



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN TOWARD SUMMER

YMCA Summer Day Camp Curriculum

The YMCA of Metropolitan Dallas has an exciting curriculum lined up for your child(ren) this summer! Campers get to experience the best of science, arts and crafts, theater, field trips, sports, cooking, swimming, team building and games all in an action packed day camp experience!

Our camp focus is on **Belonging, Achievement, and Relationships**. Camp activities such as **Opening & Closing Ceremonies** and **Huddles** are designed to give kids a chance to build friendships and positive relationships; in a safe setting where they truly belong.

During the week campers get to experience a **Mastery** activity where they become masters at a chosen activity— such as archery, cup stacking, hula hoop, discs, knot tying, lanyards, and more!



Example Schedule Times are approximate.

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-9:00	Pre-Camp Activities	Pre-Camp Activities	Pre-Camp Activities	Pre-Camp Activities	Pre-Camp Activities
9:00-9:30	Opening Ceremony	Opening Ceremony	Opening Ceremony	Opening Ceremony	Opening Ceremony
			Huddle		
9:30-10:00	Huddle	Huddle	Field Trip	Huddle	Huddle
10:00-10:30	Snack	Snack		Snack	Snack
10:30-11:30	Mastery	Mastery		Mastery	Mastery
11:30-12:00	Camper Choice	Camper Choice		Camper Choice	Camper Choice
12:00-1:00	Lunch & Siesta	Lunch & Siesta		Lunch & Siesta	Lunch & Siesta
1:00-3:00	Swim Time (1:30-3:30)	Activities		Activities	Camper Planned Event
3:00-3:30		Snack			Snack
3:30-3:45	Snack	Crew Service		Crew Service	Crew Service
3:45-4:10	Huddle	Huddle	Huddle	Huddle	
4:10-4:30	Closing Ceremony	Closing Ceremony	Huddle	Closing Ceremony	Closing Ceremony
			Closing Ceremony		
4:30-6:30	Post-Camp Activities	Post-Camp Activities	Post-Camp Activities	Post-Camp Activities	Post-Camp Activities

Service Crew is an opportunity for campers to work as a team, developing leadership skills and helping to take ownership of their camp! Examples include: assembling a new game, setting up crafts, Ten on Tuesday, or helping to organize equipment.

Weekly Themes

Each week of camp is a different theme which ends in a camper planned mini-field day themed experience! Camper Planned Events are fun dress up days with games and activities celebrating the theme.



Campers are recognized throughout the week for their achievements and for demonstrating the Y Core Values: Caring, Responsibility, Honesty, and Respect, by receiving **Ties** ribbons which are added to the camp display!

2019 Day Camp	Themes
Gone Camping	Futuristic Fun
Island Explore	Camp Got Talent
Super Hero	Pirates Excursion
Wild West	Holidays
Mighty Jungle	Getting Messy
Time Travlers	Symphony of the 5 Senses

Day Camp Creed

Today I will strive to be caring.
 Accept responsibility.
 Show respect to all others.
 Be honest in all I do
 And have fun!

The camp creed is recited daily at the opening ceremony.

Activity Examples

Here are some of the great activities your child may be experiencing this summer!

- Cup Tower Building
- Gutter Run
- Grub Club
- Marble Toes
- Steal the Bacon
- Bubble Snakes
- Mosaic Art
- Stage Picture
- Upstage/Downstage
- Shibori Tie-Die
- Volcano Eruptions
- Sailboat Regatta
- Shark Attack
- Island Soccer
- Spin Copter
- Exploding Chalk Bags
- Straw Maze
- Clean Mud
- Cotton Candy Playdough
- Bubble Wands
- Making Butter
- Enviropops
- DIY Watering Can
- Flubber Soap
- Dreamcatchers
- Marshmallow Conkers
- Soccer Bowl
- KaninHop
- Jianzi
- Muggle Quidditch
- Hopscotch
- Water Balloon Toss
- Grow a Native Texas Plant
- Hurdle Run
- Discus Throw
- Glue Swirl Medals
- Synchronized Swimming
- Cross the Moat
- The Pirate Ship Race
- Pirate Treasure Playdough
- Ocean in a Jar
- Mystery Bag STEM Challenge
- Superhero Slime
- Superhero Sandwich Roll
- Skillastics®