



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADVENTURE AWAITS



**SUMMER CAMP 2019**  
**CARONDELET PARK**  
**REC COMPLEX**  
[gwymca.org/carondelet](http://gwymca.org/carondelet)



# WELCOME TO CAMP

## CARONDELET PARK REC COMPLEX

930 Holly Hills  
St. Louis, MO 63111  
phone: 314.768.9622  
email: [carondelet@gwrymca.org](mailto:carondelet@gwrymca.org)  
website: [www.gwrymca.org/carondelet](http://www.gwrymca.org/carondelet)

## CAMP HOURS

Monday-Friday  
9 am-4 pm

## FUN CLUB (BEFORE & AFTER CAMP CARE)

6:30-9 am Before Care  
4-6 pm After Care  
Must register in advance for Fun Club.

## CAMP CONTACTS

### OUR CAMP STAFF:

**Alison Gartner, Camp Director**  
314.685.3800 ext. 228  
[alison.gartner@gwrymca.org](mailto:alison.gartner@gwrymca.org)

**Martez Adams, Teen Coordinator**  
314.768.9622  
[martez.adams@gwrymca.org](mailto:martez.adams@gwrymca.org)

**Talina Dearing, Camp Registrar**  
314.685.3800 ext. 213  
[talina.dearing@gwrymca.org](mailto:talina.dearing@gwrymca.org)

**Jennie Alberts, Sr Program Director**  
314.685.3800 ext 214  
[jennie.alberts@gwrymca.org](mailto:jennie.alberts@gwrymca.org)

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

## SAVE ON CAMP!

Did you know that Y members receive the lowest rates for camp? Ask us about membership today!

**Please note:** In order to receive the member rate you must have an active family membership at the time of registration and program participation.

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## Welcome Families & Campers

At the **Carondelet Park Rec Complex**, we have an action-packed program planned this summer, where young people can make new friends while having a whole lot of fun! The trained and dedicated staff, age-appropriate activities, new camps, field trips, team building, sports and crafts come together to make an unforgettable summer. Our focus is on developing the potential of every camper, while creating a warm and nurturing environment where all campers can play, challenge themselves, and make friends. We strive to engage our campers with mentally and physically rewarding activities that incorporate our core values of Caring, Honesty, Respect, & Responsibility.

-Alison Gartner  
Camp Director

## SPECIAL PRICING

Register early and save!

### EARLY BIRD SPECIAL

Register between December 26 and January 31  
**20% OFF\***

### SUMMER BLAST

Register between February 1 and February 28  
**15% OFF\***

### SUMMER IS RIGHT AROUND THE CORNER

Register between March 1 and March 31  
**10% OFF\***

Register online at [www.gwrymca.org/carondelet](http://www.gwrymca.org/carondelet)

\* Savings can be applied to a total of three weeks per child, per summer. Discount will be applied in person at the branch. If registering online, the Camp Registrar will notify you through confirmation email the discount has been applied. Not all camps are eligible for discount. Camp deposit required upon registration. Cannot be combined with any other offer. Does not apply to Camp Lakewood, C.I.T. (Counselor in Training) or Fun Club extended care.







## TYPICAL DAY

6:30-9 Fun Club - Before camp care  
 8:15 - 9:15 Breakfast provided by Schools Out Cafe  
 9:15-9:30 Opening, songs, & thought for the day  
 9:30-9:45 Discuss daily activities  
 9:45-11:15 Special projects (arts & crafts, cook outs, science projects, nature projects, etc.)  
 11:15-12:15 Lunch provided by Schools Out Cafe  
 12:30-2:30 Swimming (Mon, Tues, Wed, Fri)  
 2:30-3 Clean up camp, put away supplies, quiet game  
 3-3:30 Camp snack (provided) and CAMP READERS  
 3:30 - 4 Closing announcements/Closing ceremony  
 4-6 Campers depart/Fun Club - After camp care  
 (On field trip days, schedules will vary.)

# TRADITIONAL

## CAMP FUN IN THE SUN

Ages 5-13  
 9 am - 4 pm



Offered throughout the entire summer this camp is designed for a wide variety of conventional interests that include arts & crafts, group games, nature exploration, swimming, field trips and more. Camps are themed weekly. Most camp activities will be held outdoors with indoor activities provided based on the day and theme. Day campers will be divided into groups, by grade level they are entering in the fall, with activities appropriate to the interests and needs of each group. Each week includes a field trip.

