BEST SUMMER EVER

Discover a summer of endless possibilities at the Y

Programs in Boulder, Broomfield, Lafayette, Longmont, Louisville Superior & Beyond!

YMCA OF BOULDER VALLEY
Serving Boulder, Broomfield & Weld Counties
ymcabv.org
Make masterpieces and make friends. Develop soccer skills and develop self confidence. Discover mountains and discover mentors.

At the Y, there are endless possibilities for fun, adventure, activity and connection as well as countless opportunities to grow and learn, nurture resilience and find role models who empower. Whether it’s swim lessons or lacrosse, hockey or camp, the Y is here to immerse your child in an atmosphere that inspires, guiding them to live healthfully, help others and smile like they’ve never smiled before.

It’s gonna be fun. It’s gonna be enriching. It’s gonna be the best summer ever.

Camps
YMCA overnight and day camps foster kids’ curiosity and encourage them to expand their idea of what’s possible. Our campers explore nature, swim and play, try new activities, develop new interests and gain independence while making friendships that last a lifetime.

Sports
Y athletes learn, grow and have fun on the field, on the court and on the turf. At the Y, we provide children with opportunities to learn new skills, develop technique, become a part of a team and learn the joys of hard work and sportsmanship.

Ice
Our ice programs give all skaters the tools to reach levels they have never imagined. Y Learn to Skate, hockey and figure skating programs offer kids and adults life-changing opportunities to find a sport, hobby, club or team to call their own.

Aquatics
The YMCA has been America’s leading swim instructor for more than 100 years. We provide recreational, competitive and specialty aquatics programs for all ages and abilities, including parent-child classes, exercise opportunities, safety and rescue instruction and swim team.
JOIN OUR CAUSE

You live a more robust life with the Y by your side, and we are a stronger organization because of the strength of our members. It’s a partnership, and we are even stronger together. From fitness classes and swimming lessons to sports and ice programs to summer camps and after-school care, we truly engage the spirits, minds and bodies of families in our communities. Let us help you lift more, run faster, get healthier and smile more.

MEMBERSHIP TYPES

- Adult (Ages 26+)
- Adult Couple
- Family*
- Single Adult Family*
- Youth (Ages 12-18)
- Youth Adult (Ages 19-26)
- Senior (Ages 62+)
- Senior Couple

NEW! Annual Memberships

Sign up for a year and save! You can now purchase an annual membership (12 months) for the price of 11 months.

Visit ymcabv.org/membership for details and fees.

*Family refers to two adults and up to seven children under the age of 19 residing at the same address. Add an additional adult (at the same address) to Family and Adult Couple memberships for an additional fee. *Single Adult Family refers to one adult and up to seven children under the age of 19 residing at the same address.

OTHER WAYS TO JOIN

Corporate Membership

A healthy and active lifestyle leads to mental and physical well-being. Studies have shown that healthy employees are happy employees, and happy employees are more productive employees. The YMCA makes it simple for your company to offer a tremendous perk to your employees while creating numerous benefits for your company. Employee paid and company paid options available.

Military Membership

For active duty military personnel or veterans. Must show a government ID. Membership is available for eligible military families and personnel through the Department of Defense Military Outreach Initiative. No join fee.

SilverSneakers® Membership

The Y provides the SilverSneakers® Fitness Program at no cost to eligible participants. Check with your health insurance if you qualify for a free membership.

Silver&Fit® Membership

Check with your health insurance if you qualify for Silver&Fit® membership. Some insurance companies require a co-pay when you join.

UnitedHealthcare Fitness Reimbursement

The Y participates in the UnitedHealthcare Fitness Reimbursement program for eligible UnitedHealthcare/OptumHealth insured members.

MEMBERS SAVE AN AVERAGE OF $50 PER WEEK ON SUMMER CAMP!

MEMBER BENEFITS

- Membership to three Ys
- Access to Ys Across the Country
- Member Rates
- Free Fitness Classes
- Three Year-round Pools
- Ice Rink
- Cardiovascular Equipment
- Strength Training Equipment
- Personal Training
- Smart Start (Free Wellness Orientations)
- Basketball Gyms
- Outdoor Spray Parks (seasonal)
- Hot Tub (Mapleton Y)
- Sauna (Mapleton Y and Longmont Y)
- Indoor Cycling Studios
- Indoor Running Tracks
- Racquetball Courts (Mapleton Y and Longmont Y)
- Y Friends Program (Discounts at Area Businesses)

Child Watch

(Ages 6 weeks–10 years)

Child Watch is free for up to two hours and is included with your Y Family or Single Adult Family Membership. Other members and program participants can utilize Child Watch for a fee while utilizing the facility (when space is available). Our trained and caring staff provides a safe, encouraging environment for your child while you workout.

