

# SUMMER CAMPS

Nurturing the potential of every child and teen.

## FAMILY CAMP

### FAMILY CAMPING TRIP

ALL AGES WELCOME

Enjoy quality time with your family in the outdoors! We will camp for one night at Perrot State Park in Trempealeau, WI. At this camp, families will enjoy hiking the trails, observing the wild life, learning how to set up a campsite, gazing at the stars, and singing around the campfire! There will be organized group time with two YMCA trained staff, and family free time to explore the park or just relax. Families who are new to camping, and experienced campers are welcome! At least one parent/guardian must attend with each family. Camping equipment (tents, sleeping bags, sleeping pads, etc), food (lunch & dinner on Saturday, and breakfast on Sunday), vehicle admission stickers, and campground passes will be provided. You are welcome to bring your own camping equipment and snacks.

Program Dates: July 28-29  
Days & Times: Saturday 10am-Sunday 10am  
Location: Saturday, at HOUSER Y to caravan to Perrot State Park (Site may change depending on availability).

Fee: \$125 per family of 2  
\$25 for each additional family member  
(Max scholarship is 40% discount on the family rate)

## YOUTH SPORTS

### BASKETBALL CAMP

7-14 YEARS OLD

Our basketball camp is for boys and girls. We will teach the fundamentals of basketball while having fun! Participants will work on skill development as well as game play. Don't miss out on a great opportunity to learn the game of basketball. Coach Rich Johnson instructs the camp along with other great Y staff.

7-10 YEARS OLD

Program Dates: June 8-June 10  
Onalaska: Friday 4-6:30pm, Saturday & Sunday 1-3:30pm  
Location: HOUSER Y - Gym

Program Dates: July 27-July 29  
La Crosse: Friday-Sunday 9-11:30am  
Location: DAHL Y - Gym

11-14 YEARS OLD

Program Dates: June 8-June 10  
Onalaska: Friday 6:45-9pm, Saturday & Sunday 9-11:30am  
Location: HOUSER Y - Gym

Family Member Fee: \$50 Youth Member Fee: \$63



### BASEBALL & SOFTBALL CAMP

7-14 YEARS OLD

Enjoy a week filled with baseball and softball. Improve your skills and have fun learning the great American pastime. This camp is for beginners and experienced players, boys and girls who will be in 1st-4th grade. Don't have equipment? We can supply those who many not have a baseball glove. Let us take your son or daughter "out to the old ball-game."

Program Dates: July 17-19  
Onalaska: Tuesday-Thursday 8-10:30am  
Location: HOUSER Y - Mason Street Field

Family Member Fee: \$60 Youth Member Fee: \$75

### GOLF CAMP

7-16 YEARS OLD

Learn a new sport and have some fun! This camp will teach the fundamentals of golf. We will start at the driving range and putting green and end with a real 9-hole course. The YMCA will provide clubs and transportation to the course. Participants are encouraged to bring their own clubs.

Program Dates: July 24-26  
Onalaska: Tuesday-Thursday 7:30-11am  
Location: Meet at DAHL Y and HOUSER Y for bus travel to local golf courses

Family Member Fee: \$80 Youth Member Fee: \$100

### VOLLEYBALL CAMP

7-14 YEARS OLD

A week of volleyball that will improve skills while having fun! This camp is for beginners and experienced players. Girls will work on skill development as well as game play.

7-10 YEARS OLD

Program Dates: July 30-August 2  
Onalaska: Monday-Thursday 8:30-10:30am  
Location: HOUSER Y - Gym 2

11-14 YEARS OLD

Program Dates: July 30-August 2  
Onalaska: Monday-Thursday 1-3:30pm  
Location: HOUSER Y - Gym 2

Family Member Fee: \$60 Youth Member Fee: \$75

### SOCCER CAMP

7-12 YEARS OLD

Enjoy a week filled with soccer! Both beginner and experienced soccer players are welcome. This camp is for both boys and girls in 1st through 4th grade. Coaches will cover all basic individual skills: dribbling, passing, and shooting. Participants will also have the chance to play some games and learn team strategies. Score some goals, make new friends and HAVE FUN!

Program Dates: July 10-12  
Onalaska: Tuesday-Thursday 8-10:30am  
Location: HOUSER Y - Mason Street Field

Family Member Fee: \$60 Youth Member Fee: \$75

**NEW THIS YEAR:**  
**REGISTER FOR CAMPS** during  
**Spring 2 & Summer Program Registration**  
**April 23-27, 2018**

# REGISTER FOR CAMPS STARTING MONDAY, APRIL 23, 2018

## FLAG FOOTBALL CAMP

6-12 YEARS OLD

Flag football camp focused on improving skills and having fun! Ideal for beginners and experienced players entering 1st-4th grade. Participants will work on skill development and game play.



