



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

METROWEST YMCA SUMMER DAY CAMP



A lifetime of memories starts here!

June 25 - August 24, 2012 • For children ages 3-15
Established 1963

METROWEST YMCA SUMMER DAY CAMP
45 East Street, Hopkinton MA 01748
(508) 435-9345 www.metrowestymca.org

2012



LETTER FROM OUR CAMP DIRECTOR

Dear Campers and Families,

Since 1963 the lives of thousands of children have been impacted by the MetroWest YMCA Summer Day Camp. We have a huge role in each camper's development into adulthood and we take that seriously. Thank you for allowing your camper to spend the summer with us. The YMCA understands the many benefits a quality camping experience can provide: lasting friendships, skill development, an appreciation for nature, healthy physical activity and FUN to name a few. We ensure that the YMCA is for youth development, for healthy living and for social responsibility.

Our 116 wooded acre facility is the perfect setting for the true camp experience and wonderful summer memories. We offer diverse programs and activities to match the interests and needs of our campers of all ages. We are excited to announce the additions of two new camps this coming summer. Patriots Alumni Flag Football Camp promises to bring young athletes the opportunity to improve their football skills in a fun filled environment. The camp will be run by the staff of John Smith Sports. Our hip hop dance camp will be run by Miss Stephanie from the Milford Dance Center. Campers will be learning hip hop dance techniques. What a great way to stay fit and have fun at the same time.

I am thrilled to have been welcomed to a camp that is as strong as this one. Children's lives are changed on a daily basis and the staff is exceptional! The summer staff is a group of experienced, talented and dedicated people who enjoy working with children. They understand that every child is unique and will strive to help each child develop at their own pace. Every staff member completes a week-long, 40 hour training and goes through extensive reference and criminal background checks as well as a personal interview. Our staff are also First Aid, CPR and AED certified. Camper safety, both physical and emotional, is of the utmost importance to us. Our staff truly want the best for your child - to grow, develop and have fun!

We know you have a lot to consider when choosing the right summer camp for your child and we are here to answer all of your questions. Dates are listed in the back of this brochure for our camp information nights, tour day and open house. We hope you have the chance to attend one of these events so that we have the opportunity to meet you in person. You are always welcome to contact us for an individual meeting and camp tour through our office anytime during weekly business hours.

June seems like a long way off, but it will be here before we know it! I hope that you and your family join us for the summer of 2012 and all the fun and excitement we have to offer!

In the spirit of Camping,

Kerry Packard

Youth and Camping Director

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Our Mission

The MetroWest YMCA is dedicated to the development of all people regardless of age, gender, race, religion, income or ability. Our programs, services, and facilities are designed to enhance the spiritual, mental, physical, and social quality of life of our families, our communities, and ourselves.

IMPORTANT INFORMATION

REGISTRATION INFO

Registration Dates: Camp Registration begins Monday, January 16, 2012 for YMCA members. Registration for the general public and potential members opens Wednesday, February 1, 2012.

Registration Forms: Please read the registration form carefully. **A non-refundable deposit of \$50 per session/per camper as well as all necessary health forms MUST accompany the completed registration form.** Payment for all extended day and busing is also due at this time. The deposit amount is applied toward the balance of the total tuition due. Once your registration and health form have been processed, you will receive a confirmation of your registration and a Parents' Handbook with more detailed information (what to bring, what to wear, etc).

Balance of Payment: Balance of payment for sessions 1-3 is due in full by May 1, 2012. Balance of payment for session 4 and Super Week is due by June 1, 2012. Any registration received after June 1, 2012 requires payment in full at that time.

Note that if the complete tuition has not been paid two weeks before the beginning of the child's camp session, or a suitable payment plan arranged with the YMCA is not in place, the child will be withdrawn from camp by the YMCA.

Payment plan options are available. Please contact Chuck Greenslit, Camp Registrar at 508-435-9325 ext. 10 for more information.

POLICIES FOR SPLITTING OR COMBINING PROGRAMS

Please note that we do not split or combine camp sessions. When registering you are signing on for a specific program period or session. Even if you are only able to attend one week of a two week session, you are registering and paying for the two weeks. Combining of programs is allowed only for participants registered for any of our one week programs. These participants are allowed to add on an additional week of traditional camp within the same two week session that the one week program falls.

When registering for busing or extended day you are also registering for the entire session. In an emergency situation we do allow participants to sign up for one day of an extended day program at a rate of \$15 a day per program. Busing rates are based on two-way transportation (to and from camp) Busing cannot be added for an individual day. Rates for busing can be prorated, however, if transportation is only needed one-way. Note that there is no extra busing cost for transportation to or from Framingham extended day programs as participants must only pay the extended day rate.

REFUNDS AND TRANSFERS

Deposits: All Deposits are non-refundable.

Cancellations: If written cancellation is received in writing by June 1, 2012 then a full refund (less deposit) will be issued. It is understood that once a camper's registration has been accepted, if the camper subsequently fails to attend, withdraws, experiences incomplete attendance for any reason, or is dismissed, no refund, transfer of any deposit or tuition paid will be made. This applies to all camp programs, including extended day and transportation.

Transfers: Camper transfers from one session to another or from one program to another will only be made if space is available. Transfer requests from one session to another must be made by June 1, 2012. Transfer requests from one program to another must be made at least one week before the start of a new session. All transfers are at the discretion of the Camp Director and Camp Registrar and are not guaranteed.

LICENSING AND ACCREDITATION

This camp complies with the regulations of the MA department of Public Health and is licensed by the local Board of Health. Parents may call the camp to request copies of background checks, health care, and discipline policies, as well as procedures for filing grievances. All staff and volunteers are subject to SORI and CORI checks by the Commonwealth of Massachusetts.

HEALTH AND SAFETY

Health Forms: Massachusetts State Law requires each camper to have a physical examination and current record of immunization signed by his/her physician. Campers are required to have had a physical examination within 24 months of arrival at camp. Please submit your completed health form and any required documentation with your completed registration form. We must have completed health forms in our files at the time your child registers for camp. A health form is included in this brochure.

Safety: Two health care professionals are on camp at all times including a registered nurse. Over 90% of our staff is CPR and First Aid certified and all staff are epi-pen trained. Pool and waterfront staff are certified lifeguards and our facility is equipped with an AED. Safety equipment such as helmets, harnesses and life jackets are mandatory for certain camp activities. Sneakers or closed toed shoes are mandatory for participation in all non-water activities.

Food: Campers must provide their own picnic lunch and snacks daily. Milk and water are provided each day and camper water bottles are also encouraged. No refrigeration or microwaves are available. With allergies ever increasing for children, we do ask that you please limit peanut butter and nut products as much as possible from your camper's lunch and snacks.

