



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER™



**LAKWOOD-TRUMBULL YMCA**  
**Camp Teepee**  
**Gymnastics Camp & Sports Clinics**  
**2019 Summer Day Camp Brochure**





## GREAT SUMMERS START HERE!

We provide a happy, healthy environment for children to learn and grow. At YMCA Summer Day Camp, participants gain a sense of accomplishment, build relationships and find their sense of belonging. It's a opportunity for physical, social, emotional and cognitive learning experiences. For families, camp offers a peace of mind knowing that your child is in a safe and enriching place.

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We can't wait to see you at **LAKEWOOD-TRUMBULL YMCA, CAMP TEPEE & GYMNASTICS CAMP!** We've planned an awesome, activity-packed summer with tons to learn, play and explore. **The Best Summer Ever!**



As a leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for over 130 years. The Central Connecticut Coast YMCA continues to give youth an enriching and safe experience. Our experienced and caring staff and volunteers model the positive core Y values of **caring, honesty, respect** and **responsibility** that help build character.

Everyone belongs at the Y. To ensure that all youth have the chance to experience summer camp, the Y offers financial assistance to those in need. Please talk with us to learn more. If you'd like to help send a child to camp, you can donate easily on our web site or at our Y.

**OUR MISSION: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.**

### CAMP TEPEE



Camp Tepee was established in 1958, at the current location, and since then has continued to be a great outdoor summer experience. On a daily basis, campers will explore the 47 acres at Camp Tepee. Campers will participate in activities such as; zip-line, swimming lessons, a climbing wall, arts and crafts, archery, ropes course, STEM, nature, outdoor education, special events and much more! Camp Tepee can take children 3-15 years old.

At Camp Tepee, youth have an opportunity to build new skills and talents, foster relationships with friends and role models, and develop a sense of belonging so they feel comfortable to be themselves. Our welcoming and inspiring setting motivates kids to push past their comfort zones, to try new things and build confidence in their abilities.

A typical day consists of a daily opening and closing ceremony, swim lessons, and a rotation of all of Camp Tepee's unique activity choices and special events related to the theme of the week. Camp Tepee offers an elective period called "camper's choice." The campers get to choose one activity for their schedule each week. These activities have academic components and tend to be more focused on a specific area of interest that is not offered camp wide. It has been a great success over the past two summers.

Generations of families have been involved with Camp Tepee because of the unique stories, traditions, and memories that exist within and because of the program. Camp Tepee offers children and teens opportunities to grow and experience new experiences. We are committed to helping your child have **The Best Summer Ever.**



**LAKEWOOD-TRUMBULL YMCA P 203 445 9633 W [lakewoodtrumbullymca.org](http://lakewoodtrumbullymca.org)**



# THE BEST SUMMER EVER, FOR EVERY AGE

At the Y, we make kids feel welcome and supported. Our counselors are specially chosen using in-person interviews, reference checks and training. They are educators, recreation specialists, future teachers and local students with a genuine interest in working with children. Your children may already know them from other Y programs and after school care. At least eighty percent, are 18 years old and older. After receiving an average of 40 hours of training in safety, positive behavior management and activity planning, they are ready to help campers make new friends and do everything possible to ensure **The Best Summer Ever**.

We focus on the Y's core values of **caring, honesty, respect** and **responsibility**, in all of our activities, from camper-chosen sessions, to swimming, to arts and crafts and games. We provide fun filled activities that allow for physical involvement, social interaction, educational opportunities, leadership building, personal growth and creativity.

Join us for a week or for the entire summer of fun! Campers are divided into groups, by the grade level they'll enter in the fall, with activities appropriate to the interests and needs of each group.

Camp is open to all children. The Y will work with children of all abilities. If your child requires special accommodations (social, behavioral, medical) please contact the Camp Director. The Y strives to provide each camper with an optimal summer experience but can not guarantee a specific counselor or camp group.

Summer camp will not be in session on Thursday, July 4. Our weekly themes and field trips may change as detail plans are finalized.

**The Y has child care programs available from the day school ends until it begins again! Ask about Y Vacation Club, Y Fun Club, Before and After school programs.**



## YMCA CAMP HI-ROCK



We also offer an overnight camp experience, a 'home-away-from-home' where campers will grow as individuals, learn to sail and water ski on a beautiful private lake in the Berkshires. Attend an info session at the Y or visit [camphirock.org](http://camphirock.org) for more information.

