UPGRADE YOUR SUMMER

PRESIDIO YMCA SUMMER CAMP

Presidio YMCA | 63 Funston Ave, San Francisco, CA 94129
www.ymcasf.org/presidio
Membership Desk: 415.447.9622
Camp Director Line: 415.447.9695
Camp Office Line: 415.447.9692
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### WEBSITE

www.ymcasf.org/camp-presidio

### CAMP LOCATIONS

- **Presidio Y Camp (Letterman Gym):** 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 registration and financial assistance questions/inquiries):** presidioycamp@ymcasf.net, 415-447-9692
- **Presidio Y Camp Director:** Kelsey Roderer, kroderer@ymcasf.net, 415-447-9695

### CAMP HOURS

- **Camp Hours:** M-F, 7:30am-6pm
- **Extended Care:** M-F, 7:30-9am, 4-6pm
- **Camp Admin Hours:** M-F, 8am-5pm
- **Membership & Facility Hours:** M-F, 5:30am-10pm S-Sun, 7am-7pm
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. 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 the outdoors. In addition, we are partnering with the National Park Service, Presidio Trust and Golden Gate National Parks Conservancy to offer many YRangers Camps.

**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 reduced rate for camp, Facility Members have full use of the workout facilities, tennis courts, basketball gym and pool, YKids, youth ballet and lower rates for 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 experience.

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, swim lessons, and sports programs.

Register
You may 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 if you would like assistance in determining the best membership option to meet your family’s needs.
SUMMER CAMP FAQS

Registration Opens January 28 for 2019 Summer Camps
To register, visit the front desk at Letterman 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 of $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 Mondays before Camp starts. You may also pay in full at the time of registration.

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 advance. Cancellation requests must be submitted in writing using our Summer Camp Change Form. You can submit them to presidioycamp@ymcasf.net. 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 weeks 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 YMCA Business Resource Center at 415-777-9622 (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 via email if a space becomes available. Please make sure that you add presidioyycamp@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 contacts and a list of authorized pick ups. Please 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 the waiver in person.

Extended Care
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 their camp 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 15th. You will be notified by mail on May 1st 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 Kelsey Roderer, Camp Director at kroderer@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 2019. Due to our YMCA 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 YMCA personal flotation devices.

**Camp 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, usually 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 staff coverage is available during pool times and field trips.

**Registration**

**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 “2019 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”.
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 submitted with 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:

- **New This Year: Location Change** – Parents are expected to physically walk their child into Letterman Breezeway 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 (available on our Camp website) 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 Admin 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 the Camp line and email 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 & Epi-Pens
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 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. Epi-Pens and any medication brought to camp need to be clearly labeled with child’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.

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 6/10 – 8/16 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 email you will receive Friday of Camp and will 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 works around the clock to help prepare camp and enroll participants and can be reached at kroderer@ymcasf.net or 415-447-9695.

• During Summer, a whole team of great staff are here to help you, and to get a faster response please email presidiyoycamp@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.

Open House
Coffee With The Camp Director:
January 23, 4–6pm, Main Post Lobby (63 Funston Ave)
January 29, 12:30–2:30pm, Main Post Lobby (63 Funston Ave)
January 30, 3–5pm, Main Post Lobby (63 Funston Ave)

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

Traditional Camp (Non-Specialty Day Camp) Notes

Tshirts: Camp shirts are mandatory on Major Field Trips - these are usually on Wednesdays of the camp week. Please check the schedule in Camp Connection Newsletter and signs around pick up for notice on when your 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 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. A swim test will be administered to all campers and a lifejacket will be required for all campers who do not pass. All youth under 6 will also be required to wear a lifejacket, regardless of their swimming ability.

YBike FAQ

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 and natural environments.

Supplies: We provide bikes and helmets. Campers may use their own bike and/or helmet as long as their equipment passes a safety inspection and assessment by YBike staff.

Attendance: First day of bike camp attendance 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 YBike Associate Director, 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 YBike Associate Director, Jared Hawkley (jared@ybike.org).

