

STONESTOWN FAMILY YMCA Winter Enrichment Program (W.E.P)

Y-Tykes Week 1: Acrobatics, Obstacle Courses & Healthy Living

WEP Contact number: 415.690.6407

Stonestown Y Preschool
399 San Fernando Way
San Francisco, CA 94127

Y-Tykes Staff:

Camp Director

Nahid Elgadi

Lead Counselor

TBD

Program Director

Nadirah Jones: 415.452.9622

PLEASE call all absences in by 9:00 AM.

Drop off time is from 7:00-9:00a

Pick up time is from 4:00-6:00p

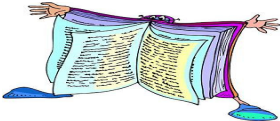
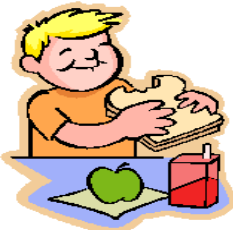




** Quite Time (1-2hrs): Napping (optional), books, puzzles, manipulatives, puppets, drawing, stretching, or quite art project

If you are dropping your child off late or picking up early, please contact a Staff member ASAP



Please have your camper bring extra water every day

Do your part to make this a SODA FREE Camp!

Dec 19	Dec 20	Dec 21	Dec 22	Dec 23
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-9:00 Drop off time	7:00-9:00 Drop off time	7:00-9:00 Drop off time	7:00-9:00 Drop off time	7:00-9:00 Drop off time
9:00-10:00 Cow/Cat stretches Name Tag Activity <i>Dr. Seuss & Snack</i>	9:00-10:00 Leg/Arm stretches Making Lemonade & Ice-cubes <i>Snack/Tree frog treks</i>	9:00-10:00 Downward Dog stretches Cart Wheels & Snack	9:00-10:30 Lunges/Squats Back Bend & Tumbling <i>Dr. Seuss & Snack</i>	9:00-10:00 Back/Belly stretches Making Pizza
10:00-10:15 Camp Overview & Making our own rules	10:00-11:00 Body Tracing & Labeling	10:00-1:30 Merced Library Junipero Serra Park!	11:00-1:30 W.Portal Park!	10:30-1:00 Field Trip: Yerba Buena Park!
 10:30-1:30 Aptos Playground! <i>Tug of War, Acrobatic Race, Lunch & Sports</i>				
2-3 Quiet Time 3:30--Snack	2-3 Quiet Time 3:30--Snack	2-3 Quiet Time 3:30--Snack	2-3 Quiet Time 3:00-4:00	2:05-3:05 Cooking Project: Making Spaghetti and meatballs
4:00-5:00 <i>Healthy Food Chart & Race Continu...</i>	4:00-5:00 Indoor Hop Scotch Tug of War Story Books	4:00-5:00 Painting Cart Wheels	4:00-5:00 Body Shapes Freeze Dance	3:30--Snack
5:00-6:00 Free Play/Pick Up	5:00-6:00 Free Play/Pick Up	5:00-6:00 Free Play/Pick Up	5:00-6:00 Free Play/Pick Up	4:00-5:00 Drawings: What we saw at Yerba Buena
				5:00-6:00 Free Play/Pick Up
What to bring:	What to bring:	What to bring:	What to bring:	What to bring:
Healthy lunch, walking shoes, water, sunscreen	Healthy lunch, walking shoes, water, sunscreen	Healthy lunch, walking shoes, water, sunscreen	Healthy lunch, walking shoes, water, sunscreen	Healthy lunch, walking shoes, water, sunscreen & swim suit
