



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SOUTHWEST FLORIDA 2023 SUMMER CAMP



FORT MYERS YMCA CAMP DESCRIPTIONS

LEE COUNTY

TRADITIONAL CAMPS

Traditional Day Camps offer weekly swimming and theme-based enriching activities, group games, sports & wellness activities, hands-on science, arts & crafts, music, all wrapped around the theme. Traditional camps are a great opportunity for a first-time camper to get a well-rounded camp experience or for a seasoned camper to reunite with old camp friends for days full of play!

Ages 5-11

Traditional Camp Locations:

- Cypress Lake Middle School
- Lehigh Acres Middle School
- Cape Coral location TBD
- Fort Myers YMCA
- Colonial Elementary School

Kinder-Camp at Fort Myers YMCA

Ages: 4-6

Kinder Day Camps offer weekly swimming and theme-based age-appropriate enriching activities, group games, sports & wellness activities, hands-on science, arts & crafts, music, all wrapped around the theme. This camp will serve rising Kindergartners and 1st graders while providing structure and engagement in small and large group settings. Traditional camps are a great opportunity for a first-time camper to get a well-rounded camp experience or for a returning camper to reunite with old camp friends for days full of play!

SPORTS CAMPS

Part of the day will be spent in your camper's specialty focus. For the rest of the day, campers will experience all the other great activities the YMCA has to offer. Campers will create their next masterpiece in arts and crafts, explore nature and science, swim at least once a week, and so much more.

YMCA Sports Camps at Fort Myers YMCA

Ages: 7-12

Half Day Fit Kids Camp at the YMCA

Ages: 7-12

A fun and educational fitness program that will develop a strong foundation that will allow children to love being active. Led by our wellness coaches and trainers, this program will enhance cardiovascular health, strength, flexibility, muscle development, and fat loss.



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YMCA Sports Camps at Cypress Lake Middle Ages: 5-11

Basketball

Campers will spend part of the day learning and practicing basketball fundamentals: dribbling, shooting, passing, fast breaks, ball handling, and the importance of teamwork.

Soccer

Soccer camp will allow campers to take their dribbling, passing, shooting to a new level. Teamwork and strategies on how best to play as well as introduce fun new versions of this sport.

Volleyball

Try your hand in front of the net this week! Volleyball camp is designed to develop and improve your child's skills in the sport of volleyball. We'll cover the basics of the sport: such as serving, passing & blocking, as well as the all-important role of sportsmanship in this fun team-building week!

Flag Football

All the fun of football without the worry of contact. Campers will learn the fundamentals and improve skills in the morning, while scrimmaging in teams and making new rules to play during the afternoon.

First Tee Golf

We teach children the basics of learning to play golf and how to excel both on and off the golf course. Our coaches emphasize fun and principled skill development. After all, what good is a game if it isn't meant to be enjoyed?

T-Ball

Designed for the aspiring baseball player, this camp will not only teach the fundamentals of the game through developmentally appropriate techniques but will help each player hone their skills around America's past-time. This camp is sure to be a hit!

YMCA Sports Camp at Lehigh Acres Middle School Ages: 5-11

Basketball

Campers will spend part of the day learning and practicing basketball fundamentals: dribbling, shooting, passing, fast breaks, ball handling, and the importance of teamwork.

Soccer

Soccer camp will allow campers to take their dribbling, passing, shooting to a new level. Teamwork and strategies on how best to play as well as introduce fun new versions of this sport.

Volleyball

Try your hand in front of the net this week! Volleyball camp is designed to develop and improve your child's skills in the sport of volleyball. We'll cover the basics of the sport: such as serving, passing & blocking, as well as the all-important role of sportsmanship in this fun team-building week!



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SPECIALTY CAMPS

Part of the day will be spent in your camper's specialty focus. For the rest of the day, campers will experience all the other great activities the YMCA has to offer. Campers will create their next masterpiece in arts and crafts, explore nature and science, swim at least once per week, and so much more.

YMCA Specialty Camps at Cypress Lake Middle
Ages: 5-11

Dance Camp

Dance camp is an introductory camp to all different types of dances promotes coordination, balance, correct body alignment and grace. This camp is a fun introduction to dance for young students. Comfortable clothes needed that allow for freedom of movement.

Tumbling Camp

The tumbling camp is designed to provide a gymnastics experience. Camp focuses on developing awareness, motor skills, and balance, coordination. This is a great class for beginners or for athletes interested in dance, gymnastics, or cheerleading. Children will learn basic tumbling skills with the use of mats and other small props.

Adventures in Art

Craft a creation! This unique, hands-on camp introduces young artists to a variety of art media that may include drawing, painting, clay creations, plaster of Paris, paper mâché, and more! Please send campers in appropriate clothing that allow for freedom of expression or send a smock.