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

January 6, 2019 (Presidio)
January 26, 2019 (Sunnyside Elementary School)
February 3, 2019 (Presidio)
February 23, 2019 (Rosa Parks Elementary School)
March 3, 2019 (Presidio)
April 7, 2019 (Presidio)
April 28, 2019 (AP Giannini Middle School)
May 5, 2019 (Presidio)
May 18, 2019 (Joe DiMaggio Playground)

Times vary depending on location. 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 2019

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| 3–5   | Traditional | Superhero Training Academy | Adventures & Treasure Seekers | Thingamajig | Fire & Water | Olympics |
|       | Specialty | LINES - Jr. Dance | Gymnastics | Bytes 4 Bits | YMakers | Mine, Craft & Build - LEGO |
|       |         | Ninjaneering - LEGO | Survival Skills* | Creature Detectives* | Power to the People* |
|       | Sport | Y Basketball | Splash Camp | Tennis & Y Soccer | All Sports | Tennis & Y Basketball |
|       | Bike | Novice Road Biking | Novice Road Biking | Novice Mountain Biking | Int. Road Biking |

| 6–8   | Specialty | Leadership Training | Environmental Stewards* | YMakers | Survivor Challenge | Extreme Adventurers* |
|       | Bike | Novice Road Biking | Novice Mountain Biking | Int. Road Biking | Int. Mountain Biking |

*Y Rangers Camps held at Point Bonita

Registration includes morning and afternoon extended care at no additional cost! Extended care activities include handicrafts, games, sports and more.
### WEEK 6
**JULY 15-19**
- **Adventures of the Jedi**
- **Coastal Critters*”**
- **Yoga & Art**
- **Y Soccer & Y Basketball**

### WEEK 7
**JULY 22-26**
- **World’s Fair**
- **Parkour**
- **LINES - Little Artists**
- **Splash Camp**

### WEEK 8
**JULY 29-AUG 2**
- **Lion King: Animal Safari**
- **Jedi Engineering LEGO**
- **Playgrounds Abound*”**
- **Tennis**

### WEEK 9
**AUG 5-9**
- **Messy Color Bonanza**
- **Awesome Readers**
- **Secret Agents**
- **Y Basket Ball & Y Soccer**

### WEEK 10
**AUG 12-16**
- **Superhero Training Academy**
- **Adventures & Treasure Seekers Thingamajig**
- **Fire & Water Olympics**
- **Secret Agents**

### WEEK 11
**AUG 19-23**
- **Adventures of the Jedi**
- **World’s Fair**
- **Lion King: Animal Safari**
- **Secret Agents**

### WEEK 12
**AUG 26-30**
- **Yoga & Art**
- **Survival Skills*”**
- **Yoga & Art**
- **Breakdancing**

### WEEK 13
**SEPT 2-6**
- **Y Soccer & Y Basketball**
- **Splash Camp**
- **Field Hockey**
- **Tennis**

### WEEK 14
**SEPT 9-13**
- **Int. Mountain Biking**
- **Robotics**
- **YMakers**
- **Imagination Challenge**

### WEEK 15
**SEPT 16-20**
- ** favorites**
- **YMakers**
- **YMakers**
- **Bytes 4 Bits: Middle School Coding**

### WEEK 16
**SEPT 23-27**
- **Robotics**
- **YMakers**
- **YMakers**
- **Imagination Challenge**

### WEEK 17
**SEPT 30-OCT 4**
- **Int. Road Biking**
- **Advanced Mountain Biking**
- **Robotics**
- **YMakers**
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 Sample Schedule
7:30-9am: Drop off at Letterman Gym
9-9:30am: Morning Circle, Roll Call
9:30-10:45am: First AM Activity & Snack
10:45-11:45am: Second AM Activity
Noon-1pm: Lunch at Letterman
1-2:45pm: First PM Activity & Snack
2:45-3:45pm: Second PM Activity
4-4:30pm: Walk or bus to Letterman Gym

In each week of Traditional Camp
• Reading & Storytelling
• A Science, Technology, Engineering or Math Project
• Fine Arts Exposure & Skill Building
• Team Building Games
• At Least 60 Minutes Active Play – usually more

