



BEST SUMMER EVER!

SUMMER CAMP | PRESIDIO YMCA

Presidio YMCA | 63 Funston Ave, San Francisco, CA 94129

www.ymcasf.org/presidio

Membership Desk: 415.447.9622

Camp Director Line: 415.447.9624

Camp Office Line: 415.447.9692



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WEBSITE

www.ymcasf.org/camp-presidio

CAMP LOCATIONS

Presidio Y Camp: 1152 Gorgas Avenue, San Francisco, CA 94129,
415-447-9692

Point Bonita Y Camp: 981 Fort Barry, Sausalito, CA 94965
415-331-9622

Presidio Y Main Post (mailing address): 63 Funston Avenue,
San Francisco, CA 94129, 415-447-9622

CAMP CONTACTS

Membership Desk: 415-447-9622

Camp Admin (all FA questions and inquiries):
presidiocamp@ymcasf.net, 415-447-9692

Presidio Y Camp Directors: Allison Ambrozy, Ambrozy@ymcasf.net,
415-447-9624

CAMP HOURS

Camp Programming: M-F, 7:30am-6pm

Camp Admin Hours: M-F, 8am-5pm

Membership & Facility Hours: M-F, 5:30am-10pm
S-Sun, 7am-7pm



THE ORIGINAL SUMMER CAMP

At the Y, there's fun for youth of any age, income, or background. We bring people closer together in a welcoming, supportive environment to nurture the potential of youth, promote healthy living, and give back to the community.

This summer, your children will learn, grow, and thrive through the exhilarating fun of traditional, specialty, and sports camps at the Y. In the midst of all the fun, they'll explore nature, discover their talents, try new activities, gain independence, and create lasting friendships.

OUR CAMP EXPERIENCE

With more than 100 years of camping experience, YMCA camps are committed to nurturing the potential of every child by fostering achievement, relationships and belonging through our Day Camp program. We support children in: 1. Discovering skills to help them realize their accomplishments, passions, talents and potential. 2. Building friendships to demonstrate the role positive relationships play in the well-being of a child. 3. Developing a sense of belonging where kids feel safe, welcome and can express their individuality

OUR COMMITMENT

At the Presidio Y, we are committed to ensuring that our youth have access to a quality outdoor experience. Using the San Francisco Children's Outdoor Bill of Rights as our guiding tool, we can ensure our youth grow up knowing, understanding, and loving their environment. In addition, we are partnering with the National Park Service and the Parks Conservancy to offer 4 weeks of "Play Learn Serve Work" camp.

OUR LEADERS

To ensure a safe and fun summer, our highly qualified and talented staff complete more than 24 hours of camp training each summer, including CPR and First Aid certification, activity planning, youth development training and injury prevention training. Counselors express their unique personalities, share their diverse talents, and role model YMCA values of honesty, respect, caring and responsibility for the future's young leaders.

OUR PLEDGE

We are devoted to providing extraordinary camp experiences for you and your child. At the end of the day, your child will have had fun, rewarding, and engaging experiences! Families become part of a greater community and experience a summer full of discovery and adventures together.



PRESIDIO YMCA MEMBERSHIPS

All Campers must be registered as YMCA Members. Membership types vary depending on your facility usage and household, so it's best to talk to a Membership specialist to find the best one for your family. A YMCA Facility Membership is an all access pass to YMCAs across the country, including more than 35 locations across the Bay Area.

Facility Memberships

Facility Membership at the Presidio YMCA offers many benefits for the whole family. In addition to a lower registration fee for camp, Facility Members have full use of the workout facilities, tennis courts, basketball gym and pool, YKids, YBike, youth ballet and lower rates for fee based programs such as swim lessons and youth sports. In order to receive a Facility Member rate, you must remain a Facility Member throughout the duration of your camp.

Community Participants

Registering as a Community Participant is completely free for all members in the household, and allows registration for fee based programs, including all camps, YMakers, swim lessons, and sports programs.

Register

You may only register online or at our Membership Desk. For instructions on signing up online, please see page 7. Please contact the Membership Department at 415-447-9622 for more information about the best membership option for your family's needs or if you have any questions.

SUMMER CAMP FAQS

We know you have questions before committing to our Camps, and below are the answers to our most commonly asked questions. If you have any other questions that aren't here feel free to reach out to the Camp Team!

Registration Opens February 1st, for 2018 Summer Camps

To register, visit the front desk at Lettermen or Main Post, or online at www.ymcasf.org/programs/camp-presidio.

Deposits & Camp Payments

On the day you register for Camp, you will be charged a deposit for \$35 per camp per child. The remaining payment will be scheduled 14 days prior to the start of the Camp - in other words, the remaining payment will be drafted from your bank or credit card account two Monday's before Camp starts.

Transfers/Credit/Refund Policy

If you paid in full at the time of registration, you may be eligible for refund, less deposit if you notify us 2 weeks in advanced. Cancellation requests must be submitted in writing using our [Summer Camp Change Form](#). You can submit them to presidiocamp@ymcasf.net or fax them to 415-447-9633. Please submit requests M-F before 5:00PM. If you do not receive a cancellation confirmation after 24-48 hours, please call us or resubmit your form. (Please note, forms received Friday late afternoon, may not be answered until Monday). Deposits and any payments made within the 2 week prior to the start of camp are non-refundable. We rely on timely payments so we can pay our vendors, purchase admission tickets, supplies, and hire staff according to enrollment.

If you wish to transfer a camp session, the Camp Admin Team can transfer your deposit to a future session if space is available. We will schedule your camp payment to lock in your transfer request. We cannot guarantee a transfer from one branch to another branch's summer camp session.

Any credits or refunds must be approved by the Camp Director. Any credits must be used within 48 hours and may be applied to another program or membership dues. Refund requests are refunded to the form of payment and may take up to 14 business days to process.

Balance Due

You will receive an email reminder from our Camp Administrator one week prior to the payment due date. Please make sure your email address on your online profile is up to date. Failure to pay balances upon start of camp will result in the deposit being forfeited and the camper's registration being canceled. Need to update your billing method over the phone? Please contact our Business Resource Center at 415-281-6760 (9:00 AM to 5:00 PM M-F). They are also able to take payments over the phone.



SUMMER CAMP FAQS (CONTINUED)

Waitlists

We will notify families that move off the waitlist via email. Please make sure that you add presidiocamp@ymcasf.net as a contact. You will have 48 hours to accept or decline the waitlisted spot. If we do not hear back from you, we will move on to the next child on the list. For confidentiality reasons and standard operating procedures we do not reveal where a child's spot is on the waitlist.

Required Forms

When you register for summer camp, you will need to complete and submit a Summer Camp Registration Form that includes critical information regarding your camper, emergency contact and a list of authorized pick ups. Once you've completed this, the information will live in our system. Please make sure to update any information that changes as this is the information that we will use for sign-in and sign-out. The YMCA requires a [Waiver of Liability](#) and [Concussion Form](#) to be completed by the parent/guardian prior to participation in our programs. Once signed, the waiver is good for one calendar year. We have partnered with DocuSign to make this process paperless. If we do not have these waivers on file for your family, you may receive an email from DocuSign or your name highlighted on our sign in/out as a reminder to sign in person.

Extended Care

Is offered at no additional cost! Morning extended care is from 7:30am - 9am, and afternoon extended care is from 4:30 - 6pm. During extended care hours, campers have a variety of stations, activities and rooms to choose from. This is a great time for parents and staff to check in about the youth and program day.

Financial Assistance

We strive to make camp accessible to all. To the extent possible, financial assistance is available thanks in part to generous donors and grants. The Financial Assistance forms are available [online](#) and at the membership desk. Please submit forms in person at our Main Post Gym (63 Funston Avenue, SF 94129) by April 2nd. You will be notified by mail on April 16th regarding your application status. In order to reserve your camp, you must place a \$35.00 deposit for each camp and have a billing method on file. Please see our [Financial Assistance FAQ](#) on the camp webpage if you have more questions about applying for Summer Camp Financial Assistance.

Special Needs

YMCA leaders are encouraging, patient, and can help facilitate successful camp experiences for children with mild to moderate disabilities. For specific questions regarding your child, please contact Allison Ambrozy, Camp Director at AAmbrozy@ymcasf.net.

