewater kayaking, backpacking, whitewater stand-up paddle boarding or rock climbing while building leadership skills in a supportive, small group setting. These experiences emphasize communication, wilderness skills, "Leave No Trace" concepts and backcountry traveling skills. When in camp, the Teen Adventurers stay in our Tent Village, which is rustic. The Teen Adventure campers may take part in activities with the rest of camp when they are in camp. These programs are designed for campers who want to learn a lot about their chosen activity and go on extended outings from camp.

Fee (M/NM): \$670/\$695

Additional Fees: \$50 weekend stay over (only needed if your camper is staying for multiple consecutive weeks in a row)

One-week Sessions

SESSION	DAY/DATE	ACTIVITY
Session 1	Sun, June 5-Sat, June 11	Climbing
Session 2	Sun, June 12-Sat, June 18	Kayaking
Session 3	Sun, June 19-Sat, June 25	Backpacking
Session 4	Sun, June 26-Sat, July 2	Whitewater Stand-Up Paddleboard
Session 5	Sun, July 3-Sat, July 9	Climbing
Session 6	Sun, July 10-Sat, July 16	Kayaking
Session 7	Sun, July 17-Sat, July 23	Backpacking
Session 8	Sun, July 24-Sat, July 30	Kayaking
Session 9	Sun, July 31-Sat, Aug 6	Whitewater Stand-Up Paddleboard

Outdoor Adventure Camp (Ages 13-16)

Outdoor Adventure Camp is a little bit of a lot of outdoor skills. The campers will get to rock climb, kayak and canoe, hike, learn survival skills and orienteer. This program is based on site, and the OAC campers live in Tent Village and up in the higher parts of camp for the week. They live in tents, and they will prepare most of their own meals.

Fee (M/NM): \$670/\$695

Additional Fees: \$50 weekend stay over (only needed if your camper is staying for multiple consecutive weeks in a row)

One-Week Sessions

SESSION	DAY/DATE
Session 1	Sun, June 5-Sat, June 11
Session 2	Sun, June 12-Sat, June 18
Session 3	Sun, June 19-Sat, June 25
Session 4	Sun, June 26-Sat, July 2
Session 5	Sun, July 3-Sat, July 9
Session 6	Sun, July 10-Sat, July 16
Session 7	Sun, July 17-Sat, July 23
Session 8	Sun, July 24-Sat, July 30
Session 9	Sun, July 31-Sat, Aug 6



Teen Leaders (Ages 15-16)

The Teen Leadership Program gives older campers the opportunity to develop leadership skills and work through challenges. This program includes a wilderness-based overnight experience and a day of whitewater rafting in Buena Vista. Teen Leaders also participate in planning evening programs and a service project. These campers have the opportunity to lead younger campers in activities as well as evaluate their own leadership skills and provide feedback for each other in a supportive environment. While in camp, the Teen Leaders stay in our Tent Village with the Teen Adventure campers. It is a rustic setting that gives the Teen Leaders the opportunity to build their community.

Fee (M/NM): \$1,215/\$1,265

Two-Week Sessions

SESSION	DAY/DATE
Session 1/2	Sun, June 5-Sat, June 18
Session 5/6	Sun, July 3-Sat, July 16

Counselor In Training (Ages 16-17)

The Counselor In Training experience is a modified version of training that our staff receives. These teens learn how activities run at camp, behavioral guidance skills, wilderness living skills, leadership and group development theory. The CITs live in the Tent Village for the first week. In the second week, they live in cabins with the younger Pathfinder campers, where they see firsthand how a cabin runs. CITs help facilitate activities and are responsible for running at least one all-camp activity. The group is kept small, around eight campers and two staff, so we can provide a good deal of one-on-one mentorship.

The CIT program also functions as a two-week "interview" for those interested in coming back the following year as staff members. Keep in mind that employees need to be 18 years of age to work in cabins. When you register for the CIT program, you receive an additional application to help us get to know you and understand your expectations. Space is limited for this program, so register early.

Fee (M/NM): \$665/\$715

Two-Week Sessions

SESSION	DAY/DATE
Session 3/4	Sun, June 19-Sat, July 2
Session 7/8	Sun, July 17-Sat, July 30

REGISTER FOR CAMP: ymcacampsantamaria.org (see page 27 for details) | INFO: santamaria@ymcabv.org • 303-443-4474 x4450

CAMP REGISTRATION

MULTIPLE CHOICES AND UNLIMITED OPTIONS

The Y has so much to offer for every age group. You have the opportunity to choose the same summer camp program or mix and match different options each week to create the ultimate camp experience for your child. Please don't hesitate to contact us if you need help figuring out the best camp for your child.

Accredited and Licensed Camp Programs

To ensure the highest quality and standards, all of our camp programs are licensed by the State of Colorado. Due to licensing requirements, completion of all summer camp forms is a condition of participation in summer camp programs. All summer camp registration forms are available below. Forms are available in writable PDF format (Acrobat XI or later recommended).

If you are registering for both day camp and Camp Santa Maria, or multiple camp sessions, you only need to fill out the General Information, Health History/Medical Release Forms and submit Immunization Records once. There are two additional supplemental health forms for Camp Santa Maria. You will also need to either have a physician complete Supplemental Health Page 4 or submit a physician physical that has been completed within the last 12 months of your child attending camp. Use the Camp Options and Payment Information forms to choose your camp sessions or register online.

Attention Before/After School Program Participants: If you are a 2015/2016 School Age Program participant, we already have your required health forms and only need your Camp Options, Payment forms and Policy Agreement. For Camp Santa Maria, we need the two additional Supplemental Health Forms, a physician physical completed within the last year and the Letter to Counselor Form for Camp Santa Maria.



HOW TO REGISTER FOR DAY CAMP AND/OR OVERNIGHT CAMP

You can register your child online, via email, mail or in-person in 3 simple steps:

Online Registration

1. Visit ymcabv.org to register for camp online.
2. After registering online, you'll receive a confirmation email with links to the required General Information, Health History and Parent Agreement Forms as well as the Summer Camp Parent/Guardian Handbook.
3. Visit ymcabv.org for any additional forms such as the Medication Release Form.

OR

Email, Mail or In-Person Registration

1. Visit ymcabv.org to download or print the Summer Camp Registration Forms or pick up at either of our facilities.
2. Complete and submit all forms and review the Summer Camp Parent/Guardian Handbook. All forms are required.
3. Visit ymcabv.org for any additional forms such as the Medication Release Form.

Email completed forms to reg@ymcabv.org or mail to or drop off at:
YMCA of Boulder Valley, Registration
2800 Dagny Way, Lafayette, CO 80026

Financial Assistance is available for select camps. Contact Elizabeth Baker 303-664-5455 or elizabeth.baker@ymcabv.org.

For detailed instruction, program policies and payment options review the Camp Registration Information page at ymcabv.org. For registration questions please email reg@ymcabv.org or call 303-664-5455 x3996.

SPORTS

REGISTRATION
FOR SUMMER
SPORTS BEGINS
APRIL 1



THE Y WAY TO PLAY IS:

Fun. Sportsmanship. Opportunity. Progressive Competition. Community.

The Y Way to Play is our philosophy. It's a commitment for all to learn, grow and have fun through sports. We build communities in which everyone has opportunity for youth development, healthy living and social responsibility through Y Sports. We believe that sports teach leadership skills, teamwork, values and a life-long love of physical activity. Sports teach life—and the right way to play it. Play the Y way.

Volunteer Coaches Needed

Being a volunteer coach for the YMCA is not just an opportunity to put your athletic experience to work. Coaching at the Y allows you to make a difference in your community and in the lives of local children. Become a mentor by teaching kids the Y way to play! For more information about volunteer opportunities, contact sports@ymcabv.org or call 303-664-5455 x3348 or visit ymcabv.org.

YMCA Jr. Buffs

The YMCA and CU Athletics are pleased to team up and offer YMCA Jr. Buffs programs. Participants of the YMCA Jr. Buffs sports programs will receive the benefit of the expertise of both organizations. For every YMCA Jr. Buffs sport, CU has a team, so you can be sure to get the best youth sports experience possible.



