



For Youth Development
For Healthy Living
For Social Responsibility

YMCA of Greater Westfield

summer

westfieldymca.org
Summer 2012

See form inside for registration DEADLINES!

YMCA of Greater Westfield
67 Court Street Westfield, MA 01085 Tel: 413.568.8631 www.westfieldymca.org



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Mailing Address:
 YMCA of Greater Westfield
 67 Court Street
 Westfield, MA 01085
413-568-8631

Location Address:
 YMCA Camp Shepard
 370 Northwest Road
 Westfield, MA 01085
413-568-8952

This camp complies with regulations of the Massachusetts Department of Public Health and is licensed by the local board of health.



YMCA OF GREATER WESTFIELD
WWW.WESTFIEDYMCA.ORG

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General Information

Registration:

Camp Shepard and Y's Kids summer program registration begins on Monday, January 30 at the Reception Desk at 67 Court Street.

Meet the Staff Summer Registration Day:

Interested in speaking in person with our camp program directors? This special morning session is an opportunity to learn more about our wide array of camp programs - from Camp Shepard and Y's Kids to Gymnastics and Music Camps. Registration for all camps will be available.

Date: Saturday, March 17, 2012

Time: 9:00AM - 12 Noon

Location: GP room at the main YMCA

All of the programs at the YMCA of Greater Westfield are open to everyone regardless of town of residence.

Payment Policy:

A \$ 50 non-refundable deposit per session is required for Camp Shepard. Balance is due one week before the start of each session being attended. Please make checks payable to the YMCA of Greater Westfield.

PLEASE NOTE: DEPOSIT IS NOT REFUNDABLE

Financial Assistance:

The YMCA of Greater Westfield, as a charitable tax-exempt organization, provides financial aid to those families who qualify. If you would like to apply for assistance, call the YMCA for a confidential appointment.

Open House Dates:

Please come out and enjoy a tour of YMCA Camp Shepard.

Saturday, June 2, 1:00PM-4:00PM

Saturday, June 9, 1:00PM-4:00PM

Tel: 413.568.8631 www.westfieldymca.org



Facilities

CAMP SHEPARD

Session Dates:

- Session 1- June 25-July 6
- Session 2 - July 9- July 20
- Session 3 - July 23- August 3
- Session 4 - August 6-August 17
- Super Week - August 20-August 24

General Session

\$310-Member \$320-Non-Member

Option Weeks:

\$200-Member \$210-Non-Member

Extended Care:

- AM Extended \$60
- PM Extended \$60
- AM & PM Extended \$ 100

CIT's

	Member	Non-Member
Session 1 & 2	\$395	\$405
Session 3 & 4	\$395	\$405
Session 1 – 4	\$790	\$810

Camp Hours:

General Session	9:00AM-4:00PM
Extended Day, AM	7:00AM-9:00AM
Extended Day, PM	4:00PM-6:00PM
Extended Day, AM/PM	7:00AM-6:00PM

Extended care is available for an additional charge. See registration form for details.

Staff:

Our staff team is the most important ingredient in the success of our program. Skilled staff and counselors are chosen for their maturity, leadership skills, personal warmth and experience. They represent positive role models for children and are trained in accordance with the philosophy and objectives of the mission of the YMCA of Greater Westfield.

Facilities:

YMCA Camp Shepard is located less than five miles from the center of Westfield. Situated on 105 acres of woodlands, Camp Shepard provides the opportunity to grow, learn and appreciate the great outdoors in a respectful way.

Our Facility Includes:

- In-ground swimming pool
- Bath House with Locker Rooms
- Three pavilions
- Arts & Crafts Building
- Nature Building
- 45ft Rock Climbing Tower
- 10 High Ropes Elements
- Expanded Low Ropes Course
- Disc Golf Course
- Biking Trails
- Picnic Area
- Pond
- Hiking Trails
- Camp Sites with Tent Platforms
- Adirondack Shelters
- Babbling Brook
- Chalet for Programs & Rentals

Directions:

Go past the YMCA on Court Street towards Westfield State University. Court Street becomes Western Avenue. Go past the college and bear left at the fork onto Upper Western Avenue. Take left onto Northwest Road. Camp Shepard is at 370 Northwest Road. (On the left)



CAMP SHEPARD

Programs & Activities

Superweek:

This one-week program includes AM/PM care. The general camp day begins at 9:00AM and ends at 4:00PM. Children may be dropped off as early as 7:00AM and picked up no later than 6:00PM.

NO BUS TRANSPORTATION.

Lunch:

Campers bring lunches in paper lunch bags or soft containers. They are collected at the beginning of the day and refrigerated until lunchtime. Drinks should only be in plastic containers, no glass.

Parents Night & Overnights:

During the second week of our two-week sessions we offer dinner and parents night to all of our campers. After parents night, campers ages 6 and up are invited to spend the night. Overnight and parents night are optional for an additional fee.

Registration for overnights and Parents night will be done at the YMCA of Greater Westfield. Sign-ups will be available during regular camp registration.

