



Summer 2010  
**Camp Guide**

Discover the  
**Fun!**

**Venice YMCA**  
(941) 492-9622

**Englewood YMCA**  
(941) 475-1234

*SOUTH COUNTY FAMILY YMCA*



# Information



# Welcome



As you read through this booklet, you will see that the staff at the South County Family YMCA has developed a wide variety of programs and activities to meet and exceed the needs of your family. Included are the traditional day camp programs as well as a variety of sports clinics, aquatic programs geared to the beginner through advanced swimmer, teen activities, wellness programs for all, many gymnastics and cheerleading camps, and instructional programs. The staff at the YMCA pledge to ensure all children will have a safe and enjoyable experience at the "Y". If any questions arise or additional information is needed please don't hesitate to call.



*Public schools are permitted to make information available to parents regarding school activities by not-for-profit organizations. The School Boards of Sarasota and Charlotte Counties provide this information as a service to their students and families. Distribution of this information does not constitute an endorsement of these activities.*

[www.southcountyfamilyymca.org](http://www.southcountyfamilyymca.org)

## Registration Information and Procedures

Registration can be done in person at the Venice Family YMCA located at 701 Center Road or the Englewood Family YMCA located at 701 Medical Boulevard. Registration can also be done online at [www.southcountyfamilyymca.org](http://www.southcountyfamilyymca.org). Family and Single Parent Family Members qualify for the member rate. A special Family Summer Membership is also offered. See the back cover of this booklet for additional information.

The following payment options are available:

- Full payment upon registration.
- First two weeks of program fee. Weekly fees thereafter must be made by the Wednesday prior to the upcoming week. Payments received after Wednesday will incur a \$25 late fee.
- First two weeks of program fee, then automatic electronic draft on each Friday prior to the upcoming next selected week. Drafts are available through debit, credit card, or, checking account. For this option please provide card information or voided check upon registration.
- Any applicable one-time registration fee is required at time of registration.
- All fees are non-refundable.

## Scholarship Assistance

Financial Assistance is available for those in need. To apply, please obtain the scholarship application at the YMCA's or download at [www.southcountyfamilyymca.org](http://www.southcountyfamilyymca.org). Please allow two weeks for processing.

## YMCA Camp Locations

- **Michael & Georgia Miller Venice YMCA**  
701 Center Road, Venice FL 34285  
Phone: (941) 492-9622

- **Warren Loranger Englewood YMCA**  
701 Medical Blvd., Englewood, FL 34223  
Phone: (941) 475-1234

- **YMCA on the Island**  
111 Firenze Ave. E., Venice, FL 34285  
Phone: (941) 484-2054

## YMCA Camps

### Day Camp

- Camp Victory
- Camp Island
- Camp Y'ild
- CIT Program
- Skateboard Camp
- YMCA Reads!

### Aquatics

- Sharks Pre Team
- Sharks Swim Team
- Lifeguard Course
- Swim School

### Gymnastics/Rockwall

- Gymnastics
- Rock Climbing
- Preschoolers In Motion
- Parent & Tot
- Pre School Gym

### Cheerleading/Dance

- Cheerleading
- Dance

### Sports

- All Day Sports Camp
- Rookie Sports Camp
- Youth Sailing Camp
- Boys & Girls Basketball
- Youth Basketball
- Youth Basketball Summer League
- Girls Volleyball
- Golf
- Racquetball
- Tennis

### Health & Fitness

- Fitness/Wellness Theme Camps
- Camp FitLife

- Field trips
- Arts & Crafts
- Outdoor games
- Skate park\*
- Recreational Swimming
- Alpine Climbing Tower\*
- Rock wall

## Traditional Summer Camp

- **Camp Victory**
- **Camp Island**
- **Camp Y'ild**

Our traditional YMCA Summer Camp Programs are licensed and monitored by the Department of Children and Families. All YMCA staff is specially selected, trained, and back ground screened by local, state, and federal agencies. Because your children are our top priority, ongoing training is required for all of our camp staff.