YMCA JR. BUFFS BASKETBALL

Jr. Buffs Basketball Clinic (4th–8th Grade)

This one week clinic will be an opportunity for your child to sharpen their basketball skills and gain a better understanding of the game of basketball. Coaches and staff will provide players with instruction, and the opportunity compete in a variety of skills and drills competitions and mini-games.

Location: Mapleton Y

GRADE	DAY	DATE	TIME	FEE (M/NM)
4th–5th	Mon–Fri	July 11–15	10:00–11:30am	\$50/\$70
6th–8th	Mon–Fri	July 13–17	Noon–1:30pm	\$50/\$70

YMCA Jr. Buffs Summer Basketball Clinic

In this clinic, your child will learn and build on the fundamentals of basketball in a fun and positive environment. Each day, players will focus on a different skill set to help them learn the game. Minimum of eight participants in each division are required for the program to run.

Location: Arapahoe & Longmont Ys

GRADE	DAY	DATE	TIME	FEE (M/NM)
K–1st	Thu	June 16–July 28	4:00–4:45pm	\$45/\$60
2nd–3rd	Thu	June 16–July 28	5:00–5:45pm	\$45/\$60

No program July 7.

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x3338

SPORTS



YMCA JR. BUFFS SOCCER

Jr. Buffs Summer Soccer (U6-U12)

The YMCA summer soccer program is designed for players who want to take their game to the next level. Each week, players in the U6-U8 divisions will have 30 minutes to learn a different skill from a certified Y coach and have the opportunity to apply those skills in 25-minute small-sided games officiated and coached by Y staff. The U9-U14 divisions will work on their skills for 45 minutes and play a small-sided game for 45 minutes. Minimum of eight participants in each division are required for program to run.

Location: Arapahoe & Longmont Ys

AGE	DAY	DATE	TIME	FEE (M/NM)
U6-U8	Tue	June 14-July 26	5:00-6:00pm	\$40/\$60
U9-U12	Tue	June 14-July 26	6:00-7:30pm	\$50/\$70

No program July 5.



Summer 3v3 Soccer Tournament (U6-U12)

Get your team together and join in on the fun of this 3v3 soccer tournament. Teams are guaranteed at least two games throughout the day. Maximum four players per team. Teams must be formed before you register.

Location: Arapahoe & Longmont Ys

DAY	DATE	TIME	FEE (M/NM)
Wed	Aug 2	Team check-in: 9:30am Games begin: 10:00am	\$15/\$25

Registration close date: Aug 1

Challenger British Soccer Camps (Ages 3-16)

Sign up today for the most popular soccer camp in the US this summer. Sign up early for a free Challenger British Soccer jersey. All campers receive a soccer ball and T-shirt.

LOCATION	DATE
Arapahoe Y	June 6-10
Longmont	June 27-July 1
Boulder	July 18-22
Superior Community Park	Aug 1-5

Register at challengersports.com

Coming in the Fall ULTIMATE FRISBEE

A six-week session of 30-minute practices followed by a 30-minute scrimmage. Fundamentals of Ultimate Frisbee will be taught, including proper throwing, catching, footwork and defensive techniques and a scrimmage that emphasizes youth empowerment and fun!

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x3338

SPORTS

YMCA JR. BUFFS VOLLEYBALL

Jr. Buffs Summer Volleyball (Entering 3rd-8th Grade)

In the Jr. Buffs Volleyball League, the players will build upon their skills in a fun, no practice league. The league will give them the opportunity to compete and grow each week in a sport that the Y pioneered! Each team will practice for 30 minutes at 6:00pm and play a one-hour game, beginning at 6:30pm. Elbow and knee pads as well as tennis shoes are required.

Location: Arapahoe Y (may play on outdoor sand courts weather permitting)

DAY	DATE	TIME	FEE (M/NM)
Wed	June 15-July 27	6:00-7:30pm	\$50/\$70

Late Fee: \$15 as of June 18

No program July 8.

Jr. Buffs Volleyball Clinic (3rd-8th Grade)

In the Jr. Buffs Volleyball Clinic, your child will learn and build on the fundamentals of volleyball skills in a fun and positive environment. Each day, players will focus on a different skill set to help them learn the game. Elbow and knee pads are strongly recommended, shoes required.

ENTERING GRADES	DAY	DATE	TIME	FEE (M/NM)
3rd-5th	Wed-Thu	Aug 10-11	4:00-6:00pm	\$30/\$40
6th-8th	Wed-Thu	Aug 10-11	6:00-8:00pm	\$30/\$40

Registration close date: Aug 9

YMCA JR. BUFFS FOOTBALL

Jr. Buffs Monday Night Flag Football (Entering 1st-6th Grade)

Each night teams will practice for 30 minutes and play an hour game. There will be younger and older age divisions. Mouth guards are required and cleats are recommended. The Y will provide all other equipment.

Location: Arapahoe and Longmont Ys

GRADE	DAY	DATE	TIME	FEE (M/NM)
1st-3rd	Mon	June 13-July 25	5:30-7:00pm	\$50/\$70
4th-6th	Mon	June 13-July 25	7:00-8:30pm	\$50/\$70

Late Fee: \$15 as of June 6

No program July 4.



Summer Sticks and Skills (Ages 6-14)

Players will learn about the great game of lacrosse in a fun, coed environment. We have divided the groups for the best experience and skill instruction possible. No equipment is required. We will provide sticks for all and play in a non-contact manner. Players will practice the basic skills of passing, catching, dodging and shooting while learning about the rules of the sport in weekly scrimmages. Advanced training will focus on the higher level skills of the game, in order for players to progress. This is a great way to gain experience and build confidence and skills for our leagues.

Location: Arapahoe Y

AGE	DAY	DATE	TIME	FEE (M/NM)
6-14	Sat	June 18-July 30	10:00-11:00am	\$50/\$70

No program July 2.

Summer Family Sticks and Skills (Ages 5-14)

Parents, join your sons and daughters to learn about the great game of lacrosse in a fun, coed environment. No equipment is required. We will provide sticks for all and play in a non-contact manner outdoors at the Arapahoe Y turf field. Parents and kids will practice the basic skills of passing, catching, dodging and shooting while learning about the rules and traditions of the sport in weekly scrimmages. This is a great way to gain experience, build confidence and spend quality time with your child before he or she participates in one of our lacrosse leagues.

Location: Arapahoe Y

DAY	DATE	TIME	FEE (M/NM)
Sat	June 18-July 30	11:00am-Noon	\$50/\$70

Fee covers one adult and one child; additional participants: \$25

No program July 2.

Jr. Buffs Lacrosse Clinic (Ages 7-14)

Three straight days of great quality instruction and fun competition. This clinic will develop and build on fundamental skills. Each day we will begin teaching important aspects of the game, followed by new drills and end with scrimmages. This is a great way to progress in our off-season. We welcome any level of skill, from beginner to advanced.

Location: Arapahoe Y

DAY	DATE	TIME	FEE (M/NM)
Mon-Tue	Aug 8-9	9:30am-Noon	\$75/\$95

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x3338

SPORTS



YMCA JR. BUFFS & ADULT TENNIS

Our mission is to help develop all dimensions of players' abilities, including mental, emotional and social skills, in addition to the physical skills required to become a complete tennis player. The focus is always on making the game fun and enjoyable while engaging all players throughout the class.

Private Tennis Lessons (Ages 5+)

Sessions	Fee M/NM
1-60 minute session.....	\$45/\$60
4-60 minute sessions.....	\$160/\$220
8-60 minute sessions.....	\$280/\$400

Little Stars (Ages 5-8)

Little Stars will have an emphasis on fun group games that incorporate appropriate rackets, balls and courts to develop the basic skills of movement, balance, judgment and ball striking while learning the fundamental concepts of the game of tennis.

Location: Superior South Pool Tennis Courts or Eldorado K-8

DAY	DATE	TIME	FEE (M/NM)
Mon/Wed	June 6-July 20	6:10-7:00pm	\$100/\$120

No program July 4 or 6.

CARA/USTA Leagues (Ages 8-18)

The CARA and USTA Leagues help advance your athlete's game by getting on the court, learning from the best and connecting with their friends. These leagues offer a variety of formats, which will allow the player to compete in the way they feel comfortable.