**Camp Fee:** \$150/week

**Members Pay Only:** \$125/week

### Field Trips:

Week 1: Science Center: ages 5-8  
 Purina Farms: ages 9-13  
 Week 2: Purina Farms: ages 5-8  
 Science Center: ages 9-13  
 Week 3: Circus Flora: ages 5-13  
 Week 4: Camp Games\*\*: ages 5-13  
 Week 5: Grants Farm: ages 5-8  
 STL Zoo: ages 9-13  
 Week 6: STL Zoo\*\*: ages 5-8  
 Grants Farm: ages 9-13  
 Week 7: Myseum: ages 5-8  
 Junior Achievement: ages 9-13  
 Week 8: Magic House: ages 5-8  
 Sky Zone: Ages 9-13  
 Week 9: DuBowl: ages 5-8  
 STL Skatium: ages 9-13  
 Week 10: STL Skatium: ages 5-8  
 DuBowl: ages 9-13  
 Week 11: Crestwood Aquatic Center: ages 5-13

\*\*These field trips will be held on Friday.



Held Outside



Weekly Field Trip



Swimming

Weeks 1-11\*, May 28-August 9  
 \*No Camp on May 27 and July 4, weeks, 1 and 6 prorated.



# SPORTS CAMPS



9am – 4pm

Sports & dance camps are full day camps that focus on a different sport each week, while also including traditional camp activities, including swimming and field trips. Fun includes practicing drills, improving skills and playing in an environment that encourages teamwork and fosters good sportsmanship! All sports camps require tennis shoes, SPF Sunscreen, swim-suits and plenty of water! Ages 5-13, unless indicated.

Camp Fee: \$160/week  
Members Pay Only: \$135/week  
(except where noted otherwise)

## Basketball Camp

**Week 6\*: July 1 – 5 • Ages 5-7**

**Week 7: July 8 – 12 • Ages 8-13**

\*Week 6, no Thursday, prorated Camp Fee: \$135

Members pay only: \$115

Ages 5 – 13. Campers will learn basketball skills from a games approach from experienced staff. Improve your skills, make new friends, be active with other kids and learn to love basketball!

## Soccer Camp

**Week 2: June 3 – 7 • Ages 5 – 7**

**Week 3: June 10 – 14 • Ages 8 – 13**

Ages 5 – 13. We provide a fun and safe atmosphere for every aspiring athlete to develop and improve their skills. Each day of this camp, we will focus on skills for soccer so your camper can show his or her talents and build on them through different drills and games!

## Sports of All Sorts

**Week 10: July 29 – Aug 2 • Ages 8 – 13**

Ages 8 – 13. This camp is designed to give the basic understanding of a variety of non-traditional sports so your athlete can develop new talents! Sports included are Ultimate Frisbee, team handball, kickball, and more!



## Movin' and Groovin'

**Week 6\*: July 1-5 • Ages 8 – 13**

**Week 10: July 29 – Aug 2 • Ages 8 – 13**

\*Week 6, no Thursday, prorated Camp Fee: \$135

Members pay only: \$115

Ages 8 – 13. Kids will move those muscles! Get ready for a different type of dance groove each day, accompanied with gymnastic moves that will help keep little bodies strong. The week will end with an awesome dance routine by the camp on Friday at 4:20 pm! Parents are welcome!



Held Outside



Weekly Field Trip



Swimming

Please note that occasionally camp scheduling and content are subject to change. Parents and guardians will be notified of any changes prior to the beginning of camp.



# ARTS & HUMANITIES

Are designed to offer activities focused on a particular interest, learning or progressive opportunity while also including traditional camp activities, including swimming and field trips. Camp size may be smaller in nature and may be offered either indoors or outdoors based on the specified interest. Ages 5 and up unless noted otherwise.

**Camp Fee:** \$160/week

**Members Pay Only:** \$135/week

Unless indicated

**9 am – 4 pm**

## What a Mess

**Week 2: June 3 – 7 • Ages 5-7**

**Week 3: June 10 – 14 • Ages 8-13**

Ages 5-13. This Messy Art Camp week will include projects that are geared to create quite a mess for each finished product. Your camper may wear some of their art projects home depending on how messy they can be!