Camp Groupings

Camps are organized by grades (not ages). Your camper should sign up for camps according to the grade they'll enter into in the Fall 2018. Due to Child Safe Policy, there are no exceptions for moving a camper of one age group to a camp of a different age group. If for any reason your camper's age is preventing you from registering for camp please reach out to the Camp Director for assistance.

Swim Test Requirement

Campers will complete a brief shallow water competency check the first time they swim this summer. Campers who do not pass the swim check will wear one of our personal flotation devices.

Shirts

With your registration, your child will receive one Presidio Y Camp shirt, registration is per summer not per camp. Shirts will be handed out for all camps on Mondays. It is crucial that all Traditional Campers wear their camp shirt for our big field trip days on Wednesdays. Camp shirts are also available for \$5 each if you'd like a second shirt or if you lose your original one.

Youth to Staff Ratios

For K-2 Camps: 1 to 8

For 3-5 Camps: 1 to 9

For 6-8 Camps: 1 to 10

Thanks to trained lifeguards and Unit Leads, extra coverage is available during pool times & field trips.

How to Set Up A Profile

1. Visit our website at www.ymcasf.org/presidio
2. Hover over the gear image on the upper right corner of the screen and select "Login."
3. Sign in or create an account.
4. Once signed in, click on "My Account" in the links at the top right of the page. Check to make sure your contact info is current.
5. If your information needs to be updated, click "Edit contact information" in the contact information profile box.
6. To update your payment method click to the "Billing Methods" section. Select the billing method to edit and update the information as needed. Click "Submit".

To Sign Up Online

1. Go to www.ymcasf.org/presidio
 2. Click on "Programs" tab
 3. Select "Presidio Community YMCA" on the left under "Branch"
 4. Select "Camp Presidio"
 5. Click "Register" under Summer Camp on the right
 6. Select the correct age group and camps for your camper
 7. Sign in or set up your account and choose "2017 Presidio Summer Camp"
- If you have any questions, please call 415-447-9622.

To Add a Payment Method

1. From your online account main screen click on "Payment Method" and click "Add Credit Card" or "Add EFT."
2. Once you have updated or added this info, click "Submit".



PARENTS: NEED TO KNOW INFO

So you've decided to register for Camp, wonderful! Please read through this section to best prepare you and your camper for what's next.

Sign In/Out Procedure

Every day, your child must be signed in and out by an adult on the contact list you gave us when you completed the Summer Camp Registration Form. Staff will not release a camper to someone who is not on their Authorized Pick Up List. To add an adult to your child's pick up list, notify the Camp Director or Admin via email or in person at drop off using the Add Authorized Pick Up Form . For your child's safety, we require anyone picking up a child to show a picture ID at every pick-up.

Drop Off Protocol

Morning Drop Off can be busy, and we have systems in place that can help youth, parents and staff get ready for a great day:

- Parents are expected to physically walk their child into the building and sign in - for auditing purposes the parent/guardian needs to sign in and out. We use different color wristbands to help our campers find their counselors and vice versa at Camp Connection. These wristbands are located in the sign in/out binder, please help us by assisting your camper put on their wristband each morning.
- Bins for youth backpacks are located at each Camp's "home base", and will be labeled each week. Help us build responsible Camper habits by asking them to place all their belongings into the bin before they begin their Extended Care activity.
- Check out our Forms & Feedback table where you can leave us notes and drop off Early Pick Up, Change Camp or Authorized Pick Up forms! These will all be collected by 10am each morning by the Camp Admin team for review.

Cancellation Confirmations

We understand things come up and sometimes your Camp Registrations need to change. To make sure you are not charged the full amount for a camp you cannot attend, please take note of the following Camp Hours and Cancellation Process.

- Fill out a [Camp Change Form](#) and submit directly to the Letterman Camp Dropbox (in the gym) or via email to Camp Admin well before your payment is scheduled.
- You will be contacted by Camp Admin to confirm any remaining details of this request. Email confirmations that your camp and scheduled payment have been dropped are only valid if sent from the Camp Director and/or Camp Admin. As a reminder, deposits are non-refundable.

- PLEASE NOTE, our Camp Operation Hours are Monday through Friday 8am – 5pm. Messages received over the weekend, regarding payments going through on Monday, will not be considered for a refund due to late notice.
- Only the Camp Director will make the final decision about refunds, for our current Refund/Credit Policy see FAQ's. See our Transfer/Credit/Refund policy on page 5 for more information.
- It is best to call & email the Camp line directly to make registration changes. Our Membership Team is able to assist you in navigating the registration process and with basic camp questions. To ensure that your camp questions and requests are answered in a timely matter, please contact our Camp Admin Team at 415-447-9692 or email us at: presidiocamp@ymcasf.net.

Medications & EpiPens

Our staff are trained in First Aid & CPR, and are prepared to handle medical situations. If your camper has existing or ongoing medical treatment that is relevant for us to know please connect with the Camp Staff Unit Director prior to camp, we are here to help and will work with you and your child on a plan to stay healthy at camp. EpiPens need to be labeled with patient's name, dosage, and quantity to be accepted by staff. It is best if you bring two to Camp - one for the office and one for the counselor (or camper if they are in 3rd – 8th) - that will be returned to you on Friday of camp if not used.

What to Bring For All Camps

- **Labeling your camper's items significantly increases chances of them coming home!**
- Clothing appropriate for changing weather; clothes that will layer and are ok to get dirty!
 - Sturdy walking & playing shoes
 - Closed Toed Shoes required for Makers & Sport Camps
 - AcroSport Campers wear just socks during Acro training
 - Backpack/day pack that can hold your child's lunch, water bottle and layers
 - Reusable water bottle
 - Sunscreen and hat if appropriate and desired
 - 2x Allergy medicine & instructions (one for camper or counselor to carry, a second for the camp office to have for the week)

What Not to Bring

- *If seen, items will be kept in Camp Office and returned to parents at the end of the day
- Electronics: cellphones, iPads, iPods, gaming system
 - Toys
 - Candy
 - Alcohol or drugs
 - Weapons of any kind

*Middle School Campers that bring phones will be allowed to keep them as long as they are put away during Program time, and do not become a distraction or safety concern. In a few activities we will compliment the lesson with technology and the Campers may be allowed to use their phones at this time only, but also know a phone is not necessary to participate in program.

Camp Communication

Our website will always be a great resource for general information about camp, registration links, and the most update to date Camp Availability. During Summer Camp Dates 6/11 – 8/17 please use the website first to find this information, before reaching out to Staff: <https://www.ymcasf.org/programs/camp-presidio>.

Camp Connection emails are a great way to stay connected to Camp. The first one will be emailed to you Wednesday before Camp to provide you with day to day schedule, any waivers or forms associated with Camp, and info about what to expect. The second you will receive Friday of Camp and include highlights, photos, and survey links! We love feedback and will provide weekly online and in person options for you to tell us how we're doing.



PARENTS: NEED TO KNOW INFO (CONTINUED)

Our Camp Management team will be available by phone, email, or in person to answer questions.

- In Pre-Summer months, the Camp Director is working round the clock to help prepare camp and enroll participants and can be reached at aambrozy@ymcasf.net or 415-447-9624
- During Summer, a whole team of great staff are here to help you, and to get a faster response please email presidiocamp@ymcasf.net or call us at 415-447-9692

Camp Family Nights

We plan to have a before, during and after Summer Camp special family event. Dates are TBD - look for an update on our website and in the weekly newsletter. Families are welcome every Friday at 4pm to watch the Camp Talent Show.

Safety First

- Low camper-to-staff ratio
 - K-2 Camps: 8 to 1 ratio
 - 3- 5 Camps: 9 to 1 ratio
 - 6-8 Camps: 10 to 1 ratio
 - Pool Time: 5 to 1 ratio
 - Biking Camps: 6 to 1 ratio
- Additional supervision through instructors and/or volunteers provided on every field trip, YMakers, YBike, Specialty Camps, Tennis, Golf Camps
- Monitored sign-in/sign-out only by authorized adult - with your help of course
- Extensive staff training, including CPR, First Aid, Injury & Illness, Child Abuse Prevention for all frontline Staff
- High-level safety standards and protocols
- Fully certified bus drivers
- Positive adult role models, demonstrating Caring, Honesty, Respect & Responsibility
- Restorative Justice Conflict Resolution
- Communication with Staff throughout day to help you plan and stay updated about your youth's experience at Camp.