Location: Superior South Pool Tennis Courts or Eldorado K-8

Dates and Times TBA

Fee (M/NM): \$150/\$170

Tennis Clinics (Ages 7-16)

Tennis clinics are a great way to take your game rapidly to the next level. Players are grouped according to age and ability level to optimize the learning while making it a fun social experience as well. Two and one half hours is the perfect length of time to get a great workout, hit many balls and get a lot of playing experience. Clinics are a wonderful combination of fun, learning and exercise.

Location: Superior South Pool Tennis Courts or Eldorado K-8

SESSION	DAY	DATE	TIME	FEE (M/NM)
Session 1	Mon-Fri	June 20-24	9:30a-Noon	\$135/\$185
Session 2	Mon-Fri	June 27-July 1	9:30a-Noon	\$135/\$185
Session 3	Mon-Fri	July 25-29	9:30a-Noon	\$135/\$185
Session 4	Mon-Fri	Aug 1- 5	9:30a-Noon	\$135/\$185

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x3338

SPORTS



YMCA JR. BUFFS BASEBALL

Mini Sliders (Age 3)

Mini Sliders is the foundation for your little baseball player. Parent involvement is needed and welcomed; as the mini athletes enjoy learning with their mom/dad, creating a great experience for the family! The program will focus on introducing the game, learning fundamentals and having fun. Gloves are required and a good pair of athletic shoes is strongly recommended.

Location: Longmont Y & TBD

DAY	DATE	TIME	FEE (M/NM)
Thu	June 16-July 28	4:00-4:45pm	\$45/\$60

No program July 7.

Little Sluggers (PreK-Kindergarten)

YMCA Little Sluggers uses modified rules designed to teach fundamentals and skills. This program will have a 30-minute practice followed by a 25-minute game. Players must have a good pair of tennis shoes or cleats, long pants and a baseball glove. All other baseball equipment will be provided.

Location: Longmont Y & TBD

DAY	DATE	TIME	FEE (M/NM)
Thu	June 16-July 28	5:00-7:00pm	\$50/\$70

No program July 7.

Rec Baseball (Entering 1st-2nd Grade)

YMCA Rec Baseball uses modified rules designed to teach fundamentals and skills. Players entering 1st through 2nd grade will practice once a week for an hour. Players must have a good pair of shoes or cleats, long pants and a baseball glove. All other baseball equipment will be provided. Practices start week of June 6. Locations and times determined by volunteer coaches and Y staff.

Location: Boulder, Longmont & TBD

DAY	DATE	TIME	FEE (M/NM)
Tue	June 14-July 29	4:00-8:00pm	\$60/\$85

Late Fee: \$15 as of May 30

No program July 5.

YMCA RUNNING CLUB (AGES 12-18)

Over a period of eight weeks, the Running Club will meet biweekly to get their morning jog in. Both boys and girls ages 12-18 are invited to take part in this club that will help encourage the youth athletes to recognize their inner strength. The Running Club will meet at the Mapleton YMCA before venturing out into the open vastness of the city of Boulder. Physical activity is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. The summer Running Club will lay the foundation for our fall program, in which participants will have the opportunity to participate in an age appropriate race.

Location: Mapleton Y

DAY	DATE	TIME	FEE (M/NM)
Tue/Thu	June 7-July 28	10:00-11:30am	\$15/\$25

No program July 5 and 7.

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x3338

REGISTRATION FOR SUMMER ADULT HOCKEY BEGINS MARCH 1. YOUTH HOCKEY BEGINS APRIL 4.



IT'S AMAZING WHAT WE FIT ON ONE SHEET OF ICE!

The 18,000-square-foot Carlston Ice Arena at the Arapahoe Y is a community rink where people of all ages and skill levels are welcome. Not only is it available to figure skaters and hockey players, it's also open to members as a fun way to exercise. Whether you're looking to boost your endurance, burn calories, learn the basics or join a team, be prepared for 44 degrees of pure fun!

YMCA JR. BUFFS HOCKEY

Instructional Hockey Class (Ages 4-17)

This is a great place to start playing hockey or continue to build and strengthen stick and puck skills. Participants must be able to skate forward and backward on their own without their parents on the ice. If your child has never skated before, please ask about our hockey skating program to get them started. This class will follow the ISI hockey skills levels 1-5.

AGES	DAYS	DATE	TIME	FEE (M/NM)
4-17	Sun	June 5-Aug 7	11:55am-12:45pm	\$95/\$135

No class on July 3.

Youth Pond Hockey Experience

A 10-week, no practice pond hockey league for youth of all levels. Each age level will have a one hour or more time slot to come and play hockey the old fashioned way. There will be a max of 25 kids per league. When players arrive, coaches will split the ice using border patrol pads and supervise the games. Throw your sticks in the pile and have fun! This is a great, unstructured environment for any hockey player to try out new skills and be creative during the summer.

AGES	DAYS	DATE	TIME	FEE (M/NM)
Mites U8	Wed	June 1-Aug 3	5:00-6:00pm	\$120/\$150
Squirts U10	Tue/Thu	May 31-Aug 4	5:00-6:00pm	\$120/\$150
PeeWee U12	Sat	June 4-Aug 6	8:30-9:30am & 9:40-10:40am	\$120/\$150
Bantam/ Midgets U14-U18	Sat	June 4-Aug 6	10:50-11:50am & Noon-1:00pm	\$120/\$150

REGISTER FOR ICE: ymcabv.org | HOCKEY INFO: hockey@ymcabv.org • 303-443-4474 x2302

ICE

Summer Youth Ice Hockey Clinics (Ages 6-17)

Improve your game over the summer. All clinics will be run Monday-Thursday. Clinics will consist of skating drills, puck handling drills, shooting drills and scrimmage time. The clinics are for beginner to intermediate hockey players. All players should be comfortable skating forward. Full gear is required. These clinics are for all levels.

CLINIC	AGES	DAYS	DATE	TIME	FEE (M/NM)
Silky Mitts Clinic	8-17	Mon-Thu	May 30-June 2	2:45-4:45pm	\$95/\$135
Power Skating and Edgework #1	6-17	Mon-Thu	July 4-7	2:45-4:45pm	\$95/\$135
Power Skating and Edgework #2	6-17	Mon-Thu	July 11-14	9:30-11:30am	\$95/\$135
Sniper Training and Goalie Clinic	8-17	Mon-Thu	July 18-21	9:30-11:30am	\$95/\$135
Sniper Training and Goalie Clinic	8-17	Mon-Thu	Aug 8-11	2:45-4:45pm	\$95/\$135
Jr Buffs Clinic	6-17	Sat	June 4-Aug 6	1:15-2:30pm	\$135/\$190

EVENT

LEARN TO PLAY HOCKEY DAYS

Join us for free days to try the great game of hockey! Participants will learn fundamental skating and stick/puck skills to get a taste of the game in a fun and energized environment. Equipment available for use.

Saturdays, 4:15-5:15pm
June 4 & 18, July 2 & 16, Aug 6 & 13



Girls Only Clinic (Ages 6-17)

This is a clinic for girls only. These skill development clinics take your game to the next level. We will cover power skating, stick handling, passing shooting and more. These clinics run Monday-Thursday.

DAYS	DATES	TIME	FEE (M/NM)
Mon-Thu	June 20-23	2:45-4:45pm	\$95/\$135



Planet Hockey Summer Camps at the Y (Ages 6+)

Planet Hockey, an internationally recognized skills training program, and the YMCA are offering two summer hockey skills camps. Activities during the camps will include on- and off-ice training, expert/international staff, video/lectures, individual player assessment and action plan (take home DVD and written assessment plan), bungee cord resistance training and a free jersey. Camps offer Planet Hockey's supplemental training program for extra on-ice training (lacrosse, basketball, street hockey and more). The all-day camp runs 8:00am-5:00pm.

Dates: June 6-9

Call Planet Hockey at 720-304-3880 or visit planethockey.com for camp details or to register.

REGISTER FOR ICE: ymcabv.org | HOCKEY INFO: hockey@ymcabv.org • 303-443-4474 x2302

ICE

ADULT HOCKEY

Summer League

A 15-game, no checking recreational hockey league for adults, 18 years and older, of all levels. There are 12 regular season games followed by a guaranteed three-game post-season play-off series. Jerseys are provided for all teams. Each team has a chance to earn free ice time at the end of each season based on their sportsmanship during the season. Schedule available April 19.