## Art of Construction

**Week 4: June 17 – 21 • Ages 5-7**

**Week 5: June 24 – 28 • Ages 8-13**

Ages 5-13. This week, your little artist will learn all about how art of construction has developed over the centuries! Campers will create plans, build block replicas of buildings, even design and build a structure to take home!

## Improv Camp

**Week 4: June 17-21**

**Week 7: July 8-13**

Ages 8-13. Improv uses a lot of teamwork, trust, and a "Yes" attitude. These skills not only apply to life, but also build character and skills that your children will use as they grow throughout this week. This camp has a collaboration with volunteers from Compas Improv from Saint Louis.

## STEM

**Week 6\*: July 1-5 • Ages 5-7**

**Week 7: July 8-12 • Ages 8-13**

\*Week 6, no Thursday, prorated Camp Fee: \$135  
Members pay only: \$115

Learning has never been as fun as you'll find in our wide array of Science, Technology, Engineering & Math (STEM)! Our STEM Camp combines summer day camp activities with fun, hands-on activities that will stimulate your Campers mind and help him/her explore the endless possibilities offered by these important disciplines.

Occasionally camp scheduling and content are subject to change. Parents/guardians will be notified of any changes prior to the beginning of camp.

## Girls Rock Camp

**Week 8: July 15 – 19 • Ages 5 – 7**

**Week 9: July 22 – 26 • Ages 8 – 13**

Good-bye princesses and hello rock stars at our GIRLS ROCK camp! Girls will dance, sing and cheer while developing confidence and embracing individuality. Girls will love the opportunity to bond with others and create lasting memories while making jewelry and special treasures.

## Boys Will Be Boys Camp

**Week 8: July 15 – 19 • Ages 5 – 7**

**Week 9: July 22 – 26 • Ages 8 – 13**

Ooey, gooey boy stuff will be our focus all week! Boys camp will include making slime, paper airplanes, awesome, energy burning games and more while building meaningful friendships.







# AQUATICS CAMP

9 am-4 pm



Campers jump in the pool everyday! Focus is on instructional, recreational and educational pursuits around swimming. Campers must have appropriate swimming suits each day or there will be a call home, to bring a new swimsuit to camp. Ages 5-13

**Camp Fee:** \$160/week  
**Members Pay Only:** \$135/week  
Unless indicated

## H2O Madness Camp

**Week 5: June 24-28**

**Week 9: July 22 - 26**

Ages 5-13. Our goal is to provide your child with a camp that will explore different water sports & games while benefiting from our traditional day camp structure with time to dry off!

## Water Park Hop

**Week 4: June 17 - 21**

**Week 10: July 29 - Aug 2**

**Weekly session fee:** \$190

**Members pay only:** \$150

Ages 7 - 13. Campers will explore different water parks throughout the St. Louis area. Each day we will start out with a traditional camp schedule with activities and then head out to the chosen water park for some splashing fun! Campers must be at least 48 inches tall. Campers return to Carondelet by 4pm each day. Financial assistance is not available with this camp.

## Jr. Lifeguard Camp

**Week 8: July 15 - 19**

Ages 10 - 17. Practice and learn lifeguarding skills and get a head start on certifications. Learn the basics of YMCA lifeguarding, CPR, and First Aid. Must be able to swim 100 yards and tread for 30 seconds.

## GO FOR GREEN!

### FREE Summer Day Camp Swim Lesson Program

We want to ensure everyone stays safe around water!

Did you know drowning is the leading cause of accidental death for children one to four years of age and the second leading cause of accidental death for children five to fourteen?

As part of our drowning prevention initiative at the Carondelet Park Rec Complex, day campers will participate in our "Go for Green" program. All campers will be swim tested at the beginning of each pool session, during their designated swim time. If a camper doesn't pass the swim test, they will participate in water safety classes with the goal of passing the Y swim test.

Classes begin the 1st week of camp. Each class will be 30 minutes and the remainder of the time in the pool will be free swim. All classes will have certified Y lifeguards and trained swim instructors. Once campers pass the swim test, they will have the ability to access any open area of the pool and will obtain their **green wristband**.