6-8 YEARS OLD

Program Dates: August 13-16  
Onalaska: Monday-Thursday 8-10:30am  
Location: HOUSER Y - fields on Mason Street

9-12 YEARS OLD

Program Dates: August 13-16  
Onalaska: Monday-Thursday 8-10:30am  
Location: HOUSER Y - fields on Mason Street

Family Member Fee: \$60 Youth Member Fee: \$75

## PARKOUR CAMP

8+ YEARS OLD

This camp offers an excellent opportunity for freerunners to enhance their skills in a safe, nurturing environment. The week is filled with opportunities to make friends and have fun while working on parkour skill development.

Program Dates: Summer Session 1 - June 4-8  
Onalaska: Monday-Friday 12:30-3:30pm  
Location: HOUSER Y Gymnastics Center

Program Dates: Summer Session 2 - August 13-17  
Onalaska: Monday-Friday 12:30-3:30pm  
Location: HOUSER Y Gymnastics Center

Program Dates: Summer Session 3 - August 20-24  
Onalaska: Monday-Friday 9am-12pm  
Location: HOUSER Y Gymnastics Center

Family Member Fee: \$93 Youth Member Fee: \$116

## GYMNASTICS CAMP

7+ YEARS OLD

This high quality camp offers an excellent opportunity for gymnasts to enhance their skills in a safe, nurturing environment, with opportunities to make friends and have fun while working on gymnastics skill development.

Program Dates: Summer Session 1 - June 4-8 (half days)  
Onalaska: Monday-Friday 9am-12pm  
Location: HOUSER Y - Gymnastics Center

Family Member Fee: \$93 Youth Member Fee: \$116

Program Dates: Summer Session 2 - August 6-10 (full day)  
Onalaska: Monday-Thursday 8:30am-4pm (Overnight on Thursday)  
Location: HOUSER Y - Gymnastics Center

Family Member Fee: \$200 Youth Member Fee: \$250

Program Dates: Summer Session 3 - August 13-17  
Onalaska: Monday-Friday 9am-12pm  
Location: HOUSER Y - Gymnastics Center

Family Member Fee: \$93 Youth Member Fee: \$116

Program Dates: Summer Session 4 - August 20-24  
Onalaska: Monday-Friday 1-4pm  
Location: HOUSER Y - Gymnastics Center

Family Member Fee: \$93 Youth Member Fee: \$116

## OUTDOOR ACTIVITIES

### FRISBEE CAMP

7-16 YEARS OLD

Have fun and be active! This three-day camp will teach the basics of throwing a Frisbee with some added tricks. Learn the game of ultimate Frisbee and then go Frisbee golfing! Frisbees and discs will be provided, but participants are encouraged to bring their own.

Program Dates: June 12-14  
Onalaska: Tuesday-Thursday 8:30-10:30am  
(rain make-up day will be Friday)  
Location: HOUSER Y - Mason Street Fields

Family Member Fee: \$40 Youth Member Fee: \$50

### GEOCACHING CAMP

7-16 YEARS OLD

Geocaching (pronounced geo-cashing) is a worldwide game of hiding and seeking treasure. Anyone with a GPS device can locate the geocache. GPS units will be provided by the YMCA for the camp. Staff ratio will be 1 staff : 5 campers. We will be searching for caches in locations such as Hixon Forest, Myrick Park marshes, and Goose Island Park. Transportation will be provided. Participants should be prepared to walk up to two miles throughout the day.

Program Dates: June 25-28  
Onalaska: Monday-Thursday 7:30am-12pm  
Location: Meet at DAHL Y and HOUSER Y for bus travel to Hixon Forest, Goose Island & Perrot State Park

Family Member Fee: \$70 Youth Member Fee: \$88

### FISHING CAMP

7-16 YEARS OLD

Get out and enjoy the outdoors! This camp will teach the basics of fishing. We will be picking kids up at DAHL Y and HOUSER Y and traveling to different fishing hot spots in the area. Transportation will be provided. Beginners and experienced anglers are welcome. Saturday will be a family day, and parents are invited to join in on the fishing fun. The YMCA will provide all necessary equipment for this camp, but participants are encouraged to bring their own fishing pole and tackle.



Program Dates: June 20-23  
La Crosse: Wednesday-Saturday  
7:30am-12pm  
(No transportation provided on Saturday)  
Location: Meet at DAHL Y and HOUSER Y for bus travel to fishing hot spots

Family Member Fee: \$65 Youth Member Fee: \$82

**CAMPS CONTINUED ON NEXT PAGE**

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## CANOEING & KAYAKING CAMP

7-16 YEARS OLD

This camp teaches the basics of paddling. We mix instruction with expeditions and give your child an introduction to the world of paddling.

Kids are picked up at both Y's and will travel to different local rivers, lakes, and streams. Transportation will be provided. Beginners and experienced paddlers are welcome.



