### Contact Information

<table>
<thead>
<tr>
<th>Camps</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>Teen Camps &amp; Leadership Programs</td>
<td>637-2025 ext. 230</td>
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<tr>
<td>Tennis Camps (Manlius Y)</td>
<td>692-4777 ext. 206</td>
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<tr>
<td>Art Camps (East Area Y &amp; Dance)</td>
<td>637-2025 ext. 216</td>
</tr>
<tr>
<td>Mini Explorers (Dewitt Community Church)</td>
<td>466-3408</td>
</tr>
<tr>
<td>Sports Camp</td>
<td>637-2025 ext. 232</td>
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<tr>
<td>Kids Camp &amp; Green Lakes Camp</td>
<td>637-2025 ext. 231</td>
</tr>
<tr>
<td>Inclusion Support</td>
<td>637-2025 ext. 211</td>
</tr>
</tbody>
</table>

### Camp Dates

- **June 29th–September 4th**
- *Note: Some camps only run specific weeks of summer—see inside for more details*

<table>
<thead>
<tr>
<th>Camps</th>
<th>Days</th>
<th>Before &amp; After Care</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIT</td>
<td>M-Th</td>
<td>No</td>
<td>X X</td>
</tr>
<tr>
<td>Junior CITs</td>
<td>M-F</td>
<td>No</td>
<td>X X</td>
</tr>
<tr>
<td>Arts Camp – Indoors</td>
<td>M-F</td>
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</tr>
<tr>
<td>Arts Camp – Outdoors</td>
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<tr>
<td>Teen Arts Camp – Outdoors</td>
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<tr>
<td>Teen Arts Camp – Indoors</td>
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</tr>
<tr>
<td>Fitness Camp</td>
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<tr>
<td>Kids Camp</td>
<td>M-F</td>
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</tr>
<tr>
<td>Sports Camp</td>
<td>M-F</td>
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<tr>
<td>Green Lakes Camp</td>
<td>M-F</td>
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</tr>
<tr>
<td>Before Care</td>
<td>M-F</td>
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<tr>
<td>After Care</td>
<td>M-F</td>
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<td>Mini Explorers at Dewitt</td>
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<tr>
<td>Mini Artists &amp; Athletes</td>
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<td>Arts Camp at SQHAP</td>
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<tr>
<td>Functional Athletics</td>
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<tr>
<td>Tennis Camp – Manlius</td>
<td>M-Th</td>
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<td>X X X X X X X X X X X</td>
</tr>
<tr>
<td>Dance Camp – Manlius</td>
<td>M-Th</td>
<td>No</td>
<td>X X X X X X</td>
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* at Camp Iroquois – No Transportation

- **Full-Day Camp**: 9:00am–4:00pm
- **Half-Day Camp**: 9:00am–12:00pm
- **Extended Care Options Available**:
  - AM Care $25/Week: 7:00am–9:00am
  - PM Care $25/Week: 4:00pm–6:00pm
Mission
To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.

Character Development
Like all Y youth programming, activities at summer camp promote the values of Honesty, Respect, Responsibility and Caring. It is the goal of the camp staff to foster and recognize these values throughout the camping experience.

Volunteer Opportunities
There are opportunities in each Y camp for volunteers who have a desire to work with youth in a group setting. The Y focuses on developing and enhancing valuable leadership traits in a fun, safe and value-oriented environment. Interactive training, team building activities, and hands-on learning experiences will foster the skills necessary for serving youth in a positive work setting. Please visit our member service desk for application details. 315.637.2025, x0.

Camp Staff
Camp counselors are enthusiastic individuals who are committed to providing a safe, diverse, and fun program for all campers. We screen, interview, and select all camp staff based on their ability to work effectively with children. Before the start of camp all staff undergo trainings which include: camp policies and procedures, emergency and safety regulations, child abuse prevention, behavior management and creative age-appropriate programming. At least one CPR, Responding to Emergencies (full-day camps) and First Aid certified staff is with each camp at all times.

Inclusion Support Services
Through our partnership with AccessCNY the Y is able to provide an inclusive summer camp experience to children of all abilities. Support counselors are available for all summer camp programs to individuals who qualify.* Support counselors are limited and available on a first come first serve basis. Each child who qualifies can receive 2 weeks of support.

*To be eligible for services through the Y an individual must have qualifying documentation through the Office for People with Developmental Disabilities (OPWDD) and meet our grant guidelines.