What we do at camp:

Archery
Arts & Crafts
Campsite Preparation
Canoeing
Climbing Tower
Environmental Awareness
Group Skits
High Ropes Challenge Course
Hiking
Kayaking
Leave No Trace Ethics
Low Ropes Challenge Course
Mountain Biking (10 & up)
Orienteering
Overnights
Recreational Swim
Songs
Special Workshops
Sports
Swimming Lessons
Team Building
Wilderness Survival



CAMP SHEPARD

Session Dates:

Session 1- June 25- July 6

Session 2- July 9- July 20

Session 3- July 23- August 3

Session 4 – August 6-August 17

Super Week- August 20-August 24

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CAMP SHEPARD

Camp Shepard Age Groups

Muckleshoots:

Boys & Girls- Ages 4 & 5

This program is especially designed for the younger camper. In this full day program the children will have a 5:1 camper/counselor ratio and will participate in activities specifically geared to their age level. Children will also have the opportunity to participate in daily swim lessons, recreational swims, arts & crafts, environmental awareness and exploration, movement activities, story time and more!

Main Camp:

Boys & Girls- Ages 6-12

Programs for this age group are designed to achieve a balance between instruction and recreation as well as group development and individual accomplishment. Emphasis is placed on cooperative learning and the four character development traits: Caring, Honesty, Respect and Responsibility, and not competition. Each camper will participate in program activities that meet their individual interests, abilities and needs.

Teen Group:

Boys & Girls- Ages 13-15

An advanced camp program for teens. Campers in this program spend their days in a coed group that participates in camp activities at a higher skill level. Special projects, trainings and activities such as mountain biking, hiking, overnights, and high and low ropes adventure are included in this fun teen program. Teens will also have the opportunity to participate in regular recreational swims.



Leave No Trace!

We will be expanding our nature programs. We will be focusing on the principles of "Leave No Trace". Campers will learn how to appreciate nature in a respectful way and how they can do their part in preserving & conserving the world around us.

The Seven Principals of Leave No Trace:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

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CAMP SHEPARD

Open House Dates:
Please come out and enjoy a tour
of YMCA Camp Shepard.
Saturday, June 2 ,1:00PM-4:00PM
Saturday, June 9,-1:00PM-4:00PM

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CAMP SHEPARD

Counselor in Training

Boys & Girls- Ages 14-15

This is an intense hands-on-training for the teen who is interested in becoming a camp counselor. CITs learn how to lead campers in a variety of activities and skill areas. They are trained in areas of leadership, safety, decision-making, age appropriate activities and conflict resolution. This program is built based on the YMCA four character values: Caring, Honesty, Respect and Responsibility. CITs are selected based on their application, references and a meeting with the Director.

CITs must come for at least two consecutive sessions or the whole summer!

Choose one of the following options:

Option A: Session 1 & 2

Option B: Session 3 & 4

Option C: Session 1-4

Rentals

Come join the fun! Camp Shepard is available for rentals; birthday parties, family reunions, school groups, corporate trainings, picnics and other gatherings. Rentals include the use of the pavilions, picnic area, playing field and volleyball court. Staff will be provided to assist you in having the best outdoor experience possible.

- **Please note that alcohol is not permitted on Camp Shepard grounds.**
- **Call the YMCA at 413-568-8631 to book your rental today!**

For additional fees add an adventure activity:

Archery

Arts & Crafts

High Ropes

Low Ropes

Kayaking

Canoeing

Swimming (in- ground pool)

Climbing Tower

The Goyette Chalet

Our heated Chalet complete with a large conference room awaits your Girl Scout troop, church, youth or corporate group for retreats and trainings. The Chalet overlooks a scenic, natural pond offering a rejuvenating and restive space for groups.

We are now booking groups for all of 2012!

Please contact us with any questions.



Transportation

A local bus company is contracted to transport campers to and from camp with the same standards required by the Board of Education. The YMCA provides a bus monitor who is responsible for the personal safety, attendance and behavior of the campers. Bus routes are designed to accommodate the maximum number of the campers while trying to limit the length of time a child spends riding the bus.

Bus transportation will not be available during Super week!

You will be responsible for finding your own transportation for this week. Bus transportation is only available for the 9:00AM-4:00PM camper day.

**Check out our website at
www.westfieldymca.org for
 updated times and locations.**

NOTE: Bus schedules are subject to change.

BUS #1

1. 7:45AM/4:49PM –126 Union St
2. 7:50AM/4:44PM- Southampton Rd & Egleston Rd.
3. 7:52AM/4:43PM- Southampton Rd School
4. 7:55AM/4:40PM- Holyoke Rd & Lynnwood Dr.
5. 7:56AM/4:41PM-Holyoke Rd & Dry Bridge Rd
6. 7:59AM/4:39PM- Holyoke Rd & Sherwood Ave
7. 8:04AM/4:37PM- Papermill Elementary School
8. 8:05AM/4:35PM- E. Mountain & Gail Dr
9. 8:07AM/4:33PM- E. Mountain & Old Holyoke Rd
10. 8:08AM/4:32PM-E.Mountain & Eastview Dr
11. 8:11AM/4:31PM- E. Mountain & Ridge Trail Rd
12. 8:13AM/4:29PM- E. Mountain & Buckpond Rd
13. 8:15AM/4:28PM- E. Mountain & North Rd
14. 8:16AM/4:27PM- North Rd & Rider Rd
15. 8:19AM/4:24PM- 919 Southampton Rd
16. 8:26AM/4:19PM- Russellville Rd & North Rd
17. 8:27AM/4:18PM- Russellville Rd & Deer Path Ln
18. 8:30AM/4:16PM- Russellville Rd & Cabot Rd
19. 8:34AM/4:14PM- Montgomery Rd & Bellevue Dr
20. 8:36AM/4:13PM- Westfield High School
21. 8:38AM/4:11PM- Demond Ave & Montgomery St
22. 8:50AM/4:00PM- Camp Shepard