Captain's Meeting: TBA

LEAGUES	DAYS	DATES	FEE (M/NM)
D1	Sun-Thu	May 1-Aug 18	\$235/\$325
D2	Sun-Thu	May 1-Aug 18	\$235/\$325
C	Tue-Fri	May 1-Aug 18	\$235/\$325

Late Fee: \$15 as of April 24

No program July 4.

No Nonsense Hockey

This program is for adult hockey players who are just starting out or who have played for a while and want some instruction and a relaxed time playing hockey. This is a great place to come play with your friends. YMCA staff will supervise the games and teams will be divided differently each week. The sessions will be split between instructions and games each week.

DAYS	DATES	TIME	FEE (M/NM)
Fri	June 3-Aug 5	7:45-8:45am	\$130/\$190

No program on July 3.

Husky Hockey Schools

Husky Hockey Schools (Previously Cunningham Hockey Training) is offering six summer skill development training schools this summer. Each individual clinic will be run by Stephen Cunningham and other guest staff with high-end hockey experience in both playing and coaching. Activities include four hours of on-ice training with lunch, video and off-ice training between the skating sessions.

SESSION	DATES	TIME
Session 1	June 13-16	9:30-11:30am or 2:45-4:45pm
Session 2	June 27-30	9:30-11:30am or 2:45-4:45pm
Session 3	July 27-30	9:30-11:30am or 2:45-4:45pm
Session 4	Aug 1-4	9:30-11:30am or 2:45-4:45pm
Session 5	Aug 15-18	9:30-11:30am or 2:45-4:45pm
Session 6	May 29-Aug 7	6:00-7:00pm

Email Husky Hockey Schools at stephen@cunninghamhockey.com, visit cunninghamhockey.com or call 303-905-5900 for camp details or to register.

REGISTRATION FOR SUMMER ICE SKATING BEGINS APRIL 4



ICE SKATING

Learn to Skate

The YMCA Learn to Skate program is designed for participants ages 3 through adult. The focus is on learning skating skills and having fun. Our progressive levels have been structured for the gradual skating development of all skaters. This program offers instructions to skaters interested in recreational ice skating skills, figure skating and hockey. The YMCA also offers off-ice training for skaters throughout the year.

Adult Learn to Skate (Ages 18+)

The adult curriculum is designed for the beginner adult skater and is based on the United States Figure Skating adult skating program. The curriculum is designed to promote physical fitness, improve balance and coordination and enhance skating techniques. Adult skaters will progress at their own rate while being challenged and motivated with an emphasis on having fun.

DAYS	DATES	LESSON TIME	PRACTICE TIME	FEE (M/NM)
Wed	June 1-Aug 3	6:15-6:45pm	6:45-7:15pm	\$80/\$150

REGISTER FOR ICE: ymcabv.org | HOCKEY INFO: hockey@ymcabv.org • 303-443-4474 x2302

ICE



Skating Summer Clinics (Ages 4-17)

The summer Learn to Skate clinics involve four consecutive days to learn and improve skating skills. Clinic sessions are Monday-Thursday with each day consisting of a 30-minute lesson, a 30-minute practice time, a 20-minute off-ice snack break, followed by another 20-minute lesson and 20-minute practice session. Please plan to arrive early on the first day. Please register according to your age and level for the sessions of your choice.

DAYS	DATES	TIME	FEE (M/NM)
Mon-Thu	May 30-June 2	9:30-11:30am	\$100/\$140
Mon-Thu	June 20-23	9:30-11:30am	\$100/\$140
Mon-Thu	July 5-7*	9:30-11:30am	\$80/\$110
Mon-Thu	July 11-14	9:30-11:30am	\$100/\$140
Mon-Thu	Aug 8-11	9:30-11:30am	\$100/\$140

*No program July 4.

Figure Skating Fundamentals (Ages 6-17)

This class is open to YMCA levels 5-10 or equivalent skill level. The focus of this class will be edgework, power stroking, crossovers, proper skating posture, interpretive skating and level appropriate jump and spin techniques.

DAYS	DATES	PRACTICE TIME	LESSON TIME	FEE (M/NM)
Wed	June 1-Aug 3	6:15-6:45pm	6:45-7:15pm	\$80/\$150

Figure Skating Clinic

We will offer a Figure Skating Clinic this year for levels 5 through USFS Intermediate. During the off-ice portion of this camp, we will offer a variety of dance and figure skating conditioning classes, which will include instruction in stretching, core strength, proper skating posture and artistic interpretation. The on-ice portion will offer training in edges, moves in the field, stroking, artistry, choreography and level appropriate jump and spin instruction.

DAYS	DATES	TIME	FEE (M/NM)
Mon-Thu	July 18-21	2:45-4:45pm	\$110/\$140



REGISTER FOR ICE: ymcabv.org | ICE SKATING INFO: iceskating@ymcabv.org • 303-664-5455 x2302

AQUATICS



REGISTRATION
FOR SUMMER
SWIM LESSONS
BEGINS APRIL 1

The YMCA has been teaching people to swim for more than a century. In our aquatics programs, children learn to be safe around water and they feel the sense of accomplishment that comes with learning something new. We offer a wide range of classes and programs for infants, toddlers, youth, teens and adults with private, semi-private and class options.

WATER EXERCISE

Lap Swimming (Ages 12+)

Members are welcome to work out on their own during lap and open swim times. Check the pool schedule for open and lap swimming times or to find the number of lanes available. The pool schedule is posted in the facility or can be found on our website or the Colorado Y app.

Water Fitness (drop-in classes)

Check ymcabv.org for schedule and locations

Aqua Fit (Ages 12+)

Excellent for strength training and increasing endurance without the impact of land. Ability to swim is not necessary. Each pool fitness class time is unique, so please try them all to see which one fits your schedule and ability.

Aqua Rocks (Ages 12+)

Experience the latest in advanced water fitness—Aqua Boot Camp, Aqua Kickboxing, H2O Warrior, Nothing But Noodles, Aqua Sports and Progressive Toning. The format changes from class to class to keep you energized.

Aqua Zumba® (Ages 12+)

A dance fitness class performed in the water! Exercises will focus on toning arms and legs as well as core strength. The class is fun, energizing and can make you forget that you are working out. No dance experience required.

Aqua Tabata (Ages 12+)

Tabata is a four-minute cycle: 20 seconds of very high intensity exercise followed by a 10-second rest period. This is repeated eight times, resulting in a short but very intense workout. The greater intensity of this workout is strenuous but creates results in a short amount of time. Aqua Tabata combines this high intensity interval training with the properties of water in a fun, effective workout to blast calories.

High Tide (Ages 12+)

An intermediate class with cardio and toning segments.

Moon Tide (Ages 12+)

A low-impact class consisting of cardiovascular fitness, muscle strengthening and flexibility.

Senior Water Walking (Ages 18+)

A safe and effective cardio class in shallow and deep water wearing an aqua belt.

REGISTER FOR AQUATICS: ymcabv.org | INFO: aquatics@ymcabv.org • 303-442-2778 x2750

AQUATICS



SilverSneakers® Splash (Ages 18+)

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and kickboards and other aquatic equipment are used to improve strength, balance and coordination.

Swim Training (Ages 18+)

Swim training is an uncoached swim workout that is similar to Masters Swim. This class is aimed at improving endurance and helping with stroke refinement. Swim training is a drop-in class and is for all levels wanting a swimming workout provided by our staff on a white board. This program is great for those training for a triathlon.

Water Power (Ages 18+)

A high intensity total body workout using resistance equipment and movement for cardio and upper body conditioning.

Water Therapy (Ages 18+)

A therapeutic water class to condition and strengthen muscles.

Masters Swim (Ages 18+)

Enjoy coached workouts with other adult swimmers. This Adult Masters Swim Team will be coached by a Flatirons Swim Team coach who is qualified and experienced in swimming. Each workout will be new and challenging. Each class we will work on various skills, including stroke technique, endurance, speed and strength. Register at the front desk.