Traditional Camp Notes

Tshirts: Camp shirts are mandatory on Major Field Trips - these are usually on Wednesdays of the camp week***with the exception of Fourth of July week*** Please check the schedule in Camp Connection Newsletter and signs around pick up for notice on when your Traditional Camper needs to wear their camp shirt.

Transportation: Please help us by ensuring that your camper arrives on time and does not get picked up early on field trip days (check the schedule in the weekly Camp Connection Newsletter). We schedule transportation time to and from trip locations, however we can't predict traffic so please allow for some wiggle room.

Swim Days: Our K-2 Traditional Campers will get to enjoy the shallow pool at Letterman Pool each week on Tuesday afternoons, and 3rd - 5th Traditional Campers swim on Thursday afternoons. Both lifeguards and counselors are on duty during swim time, but it is important to note this is NOT a swim lesson, this is safe and supervised play time in the water. Please see FAQ's for more information on the Swim Test requirements, and the Swim Lessons Add-on info on our camp webpage if you are interested in formal swim lessons during camp time.

YBike FAQ

Explore the city on two wheels! At YBike Camp, youth gain a sense of independence, leadership, environmental stewardship, and the ability to navigate safely through our urban environment.

- We provide bikes and helmets. Campers may use their own bike and/or helmet as long as their equipment passes a safety inspection by YBike staff.
- Attendance on the first day of bike camp is mandatory. On this day counselors evaluate campers' skill level individually and as a group, and assess each camper's proper placement in camp. If you can't make it to day one, please notify the Bike Camp Coordinator, Jared Hawkley (jared@ybike.org).
- We offer camps designed for all skill levels, making it easy to choose a camp your child will enjoy. If you have any questions about what camps are appropriate for your child, contact the Bike Camp Coordinator, Jared Hawkley (jared@ybike.org).

We do not provide K-2nd grade YBike Camps. Check out these upcoming dates for our free Learn to Ride events that are a great way to prepare your camper for future YBike Camps:

- January 20, 2018 (Sunnyside Elementary School)
- January 27, 2018 (Rosa Parks Elementary School)
- February 4, 2018 (Presidio)
- March 4, 2018 (Presidio)
- April 1, 2018 (Presidio)
- April 21, 2018 (Joe DiMaggio Playground)
- May 6, 2018 (Presidio)
- May 12, 2018 (Fairmount Elementary School)

For the most updated times please check our website (www.ymcasf.org/programs/ybike-presidio) or our Facebook page (www.facebook.com/YBikeSF/) for times and other opportunities to learn as they come up.



PRESIDIO Y SUMMER CAMP PLANNER

GRADE	CAMP	WEEK 1 JUNE 11-15	WEEK 2 JUNE 18-22	WEEK 3 JUNE 25-29	WEEK 4 JULY 2-6 <small>*no camp 7/4</small>	WEEK 5 JULY 9-13	WEEK 6 JULY 16-20	WEEK 7 JULY 23-27	WEEK 8 JULY 30-AUG 3	WEEK 9 AUG 6-10	WEEK 10 AUG 13-17
K-2	Traditional	Survivor	Storytellers/ Time Travelers	Extraordinary Entrepreneurs	Stars & Stripes	Thingamajig	Big Blue Marble	The Human Body	Atlantis	Infinity & Beyond	Mysteries & Magic
	Specialty	Girl Power STEM - LEGO (for all)	AcroArts	LEGO Ninjaneering	Junior Naturalists*	Yoga & Art	Coastal Critters*	LEGO Superhero Engineering	Park Explorers Yoga & Art	LEGO JediCraft Survival Skills	Gymnastics Splish, Splash!
	Sport	All Sports	Splash Camp	Creative Movement	T-Ball & Golf	Tennis & Basketball	Soccer & Golf	Splash Camp	Tennis & Golf	Basketball & Soccer	
3-5	Traditional	Survivor	Storytellers/ Time Travelers	Extraordinary Entrepreneurs	Stars & Stripes	Thingamajig	Big Blue Marble	The Human Body	Atlantis	Infinity & Beyond	Mysteries & Magic
	Specialty	Parkour	Bytes 4 Bits	Ninjaneering - LEGO	YMakers	Breakdancing	Bytes 4 Bits	Time Keepers*	Park Explorers	Survival Skills JediCraft - LEGO	Splish, Splash! Outdoor Adventures
	Sport	Splash Camp	Tennis & Soccer	Baseball & Golf	All Sports	Splash Camp	Tennis & Basketball	Soccer & Golf	Y Tri	Tennis & Golf	
6-8	Bike	Novice Road Biking	Novice Road Biking	Novice Mountain Biking		Int. Road Biking		Int. Mountain Biking			
	Tween	Leadership Training	Wilderness Warriors	YMakers	Junkyard Challenge - LEGO	Planet Pioneers	Locally Grown	Park Explorers	Survivor Skills YMakers	Splish, Splash! YMakers	Outdoor Adventures
	Bike	Novice Road Biking	Novice Mountain Biking	Int. Road Biking		Int. Mountain Biking	Int. Road Biking	Advanced Mountain Biking			

Registration includes morning and afternoon extended care at no additional cost! Extended care activities include handicrafts, games, sports and more.

*Camp location is Point Bonita YMCA.



CAMP DESCRIPTIONS: K-2

K-2 TRADITIONAL

Our Traditional Camp offers a little bit of everything you can think of when you think of "CAMP". Daily activities include playing and leading games, nature and outdoor explorations, arts and crafts, swimming, and a variety of sports. These camps will offer your child the widest range of activities this summer.

Weekly Traditional Camp Camp Overview

Monday: Intro to STEAM project; outdoor adventure
 Tuesday: Afternoon swim time
 Wednesday: Major field trip tied to theme
 Thursday: Library day
 Friday: Culminating project & celebration

Guaranteed in each week of Traditional Camp

- Reading and storytelling
- A science, technology, engineering or math project
- Fine arts exposure and skill-building
- Team-building games
- At least 60 minutes active play (usually more)

Weekly Themes

Week 1 - 6/11-6/15	Survivor
Week 2 - 6/18-6/22	Storytellers & Time Travellers
Week 3 - 6/25-6/29	Extraordinary Entrepreneurs
Week 4 - 7/2-7/6	Stars & Stripes
Week 5 - 7/9-7/13	Thingamajig
Week 6 - 7/16-7/20	The Big Blue Marble
Week 7 - 7/23-7/27	The Human Body
Week 8 - 7/30- 8/3	Atlantis
Week 9 - 8/6-8/10	Infinity & Beyond
Week 10 - 8/13-8/17	Mysteries & Magic

K-2 SPECIALTY

Week 1 - 6/11-6/15

Girl Power STEM FUNDamentals *LEGO*

A Play-Well offering for girls who love to build! This course will provide a supportive environment for girls to build engineer-designed projects such as Snowmobiles, Towers, Catapults, and Battletanks! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. There is no prerequisite for this course.

Week 2 - 6/18-6/22

AcroArts

AcroSports' unique Acro-Arts camp introduces students to gymnastics, tumbling, parkour, clowning, and circus arts. This exciting camp is the perfect introduction to a range of movement arts encouraging students to develop gross motor skills, flexibility, and creativity! Our camps are delivered by experienced coaches using a range of USA Gymnastics approved equipment including panel mats, incline mat, crash mat, springboard, low bar, juggling apparatus, and clown noses of course!

Week 2 - 6/18-6/22

Awesome Readers

Come have fun and learn with us! Campers will boost their reading and academic confidence by working in small, supportive groups with certified Speech & Language Pathologists. SPEECH Inc. staff will use evidence-based teaching techniques to boost campers' reading and learning this summer. Morning skills address will be: decoding, fluency, comprehension, and spelling. Woven into teaching are games and crafts. This leaves the afternoon for summer fun in the Presidio with friends! Parents will be asked to complete

a pre-survey about your camper's current skill level to enable SPEECH Inc. staff to best serve his or her needs.

Week 3 - 6/25-6/29

Ninjaneering *LEGO*

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO camp.

Week 3 - 6/25-6/29

Junior Naturalists (Point Bonita)

Welcome to the biggest playground in the world- the Great Outdoors! Learn to notice the secrets of the outdoors - from animal tracking, to making forts and discovering edible plants - we will use our five senses to connect with the nature alongside new friends.

Week 4 - 7/2-7/6 (no camp 7/4)

Yoga & Art

Paired with stories, games, and art, our campers will work together on basic movements, mantras, and relaxation in a no-competition zone. Poses will enhance strength and kinesthetic control and awareness for growing bodies.