METROWEST YMCA MEMBERSHIP

Camp Fees: To receive the membership rate for camp sessions, your child must have an active youth or teen membership with the MetroWest YMCA through August 31, 2012. Memberships that are canceled prior to this date will be charged the non-member camp rate through the summer.

Youth/Teen Memberships: Youth/Teen memberships are available for a low annual fee and joining fee. A year's youth/teen membership entitles your child to full member benefits at our newly renovated facility in Framingham (including the pool, Youth and Family interactive gym and game room) and membership rates for all programs in Hopkinton and Framingham. Call us for more details at 508-879-4420.

Financial Assistance: To obtain information about financial assistance please call 508-435-9345. Applications must be received by April 15, 2012. Please note that it takes up to three weeks to process applications. Applications received after April 15 will be reviewed on a first come, first serve basis and considered if funds are still available. If your family currently qualifies for state assistance then you must go through your state agency for your camp assistance.

Vouchers and contracted slots are accepted for traditional camp programs and specified specialty and teen camps.

CAMP HOURS/EXTENDED CARE/TRANSPORTATION

The standard camp day is 9:00am-4:00pm daily. Camper drop-off runs from 8:30-9:00am and camper pick-up takes place from 3:45-4:15pm

Extended morning care (7:00-8:30 am) and afternoon care (4:00-6:00pm) are available at both our Hopkinton and Framingham facilities for a fee.

Campers in the Framingham morning care program will be bused from the Framingham Y to camp each morning. Campers in the Framingham afternoon care program will be bused from camp to the Framingham Y each afternoon. Campers in these two Framingham programs will not be charged a bus fee for their programs. Please note that we can not accommodate requests for any changes in daily pick-up or drop-off sites. Extended care is structured differently from the regular camp day but campers still get to choose from a number of games and crafts.

Busing is available from 12 towns in the MetroWest area for an added fee. Designated stops and schedules are located on Page 10 of this brochure.

YMCA Staff to Camper Ratios

Our Staff to Camper Ratios are as follows:

1:5 children 7 years old and younger

1:8 8 years old

1:10 9 years old and older

These ratios comply with Massachusetts State Law

Traditional Camps

Our Traditional camp programs offer a broad-based, co-ed, age-appropriate and fun experience for children in pre-school to completing grade six. Traditional Camp participants will receive daily instructional and recreational swims and will take part in small group activities with their counselors. Activities that campers participate in will depend on their age and camp program. Scheduled lengths of time of activities will also differ based on camper age. (Program offerings differ during Super Week-See Page 9).

Camp Chipmunk

Age: 3-4 years old

9:00a.m. - 1:00p.m (Half Day Program)

With a staff ratio of 1:5 our youngest campers receive the perfect introduction to the camp and group experience. Chipmunks will have daily swim, play group games and participate in one traditional camp activity each morning. Traditional camp activities will include arts and crafts, sports, music and nature exploration. Chipmunks will also eat lunch as a group each day.

Please Note: It is a large benefit to your camper if they are potty trained while attending camp. Parents are responsible for providing all diapers and pull-ups as needed. Parents must also provide all transportation to and from camp as busing is not available for this program. AM Extended Care is available in Hopkinton only.

Scamper Camp

Age 4-5/Entering kindergarten

The full day camp experience for our young campers is a magical one. With a staff ratio of 1:5, Scamper Campers get a little taste of everything as they are exposed to the wonders of camp and the outdoors. Activities along with two daily swims include arts and crafts, sports, nature exploration, and music. Scampers will also be introduced to canoeing and outdoor skills and safety. You will be amazed at the improvements in your camper's social and motor skills after their time with us. Let your camper come "Shine" with us!

Camp Carol

Completed Kindergarten

After your child finishes their first year at school, what better way to spend the summer than exploring the outdoors and making new friends at camp? With a staff ratio of 1:8, campers in this program are taught the importance of friendship and teamwork while gaining their own independence as they discover their different interests. Camp Carol campers will participate in arts and crafts, sports, nature exploration, music, outdoor skills and boating. They will also be introduced to archery and challenge activities including our climbing tower.

Camp Bobolink

Completed Grades 1-2

Campers at this age really begin to gain self confidence and independence during their time at camp. They see their improvement and take pride in their skill development as they work to master different challenges and activities. Bobolink campers participate in sports, arts and crafts, archery, outdoor skills, boating, nature exploration, high ropes, and low ropes. They are also introduced to drama, putting their creative minds to the test.



Traditional Camps

Bob White Camp Completed Grades 3-4

By this age campers are fully immersed into all that we have to offer at camp. A large emphasis is placed on campers building self-confidence, taking on new challenges and understanding the value of being a part of a group. Campers will participate in sports, boating, archery, high ropes, low ropes, drama, arts and crafts, outdoor skills, nature and group challenge activities. An optional overnight experience is available for this program (one night per session).

Adventure Camp Completed Grades 5-6

Adventure Campers participate in all of our activity areas but at a more advanced level: sports, boating, archery, high ropes, low ropes, drama, arts and crafts, outdoor skills and nature. Adventure Campers are exposed to new and exciting challenges and work to further develop leadership and problem solving skills as they are starting to transition into their teen years. An optional overnight is available for Adventure Campers (one night per session).

Sports Camp Completed Grades 1-6

Play Hard, Play Fair, Everyone Wins. Sports Camp is an extension of our successful YMCA youth sports program. Campers will learn the values of teamwork, sportsmanship, fair play, respect and hard work while being exposed to a variety of sports. Our YMCA Staff will instruct campers in soccer, basketball, lacrosse, street hockey, volleyball, softball, flag football and so much more. The focus is on fun, skills, drills and playing time. Sports Camp participants will also take part in high and low ropes, archery and boating. An optional overnight is available for campers who have completed grades 3-6. Children are grouped together by grade. Rookies are in grades 1-2, All-Stars are in grades 2-3, Champs are in grades 3-4, Olympians are in grades 4-5 and Dream Team is grades 5-6.

Discovery Camp Completed Grades 1-6

Discovery Camp is based on a variety of different environmental and outdoor themes. Each session is packed with great activities, projects and games designed to give campers insight and appreciation for nature, the environment, and other aspects of science. They will have the opportunity to participate in some traditional camp activities as well. There is no better venue for this program than our 116 acres complete with wetlands, forest, nesting areas, and nature trails. We also house species of special status, both forest and wildlife. A field trip is included with this program and an optional overnight is available for campers who have completed grades 3-6. Children are grouped together by grade. Earth Groups is 1st & 2nd graders, Wind is 3rd & 4th graders and Fire is 5 & 6th graders.



