

Discovery 2018: Active and Healthy

Week 5: June 25-29



Monday

5:30-9:00 Before Care (Webster)

9:00 Head to YMCA

9:30 Snack

10:00 Morning Meeting

10:15-11:45 Swimming

12:00 Lunch

12:45 4-45min Rotations

3:45 Snack

4:00-6:00 After Care (YMCA)

Tuesday, Wednesday, Thursday

5:30-9:00 Before Care (Webster)

9:00 Head to Lake Keomah

9:30 Snack

10:00 Morning Meeting

10:15 2 45min Rotations

12:00 Lunch

12:45-1:15 2 45minute Rotations

1:30 Lake Keomah Beach

3:00 Head to YMCA

3:45 Snack

4:00-6:00 Looking Back/After Care (YMCA)

Friday

5:30-9:00 Before Care (Webster)

9:00 Head to YMCA

9:30 Snack

10:00 Morning Meeting

10:15 2 30minute rotations

11:15 Group Game

12:00 Lunch

12:45 Head to Mahaska Bowl

3:00 Head to YMCA

3:45 Snack

4:00-6:00 After Care (YMCA)

Rotations

YMCA Rotations:

- Youth Room-Crafts/Board Games
- Racquet Ball Courts-Group Games
- Gym-Free Play/Group Games
- Outside-Free Play/Group Games
- Grant Park

Lake Keomah Rotations:

- Archery
- Canoeing
- Fishing
- Hiking
- Lodge Activities (Ping Pong, Crafts, and Yard Games)

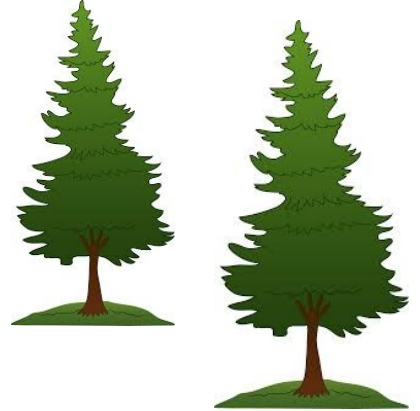
Pack It!

Required items:

- Tennis shoes
- Swim suit
- Beach towel

Suggested items:

- Water bottle
- Sunscreen
- Bug spray
- Bag/Backpack
- Long sleeves/Jacket
- Extra change of clothes
- Flip flops for swimming
- Hat
- Sunglasses
- Goggles
- Life jacket (we will have life jackets available)



Save it for Home!

Items not allowed at camp:

- ALL Electronics
(cell phones, iPods, tablets, etc.)
- Toys
- Chewing gum/Candy
- Food
- Weapons

Questions / Comments / Concerns

We'd love to hear from you! If you have any question, comments, or concerns please do not hesitate to let us know.

Our staff would love to hear from you!

If you need to get ahold of us while we are out and about please feel free to call or text Kim Stutting, YMCA Youth Coordinator, at 563-212-2447.