If your child is registered in swim lessons, we suggest you continue those as they provide more advanced instruction. For more information on our swim lesson program please visit our Welcome Center.



Held Outside



Weekly Field Trip



Swimming

# SUMMER CAMP SCHEDULE

CAMPS	WEEK 1 May 28-31	WEEK 2 June 3-7	WEEK 3 June 10-14	WEEK 4 June 17-21	WEEK 5 June 24-28	WEEK 6 July 1-5 (No Thur)	WEEK 7 July 8-12	WEEK 8 July 15-19	WEEK 9 July 22-26	WEEK 10 July 29- August 2	WEEK 11 August 5-9	Member Fee / Camp Fee
TRADITIONAL												
Camp Discovery	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	Ages 5-13	\$125/\$150
Counselor In Training	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	Ages 14-17	\$150
SPECIAL INTEREST												
Art Camps		Messy Art Ages 5-7	Messy Art Ages 8-13	Construction Ages 5-7	Construction Ages 8-13		Improv Ages 8-13					\$135/\$160
Humanities Camps				Improv Ages 8-13		STEM Ages 5-7	STEM Ages 8-13					\$150/\$180
Boys will Be Boys Camp								Ages 5-7	Ages 8-13			\$135/\$160
Girls Rock Camp								Ages 5-7	Ages 8-13			\$135/\$160
Movin' & Groovin'						Ages 8-13				Ages 8-13		\$135/\$160
Basketball Camp						Ages 5-7	Ages 8-14					\$135/\$160
Soccer Camp		Ages 5-7	Ages 8-13									\$135/\$160
Sports of All Sorts										Ages 8-13		\$135/\$160
Jr Lifeguard Camp								Ages 10-17				\$135/\$160
H2O Madness Camp					Ages 5-13				Ages 5-13			\$135/\$160
Water Park Hop				Ages 7-13 (48" Tall)						Ages 7-13 (48" Tall)		\$150/\$190
OUTDOOR RANGER CAMP												
			Rookie Rangers Ages 5-7	Park Rangers Ages 7-13	Conservation Rangers Ages 7-13		Urban Rangers Ages 7-13	Extreme Rangers Ages 11-15				\$145/\$175
BEFORE & AFTER CARE												
Fun Club AM/PM Ages 5-13	.	.	.	.	.	.	.	.	.	.	.	\$20



# FUN CLUB

Before & After Camp Extended Care

**Ages 5-13**

Before Care: 6:30 – 9 am

After Care: 4 – 6 pm

Extended Care is a program which runs before and after normal camp hours. This program helps meet the needs of working parents/guardians. Children may select activities from four different interest areas, such as a sports, creative arts, table games or small group games.

A light snack will be provided.

FEE: \$20 a week

Fun Club is a separate program and must be registered for in addition to your camp selection.

## COME TO LEARN RETURN TO SERVE

**YMCA Central Leaders School**  
is an exciting, supportive week for  
teens to learn about themselves.



**Illinois College**  
July 14 – 20, 2019



For teens completing grades 6-12, are active in a  
Leaders Club or other service opportunities at their  
local YMCA or community

Contact Martez Adams, [martez.adams@gwrymca.org](mailto:martez.adams@gwrymca.org)  
for more information.



**Register by May 15, 2019 for discounted rates.**

14 | Register at [www.gwrymca.org/carondelet](http://www.gwrymca.org/carondelet)

# BEST. SUMMER. EVER.



## ADVENTURE AWAITS AT YMCA CAMP LAKEWOOD

Experience the ultimate overnight summer camp experience with days packed full of adventure activities, water sports, swimming and time spent enjoying the great outdoors. We know summer doesn't last forever, but we're here to help create memories that do.

Reserve your child's spot today!

### Y Member Special

**\$100 off** session 1-3

**\$45 off** sessions 4-10

### 2019 Open House Dates

March 24

April 7

April 28

May 19



**TROUT LODGE  
& CAMP LAKEWOOD**

[ymcaoftheozarks.org](http://ymcaoftheozarks.org)  
888-FUN-YMCA



A large group of children are holding up a large, colorful flag that is yellow, orange, and white. The children are outdoors, and the background shows greenery and a building. The flag is being held up by several children, and it is partially obscuring the sky.