ONE-WEEK SAMPLE SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00am		Arrival	Arrival	Arrival	Arrival	Arrival
9:00-9:20am		Unit Time	Unit Time	Unit Time	Unit Time	Unit Time
9:30-10:20am	Period 1	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
10:30-11:20am	Period 2	Boating	Outdoor Skills	Sports	Music	Outdoor Skills
11:30am-12:10pm		Lunch	Lunch	Lunch	Lunch	Lunch
12:10-1:00pm	Period 3	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim
1:10-2:00pm	Period 4	Music	Arts & Crafts	Challenge	Sports	Arts & Crafts
2:10-3:00pm	Period 5	Challenge	Nature	Archery	Nature	Archery
3:00-3:30pm		Group Time	Group Time	Group Time	Group Time	Group Time
3:30pm		Flag	Flag	Flag	Flag	Flag
3:45-4:00pm		Dismissal	Dismissal	Dismissal	Dismissal	Dismissal

Specialty Camps

Specialty Camps are designed to give campers a specialized experience in their area of choosing. From Sports to Performing Arts to Technology based camps, we aim to reach a variety of campers looking to gain knowledge and learn technical skills in a specific area of concentration. Specialty Camp Participants will have one recreational swim block each day without swim lessons.

Fort Building Camp (Limited to 20 campers)

Sessions 1 & 3

Completed Grades 3-5

Sessions 2 & 4

completed Grades 4-6

Spend your days living a wilderness adventure while constructing some of the greatest forts our camp has ever seen! As a group, campers design and plan their fort each session with guidance from staff about structure and time challenges. Campers learn how to select and prepare the wood, tie lashings and knots, about proper tool use (i.e., handsaws) and learn building techniques with our fort building experts. Mornings are spent designing and building, followed by free swim and a scheduled traditional camp activity after lunch. This program exemplifies the power of teamwork! **Please note: This camp is limited to 2 sessions per camper.**

Drama Camp

Sessions 1 and 2

Completed Grades 3-6

Lights, Camera, Action! Drama Camp is for all budding actors and actresses. The talented Joey Talbert, a professional storyteller, and our YMCA staff will work with campers on improvisation and dramatic games. Campers will also work in small groups in writing and performing their own original plays and creating their own sets. Parents and friends are invited to the popular Drama Show Performance on the last day of each session.

Junior Farmer Camp with Lil' Folk Farm

One Week Camp

August 6-10

Completed Grades 1 & 2

Join us this summer as we collaborate with Lil' Folk Farm in Holliston for a farm experience to remember! Junior Farmers will learn about all of our barnyard animals; how to care, handle and have fun with them. Goats, sheep, ponies, llamas, donkeys, pigs, chickens and more! Campers will also learn to lead a pony, llama, and alpaca and will enjoy pony rides and wagon rides. Egg collecting each day will also be a special treat! Farm games like grain bag races, wheel barrel races, and egg toss are also a big hit! Our miniature horse, Rascal, is sure to be the highlight of the week with horse drawn cart rides. (Vouchers and contracted slots are not accepted for this program).

Horse Camp with Lil' Folk Farm

One week Camps

Completed Grades 2-6

July 16-20 July 30-August 3 August 13-17

In collaboration with the Lil' Folk Farm in Holliston we are pleased to provide this wonderful and unique camp experience. Campers will spend the morning at camp participating in traditional camp activities along with free swim. After lunch, campers will board the bus with their counselors and head to the farm. Campers will have daily one on one riding lessons with a trained instructor, along with the opportunity to lead a pony; groom and drive a miniature horse, take bareback rides; and learn how to feed, care for and bathe the horses. Lil' Folk Farm will provide all participants with ASTM certified riding helmets during lessons. Participants are required to bring long pants and closed toed shoes (preferably with a heel, such as a hiking boot) to wear each day. This program offers the best of traditional camp and is designed to provide a safe, fun and educational experience using the best ponies and small horses in the area. Perfect for beginners! (Vouchers and contracted slots are not accepted for this program).

Hands-On Physics One Week Camp

August 6-10

Completed grades 4-7

(Limited to 10 campers) This hands-on physics camp teaches the basics of mechanics and energy. Campers will learn the fundamental laws of mechanical physics, starting with simple machines, like wheels and inclined planes. Besides simple machines, we'll build track vehicles, multi-speed gearboxes, cranes, and stress gauges to measure the strength of the crane. This is the ultimate camp for science enthusiasts! (Vouchers and contracted slots are not accepted for this program).

Engineering with Legos

(Limited to 15 campers, one week camp)

Aug 13-17 Completed Grades 5-7

An extension of our Robotics Camp, this is a hands-on, experiential, team-based program designed to instill engineering concepts and to foster critical thinking and teamwork. Participants will learn the intricacies of construction, and the trade-offs involved in engineering a product for the market, using the LEGO® Mindstorms System. The participants are challenged to resolve various problems by designing, building, and "marketing" their own LEGO-based solutions.

The program will involve a series of ever more complicated tasks which the teams will be challenged to resolve in a free-market atmosphere, in which the instructor is their "customer." Participants will learn the value of time and the cost of complexity. The ability to ask questions and understand the answers will be a key to success. Additionally, campers participate in free swim and a different traditional camp activity each afternoon. (Vouchers and contracted slots are not accepted for this program.)

Hip Hop Dance

Session 1 Completed Grades 1-4

Join Miss Stephanie from The Milford Dance Center and learn to dance HIP HOP! Campers will be learning hip hop dance technique and choreography to the best hip hop music on the radio! All gearing up for a Hip Hop performance...and maybe even some surprise FLASH MOBS around camp!! Campers will also learn how to stay fit for a dancer, and how to create their own choreography! So come on, let's get up and DANCE!!

Specialty Camps

Flight Specialty Camp

July 30–August 3 Completed Grades 3–7

The Flight Program introduces campers to the various aspects of flight in an active, participatory way. While building model rockets to launch, the waiting-for-the-glue-to-dry periods are occupied with a variety of experiments demonstrating and explaining Bernoulli's principle. The campers are continually challenged to make predictions and observations, and encouraged to bring their various experiments home to demonstrate and explain. Besides the various Bernoulli experiments and the solid-fuel rockets, we build and/or launch a variety of rockets, from the rather unpredictable, but fun, water rocket, to "stomp" rockets, to the amazing "pump-up" rockets. The afternoons will be spent doing traditional camp activities (**Vouchers and contracted slots are not accepted for this program**).

TV Production Camp

Session 1 Completed Grades 7 & 8

TV Production Camp is a great activity for those who want to see what it's like to make a real television show. Learn to be a camera operator, editor, director or actor! Campers receive instruction from specialists at the Hopkinton HCAM studios using the latest equipment including camcorders, microphones, editing computers and more, including recording within HCAM's professional television studio. Campers will produce their own television show at this camp! After the session, the show will be shown on HCAM-TV (Comcast channel 8 and Verizon channel 30). Mornings will be spent at the studios while afternoon activities will include traditional camp activities as well as planning and preparation for the production. (**Vouchers and contracted slots are not accepted for this program**).