Weekly Themes
Week 1 – Superhero Training Academy
Week 2 – Adventurers & Treasure Seekers
Week 3 – Thingamajig
Week 4 – Fire & Water
Week 5 – Olympics
Week 6 – Adventures of the Jedi
Week 7 – World’s Fair
Week 8 – Animal Safari (Lion King)
Week 9 – Messy Color Bonanza
Week 10 – Secret Agents

K-2 SPECIALTY

Week 1  -  6/10-6/14
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 Battletracks! 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 1  -  6/10-6/14
Gymnastics
AcroSports’ energetic camp introduces tumbling/gymnastics to students with a focus on coordination, flexibility and strength. The camp is designed to encourage students, and develop spatial awareness, balance and gross motor skills. Camps are delivered by experienced coaches using USA Gymnastics approved equipment including panel mats, incline mat, crash mat, springboard, balance beam, and low bar.

Week 2  -  6/17-6/21
Awesome Readers
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 improve campers’ reading and learning this summer. Skills addressed will be: early literacy, decoding, 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.
**K-2**

**K-2 Traditional**

**Week 8 - 7/29-8/2**

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 - 7/29-8/2**

**Y Rangers: Playgrounds Abound (Point Bonita)**

Welcome to the biggest playground in the world - the Great Outdoors! Do you look at a beach and see a natural phenomenon or do you see a giant playground waiting to be explored? Is a playground just about the swings and slides, or are there ways to experience a whole different world right in front of your eyes? Our campers see both in Playgrounds Abound. We’ll explore natural spaces far and wide to see how we can take advantage of our green spaces, playing and recreating throughout the entire journey.

**Week 6 - 7/15-7/19**

**Y Rangers: 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 3 - 6/24-6/28**

**Junior YMakers**

Youth will get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up. After morning safety exercises, campers enjoy a youth-led camp where projects are determined by the youth. Safety equipment is provided and mandatory during building time.

**Week 5 - 7/8-7/12**

**Mine, Craft, & Build *LEGO***

Power on your STEM concepts and Minecraft gaming skills for a half day of LEGO® fun! Learn about architecture and engineering by building Trains, Helicopters, Treehouses, and Beam Bridges. Then Mine, Craft, and Build your way to fun in the Adventure mode of our unique Minecraft gaming experience!

**Week 7 - 7/22-7/26**

**Junior YMakers**

Youth will get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up. After morning safety exercises, campers enjoy a youth-led camp where projects are determined by the youth. Safety equipment is provided and mandatory during building time.

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**Week 7 - 7/22-7/26**

**Parkour**

Parkour is the sport of using the body for uninterrupted, efficient forward motion over, under, around and through the environment. AcroSports’ energetic camp introduces parkour to students with a focus on coordination, flexibility and strength. This camp is designed to encourage students to develop spatial awareness, balance and gross motor skills. Our camps are delivered by experienced coaches using USA Gymnastics approved equipment including panel mats, incline mat, trapezoid mats, wooden plyometric boxes and skill blocks.

**Week 7 - 7/22-7/26**

**Little Artists - LINES Dance Center**

Strengthen and stretch both body and mind through basic dance techniques. Space for creativity is generated through narrative and collective reflection. Dancers are guided to move their bodies safely and freely with friends their age, offering a peaceful and community-based approach to early dance training.

**Week 8 - 7/29-8/2**

**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.

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**Week 9 - 8/5-8/9**

**Awesome Readers**

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. Skills addressed will be: early literacy, decoding, 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 9 - 8/5-8/9**

**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 10 - 8/12-8/16**

**Y Rangers: Junior Rangers (Point Bonita)**

Our campers will put down their devices and marvel at the magic of nature as Junior Naturalists exploring the secrets of the outdoors. From animal tracking, to making forts and discovering edible plants, we will use our five senses to connect with nature alongside new friends.

