

HALF-DAY ENRICHMENT PROGRAMS



BEST SUMMER EVER™



Half-Day Enrichment Programs are offered at the Waukee Family YMCA. Registration for Half-Day Enrichment Programs is via phone, online at www.dymymca.org, or in person at any YMCA of Greater Des Moines Welcome Center.

DELICIOUS DELIGHTS June 11-15

Learn the basics of cooking at the YMCA! Children will experiment with different cooking themes and make fun finger foods, delicious healthy dessert creations, and crazy cuisines. Children will create a cookbook and learn the value of eating fruits, vegetables, whole grains, and more!

ICKY-OLOGY June 18-22

Slimy, sticky and smelly . . . icky-ology is the scientific study of all that's NOT allowed at the dinner table! Join us for an insanely hilarious journey down some of nature's most interesting and disgusting paths. This hands-on science adventure will engage the minds while having fun and is guaranteed to make you say "Eeeewwww!"

ARTSY ANTICS June 25-29

What happens when you combine creativity with fun and excitement? A blast! Children will spend each day crafting. This unique, hands-on program introduces young artists to a variety of art media and is perfect for the arts and crafts lover who enjoys creating and finishing fantastic, fun art projects.

ULTIMATE WARRIORS July 9-13

Join other fit fanatics and have the time of your life. Children will gain a healthy perspective on nutrition, fitness, and overall well-being. Learn to make healthy snacks and the importance of being active each day. The program is designed to develop fitness, endurance, mobility, and flexibility. We will use cardio equipment, light weights and enjoy a taste of our fabulous wellness classes.

SPIRIT SQUAD July 16-20

We've got spirit, yes we do! We've got spirit, how 'bout you? Come and let your Y team spirit show in this exciting and active program. Children will learn fundamentals of cheering with chants, cheers, dance, tumbling, and group formations. The group will learn and progress through the skills of a routine that will be showcased on Friday.

CONSTRUCTION DESTRUCTION July 23-27

We will spend the week building, creating, and inventing! Gizmos and gadgets galore as we build with ANYTHING we can find! The highlight of this week will be constructing your own boat to sail across the YMCA Sea.

CONTACT

Gretchen Stanger
Youth & Family Program Director
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Hours

9 a.m. to noon
(Drop-off begins at 8:45 a.m.)

Cost

\$70/week for Y members
\$110/week for non-members