



Indian Valley Family YMCA
2023 Camp
Schedule of Activities
Week 1: Getting to Know You! Be Kind!
June 19-23
Group ~~B~~ (Ages 8-10)

Time	Mon	Tue	Wed	Thu	Fri
7-9:00 am	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)
Groups Split					
9:05- 9:50 am	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)
10-10:45 am -	Thematic Activity (Outside)	Thematic Activity (Outside)	Thematic Activity (Outside)	Thematic Activity (Outside)	Thematic Activity (Outside)
11:00-11:45am	Gym B	Gym B	Gym B	Gym B	Gym B
12-12:45 pm	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)
12:45 -3:00 pm	Changing and Pool	Thematic Activity (Outside)	Changing and Pool	Get to Know you Picnic (Outside)	Changing and Pool
3:00-4:00 pm	Changing & Snack (Outside)	Clean up & Snack (Outside)	Changing & Snack (Outside)	Clean up & Snack (Outside)	Changing & Snack (Outside)
Groups Merge					
4:10-6:00 pm	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)

Time between the sessions must be used for cleaning and straightening up.

No Field Trip This Week

Thematic Activities – Getting to Know you! Be Kind!

Day 1

Activity Ideas:

Two Truths and a Lie – Pick a few children each day give two Truths and a Lie. The rest of children try to guess the lie.

Balloon Waddle (balloon for each Child)

Divide children into teams. Then relay race with balloon in between knees. If you drop it you have to go back to your starting position.

Balloon Tag (balloon and string for each child)

Children use string to tie balloon are ankle loosely. Then at the starting bell they run around trying to stomp on someone else balloon while not getting their balloon stomp on.

Art/Crafts:

Name bracelets

Supplies: beads, scissors, stretch string, alphabet beads





**Indian Valley Family YMCA
2023 Camp
Schedule of Activities
Week 1: Getting to Know You! Be Kind!
June 19-23
Group B (Ages 11-12)**

Time	Mon	Tue	Wed	Thu	Fri
7-9:00 am	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)	Arrival/Free Play (Gym B)
Groups Split					
9:05-9:50 am	Thematic activity (Outside)	Thematic activity (Outside)	Thematic activity (Outside)	Thematic activity (Outside)	Thematic activity (Outside)
10-10:45 am	Gym B	Gym B	Gym B	Gym B	Gym B
11-11:45am	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)
12-12:45 pm	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)
12:45-3:00 pm	Changing and Pool	Thematic Activity (Outside)	Changing and Pool	Get to Know you Picnic (Outside)	Changing and Pool
3:10-4:00 pm	Changing & Snacks (Outside)	Clean up & Snacks (Outside)	Changing & Snacks (Outside)	Clean up & Snacks (Outside)	Changing & Snacks (Outside)
Groups Merge					
4:10-6:00 pm	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)

Time between the sessions must be used for cleaning and straightening up.

No Field Trip This Week



**Indian Valley Family YMCA
2023 Camp
Schedule of Activities
Week 1: Getting to Know You
June 19-23
Group C (Ages 12+)**

Time	Mon	Tue	Wed	Thu	Fri
7-9:00 am	Arrival / Free Play (Gym B)	Arrival / Free Play (Gym B)	Arrival / Free Play (Gym B)	Arrival / Free Play (Gym B)	Arrival / Free Play (Gym B)
Groups Split					
9:05- 9:50 am	Gym B	Gym B	Gym B	Gym B	Gym B
10-10:45 am -	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)	Arts/Crafts (Stay n Play)
11-11:45am	Thematic Activity (Outside)	Thematic Activity (Outside)	Thematic Activity (Outside)	Thematic Activity (Outside)	Thematic Activity (Outside)
12-12:45 pm	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)	Lunch (Outside)
12:45-3:00 pm	Changing for Pool and Pool	Thematic Activity (Outside)	Pool	Get to Know you Picnic (Outside)	Pool
3-4:00 pm	Changing & Snacks (Outside)	Clean up & Snacks (Outside)	Changing & Snacks (Outside)	Clean up & Snacks (Outside)	Changing & Snacks (Outside)
Groups Merge					
4-6:00 pm	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)	Departure / Free Play (Gym B)

Time between the sessions must be used for cleaning and straightening up.

No Field Trip This Week

Day 2

Activity Ideas:

Two Truths and a Lie – Pick a few children each day give two Truths and a Lie. The rest of children try to guess the lie.

Monkey Soccer – play soccer but instead of using your feet you use your arms and hands only.