## COUNSELOR IN TRAINING (CIT)

CITs will be provided with a hands-on experience working with young campers and the opportunity to cultivate their skills and knowledge in the day camp setting. CIT application, interview, training and a 4-week commitment required.

\$150 Fee (CIT must commit to a minimum of 4 weeks)

Applications available at YMCA service center for ages 14-17.

APPLICATIONS ARE DUE BY  
APRIL 26, 2019

Contact Alison Gartner  
314.685.3800 ext 228, [alison.gartner@gwrymca.org](mailto:alison.gartner@gwrymca.org)



Photography courtesy of St. Louis Community Foundation,  
copyright 2015 Gregg Goldman Photography.





## WHAT YOU NEED TO KNOW

### First Day to Register

Registration will begin on Thursday, December 26. All required enrollment forms must be completed in full & received prior to attending camp.

### How to Register

**In person** - At the Carondelet Park Rec Complex

**Online** - Download enrollment packets at [www.gwrymca.org/carondelet](http://www.gwrymca.org/carondelet).

**Please note:** In order to receive the member rate you must have an active family membership at the time of program participation

### Inclusion Services

The YMCA provides inclusive programming and reasonable accommodations for all of our

program participants. Completed forms must be submitted to the YMCA branch a minimum of two weeks prior to your child's expected camp start date. Factors affecting your child's start date include: late enrollment, submission of incomplete or out-of-date paperwork, and availability of appropriate staff to help facilitate your child's successful participation in the program. Paperwork is processed in the order received.

### Age 5 Campers

All children age 5+ may attend a full day camp program provided they have completed a full day educational environment for at least one year prior to enrollment in day

camp programs. No naps provided. 5 year-old attendance will be evaluated on an ongoing basis to ensure a positive camp experience and child's readiness for full day activities. Camp is based upon chronological age, not developmental age. We may request that a birth certificate be presented for age 5 campers if needed.

### Financial Assistance Policy

As a charitable nonprofit organization, the Gateway Region YMCA makes financial assistance available to help ensure that all have the opportunity to learn, grow and thrive through programs like summer day camp. For more information on how to apply or to help send another child to camp by making a donation to the Y's Annual Campaign, call (314) 768-9622.



### Camp Counselor Meet 'n' Greet

May 17, 6:30 - 8 pm

CARONDELET PARK REC COMPLEX

Parents of new and returning campers are highly encouraged to attend our Meet n' Greet. Important information will be shared to ensure your camper will be prepared and have a positive first experience. Parents will also have the opportunity to meet the camp staff and ask specific questions. We encourage you to bring the family for a BBQ and an evening of family fun. The pool and slide will be open.



# Outdoor Rangers Camps

Play, Learn, Serve, Work Outdoors

Camp Fees: \$175 Members Pay Only: \$145  
Includes Fun Club\*

The Gateway Region Y, in continued partnership with the US National Park Service, Missouri State Parks, US Fish and Wildlife Service and Army Corps of Engineers, is excited to offer 5 weeks of fun and educational camp opportunities exploring nature and recreation in our Missouri parks and public lands. All programming is subject to Mother Nature's rules (weather permitting).

These camps are based at the **South City Family YMCA\***, from 8:30 am – 4:30 pm, end of day times may vary.

## Rookie Rangers

June 10 - 14 • Ages 5-7

Rookies is an introduction to the adventures of the Outdoor Ranger Camps. Join us in Ranger adventures of hiking, water safety, fishing, archery, outdoor survival skills and cave exploration.

## Park Rangers

Creeks, Lakes & Rivers

June 17 - 21 • Ages 7-13

Splash your way through a week of water fun. Build a creek dam and explore nature's water creatures. Paddle your way on our great waterways and catch a big one fishing the shores of Missouri's parks.

## Conservation Rangers

Fins, Furs & Feathers

June 24 - 28 • Ages 7-13

Explore the world of conservation. Fish the lakes and rivers, fine tune your archery marksmanship, net for macros in ponds and search for birds on Missouri's public lands.

## Urban Rangers

July 8 - 12 • Ages 7-13

Be a tourist in your own hometown! See the city and surrounding parks in a whole new way as we explore the gems that make St. Louis such a great place to live. Highlights include the Gateway Arch, Old Court House, visit caves around Missouri. Perfect your fishing skills in Forest Park. And make art while learning archery.