BUS #2

1. 8:04AM/4:35PM- Knollwood & Brenda Dr
2. 8:07AM/4:32PM- Canal Dr & Crescent Cir
3. 8:12AM/4:28PM- Munger Hill School
4. 8:18AM/4:23PM- Shaker Rd & Colony Dr
5. 8:20AM/4:22PM- Shaker Rd & Old Farm Rd
6. 8:21AM/4:21PM- Shaker Rd & Family Ln
7. 8:24AM/4:19PM- 342 Southwick Rd
8. 8:28AM/4:17PM- South Middle School
9. 8:31AM/4:15PM- E. Silver St & Noble St
10. 8:34AM/4:11PM- St. Mary's High School
11. 8:38AM/4:09PM- YMCA 67 Court St
12. 8:42AM/4:07PM- Highland Elementary School
13. 8:46AM/4:04PM- Juniper Park Elementary School
14. 8:50AM/4:00PM- Camp Shepard

BUS #3

1. 8:18AM/4:25PM- PowderMill School 94 Powder Mill Rd (SWK)
2. 8:24AM/4:20PM- 195 College Highway (SWK)
3. 8:34AM/4:10PM- City View Rd & Butternut Rd
4. 8:37AM/4:09PM- City View Rd & Whitaker Rd
5. 8:41AM/4:07PM- Sackett Rd & Janis Rd
6. 8:47AM/4:01PM- Northwest Rd & Farnham Ln
7. 8:50AM/4:00PM- Camp Shepard



Music and Visual Arts Camps



Held at Camp Shepard Goyette Chalet

Each full day (9:00AM-4:00PM) session will have a free swim time available from 11:50-12:30PM each day. Campers will have lunch at camp. Please pack a bagged lunch and drink and snack. Bus transportation on the Camp Shepard bus both to and from camp is available to campers attending only the full day 9:00AM-4:00PM sessions. Please indicate your bus stop on the registration form. Registration and medical form will be available at the reception desk. Extended hours are available to full day 9:00AM-4:00PM.

Music Camp

Music Camp Director: *Amy Tosi*
professional singer, YMCA Music Director, YMCA American Classics Choral Director

Performance Clinic Music Camp*

Campers will participate in music theory, rhythm exercises, as well as play piano and acoustic guitar. We will sing daily as a group and individually, concentrating on healthy vocal technique and stage presence while having a lot of fun! A recital performance is scheduled for Thursday, July 19, 2012 at Camp Shepard. Please pack a bathing suit, sunscreen and towel along with a bagged lunch, water bottle and snack.

Dates: July 9- 20

Time: 9AM-4:00PM with extended hours available

Cost: Member \$310 Non-Member \$320

Ages: 9 +

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Pop Rock & Roll Music Camp*

Campers will play guitar, piano, and rhythm instruments. We will make a rhythm instrument and learn how to write a song! Each day the pop stars will come out in each child as they have an opportunity to sing karaoke and learn the latest dance steps. This is a great week of fun and learning for your music lover! Please pack a bathing suit, sunscreen and towel along with a bagged lunch, water bottle and snack.

Dates: August 6-10

Time: 9am-4pm with extended hours available

Cost: Member: \$175 Non-Member: \$185

Ages: 5-9

Mini Musical Camp

Calling all actors, singers and dancers! In this two-week camp we will complete a simple, fun production, complete with backdrops, props and simple costuming that the campers design and create themselves. We will have a performance on Thursday, August 2, 2012 at Camp Shepard.

Dates: July 23- August 3

Time: 9:00AM-1:00PM

Cost: Member \$200 Non-Member \$210

Ages 5+

*Extended Hours fee:

One week cost:

AM only = \$30.00 PM only = \$30.00 AM/PM = \$50.00

Two week cost:

AM only = \$60.00 PM only = \$60.00 AM/PM = \$100.00

Art Camp

Art Camp Director: *Bernadette Raum is currently a junior at Springfield College. Bernadette is majoring in Art Therapy with a concentration in professional studies in YMCA.*

Nature Art - The children will learn about different natural materials and how, when mixed together, they will have different results. We will make everything from drip castles that will last forever to leaf rubbings and homemade paper! Hiking and collecting materials will be a fun and exciting part of our day.