### GRADE LEVEL GROUPS

ENTERING GRADE	CAMP GROUP
Pre K Ages 3, 4, 5	Discovery
Kindergarten - 1st	Greenhorns
2nd - 3rd	Explorers
4th - 6th	Pioneers
7th - 9th	Adventurers
14 - 15 year olds	CIT - Counselor In Training

### WEEKLY THEMES

June 17-21	Show Us Camp Spirit
June 24-28	Super Hero Academy
July 1-5 (No July 4)	Stars & Stripes
July 8-12	Time Wrap
July 15-19	Mission Impossible
July 22-26	Color Wars
July 29-August 2	Celebrate the Good Times (Holiday Theme Week)
August 5-9	A Galaxy Far, Far Away
August 12-16	Wacky Water Week
August 19-23	Best of the Best

# GYMNASTICS CAMP

There is never a dull moment as we swing on the bars, flip on the trampolines, cartwheel and vault our way to **The Best Summer Ever**. Through our comprehensive program, beginners can gain skills in a short amount of time and carry them over into the fall. Experienced gymnasts will learn advanced skills and have time to focus on improving specific elements.

For over 20 years, the Lakewood-Trumbull YMCA Gymnastics program has been a proud leader in the community, providing gymnastics programs for all!

Designed for youth ages 3-15, the camp day begins at 9:00am and ends at 3:30pm. We offer a Pre Care option that begins at 7:30am, and a Post Care option that runs until 6:00pm. Preschoolers may choose the 1/2 day camp that runs from 9:00am-12:30pm.

Led by fun, dedicated and talented gymnastics leaders, participants will feel the excitement of making new friends and learning gymnastics skills in similar age and skill appropriate groups. Throughout the morning campers will train on six different types of gymnastics equipment: floor, bars, beam, tramp, vault and TumbleTrak. They will also have the opportunity to participate in various indoor sports, daily crafts, STEM and themed activities.

After lunch campers will enjoy gym games and open gym where they will be able to practice and refine the skills they have been working on. We finish the week with "Skit Day", where campers perform their new skills for friends and family. Watch as your child's confidence grows and as they form new friendships that could last a lifetime.

Beginner gymnasts will learn starting and finishing positions and proper form. Skills on floor may include cartwheels, forward rolls, backward rolls, handstands and bridges. Bar work will consist of pullovers, casts and front supports. They will learn vault approach, squat-ons and heel drives. Beam will focus on proper lock position, jumps and walks.

Advanced gymnasts will work on more challenging skills. On floor they will learn round-offs, handstand forward rolls, back handsprings and back flips. Bars will emphasize back hip circles, kips and shoot-throughs. Vault will consist of dive rolls, handstand flat-backs and front handsprings. On beam they will focus on handstands, cartwheels and back walkovers. Our goal is to help campers learn the fundamental skills necessary for gymnastics, and to work on perfecting these skills.

The Lakewood-Trumbull YMCA summer Gymnastics Camp is located at 20 Trefoil Drive, Trumbull CT and features an air conditioned facility with an in-ground trampoline, full-size TumbleTrak and a 400 sq.ft. foam safety pit system. Through the use of Olympic equipment, our staff will deliver a summer experience that will be talked about as **The Best Summer Ever**.



# SPECIALTY CLINICS

## MARTIAL ARTS (Grades K & up)

Whether they are little Ninjas, Beginner or Advanced, participants engage in the Cheezic Tang Soo Do discipline with a Master Martial Artist. At the Y, kids learn important life lessons such as focus, discipline and team building while having a great time!

## CREATIVE DANCE (Grades K - 2)

This class is designed for kids who love to dance to the most popular tunes of the summer! Students get the opportunity to learn creative hip-hop, modern and jazz infused movement that validates each child's personality and personal style of movement!

## MODERN DANCE FUSION (Grades 5 & up)

Looking to express yourself to the beat of your own imagination? Then modern dance is the place for you! This class allows dancers to be a part of creative dance exercises that encourages freedom of expression through basic modern movement and discovery of your own personal movement.

## BASKETBALL & FLOOR HOCKEY (Grades K - 4)

Take a pass on boredom and learn the fundamentals of these two high intensity games! Skills that will be acquired are basic dribbling, passing and shooting. Puck trapping and control are also introduced in these clinics.

## SOCCER & TBALL (Grades K - 2)

Kick up some outdoor fun. Participants will learn skills and drills for throwing, catching, fielding, running and kicking.