## Extreme Rangers

July 15 - 19 • Ages 11-15

Do you have what it takes to be an extreme Ranger? Put your outdoor adventure skills to the test finding your way by compass, build a shelter, make your own survival fishing pole and see if you can catch the big one. Paddle your way on float trip at Meramec St. Park. Put all your skills together on an overnight camp out at one of our Missouri State parks.

# REGISTRATION CHECKLIST

When registering, remember to complete the following:

# 1

**Fill out** the enrollment packet, including:

- Camp Registration Information
- Enrollment forms
- EFT form

# 2

**Supply:**

- Immunization records (Preschool Campers only)
- IEP, BMP, or 504 Plan including additional Inclusion Services forms (if applicable)
- Chronic Health paperwork (if applicable)
- DFS/CHASI approval letter (if applicable)
- Financial Assistance approval letter (if applicable)

# 3

**Read** the Family Handbook

# 4

**Pay:**

\$15 deposits for each week registered for camp



For more information contact, Cheryl Roe  
314.644.3100 or [cheryl.roe@gwymca.org](mailto:cheryl.roe@gwymca.org)

\*Camps will be based at the South City YMCA. Registration available at South City and Carondelet Park Rec Complex (transportation to and from South City to Carondelet Park Rec Complex available for campers registered at Carondelet Park Rec Complex. Fun Club participation available at the branch of camp registration - South City or Carondelet Park Rec Complex- at no charge.



### Registration Forms

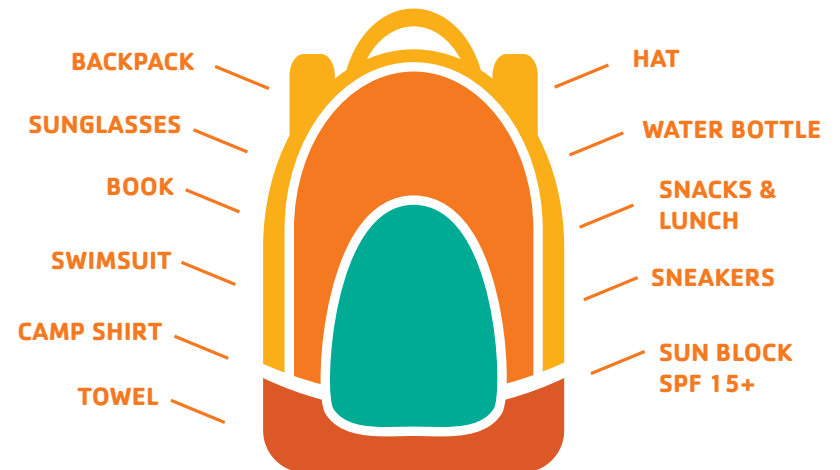
All forms necessary for registration can be downloaded from our website, [www.gwrymca.org/carondelet](http://www.gwrymca.org/carondelet) or picked up at the Carondelet Park Rec Complex. Registration is accepted in person and online. (Please note: Registrations made online do not complete your child's registration process and additional forms are required. These forms are available on our branch website or can be picked up at the Welcome Center. Completed forms must be turned in to the branch no later than 2 weeks prior to your child's first day of camp.)

### Payment Methods

Autodraft is the preferred method of payment. You can pay for each week of camp by the specified deadlines as stated in your Family Handbook. Payment options include; online or at the Welcome Center. Methods of payment accepted are cash, check, credit, debit, or money order.



## WHAT TO BRING







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930 Holly Hills  
St. Louis, MO 63111  
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# ADVENTURE AWAITS

## REGISTER EARLY AND SAVE!

Early Bird Special – Time to Sign Up: December 26 to January 31

- 20% OFF\*

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- 15% OFF\*

Summer is Right Around the Corner: March 1 to March 31

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\* Savings can be applied to a total of three weeks per child, per summer. Discount will be applied when you register in person at the branch. If registering online the Camp Registrar will notify you through confirmation email the discount has been applied. Not all camps are eligible for discount. Camp deposit required upon registration. Cannot be combined with any other offer. Does not apply to Camp Lakewood, C.I.T., or Fun Club extended care.