**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 kids where they are. 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:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>9-9:20am</td>
<td>Morning Circle, Roll Call, Prepare For Offsite</td>
</tr>
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<td>Noon-1pm</td>
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<tr>
<td>1-3pm</td>
<td>Skill Building Exercises, Competitive &amp; Collaborative Games</td>
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<tr>
<td>3-4pm</td>
<td>Cool Down Stretches, Games, Snack, Debrief</td>
</tr>
<tr>
<td>4-4:30pm</td>
<td>Walk/Bus Back to Letterman Gym</td>
</tr>
</tbody>
</table>

**Weekly Themes**

<table>
<thead>
<tr>
<th>Week Number</th>
<th>Themes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>All Sports</td>
</tr>
<tr>
<td>Week 2</td>
<td>Y Basketball &amp; Tennis</td>
</tr>
<tr>
<td>Week 3</td>
<td>Splash Camp</td>
</tr>
<tr>
<td>Week 4</td>
<td>T-Ball</td>
</tr>
<tr>
<td>Week 5</td>
<td>Tennis &amp; Y Basketball</td>
</tr>
<tr>
<td>Week 6</td>
<td>Y Soccer &amp; Y Basketball</td>
</tr>
<tr>
<td>Week 7</td>
<td>Splash Camp</td>
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<tr>
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<td>Y Basketball &amp; Y Soccer</td>
</tr>
<tr>
<td>Week 10</td>
<td>No Sports Camps</td>
</tr>
</tbody>
</table>

**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”.

**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.

**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.

**Y 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 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 Sample Schedule**

- **7:30-9am:** Drop off at Letterman Gym
- **9-9:30am:** Morning Circle, Roll Call
- **9:30-10:45am:** First AM Activity & Snack
- **10:45-11:45am:** Second AM Activity
- **Noon-1pm:** Lunch at Letterman
- **1-2:45pm:** First PM Activity & Snack
- **2:45-3:45pm:** Second PM Activity
- **4-4:30pm:** Walk or bus to Letterman Gym

Guaranteed in each week of Traditional Camp

- Reading & Storytelling
- A Science, Technology, Engineering or Math Project
- Fine Arts Exposure & Skill Building
- Team Building Games
- At Least 60 Minutes Active Play – usually more

**Weekly Themes**

- **Week 1** – Superhero Training Academy
- **Week 2** – Adventurers & Treasure Seekers
- **Week 3** – Thingamajig
- **Week 4** – Fire & Water
- **Week 5** – Olympics
- **Week 6** – Adventures of the Jedi
- **Week 7** – World’s Fair
- **Week 8** – Animal Safari (Lion King)
- **Week 9** – Messy Color Bonanza
- **Week 10** – Secret Agents

**3–5 SPECIALTY**

**Week 1 - 6/10–6/14**

**Junior Dance – LINES Dance Center**

Dancers learn about the creative and choreographic process, collaborate to make individual choices about their movement from the viewpoints of both author and choreographer, and experiment with the process of editing and refining their work. This camp promotes self-expression, communication, sense of community and sense of self.

**Week 2 - 6/17–6/21**

**Ninjaneering *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.

**Y Rangers: Survival Skills (Point Bonita)**

Are you wild at heart? Do you have what it takes to rough it in the great outdoors? In Survival Skills, we will build the wilderness skills we need for successful and safe adventure in your national parks and beyond. Filter water, start a fire, and build a shelter – all without leaving a trace. Whether we’re up-close with poisonous 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! – in the wild.

**Week 2 - 6/17–6/21**

**Gymnastics**

AcroSports’ energetic camp introduces tumbling/gymnastics to students with a focus on coordination,
Week 6 - 7/15-7/19

Y Rangers: Survival Skills (Point Bonita)
Are you wild at heart? Do you have what it takes to rough it in the great outdoors? In Survival Skills, we will build the wilderness skills we need for successful and safe adventure in your national parks and beyond. Filter water, start a fire, and build a shelter – all without leaving a trace. Whether we're up-close with poisonous 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! – in the wild.

Week 7 - 7/22-7/26

Y Rangers: Creature Detectives (Point Bonita)
Are you good at solving mysteries? Use your detective skills and help us find clues. Feathers, bones and scat will never look the same as campers track and investigate animals that fly, swim and prowl in our National Park. Come learn about how life on the coast is one big mystery you can solve!