**Location: Outdoors TBD, 4 day clinic.**



## 2019 CLINIC SCHEDULE

June 24-28	Martial Arts
July 8 - Jul 11	Soccer/T-Ball
July 15 - Jul 19	Martial Arts
July 22 - Jul 26	Creative Dance
July 29 - Aug 1	Basketball & Floor Hockey
July 29 - Aug 1	Soccer/T-Ball
August 5 - Aug 9	Dance Fusion
August 12 - Aug 16	Basketball & Floor Hockey
August 19 - Aug 23	Martial Arts

**CLINIC TIMES:** 9:30am - 1:30pm (Extended Day Available for 5 day clinics)

**LOCATION:** All clinics will be held at 20 Trefoil Drive, Trumbull, CT, Except outdoor 4 day clinics.

4 day clinics will run Mon-Thurs, Fri will be a make-up day for inclement weather. Participants should bring a nut-free snack, lunch and plenty of water.



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## CONTACT INFORMATION

### LAKWOOD-TRUMBULL YMCA

A Branch of the Central Connecticut Coast YMCA  
**20 Trefoil Drive, Trumbull, CT 06611**  
**P 203 445 9633 F 203 445 9080**  
**Lakewoodtrumbullymca.org**

## GENERAL CAMP INFORMATION

Camp Tepee is located at 204 Stanley Road, Monroe. The camp day begins at 9:00am and ends at 3:30pm. Extended hours are available and hours are listed below.

Pre Care-7:15am-9:00am  
 Post Care-3:30pm-6:00pm



**Sibling Discount**—Camp Tepee offers a \$50 per session discount for each sibling beyond the first child, for equal amount of weeks. Gymnastics camp offers a 10% sibling discount for each sibling registered beyond the first child.

Bus Transportation is available to Camp Tepee school-age campers on a first come, first serve basis.

State regulations require that a fully completed and signed health form must be on file in the camp office for each camper. No camper will be allowed to attend camp without a current, complete form.

The parent handbook has a list of important items to bring each day and what to wear to camp. It also goes over important policies regarding camp.

Open house meet and greet events are on:

Saturday March 16 10 am - 1 pm  
 Saturday April 27 10 am - 1 pm  
 Saturday May 18 10 am - 1 pm  
 Saturday June 1 10 am - 1 pm

On these dates, please come visit the camp and meet the staff. We will provide a tour of camp and answer any questions that you may have about the upcoming summer.

Camp Tepee and Gymnastics Camp are licensed by the CT Office of Early Childhood.

## BECOME A Y MEMBER

Join the Y and gain access to all of our full-facility Y Branches. Enjoy free child watch, group exercise classes, reduced rates for swim lessons and camp. Be social, connect, and get healthier together. Call the Y Branch for more information. Financial Assistance may be available.



## 2019 CAMP FEES

Camp Choice	Weeks Offered	Member	Community Member
Youth Membership	Monthly	<b>\$29.00</b>	N/A
Camp Discovery	All	\$305	449
Greenhorns Explorers Pioneers	All	\$277	405
Adventurers	All	\$300	440
CIT	All	\$122	183
Camp Tepee Pre/Post Care	All	\$55/\$75	55/75
Camp Tepee Bus AM/PM	Weeks 1-9	\$60/\$60	\$60/\$60
Gymnastics 1/2 Day	All	\$145	\$275
Gymnastics Full Day	All	\$215	\$405
Gymnastics Pre/Post Care	All	\$45/\$75	\$45/75
Specialty Clinics 4 Day Specialty Clinics 5 Day	Various	\$124/ \$155	\$204/ \$255
5 Day Clinic Extension	Various	\$35	\$70

**\$25.00 non-refundable, non-transferrable registration fee per camper is required. \$50.00 non-refundable, non-transferrable deposit per camper per week required upon registration.** EZ Pay Options are available. Payments can be made monthly, weekly, or biweekly prior to your child's start date of camp once deposits and fees have been paid. Final payments for each session are due the Wednesday prior to the start date of sessions of camp. Financial Assistance forms are due no later than May 1, 2019.

### REGISTRATION STEPS

- Step 1:** Download, pickup, or have us mail you the registration packet. Download at lakewoodtrumbullymca.org
- Step 2:** Fill out the registration forms.
- Step 3:** Calculate the deposit.
- Step 4:** Write out your check and either mail or drop off forms at the Y.

