



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ENDLESS SUMMER FUN



**LAKEWOOD-TRUMBULL YMCA**  
Camp Tepee, Gymnastics Camp & Sports Clinics  
2015 Summer Day Camp Brochure

## NEW AND EXCITING AT CAMP THIS SUMMER!

You can expect all of the annual favorites including swimming, arts and crafts, archery, sports clinics and gymnastics programs. Our programs are designed for children from 3-15 years old.

The zip-line was a big hit last year. We love the opportunity to give our campers an adrenaline rush!

Once again the Discovery Campers will be part of Camp Tepee's full day camp program. Pre and post care options are available for all our campers!

Camp Tepee will also offer a Sibling Discount.

There's something for every child! Choose between Camp Tepee, Gymnastics Camp or at a Sports Clinic. Whatever summer program you choose, your camper is sure to have fun, make new friends, grow as a person and make memories that will last a lifetime.

We look forward to seeing you this summer!



## WHY THE Y?



The Y has been a leading provider of summer camp for over 125 years and continues to provide children and teens with an enriching experience. The Y ensures campers are in a safe environment with trained Y Staff who instill our core values of Caring, Honesty, Respect and Responsibility to help build a child or teen's character. We are committed to strengthening community through youth development, healthy living and social responsibility.

## LAKWOOD-TRUMBULL YMCA CAMP TEPEE & SUMMER PROGRAMS

Our summer programs provide children and teens with an opportunity to have fun, meet new friends and play. Kids learn to share, learn about sportsmanship and most importantly, they learn about themselves. For over 60 years, Camp Tepee has been proud to provide children a place they feel safe to explore the world around them. Campers enjoy 3 pools, boating, basketball and tennis courts, a playing field and ropes course and many other fun activity areas. You're sure to find something that peaks your child's curiosity. Whether you choose Camp Tepee, Gymnastics Camp or Sports Clinic, there is a unique and adventurous summer experience here for everyone!

## OUR MISSION

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

## HERE FOR YOU

The Y welcomes all who wish to participate in our programs. Each year, thanks to the generosity of many, we are able to provide assistances to youth and families in need. Please talk to us if you or someone you know could use assistance to send a child to camp.

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

## WHO IS OUR STAFF?

Future teachers, psychologists, and recreational professionals with a passion for making sure that every child who comes to a Lakewood-Trumbull Y summer program leaves more confident and with many new friends and stories.

Our staff are enthusiastic, well-trained, mature and intelligent. They are excellent role models for children, chosen for their ability to create a warm, caring and diverse community for your kids.

All Camp Teepee staff receives a minimum of 24 hours of training in safety, positive behavior management, activity planning, and more. Our camp staff is chosen because of the skills and personalities they will bring to the program, and their abilities to work closely and attentively with your children. We have a 95% retention rate with returning counselors.



## GRADE LEVEL GROUPINGS

Children are organized according to the grade they will be entering in the fall. Each day, campers will participate in various age appropriate activities.

If your child requires special accommodations (social, behavioral, medical) please contact the Camp Director. The Y strives to provide each camper with the optimal summer experience.

ENTERING GRADE	CAMP GROUP
Pre K (Ages 3, 4, 5)	Discovery
Kindergarten - 1st	Greenhorns
2nd - 3rd	Explorers
4th - 6th	Pioneers
7th, 8th, 9th	Adventurers
14 - 15 year olds	CIT (Counselor In Training)

## CAMP TEPEE SCHEDULE

DATES	THEME
June 15-19	Summer Here we Come!
June 22-26	Around The World
June 29-July 3	Holiday Hoopla
July 6-10	Hollywood
July 13-17	Color Wars
July 20-24	Super Hero
July 27-31	Silly Sports
August 3-7	Out Of This World
August 10-14	Camp's Got Talent
August 17-21	Anything Goes



**The Y has programs available from the day school lets out until it begins again!**

We also offer an overnight camp experience, at **YMCA CAMP HI-ROCK!** A 'home-away-from-home' where campers will grow as individuals while having fun in a beautiful Berkshire Mountain environment.

**Visit [camphirock.org](http://camphirock.org) or call us for more specific details!**

# GYMNASTICS CAMP

Designed for youth entering Grades Pre K - 7.