Week 5 - 7/9-7/13

Coastal Critters (Point Bonita)

Feeling wild? Channel your inner animal as we discover the critters in the Marin Headlands! Coastal Critter campers will learn about the coastal food chain and animal adaptations while we play animal games, create crafts, tell stories and explore with new friends.

Week 6 - 7/16-7/20

Superhero Engineering *LEGO*

Save the world with LEGO Superheroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Superheroes, but Superhero Engineers! Our young heroes will design, build, and save a city where ingenuity and imagination can solve any conflict.

Week 7 - 7/23-7/27

Yoga & Art

Paired with stories, games, and art, our campers will work together on basic movements, mantras, and relaxation in a no-competition zone. Poses will enhance strength and kinesthetic control and awareness for growing bodies.

Week 7 - 7/23-7/27

Park Explorers (YRangers)

Earn your Jr. Ranger badge and learn the Jr. Ranger motto of Explore, Learn and Protect. Campers will visit various Golden Gate National Recreational Area and CA State Park sites, participate in a service project, meet Park Rangers and end the week with songs and s'mores at Rob Hill Campground in the Presidio. Campers will get to meet the horses at the Presidio Riding Club, search for wildlife in the Headlands and connect to nature through lots of outdoor play!

Week 8 - 7/30-8/3

JediCraft Adventure *LEGO*

Mine, craft, and build the Star Wars universe using LEGO® parts! Roll the dice to gather Jedi resources. Then build a Pod Racer, craft a Droid, or create the Treehouse Village of Endor! This novice Play-Well game using LEGO® materials is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

Week 8 - 7/30-8/3

Survival Skills (YRangers)

Start your child's appreciation of the great outdoors! From the moment campers arrive each day, counselors guide them through traditional camp experiences including hiking, nature study, group games, and arts & crafts. All activities are geared to show your camper the wonders of nature in their National Parks

TRADITIONAL CAMP

Our Traditional Camps offer a little bit of everything that you can think of when you think "CAMP". Daily activities include playing and leading games, nature and outdoor exploration, arts and crafts, swimming, and a variety of sports. Weeks are designed to offer a mix of camp introductions and/or age appropriate activities to reinforce the concepts of coordination, flexibility and creative fun for all ages. AcroSports' tumbling camp is designed to encourage students to develop spatial awareness, balance and gross motor skills. Our camps are delivered by experienced coaches using a range of USA Gymnastics approved equipment including panel mats, incline mat, crash mat, springboard, balance beam, and low bar.

Week 9 - 8/6-8/10

Splish, Splash (YRangers)

Campers will learn basic water safety skills by participating in dry land and pool activities. Campers will then take their newfound skills to explore the water, waves and beaches of their public lands. They will embark on a week-long adventure in a variety of aquatic settings where they will examine marine life, build sand castles at the beach, swim at the Presidio YMCA's pool and frolic in the calm waters of East Bay lakes. Each camper will have two sessions at the Y pool and a day at Lake Don Castro!

Week 10 - 8/13-8/17

Outdoor Adventures (YRangers)

Campers become "Eco-Explorers" as they become outdoor detectives, investigating their natural surroundings. Campers will take walks through the forest, grassy hillsides, coastal dune scrubs, and sandy beaches of the Bay Area to explore our local wildlife and geography. Activities include bug safaris, nature hunts, create-a-critter-from-litter, nature games, Rodeo Beach Lagoon exploration and more!

Week 10 - 8/13-8/17

Awesome Readers

See Week 2 Description - we added a second week since last year was such a great success, this week is a great way to get your camper ready for school!

K-2 SPORTS

These camps are for novice to experienced skill levels, as each camp will be broken into two smaller camps on the first day to better meet them where they are at. Unless otherwise noted on your Camp Connection Email, we provide all equipment necessary for play, except swimsuits and goggles. Youth may bring their own equipment if interested, but please notify staff and label all items.

Sample Schedule For a Day of Sports Day:

7:30-9am:	Drop off at Letterman Gym
9-9:30am:	Morning circle, roll call
9:30-10am:	Snack and transportation to sports playing field/court
10am-Noon:	Skill-building exercises, competitive and collaborative games
Noon-1pm:	Lunch (multisport camps - walk/bus to next location)
1-3pm:	Begin second sport activity
3-4pm:	Cool down stretches, games, snack, debrief
4-4:30pm:	Walk/bus back to Letterman Gym

**Splash & Creative Movement Camps replace second half of day with outdoor adventure time in the Presidio.

Weekly Themes

Week 1 - 6/11-6/15	All Sports Camp
Week 2 - 6/18-6/22	Splash Camp
Week 3 - 6/25-6/29	Creative Movement
Week 4 - 7/2-7/6	T-Ball & Golf
Week 5 - 7/9-7/13	Tennis & Basketball
Week 6 - 7/16-7/20	Soccer & Golf
Week 7 - 7/23-7/27	Splash Camp
Week 8 - 7/30-8/3	Tennis & Golf
Week 9 - 8/6-8/10	Basketball & Soccer
Week 10 - 8/13-8/17	No Sports Camps

Camp Descriptions

All Sports Camp: Get introduced to a wide variety of classic sport & camp activities. Ranging from Pool Day, Tennis Day, Basketball and Soccer, to kickball, four square, and even rock climbing. Perfect for campers who can't sit still and ones you want to encourage more play from, focus will be on taking risks and sticking to the rules for safest and more fun environment.

Splash Camp:** Swimmers will learn basic water safety and swimming skills by participating in daily swim lessons and organized water and pool games. Counselors are in the water during pool time, with Certified Lifeguards and Swim Teachers facilitating change to earn a "Water Safe Star".

Creative Movement:** We are thrilled to partner with Alonzo King Ballet Company to bring you this camp for the first time ever at the Presidio YMCA.

T-Ball: Get an introduction to America's favorite past-time through the fun of t-ball. Campers will learn the basics and practice hitting, running, fielding, and throwing balls.

Golf: Learn the fundamentals of golf with the Presidio Golf Course! Campers receive a 3 hours of instruction and practice time, gain basic course etiquette, and learn key rules of the game.

Tennis: Game, set, match! Youth will learn the game of tennis from the Presidio YMCA tennis coaches. Campers are encouraged to bring their own rackets, but a few extras will be on hand in case.

Basketball: Did you know basketball was invented at the YMCA! Youth will learn and practice teamwork, technical skills, and strategy through drills and game play. At the end of the week, campers will take part in a camp-wide tournament.

Soccer: Campers will head outside to hone their soccer skills, develop flexibility, coordination, strategy and stamina! If your camper has shin guards and cleats they are welcome to bring them - however, it is not necessary to have them.



CAMP DESCRIPTIONS: 3-5

3-5 TRADITIONAL

Our Traditional Camp offers a little bit of everything you can think of when you think of "CAMP". Daily activities include playing and leading games, nature and outdoor explorations, arts and crafts, swimming, and a variety of sports. These camps will offer your child the widest range of activities this summer.

Weekly Traditional Camp Camp Overview

Monday: Intro to STEAM project; outdoor adventure

Tuesday: Library day

Wednesday: Major field trip tied to theme

Thursday: Afternoon swim time

Friday: Culminating project & celebration

Guaranteed in each week of Traditional Camp

- Reading and storytelling
- A science, technology, engineering or math project
- Fine arts exposure and skill-building
- Team-building games
- At least 60 minutes active play (usually more)

Weekly Themes

Week 1 - 6/11-6/15	Survivor
Week 2 - 6/18-6/22	Storytellers & Time Travellers
Week 3 - 6/25-6/29	Extraordinary Entrepreneurs
Week 4 - 7/2-7/6	Stars & Stripes
Week 5 - 7/9-7/13	Thingamajig
Week 6 - 7/16-7/20	The Big Blue Marble
Week 7 - 7/23-7/27	The Human Body
Week 8 - 7/30-8/3	Atlantis
Week 9 - 8/6-8/10	Infinity & Beyond
Week 10 - 8/13-8/17	Mysteries & Magic

3-5 SPECIALTY

Week 1 - 6/11-6/15

Parkour

Parkour is moving from point A to B as quickly as possible using proper landing, running, jumping, climbing on and over obstacles as well as safe spotting and training. Campers will learn how to safely perform basic parkour indoors through the use of mats, proper coaching, and strength building.

