



**FIND YOUR FUN.
FIND YOUR Y.**

dmymca.org/daycamp

2023 SUMMER DAY CAMP

Waukee Family YMCA • West Des Moines Christian Church

COST	\$175/week for Y members, \$195/week for non-members (Week of July 4th \$140/\$160)
HOURS	6:30 AM to 6 PM, Monday–Friday; core programming 9 AM – 4 PM
AGES	Completed K–5th Grade

CAMP THEMES

WEEK 1 June 5	Sliding into Summer! Slide right into summer and see what our camps are all about. We will focus on teambuilding, physical activities, art/crafts, STEM activities and clubs.
WEEK 2 June 12	Choosing our Adventure! What adventure will we do today? We will have a blast participating in thrilling, adventurous and outrageous activities which will get your mind and body racing!
WEEK 3 June 19	I Like to MOVE It, MOVE It Don't let yourself fall into a summer slump! The Y will be doing lots of fun active games and activities this week. Whether you like dancing or playing games, let's get moving!
WEEK 4 June 26	Crazy Science Get ready to step into STEM this week! We will be exploring the science in the world around us as we invent, explore, and inspire our students.
WEEK 5 July 3	What's on Your Plate? Let's all get healthy together! Using 5–2–1–0 (5 fruits and veggies, 2 hours or less of screen time, 1 hour of physical activity and 0 sugar drinks) as a guide, the Y helps foster lifelong healthy habits this week.
WEEK 6 July 10	Call of the Wild Lions, tigers, and bears— oh my! As we head out to the great outdoors we will take a look around us to see who might be slithering, flying, or crawling around.
WEEK 7 July 17	What's Your Why/Y? It's time to give back! Campers will have the chance to explore acts of kindness. They will learn what it means to serve their family, friends and neighbors in positive, kindhearted ways.
WEEK 8 July 24	Wetty... Set... Go! Water everywhere! Let's explore water while having fun, getting wet and staying cool through it all!
WEEK 9 July 31	Here, There and Everywhere There is so much to see and experience in our great big world! Get ready to learn about other countries, cultures, and places around the globe this week.
WEEK 10 August 7	In My State Many people don't know just how amazing the state of Iowa really is. This week, students will get to learn more about the exciting things happening in our state!

For more information, contact Heather Jackson at 515.868.0508 or at heather.jackson@dmymca.org
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