This summer, while continuing Character Development and the 4 YMCA Core Values of Caring, Honesty, Respect, and Responsibility, we are also focusing our programs on Fitness and Nature in Florida. We have several fun filled and exciting field trips planned throughout the summer, from exploring our local State Park environments to building confidence by climbing the Alpine Tower! And let's not forget our annual Tampa Bay Rays baseball games! Children are invited to share in new experiences and make memories that last a lifetime!

Ages: 5 years - 8th grade

Weeks: ● June 7 - August 20

● May 26 - August 6 for students who attend Charlotte County School district

Times: ● Mon - Fri 6:45 am - 6:00 pm

● Mon - Fri 6:30 am - 5:30 pm

● Mon - Fri 7:30 am - 6:00 pm

Cost Members: ● \$75 per week ● \$65 per week

Non-Members: ● \$100 per week ● \$80 per week

*Non-Refundable Registration Fees: Venice \$30 / Englewood \$20  
Includes 2010 camp T-shirt. (supplies are limited). Children are placed in age appropriate groups by grade level. Children are encouraged to be at camp by 9:00 a.m.*



# Camps



## Counselor In Training (CIT) ●

CIT's meet at the YMCA Youth Center each day and participate in fun filled, learning activities. Our goal is to teach YMCA core values, Character Development, basic water safety, CPR and First Aid, and job skills, especially those in a camp setting. YMCA staff and campers help us to build character in the leaders of tomorrow!

All CIT's also participate in fun field trips with other campers their age.

Ages: 13 - 15 years

Weeks: June 7 - June 19 or July 12 - July 23

Times: Mon - Fri 8:00 am - 5:30 pm

Cost: Members: \$60 per week Non-Members: \$80 per week

*All CIT's must participate in two weeks of training prior to working with groups. Children can NOT be registered for June 22 - July 9 or July 26 - August 20 as a CIT unless they have attended one of the two week training periods.*



## Skateboard Camp ●

Basic instruction time, free skate time, contests and more!

Ages: 2nd - 8th grade

Weeks: June 14 - July 9

Times: Mon - Fri 8:00 am - 12:00 pm

Cost: Members: \$35 per week Non-Members: \$45 per week

## YMCA READS! ●

Completed K - 2nd grade students will be able to participate in the YMCA READS! summer program. This program will have two sessions, one session will be 3 weeks held at Myakka Elementary in June. The second session will be held at Englewood YMCA for 3 weeks in July.

Ages: Completed K - 2nd grade

Weeks: June 7 - June 24, Myakka Elementary / July 12 - July 29, Englewood YMCA

Times: Mon - Thur 9:00 am - 12:00 pm

Cost: June 7 - June 24 \$30

July 12 - July 29 FREE to full time enrolled camp students or half off camp price for non camp students

*For more information please contact Linda Ware, Englewood READS! Coordinator at 475-1234 ext.234*

## End of Summer Trip to Busch Gardens ●●●

Enjoy this special field trip with your Y camp friends for a day of rides, shows and fun.

Ages: 2nd grade and up

Dates: August 6

Times: 8:00 am - 8:00 pm

Cost: \$50 / \$15 season pass holders  
(to accommodate transportation)



**Become  
a YMCA  
Member**



# Aquatics



## Membership

The South County Family YMCA is a membership organization. When you belong to the YMCA, you share in the values and mission the YMCA has offered its members since its inception in 1844. Our branches offer the following membership benefits:

- Personal Coaching Program offered free to each family member upon joining. Three sessions with a certified personal coach orients you to our facility and equipment and gets you started on a new fitness regimen.
- Access to fitness areas at both the Warren Loranger Englewood and Michael & Georgia Miller Venice Branches.
- Free babysitting while working out.
- Full and varied schedule of free aerobic and fitness classes.
- Reduced fees for specialty classes and programs.
- Use of the pools in both Englewood and Venice.
- Family memberships receive discounted fees for youth fitness and sports programs.
- Open gym time for basketball.

