

# TRADITIONAL CAMPS OVERVIEW

## A LITTLE BIT OF EVERYTHING!

Our Traditional Camp program offers a wide variety of activities for our campers to enjoy! Each week, we will:

- Explore in nature
- Build our creativity in Arts and Crafts
- Learn about the world around us using STEM activities
- Play together as a team, in games and sports
- Splash around in the pool (either Tuesdays or Thursdays)
- Go on a field trip!



## 2020 Themes

- Week 1- Stories and Legends
- Week 2- Big and Small
- Week 3- Mad Scientists
- Week 4- Red, White and Boom
- Week 5- Mission: Confidential
- Week 6- Messy Color Games
- Week 7- Passport to Adventure
- Week 8- Galaxy Far Far Away
- Week 9- Zany Days: Anything Goes
- Week 10- Heroes and Heroines

## RATES:

Member: \$355  
Community Participant: \$420

Week 4 Member: \$284  
Week 4 Community Participant: \$336

## TRADITIONAL CAMP NOTES:

### ABOUT OUR SWIM TEST:

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.

### FIELD TRIPS

Please help us by ensuring that your camper arrives on time and does not get picked up early on field trip days (typically Wednesdays). Campers will be given a Presidio Y tshirt to wear during our off-site field trips.



# SPORTS CAMP OVERVIEW



## ALL SPORTS (K) \$380/470

Get introduced to a wide variety of classic sport and camp activities – ranging from swimming, tennis, basketball, soccer, kickball, four square, and even rock climbing.

## OLYMPICS (K, 1-2, 3-5) \$380/470

It's Olympics season! Youth will practice some of the events of the 2020 Olympics, including familiar sports like soccer and basketball, and other Olympic events like handball and table tennis.

## SPLASH CAMP (1-2, 3-5) \$380/470

Campers will learn basic water safety and swimming skills by participating in daily swim lessons and organized water and pool games. Campers are in the water during pool time, with lifeguards and swim teachers facilitating lessons to earn a "Water Safe Star".

## MARTIAL ARTS (1-2) \$395/475

A fun and exciting class for children to experience martial arts from around the world. Students will explore martial arts including Karate, Capoeira, Aikido and much, much more. Each class will also include warm-ups, balance, flexibility and cardio.



## BASKETBALL & SOCCER (1-2, 3-5) \$380/470

Did you know basketball was invented at the YMCA? Youth will learn and practice teamwork, technical skills, and strategy through drills and game play for both soccer and basketball with our YMCA staff.

## FIELD HOCKEY (3-5) \$395/485

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.

## TENNIS (1-2, 3-5) \$380/470

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 you don't have one.



# SPECIALTY CAMPS

## OVERVIEW

### AWESOME READERS (K-5) \$395/450

In partnership with SPEECH Inc, campers will boost their reading and academic confidence by working in small, supportive groups with certified Speech & Language Pathologists. 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.

### BYTES4BITS: CODING (3-5) \$435/485

In partnership with Bytes for Bits, this camp teaches the fundamentals of software coding. This course is designed to inspire, educate, and equip third through fifth graders, of any programming experience.

### YMAKERS (3-5) \$395/450

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, and safety equipment is provided and mandatory during building time.

### CERAMICS (3-5) \$395/450

In collaboration with Mel Rice Ceramics, youth will work on the basics of ceramic work in the studio, including throwing on the pottery wheel!

### SCIENCE ACADEMY (3-5) \$390/440

Calling all inventors! Science Academy is a STEM filled week of wonder, where youth will be able to work on their own inventions over the week to submit for the annual Thingamajig competition that takes place during the following week!



### GYMNASTICS (K-2) \$395/450

In partnership with AcroSports, this energetic camp introduces tumbling/gymnastics to students with a focus on coordination, flexibility and strength. AcroSports' tumbling camp is designed to encourage students to develop spatial awareness, balance and gross motor skills.

### YOGA AND ART (1-5) \$390/440

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.

### LINES CREATIVE MOVEMENT (K-5) \$390/440

Strengthen and stretch both body and mind through basic dance techniques. 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, coached by instructors from Alonzo King LINES Ballet.

### PARKOUR (3-5) \$395/450

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.

### SKATEBOARDING (3-5) \$425/465

Under the guidance of instructors from Rob Skate Academy, youth have the opportunity to learn the basics and build their confidence on a skateboard.

### FENCING (3-5) \$465/530

En garde! Learn the strategic art of one of the oldest sports! Practice under the guidance of the SF Sabre School coaches.



# SPECIALTY CAMPS

## OVERVIEW

### LEGO ENGINEERING CAMPS

Dive into some of our favorite worlds! Using LEGOs we will build new universes. We will design and build as never before using engineering and science to accomplish fun challenges.

#### SUPERHERO LEGO (K)

\$400/450

Save the world one LEGO at a time.

#### JEDI LEGO (1-2)

\$400/450

Travel to a world far, far away as you learn about the Star Wars universe.

#### POKEMON LEGO (1-5)

\$400/450

Explore the vast world of Pokemon with our LEGO camps.

#### MINECRAFT LEGO (1-5)

\$400/450

Bring Minecraft to life with our LEGO camps!



## YRANGERS

IN PARTNERSHIP WITH THE POINT BONITA YMCA

\$395/450

### YRANGERS: COASTAL CRITTERS (K, 1-2)

Feeling wild? 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.

### YRANGERS: CREATURE DETECTIVES (K-2)

Feathers, bones and scat will never look the same as campers track and investigate animals that fly, swim and prowl in our National Park. After this week of solving animal mysteries, Creature Detectives will bring these skills to their own neighborhoods.

### YRANGERS: JR. NATURALISTS (1-2)

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.

