

READY. SET. ADVENTURE.

CAMP Girls Rock!

EQUIPPING GIRLS TO MAKE CHANGE

Monday– Friday 9:30am–3:30pm

This is a week-long opportunity for your daughter to experience our positive self esteem boosting workshop! Our program is designed to transform self doubts and insecurities into self love & worth. We give girls the space to be silly and play while giving them the tools to build healthy relationships and confidence. This is a perfect balance between a learning workshop and summer fun!

AGES 8-10 July 16th– July 20th

*** Must register by 7/12**

AGES 11-13 August 13th– August 17th

*** Must register by 8/9**

Members: \$40

Non-Members: \$55

***Rates are weekly and include activities, field trip, lunch and snack.**



KINDERCAMP

ADVENTURE AWAITS

Ages 3-5

Monday– Thursday 11:30am–2:00pm

Kindercamp Camps are half-day adventures for our youngest campers filled with water play, creative arts, outdoor/Gym play, games, sports and songs. Everyday is different to add a variety to activities throughout the week. Children are placed in small peer groups led by enthusiastic and caring staff.

Week 1: July 8th–12th

***Must register by 7/5**

Week 2: August 6th–9th

***Must register by 8/2**

Members \$48

Non-Members \$60

*** Rates are weekly and include lunch.**



SCIENCE CAMP

EXERCISE THE MIND

Explore the world of science hands on with fizzy explosions, slime, kitchen chemistry and more. This class is messy!

AGES 8-12

Monday, July 23 & Tuesday, July 24

1:00pm–3:00pm

AGES 5-7

Wednesday, July 25 & Thursday, July 26

1:00pm–3:00pm

Fulton Members \$20

Non-members \$35

***Must register by 7/20**





SUMMER SPORTS

Lady Raiders Youth Lacrosse Program



May 21st-July 18th

The Fulton Family YMCA with the support of Lady Raider Lacrosse Club is dedicated to providing a safe, enjoyable opportunity for young girls of the Fulton community to learn and develop the game of lacrosse. Lacrosse is a fast paced game, like soccer and basketball which involves all players on the field.

- Practices and games will be at the Fulton High School Complex
- Practices will start the week of May 21st, with weekly games, beginning June 11th and ending July 18th. Some travel for games will be necessary for grade levels 3-8.
- Team 7-8 will begin practice after the Modified season ends June 4th.
- ULA Opening Weekend is Friday, June 15th, and Saturday, June 16th at Auburn HS and Everest Park
- Teams will register 24 players maximum!

Teams

K-2	Practice Monday and Wednesday 6:00pm-7:00pm, scrimmage dates TBA.
3-4	Practice Monday and Wednesday 6:00pm-7:30pm, games Monday's beginning June 11 th .
5-6	Practice Tuesday and Thursday 6:00pm-7:30pm games Tuesday's beginning June 12 th .
7-8	Practice Tuesday and Wednesday 6:30pm-8:00pm, games Wednesday's beginning June 13 th .

Registration Fees: (Includes Uniform)

Fulton YMCA Members \$100

Non member \$115- Includes a Family Membership for the Summer Program duration!

Registration is required by May 11th!

Questions, contact Brea Goss at: bgoss@fultonfamilyymca.org

Speed Demons Summer Swim Program

Tuesdays and Thursdays 9:00am-11:00am

June 26th-August 16th

This 8-week technique development program will introduce swimmers to new drills, techniques, and swimming strategies, and is designed for swimmers who are proficient in all four strokes and are looking to become more competitive in all swimming events.

Fulton Y members: \$120

Non-members: \$170

Multi-swimmer discount: \$25 off sibling

Minimum 15 swimmers, maximum 25.

Completed registration forms and fees must be submitted to the Fulton Family YMCA by June 21st!

***This program meets at the Granby Pool, 400 W 7th St**

Soccer Skills Camp

Monday, July 18th and Monday, August 13th

Soccer skills taught include kicking, passing, dribbling, shooting, fun age appropriate games and activities!

Instructor: Serena Draper

Ages 5-8

9:15am-10:00am

Ages 2-4

10:30am-11:00am

***Fulton Family Members FREE! / Non-member \$10.00**

Fall Sport Prep Training

Grades 9th-12th

Showing each athlete exactly where they need to safely and effectively start their strength and athleticism journey and how to progress with maximum gains in flexibility, balance, coordination, agility, quickness, crisp directional change, endurance, strength, power, and explosiveness.

Monday, Wednesday and Friday 10:30am-11:30am

July 23rd-August 10th

Member Rate: \$55 / Non member: \$105