*Nature Art Session I**

Dates: June 25- June 29

Time: 9:00AM- 4:00PM

Cost: Member \$175 Non-Member \$185

Ages: 8-11

Nature Art Session II

Dates: August 13th- August 17

Time: 9:00AM- 1:00PM

Cost: Member \$105 Non-Member \$115

Ages: 4-7

*Arts and Crafts 101**

Dates: July 2- July 6

Time: 9:00AM-4:00PM

Cost: Member \$175 Non-Member \$185

Ages: 8-11

*Crazy Crafts**

In Crazy Crafts we will be making things taht you have not made before at any camp. We'll be doing activities such as splatter paint to name a few! Get ready for some fun and creative art adventure.

Dates: August 20- August 24

Time: 9:00AM-4:00PM

Cost: Member \$175 Non-Member \$185

Ages: 12-15

The YMCA of Greater Westfield

Camp Shepard Day Camp 2012 Registration Form

Camper's Name _____ Age at time of camp _____

Address _____ Male Female

Father's Name _____

Phone (Home) _____ (Work) _____ (Cell) _____

Mother's Name _____

Phone (Home) _____ (Work) _____ (Cell) _____

Emergency Contact _____

Phone (Home) _____ (Work) _____ (Cell) _____

Parents' Email Address _____

Transportation

_____ My child will be picked up and dropped off at camp

OR

_____ My child will take a bus to and from camp
Bus # _____
Stop: _____

_____ My child has parental/guardian permission to walk from the bus stop alone

I understand a \$50 per session **non-refundable** deposit is required at registration. Payment in full (and all medical information) is due **one full week** before sessions begin.

Camp Shepard Registration Notice - Parents/Guardians please note:

Listed below are the dates by which all registrations must be received in order to attend your designated session of camp. These dates will be strictly adhered to. Registrations will only be accepted until these dates or until a session becomes full.

	Session 1 6/25-7/6	Session 2 7/9-7/20	Session 3 7/23-8/3	Session 4 8/6-8/17	Super Week 8/20-8/24	Circle the session(s) and option(s) of your choice. Total session(s) fee(s) at the bottom of the session column. Then total all the session fees together at the bottom of this column.
LAST DAY TO REGISTER	Thursday, June 21 Memb/Non	Thursday, July 5 Memb/Non	Thursday, July 19 Memb/Non	Thursday, August 2 Memb/Non	Thursday, August 16 Memb/Non	
General Session	\$310/320	\$310/320	\$310/320	\$310/320	\$180/190	
Option Week - 1 week only	\$200/210	\$200/210	\$200/210	\$200/210		
AM Extended - Day 7:00-9:00	\$60	\$60	\$60	\$60	included	
PM Extended - Day 4:00-6:00	\$60	\$60	\$60	\$60	included	
AM & PM - Extended Day	\$100	\$100	\$100	\$100	included	
Total	\$395/405		\$395/405		N/A	Total for all Sessions:
Payment Due By						\$

IMPORTANT: I have read the Parents Agreement and understand and agree to the terms and conditions.

Parent Signature _____ Date _____

I _____ give the YMCA of Greater Westfield permission to use my child's photo/image for marketing and promotion purposes. _____ [Date] _____ [Signed]

See next page for more information.





Continued from previous page.

PARENTS AGREEMENT

- **A \$50 non-refundable deposit is required for each session** and must accompany each application. This deposit will hold the camper's place and will be applied to the full camp tuition. Remaining balances must be paid by the due dates listed on the registration form. Late charges of \$10 applies to each late payment. Campers may not attend any session until their balance is paid in full.
- After the due date, **any new registration requires payment in full along with the \$10 late fee and a completed health form.**
- Requests for changes in camp session, bussing or group assignment will be honored only if space permits. Changes in bus assignments cannot be made on a one time or temporary basis.
- Bus service is provided for all campers. **ROUTES FOR CAMPERS ARE PREDETERMINED FOR ALL STOPS.** Each bus will have a YMCA bus monitor. It is the responsibility of the parent/guardian to meet their camper at the appointed stop at both the pick/drop off time each day unless written permission is granted otherwise. Campers who do not have permission to walk home that are not picked up by a parent at the bus stop will be brought to the YMCA. Parents will be called to pick up the child at the YMCA. There will be a \$15 fee per occurrence.
- The YMCA reserves the right to dismiss a camper whose behavior is detrimental to the other campers and/or camp.
- Fees will not be refunded for absence, failure to attend during the camp session, delayed attendance at camp, or dismissal.
- Parents are responsible for payment of any collection fees on their account.
- Emergency medical treatment and transportation is authorized if I am unable to be contacted.
- Health history forms are required for each camper **PRIOR** to attending camp. Forms will be given to parents at registration and must be completed and signed by the family physician and parents before the camper attends camp. The YMCA does **NOT** retain records of previous years physical forms.



Date	Amount Owed	Amount Paid	Check # Credit Card Receipt #	Balanced Owed	Receipt #





Summer Swim

Southwick Town Beach

Times and schedule to be announced in upcoming Y flyers.

During the summer months come experience Y swim lessons outdoors at Congamond Lake, Southwick Town Beach. Let our fun and knowledgeable staff give your children the skills they need to be safe in and around the water. There will be an area that is specially roped off for the lessons to take place.

Back Yard Pools

Lessons at your pool:

During the summer months you can have a qualified instructor and certified lifeguard come to your home on days and times that you choose to teach your child/children, neighbors, and other family members how to swim.