Week 7 - 7/22-7/26

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 8 - 7/29-8/2

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 Battletracks! An experienced instructor will challenge new and returning students to engineer at the next level. There is no prerequisite for this course.

Week 8 - 7/29-8/2

Y Rangers: Power To The People (Point Bonita)
“Be the change you wish to see in the world” – Mahatma Gandhi. People have always been the driving force that makes change. We can see signs from the people who came before us by closely observing the spaces that they explored, how they shaped and were shaped by the land, and the stops they made on their long journeys. How were these people like you? How were they different? Our campers are going to get a first-hand look at the people who came before us to make the Bay Area into what it is today!

Week 3 - 6/24-6/28

Y Rangers: Creature Detectives (Point Bonita)
Are you good at solving mysteries? Use your detective skills and help us find clues. Feathers, bones and scat will never look the same as campers track and investigate animals that fly, swim and prowl in our National Park. Come learn about how life on the coast is one big mystery you can solve!

Week 3 - 6/24-6/28

Bytes 4 Bits: Coders - Intermediate & Up Coders
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 4 - 7/1-7/5 (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. Campers enjoy a youth-led camp where projects are determined by the youth. Safety equipment is provided and mandatory during building time.

Week 5 - 7/8-7/12

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Week 5 - 7/8-7/12

Mine, Craft & Build *LEGO*
Engineer and craft innovative projects inspired by cool machines, such as Gear Cars, Gondolas, Merry-Go-Rounds, and Scissor Lifts. Then build Motorized Minecarts, Ghasts, and Creepers from the Minecraft universe!
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. Warm up includes isolations, hard-hitting exercises, and a breakdown of the highly energetic routine to build stamina and increase strength.

Y Rangers: Survival Skills (Point Bonita)
Are you wild at heart? Do you have what it takes to rough it in the great outdoors? In Survival Skills, we will build the wilderness skills we need for successful and safe adventure in your national parks and beyond. Filter water, start a fire, and build a shelter – all without leaving a trace. Whether we’re up-close with poisonous 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! – in the wild.

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.

Sample Schedule For a Day of Sports Day:
7:30–9am: Drop off at Letterman Gym
9–9:20am: Morning Circle, Roll Call, Prepare For Offsite
9:20–10am: Snack & Transportation to Sports Playing Field/Court
10am–Noon: Skill Building Exercises, Competitive & Collaborative Games
Noon–1pm: Lunch @ Main Post Gym & Transition
1–3pm: Skill Building Exercises, Competitive & Collaborative Games
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Weekly Themes

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<tr>
<th>Week</th>
<th>Dates</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6/10–6/14</td>
<td>Y Basketball</td>
</tr>
<tr>
<td>2</td>
<td>6/17–6/21</td>
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</tr>
<tr>
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</tr>
<tr>
<td>7</td>
<td>7/22–7/26</td>
<td>Field Hockey</td>
</tr>
<tr>
<td>8</td>
<td>7/29–8/2</td>
<td>Y Tri</td>
</tr>
<tr>
<td>9</td>
<td>8/5–8/9</td>
<td>Tennis</td>
</tr>
<tr>
<td>10</td>
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Camp Descriptions

**Splash Camp:** Swimmers will learn basic water safety & 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.

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

**Field Hockey:** Come try something new with us! Learn the fundamentals of field hockey, including basic skills, key rules of the game, and how to be a good team player.

**All Sports Camp:** Get introduced to a wide variety of classic sport & camp activities – ranging from Swimming, Tennis, Basketball, Soccer, Kickball, Four Square, & even Rock Climbing.

**Y Basketball:** Did you know basketball was invented at the YMCA! Youth will learn and practice teamwork, technical skills, & strategy through drills & 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 & fantastic way to spur interest in campers that already have skills & interest in long distance running, biking or swimming. This camp will not provide bike or swim lessons, but will hone these skills & develop stamina & 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 - 6/10-6/14
Leadership Training
Geared toward middle schoolers interested in taking on Leadership Roles, this week will explore traits of leadership, styles of communication and relating to others, and our strengths in the community. We’ll practice leading and following games with each other, and culminate by hosting our summer’s First Talent Show.