Program Dates: August 6-9  
Onalaska: Monday-Thursday 7:30-11 am (rain day will be Friday)  
Location: Meet at DAHL Y and HOUSER Y for bus travel

Family Member Fee: \$80 Youth Member Fee: \$96

## PRESCHOOL CAMP

### MY Y CAMP

4-7 YEARS OLD

Summer is about creating lifelong memories of fun, friends and laughter; that is what the "MY Y CAMP" weeks are all about. Each themed week will include crafts, experiments, games, water play and outdoor time. Children will meet and start the day in large group play; they will also have the opportunity to be leaders, during small group activities, while exploring the week's theme. The morning will end with a team building group activity. The day ends with a leading lunch to discover and share our day with our new friends. Children should wear closed toed athletic shoes. Bring a bag with your child's name on it for a towel, swimsuit, bag lunch, water bottle, and sunscreen.

### FEES FOR EACH WEEK:

Family Member Fee: \$100 Youth Member Fee: \$115 Non-Member Fee: \$225

### STEAM (Science, Technology, Engineering, Art, and Math)

See our world with an integrated learning approach for preschoolers. Create, design, build, measure, observe and learn through hands-on related projects, activities, and fun!

Program Dates: July 16-20  
Onalaska: Monday-Friday 9am-12:30pm  
Location: HOUSER Y - Miracle Field Pavilion (Mason Street)

### SAFARI ESCAPE

Join us on a safari with monkeys, giraffes and lions OH MY! Design a musical instrument for the safari, make sand slime and relax by learning animal yoga.

Program Dates: July 23-27  
Onalaska: Monday-Friday 9am-12:30pm  
Location: HOUSER Y - Miracle Field Pavilion (Mason Street)

### OUTDOOR ART STUDIO

Explore colors, shapes, designs and structures in our nature art studio. We will create with paint balloons, melted crayons, rocks, bubbles and even our own feet. Bring a paint smock or old shirt to wear to get messy in.

Program Dates: July 30-August 3  
Onalaska: Monday-Friday 9am-12:30pm  
Location: HOUSER Y - Miracle Field Pavilion (Mason Street)

### MY Y SPANISH CAMP

Learn the basics of the Spanish language while speaking and hearing Spanish in a natural setting. Discover and develop your Spanish skills through learning based games, stories, crafts, and songs. Become immersed in bilingual education with new friends.

Program Dates: August 6-10  
Onalaska: Monday-Friday 9am-12:30pm  
Location: HOUSER Y - Miracle Field Pavilion (Mason Street)

### SUMMER CAMP OUT

Be a part of our end of the summer camp out! Build a tent, go on a nature scavenger hunt, create bug fossils, sing Y camp songs, and make smore playdough. Make lifetime memories at the Y Summer Camp Out.

Program Dates: August 13-17  
Onalaska: Monday-Friday 9am-12:30pm  
Location: HOUSER Y - Miracle Field Pavilion (Mason Street)

### NEW THIS YEAR:

**REGISTER FOR CAMPS** April 23-27, 2018  
During Spring 2 & Summer Program Registration

## ART CAMP

### CULINARY ARTS SCHOOL

11+YEARS OLD

Develop your cooking skills through experimenting in the kitchen and expanding your culinary palate. Read recipes, improve math and reading skills, and learn kitchen safety while having fun. Topics include knife skills, sauce basics, sauté, and baking techniques. Each day includes a different theme with an entrée, side dish, and dessert. Campers will have a cooking challenge on the last day. Camp includes all the fresh ingredients, recipe book, and an apron!

Program Dates: June 18-22  
Onalaska: Monday-Friday 11:30am-1:30pm  
Location: HOUSER Y-Multi-Purpose Room B

Family Member Fee: \$110 Youth Member Fee: \$138

### Y Martial Arts Week

6-10 YEARS OLD

Y Core Values of Respect, Responsibility, Caring, and Honesty are the focus of this four day introductory martial arts event. Children will have fun learning blocks, kicks, strikes, falls, playing games, and creating a martial arts themed craft.

Program Dates: June 18-22  
Onalaska: Monday-Thursday 2:15-3:45 pm  
Location: HOUSER Y-Multi-Purpose Room B

Family Member Fee: \$65 Youth Member Fee: \$81

### ADVENTURES IN ART

Campers discover their artistic side and let imagination soar. This unique, hands-on camp introduces young artists to a variety of art media that may include drawing, painting, clay creations, paper mache', and more!

Program Dates: July 30-August 2 (age 6-8 years)  
La Crosse: Monday-Thursday 1:30-3pm  
Location: DAHL Y - Healthy Living Classroom A

Program Dates: August 13-16 (age 9+ years)  
Onalaska: Monday-Thursday 1:30-3pm  
Location: HOUSER Y - Multi-Purpose Room A

Family Member Fee: \$65 Youth Member Fee: \$81