The lessons are for all levels of swimmers. You may have up to 6 children participate in the program. The lessons include 8 classes and you have the flexibility to set the schedule that works for your family.

If you have any questions, please contact Jennifer Butler at the YMCA for more information at 568-8631 ext. 320 or email aquatics@westfieldymca.org. You may also contact Program Director, Tracy Cesan at 413-569-5701 or email parkandrec@southwickma.net or visit their website at www.southwickma.org

Summer Swim at the Y

During the summer months swim lessons are held Monday through Thursday twice a week for 4 weeks, (2 sessions through the summer) or Friday and Saturday lessons are offered once a week for 8 weeks.

Twice a Week Classes

Monday & Wednesday/ Tuesday & Thursday

Session 1: June 18-July 12

July 4 YMCA is closed M/W classes: 7 classes

Session 2: July 16-Aug 9: 8 classes

Once a Week Classes

Friday & Saturday

Session 1: June 22-Aug 11



Y's Kids Summer Child Care

Join us for a fun filled summer at the Westfield Y! The Y's Kids is a state licensed program from the Department of Early Education and Care. We maintain staff to child ratios (1:13) in compliance with state requirements. Most of our staff are college students or graduates with a degree in education. Staff receive Autism Awareness training, Behavior Management training as well as acquiring certification in CPR and First Aid prior to the start of summer.

The summer program starts at 7:00AM and runs until 6:00PM. The weekly tuition cost includes all transportation to and from field trips, field trip admission, a daily snack that meets USDA guidelines and a Y's Kids summer camp shirt. Once you are registered, a summer packet will be mailed to you with detailed monthly calendars including field trips and theme days, parent information and a welcome letter from the Site Coordinators.

Each day's curriculum is based on the four character traits of Caring, Honesty, Respect

and Responsibility. We incorporate sports, crafts, cooking, music & movement and more into our daily activities. Each day starts with a summer camp song and ends with a detailed report of what we did! See below for some of the fun that is in store...

Swimming: Children have the opportunity to swim twice a week. All Y's Kids are swim tested upon entering the pool area by Red Cross Certified life guards. Children needing assistance in the water can use our floatation devices and noodles. Y's Kids Staff also go in the water with the children to ensure safety during swim time.

Field Trips: Three times a week children will leave the YMCA building and embark on a memorable field trip. Five Star Bus company will take us across Massachusetts and into Connecticut to places like CoCo Keys Water Resort, Interskate 91, Dinosaur State Park and more. Parents are more than welcome to chaperone on field trips and must sign a permission slip the day of each trip.

Clubs: Clubs will run bi-weekly, giving children a chance to try new hobbies and activities such as photography, lacrosse, craft making and more. Children will learn a sense of commitment by choosing a club for 2 weeks.

Walking trips: Throughout the summer on days when the Y's Kids are on site at the YMCA of Greater Westfield, there will be walking trips to nearby community organizations such as the police station, the fire station, Big Y, etc... Once a week, children will walk to the Westfield Water Park to utilize their tennis



courts, basketball courts and splash park. Parents must sign a permission slip the day of each trip.

Project P.R.A.L: Out of school time learning is essential to child development. Y's Kids Summer Care continues the school year "Promoting Reading and Literacy program" throughout the summer. Children will participate in weekly journal entries, group reading, monthly newsletters, guest readers and also have weekly opportunities to rent books from the Westfield Athenaeum.

Theme Days: On days when children are at the Main Y, join the staff in dressing up for scheduled theme days! Prizes are awarded for most creative, best dressed etc... Daily activities will be based upon theme days, some favorites have been "Staff Make-Over Day", "Carnival Day", and "Oopy Goopy Day". Involvement is encouraged but not mandatory!

For more information contact Michelle Anamisis, Youth Development Director at manamisis@westfieldymca.org or 568-8631 x306 or Kaitlyn Chambers, Assistant Youth Development Director at kchambers@westfieldymca.org or 568-8631 x310

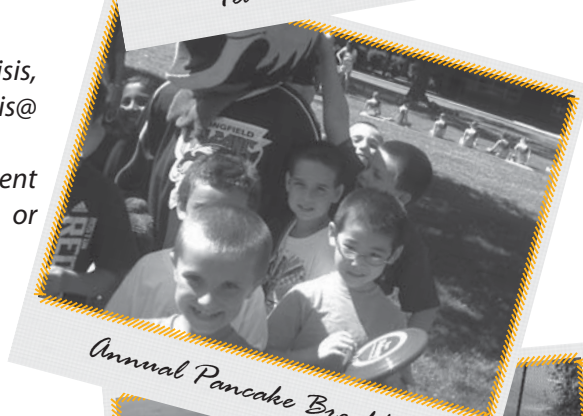
Ages: 5 through 13 years old
 Dates: Registration begins January 30, 2012
 Summer Program runs for 10 weeks:
 June 20, 2012 (providing there are no snow days) – August 24, 2012
 Monday – Friday: 7:00AM-6:00PM
 Location: YMCA Mansion
 Fee: \$135.00 per week per child