Week 2 - 6/17-6/21
Y Rangers: Environmental Stewards (Point Bonita)
Do you want to change the world? Do you want to speak the language of the animals? Become an Environmental Steward! 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 all in an effort to better understand human impact on the world and how we can make the world a better place. We will learn how to protect the creatures in your parks, both big and small, so we can be the change we want to see in the world.

Week 3 - 6/24-6/28
YMakers
Youth get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up. After morning safety exercises, campers enjoy a youth-led camp where projects are determined by the youth. Safety equipment is provided and mandatory during building time, youth will also get 60 minutes of play throughout the day as our commitment to healthy living.

Week 4 - 7/1-7/5 (no camp 7/4)
Survivor Challenge
This week will be full of challenges, outdoor adventures, and plenty of team building activities. Combining physical and mental tasks with leadership and communication skills, survivor week will challenge campers to use their strengths, adapt to new situations, and learn new skills in one of the most beautiful parks of San Francisco.

Week 5 - 7/8-7/12
Y Rangers: Extreme Adventurers (Point Bonita)
Are you ready to experience your backyard in a way you never imagined? Campers will become Extreme Adventurers as they explore the spaces that they have passed, but never truly seen and experienced. Campers will learn how to safely navigate these new spaces with a survival mindset, and, whether on land or at sea, these adventurers are prepared for the epic adventures ahead. Activities could include challenge hikes, overnight campouts, kayaking and more!

Week 6 - 7/15-7/19
Robotic Challenge
Gear up for a LEGO camp with hands-on and minds-on STEM fun! Learn about programming concepts such as software design, conditional statements, and loops while building robots with the EV3 system! During camp, we will also build mechanical and structural projects such as a 2-Speed Car, Inchworm, and a Rack and Pinion Steering car. Engineering and robotics come together in this new camp for LEGO fanatics.
Week 7  -  7/22-7/26
YMakers
Youth get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up. After morning safety exercises, campers enjoy a youth-led camp where projects are determined by the youth. Safety equipment is provided and mandatory during building time, youth will also get 60 minutes of play throughout the day as our commitment to healthy living.

Week 8  -  7/29-8/2
YMakers
Youth get hands-on experience with basic woodworking and crafting tools while they build and make whatever they can dream up. After morning safety exercises, campers enjoy a youth-led camp where projects are determined by the youth. Safety equipment is provided and mandatory during building time, youth will also get 60 minutes of play throughout the day as our commitment to healthy living.

Week 9  -  8/5-8/9
Imagination Challenge *LEGO*
Are you ready for the Imagination 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 10  -  8/5-8/9
Bytes 4 Bits: Middle School Coding
Bytes for Bits teaches the fundamentals of software coding. This course is designed to inspire, educate, and equip middle schoolers of any programming experience. Lesson plans are modular so each student can progress at their own pace. Students will be introduced to both keystroke and block-based (drag ‘n drop) coding platforms. Each session introduces some base concepts and then has a number of challenges that allow students to bring their creativity to the task.
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 YBike Associate Director, 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 YBike Associate Director, Jared Hawkley (jared@ybike.org).

NOVICE ROAD BIKING
Week 1 (6/10-14): 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 (6/24-28): Grades 3-5
Week 2 (6/17-21): 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 (7/8-12): Grades 3-5
Weeks 3 (6/24-28) & 6 (7/15-19): 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 5 (7/8-12): 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 (7/22-26): 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

COUNSELORS IN TRAINING
We offer leadership opportunities for High School teens looking to step up into leadership roles at camp or continue expanding their leadership experience.

For more information and to apply, please contact Kelsey Roderer at kroderer@ymcasf.net.

LIFEGUARDS IN TRAINING (MUST BE 16 YEARS OLD)
Did you know that drowning is the sixth leading cause of unintentional death for people of all ages, and the second leading cause of death for children ages 1 to 14 years? You can help bring that statistic down: Learn to save lives in the water in our Lifeguard Certification course. Learn skills that you can take with you for the rest of your life. 