### Annual membership Rates:

Membership type	Joiner fee	Monthly draft amount or annual enrollment
<b>Youth</b> age 13- 21 years	NA	Monthly: \$24 Annual: \$288
<b>Adult</b> age 22 years +	\$50	Monthly: \$46 Annual: \$552
<b>Family</b> Parents and dependants under the age of 22 living at the same address	\$50	Monthly: \$63 Annual: \$756
<b>Single Parent Family</b> Single Parent and dependants under age 22 living at same address	\$50	Monthly: \$51 Annual: \$612

### \*Sharks Pre-Team ●●

For swimmers wishing to advance their swimming skills beyond swim lessons.

Ages: 5 - 8 years  
Weeks: June 7 - August 20  
Times: Varies on placement  
Cost: Varies on placement

### \*Sharks Swim Team ●●

- Venice and Englewood Training sites of the Sarasota YMCA Sharks
- 2010 YMCA State Champions
- 2010 Junior Olympic Champions
- 2009 YMCA National Champions
- USA Swimming "Gold Medal Club"

Ages: 7 - 18 years  
Weeks: June 7 - August 20  
Times: Varies on placement  
Cost: Varies on placement

\* Swimmers must tryout. Tryouts are available Wednesday evenings at 6:00 PM or upon request. Days, times and cost vary on skill level placement. 375-9115 sharks@veniceymca.org



### Lifeguard Course

Certifications in: Lifeguarding, CPR, First-Aid  
Includes: Pocket mask, whistle, course materials

Ages: 15 & up  
Dates: April 12 - 23, May 10 - 21, May 31 - June 11, June 14 - 25, July 12 - 23, August 2 - 13  
Times: Evenings / TBA  
Cost Members: \$150  
Non-Members: \$175

# Swim School

The YMCA has long been America's favorite swimming instructor. Whether just learning how to swim or improving strokes members are in safe hands with our certified swimming instructors and lifeguards.

## Venice ●

Cost: Members \$36 / Session Non-Members: \$42 / Session

### Station 1/2 Beginners

Ages: 3 - 5 years  
 Times: Mon, Tues, Wed 8:00 am - 8:30 am  
 Mon, Tues, Wed 5:00 pm - 5:30 pm  
 Sat 9:00 am - 9:30 am

### Station 3 Intermediate

Ages: 3 - 5 years  
 Times: Mon, Tues, Wed 8:45 am - 9:15 am  
 Mon, Tues, Wed 5:40 pm - 6:10 pm  
 Sat 9:40 am - 10:10 am

### Station 4 Beginners

Ages: 6 - 12 years  
 Times: Mon, Tues, Wed 8:45 am - 9:15 am  
 Mon, Tues, Wed 6:20 pm - 6:50 pm  
 Sat 9:40 am - 10:10 am

### Station 5/6 Inter/Adv

Ages: 6 - 12 years  
 Times: Mo., Tues, Wed 5:40 pm - 6:10 pm  
 Sat 10:20 am - 10:50 am

### Parent/Infant

Ages: 6 - 18 months  
 Times: Mon, Tues, Wed 8:00 am - 8:30 am  
 Sat 9:00 am - 9:30 am

### Parent/Toddler

Ages: 18 - 36 months  
 Times: Mon, Tues, Wed 5:00 pm - 5:30 pm  
 Sat 10:20 am - 10:50 am

#### Session Dates and Registration Deadlines

Weekday Sessions - Meet for 2 weeks

● Session I	June 7 - 18	Register by June 3	● Session IV	July 26 - Aug 6	Register by July 22
● Session II	June 21 - July 2	Register by June 17	● Session V	Aug 9 - 20	Register by Aug 5
● Session III	July 12 - 23	Register by July 8			