Popcorn Parachute Play (Play parachute and soft balls) place soft balls in the parachute and the children can (1) try to pop all the popcorn out as a group (2) try to keep the popcorn in the parachute.

Cat and Mouse Parachute Play- One child is the mouse and goes under parachute. One child is the cat and is on top of parachute. At start the mouse tries to avoid getting lightly pounced by the cat. The mouse has to stay low and move fast underneath while the rest of the group tries to hide the mouse by waving parachute.

Arts/Crafts:

YMCA Star Memory Books - Children will create a book that they can glue pics in from YMCA Camp

Supplies: Glue sticks, hot glue and gun, card stock, Fancy card stock, Paper cutter, Cardboard or foam board, ribbon

Books are to be kept at camp so we can have them make entries and add photos weekly.



Day 3

Activity Ideas:

Two Truths and a Lie – Pick a few children each day give two Truths and a Lie. The rest of children try to guess the lie.

Standing Pretzel Race – Divide children into teams. This is a relay race. They must cross their legs and arms into pretzels and go as fast as they can.

Cross Over Relay (Ball for each team) – Divide children into teams. This is a relay race. Have a start and finish line. At the go the first person runs to finish with ball. Then throws ball to next person on other end. When they catch ball then they run to finish line.

Arts/Crafts:

Window Clings – Mix window cling mixture (2 tbs washable school glue, ¼ tsp. liquid dish soap and food coloring). Mix a batch for each color. Secure a piece of plastic wrap or plastic sheet protector to a flat surface with tape. Children paint desired design onto plastic using glue mixture. Allow to dry completely, about 8 to 10 hours, depending on the thickness of the Cling. Carefully peel the Window Cling from the plastic and adhere to the window. Window Clings are easily removed from window when you are done enjoying your artwork. Clean windows as desired to remove any residue that may remain. Use a cookie cutter, stencil, or secure a coloring sheet under the plastic to help create designs. Window Clings may dry out over time. If Cling becomes too dry and no longer adheres to the window, sprinkle or brush a small amount of water on the “sticky-side” of the Cling and replace on window.



Supplies: Washable school glue, liquid dish soap, food coloring, plastic protector sheets, and paint brushes.

Day 4

Activity Ideas:

Two Truths and a Lie – Pick a few children each day give two Truths and a Lie. The rest of children try to guess the lie.

Tails (one sock for each child) Children tuck sock into waist band or back pocket. On the word “go”, each player tries to take other children’s tails without anyone getting theirs. When a player gets his tail taken he sits but is not out of the game. If he/she can steal a tail of someone running by then they are back in the game. When counselor ends game the child with the most tails wins.

Follow the Leader Relay – Pick one child to be leader. Divide rest of children into even teams. The leader stands at finish line while teams are in lines behind starting line. The leader calls out commands that will move children forward like skip, hop, crab walk. Once a child reaches finish line the next person from their team goes. First team to get all players to other side wins.

Arts/Crafts:

Felt Picnic Food – Challenge the children to use felt to cut out foods for their picnic lunch.

Supplies Needed: Felt in different colors, markers, scissors, Tacky Glue glue and paper plates.



Day 5

Activity Ideas:

Play favorite games from the week

Arts/Crafts:

Sunscreen Painting - We are going to be painting with sunscreen and observing how it works. Pass out black construction paper. Tell the children they are going to paint a picture on their dark paper: Pass out bowls of sunscreen and paint brushes and have the children paint with sunscreen and sign their. Once the paintings are complete, have the children bring them outside in a sunny location and set rocks on the corners of the papers so they don't blow away. Leave the papers in the sun for 2 hours. Have the children observe the changes on their papers. Sunshine fades the paper. Sunscreen creates a physical barrier so the ultraviolet rays can't reach the dyes in the paper. Chemicals in the sunscreen absorb the ultraviolet rays like a sponge. When you put on sunscreen you are creating a barrier between the ultraviolet rays and your skin.



Supplies: Black paper, paint brushes and liquid sunscreen.

Supplies needed for the week

- Balloons
- Yarn or string
- Hula Hoops
- Music
- Parachute
- Soft squishy balls
- Ball for volley, kick ball,
- Socks or fabric tails
- Beads
- Alphabet beads
- stretch cord for bracelets
- Felt in different colors
- Tacky Glue glue
- Paper plates
- Glue sticks
- Card stock
- Print card stock
- Hot glue gun and glue sticks
- Black construction Paper
- Liquid sunscreen (Not Spray)
- Dish soap
- Food coloring