Become a YMCA Lifeguard!

In this course you will learn the knowledge and skills necessary to be a lifeguard and professional rescuer. Participants will become certified in American Safety and Health Institute’s (ASHI) courses: CPR Pro (BLS) for the Professional Rescuer, Basic First Aid for the Community, and Emergency Oxygen Administration.

Fees:
$160/Facility Member, $200/Community Participant

Dates:
• Session 1: June 10–14
• Session 2: July 8–12
OUTDOOR ADVANCED LEADERSHIP ACADEMY (OALA) – YRANGERS RESIDENTIAL CAMP EXPERIENCE

This six-day residential camp experience allows students entering 6th-10th grades to learn what it takes to become the leaders of the next generation of environmental stewards. Campers stay in the historic dorms of the Point Bonita YMCA, have meals in the YMCA’s dining hall, and participate in a variety of outdoor activities designed to stimulate their bodies and minds by getting them out into nature and discussing the environment, conservationism, and personal agency.

OALA was created in 2015 in partnership with the California Waterfowl Association. Since then, OALA has coupled environmental stewardship with leadership training to teach the kids about their own potential to do great things, regardless of the backdrop of their daily lives, as well as how they can work together to be the change they wish to see in the world. OALA places teens outside of their normal routines and in the beautiful spaces of the national park lands that are so close to home: these spaces that will be theirs to steward as the future generation of environmental leaders.

Participation is based on an application process in which youth can express their desire to participate. Applications will be available on the Point Bonita YMCA website beginning in January (https://www.ymcasf.org/programs/outdoor-advanced-leadership-academy-point-bonita) and are due by February 15, 2019. Enrollment notifications are sent out by the end of February 2019.

Fees:
OALA has a three-tiered pricing structure based on total household income and thanks to the generosity of Point Bonita’s donors.
• Tier 1: $600/week
• Tier 2: $300/week
• Tier 3: Fully Subsidized

Dates:
• Session 1: June 24-28, 2019
• Session 2: July 22-26, 2019
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 the life-long practice of being one with your body:

- Sports Camps
- AcroSport Specialty Camps (Gymnastics, Breakdancing, Parkour)
- Yoga Camps
- YBike Camps
- Splash Camps

BUILDING HEALTHY SPIRITS

We are so lucky to be based in the Presidio and the whole Bay has wonderful opportunity for nature engagement. We hope you consider camps at the Presidio, Point Bonita and Camp Jones Gulch YMCAs!

PT. BONITA OUTDOOR EDUCATION PROGRAMS

- YRangers Camps & Residential Camp: https://www.ymcasf.org/programs/camp-point-bonita
- Outdoor Advanced Leadership Academy: https://www.ymcasf.org/programs/outdoor-advanced-leadership-academy-point-bonita
- Family Camp: https://www.ymcasf.org/programs/family-camp-weekends-point-bonita
- Healthy Parks Healthy People Monthly Events: https://www.ymcasf.org/programs/hphp

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. 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.

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: Superhero in Training $335/$400
- Week 2: Adventurers & Treasure Seekers $335/$400
- Week 3: Thingamajig $335/$400
- Week 4 (no camp 7/4): Fire & Water $268/$320
- Week 5: Olympics Jamboree $335/$400
- Week 6: Adventures of the Jedi $335/$400
- Week 7: World's Fair $335/$400
- Week 8: Lion King: Animal Safari $335/$400
- Week 9: Messy Color Bonanza $335/$400
- Week 10: Secret Agents $335/$400

Specialty Camps
- Week 1: Girl Power STEM LEGO $370/$420
- Week 1: Gymnastics $375/$425
- Week 1: Awesome Readers $405/$455
- Week 2: Y Rangers - Coastal Critters $375/$425
- Week 3: LINES Dance Center Little Artists $360/$450
- Week 3: Y Rangers - Junior Rangers $375/$425
- Week 4 (no camp 7/4): Jr. YMakers $292/$340
- Week 5: Mine, Craft & Build LEGO $370/$420
- Week 5: Y Rangers - Survival Skills $375/$425
- Week 6: Yoga & Art $370/$420
- Week 6: Y Rangers - Coastal Critters $375/$425
- Week 7: Parkour $375/$425
- Week 7: LINES Dance Center Little Artists $360/$450
- Week 8: JediCraft Adventure LEGO $370/$420
- Week 8: Y Rangers - Playgrounds ABOUND $375/$425
- Week 9: Awesome Readers $405/$455
- Week 10: Y Rangers - Junior Rangers $375/$425