Week 1 - 6/11-6/15

Nature Guides (Point Bonita)

Are you ready for an outdoor adventure? Nature Guides will navigate with a compass, perfect our shelter-building skills, and try a hand at knot-tying. We'll learn about our watershed systems, play games outside, explore the lands around us, get dirty in the Y garden, and discover how everything is connected.

Week 2 - 6/18-6/22

Bytes 4 Bits: Coders - Intermediate & Up

Bytes for Bits teaches the fundamentals of software coding. This course is designed to inspire, educate, and equip children with some experience programming in Scratch. Students work in Scratch, and Code Combat, where they'll continue growing their coding skills in a fun and collaborative environment. Lesson plans are modular so each student can progress at their own pace.

Week 2 - 6/18-6/22

Creative Detectives (Point Bonita)

Are you good at solving mysteries? Feathers, bones and scat will never look the same as campers track and investigate animals that fly, swim and prowl in our National Park. Solve animal mysteries and learn about how life on the coast is one big adventure!

Week 3 - 6/25-6/29

Ninjaneering Masters *LEGO*

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced LEGO camp, Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.

Week 3 - 6/25-6/29

Awesome Readers - Outdoors

Come have fun and learn with us! Campers will boost their reading and academic confidence by working in small, supportive groups with certified Speech & Language Pathologists. SPEECH Inc. staff will use evidence-based teaching techniques to boost campers' reading and learning this summer. Morning skills address will be: decoding, fluency, comprehension, and spelling. Woven into teaching are games and crafts. This leaves the afternoon to explore the Marin Headlands at Point Bonita YMCA with friends! Parents will be asked to complete a pre-survey about your camper's current skill level to enable SPEECH Inc. staff to best serve his or her needs.

Week 4 - 7/2-7/6 (no camp 7/4)

YMakers

In YMakers camp, youth will get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up. YMakers is a youth-led camp and projects are determined by the youth.

Week 5 - 7/9-7/13

Breakdancing

This camp will introduce students to the history of Hip-Hop culture with basic moves for the novice dancer. The focus of this camp is to build a solid foundation to execute popular dance moves to original choreography.

Week 5 - 7/9-7/13

Yoga & Art

The Best way to start yoga is to start young! Paired with stories, games, and art, our campers will work together on basic movements, mantras, and relaxation in a no-competition zone. Poses will enhance strength and kinesthetic control and awareness for growing bodies.

Week 6 - 7/16-7/20

Bytes 4 Bits: New Coders

Bytes for Bits teaches the fundamentals of software coding. This course is designed to inspire, educate, and equip children with little or no prior coding experience.

Students work in Scratch, a visual coding tool, where they click virtual blocks together like Legos to make characters move and interact. Lesson plans are modular so each student can progress at their own pace.

Week 6 - 7/16-7/20

Time Keepers (Point Bonita)

Native Americans, Spanish Vaqueros and soldiers - oh my! We will keep Headlands history alive as Time Keepers. To honor the past, we must find clues to uncover secrets in the Headlands. We will explore, play games, and create our own artifacts for everyone to see!

Week 7 - 7/23-7/27

Park Explorers (YRangers)

Earn your Jr. Ranger badge and learn the Jr. Ranger motto of Explore, Learn and Protect. Campers will visit various Golden Gate National Recreational Area and CA State Park sites, participate in a service project, meet Park Rangers and end the week with songs and s'mores at Rob Hill Campground in the Presidio. Campers will get to meet the horses at the Presidio Riding Club, search for wildlife in the Headlands and connect to nature through lots of outdoor play!

Week 8 - 7/30-8/3

Survival Skills (YRangers)

Do you have what it takes to survive in the woods? Learn basic skills and challenge yourself in the great outdoors. Campers discover the finer points of preparing for a big outdoor adventure and will develop orienteering skills using a map and compass plus they'll learn about plant and animal identification.

Week 8 - 7/30-8/3

JediCraft Survival *LEGO*

Mine, craft, and build the Star Wars universe using LEGO® bricks! Roll the dice to gather Jedi resources. Then build a Starship, craft Light Sabers, and use the Force to survive Empire attacks. This advanced Play-Well game is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

Week 9 - 8/6-8/10

Splish, Splash (YRangers)

Campers will learn basic water safety skills by participating in dry land and pool activities. Campers will then take their newfound skills to explore the water, waves and beaches of their public lands. They will embark on a week-long adventure in a variety of aquatic settings where they will examine marine life, build sand castles at the beach, swim at the Presidio YMCA's pool and frolic in the calm waters of East Bay lakes. Each camper will have two sessions at the Y pool and a day at Lake Don Castro!

Week 10 - 8/13-8/17
Outdoor Adventures (YRangers)

Campers will explore the ways their parks have been a source of adventure over time. Campers will take walks around the Bay Area to explore our local wildlife, history and geography. Activities may include trail hikes in the Headlands, field trips to Angel Island, investigations of the lives of the Buffalo Soldiers of the Presidio, exploration of historic forts and batteries, nature play, and planning their own outdoor adventures with family members after summer is over.

3-5 SPORTS

These camps are for novice to experienced skill levels, as each camp will be broken into two smaller camps on the first day to better meet them where they are at. Unless otherwise noted on your Camp Connection Email, we provide all equipment necessary for play, except swimsuits and goggles. Youth may bring their own equipment if interested, but please notify staff and label all items.

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9:30-10am:	Snack and transportation to sports playing field/court
10am-Noon:	Skill-building exercises, competitive and collaborative games
Noon-1pm:	Lunch (multisport camps - walk/bus to next location)
1-3pm:	Begin second sport activity
3-4pm:	Cool down stretches, games, snack, debrief
4-4:30pm:	Walk/bus back to Letterman Gym

****Splash Camps are in the pool for only half the day- see weekly schedule in the newsletter for more information on your weekly schedule.**

Weekly Themes

Week 1 - 6/11-6/15	Splash Camp
Week 2 - 6/18-6/22	Tennis & Soccer
Week 3 - 6/25-6/29	Baseball & Golf
Week 4 - 7/2-7/6	All Sports Camp
Week 5 - 7/9-7/13	Splash Camp
Week 6 - 7/16-7/20	Tennis & Basketball
Week 7 - 7/23-7/27	Soccer & Golf
Week 8 - 7/30-8/3	Y Tri(athlon)
Week 9 - 8/6-8/10	Tennis & Golf
Week 10 - 8/13-8/17	No Sports Camps

Camp Descriptions

Splash Camp:** Swimmers will learn basic water safety and swimming skills by participating in daily swim lessons and organized water and pool games. Counselors are in the water during pool time, with Certified Lifeguards and Swim Teachers facilitating change to earn a "Water Safe Star".

Tennis: Game, set, match! Youth will learn the game of tennis from the Presidio YMCA tennis coaches. Campers are encouraged to bring their own rackets, but a few extras will be on hand in case.

Soccer: Campers will head outside to hone their soccer skills, develop flexibility, coordination, strategy and stamina! If your camper has shin guards and cleats they are welcome to bring them - however, it is not necessary to have them.

Baseball: We take T-Ball to the next level in this camp. Youth will use their throwing, catching and hitting skills to participate in daily scrimmages and group play to hone in on strategy and teamwork skills.

Golf: Learn the fundamentals of golf with the Presidio Golf Course! Campers receive a 3 hours of instruction and practice time, gain basic course etiquette, and learn key rules of the game.

All Sports Camp: Get introduced to a wide variety of classic sport & camp activities. Ranging from Pool Day, Tennis Day, Basketball and Soccer, to kickball, four square, and even rock climbing. Perfect for campers who can't sit still and ones you want to encourage more play from, focus will be on taking risks and sticking to the rules for safest and more fun environment.

Basketball: Did you know basketball was invented at the YMCA! Youth will learn and practice teamwork, technical skills, and strategy through drills and game play. At the end of the week, campers will take part in a camp-wide tournament.

Y-TRI Club: This camp is a unique and fantastic way to spur interest in campers that already have skills and interest in long distance running, biking or swimming. This camp will not provide bike or swim lessons per se, rather hone these skills and develop stamina and healthy habits. If your child does not have experience swimming or biking, this is not the camp for them.



CAMP DESCRIPTIONS: 6-8

6-8 SPECIALTY

Week 1 - 6/11-6/15

Leadership Training

For any middle schoolers interested in taking on Leadership Roles such as Counselor - in - Training (or CIT), later in the summer this camp is highly encouraged. This week we'll explore traits of leadership, our own styles of communication and relating to others, and our strengths in the community. Then we'll practice leading and following games with each other, and culminate by hosting our summer's First Talent Show.