Saturday Sessions - Meet for 6 weeks

● Session I	June 5 - July 10	Register by June 3
● Session II	July 17 - Aug 21	Register by July 15

[www.southcountyfamilyymca.org](http://www.southcountyfamilyymca.org)

## Englewood ●

Cost: Members \$36 / Session Non-Members: \$42 / Session

### Station 1/2 Beginners

Ages: 4 - 5 years  
 Times: Mon, Tues, Wed 8:00 am - 8:30 am  
 Mon, Tues, Wed 5:00 pm - 5:30 pm  
 Sat 9:00 am - 9:30 am

### Station 3 Intermediate

Ages: 4 - 5 years  
 Times: Mon, Tues, Wed 8:45 am - 9:15 am  
 Mon, Tues, Wed 5:40 pm - 6:10 pm  
 Sat 9:40 am - 10:10 am

### Station 4 Beginners

Ages: 6 - 12 years  
 Times: Mon, Tues, Wed 9:45 am - 10:15 am  
 Mon, Tues, Wed 6:20 pm - 6:50 pm  
 Sat 9:40 am - 10:10 am

### Station 5/6 Inter/Adv

Ages: 6 - 12 years  
 Times: Mon, Tues, Wed 6:20 pm - 6:50 pm  
 Sat 10:20 am - 10:50 am

### Parent/Infant

Ages: 6 - 18 months  
 Times: Mon, Tues, Wed 5:00 pm - 5:30 pm  
 Sat 8:30 am - 9:00 am

### Parent/Toddler

Ages: 18 months - 3 years old  
 Times: Mon, Tues, Wed 5:40 pm - 6:10 pm  
 Sat 10:30 am - 11:00 am

#### Session Dates and Registration Deadlines

Weekday Sessions - Meet for 2 weeks

● Session I	June 7 - 18	Register by June 2	● Session IV	July 26 - Aug 6	Register by July 21
● Session II	June 21 - July 2	Register by June 16	● Session V	Aug 9 - 20	Register by Aug 4
● Session III	July 12 - 23	Register by July 7			

Saturday Sessions - Meet for 6 weeks

● Session I	June 5 - July 10	Register by June 2
● Session II	July 17 - Aug 21	Register by July 14

# Gymnastics Rockwall



## Gymnastics

Many aspects of gymnastics are included in these fun-filled days of camp. Professional instruction on gymnastics apparatus includes:

**(8) Balance Beams • Foam Pit • Rope Swing • Elite Uneven Bars**

**Progressive Skill Equipment • Vault Table • Star Bar System**

**(3) Spring Tumbling Floors • (2) "Tumble Traks" • High Bar • Bounce House**

## Rock Climbing

Many aspects of rock climbing are introduced and mastered during this week long camp. Harness safety, vertical and horizontal climbing techniques, belaying, repelling, and team building skills will all be introduced and mastered.

### Full Day: Gymnastics • Rock Climbing •

Ages: 1st - 8th grade

Weeks: June 7 - August 20

Times: Mon - Fri 9:00 am - 5:00 pm

Early drop-off 7:00 am / Late pick-up 6:00 pm

Cost Members: \$110 per week

Non-Members: \$165 per week

### Half Day : Gymnastics • Rock Climbing •

Ages: 1st - 8th grade

Weeks: Gymnastics – June 7 - August 20

Rock Climbing – June 7 - August 20

Times: Mon - Fri 9:30 am - 12:30 pm

or 1:30 am - 4:30 pm

Cost Members: \$70 per week

Non-Members: \$105 per week

Call (941) 375-9121 to speak directly with a gymnastics staff member.