Sports Camps
- Week 1: All Sports $360/$450
- Week 2: Tennis & Y Basketball $360/$450
- Week 3: Splash Camp $360/$450
- Week 4 (no camp 7/4): T-Ball $288/$360
- Week 5: Tennis & Y Basketball $360/$450
- Week 6: Splash Camp $360/$450
- Week 7: Field Hockey $375/$465
- Week 8: YTri $375/$465
- Week 9: Tennis $360/$450

ENTERING GRADES 3-5

Traditional Camps
- Week 1: Superhero in Training $335/$400
- Week 2: Adventurers & Treasure Seekers $335/$400
- Week 3: Thingamajig $335/$400
- Week 4 (no camp 7/4): Fire & Water $268/$320
- Week 5: Olympics Jamboree $335/$400
- Week 6: Adventures of the Jedi $335/$400
- Week 7: World's Fair $335/$400
- Week 8: Lion King: Animal Safari $335/$400
- Week 9: Messy Color Bonanza $335/$400
- Week 10: Secret Agents $335/$400

Specialty Camps
- Week 1: LINES Dance Center Jr. Dance Makers $360/$450
- Week 1: Ninjaneering LEGO $370/$420
- Week 1: Novice Road Biking $400/$450
- Week 2: Gymnastics $375/$425
- Week 2: Novice Road Biking $400/$450
- Week 2: Y Rangers - Survival Skills $375/$425
- Week 3: Jr. YMakers $292/$340
- Week 5: Mine, Craft & Build LEGO $370/$420
- Week 5: Y Rangers - Power to the People $375/$425
- Week 6: Yoga & Art $370/$420
- Week 6: Y Rangers - Survival Skills $375/$425
- Week 7: Parkour $375/$425
- Week 7: LINES Dance Center Little Artists $360/$450
- Week 8: JediCraft Adventure LEGO $370/$420
- Week 8: Y Rangers - Survival Skills $375/$425
- Week 9: Breakdancing $375/$425
- Week 10: Y Rangers - Survival Skills $375/$425

ENTERING GRADES 6-8

Specialty Camps
- Week 1: Leadership Training $335/$400
- Week 1: Novice Road Biking $400/$450
- Week 2: Y Rangers - Environmental Stewards $375/$425
- Week 2: Novice Mountain Biking $400/$450
- Week 3: YMakers $365/$425
- Week 3: Intermediate Road Biking $400/$450
- Week 4 (no camp 7/4): Survivor Challenge $292/$340
- Week 5: Y Rangers - Extreme Adventures $375/$425
- Week 6: Robotics $380/$430
- Week 7: YMakers $365/$425
- Week 7: Advanced Mtn Biking $400/$450
- Week 8: YMakers $365/$425
- Week 9: Advanced Mtn Biking $400/$450
- Week 10: Bytes 4 Bits: Middle School Coding $405/$455
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 theron 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 CONVENANTS 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)

________________________________________________
SIGNATURE OF PARENT/GUARDIAN

________________________________________________
Date

Please keep me informed about future Presidio YMCA events:

Email Address

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Your tax deductible contribution helps send a child to camp!

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

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

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 $2 per hour 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.

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GIVE FOR A BETTER US.

GIVE THE GIFT OF SUMMER CAMP

Many parents need a little extra help sending their kids to summer camp. Thankfully the Y raises money to make this possible. Please consider making a donation today and help a child receive a summer full of fun and a lifetime of memories.

ymcasf.org/give/donate-now
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 Kate Eaneman, Presidio Y Associate Aquatics Director at keaneman@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: presidi Yokids@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 2-11 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 athleticism, 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.