After being in a classroom for the entire school year, enjoy your summer bouncing, leaping and springing at the great Lakewood-Trumbull Y Summer Gymnastics Camp!

For over 12 years, Y Gymnastics has been proud to be a leader in the community, providing gymnastics programs for all!

Led by fun, year round 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. In addition to gymnastics, kids participate in sports fun and get crafty on a daily basis.

Skills that will be focused on can include cartwheels, forward rolls, backward rolls, handstands and pull overs on the bars. In addition, kids will learn basic beam skills such as directional walking, jumps, and arabesques, as well as how to safely jump and bounce on our in-ground trampoline and 40-foot long Tumble Track.

More advanced gymnasts may work on round-offs, back handsprings, back hip circles on bars, handstands on the beam, and handstand flat backs or front handsprings on vault.

Watch as your child's confidence grows and as they form new friendships that could last a lifetime.

The Y Family Program Center features an air conditioned facility with an in-ground trampoline, full-size TumbleTrack and a 400 sq/ft foam safety pit system. Through the use of female and male Olympic equipment, our team will deliver a summer experience that will be talked about into the school year.

The Lakewood-Trumbull YMCA Gymnastics Summer Camp is state licensed.



# SPORTS CLINICS

Bounce, sprint, kick, swing, bunt, volley and dribble your way into summer fun to foster a love of sports.

## **SOCCER & TBALL**

### **Entering Grades K - 1**

Kick up some fun and stay active outside. Participants will grow, learn, and practice the skills on a day by day basis. Skills taught are throwing, catching, fielding, running, kicking.  
Location - TBD

## **BASKETBALL & FLOOR HOCKEY**

### **Entering Grades K - 1 & 2 - 3**

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.  
Location - Family Program Center

## **TENNIS & FRISBEE GOLF**

### **Entering Grades K - 1 and 2 - 3**

Toss and volley your way into a fun-filled week. Work on hand – eye coordination, volley, sprints and throwing and catching in this unique camp experience.  
Location - Family Outdoor Center

## **FIVE SPORTS MIX**

### **Entering Grades K - 1 and 2 - 3**

For the kid that wants to try everything! Each day will yield two sports but never repeat until all 5 are introduced. A great way to get an introduction to All-American pastimes. Sports are soccer, baseball, football, Frisbee, and kick ball.  
Location - TBD

## **TENNIS**

### **Entering Grades 1 - 3 & 4 - 8**

We're serving up fun in our youth tennis clinics! Along with learning the fundamentals of the game, work on hand – eye coordination, volley, sprints and combination tennis movements.  
Location - Family Outdoor Center

## **FORT BUILDING & ADVENTURE**

### **Entering Grades 2 - 3**

An outside experience that explores nature and helps your child grow spiritually. Participants will work on knot tying, shelter building and learning the effects of strain on the body all while exploring the Outdoor Center at Camp Tepee.  
Location - Family Outdoor Center



## 2015 CLINIC SCHEDULE

DATES	Clinics
June 22-25	Soccer & T-Ball
June 29-July 2	Basketball & Hockey
June 29-July 2	Fort Building & Adventure
July 6-9	Tennis
July 6-9	Five Sport Mix
July 13-16	Tennis & Frisbee Golf
July 20-23	Soccer & T-Ball
July 20-23	Tennis
July 27-30	Basketball & Hockey
July 27-30	Fort Building & Adventure
August 3-7	Tennis
August 3-7	Five Sport Mix
August 10-13	Tennis & Frisbee Golf



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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**  
**W 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. The Pre-care Program opens at 7:30am. The Post-care Program runs until 6:00pm.

**Sibling Discount** - Camp Tepee offers a \$50 per session discount for each sibling registered beyond the first child.

Bus transportation is available on a first come, first serve basis servicing Fairfield, Easton, Monroe, Newtown, Trumbull, Shelton, Stratford and Bridgeport.

State regulations require that a fully completed and signed health form must be on file in the camp office for each camper. Health forms are due no later than one week prior to the first day of camp. No camper will be allowed to attend camp without a current, complete form. A physical within the past two years is required with this year's signature and date from your child's physician.

The parent handbook has a list of important items to bring each day and what to wear to camp.