Mad Scientists

While schools out for the summer, science doesn't take a break. Through different experiments, campers will explore and dive deeper into the world of science.

Curtain Call

Campers will learn all of the aspects of theatre from character creation to costumes, and set design to performance. Improvisation, make-up, songs,



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props and characterization are just some of the techniques to be practiced as they work towards a final Friday performance.

YMCA Got Talent

Do you have what it takes to be the next YMCA superstar? Let's see what you got in this imaginative camp. Sing, dance, or perform your way into the hearts of every camper!

Just Build It

Calling all junior architects! Construct mini-communities, a mini model of your house and other cool buildings. Join the Y Town Design Team with the creation of an itty-bitty city, coolest tower, and the best Lego creations you can make!

YMCA Specialty Camps at Cape Coral Location: TBD

Ages: 5-11

Adventures in Art

Craft a creation! This unique, hands-on camp introduces young artists to a variety of art media that may include drawing, painting, clay creations, plaster of paris, paper mâché, and more! Please send campers in appropriate clothing that allow for freedom of expression or send a smock.

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YMCA Specialty Camps At Lehigh Acres Middle School

Ages: 5-11

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YMCA Camp at Colonial Elementary School

Ages: 5-11

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AQUATICS CAMPS

Aquatics Camp at Cypress Lake Middle

Aquatics Camp : Ages 8-12

Aquatic camps are designed for beginner through intermediate levels. All lifeguards and instructors are certified. Depending on the swim level, activities may include stroke development, basic lifeguard skills, water sports, and traditional camp activities. In addition, campers may spend part of their day participating in land-based activities including group games, sports & fitness, hands-on science, arts & crafts and more!

Lifeguard in Training: Ages 13-15

Lifeguard in Training Camp focuses on developing swimming skills to help participants meet the Lifeguard course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job. If you're looking for a fun, hands-on camp, this is the one!

TRAVEL CAMPS

Explore local areas of interest and activities throughout town and beyond. Designed for the mature camper to attend daily field trips or off-site excursions. Only travel camp campers will have the opportunity to leave the branch for a different adventure every day! Travel campers must be



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dropped off no later than 8:30am and picked up after 4:00pm.

Travel Camp at Cypress Lake Middle

Ages: 8-11

Campers are on the move in Travel Camp! Explore local areas of interest and activities throughout town and beyond. Designed for the mature camper to attend daily field trips or off-site excursions.

Travel Camp at Cape Coral Location: TBD

Ages: 8-11

Campers are on the move in Travel Camp! Explore local areas of interest and activities throughout town and beyond. Designed for the mature camper to attend daily field trips or off-site excursions.

YMCA Travel Camp at Lehigh Acres Middle School

Ages: 8-11

Campers are on the move in Travel Camp! Explore local areas of interest and activities throughout town and beyond. Designed for the mature camper to attend daily field trips or off-site excursions.

TEEN CAMPS

YMCA Teen Camp at Fort Myers Middle Academy

Ages: 11-14

Teen Adventure Camp

Do you love to travel? Want to try something new each day? Our campers will experience all the fun of being a part of camp while ON THE ROAD! We'll go to (spot 1... spot 2... spot 3... spot 4... spot 5).

YMCA Teen Camps at Cypress Lake Middle

Ages: 12-15

Teen Sports Camp

Lace up those sneakers, put on your shorts; it's time to have a ball with an assortment of sports. We've got the FUNdamentals of your favorite sports covered in this safe, pressure-free arena, so come on in and try them out! Campers may participate in soccer, basketball, flag football, Volleyball, kickball, or floor hockey.

Teen STEM camp

These camps are designed to teach teen campers STEM (science, technology, engineering and math), while giving them the opportunity to explore different concepts and enhance their education outside the traditional classroom.

Teen Travel Camp



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Teen campers are on the move in Travel Camp! Explore local areas of interest and activities throughout town and beyond. Designed for the mature camper to attend daily field trips or off-site excursions.

Teen Summer Service Camp

Teen campers will get an experience working with the community and doing community service projects while learning the importance of helping others and the importance of serving those in need. Teens will get a front line seat in learning the mission and values of the YMCA.

Counselor-In-Training Camp

Ages: 12-15

Counselors-In-Training is a teen program specifically designed for our future leaders. This program sends your teen through a week of training in working with 5-12 year olds, camp songs, games & crafts and basics in First Aid & CPR (not a certification course). During their week, participants will be assigned to assist our talented day camp staff with the daily operation of the traditional and aquatics camps. This program provides excellent opportunities for these teens to learn hand-on job experience and responsibilities, while still under the supervision of our camp staff team.

YMCA Teen Camps at Cape Coral Location: TBD

Ages: 12-15

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YMCA Teen Camp at Fort Myers Middle Academy

Ages: 11-14

Adventure Camp

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