Jungle Robotics Camps

(Limited to 20 campers)

One Week Camp

Completed Grades 3–5, July 23–27

Do you like building things, learning how things work or enjoy problem solving? Then this is the camp for you! These programs are designed to enhance a camper's instinctive curiosity about the surrounding world of machines, opening doors to their inner workings. Robotics kits provide an excellent experiential platform to teach electric motors, introduce mechanics, build learning enthusiasm and improve comprehension. Each camper will build and take home their very own robot! Additionally, campers participate in free swim and a different traditional camp activity each afternoon. (**Vouchers and contracted slots are not accepted for this program**).



John Smith Soccer Camp

One Week Camp

Completed Grades 2–4 July 23–27

If you love soccer, then this is the camp for you! John Smith Soccer School has been a tradition in New England for 40 years. The soccer schools are known for excellent coaching and programming – designed to cater to the individual development of each player. A daily progression involves working on techniques and small group games to ensure a fun and competitive atmosphere. Ball control is the essence of good soccer which is why we provide one ball for each camper as well as a camp T shirt. Program will also include daily free swim. To learn more about John Smith Soccer programs, visit their website at www.johnsmithsoccer.com (**Vouchers and contracted slots are not accepted for this program**).



John Smith Football Camp

One Week Camp Completed Grades 4–8 August 6–10

Patriots Alumni flag football camp run by John Smith Sports. John Smith was the Patriots kicker from 1973–83. The main objective is to make flag football fun and exciting. Every player will learn to throw and catch the ball. The camp permits every player on offense to be eligible as a receiver, allowing the team to move the ball up the field. Players will learn how to line up on offense and how to run the receiver and running back routes. Every player will have the opportunity to play every position on the offense and defense; all players will learn the basics of zone and man to man defenses. Each camper will receive their own ball and shirt. So let's huddle up call the plays and have fun playing the game. (**Vouchers and contracted slots are not accepted for this program**).

METROWEST YMCA • SUMMER DAY CAMP BROCHURE • 508-435-9345 • www.metrowestymca.org

GYMNASTICS CAMP

THIS CAMP IS BASED AT THE FRAMINGHAM BRANCH.

All Levels of Gymnasts OF WELCOME

Sessions 1–5 Completed Grades K–8

Tumbling, strength building, dancing and more are featured in our co-ed Gymnastics Camp. Campers are divided into age appropriate groups to work on skill development and exercises. Whether you are new to the sport or on a competitive team, our gymnastics camp provides instruction and will improve skills for all levels. Mornings are spent in the gym and after lunch campers will have the opportunity to participate in traditional camp activities ranging from sports to arts and crafts to group games. Campers will have free swim in our indoor pool along with other outdoor water activities, to include a waterslide and other water games throughout each session. Afternoons are also used to work on show routines. On the last day of each two-week session in the late morning, parents and friends are invited to the Gymnastics Show at the Framingham YMCA gymnasium.

****Please note that this program is based entirely in Framingham.**

Gymnastics campers who need to be dropped off and picked up in Hopkinton or take a bus may do so and will be transported to Framingham at 9:00am and return to Hopkinton by 3:30pm for dismissal or to catch their afternoon bus. Parents who drop their child off directly at the Framingham Branch in the morning may do so from 8:30–9:00am. Pick-up is from 3:45–4:00pm. Campers participating in our Framingham PM extended care program will remain in Framingham at the end of the regular camp day. Please also note that there is no nurse on site for this program but all staff are certified in first aid, CPR, and AED certified and are epi-pen trained.

For more information about this program, please contact Ashley Purple, Youth and Family Director, at 508-879-4420 ext. 62



Teen Camps and Programs



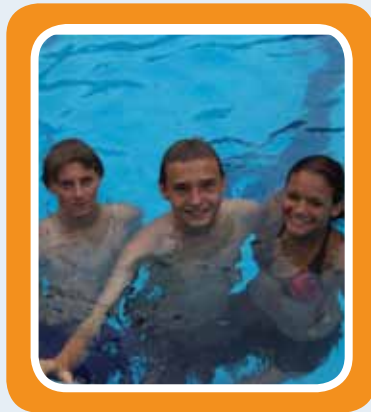
Teen Camps & Programs

Once campers enter their teens they want a different camp experience. Teens need more independence, greater challenges and a higher-level of instruction. It is also our goal to have teens gain leadership skills no matter what type of program they are participating in. See specialty camp section for teen opportunities in TV Production, Engineering, Rocketry or Gymnastics.

Adventure Plus Camp

Completed Grades 7 & 8

This camp is designed for teens looking to kick it up a notch at camp. Teens in this program will spend a great deal of time on our challenge course using the Low Elements to help strengthen communication and team building and High Ropes elements such as our zip-line and pampier pole to push themselves in personal challenges while supporting their peers. Teens in this program will have scheduled programs in the morning, a recreational swim, and then will be able to choose or plan their afternoon activities. Teens will plan and conduct a service project for camp and will also have one field trip per session.



On the Road

Limited to 18 participants each session

Completed Grades 7-9

Get ready for a new adventure every day! The program is for teens who want to get out of town and see the fun, sights and adventures that our region has to offer. The first day of each session is spent at camp where participants get to know each other while spending time on our challenge course. The rest of the session is spent "on the road" participating in daily field trips, including one community service project. Teens will also be able to assist in planning their trips.

On the Road: Expedition

Sessions 1&3

These trips are designed for teens looking for amusement and recreational activities. Trips will vary from amusement parks, the beach and bowling to waterslides, Boston Scavenger hunt and a whale watch. If fun is what you are looking for, here is where you will find it!

On the Road: Challenge

Sessions 2&4

These trips are designed for the adventurous teen that is ready to take on personal and group challenges. Trips may include kayaking, rock climbing, hiking, mountain biking, sailing, bouldering and more. The nature of these activities does require a good level of physical fitness. Get ready to push yourself and try things you have never done before!

Counselors -In -Training (CIT)

Completed Grades 9 or 10

4 Week programs: June 25-July 20 July 23-August 17

Our CIT programs focus on developing strong leaders through training, discussion, observation and practices. CITs will have daily trainings and discussions on topics ranging from problem solving, conflict resolution, child development, behavior management, team building and more. They will also receive First Aid, CPR and AED training and certification. The most important part of this training program is the everyday hands on experience they will have in working with campers while being guided by camp leaders. They will be observed and evaluated by camp leadership staff throughout the four week program. Upon completion of one of our four-week programs, CITs will be better prepared to work with adults, their peers and children of all ages, interests and abilities. They will also walk away with new friendships, having developed a strong work ethic that they can apply to any leadership experience.