Please contact Laura Mangano-Smith
637-2025 x211 lmsmith@ymcacny.org

Accreditation
Onondaga County Health Department
Division of Environmental Health
John H. Mulroy Civic Center 12th Floor
421 Montgomery Street
Syracuse, NY 13202
Telephone: (315) 435-6617
LEADERSHIP PROGRAMS

LEADERSHIP IN TRAINING (LIT)
AGES 14–15
Monday–Thursday
9:00am–4:00pm
Session 1: June 29th–July 10th
Session 2: July 13th–July 24th
Session 3: August 3rd–August 14th
Session 4: August 17th–August 28th
• $20 Administration Fee/Session
• $125 Member/Session
• $145 Youth Member/Session
• $165 Non-Member/Session
The LIT program is designed to develop and strengthen the leadership and self-awareness skills of teens. Through leadership development trainings, team building, values activities, and volunteer work, teens will leave the two week program feeling more confident and prepared for future job opportunities.

JUNIOR COUNSELOR IN TRAINING
AGES 12–13
Monday–Friday
9:00am–4:00pm
• $20 Administration Fee/Week
• $100 Member/Week
• $120 Youth Member/Week
• $140 Non-Member/Week
The YMCA Junior CIT program is a supervised leadership development program that allows teens to develop their leadership skills by assisting with various summer camps, and learning more about what it means to work as a group to accomplish tasks as a team. The programs request a commitment of at least 3 weeks throughout the summer to ensure desired skills are learned and practiced.

FITNESS CAMP FOR TEENS
AGES 10–15
Monday–Friday
9:00am–4:00pm
Week 3: July 13th–July 17th
Week 5: July 27th–July 31st
Week 7: August 10th–August 14th
Week 9: August 24th–August 28th
• $20 Administration Fee/Week
• $195 Member/Week
• $215 Youth Member/Week
• $235 Non-Member/Week
Spend your summer learning healthy habits and gaining new skills in the world of health and wellness. This full day camp will include daily high intensity and low intensity workouts, cooking great food, learn about the best ways to fuel their body and have fun each day!

TEEN CAMPS
AGES 10–15
HALF DAY
Monday–Friday
9:00am–12:00pm
June 29th–August 28th
• $20 Administration Fee/Week
• $145 Member/Week
• $165 Youth Member/Week
• $200 Non-Member/Week
Are you looking for something to do this summer? Half day Teen Camp would be a great option. We will be providing 9 weeks of half day camps from 9am to 12pm. Each week is themed differently for everyone’s interests. They will range from Cooking Creations Camp, STEM Camp, Babysitting Camp, and many more. Please check out our website for the dates and themes. We look forward to seeing you in our Teen Camp!

ARTS CAMPS (HALF DAY)

MINI-ARTISTS & ATHLETES
Week 0 (June 22 – June 26) and Week 9 (Aug 24-28)
9:00am–12:00pm @ East Area Y, Ages 3–5
Let your “mini-artist” explore a variety of materials, processes and tools in the Art Studio and then get athletic in the gym with age-appropriate sports and games. Camp focuses on building motor and social skills while getting creative and active!
• $20 Administration Fee/Week
• $102 Members/Week
• $122 Youth Members/Week
• $142 Non-Members/Week

DANCE CAMP
Weeks 2, 3, 4, and 5
July 6–9, July 13–16, July 20–23, July 27–30 @ Manlius Y (Ages4–7) M-Th
Perfect for little ones who love to express themselves! Your child will be active while learning the foundations of multiple dance forms.
• $20 Administration Fee/Week
• $115 Members/Week
• $131 Youth Members/Week
• $142 Non-Members/Week
HALF-DAY ART CAMP
@ Stone Quarry Hill Art Park
Weeks 3, 4, 5, and 6
(Age 6-14) July 13-17, July 20-24, July 27-30,
Aug 3-7, 9:00am-12:00pm @SQHAP
Stone Quarry Hill Art Park has 104 acres, 4 miles of
hiking trails, and is in one of the first outdoor
sculpture parks in this country. In partnership with The
Art Park our unique camp includes formal art
instruction inspired by its sculptures and natural
surroundings. We offer a creative mix of arts media,
free art play, collaborative projects and exploration of
nature.
• $20 Administration Fee/Week
• $125 Family & Art Park Members/Week
• $145 Youth Members/Week
• $165 Non-member/Week