### YRANGERS: SURVIVAL SKILLS (3-5)

In Survival Skills, we will build the wilderness skills we need for successful and safe adventure in your national parks and beyond. 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.

### YRANGERS: POWER TO THE PEOPLE (3-5)

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.

### YRANGERS: PLAYGROUNDS ABOUND (K-2)

Welcome to the biggest playground in the world-the Great Outdoors! 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.



# YBIKE CAMPS

## OVERVIEW

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, Malay Khamsyvoravong (malay@ybike.org).

### NOVICE ROAD BIKING (3-5)

For those campers who have mastered pedaling and balance. Campers will learn about route planning, city infrastructure, nutrition, and their communities as they spend the week riding on quiet streets and bike paths throughout San Francisco.

### NOVICE MOUNTAIN BIKING (3-5, 6-8)

Campers will learn how to use their bikes in various terrain, and will be introduced to the concept of using their bike as an extension of their body. Using the city'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 (3-5, 6-8)

Campers will start to take on more challenging routes as they explore the various corners of the Bay, spending more time on-bike and logging more miles each day.

### INTERMEDIATE MOUNTAIN BIKING (3-5, 6-8)

With basic mountain biking skills under our belt, we'll start to take longer rides on trails and test out more challenging terrain, including more switchbacks and singletrack.

### ADVANCED ROAD BIKING (3-5, 6-8)

Campers will ride 10+ miles most days, tackling challenging ascents and descents (like wiggly Lombard Street)!

\* Week 9 6-8th grade- Campers will also have the opportunity to test their lungs as they zoom around Golden Gate Park's banked track at the Polo Field.

### ADVANCED MOUNTAIN BIKING (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 Area's 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.

### ADVANCED 2-NIGHT TOURING CAMP (6-9)\*

Campers will spend 5 days exploring the beautiful California Coast, with overnight stays on Wednesday and Thursday. Days 1-2 will be spent practicing loading and riding with our equipment on our bikes to and from the Presidio Y. Day 3, we will take the Y bus down the coast and take a short bike ride to Camp Jones Gulch. Day 4, we'll ride 31-miles along the Pacific Coast Highway, a world-famous bike route, to Point Montara Lighthouse Hostel. Day 5, we'll ride 25 miles along the PCH back to the Presidio Y! This is our most advanced camp; participants should have prior experience riding at least 15 miles comfortably in one day.

\* This is one of our our most physically challenging bike camps. If you have questions about whether this camp is right for your child, please contact Malay Khamsyvoravong (malay@ybike.org).



## 2020 YBike Prices

### 3-5th Biking Camps:

\$475/\$550

### 6-8th Biking Camps:

\$475/\$550

### 6-9th Touring Bike Camps:

\$675/765

### 6-8th Week 9 Adv. Road:

\$505/\$580

### GIRLS AND GENDER NON-CONFORMING YOUTH CAMP

These camps are designed to emphasize building community among girls and gender non-conforming youth who love biking.



### INTERMEDIATE BIKING (3-5, 6-8)

Come explore the great world of bikes with us! We will hunt down hidden treasures around the city and learn about a few of the many fun ways to engage with bikes, including trail riding, crafting, and basic maintenance.

### ADVANCED 2-NIGHT TOURING CAMP (6-9)\*

Campers will spend 5 days exploring the beautiful California Coast with overnight stays on Wednesday and Thursday. Days 1-2 will be spent practicing loading and riding with our equipment on our bikes to and from the Presidio Y. Day 3 we will take the Y bus down the coast and take a short bike ride to Camp Jones Gulch. Day 4, we'll ride 31-miles along the Pacific Coast Highway, a world-famous bike route, to Point Montara Lighthouse Hostel. Day 5, we'll ride 25 miles along the PCH back to the Presidio Y! This is our most advanced camp; participants should have prior experience riding at least 15 miles comfortably in one day.

\* This is one of our our most physically challenging bike camps. If you have questions about whether this camp is right for your child, please contact Malay Khamsyvoravong (malay@ybike.org).



# MIDDLE SCHOOL CAMPS

## OVERVIEW

### BASH EM BOTS STEM

\$400/450

Apply real-world engineering and physics concepts to help bash and crash your way to victory with this Playwell Teknology LEGO camp!

### TOUR DE SF

\$390/440

Explore our beautiful City By The Bay as we take in the sights and sounds of what makes this city spectacular! We will be up and moving as while as learning the history behind our amazing city as while as tasting local culinary delights. To wrap up this week of non stop fun we will also be visiting the home of one of our own local sports teams!

### SPLASH CAMP: ON TOUR

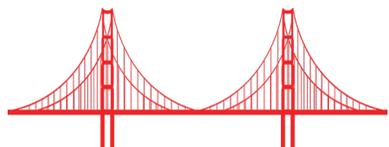
\$390/440

Let's splash our way through summer! We will be having a week submerged in water fun and adventures! We will be exploring local beaches, taking a dip in the pool, and heading out to have some spectacular water fun at Raging Waters. Don't get left on shore this week, come ride the waves with us!

### SPORTS WEEK:

\$390/440

It's outta here! Join us for a week full of home runs, touchdowns, and goals! This week we will explore outdoor spaces in our city through sports! As we explore the history of sports in SF we will also be catching a game as we cheer on the Oakland A's!



### YMAKERS

\$395/450

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, and safety equipment is provided and mandatory during building time.

### YRANGERS: EXTREME ADVENTURES

\$395/450

Campers will become Extreme Adventurers as they explore the spaces that they have passed, but never truly seen and experienced. Activities could include challenge hikes, kayaking and more!

### YRANGERS: ENVIRONMENTAL STEWARDS

\$395/450

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