Staff will host open house events prior to camp on:

Saturday March 21 10:00am - 1:00pm  
 Saturday April 25 10:00am - 1:00pm  
 Saturday May 16 10:00am - 1:00pm

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

## BECOME A Y MEMBER

Enjoy the many benefits of being a Y Member! Your camper and family can receive reduced program fees. Experience many free group exercise classes and free child watch. Socialize, connect and get healthy together. Call the Y Branch for more information! Financial Assistance available.

## 2015 CAMP & CLINIC FEES

Camp/Clinic Choice	Weeks Offered	Member	Community Member
Monthly Youth Membership	Monthly	<b>\$24.99</b>	n/a
Camp Discovery	All	<b>\$299</b>	\$439
Classic Camp	All	<b>\$272</b>	\$399
Adventurers	All	<b>\$298</b>	\$439
CIT	All	<b>\$115</b>	\$175
Camp Tepee Sibling Discount	All	<b>(\$50)</b>	(\$50)
Pre & Post Care	All	<b>\$50/\$70</b>	\$50/\$70
Gymnastics ½ Day	All	<b>\$105</b>	\$209
Gymnastics Full Day	All	<b>\$165</b>	\$329
Gymnastics Pre-care	All	<b>\$30</b>	\$30
Gymnastics Post-care	All	<b>\$65</b>	\$65
Sports Clinics	See Schedule	<b>\$105</b>	\$209

\$25.00 non-refundable, non-transferrable registration fee per camper required. \$50.00 deposit per camper per session 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, 2015.

## 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.

# SUMMER SWIM LESSONS AT THE Y OUTDOOR CENTER

## OUR PARENT AND CHILD SWIM LESSON PROGRAM

Our parent and child aquatic program is designed to teach basic water safety skills to children, and teach parents/guardians how to facilitate the learning of those skills during and outside of swim class. Our aquatic team is dedicated to providing a fun and positive environment for the children and parents.

## OUR YOUTH SWIM LESSON PROGRAM

Our youth aquatics program is designed to teach personal water safety, stroke development, water sports and games, rescue and personal growth skills to children. Our program is divided by age and skill levels. Children learn at their own pace and advancing to the next level is dependent on the child's completion of required skills. Please keep in mind that the session length does not guarantee that all children will advance to the next level.

## AQUATICS STAFF

We pride ourselves on a well-trained and enthusiastic staff. All lifeguards are certified in CPR/AED and First Aid, and our swim lesson instructors, swim team coaches, and other instructors have also received extensive trainings or certifications.



# SUMMER SWIM TEAM: LAKEWOOD LIGHTNING



**LAKEWOOD  
LIGHTNING**  
SUMMER 2014



Make the most of your experience at the Lakewood-Trumbull Family Outdoor Center and join Lakewood Lightning, our seasonal swim team!

We stress stroke technique, endurance, sportsmanship, goal-setting and leadership. We do this in an environment that embraces the YMCA's philosophy of building spirit, mind and body for all. We believe these qualities serve our swimmers well in the pool, but also in the classroom and in life.

We will have one unified team, intended to benefit everyone. We will have daily practices as well as swim meets throughout the summer. Our meets are designed to give swimmers a fun opportunity to showcase their skills and demonstrate how hard they have worked in practice.

Enjoy your summer outdoors, swimming with your friends on the Lakewood-Lightning Swim Team!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY AND PLAY AT OUR OUTDOOR YMCA

## Join the Lakewood-Trumbull Y Family Outdoor Center

Spend your summer afternoons and evenings having fun with your family at the Y. You'll be able to relax and feel comfortable with our friendly staff (they'll know you and your children by name.) After being greeted by our smiling staff, you'll be able to unwind while your children play and explore in an environment where they are both physically safe and emotionally secure.

Our 47 acre facility includes 3 outdoor pools, a pond for fishing, as well as, boating. You and your family can play basketball or tennis on the courts then enjoy mini golf. The zip-line, ropes courses and climbing wall are available for those wanting to challenge themselves. Or you can sit back by the lake or enjoy our famous snack bar.

Located at 204 Stanley Road in Monroe, the Lakewood-Trumbull YMCA Family Outdoor Center is open from Memorial Day through Labor Day.



To register or request additional information about the YMCA Family Outdoor Center, please contact us at 203 445 9633.

### 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 W [lakewoodtrumbullymca.org](http://lakewoodtrumbullymca.org)