## Preschoolers In Motion Camp •

This camp is for 3, 4 & 5 year olds. With the use of the gymnastics center and its instructors, these young campers will be exercising through gymnastics & dance, playing movement games, and working on fine motor skills. Child must be potty-trained

Ages: 3, 4 & 5 years as of June 1, 2010

Weeks: June 7, June 21, June 28, July 19, July 26, August 9, August 16

Times: Mon - Fri 9:30 am - 12:30 pm

Cost Members: \$70 per week

Non-Members: \$105 per week

## Parent & Tot Classes •

This is a special program where parent and child (18 - 36 months) work together to build locomotor skills and flexibility in a gymnastics environment. Parents help their children through obstacle courses and basic moves on gymnastics equipment.

Ages: 18 - 36 months

Dates: Session 1 – June 5 - 26 Session 2 – July 10 - July 31

Times: Sat 10:00 am - 10:45 am

Cost Members: \$34 / Session

Non-Members: \$51 / Session

## Pre-Gym Classes •

These classes are designed to help boys and girls develop coordination and physical fitness through basic loco motor and gymnastics skills. Special activities, along with the use of gymnastics equipment will be geared for each age group.

*(Any age exceptions must be approved by the gymnastics director.)*

Ages: 3, 4, 5 years as of June 1, 2010

Dates: Session 1 – June 5 - 26 Session 2 – July 10 - July 31

Times: Sat 9:15 am - 10:00 am

Cost Members: \$34 / Session

Non-Members: \$51 / Session

# Cheerleading Dance

# Birthday Parties



Cheerleading and Dance offer various ways to get fit, have fun, and express your personality.

## Cheerleading "Camp Spirit"

This camp teaches the athleticism of the sport of cheerleading while having fun in a stimulating environment. Cheerleading instructors cover levels from beginner to advanced tumbling, stunting and jumps. A dance, full-length cheers and chants will be taught to "blow" the crowd away.

## Dance Camp

Many aspects of dance are included in these fun-filled days of camp. Professional instruction in ballet, hip-hop, jazz, tap, and rhythmic gymnastics will be offered.

### Full Day: Cheerleading ● Dance ●

Ages: 1st - 8th grade

Weeks: Cheerleading – June 21 - 25, July 19 - 23, Aug 9 - 13  
Dance – June 14 - 18, July 12 - 16, Aug 2 - 6

Times: Mon - Fri 9:00 am - 5:00 pm  
Early drop-off 7:00 am / Late pick-up 6:00 pm

Cost Members: \$110 per week

Non-Members: \$165 per week

### Half Day: Cheerleading ● Dance ●

Ages: 1st - 8th grade

Weeks: Cheerleading – June 21 - 25, July 19 - 23, Aug 9 - 13  
Dance – June 14 - 18, July 12 - 16, Aug 2 - 6

Times: Mon - Fri 9:30 am - 12:30 pm

Cost Members: \$70 per week

Non-Members: \$105 per week



## Gymnastics Birthday Party

For one hour and 45 minutes a gymnastics instructor will lead your birthday party children in fun activities such as an obstacle course, bounce house, parachute fun, trampoline jumping and pit games. Add rock climbing to your party for an extra \$25!

Cost Members: \$110

Non-Members: \$165

## Dance Birthday Party

One hour and 45 minutes of organized birthday dance fun! Enjoy the bounce house during the party too! Instructor will lead the children through various dance activities and sequences.

Cost Members: \$110

Non-Members: \$165

## Rockwall Birthday Party

One hour and 45 minutes of organized birthday wall-climbing fun! Enjoy the bounce house during the party too! Instructor and parents supervise climb time. Parent may take belay safety class prior to party to help instructor. Add gymnastics to your party for an extra \$25!

Cost Members: \$110

Non-Members: \$165

*Cost based on 12 children. There is a fee of \$5 per additional child. YMCA provides invitations, helium balloons for each child, a balloon bouquet to take home, and most importantly, a YMCA instructor*

# New YMCA Program



# Sports



## Pilates at the South County Family YMCA

The Pilates Method of exercise was first developed in the 1920's by Joseph H. Pilates. It is a low-impact form of exercise that promotes muscle leanness and length rather than bulk, helping you get a total body workout, developing long, lean muscles and a flatter midsection, all while improving your flexibility.