Fee (M/NM): \$50/\$75

Drop-in punch card (M/NM): \$80/\$120 (includes 10 sessions)

DAYS	TIME	LOCATION
Mon-Fri	5:45-6:45am	Arapahoe Y
Sat	6:45-8:00am	Arapahoe Y

YMCA SANITAS WARM WATER POOL

The YMCA of Boulder Valley is serving as the interim operator and manager of the warm water therapy pool at 311 Mapleton Ave., the former site of Boulder Community Health's Mapleton Center. The 94-degree, more than 2,000-square-foot warm water pool is programmed with water fitness classes, such as Ai Chi, SilverSneakers® Splash and arthritis classes. Pre-school and parent-tot swim lessons are available at the pool. The Y also has opportunities for open swim and therapy time, in which physical therapists and medical professionals can work with clients. Check the Mapleton Y pool schedule for class times.

Location: 311 Mapleton Ave, Boulder, CO 80304 (entrance is on 4th and Maxwell on the northwest side of the building)

Fee: Member punch card: \$50 (10 visits) / Non-member punch card \$120 (10 visits)

Punch cards are available at the Sanitas pool and all three YMCA of Boulder Valley centers.

Fitness Classes at YMCA Sanitas Warm Water Pool

Arthritis Foundation Continuous Training Class

Enjoy a warm minute with slow, small range-of-motion moves while gradually increasing the intensity from low to moderate. Flexibility includes dynamic (moving) or static (held) stretches. Participants maintain body heat and balance and balance by doing slow leg movements and sculling hand movements. Often times, brain games, balance exercises and other social activities will be used in the class.

Ai Chi

Breathing and slow flowing movements in Ai Chi increase the metabolism, blood circulation and bring balance both internally and externally. The basic framework of Ai Chi exercise is working with the buoyancy of water. Using core stability and joint flexibility movement, Ai Chi becomes your personal dance. This a great class for peaceful, gentle and relaxing movements.

REGISTER FOR AQUATICS: ymcabv.org | INFO: aquatics@ymcabv.org • 303-442-2778 x2750

AQUATICS

SWIM LESSONS

Adult Swim Lessons (Ages 13+)

These lessons are for adults of all levels. Whether you are a beginner or looking to refine your stroke, adult group swim lessons are a great place to improve your swimming skills or add swimming to mix up a workout. **Three-week session*

PHASE 1: Fundamental Strokes

This level is for beginners and teaches you to feel at ease in the water and the basics of swimming. Non-swimmers are taught floating, basic swimming skills and water safety.

PHASE 2: Stroke Development

Building off the basics of swimming, this class will start to focus on the other strokes that can give your workout a needed boost. This level is for those who are comfortable in deep water but may not know the stroke mechanics.

PHASE 3: Stroke/Endurance

This class will put the zip in your swim stroke, focusing on endurance while continuing stroke development. You will also improve on strokes other than freestyle in this level.

Location: Arapahoe Y

DAY	TIME	DATE	FEE (M/NM)
Sun	9:25-9:55am	June 5-26	\$40/\$60
Sun	9:25-9:55am	July 10-31	\$40/\$60
Sun	9:25-9:55am	Aug 7-28	\$40/\$60

Location: Longmont Y

DAY	TIME	DATE	FEE (M/NM)
Sat	8:25-8:55am	April 30-May 21	\$40/\$60
Sat	8:25-8:55am	June 4-25	\$40/\$60
Sat	8:25-8:55am	July 16-30*	\$30/\$45
Sat	8:25-8:55am	Aug 6-27	\$40/\$60

Location: Mapleton Y

DAY	TIME	DATE	FEE (M/NM)
Sat	8:25-8:55am	April 30-May 21	\$40/\$60
Sat	8:25-8:55am	June 4-25	\$40/\$60
Sat	8:25-8:55am	July 16-30*	\$30/\$45
Sat	8:25-8:55am	Aug 6-27	\$40/\$60

Parent/Tot Swim Lessons Shrimp/Kippers (Ages 6-18 Months) & Perch (Ages 19-36 Months)

An introduction to the aquatic environment for parents and their infant/toddler. Includes the basics of water safety, water orientation and adjustment. This class gives parents the basic teaching skills of swimming and floating through songs and games.

**Three-week session*

Location: Arapahoe Y

DAYS	DATES	TIME	FEE (M/NM)
Sun	June 5-26	10:00-10:30am	\$30/\$55
Sun	July 10-31	10:00-10:30am	\$30/\$55
Sun	Aug 7-28	10:00-10:30am	\$30/\$55
Mon-Thu	June 6-16	11:30am-Noon	\$60/\$110
Mon-Thu	June 20-30	11:30am-Noon	\$60/\$110
Mon-Thu	July 11-21	11:30am-Noon	\$60/\$110
Mon-Thu	July 25-Aug 4	11:30am-Noon	\$60/\$110
Mon-Thu	Aug 8-18	11:30am-Noon	\$60/\$110

Location: Longmont Y

DAYS	DATES	TIME	FEE (M/NM)
Sat	April 30-May 21	9:00-9:30am	\$30/\$55
Sat	June 4-25	9:00-9:30am	\$30/\$55
Sat	July 16-30*	9:00-9:30am	\$23/\$41
Sat	Aug 6-27	9:00-9:30am	\$30/\$55
Mon-Thu	June 6-16	10:00-10:30am	\$60/\$110
Mon-Thu	June 20-30	10:00-10:30am	\$60/\$110
Mon-Thu	July 11-21	10:00-10:30am	\$60/\$110
Mon-Thu	July 25-Aug 4	10:00-10:30am	\$60/\$110
Mon-Thu	Aug 8-18	10:00-10:30am	\$60/\$110

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)
Sat	April 30-May 21	9:00-9:30am	\$30/\$55
Sat	June 4-25	9:00-9:30am	\$30/\$55
Sat	July 16-30*	9:00-9:30am	\$23/\$41
Sat	Aug 6-27	9:00-9:30am	\$30/\$55



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AQUATICS

Preschool Swim Lessons (Ages 3-5)

This is a child's first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming, including water safety.

*Three-week session

Location: Arapahoe Y

DAYS	DATES	TIME	FEE (M/NM)
Sun	June 5-26	10:00-10:30am	\$40/\$60
Sun	July 10-31	10:00-10:30am	\$40/\$60
Sun	Aug 7-28	10:00-10:30am	\$40/\$60
Mon/Wed	June 6-29	6:00-6:30pm	\$80/\$120
Mon/Wed	July 11-27*	6:00-6:30pm	\$60/\$90
Mon/Wed	Aug 1-24	6:00-6:30pm	\$80/\$120
Mon-Thu	June 6-16	11:30am-Noon	\$80/\$120
Mon-Thu	June 20-30	11:30am-Noon	\$80/\$120
Mon-Thu	July 11-21	11:30am-Noon	\$80/\$120
Mon-Thu	July 25-Aug 4	11:30am-Noon	\$80/\$120
Mon-Thu	Aug 8-18	11:30am-Noon	\$80/\$120
Sat	June 4-25	10:00-10:30am	\$40/\$60
Sat	July 9-30	10:00-10:30am	\$40/\$60
Sat	Aug 6-27	10:00-10:30am	\$40/\$60

Location: Longmont Y

DAYS	DATES	TIME	FEE (M/NM)
Mon	May 2-23	5:00-5:30pm	\$40/\$60
Mon	June 6-27	5:00-5:30pm	\$40/\$60
Mon	July 11-25*	5:00-5:30pm	\$30/\$45
Mon	Aug 1-22	5:00-5:30pm	\$40/\$60
Mon-Thu	June 6-16	10:00-10:30am	\$80/\$120
Mon-Thu	June 20-30	10:00-10:30am	\$80/\$120
Mon-Thu	July 11-21	10:00-10:30am	\$80/\$120
Mon-Thu	July 25-Aug 4	10:00-10:30am	\$80/\$120
Mon-Thu	Aug 8-18	10:00-10:30am	\$80/\$120
Tue	May 3-24	5:00-5:30pm	\$40/\$60
Tue	June 7-28	5:00-5:30pm	\$40/\$60
Tue	July 12-26*	5:00-5:30pm	\$30/\$45
Tue	Aug 2-23	5:00-5:30pm	\$40/\$60
Thu	May 5-26	5:00-5:30pm	\$40/\$60
Thu	June 9-30	5:00-5:30pm	\$40/\$60
Thu	July 14-28*	5:00-5:30pm	\$30/\$45
Thu	Aug 4-25	5:00-5:30pm	\$40/\$60
Sat	April 30-May 21	9:00-9:30am	\$40/\$60
Sat	June 4-25	9:00-9:30am	\$40/\$60
Sat	July 16-30*	9:00-9:30am	\$30/\$45
Sat	Aug 6-27	9:00-9:30am	\$40/\$60