This is a competitive program that teens must apply and be selected for. If selected, teens would commit to the consecutive four week program in its' entirety. **Please call the camp at 508-435-9345 for the CIT application prior to registering. You can download a CIT application on our website or the camp office can mail one to you.**

Camp Option (completed grade 9 or 10):

For teens interested in becoming future camp counselors or activity specialists. First year CITs will be matched with a camp group within a camp unit. Senior counselors will serve as mentors as CITs learn the ins and outs of being a camp counselor. CITs will have the opportunity to lead camper games and activities while assisting in overall camper supervision. Second year CITs will have the option to work with a camp group or in a specialty area. In working in a specialty area, program specialists will serve as mentors as CITs learn the techniques and skills to lead their assigned specialty (ropes, archery, boating, etc.) while assisting in camper instruction.



Aquatics Option (completed grade 9):

For teens interested in becoming future lifeguards and swim instructors. Hands on experiences will include aquatics safety, simple rescues, swim lesson levels, teaching swim lessons and testing pool levels. CITs will also learn how to spot and perform pool surveillance while shadowing our experienced and certified staff. Aquatics CITs will walk away with a strong foundation and advantage to pursue WSI and/or Lifeguard certification.



Family Fun Nights

Family Fun Nights are a fantastic night for the whole family. They take place one night during each session and allow families to take part in camp games and activities with their camper. Family Fun Nights have included a penny carnival session. Past Family Fun Nights have included a theme or event each complete with dunk tank and cotton candy, a hoe-down with a professional square dance caller, camp fire skits and sing-a-long talent show, and "Camper for a Night" where families can take part in traditional camp activities such as the ropes course and canoeing. Family Fun Night is also an opportunity to get to meet some of our fabulous staff who serve as your camper's counselor, unit leader or who teach specialty activities.

Family Fun Nights are open to all campers from any of our camps (Traditional, Specialty, and Teen) and their families.
July 5, July 18, Aug 1, Aug 15, Aug 22

Overnights

During each of our two-week sessions, an overnight is available for campers in our Bob White and Adventure Camp Programs and for campers who have completed grades 3-6 in our Sports Camp and Discovery Camp programs. Overnights are an extra fee of \$20 and will require advanced sign-up through a permission slip with which your child will be provided. Campers are provided with dinner and breakfast as well as snacks. During the overnight campers play group games, go for an evening swim, have smores, sing songs around a campfire and much more. Campers must provide their own sleeping bag. Camp provides a limited number of tents so those campers with their own tents are encouraged to please bring and use them and will be assisted in the set-up by our staff. This is a great night and allows campers the true camping experience under the stars! Overnights take place on the first Friday of each two week session and end the following Saturday morning at 9:00am.

Pre-Camp Week

June 18-June 22

The end of school year schedule is difficult to predict at the time of this brochure printing with snow days still to be expected. We will be making a decision about programs and services for this week by the end of March 2012. If we decide to offer a camp or club program during this week, information will automatically be mailed to all 2011 campers and registered 2012 campers. Please call our offices if you have any questions in regards to this week at 508-435-9345.

Super Week

Super Week is the last week of camp: **August 20-24**. This week provides all the fun of a two week session in a special and super way! Campers will participate in traditional camp activities each morning and then take part in an all camp special event each afternoon. Campers will also have two recreational swims each day with no swim lessons. Finish the summer with a bang and come to Super Week!

2012 Camp Themes

Each Session has its very own theme! Themes are carried out with dress-up days and an all camp event each session. Participation for dress-up days is encouraged as our staff will be dressed up. We love to see everyone's creativity. Themes from previous years have included movie mania, searching the sea, frontier days, jungle safari and heroes among us. Theme events have included Olympics, Pirate Day, Gold Rush and much more. Look for information on session themes in our newsletters.



BUS ROUTES

Bus	Location	AM Pick-Up	PM Drop-Off	Bus	Location	AM Pick-Up	PM Drop-Off
BUS A	Framingham/Ashland			Bus E	Framingham		
A-1	MetroWest YMCA	8:20	4:35	E-1	MetroWest YMCA	7:55	4:55
A-2	Route 135 Dairy Queen	8:40	4:15	E-2	Hemenway School	8:05	4:45
A-3	YMCA Hopkinton	8:50	4:00	E-3	Brophy School	8:15	4:35
Bus B	Sudbury/Framingham			E-4	Genzyme & Mountain Road	8:25	4:28
B-1	Fairbank Community Center	7:55	5:00	E-5	Salem End Rd & Cherry Oca Lane	8:35	4:20
B-2	Peter Noyes School	8:02	4:55	E-6	Chestnut St & Joanne Drive	8:45	4:05
B-3	Loring School	8:10	4:45	E-7	YMCA Day Camp	8:50	4:00
B-4	Potter Road School	8:16	4:35	Bus F	Natick/Framingham/Ashland		
B-5	Stapleton School	8:20	4:30	F-1	Natick High School	8:00	4:50
B-6	Christa McAuliffe Library	8:23	4:27	F-2	Rte 135 @ Boden Lane	8:15	4:35
B-7	YMCA Day Camp	8:50	4:00	F-3	Woodrow Wilson @ Leeland Street	8:20	4:30
Bus C	Natick/Framingham/Ashland			F-4	Irving @ Arlington	8:25	4:25
C-1	Natick Common	8:00	4:55	F-5	Doms (AM) Willis(PM)	8:30	4:20
C-2	Ben Hem School	8:10	4:45	F-6	Rte 126 @ Willis Ave	8:35	4:15
C-3	Lot across from St Georges Church Fram	8:15	4:40	F-7	Rte 126 @ Algonquin	8:40	4:10
C-4	Walsh Middle School Entrance	8:20	4:35	F-8	Shaw's (Ashland)	8:45	4:05
C-5	Keefe Tech Bus Lot off Fountain	8:35	4:20	F-9	YMCA Day Camp	8:50	4:00
C-6	Front Street Public Parking Lot	8:40	4:15	Bus G	Sherborn/Millis/Medway/Milford/Holliston		
C-7	YMCA Day Camp	8:50	4:00	G-1	Sherborn Library	8:00	4:50
Bus D	Framingham			G-2	ACE (AM) Hollywood Video(PM) Route 9 Mills	8:10	4:40
D-1	MetroWest YMCA	8:05	4:55	G-3	Medway Shopping Center		
D-2	Brown School	8:10	4:45		Ocean State Job Lot	8:16	4:30
D-3	McCarthy School	8:15	4:36	G-4	KMART-Milford	8:26	4:22
D-4	Arthur St & Grant	8:20	4:32	G-5	Holliston Town Hall	8:36	4:10
D-5	Framingham Library	8:25	4:28	G-6	Holliston High School	8:40	4:05
D-6	Marian High School	8:30	4:24	G-7	YMCA Day Camp	8:45	4:00
D-7	Barbieri School	8:35	4:20	Bus H	Marlboro/Southboro/Hopkinton		
D-8	YMCA Day Camp	8:50	4:00	H-1	Jaworek School	8:00	4:45