Other child care programs include Kid’s Club (ages 3–5) and Gym Ventures (ages 6–11) at the Arapahoe Y and Youth in Action (ages 5–12) at the Longmont Y. Details and hours at ymcabv.org.

Financial Assistance: The YMCA of Boulder Valley is a 501c3 nonprofit charity. For those who qualify, financial assistance is available for membership and for our programs. Thanks to the generous gifts of our donors, we are able to continue to help our community. Stop by any of our three branches to pick up a financial assistance application or download one at ymcabv.org.

For info on membership, visit ymcabv.org/membership or come in for a tour.
WORKING FOR A CAUSE

Looking for a job? A good job? A job with energy and excitement? When you work at the Y, you discover a better job. A job you can feel good about. The Y provides enjoyable, fulfilling opportunities for people of all ages, interests and skills. Like water, flip flops and sunshine? Be a Lifeguard! Like kids, games and being a role model? Work in our Child Watch or after school programs! Like smiling and making others feel welcome? Join our membership team! We are looking for hard-working, friendly staffers who can put themselves “all in.” Our team understands how their work today makes a difference for years to come.

We are proud to offer our staff a flexible schedule, free or discounted Y membership and reduced fees on Y programming. Our Y contributes 10% of your salary amount to the Y retirement plan for qualified individuals. Part-time, full-time and career opportunities available. Whether you want to work as little as two hours a week or as many as 40, the Y has something for you. Apply at ymcabv.org/careers.

Day Camp
We have a wide range of day camp experiences for kindergartners to teens including traditional day camp, sports, biking, resident camp and more. There’s sure to be a great fit for you! Includes summer membership to the Y. Must be 18+ to apply.

Aquatics
Lifeguarding is more than just fun in the sun; it is an important leadership role. By being a Lifeguard or swim instructor, you’re taking a stand to be a lifesaver, to protect others and to serve the community. Certification classes and recertification classes are offered. Includes summer membership to the Y. Must be 16+ to apply.

For more information and to apply, visit ymcabv.org. Additional opportunities available in sports, health and fitness and membership.

FIND YOUR PLACE AT THE Y

VOLUNTEER
The YMCA of Boulder Valley welcomes volunteers in all areas of our association. Duties range in responsibility from reading to preschool students to coaching youth sports to greeting members at our front desk. If you are interested in becoming a volunteer, we can work together to find a placement that fits your availability, personality and interests.

Volunteer at the YMCA of Boulder Valley
• Make a difference in your community
• Support a cause you believe in
• Put your skills and experience to work
• Learn new skills
• Make new friends and develop professional contacts
• Combat social isolation and reduce stress
• Build confidence

INTERNSHIP
An internship at the Y can earn you university credit within degree programs and help put your classroom knowledge to work while you build your resume. The length of our internships are negotiable but generally last 10–16 weeks.

The Student Benefits By
• Building confidence through practical experiences
• Refining skills by working alongside a tested professional mentor
• Developing professional relationships in the field
• Being able to make informed career decisions

Opportunities May Include
• Aquatics Programming and Administration
• Day Camp Administration
• Event Planning and Financial Development
• Health and Wellness Administration
• Human Resources
• Non Profit Administration
• Residence Camp Administration
• School Age and Teen Programs
• Sports and Recreation Administration
FOR A BETTER US™

US IS A PROMISE

In times when the true power of “us” is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That’s why the Y passionately focuses on strengthening communities. Every day, the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. Everything we do helps empower communities and the “us” who live in them to thrive. When you donate, you make our community better and the “us” who live in them stronger.

HERE’S HOW THE Y SUPPORTS LOCAL FAMILIES:

$800,000
The total amount of financial assistance the Y provided in 2017. This gave families and individuals access to memberships, adult fitness and wellness opportunities, youth sports, swim lessons and childcare programs.

$363,000
The amount of assistance the Y provided to families specifically accessing childcare programs — including preschool, afterschool care and summer camp — last year.

94%
The percentage of students in the Longmont summer camps and after-school programs who receive YMCA financial assistance and CCAP (childcare assistance).

66%
The percentage of preschoolers who attend YMCA Inspire Preschool with the help of YMCA financial assistance and CCAP.

HERE’S HOW YOUR DONATION TO THE Y HELPS:

$15,000
Underwrites a weeklong experience for 21 low-income children at YMCA Camp Santa Maria, our overnight camp.

$10,000
Provides a scholarship for a child in need to attend YMCA Inspire Preschool for a year.

$5,000
Funds seven YMCA Mini Kickers soccer teams.

$1,000
Gives an adult with Parkinson’s disease access to YMCA Parkinson’s Fitness Programs for an entire year.

$500
Saves lives by granting swim lessons to eight children.

$250
Ensures a child learns the simple joy of riding a bicycle through our Y Riders program.