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)
Mon/Wed	May 2-25	4:00-4:30pm	\$80/\$120
Mon/Wed	June 6-29	4:00-4:30pm	\$80/\$120
Mon/Wed	July 11-27*	4:00-4:30pm	\$60/\$90
Mon/Wed	Aug 1-24	4:00-4:30pm	\$80/\$120
Tue/Thu	May 3-26	4:00-4:30pm	\$80/\$120
Tue/Thu	June 7-30	4:00-4:30pm	\$80/\$120
Tue/Thu	July 12-28*	4:00-4:30pm	\$60/\$90
Tue/Thu	Aug 2-25	4:00-4:30pm	\$80/\$120
Sat	April 30-May 21	9:00-9:30am	\$40/\$60
Sat	June 4-25	9:00-9:30am	\$40/\$60
Sat	July 16-30*	9:00-9:30am	\$30/\$45
Sat	Aug 6-27	9:00-9:30am	\$40/\$60

Preschool Swim Levels

Pike: At this level, children begin attending classes without their parents. Pike helps children develop safe pool behavior, adjust to the water, feel comfortable putting their face in the water, learn basics of kicking and stroking and begin floating on their front and back with assistance. Before passing the level, children need to be able to push off the wall and swim 5 feet on their own.

Pike Plus: This level is for Pike swimmers who are comfortable in the water, can put their head under and are ready to start floating and gliding on their own. Pike Plus swimmers should already be able to swim 5 feet on their own and push away from the wall to the instructor. They will continue working on developing their paddle and kicking motions and on endurance on their front and back. To pass this level they need to be comfortable swimming 10 feet on their front and back.

Eel: This advanced beginner level reinforces Pike Plus skills. It is for children who are comfortable putting their face in the water and are able to float on their front and back for 20 seconds without any assistance. Children should also be able to comfortably swim 10 feet on their own on their front and back before entering this level. At this level they will continue working on endurance and their paddle motions on their front and back. They are also taught to take a breath while swimming on their front.

Ray: At this level children review previous skills, improve stroke skills, build endurance by swimming on their front and back, enhance diving skills and learn under water swimming skills. They are introduced to the elementary backstroke and breaststroke. At this level they will learn side breathing for the front crawl. Children must be able to swim 15 feet on their front and back without any floatation device and float for 20 seconds without assistance.

Starfish: This advanced level will focus on endurance and further practice with side breathing for the front crawl. It will also work on refining the front crawl, back crawl, breaststroke and elementary backstroke. Children will also learn the basics of treading water. Children must be able to swim 15 yards on their front and back without any assistance and be comfortable in deep water.

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AQUATICS

Youth Swim Lessons (Ages 6-12)

Each skill level builds upon the preceding level, with eight levels covering all the strokes, diving fundamentals and safety skills.

*Three-week session

Location: Arapahoe Y

DAYS	DATES	TIME	FEE (M/NM)
Sun	June 5-26	10:35-11:20am	\$40/\$60
Sun	July 10-31	10:35-11:20am	\$40/\$60
Sun	Aug 7-28	10:35-11:20am	\$40/\$60
Mon/Wed	June 6-29	6:35-7:20pm	\$80/\$120
Mon/Wed	July 11-27*	6:35-7:20pm	\$60/\$90
Mon/Wed	Aug 1-24	6:35-7:20pm	\$80/\$120
Mon-Thu	June 6-16	10:35-11:20am	\$80/\$120
Mon-Thu	June 20-30	10:35-11:20am	\$80/\$120
Mon-Thu	July 11-21	10:35-11:20am	\$80/\$120
Mon-Thu	July 25-Aug 4	10:35-11:20am	\$80/\$120
Mon-Thu	Aug 8-18	10:35-11:20am	\$80/\$120
Sat	June 4-25	10:35-11:20am	\$40/\$60
Sat	July 9-30	10:35-11:20am	\$40/\$60
Sat	Aug 6-27	10:35-11:20am	\$40/\$60

Location: Longmont Y

DAYS	DATES	TIME	FEE (M/NM)
Mon-Thu	June 6-16	10:35-11:20am	\$80/\$120
Mon-Thu	June 20-30	10:35-11:20am	\$80/\$120
Mon-Thu	July 11-21	10:35-11:20am	\$80/\$120
Mon-Thu	July 25-Aug 4	10:35-11:20am	\$80/\$120
Mon-Thu	Aug 8-18	10:35-11:20am	\$80/\$120
Tue	May 3-24	5:35-6:20pm	\$40/\$60
Tue	June 7-28	5:35-6:20pm	\$40/\$60
Tue	July 12-26*	5:35-6:20pm	\$30/\$45
Tue	Aug 2-23	5:35-6:20pm	\$40/\$60
Thu	May 5-26	5:35-6:20pm	\$40/\$60
Thu	June 9-30	5:35-6:20pm	\$40/\$60
Thu	July 14-28*	5:35-6:20pm	\$30/\$45
Thu	Aug 4-25	5:35-6:20pm	\$40/\$60
Sat	April 30-May 21	9:35-10:20am	\$40/\$60
Sat	June 4-25	9:35-10:20am	\$40/\$60
Sat	July 16-30*	9:35-10:20am	\$30/\$45
Sat	Aug 6-27	9:35-10:20am	\$40/\$60

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)
Mon/Wed	May 2-25	4:35-5:20pm	\$80/\$120
Mon/Wed	June 6-29	4:35-5:20pm	\$80/\$120
Mon/Wed	July 11-27*	4:35-5:20pm	\$60/\$90
Mon/Wed	Aug 1-24	4:35-5:20pm	\$80/\$120
Tue/Thu	May 3-26	4:35-5:20pm	\$80/\$120
Tue/Thu	June 7-30	4:35-5:20pm	\$80/\$120
Tue/Thu	July 12-28*	4:35-5:20pm	\$60/\$90
Tue/Thu	Aug 2-25	4:35-5:20pm	\$80/\$120
Sat	April 30-May 21	9:35-10:20am	\$40/\$60
Sat	June 4-25	9:35-10:20am	\$40/\$60
Sat	July 16-30*	9:35-10:20am	\$30/\$45
Sat	Aug 6-27	9:35-10:20am	\$40/\$60

Youth Swim Levels

Poliwog: This is the beginning level for school-age children. Children become acquainted with the pool, the use of noodles and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, elementary backstroke and breaststroke. Before passing this level, the student must be able to glide on their front and back independently for 10 feet. Most children repeat this beginner level.

Guppy: Children continue to build upon the basics and perform more advanced skills without assistance. They will continue working on the front crawl, including side breathing and back crawl. This level will also work on elementary backstroke, breast stroke, side stroke and treading water. Children must be able to swim on front and back for 10 feet without assistance or PFD. By the end of this level they should be able to swim 20 yards on their own on their front and back.

Minnow: This is the initial intermediate level. Children refine the lead-up strokes they have learned in previous levels. Children must be able to swim 20 yards basic freestyle with side breathing, 20 yards basic backstroke and be comfortable in deep water. They must also be able to swim any stroke consistently for 2 minutes.

Fish: Students work to perform the crawl stroke, elementary backstroke and breaststroke. They are introduced to turns. Children must be able to swim freestyle for 25 yards with a rudimentary over-arm stroke and rotary breathing and swim backstroke for 25 yards. Must be able to swim any stroke continuously for six minutes and swim full breaststroke for 10 yards.

Flying Fish: At this advanced level, students work on refining their strokes and increasing their endurance. Children must be able to swim front crawl with rotary breathing and swim backstroke and breaststroke for 50 yards each and be able to swim any stroke continuously for eight minutes.

Shark: Children must be able to perform front crawl with bilateral breathing and backstroke for 100 yards each with open turns, breaststroke for 50 yards and coordinated butterfly stroke for 25 yards. Must be able to swim any stroke continuously for 10 minutes.