Important Dates

January 16	Camp Registration begins for YMCA members
January 19	Camp information Night and DVD presentation Outdoor Center -Hayes Lodge 7:00pm
Jan 29	Lincoln-Sudbury Camp Fair – Lincoln –Sudbury High School 11:00am – 2:00pm
February 1	Camp registration begins for General Public
February 9	Camp information night and DVD presentation Outdoor Center – Hayes Lodge 7:00pm
February 18	Solomon Pond Mall Summer Camp Fair 12:30 – 3:30pm
March 8	Camp information night and DVD presentation Framingham Branch Conference Room – 7:00pm
March 10	Hopkinton PTA Summer Activities Fair – Hopkinton High School 10:am – 2:00pm
March 22	Camp information Night and DVD presentation Outdoor Center -Hayes Lodge 7:00pm
April 5	Camp information night and DVD presentation Framingham Branch Conference Room – 7:00pm
May 5	Camp Tour Day 10:00am – 2:00pm
June 23	Camp Open House - Meet with the staff 10:00am – 1:00pm
June 25- July 6	Session 1 – Two Weeks
July 9-20	Session 2 – Two Weeks
July 23-August 3	Session 3 – Two Weeks
August 6 -17	Session 4 – Two Weeks
August 20-24	SuperWeek – One Week

Extended Day Programs (additional fee):

Extended Day programs are structured differently from the regular camp day. Activities vary based on location and time of day but campers will be able to choose from a number of activities during this time which will include arts and crafts, field games, board games, play-ground time, and sports. Extended day programs are staffed by our regular camp staff from all different camp units. Extended care hours and locations are as follows:

AM Care Hopkinton: 7:00-8:30am located at Hayes Lodge

AM Care Framingham: 7:00-8:30am located in one of the new front program rooms at the Framingham Branch. Bus transportation is included to camp.

PM Care Hopkinton: 4:00-6:00pm located at Hayes Lodge and surrounding field and play space

PM Care Framingham: 4:00-6:00pm located at the Framingham YMCA back fields. Rain days will be in the gymnasium. Bus Transportation is provided from Camp (bus arrives in Framingham at approx. 4:35).

2012 MetroWest YMCA Day Camp Registration Form

PLEASE FILL OUT BOTH SIDES OF THIS FORM. PLEASE PRINT

One form per child. To enroll more than one child, please download a copy of this form from our website.

CAMPER NAME

Sex: M F Age: Birthdate:
Grade Completed by June 2012 (circle one) PreK K 1 2 3 4 5 6 7 8 9
Address: Town Zip
Family E-MAIL (required)

Is your child new to the MetroWest YMCA Day Camp? Yes No #of years Last Camp Attended

PARENT/GUARDIAN NAME #1

Address:
City,State,Zip:
Home Phone:
Work Phone:
Cell Phone:
EMAIL:

PARENT/GUARDIAN NAME #2

Address:
City,State,Zip:
Home Phone:
Work Phone:
Cell Phone:
EMAIL:

EMERGENCY CONTACT #1

Name:
Relationship to Camper:
Home Phone:
Work Phone:
Cell Phone:

EMERGENCY CONTACT #2

Name:
Relationship to Camper:
Home Phone:
Work Phone:
Cell Phone:

PARENT PICK-UP AUTHORIZATION

Please list up to six people who are authorized to pick up your child from camp bus or extended care. Parents and guardians listed above are automatically authorized unless specifically listed as Non-Authorized. Your child will only be released to an authorized person who has a photo ID:

1. 2. 3.
4. 5. 6.

NON -AUTHORIZED PICK-UP

1. 2.
3. 4.

IN THE SIGNING OF THIS REGISTRATION FORM, PARENTS/GUARDIANS ACCEPT THE FOLLOWING STATEMENTS:

- The non-refundable deposit (\$50 per session per child) for camps to be registered for on the reverse of this form is enclosed.
- If the complete camp tuition has not been paid two weeks before the beginning of my child's camp session, or a suitable payment plan arranged with the YMCA is not in place, my child will be withdrawn from camp by the YMCA.
- I understand that after the camper's registration has been accepted, if the camper subsequently fails to attend, withdraws, experiences incomplete attendance for any reason, or is dismissed, no refund, transfer of any deposit or tuition paid will be made. This applies to all camp programs including buses and extended care. A refund for medical reasons will be considered, but such a request must be accompanied by a note from your child's doctor, explaining why your child can not attend camp.
- I agree to have all medical forms completed and returned to Camp by June 1, 2012 and understand that my child may not attend Camp until the properly completed forms and all payments have been received by Camp. I also understand that my child's last physical examination must be within the last 24 months prior to their first registered camp day.
- The MetroWest YMCA may make, have, use, publish and reproduce photographs, slides, motion pictures and/or video of my child for its record or public relations efforts. I understand that I must write a signed letter to the Camp Director stating any limitations or refusal of use of such pictures/video in order for my child to not be photographed or video taped.
- I grant permission for my child to participate in all MetroWest YMCA Day Camp programs, activities and events including out-of camp trips by Camp or commercial transportation, and overnights, understanding that Camp leadership will be provided.
- I understand that the Camp Director and Executive Director of the MetroWest YMCA Day Camp reserve the right to dismiss a camper (without refund) when in his/her judgment that camper's behavior is inappropriate, disruptive or unsafe to themselves or others.
- In the event that I cannot be reached in an emergency, I give permission to the physician selected by the MetroWest YMCA to secure and administer treatment, including hospitalization for my child. I also give permission to the medical personnel selected by the Camp Director and/or Camp Nurse to order x-rays, routine tests, treatment and necessary transportation. My child's medical forms may be copied for out of camp trips.
- I understand that it is my responsibility to bring any special concerns, medical or otherwise, about my child to the Camp Director's attention at the time of registration.
- I understand that the YMCA assumes no responsibility for injuries or illnesses which my child may sustain as a result of his or her physical condition or resulting from his or her participation in any activities, the use of equipment, or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries which may result from participation in these activities.
- I hereby release and discharge the MetroWest YMCA, its agents, servants, and employees from any and all claims of injury, illness, death, loss, or damage which my child may suffer as a result of his or her participation in these activities. I understand that the MetroWest YMCA is not responsible for personal items lost or stolen while members and/or program participants are using the YMCA facilities on YMCA premises.
- I have read, I understand, and I accept the MetroWest YMCA price schedule and registration policies.

SIGNED

Date

Parent/Guardian Signature

See reverse side for program registration and rates.