SPORTS CAMP
(Ages 8–13)
FULL DAY
Monday–Friday
9:00am to 4:00pm
(AM & PM Care Options Available)
June 29th–August 28th (10 weeks)
• $20 Administration Fee/Week
• $200 Family Member/Week
• $220 Youth Member/Week
• $240 Non-Member/Week
Sports Camp is the ideal program for young athletes
who can’t get enough sports and loves healthy
competition. Camp includes themed weeks for which
sports will be focused on as well as swimming, team
building activities, physical education games, and
specific skill related sport skills. Our character values
and sportsmanship are highly emphasized in which
deliver valuable lessons in competitive and non-
traditional sports. Campers should wear comfortable
clothes with sneakers, bathing suit, towel, sunscreen,
bug spray, bagged lunch (no glass or soda please) and
plenty of water. We will close out each week by
bringing our sports off site with our Field Trip Fridays.

YMCA Players of the Day:
At the end of each day a certificate is awarded to the
4 campers who emphasize the four core values of
Caring, Honesty, Respect, and Responsibility.

KIDS CAMP
(Ages 5–8)
FULL DAY
Monday–Friday
9:00am to 4:00pm
(AM Care & PM Care Options Available)
June 29th–August 28th (9 weeks)
• $20 Administration Fee/Week
• $200 Family Member/Week
• $220 Youth Member/Week
• $240 Non-Member/Week
For children ages 5–8 who want to experience camp
inside our YMCA. Each week campers will enjoy themed
activities, arts and crafts, swimming, presenters, and a
weekly field trip!
**GREEN LAKES CAMP**
@ GREEN LAKES STATE PARK
(Ages 6–12)
FULL DAY
Monday–Friday
9:00am to 4:00pm
(AM Care & PM Care Options Available)
June 29th–August 21st (8 weeks)
• $20 Administration Fee/Week
• $220 Family Member/ Week
• $240 Youth Member/ Week
• $260 Non-Member/ Week

Do you like exploring the outdoors? Learning about or environment? Making life-long friends? Or how about swimming in our beautiful lakes? Well if you do, Green Lakes Camp is the camp for you. Each day our campers will enjoy the gorgeous outdoors while hiking the trails, swimming in the lake and participating in fun filled activities such as group games, arts and crafts, and much more. Every day campers will need to bring sneakers, water bottle, a bagged lunch, bathing suit, towel, water shoes (flip flops, sandals, etc.), sunscreen and bug spray.

**MINI EXPLORERS**
@ DEWITT COMMUNITY CHURCH
(Ages 2 1/2– 5)
FULL DAY
Monday–Friday
8:00am to 5:00pm
July 6th–August 21st (7 weeks)
• $20 Administration Fee/Week
• $200 Family Member/ Week
• $220 Youth Member/ Week
• $240 Non-Member/ Week

Our smaller campers will enjoy this introduction to summer camps through exploration and summer learning. This preschool camp includes water day, wacky dress up days, and themed activities that will have them learning throughout the summer and prepping for back to school time!

**TENNIS CAMPS**
AT THE MANLIUS YMCA 2020
From Beginners to competitive players, we have a camp for you. Whether you are just learning to play or need to further develop match play strategies, this is the place for you. Full day and half day camps are available. These camps will be held outdoors, weather permitting.

**Dates of Tennis Camps**
Monday – Thursday
June 29 – August 27 (8 weeks)

**RACQUET ROOKIES (AGES 6–12):**
Monday – Thursday
9:00am–12:00pm Morning Session
Monday–Thursday
1:00pm–4pm Afternoon Session
Tennis sized right for age and ability lets kids play on shorter courts, with appropriate sized racquets, and slower, lower bouncing balls. Participants will be broken up into groups based on age and/or ability.

**INTERMEDIATE CHALLENGERS (AGES 12–16):**
Monday – Thursday
9:00am–12:00pm Morning Session
Monday–Thursday
1:00pm–4pm Afternoon Session
For intermediate players who have taken tennis classes/lessons before and are now ready to improve their tennis skills. We will work on court positioning and match strategy to help improve your overall game.

**POWER HITTERS (AGES 12–17):**
Monday – Thursday
9:00am–12:00pm Morning Session
Monday–Thursday
1:00pm–4pm Afternoon Session
Intermediate and more advanced players will improve technique, learn new strategies and play matches.
BEGIN YOUR BENEFITS TODAY!

Family Memberships also enjoy:
• No fee to upgrade from youth to a family unit
• Free programs: swim lessons, group exercise classes, water fitness, family events, wellness programs, running programs and member only classes
• Free drop-off childcare (Prime Time)
• Access to all 6 YMCA of Greater Syracuse Locations
• Academic Support