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AQUATICS



Diving Club (Ages 6-15)

This club is for kids who want to learn more about the sport of diving. Classes will be held by a trained coach and will teach the importance of stretching, safety and technique of diving. Diving Club is for kids of all experiences, even those with no experience. Kids must pass the green swim test to enroll in Diving Club.

Location: Arapahoe Y

DAY	DATES	TIME	FEE (M/NM)
Mon-Thu	June 6-16	6:00-7:00pm	\$80/\$120
Mon-Thu	June 20-30	6:00-7:00pm	\$80/\$120
Mon-Thu	July 20-31	6:00-7:00pm	\$80/\$120
Mon-Thu	July 25-Aug 4	6:00-7:00pm	\$80/\$120
Mon-Thu	Aug 8-18	6:00-7:00pm	\$80/\$120

SWIM TEAMS

Swim Team: The Sharks!

This program is for kids who really enjoy the water and are interested in getting a swim team experience as part of the Front Range Swim League. Participants will be split into different groups on the first day based on age, skill performance and endurance. Kids are encouraged to come to every practice and will be competing in meets throughout the summer. There will be a league championship meet in the Boulder Valley area at the end of the season. New members are welcome to join the team. Please attend the parents meeting in early May to get swim team information and the meet schedule. You'll also be able to order team suits, shirts and other clothing. Check the website as season approaches for dates.

It is recommended that swimmers be able to swim the distance assigned to their age groups.

Ages 6-8: 25 yards	Ages 11-12: 100 yards
Ages 9-10: 50 yards	Ages 13+: 200 yards

Location: Arapahoe Y

Fee (M/NM): \$275/\$375

Swim Season: Morning Practice

AGE	DATES	DAYS	TIMES
Ages 8 & Under	May 31-July 23	Mon-Fri	9:10-10:10am
Ages 9-10	May 31-July 23	Mon-Fri	8:10-9:10am
Ages 11 & Up	May 31-July 23	Mon-Fri	7:00-8:15am

Monday, May 30, is Memorial Day. No program July 4. Season starts on Tuesday, May 31. Time of practice will depend on skill level of the swimmer.

For those kids who are in camp or can't make it to the morning practices, we have an evening practice time. Evening practice is also for those swimmers who want extra time in the pool.

Swim Season: Evening Practice

AGE	DATES	DAYS	TIMES
All Ages	June 1-July 22	Mon/Wed/Fri	6:00-7:00pm

Monday, May 30, is Memorial Day. No program July 4. Evening practices start on Wednesday, June 1.

AQUATICS



Pre-Team (All Ages)

This program is for those kids who really enjoy the water and are interested in getting a swim team experience but are not quite ready for swim team. Participants will be split into different groups on the first day based on skill performance but must be able to swim 25 meters of freestyle and backstroke unaided. Kids are encouraged to come to every practice and will participate in a few inter-squad meets. This program does not replace the need for swim lessons. If you are unsure if your child should participate please contact the aquatics department.

Location: Arapahoe Y

DAYS	DATES	TIME	FEE (M/NM)
Mon-Thu	May 31-July 22	9:10-10:00am	\$175/\$225

No program July 4.

Porpoise Club (Ages 6-15)

A pre-swim team class aimed at working on stroking technique, endurance and skills. Students work on starts and flip turns as well. Prior to enrolling students need to be able to complete a 100-yard freestyle swim with bilateral breathing, 100-yard backstroke, 50-yard breaststroke and 15-yard butterfly.

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)
Mon/Wed	May 2-25	5:25-6:25pm	\$80/\$120

Location: Longmont Y

DAYS	DATES	TIME	FEE (M/NM)
Tue/Thu	May 3-26	6:25-7:25pm	\$80/\$120

Swim Team Coaches

Stacey Tobey

Stacey became a competitive swimmer at age 7 and later swam for the University of Utah, where she was a conference championship finalist. She graduated with a B.S. in Exercise and Sport Science. Stacey coached the varsity swim teams at the University of Utah from 1991-2000 and the University of Denver from 2000-2011. Stacey coaches all levels from youth to Masters and still swims competitively today. Impressively, she swam the English Channel with a relay in 2010 and recently placed second in the two-person relay around Key West.

Garrett McCarthy

Garrett McCarthy has a remarkable history in and out of the pool. In his youth, he received Top 3 USA National Rankings in the 1,000 and 1,650 freestyle and was nationally ranked in breast and IM events. After graduating from USC as a scholarship swimmer, Garrett turned to professional triathlon and earned a World Championship Gold Medal with Team USA. He has coached swimming and triathlon in France, Ireland and Japan, and competed in the Goodwill Games and Hawaiian Ironman.

Kristen Toll

Kristen has been a competitive swimmer since the age of 5. She swam for the University of Colorado, competing against Division 2 and 3 schools. She began coaching for Boulder Swimming at the age of 20. She coached for Riptides Swim Team in San Diego, where she coached swimmers to Zones, Far Westerns and Nationals. She is a certified USA Swim Coach and has had 14 years of experience with workouts and technique training.

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AQUATICS

PRIVATE AND SEMI-PRIVATE SWIM LESSONS AND DIVING LESSONS

Private Swim/Diving Lessons (All Abilities Ages 3+)

Contact aquatics department to set up swim/dive lesson times. Private swim lessons are more flexible for your schedule. They can be held any day of the week and any time there is available space in the pool. Register at the front desk.

Location: Arapahoe, Longmont & Mapleton Ys

SWIM TIME	NUMBER OF LESSONS	FEE (M/NM)
30 Minute Lesson	1 Lesson	\$30/\$45
	4 Lessons	\$116/\$176
	8 Lessons	\$224/\$344
	12 Lessons	\$324/\$504
45 Minute Lesson	1 Lesson	\$40/\$55
	4 Lessons	\$156/\$216
	8 Lessons	\$304/\$424
	12 Lessons	\$444/\$624

Semi-Private Swim/Dive Lessons (All Abilities Ages 3+)

For two to three participants around the same swimming ability. Contact aquatics department to set up swim/dive lesson times. Private swim lessons are more flexible for your schedule. They can be held any day of the week and any time there is available space in the pool. Register at the front desk. **Price is per person.**

Location: Arapahoe, Longmont & Mapleton Ys

SWIM TIME	NUMBER OF LESSONS	FEE (M/NM)
30 Minute Lesson	1 Lesson	\$20/\$30
	4 Lessons	\$76/\$116
	8 Lessons	\$144/\$224
	12 Lessons	\$204/\$324
45 Minute Lesson	1 Lesson	\$30/\$40
	4 Lessons	\$116/\$156
	8 Lessons	\$224/\$304
	12 Lessons	\$324/\$444

Usage Policies for the Arapahoe Pool

The pool bubble will come down for the season in late May.

Only Y members are allowed to use the pool. Members may bring guests, but guests must check in with the member and pay the guest fee. The number of guests is limited to the number of individuals on the Y member account. YMCA AWAY members are allowed to use the pool as a part of the AWAY program. AWAY members may not bring guests with them.

Arapahoe Y Pool Swim Test Policy and Rules

Anyone under the age of 12 is required to perform a safety swim test in front of one of our certified Lifeguards. This policy is aimed at identifying the swimming capability of our younger patrons to ensure their safety as well as the safety of other members. Each test level is pass/fail and may be retaken one more time per day. After passing the test, the swimmer's full name and most recent level will be kept in our log book for one year.

Red Band

The swimmer refused to take the test or did not pass the test. This is a non-swimmer and must have a parent in the water within arm's reach at all times or be wearing a Coast Guard approved personal flotation device. No more than two children per adult. Access to zones 1 and 2.

Yellow Band

The swimmer must jump in at the 5-foot section, tread water for 30 seconds, float on his or her back 30 seconds and then swim forward for half length of the pool without touching the bottom of the pool*. Access to zones 1 and 2 and shallow end slides if minimum height requirement is met (see slide rules).

Green Band

The swimmer must jump in at the 5-foot section, tread water for 30 seconds, float on his or her back 30 seconds and then swim forward the length of the pool without touching the bottom of the pool*. Access to full pool, all slides and diving boards.

**The swimmer may use any stroke or method that provides forward momentum without touching the bottom of the pool. If they swim underwater they must break the surface regularly to breathe. The swimmer does not have to use any specific breathing pattern or technique.*

Swimming capabilities and test level of all swimmers is at the discretion of the Lifeguard or supervisor on duty. At any time, a Lifeguard or supervisor may retest or revoke permission of any swimmer for safety concerns or policy violation.