The Venice YMCA's Pilates Studio has 5 Pilates Reformers and 10 certified instructors practicing in both small group and individual sessions.

The Englewood Pilates Sanctuary has 4 Pilates Reformers and specializes in private and semi-private instruction with a certified Pilates instructor.

You do not need to be a member to participate in Pilates programs at the YMCA. See our website [www.southcountyfamilyymca.org/programs-ymcapilates.shtml](http://www.southcountyfamilyymca.org/programs-ymcapilates.shtml) for class schedules or call for more information

In Venice – Christine Woodward at 492-9622 ext 140  
In Englewood – Terri Josephson at 475-1234



## All Day Sports Camp ●●

A variety of sports and activities will take place including basketball, football, soccer, swimming, track and field events and more. Field trip included. Register for any ½ day Specialty Camp for \$ 20.00 when you register for Sports Camp

Ages:	● 2nd - 8th grade	● 2nd - 8th grade
Weeks:	● June 7- August 20	● June 1- August 20
Times:	● Mon - Fri 7:00 am - 6:00 pm	● Mon - Fri 7:30 am - 6:00 pm
Cost Members:	● \$75 per week	● \$65 per week
Non-Members:	● \$100 per week	● \$80 per week

*Non-Refundable Registration Fees: Venice \$30.00 / Englewood \$20.00  
Includes 2010 camp T-shirt. (supplies are limited).*

## Rookies Sports Camp ●

Introduction and instruction in various sports will be offered including Basketball, Baseball, Football and Soccer. Daily swimming and camp games will also be included.

Ages:	Completed K - 1st grade
Week:	June 7 - August 20
Times:	Mon - Fri 7:00 am - 12:30 pm
Cost Members:	\$37.50 per week
Non-Members:	\$50 per week



## Youth Sailing Camp ●

Come learn to sail. Participants will learn entry level sailing under the direction of the Englewood Sailing Association. Space is limited to 18 participants. All participants need to be able to swim and will need to bring sunscreen and a lunch daily.

Ages:	9 - 15 years
Week:	June 21 - 25
Times:	Mon - Fri 9:00 am - 3:00 pm
Location:	Indian Mound Park
Cost Members:	\$80 per week
Non-Members:	\$95 per week



# Sports



## Boys & Girls Basketball Camp ●

Clinic includes drill stations to improve dribbling, shooting, passing, rebounding and defense. Also features three on three half court and five on five full court games.

Led by current Venice High School, Girl's Varsity Head Coach, John Flynn and past and current players.

Ages:	Completed 2nd - 8th grade
Weeks:	Boys – June 7 - 11 & July 26 - 30    Girls – June 14-18 & Aug 2-6
Times:	11:00 am - 2:00 pm
Cost Members:	\$55 per week
Non-Members:	\$75 per week

## Youth Basketball Summer League ●

Program will consist of drills to develop individual skills. Participants will also play 5 on 5 games and enjoy various skills contests.

Ages	8 - 13 years
Week:	Tues and Thurs nights, beginning June 1.
Times:	6:00 pm - 8:00 pm
Cost Members:	\$40
Non-Members:	\$55

## Youth Basketball Summer League ●

Program will consist of drills to develop individual skills. Participants will also play 5 on 5 games.