CAMPER NAME

Circle the appropriate fee and row for each session. In order to receive member rates, memberships must be active through duration of members camp session. Non-member rate is in RED. Based on Grade Completed	SESSION 1 6/25-7/6	SESSION 2 7/9-7/20	SESSION 3 7/23-8/3	SESSION 4 8/6-8/17	SUPER WEEK 8/20-8/24	PLEASE FILL IN TOTAL WEEKLY FEES
TRADITIONAL CAMP Grade Completed						
Chipmunk Half Day Camp (9am-1pm) Age 3-4	\$238/319	\$264/354	\$264/354	\$264/354	\$132/179	
Scamper Camp Age 4 - Prek	\$400/513	\$445/570	\$445/570	\$445/570	\$223/285	
Camp Carol K	\$400/513	\$445/570	\$445/570	\$445/570	\$223/285	
Camp Bobolink 1-2	\$396/509	\$440/565	\$440/565	\$440/565	\$220/283	
Bob White Camp 3-4	\$396/509	\$440/565	\$440/565	\$440/565	\$220/283	
Adventure Camp 5-6	\$396/509	\$440/565	\$440/565	\$440/565	\$220/283	
Sports Camp 1-6	\$396/509	\$440/565	\$440/565	\$440/565	\$220/283	
Discovery Camp 1-6	\$405/519	\$450/575	\$450/575	\$450/575	\$225/288	
SPECIALTY CAMPS Grade Completed						
Gymnastics Camp K-8	\$405/518	\$450/575	\$450/575	\$450/575	\$225/288	
Fort Building Camp 3-5 / 4-6	\$405/518	\$450/575	\$450/575	\$450/575		
Drama Camp 3-6	\$405/518	\$450/575				
Hip Hop Camp 1-4	\$405/518					
Jungle Robotics One Week Camp, July 23-27 3-5			\$340/410			
Engineering With LEGOS One Week Camp-Aug 13-17 5-7				\$340/410		
Physics Camp One Week Camp -Aug 6-10 5-7				\$340/410		
Flight Specialty Camp One Week Camp July 30-Aug 3 3-7			\$340/410			
TV Production Camp 7-8	\$550/680					
John Smith Soccer Camp One Week Camp July 23-27 2-4			\$310/400			
John Smith Football Camp One Week Camp August 6-10 4-8				\$310/400		
Jr Farm Camp One Week Camp August 6-10 1-2				\$480/525		
Horse Back Riding Camp One Week Camp July 16-20 2-6		\$480/525				
Horse Back Riding Camp One Week Camp July 30-August 3 2-6			\$480/525			
Horse Back Riding Camp One Week Camp August 13-17 2-6				\$480/525		
TEEN CAMPS Grade Completed						
Adventure Plus 7-8	\$405/518	\$450/575	\$450/575	\$450/575	\$225/288	
On The Road: Expedition 7-9	\$562/675		\$625/750			
On The Road: Challenge 7-9		\$625/750		\$625/750		
CIT Camp 9 & 10		\$200/\$320 Session 1&2 *Additional Application Needed.		\$200/\$320 Session 3&4 *Additional Application Needed.		
EXTENDED CARE & BUS INFORMATION						
AM Care Hopkinton	\$77	\$85	\$85	\$85	\$43	
AM Care Framingham	\$77	\$85	\$85	\$85	\$43	
PM Care Hopkinton	\$77	\$85	\$85	\$85	\$43	
PM Care Framingham	\$77	\$85	\$85	\$85	\$43	
Bus	\$77	\$85	\$85	\$85	\$43	
For NEW YMCA Membership please call either branch.					TOTAL	\$

PARENT DROP-OFF AND PICK UP _____ My Child will be Dropped Off at camp in Hopkinton between 8:30-9:00am
 _____ My child will be Picked Up at camp in Hopkinton between 3:45-4:15pm

Method of Payment _____ Check _____ Cash _____ Mastercard _____ Credit Card Account # _____
 _____ VISA _____ Discover Card _____ Expiration Date _____

Please make all checks payable to MetroWest YMCA

SIGNATURE _____

Of sessions: _____ x \$50 non-refundable deposit per session + Total Bus Fees _____ + Total Extended Care Fees _____
 + Membership Fees _____ = Total Enclosed _____

2012 MetroWest YMCA Day Camp Health History and Examination Form

THIS FORM MUST BE COMPLETED BY BOTH THE PARENT/GUARDIAN AND A PHYSICIAN. PAGE ONE OF THE HEALTH FORM MUST BE COMPLETED AND SIGNED BY A PARENT. PAGE TWO OF THIS HEALTH FORM MUST BE COMPLETED AND SIGNED BY A PHYSICIAN. A PHYSICIAN FORM MAY BE ATTACHED TO THIS FORM INSTEAD OF PAGE 2.

CAMPER NAME _____	SESSIONS ATTENDING	Please circle
	1 2 3 4 SW	

Camper _____ Birth Date _____ Sex ___ Age _____
 Home Address _____ Phone _____
Street City Zip

Custodial parent/guardian _____ Phone _____
 Home Address _____ Cell Phone _____
 Business Address _____ Phone _____

Second parent or guardian _____ Phone _____
 Home Address _____ Cell Phone _____
 Business Address _____ Phone _____

If not available in an emergency, notify: 1) _____ 2) _____
 1) Relationship: _____ Phone _____
 2) Relationship: _____ Phone _____

Health history (Yes/No; give dates if applicable)

Frequent Ear Infections	Chicken Pox	Hay Fever
Heart Defect / Disease	Measles	Poison Ivy
Convulsions	German Measles	Insect Stings
Diabetes	Mumps	
Bleeding/Clotting Disorders		

Operations or serious injuries (Dates) _____
Chronic or recurring illness _____
Drug/Food Allergies _____
Name of dentist/orthodontist _____ Phone _____
Name of child's physician _____ Phone _____
Do you carry family medical/hospital insurance? _____ If so, please indicate:
 Carrier _____ Policy or Group # _____
Is there any other additional information for health care staff at the camp? _____

Important— Must be completed for Attendance

Parent/Guardian Authorization: This health history is correct and complete as far as I know. The child herein described has permission to engage in all camp activities except as noted by me and the examining physician.
 I hereby give permission to the camp to provide routine health care, administer prescribed medications, and seek emergency medical treatment including transportation, ordering x-rays and routine tests. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. I also give permission to photocopy this form to bring along on camper field trips.

Signature _____ **Date** _____

Please notify the camp nurse if this camper is exposed to any communicable disease during the three weeks prior to her or his camp attendance.

**If for religious reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.*

**This side is to be filled out by a licensed physician
or you may attach the physician's own form.**

Camper's Name _____

Immunization History: please record all dates (month and year) of immunizations and most recent booster doses.

Date of last physical exam: _____

must be within 24 months of child's attendance at camp.