See complete rules at ymcabv.org.

REGISTER FOR PRIVATE LESSONS: At the front desk | INFO: aquatics@ymcabv.org • 303-442-2778 x2750

RED CROSS CERTIFICATIONS

LIFEGUARD



CPR and First Aid Basics (Ages 13+)

This course is to train you to act in an emergency situation and to recognize and care for life-threatening respiratory and cardiac emergencies in adults, children and infants. All materials can be found at redcross.org. Certifications last two years. **Students must be able to sit through a four-hour class and take two tests.**

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)	CODE
Sat	June 4	10:00am-3:00pm	\$95/\$105	MTR06/04CPR
Sat	July 9	10:00am-3:00pm	\$95/\$105	MTR07/09CPR
Sat	Aug 6	10:00am-3:00pm	\$95/\$105	MTR08/06CPR

CPR and First Aid Recertification

This course is for those with current CPR and First Aid certifications or certifications that will expire within 30 days. This course will allow you to renew your current certification. Materials to be used during the course will be given out at the beginning of class. Course materials for this class are available at redcross.org. Certifications now last two years.

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)	CODE
Tue	June 7	6:30-10:00pm	\$65/\$75	MTR06/07RECERT
Tue	July 12	6:30-10:00pm	\$65/\$75	MTR07/12RECERT
Tue	Aug 9	6:30-10:00pm	\$65/\$75	MTR08/09RECERT

Lifeguard Training Course (Ages 15+)

This course provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for injuries and sudden illnesses until EMS arrive and take over. Must bring swim suit, towel and course materials as well as attend every class to pass course. Successful completion of the course will result in certifications in Lifeguarding, CPR/AED and First Aid. Certifications last two years. **Prerequisites:** 300-yard swim, dive down 9 feet and retrieve a 10-pound brick and tread water for two minutes with no hands.

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)	CODE
Fri	June 10-12	6:00-10:00pm	\$250/\$275	MTR06/10LG
Sat/Sun		10:00am-6:00pm		
Fri	July 22-24	6:00-10:00pm	\$250/\$275	MTR07/22LG
Sat/Sun		10:00am-6:00pm		
Fri	Aug 12-13	6:00-10:00pm	\$250/\$275	MTR08/12LG
Sat/Sun		10:00am-6:00pm		

Location: Arapahoe Y

DAYS	DATES	TIME	FEE (M/NM)	CODE
Mon-Fri	July 11-15	5:00-10:00pm	\$250/\$275	ATRO7/11LG

Lifeguard Recertification (Ages 15+)

The Lifeguard recertification option is for currently certified Lifeguards to review skills including water rescue, CPR for the Professional Rescuer and First Aid.

Location: Mapleton Y

DAYS	DATES	TIME	FEE (M/NM)	CODE
Sun	June 12	10:00am-6:00pm	\$105/\$115	MTR06/12RELG
Sun	July 24	10:00am-6:00pm	\$105/\$115	MTR07/24RELG

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RED CROSS CERTIFICATIONS

BABYSITTING



Red Cross Babysitting Certifications (Ages 11-15)

This 6 1/2-hour Red Cross course is educational and interactive. Learn the latest science on First Aid and cardiovascular care, receive more in-depth coverage of the babysitting basics—feeding, diapering, discipline and safety—all updated, expanded and redesigned for today’s babysitters. Take-aways include the official Babysitter’s Training Handbook, emergency reference guide and training CD, so you can practice at home. Participants should bring a lunch, pen and water bottle. Register at ymcabv.org.

Fee (M/NM): \$70/\$90

Transfer fee: \$10 / **Cancel fee:** \$25 (no credits or refunds without a two week notice)

Location: Arapahoe Y

DAY	DATE	TIME	CODE
Sat	Feb 20	9:30am-4:00pm	ATN02/20BSIT
Sat	March 19	9:30am-4:00pm	ATN03/19BSIT
Sat	April 16	9:30am-4:00pm	ATN04/16BSIT
Sat	May 21	9:30am-4:00pm	ATN05/21BSIT
Sat	June 11	9:30am-4:00pm	ATN06/11BSIT
Sat	June 25	9:30am-4:00pm	ATN06/25BSIT
Sat	July 23	9:30am-4:00pm	ATN07/23BSIT
Sat	July 30	9:30am-4:00pm	ATN07/30BSIT
Sat	Aug 27	9:30am-4:00pm	ATN08/27BSIT
Sat	Sept 24	9:30am-4:00pm	ATN09/24BSIT
Sat	Oct 22	9:30am-4:00pm	ATN10/22BSIT
Sat	Nov 19	9:30am-4:00pm	ATN11/19BSIT
Sat	Dec 10	9:30am-4:00pm	ATN12/10BSIT

Location: Longmont Y

DAY	DATE	TIME	CODE
Sat	Feb 6	9:30am-4:00pm	LMT02/06BSIT
Sat	March 5	9:30am-4:00pm	LMT03/05BSIT
Sat	April 23	9:30am-4:00pm	LMT04/23BSIT
Sat	May 14	9:30am-4:00pm	LMT05/14BSIT
Sat	June 18	9:30am-4:00pm	LMT06/18BSIT
Sat	July 16	9:30am-4:00pm	LMT07/16BSIT
Sat	Aug 20	9:30am-4:00pm	LMT08/20BSIT
Sat	Sept 10	9:30am-4:00pm	LMT09/10BSIT
Sat	Oct 15	9:30am-4:00pm	LMT10/15BSIT
Sat	Nov 12	9:30am-4:00pm	LMT11/12BSIT
Sat	Dec 3	9:30am-4:00pm	LMT12/03BSIT

Location: Mapleton Y

DAY	DATE	TIME	CODE
Sat	April 2	9:30am-4:00pm	MTN04/02BSIT
Sat	May 7	9:30am-4:00pm	MTN05/07BSIT
Sat	June 4	9:30am-4:00pm	MTN06/04BSIT
Sat	July 9	9:30am-4:00pm	MTN07/09BSIT
Sat	Aug 13	9:30am-4:00pm	MTN08/13BSIT
Sat	Sept 3	9:30am-4:00pm	MTN09/03BSIT
Sat	Oct 1	9:30am-4:00pm	MTN10/01BSIT
Sat	Nov 5	9:30am-4:00pm	ATN11/05BSIT

REGISTER FOR BABYSITTING CLASSES: ymcabv.org | INFO: babysit@ymcabv.org • 303-443-4474 x4290



7th ANNUAL
STRONG KIDS TRIATHLON
7.23.16 • 9:00am • Arapahoe Y

The YMCA's Strong Kids Triathlon is for kids who love to swim, ride and run. However, this event is more of a celebration than a competition. Crowds of family and friends will cheer on hundreds of young triathletes as they swim, pedal, run and make their way through our kid-friendly course. Medals will be awarded, hugs will be given and snacks will be served. No experience is necessary, but fun is required. Proceeds from the event will benefit the Community Support Campaign for those who need assistance paying for Y programs. Check out more photos from last year's Strong Kids Triathlon on our Facebook page.

Ages 2-15 • Members \$20 / Non-members \$30
Register early! This event is capped at 300 participants.
Register at ymcabv.org.





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Lafayette, CO 80026

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CONNECT WITH US

The YMCA of Boulder Valley is connected—from social media to our monthly newsletter to our handy app. So now it's time for you to connect with us! Get educated on all Y offerings, events, programs and classes. Get tips on well-being. Get registered for fitness classes. And get to know the Y like never before with videos, photos and stories. Get connected at ymcabv.org.



For a Better Summer

In 2015, we were able to send 340 kids to summer camp with the help of financial assistance. Campers climbed rock walls, rafted down rapids, built LEGO empires, learned the art of archery and laughed until they couldn't laugh any more. Each child was immersed in an atmosphere that inspired and guided them to live healthfully, help others and make lifelong friends. Camp is shown to help kids improve their self worth, develop communication skills and become stronger leaders. It's because of our generous donors that so many children were able to grow through exploration and activity. Please support the YMCA of Boulder Valley at ymcabv.org.

For a better us™