Ages:	8 - 13 years
Dates:	Starting June 1
Times:	6:00 pm - 8:00 pm
Cost Members:	\$40
Non-Members:	\$55



## Girls Volleyball Camp ●

Instructional clinic features drills, stations, and games. Led by former Venice High School standout, Natalie Gaudreau. *Players should wear knee pads.*

Ages:	Completed 3rd - 8th grade
Week:	July 19 - 23
Times:	Mon - Fri 2:00 pm - 5:00 pm
Cost Members:	\$40
Non-Members:	\$55

## Girls Volleyball Camp ●

Instructional Clinic led by Lemon Bay Head Coach David Rohrer. Clinic will consist of drills, stations, as well as teaching the strategies of team play. *Players should wear knee pads.*

Ages:	Entering 5th - 12th grade
Week:	June 1 - 4
Times:	5th - 8th grade Tues - Fri 9:00 am - 10:30 am 9th - 12th grade Tues - Fri 10:30 am - 12:00 pm
Cost Members:	\$40
Non-Members:	\$55



## Golf ●

Clinic will focus on developing putting and driving skills and learning course etiquette. *Proper golf attire needed, no t-shirts or jeans will be allowed on the course.*

Ages:	Completed 3rd - 8th grade
Week:	June 21 - 25
Times:	9:30 am - 11:30 am
Location:	Pelican Pointe Golf & Country Club
Cost Members:	\$55 / Session
Non-Members:	\$75 / Session

# Sports



**6 weeks  
thru  
pre-K**

## Racquetball •

Introductory clinic teaches fundamental forehand and backhand shots, serving, footwork, and game strategies. Taught by resident expert Lan Huynh.

Ages: Completed 3rd - 8th grade  
Dates: July 13 - 22  
Times: Tues. & Thurs. 2:00 pm - 3:00 pm  
Cost Members: \$30 / Session  
Non-Members: \$35 / Session

*Bring your own racquet and safety goggles if you have them.*

## Tennis Camp •

Learn fundamentals of serving, volleying, and game strategy. Camp is designed to accommodate players of all skill levels. Camp is led by Mike Maier, USPTA and Head Varsity coach of Lemon Bay high school.

Ages: 7 - 16 years  
Time and location to announced. Please contact the Englewood YMCA with any questions.  
Cost  
Members: \$40 / Session  
Non-Members: \$50 / Session

*Bring your own racquet.*



## Preschool

The South County Family YMCA offers childcare for children ages 6 weeks through the Voluntary pre-kindergarten program (Florida's "No child left behind" initiative). Our programs are provided for children in a setting characterized by warmth, personal respect, positive support, and responsiveness. The goal of the YMCA preschool is to support and assist parents, to strengthen parent child relationships, and to increase the importance of the family unit. Our curriculum emphasizes the four key areas of development: cognitive, social, emotional, and physical through developmentally appropriate experiences.

Rates and fees – Our preschool fees are very reasonable. We offer a variety of payment options, and scholarship assistance for families in need. Please visit us at [www.veniceymca.com](http://www.veniceymca.com).

### LOCATIONS

**Venice Family YMCA  
Preschool Center**  
701 Center Road  
Venice, FL 34285  
375-9122

**Venice Family YMCA  
"Island Preschool Center"**  
111 E. Firenze Ave  
Venice FL 34285  
484-2054

# Health & Fitness

## Quest Camp ●

Ages: 8 - 11 years

Times: 9:00 am - 5:00 pm Early drop-off 7:00 am / Late pick-up 6:00 pm

Cost Members: \$80 per week Non-Members: \$110 per week

*Non-Refundable Registration Fees: \$30 Includes 2010 camp T-shirt. (supplies are limited). All weeks will include creative healthy snacks we all prepare together, fun nutrition education and activities, arts and crafts, pool time, and field trips. Quest participates in the CIT program: Prerequisite of CIT Training Camp.*

### Week One-Fencing Quest June 7 - 11

Intense Fencing training with Fencing Coach Werner Meudt. This camp will teach proper techniques for using the Foil, Épée, and Sabre. Campers will also participate in daily fencing matches with others in the camp. All equipment is provided.