Height _____ Weight _____ Blood Pressure _____

VACCINES	Month/Yr	Month/Yr	Month/Yr	Month/Yr	Month/Yr
DPT <small>Diphtheria, Pertussis, Tetanus</small>					
TD <small>Tetanus, Diphtheria</small>					
Tetanus					
Polio					
MMR <small>Measles, Mumps, Rubella</small>					
Measles, 2nd shot required					
Chicken Pox					
Tuberculin Test					
HB (Haemophilus influenza)					
Hepatitis B					
Other					

Is the applicant currently under the care of a physician? If yes, why. _____

Allergies (food, drugs, insects, etc.) _____
 Child's reaction/treatment to above _____

Current medications: _____
If a camper will be taking medication during the camp day, a medication order (located in the parent packet) must be completed and signed by the physician. A parent must bring the medication to the camp nurse in the original container with doctor's prescription on it.

Recommendations and/or restrictions while in camp:
 Dietary _____
 Swimming _____
 Strenuous Activity _____
 Physical, mental, or psychological conditions requiring medication, treatment, or special considerations while at camp _____

I have examined the child herein described and have reviewed the health history. It is my opinion that this camper is physically able to engage in all camp activities, unless otherwise noted above.

Licensed Physicians Signature: _____
 Address _____ Phone _____
 Date of Form Completion _____

For Camp Use Only	
Date Screened: _____	Screened By _____
Additional Notes: _____	

MetroWest YMCA Summer Time EXTRAS!

FAMILY SWIM CLUB

(located at the Family Outdoor Center)

What better way to spend hot summer days than sitting pool side? Our Family Swim Club is like having a swimming pool in your backyard! A Swim Club membership allows you access to our two outdoor pools as well as tennis courts, basketball courts, ball fields, hiking trails, picnic areas and so much more. Youth swim lessons and summer swim team are also available. This is the deal of the summer and one you don't want to miss. Pool club memberships are available for YMCA members at a discounted rate as well as the general public. Memberships can be purchased for the entire summer or individual months. For more information or to obtain a membership contact John Barclay, Branch Executive Director at 508-435-9345 ext 14.

Our pool club runs from early June-Labor Day.
Hours are Mon-Fri 3:00pm-8:00pm and Sat-Sun 10:00am-8:00pm



CAMP OCP - at the Framingham Branch

Fun for a summer, lessons for a lifetime!

This program offers 9 one-week sessions. Each Weekly theme will incorporate books recommended by MetroWest teachers and librarians as well as field trips, water play in our indoor pool and outdoor waterslide and a wide variety of engaging activities that take place both in and out of the building. Camp OCP is designed to support children in being active and healthy.

Camp OCP will also include components of the YMCA of the USA's Activate America® Food and Fun nutrition and physical activity curriculum designed to encourage children and their families to develop healthy eating habits and the desire to lead active lives. Each day children will be encouraged to be physically active for at least 90 minutes as well as participate in an activity to promote healthy nutritional choices.

CAMP OCP BASIC INFORMATION

- One-week theme based sessions
- Ages: children who have completed Kindergarten-5th grade.
- Weekly field trips
- Hours: Monday-Friday 8:00 am- 5:00 pm. Optional care is available from 7:00-8:00 am and 5:00-6:00 pm
- Convenient Location: YMCA Framingham Branch at 280 Old Connecticut Path, Framingham
- Small group setting
- Highly motivated, friendly, professional and experienced staff

- Indoor and outdoor activities
- Water play including indoor pool and outdoor water slide
- Children spend most of their day in small groups based on their age
- Weekly trips to the Framingham Public Library for checking out books and special events.

For more information contact the MetroWest YMCA (508) 879-4420 x46. Brochure available in January 2012.



MY FIRST SUMMER CLUB

Back again for a second summer! My First Summer Club is perfect for parents who want to start their children off in a summer camp type of program, and are looking for a half day program with a flexible weekly schedule.

CLUB PARTICIPANT INFO

- * For children who are ages 3, 4, & 5
- * Monday-Friday 9:00 am to 1:00 pm, with 3 day option
- * This program is mostly held out doors and in the back field. (For rainy days we are inside.)
- * Convenient location: Y-Framingham Branch at 280 Old Connecticut Path.
- * Must be able to use the bathroom independently

PROGRAM STAFF

The Summer Club Staff work year-round in the Sports & Teen Department. They are dedicated to teaching the FUN-damentals of a variety of sports, games, and activities. Everybody plays and everybody wins - what better way to emphasize the YMCA's core values of Caring, Honesty, Respect and Responsibility!

WHAT WE DO

- * Learn a variety of sports through skill, drill, and team play. *Appropriate skills for each age level.
- * Play a variety of non-team games and activities
- * Arts and craft projects as well as outdoor activities round out this fun experience.
- * (Optional) Supervised open swim every day (not lessons)

TO REGISTER:

Please see the My First Summer Club brochure, which will be posted on our website and available at the Member Service Desk in March 2012.





METROWEST YMCA SUMMER DAY CAMP
45 East Street Hopkinton, MA 01748

NON-PROFIT ORG.
 U.S. POSTAGE
 PAID
 PERMIT #13
 FRAMINGHAM



Directions to the MetroWest YMCA Summer Day Camp in Hopkinton

FROM FRAMINGHAM

Follow Route 135 into Ashland. At the Dairy Queen traffic light, take a left onto Chestnut Street. Follow to the stop light. Turn left and then a quick right—this is still Chestnut Street. Follow past the Warren Center (on your right). Turn right onto South Street. Follow to the end. Take a left onto Spring Street, which becomes East St. in Hopkinton. Continue until you see signs for the MetroWest YMCA. The first entrance will take you to the pool, soccer fields, and Hayes Lodge. Continue past this on East Street 0.2 miles to find the Main Office on your right.

DIRECTIONS FROM ROUTE 85

Traveling on 85 North from Milford Area/Hopkinton High School take a right onto Main St./135 in the Center of Hopkinton. Traveling on 85 South from Marlborough/Southborough take a left onto Main St./135 in the Center of Hopkinton. Follow Main St./135 for approximately 1.7 miles (you will pass the Weston Nursery on your left). Turn right onto Clinton St. Follow Clinton St. for 1.5 miles. Turn left onto East St. The first entrance on your left is for the main office. You can continue up the hill to the next driveway on your left which will take you to Hayes Lodge, the pool and soccer fields.



DIRECTIONS FROM I-495

Take Exit 20 off of 495 toward Hopkinton. As you come off of the exit you will be on West Main St./135. Follow this to the center of Hopkinton to the intersection of routes 135 and 85. Continue straight on 135/Main St. for approximately 1.7 miles (you will pass the Weston Nursery on your left). Take a right onto Clinton St. Follow Clinton St. for 1.5 miles. Take a left onto East St. The first entrance for the YMCA you come to will be on your left and is for the main office. You can continue up the hill to the next driveway on your left which will take you to Hayes Lodge, the pool and soccer fields.