Week 1 - 6/11-6/15

YBike - Novice Road Biking

For those campers who have mastered pedaling and balance, Novice Road Biking camp introduces the possibilities of riding on the city's many available roadways and bikeways. Campers will learn about route planning, city infrastructure, nutrition, and their communities as they spend the week riding in Golden Gate Park and across the Golden Gate Bridge.

Week 2 - 6/18-6/22

Wilderness Warriors (Point Bonita)

Are you wild at heart? Do you have what it takes to rough it in the great outdoors? As Wilderness Warriors, we'll build the wilderness skills we need for successful and safe adventure in the Headlands. Filter water, start a fire without matches, and build a shelter - all without leaving a trace. Whether we're up-close with poison plants or using a compass to find our way, this team is perfect for anyone who's ready to band together to survive - and thrive! - on the rough-and-windy coast.

Week 2 - 6/18-6/22

YBike - Novice Mountain Biking

Campers will learn how to use their bikes differently in various terrain, and will be introduced to the concept of using their bike as an extension of their body. Using the Presidio's many paths and trails, campers will gain a sense of bike gearing, balance, and confidence as they overcome obstacles both literal and mental.

Week 3 - 6/25-6/29

YMakers

Youth get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up.

Week 3 - 6/25-6/29

YBike - Intermediate Road Biking

Rides take campers further, with more time spent on-bike and more mileage logged every day. Campers will be invited to help plan and lead rides that will take them through many of the city's neighborhoods, discovering what the city offers for bicyclists and gaining an understanding of community connectedness.

Week 4 - 7/2-7/6 (no camp 7/4)

LEGO: Junkyard Challenge

Are you ready for the Junkyard Challenge? Iterate, build within constraints, and compete in this advanced course for our strongest builders. Design innovative answers for challenges such as Follow the Hose, Thread the Needle, and the Tunnel Challenge using Play-Well's "junkyard," a massive collection of thousands of LEGO® parts.

Week 5 - 7/9-7/13

Planet Pioneers (Point Bonita)

Do you want to help the planet? Do you want to help

the planet? Do you want to speak the language of the animals? Become a Planet Pioneer! We will follow animal tracks on the trail, use magnifying glasses and water test kits to check on pond critters, and investigate tide pool life to learn about human impact and how we are all connected. We will learn how to protect the creatures in the park, both big and small, so we can be the change we want to see in the world.

Week 5 - 7/9-7/13

Intermediate Mountain Biking

Join us for the next level of mountain biking where we'll expand our riding into mountain biking trails in the Bay Area. We'll check out the trails in Golden Gate and McLaren Parks, and at the week's end we'll travel to one of YBike's favorite spots for gorgeous singletracking: China Camp State Park.

Week 6 - 7/16-7/20

Locally Grown: Park & Arts Edition

Visit murals throughout the city, take trips to SF's amazing art museums, and create art! Explore the Presidio, Golden Gate Park, Land's End, and other SF parks, hike to learn about SF's flora, fauna, geology, natural history, and urban ecology, and participate in a service learning project in the Presidio.

Week 6 - 7/16-7/20

YBike - Intermediate Road Biking

Rides take campers further, with more time spent on-bike and more mileage logged every day. Campers will be invited to help plan and lead rides that will take them through many of the city's neighborhoods, discovering what the city offers for bicyclists and gaining an understanding of community connectedness.

Week 7 - 7/23-7/27

Park Explorers (YRangers)

This camp aims to plant the seeds of stewardship in youth. Campers will gain the skills to become 21st century stewards by participating in service projects, gaining career and leadership skills, and taking field trips to iconic Golden Gate National Recreation Area sites and state parks including Alcatraz, Muir Woods and Angel Island. Service projects vary but may include habitat restoration, plant propagation and trail work. Campers will get up close and personal with the horses of the Rodeo Valley Stables and hit the trails to get a new perspective on their world.

Week 7 - 7/23-7/27

Advanced Mountain Biking

Ready to face steeper climbs, rockier ridges, and increased stump jumping? In Advanced Mountain Biking camp, campers will get to experience some of the Bay Areas more challenging and exciting trails.

Past destinations have included China Camp State Park's upper ridge to try out their singletrack overlooking gullies and the north Bay, or Pescadero Creek Park to enjoy lush wide trails rolling through old sequoias.

Week 8 - 7/30-8/3

YMakers

Youth get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up.

Week 8 - 7/30-8/3

Survivor Skills (YRangers)

Do you have what it takes to survive in the great outdoors? Learn basic skills and challenge yourself in the great outdoors. Campers discover the finer points of preparing for an outdoor adventure, developing orienteering skills using a map and compass, and learning about plant and animal identification. Campers may also learn a variety of useful camping skills including building a fire, making camp shelters, knot tying, and campfire cooking

Week 9 - 8/6-8/10

YMakers

Youth get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up.

Week 9 - 8/6-8/10

Splish! Splash! (YRangers)

Campers will learn basic water safety skills by participating in dry land and pool activities. Campers will then take their newfound skills to explore the water, waves and beaches of their public lands. They will embark on a week-long adventure in a variety of aquatic settings where they will examine marine life, build sand castles at the beach, swim at the Presidio YMCA's pool and frolic in the calm waters of East Bay lakes. Each camper will have two sessions at the Y pool and a day at Lake Don Castro! 6th-8th grade campers will have the opportunity to kayak on the bay with Sea Trek in Sausalito.

Week 10 - 8/13-8/17

Outdoor Adventures (YRangers)

Campers will explore the ways their parks have been a source of adventure over time. Campers will take walks through the forest, grassy hillsides, coastal dune scrubs, and sandy beaches of the Bay Area to explore our local wildlife, history and geography. Activities may include trail hikes in the Headlands, field trips to Angel Island, investigations of the lives of the Buffalo Soldiers of the Presidio, exploration of historic forts and batteries, nature play, and planning their own outdoor adventures with family members after summer is over.



CAMP DESCRIPTIONS: YBIKE

Explore the city on two wheels! At YBike Camp, youth will gain a sense of independence, leadership, environmental stewardship, and the ability to navigate safely through our urban environment.

- We provide bikes and helmets, but campers may bring their own bike and/or helmet as long as their equipment passes a safety inspection by YBike staff.
- Attendance on the first day of bike camp is mandatory. On this day counselors evaluate campers' skill level individually and as a group, and assess each camper's proper placement in camp. If you can't make it to day one, please notify the Bike Camp Coordinator, Jared Hawkley (jared@ybike.org).
- We offer camps designed for all skill levels, making it easy to choose a camp your child will enjoy. If you have any questions about what camps are appropriate for your child, contact the Bike Camp Coordinator, Jared Hawkley (jared@ybike.org).

NOVICE ROAD BIKING

Weeks 1 & 2: Grades 3-5
Week 1: Grades 6-8

For those campers who have mastered pedaling and balance, Novice Road Biking camp introduces the possibilities of riding on the city's many available roadways and bikeways. Campers will learn about route planning, city infrastructure, nutrition, and their communities as they spend the week riding in Golden Gate Park and across the Golden Gate Bridge.

NOVICE MOUNTAIN BIKING

Week 3: Grades 3-5
Week 2: Grades 6-8

Campers will learn how to use their bikes differently in various terrain, and will be introduced to the concept of using their bike as an extension of their body.

Using the Presidio's many paths and trails, campers will gain a sense of bike gearing, balance, and confidence as they overcome obstacles both literal and mental.

INTERMEDIATE ROAD BIKING

Week 5: Grades 3-5
Weeks 3 & 6: Grades 6-8

Rides in this camp take campers further, with more time spent on-bike and more mileage logged every day. Campers will be invited to help plan and lead rides that will take them through many of the city's neighborhoods, discovering what the city offers for bicyclists and gaining an understanding of community connectedness.

INTERMEDIATE MOUNTAIN BIKING

Week 7: Grades 3-5
Week 5: Grades 6-8

After trying out trail riding in our Novice Mountain Biking camp, join us for the next level with an eye toward expanding our riding into mountain biking trails in the Bay Area. We'll check out the trails in Golden Gate and McLaren Parks, and at the week's end we'll travel to one of YBike's favorite spots for gorgeous singletracking: China Camp State Park.