### Week Two-Wilderness Quest June 14 - 18

Rock climbing, wilderness survival, basic first aid, hiking, biking, outdoor games, on-the-ground ropes course. All activities lead up to a Friday night overnight camping trip at the Englewood YMCA's camping area. All campers must bring their own sleeping bag. Parent volunteers needed for the overnight.

### Week Three - Splash Quest June 21 - 25

Swimming, Kayaking, Wet 'n' Wild water games, and lots of water fun to keep cool in the hot sun.

### Week Four - Muscles in Motion Quest June 28 - July 2

Instruction and use of strength training options including stretch bands, Bosu's, hand weights, balance boards and body bars. Core, flexibility, and cardio training. Campers will learn about the muscles and what is being used with each exercise.

### Week Six - Triathlon Quest July 12 - 16

We will be biking, swimming and running and learning all the things you need to know to do a triathlon. Bike safety and repair. On Friday we will do a mock indoor/outdoor mini-triathlon and give out awards to all.

### Week Seven - Community Challenger Quest July 19 - 23

We will do team building activities, pick a group project to benefit the community, plan it together and implement it.

## Camp FitLife ●

Is an intensive three week day camp focusing on achieving and maintaining a healthy body weight for youth ages 12 – 15. Each day is filled with a variety of fun, physical activities and games, nutrition activities, education and behavior change strategies with nightly assignments and family participation required. Kids will learn how to safely and successfully reach their goal weight by making healthy lifestyle modifications leading to good health for life. Parental participation one evening per week and a physician's consent are mandatory. Body weight and BMI measurements will be discreetly taken each week. Lunches and all snacks provided daily for all participants and dinners for the families on Fridays.

With activities ranging from tennis to hiking, dance classes to kickball, kids will learn that exercise is an enjoyable and fun part of a healthy lifestyle. Campers will utilize the YMCA fitness facilities for the majority of their exercise program.

The camp is lead by exercise physiologists, a certified nutrition educator, an LPN and guest exercise instructors and personal trainers from the YMCA.

Ages: 12 - 15 years

Dates: June 7 - June 25

Times: Mon - Fri 9:00 am - 4:00 pm and  
Fri 6:00 pm - 8:00 pm Family night (dinner included)

Cost \$750 - 3 week session

*Camp limited to a maximum of 10 and a minimum of 6*

*Childhood obesity has more than tripled in the past 30 years. In children ages 12 to 19, the prevalence has increased from five percent to 18.1%. It's important to teach proper nutrition and an active lifestyle early on, and help children develop the skills that they can carry with them throughout their lives. This camp will not only help children toward achieving and maintaining a healthy weight during their three weeks, but also provide them with the tools to continue this throughout their lives.*





# Big Summer Fun at a Small Price!

Enjoy all the amenities  
at both the Venice and  
Englewood Branches  
including the Swimming  
Pool and Wellness Center.

**\$168**

Family Membership  
Valid June 1st through  
August 31st

**\$211**

Family Membership  
Valid May 1st through  
August 31st

Summer Fun Membership can be applied to 2010 Summer Camp Y Rates. Summer rate can be applied towards an annual membership at the end of the summer.

Enroll in Summer Membership and SAVE on various Summer Camps as well as being able to utilize all the Y facilities and pool during the summer months!

## We have a lot to offer!

- Voted "Best Spa/Fitness Center" 1998-2009 by Reader's Choice Award
- Voted "Best Gym/Aerobics Location" 1998-2009 by Reader's Choice Award
- Fully equipped, state-of-the-art Wellness Centers
- Junior Olympic size heated pool in Englewood
- Olympic size heated pool in Venice
- Whirlpool hot tub
- Double Gymnasium with lines for basketball and volleyball
- Gymnastics equipment
- Dedicated SPIN classroom
- Aerobic rooms for fitness classes
- Youth sports fields
- Multi-purpose room
- Game Room
- Free Babysitting Services
- Fitness and health classes for every level of expertise and fitness
- Personal Training and Massage services available.