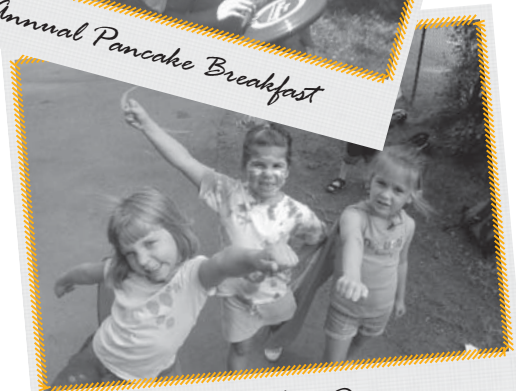
Field trips to Tolland State Forest



Team building activities



Annual Pancake Breakfast



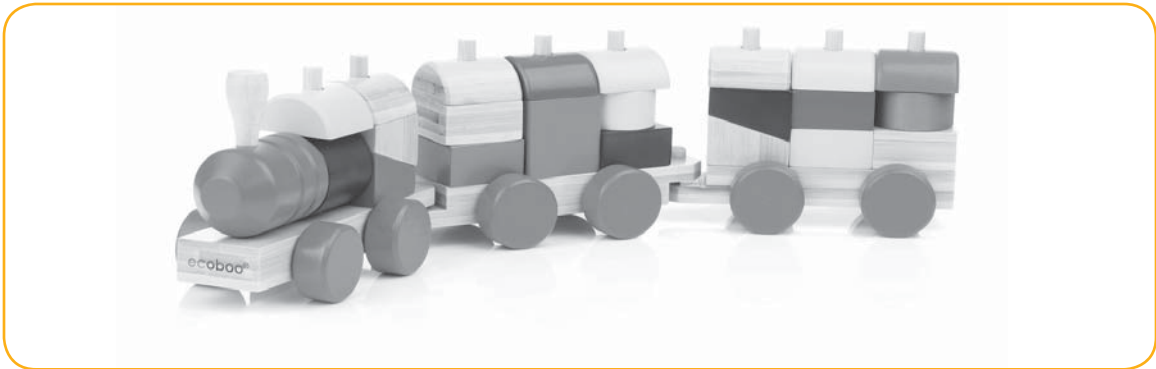
Super Hero Day

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Preschool

Preschool Summer Enrichment Program

Preschool summer enrichment is a summer program for children ages 3 to 5. This is a developmentally appropriate and fun experience where children are encouraged to grow in independence and social skills in a safe environment. The program runs in one-week sessions from 9:00AM to 12:00PM, Monday through Friday. Activities include a daily swim lesson, story time, outside play and a snack. These activities encourage large and small motor skills, creativity, and language development. Your child will gain confidence, self-discipline and an increased ability to relate to other children and adults.

An adult counselor as well as one or more junior counselors and volunteer aides guide each group of children.

The YMCA preschool swim program is under the direction of certified instructors. Family members are invited to join us the last Friday of each session to see your child's accomplishments in the pool.

- Session 1 June 18-June 22 (Cooking)
- Session 2 June 25-June 29 (Arts & Crafts)
- *Session 3 July 2-July 6 (Science) No program on July 4
- Session 4 July 9-July 13 (Wood Working)
- Session 5 July 16-July 20 (International Arts and Cuisine)
- Session 6 July 23-July 27 (Puppet Making)
- Session 7 July 30-August 3 (Music & Dance)
- Session 8 August 6-August 10 (Combo week of the most popular classes)

Cost: Member: \$85.00/Non-Member: \$95 per session

Applications must include a \$50.00 non-refundable deposit for each session reserved and full payment must be made by the Monday of the week prior to the session your child will attend. Refunds will not be given after the start of a paid session. Financial assistance is available. Call the YMCA at 568-8631 ext 306 for an appointment.

*Cost: Member \$68/Non-Member \$76 for July 2-6

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Gymnastics

Summer Gymnastics Camp

Over 25 hours of gymnastics games, drills and skills on all 4 olympic events, plus dance, tumbletrack, stretching and conditioning with themed days with a focus on fun for gymnasts of every level!

August 6-11

Open to ages 6 & up with no prior experience necessary

9:00AM-3:30PM Monday-Friday

(includes open swim each day)

Cost: \$165 for Member

\$180 for Non-Member

Terrific Tumblers Camp

Improve tumbling skills and technique with over 25 hours on our Spring Floor, TumbleTrack and Mini Tramp plus games & themed days with a focus on fun for everyone, from beginner to advanced tumblers!

July 9-13

Open to ages 6 & up with no prior experience necessary

9:00AM-3:30PM Monday-Friday

(includes open swim each day)

Cost: \$165 for Member

\$180 for Non-Member

Financial Aid is available.

*Please contact Rosann Scalise,
Director of Program Operations,
(413) 568-8631 for more information.*

Extended Care hours available for before and/or after camp:

AM - 7:00AM-9:00AM, \$35 Member, \$38 Non-Member

PM - 3:30PM-5:30PM, \$35 Member, \$38 Non-Member

AM & PM - \$60 Member, \$70 Non-Member



67 Court Street Westfield, MA 01085

Tel: 413.568.8631

www.westfieldymca.org

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Youth Sports

SPRING PROGRAMS

TEE-BALL

This program emphasizes fundamentals, fair play and FUN for boys and girls. Baseball is taught using a batting tee instead of a pitcher during Saturday practices and non-competitive games.