ADVANCED MOUNTAIN BIKING

Week 7: Grades 6-8

Ready to face steeper climbs, rockier ridges, and increased stump jumping? In Advanced Mountain Biking camp, campers will get to experience some of the Bay Areas more challenging and exciting trails. Past destinations have included China Camp State Park's upper ridge to try out their singletrack overlooking gullies and the north Bay, or Pescadero Creek Park to enjoy lush wide trails rolling through old sequoias.

TEEN LEADERSHIP OPPORTUNITIES: GRADES 9-12

For High School teens and select Middle School tweens looking to step up into leadership roles at camp or continue expanding their leadership experience. All Youth will begin as Volunteers and through commitment to Youth Development, hard work and a lot of fun, can evolve to Interns and ultimately Counselors - in - Training. Any High Schoolers over 18 years of age should consider applying for a paid Counselor position. Please note all other positions are unpaid volunteer work, but volunteers can use this experience to fulfill their school's community service requirements.

All participants will get hands-on experience through direct "on-the-job" training, learning valuable preliminary job skills, and access to our mentoring and caring staff. Interns will help identify camp needs and build solutions to meet those needs. CIT's will take on the highest form of Camp Leadership as they'll have the opportunity to teach what they've learned to K-5 Campers. Scope of work will be determined by the volunteer and Camp Leadership Staff.

Our selection process involves completing an application (by the teen not parent) and candidates will be invited for an interview. Applications can be found on our website, please return as soon as possible to ensure positions are still available. Positions will be available all weeks of the summer, but we have a limited number of spots per week. Priority will go to those that attended mandatory training, and demonstrate willingness to support camp.

Requirements: Entering grades 9-12th; Middle Schoolers – participation in 6-8th Leadership Training Camp June 11th - 15th. Ideal candidates will commit for at least 3 weeks.

Volunteer Weeks: June 11th - August 17th

Applications: Available online at www.ymcasf.org/programs/camp-presidio.

For more information and to apply, please contact Allison Ambrozy at AAmbrozy@ymcasf.net.

BUILDING STRONG KIDS

BUILDING HEALTHY MINDS

Summer Learning Loss is a real epidemic that we are here to help you fight this summer. All campers will benefit from the daily debriefs which foster reflection and language sharing, but if you're looking for more prevention or intervention look no further than our Traditional Camps and these Specialty Camps:

- YMakers - STEM
- Awesome Readers - Literacy & Reading
- LEGO Camps - STEM
- BYTES 4 BITS - STEM

BUILDING HEALTHY BODIES

Staying active is important for everyone, and we are committed to embed healthy habits around movement, nutrition, safe play at an early age. Although all camps will include games and at least 60 minutes of play per day, these camps will go even further to developing life-long practice of being one with your body:

- Sports Camps
- AcroSport Specialty Camps
- Yoga Camps
- YBike Camps

BUILDING HEALTHY SPIRITS

We are so lucky to be based out of a National Park, but the whole Bay is our oyster when it comes to getting in touch with our natural side. We hope you consider an Outdoor Education Camp with us this summer to help connect your child to the boundless beauty of our Bay:

PT. BONITA OUTDOOR EDUCATION PROGRAMS

YES! (YMCA Environmental Science) & YRangers Camps: San Francisco families now have an opportunity to experience Day Camp in the coastal bluffs of the Marin Headlands. These camps will help nurture your child's love of nature, and inspire them to not only protect their environment but learn valuable life skills from it. All these camps will have drop off/pick up at Presidio Community YMCA and be bussed to the Marin Headlands each day. Specific schedules will be available only in the Camp Connection Newsletter.

CAMP JONES GULCH

Summer just wouldn't be the same without sleep-away camp! From archery to horseback riding to s'mores, YMCA Camp Jones Gulch provides fun, safe adventures each summer. Kids of all ages can participate in Resident Camp. If you like exploring the wilderness, flying down a zip-line, making friendship bracelets, singing camp songs, and lounging on a surf board in Santa Cruz, Jones Gulch is for you. A week of excitement and personal growth is the outcome. You may just meet your new best friend at YMCA Camp Jones Gulch!

Website: www.ymcasf.org/campjonesgulch

Location: 11000 Pescadero Rd., La Honda, CA 94020

Contact: 650-747-1200

CHILD'S NAME:

PRESIDIO YMCA DAY CAMP (prices shown as \$Facility Member/\$Community Participant)

ENTERING GRADES K-2

Traditional Camps

- Week 1: Survivor \$315/\$365
- Week 2: Storytellers \$315/\$365
- Week 3: Entrepreneurs \$315/\$365
- Week 4 (no camp 7/4): Stars & Stripes \$252/\$284
- Week 5: Thingamajig \$315/\$365
- Week 6: Big Blue Marble \$315/\$365
- Week 7: The Human Body \$315/\$365
- Week 8: Atlantis \$315/\$365
- Week 9: Infinity & Beyond \$315/\$365
- Week 10: Mysteries & Magic \$315/\$365

Specialty Camps

- Week 1: Parkour \$345/\$395
- Week 1: Nature Guides \$345/\$395
- Week 1: Novice Road Biking \$400/\$450
- Week 2: Bytes 4 Bits \$375/\$415
- Week 2: Novice Road Biking \$400/\$450
- Week 2: Creature Detectives \$345/\$395
- Week 3: Ninjaneering LEGO \$340/\$390
- Week 3: Awesome Readers Outdoors \$375/\$415
- Week 3: Novice Mountain Biking \$400/\$450
- Week 4 (no camp 7/4): YMakers \$264/\$304
- Week 5: Breakdancing \$345/\$395
- Week 5: Yoga & Art \$340/\$390
- Week 5: Int. Road Biking \$400/\$450
- Week 6: Bytes 4 Bits \$375/\$415
- Week 6: Time Keepers \$345/\$395
- Week 7: Park Explorers \$330/\$380
- Week 7: Int. Mtn. Biking \$400/\$450
- Week 8: JediCraft LEGO \$340/\$390
- Week 8: Survival Skills \$330/\$380
- Week 9: Splish Splash \$330/\$380
- Week 10: Outdoor Adventures \$330/\$380

Sports Camps

- Week 1: Girl Power STEM LEGO \$340/\$390
- Week 2: AcroArts \$345/\$395
- Week 2: Awesome Readers \$375/\$415
- Week 3: Ninjaneering LEGO \$340/\$390
- Week 3: Junior Naturalists \$345/\$395
- Week 4 (no camp 7/4): Yoga & Art \$264/\$304
- Week 5: Coastal Critters \$345/\$395
- Week 6: Superhero Engineering LEGO \$340/\$390
- Week 7: Park Explorers \$330/\$380
- Week 7: Yoga & Art \$340/\$390
- Week 8: JediCraft Adventure LEGO \$340/\$390
- Week 8: Survival Skills \$330/\$380
- Week 9: Gymnastics \$345/\$395
- Week 9: Splish Splash \$330/\$380
- Week 10: Awesome Readers \$385/\$415
- Week 10: Outdoor Adventures \$330/\$380

Sports Camps

- Week 1: Splash Camp \$345/\$395
- Week 2: Tennis & Soccer \$345/\$395
- Week 3: Baseball & Golf \$345/\$395
- Week 4 (no camp 7/4): All Sports \$264/\$304
- Week 5: Splash Camp \$345/\$395
- Week 6: Tennis & Basketball \$345/\$395
- Week 7: Soccer & Golf \$345/\$395
- Week 8: YTri \$350/\$400
- Week 9: Tennis & Golf \$355/\$410

ENTERING GRADES 6-8

Specialty Camps

- Week 1: Leadership Training \$300/\$350
- Week 1: Novice Road Biking \$400/\$450
- Week 2: Wilderness Warriors \$345/\$395
- Week 2: Novice Mountain Biking \$400/\$450
- Week 3: YMakers \$325/\$375
- Week 3: Intermediate Road Biking \$400/\$450
- Week 4 (no camp 7/4): Junkyard Challenge LEGO \$264/\$304
- Week 5: Planet Pioneers \$345/\$395
- Week 5: Intermediate Mountain Biking \$400/\$450
- Week 6: Locally Grown \$325/\$375
- Week 6: Intermediate Road Biking \$400/\$450
- Week 7: Park Explorers \$330/\$380
- Week 7: Advanced Mtn Biking \$400/\$450
- Week 8: Survival Skills \$330/\$380
- Week 8: YMakers \$325/\$375
- Week 9: YMakers \$325/\$375
- Week 9: Splish Splash \$330/\$380
- Week 10: Outdoor Adventures \$330/\$380



RELEASE AND WAIVER OF LIABILITY & INDEMNITY AGREEMENT

Please fill out online: [CLICK HERE](#)

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENTIONS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.

THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.

THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

**I HAVE READ THIS RELEASE
(PRINT PARENT/GUARDIAN NAME)**

(PRINT CHILD NAME)

SIGNATURE OF PARENT/GUARDIAN

Date _____

Please keep me informed about future Presidio YMCA events:

Email Address _____

 FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	YMCA SUMMER CAMP REGISTRATION FORM	One Per Child
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Participant's Name: _____

Date of Birth: ____/____/____ Grade level entering in fall 2018 _____ School: _____

Parent/Guardian e-mail: _____

Parent/Guardian #1 (emergency contact & authorized to pick-up child)

Name: _____

Primary Phone: _____

Secondary Phone: _____

Parent/Guardian #2 (emergency contact & authorized to pick-up child)

Name: _____

Primary Phone: _____

**The following people (in addition to the people listed above)
are authorized to pick-up my child:**

Pick-Up #1 Name: _____

Pick-Up #1 Phone: _____

Pick-Up #2 Name: _____

Pick-Up #2 Phone: _____

OPTIONAL - Additional authorized pick-ups

Pick-Up #3 Name: _____

Pick-Up #3 Phone: _____

Pick-Up #4 Name: _____

Pick-Up #4 Phone: _____

Please list allergies:

**Please list medications your child
takes:**

**Is there anything else we should know
about your child?**

Please tell us your camper's t-shirt size:

**Does your child need reasonable
accommodation to participate in program?**

Yes _____

No _____

Remaining balances are automatically scheduled 2 weeks prior to the start of camp.

Deposit(s): \$35 x ____ camp session(s) = \$ ____

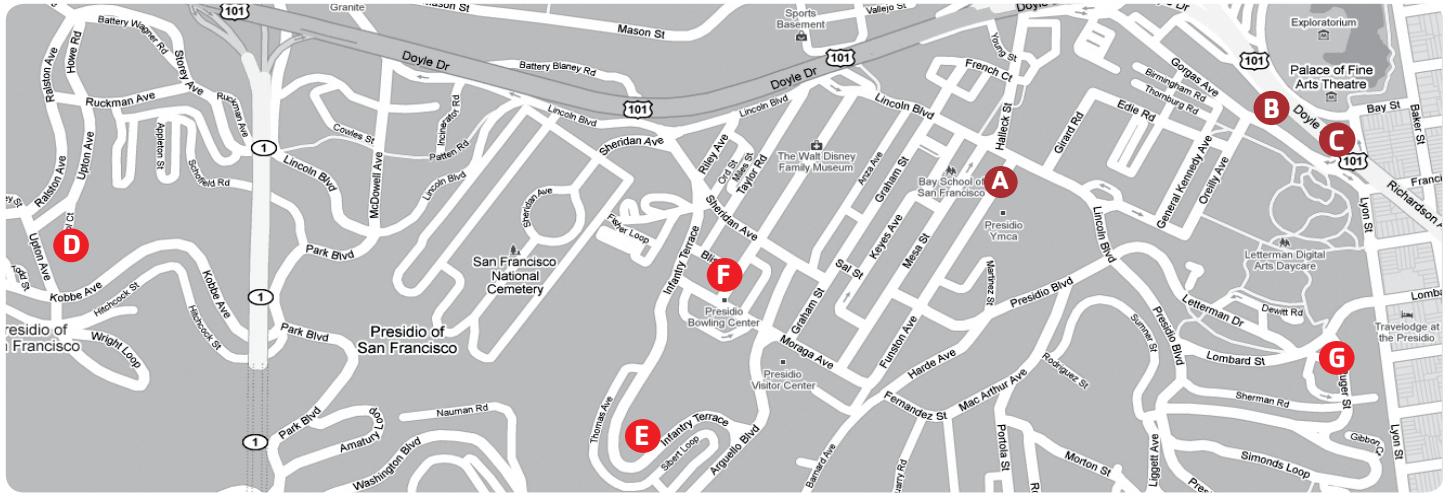
Annual Giving Campaign Contribution (optional): \$ ____

Your tax deductible contribution helps send a child to camp!

Total:

HOW TO GET HERE

Driving directions to Presidio Y Summer Day Camp



A MAIN POST FITNESS CENTER
63 Funston Ave., San Francisco, CA, 94129

B LETTERMAN GYMNASIUM (CAMP HEADQUARTERS)
1152 Gorgas Ave., San Francisco, CA, 94129

C LETTERMAN AQUATICS CENTER
1151 Gorgas Ave., San Francisco, CA, 94129

DRIVING DIRECTIONS

Driving Directions to the Presidio Y Camp

From 1-280 North

Use the 19th Ave. Exit
Follow 19th Ave. through Golden Gate Park
(19th Ave. becomes Park Presidio Dr. upon exiting park)
Continue on Park Presidio Blvd
Keep right at the fork and merge onto US-101
Use the 2nd from the right lane to continue on Doyle Drive
Continue onto Richardson Ave
Turn right on Gorgas
Letterman Gym is on your right

From East Bay/Bay Bridge

Exit Fremont Street (C2)
Cross Market Street
Fremont becomes Front Street
Turn left on Pine Street
Turn right on Presidio
Turn right on Girard
Turn right on Gorgas
Letterman Gym is on your left

TENNIS COURTS (4)

D Fort Scott: 1331 Wool Court

E Infantry Terrace: 328 Infantry Terrace St.

F Bowling Court: 93 Montgomery St.

G Pro Court (Ruger): 563 Ruger St.

RESERVATIONS: 415.447.9680

From Marin/Golden Gate Bridge

Use the 2nd from the right lane to continue on Doyle Drive
Continue onto Richardson Ave
Turn right on Gorgas
Letterman Gym is on your right

Parking Fees

Parking fees are \$1.50 per hour and \$8 per day from 8am - 6pm. Parking is free outside of the indicated hours and on federal holidays.

Pick Up and Drop Off Parking

Feel free to use our free 15-minute green zone located on Gorgas Avenue along the Letterman Gym to pick up and drop off your camper. This area gets congested, so if there is no space, please park in one of the paid lots nearby.



LOOKING FOR SOMETHING MORE?

SWIM LESSONS Group Swim Lessons began at the YMCA more than 100 years ago, and with all that experience behind us we have created a program that cannot be matched in quality, safety, or fun. We offer lessons for kids starting at 6 months old! YMCA swim lessons also include personal safety, personal growth, water sports/games and rescue components. For more information contact Amanda Ables, Presidio Y Aquatics Director at aables@ymcasf.org or visit www.ymcasf.org/programs/swim-lessons-presidio.



YKIDS YKids is our childcare program for Facility Members in which parents can workout worry free while kids draw, paint, create crafts, or watch a movie. Drop-off can be reserved for up to 2 hours at a time and 2 days in advance. Drop ins may be accepted, if space allows. Kids Night out is the first Friday of the month and is open to the community for a small fee - grab dinner and a movie while we take care of your kids. More information/reservations: presidiokids@ymcasf.net, 415.447.9650, www.ymcasf.org/programs/youth-family-programs-presidio.



TENNIS PROGRAMS Interested in a more specialized tennis experience? We also offer 2-hour summer tennis clinics and special 4-hour tennis camps to get a more focused tennis training program this summer. The YMCA staff of certified Professionals will help teach: coordination, stroke development and plenty of games! For more information or to register contact Rich Carson, Tennis Coordinator, rcarson@ymcasf.org or 415.447.9602.



YOUTH BALLET Introduce girls and boys to the joy of ballet and movement through improvisation and play. Students will learn how to move in new ways, interact with peers, and express themselves. Classes provide structure to build confidence and a sense of accomplishment by establishing fundamental steps and promoting creative movements. For more information contact Cory Vo, Cvo@ymcasf.org or 415.447.9646.



YOUTH SPORTS The Youth Sports program aims to empower children ages 2-5 to be confident and caring through the interconnected nature of team sports. We believe that participating in sports at a young age not only helps your child develop athletically, but also builds strong values and social skills. Join us today and give your child a positive experience full of new friends and endless possibilities. For more information contact Cory Vo, Sports Director Cvo@ymcasf.org or 415.447.9646.

