



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CAMP VHY

Session 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7:30-8:00	Pod Time	Pod Time	Pod Time	Pod Time	Pod Time
9:00-10:00	<b>(Welcome &amp; Rules) Specialty Camp Instruction Time</b>	<b>Specialty Camp Instruction Time</b>	<b>Specialty Camp Instruction Time</b>	<b>Specialty Camp Instruction Time</b>	<b>Specialty Camp Instruction Time</b>
11:00-12:00	(Gymnastics, Basketball, Sports, Cheer, STEM, Arts & Crafts, Aquatics)	<b>Swim</b> Pod 1: 10:00am-10:45am Pod 2:11am-11:45am	(Gymnastics, Basketball, Sports, Cheer, STEM, Arts & Crafts, Aquatics)	(Gymnastics, Basketball, Sports, Cheer, STEM, Arts & Crafts, Aquatics)	(Gymnastics, Basketball, Sports, Cheer, STEM, Arts & Crafts, Aquatics)
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Lunch	Lunch	Lunch	Lunch	Lunch
2:00-2:30	Extended Care	Extended Care	Extended Care	Extended Care	Extended Care
2:30-3:00	CORE: Arts & Crafts	OUTDOOR ACTIVITY	CORE: Science	OUTDOOR ACTIVITY	Camp Game
3:00-4:00					
4:00-5:00	GYM	GYM	GYM	GYM	GYM
5:00-6:00	Pod Time	Pod Time	Pod Time	Pod Time	Pod Time
Special Reminders	Online Camp Doc prior to Monday! Sack lunch and snacks, face covering, closed-toed shoes, reusable water bottle, , sunscreen	Bring a sack lunch & snacks, face covering, closed-toed shoes, reusable water bottle, bathing suit, towel, sunscreen	Bring a sack lunch & snacks, face covering, closed-toed shoes, reusable water bottle, sunscreen	Bring a sack lunch & snacks, face covering, closed-toed shoes, reusable water bottle, sunscreen	Bring a sack lunch & snacks, face covering, closed-toed shoes, reusable water bottle, sunscreen
Contact:Heather Harris hharris@ymcafoothills.org				YMCAfoothills.org	
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