Ages: 4-5

Day/Time: Saturday/4 weeks of 9:00-10:00AM
& 4 weeks of 9:00-10:15AM

Dates: 4/21/12 to 6/9/12

Cost: Members \$40.00, Non-Members \$49.00

COACHES PITCH LEAGUE

This baseball/softball program is for boys and girls, which features a progressive approach to the game using adult coaches as pitchers. Improved fundamentals, teamwork and the enjoyment of the game are emphasized during the Saturday practices and low-competitive games.

Ages: 6-7

Day/Time: Saturday/4 weeks of 10:15-11:30AM
& 4 weeks of 10:30AM-12:00PM

Dates: 4/21/12 to 6/9/12

Cost: Members \$42.00, Non-Members \$51.00

Please note regarding Youth Sports Programs:

- *Flyers with detailed information will be available in late winter/early spring.*
- *All programs are conducted by local teachers who are experienced coaches.*
- *Players receive a shirt and a certificate for their participation.*
- *Contact George Hart, Youth Sports Director for further details (568-8631 x317 or ghart@westfieldymca.org)*

SPRING TENNIS CLINICS

In this program players will get some lessons and on the court practice/game action. It will be conducted from 5:00 to 6:30PM on four Tuesdays at Stanley Park's newly renovated courts. Included are instructional clinics for players age 8-12 by our expert staff. They will guide players with little or no experience to learn and use the basics of this active lifetime sport! New option: after the first three sessions, players may choose to sign up for one or two extra sessions (game play only!) to be held on additional dates!

Ages: 8-12

Day/Time: Tuesday/5:00-6:30PM

Dates: 5/1/12 to 5/22/12

Cost: Members \$48.00, Non-Members \$59.00

SPRING GOLF CLINICS

Get some lessons with on the course practice and play at Tekoa Country Club. Our expert staff will place the players in two separate groups based on the players' experience. A staff to player ratio of 1 to 6 will be maintained and allow golfers to appropriately learn the skills of this lifetime sport. New option: after the first three sessions, golfers may choose to sign up for one or two extra sessions to be held on additional Mondays!

Ages: 8-12

Day/Time: Monday/5:00-6:30PM

Dates: 4/30/12 to 5/21/12

Cost: Members \$44.00, Non-Members \$54.00

NEW MIDDLE SCHOOL GOLF LEAGUE

This is a possible program being considered for experienced golfers in grades 6-8. If this is offered, it would provide opportunities to compete with others of similar abilities at area golf courses during the late spring and early summer. It would be a great preparation for future competitive teams as well as a lead up to a lifetime of enjoyment in this great leisure sport! Please call or email to express interest and to receive more details, which will be available as soon as plans are finalized.



NEW OFF SEASON BASKETBALL ACADEMY

We are excited to announce a totally new opportunity for the serious basketball player who wants to stay focused on the sport of basketball. If you are a dedicated basketball player who wants to stay committed to the game year round, then this will definitely be the way to keep your game in shape for your competitive winter season. The Academy is a series of 12 to 20 sessions over the 8 months of the off season – from March to October. Area high school and college coaches will actively conduct all sessions, which will include skill maintenance, conditioning hints, development of mental and emotional strengths, trips to college campuses, reinforcement of academics, importance of family involvement, guest presenters, and more! These experiences will be conducted at times and locations convenient to all area families and athletes who might also play other sports.

The information below is tentative as this is still in the initial planning stages. Exact details will be finalized by mid winter, so feel free to call or email George Hart at the Y for updates and to express interest.

Ages: using the '11-'12 school year: grades 7-8 and grades 9-12

Dates: 2-3 each month on Tuesdays, Fridays or Sundays to be determined in advance of each season

Times: 1-2 hours in late afternoons or early evenings will be announced two weeks prior to each session

Locations: various area courts will be announced 2 weeks prior to each session

Costs: all 12-20 sessions: Members \$100-\$175 Non-Members \$130-\$205 individual sessions: Members \$10 Non-Members \$13

Registration for individual sessions must be done at least 2 weeks before the session date.

SUMMER PROGRAMS

4 FOR 4 BASEBALL CAMP

Special features of this camp include: conducted by the Head Baseball Coach at American International College, Nick Callini; ages 6 – 8 will be in their own group and have half days for basic skills and contests; and ages 8 – 12 will be in two groups for full day sessions for advanced skill development and upper level game play.

Ages: 6-8 and 8-12

Day/Time: Monday-Friday/8:00-11:00 AM and 8:00AM-2:00PM

Dates: 7/16/12 to 7/20/12

Cost: Members 1/2 day \$100.00; full day \$159.00

Non-Members 1/2 day \$110.00; full day \$170.00

DISC GOLF CAMP

Campers in this camp spend their mornings in coed groups learning the basic skills of disc golf. Experienced, knowledgeable instructors will teach basic throwing techniques and general game concepts all while providing a safe, enjoyable outdoor learning environment. Disc golf rules and ethics will also be integrated so campers can leave camp with the knowledge and confidence to play on their own. We will explore the self challenge and mental discipline that disc golf inspires and campers will have the opportunity to play on our Camp Shepard professional disc golf course! Costs include a disc golf putter and mid-range disc.

Ages: 8-10, 11-13

Day/Time: Monday-Thursday/8:00AM-11:00AM

Dates: 8/6/12-8/9/12

Cost: Members \$90.00, Non-Members \$100.00



RUGBY CLINICS

After our successful Fall Rugby Clinics, we are excited to offer these again, so come learn to play rugby, America's latest upcoming sport! As this sport gains momentum in the U.S., be one of the first to learn the basics in a safe structured environment under modified rules. We are offering these clinics for basic skills, rules, small sided games and fun, with hopes for the start of league competitions with other area teams!!

Ages: 8-12

Day/Time: Monday-Thursday/5:00PM-7:00PM

Dates: 8/20/12 – 8/23/12

Cost: Members \$60.00, Non-Members \$70.00

HIGH SCHOOL VOLLEYBALL CAMP

This camp will help prepare the high school volleyball player for the fall season. The focus will be on agility training, conditioning and skill development.

Players will work with high school coaches, certified volleyball officials and college players during the camp. Drills will be conducted by skill level. Players from the same school will be grouped together during game situations. A similar program is being planned for high school boys.

Session 1 - 9:00 AM – 11:30 AM

Monday, August 13 – Thursday Aug 16

Session 2 – 6:00 PM – 8:30 PM

Monday, Aug 20 – Thursday Aug 23

Members \$85.00, Non-Members \$95.00/each session

TENNIS CAMP

If you want to try an individual, lifetime sport – or if you want to improve your current skills – these four half days will be a great experience for you. Players will be in two age groups for instructions from our expert staff on basic skills and experiencing game play.

Ages: 7-13

Day/Time: Monday-Thursday/8:00AM-12:00PM

Dates: 7/9/12 to 7/12/12

Cost: Members \$103.00, Non-Members \$114.00

NEW ADULT SOCCER LEAGUES

During the late summer and early fall the Y will offer this new program for ages 18 and up. Games will be played at Stanley Park on Sundays in the late afternoon/early evening. Registrations will be accepted by entire teams or by individuals who wish to be placed on a team.

Further details will be available in mid summer. Teams or individuals should call or email George Hart at the Y to express interest by July 5.

NEW TRY 4 SPORTS CAMP

This unique new experience will be a great way for young athletes ages 7-11 to get an exposure to four sports – track & field, rugby, golf and tennis. Expert coaches will conduct the program which will focus on experiencing the fundamentals and game concepts of each sport in an enjoyable, supportive atmosphere with a small ratio of campers to staff.

Ages: 7-11

Day/Time: Monday-Thursday/9:00AM-12:00PM

Dates: 8/13/12 – 8/16/12

Cost: Members \$90.00 Non-Members \$105.00



BASKETBALL CAMPS

This summer we will continue offering basketball camps for all age groups as in the past with a reorganization of the camps that will provide players with appropriate facilities, more convenient times, lower costs, and a greater number of players. Improved skills, age appropriate experiences, preparation for competitive play, strengthening team

concepts, building sports character, and developing the enjoyment of the sport are the concepts which we have had and will continue to provide. We take pride in providing high quality staff for all camps, and again this summer they will be conducted by enthusiastic high school coaches who have experience with all ages and levels of players – you can be confident that their joy for the game will rub off on all players!

Camp	Ages	Dates/Times	Cost: Members / Non-Members
High School	14-17	July 10-19 (Tue & Thur)/6-9PM	\$90 / \$105
Competitive	10-13	Aug. 13-16/12:30-3:30PM	\$90 / \$105
Youth	6-9	July 30-Aug. 2/9-11:30AM	\$75/ \$87

High School The 3rd year of this successful camp will provide a strong emphasis on advanced techniques for highly motivated players who are planning to play at surrounding area high schools. It will be conducted in separate groups for female and male players, with the focus on the improvement of advanced individual skills and team concepts. Sessions include concentrated clinics, strategic games and experienced, enthusiastic local high school coaches.

Competitive This camp will help prepare advanced, motivated players for their next level of play. It will focus on the development of upper level skills through competitive drills, team building strategies, game play and experienced staff.

Youth Players in this camp will focus on the development of offensive and defensive skills, strengthen team concepts and build a greater enjoyment of the game. Clinics, practices, skill contests, and 5 on 5 games will all be a part of the fun and progress.

YEAR ROUND

YOUTH STRENGTH TRAINING

This is a structured program designed to develop muscular strength, flexibility and cardiovascular endurance for individuals ages 12 & 13 who want to get ready for their next sports season or to simply improve their personal fitness. The first two workouts are scheduled with George Hart to establish an independent routine, then occasional follow

up evaluations are conducted to insure proper progress. A youth, teen or full family membership is required for this program.

Ages: 12-13
Day/Time: Monday-Saturday/by appointment
Dates: year round
Cost: none

67 Court Street Westfield, MA 01085 Tel: 413.568.8631 www.westfieldymca.org



**For Youth Development
For Healthy Living
For Social Responsibility**

YMCA of Greater Westfield

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