Through the Colorado Contribution Tax Credit, taxpayers who make a monetary contribution to promote child care in Colorado may claim an income tax credit of 50% of the total contribution. Ask your accountant for details.

For more info on how to support the Y, visit ymcabv.org/give or contact development@ymcabv.org or call 303-443-4474.

M/NM: Y member/Non-member

ymcabv.org 5
Join YMCA Inspire Preschool for a
summer of fun, discovery, learning and
friendship. At YMCA Inspire Preschool,
we know that children learn best through
meaningful, hands-on experiences. Our
talented teachers deliver daily lessons that
allow for exploration and individualized
learning opportunities for every child. By
supporting your child’s academic, social
and emotional needs, we’ll help set them up
for a lifetime of success.

Located inside the Ed & Ruth Lehman YMCA
in Longmont, we are uniquely equipped
to provide our students with an amazing
assortment of indoor and outdoor play
opportunities. Along with our playground
and bike park, we swim in the indoor pool,
play in the gym and learn about fruits and
veggies at our on-site farm. We’re even
adding new preschool enrichment activities
taught by our Y sports staff.

The Curriculum
Our Inspire Preschool curriculum allows
for children to learn and play in a way
that meets their individual needs. Our
thoughtfully designed daily schedules
allow children to guide their own learning
by choosing activities that pique their
interest and keep their attention. Students
also participate in teacher-led activities
designed to build important foundational
skills for gross motor and fine motor
development, language and literacy,
problem solving and early math. Our
teachers are trained to monitor each child’s
progress using the authentic assessment
techniques of Teaching Strategies Gold,
the same program used by St. Vrain and
Boulder Valley School Districts.

WEEKLY ACTIVITIES
- Swimming
- Visits From Longmont Public
  Library
- Trips To The Longmont Y’s Food
  Project Farm
- Y Sports
- Cooking Activities

NEW! All preschool families enrolled year-round receive a FREE family membership to the Y (valued at $1227). That includes access to our fitness centers, pools, gyms and more. With the membership, you also receive discounts on sports and aquatics programs, including swim lessons.

REGISTER FOR PRESCHOOL: ymcainspirepreschool.org | INFO: 720-652-4720
**PRESCHOOL**
Ages 2½–6

**SUMMER WEEKLY THEMES**

**Wild West Adventures**
Grab your cowboy hat and join us by the campfire for some s’mores and tall tales from the Wild West.

**Jungle Jam**
It’s a jungle out there so we’re gearing up for an exciting trek through the rainforest to learn about jungle animals and their environment. We’ll even create animal masks to wear for our fun Jammin’ Jungle Parade.

**Pirates Ahoy**
Yo-ho, yo-ho, we’re ready to head out on the high seas for a jolly good pirate adventure. Fun activities this week will include a pirate photo booth and a playground hunt for buried treasure.

**Wilderness Explorers**
The preschool will be transformed this week as we set up tents and explore the great outdoors! We’ll participate in bug hunts, make bird feeders for our feathered friends and play flashlight games.

**Planes, Trains and Automobiles**
We’ll be learning about all things that go. This week will be filled with exciting activities centered around different forms of transportation. We’ll even take a “field trip” to the airport, and “drive” our own cars to a drive-in movie.

**Movie Magic**
Lights! Camera! Action! It’s time to roll out the red carpet and dress-up like movie stars. We’ll learn how movies are made and even create our own quick movies with our friends.

**Dancin’ in the Kitchen**
Our little chefs will be busy in the kitchen learning to prepare delicious food to enjoy throughout the week. We’ll finish out the week with a cookout on the playground.

**Take Me Out to the Ballgame**
Play ball! Join us this week as we try out different sports and learn the importance of good sportsmanship. You’ll also be able to show your support for your favorite team on Spirit Day.

**Growing Gardeners**
Do you have a green thumb? If not, don’t worry! By the end of this week we’ll all know how to plant seeds, water them and help them grow into beautiful plants. We’ll even work in the YMCA garden and learn where vegetables come from.

**Fairy Tale Fun**
Once upon a time…You are invited to join us for a magical week with beautiful princesses, brave knights and not-so-fierce dragons! At the end of the week we’ll even have a Fairy Tale Ball.

**Dino Dig**
Calling all paleontologists! If you love dinosaurs this is the week for you. Prepare to get dusty and dirty as we dig for dinosaur bones in the sandbox, create delicious dinosaur dirt cups for snack and go on an adventure to find dinosaurs hiding around the Y.

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REGISTER FOR PRESCHOOL: ymcainspirepreschool.org | INFO: 720-652-4720

M/NM: Y member/Non-member
CAMPS AT A GLANCE

BEST. SUMMER. EVER.

Looking for a summer camp for your child? The Y has so much to offer for every age group. Here is a snapshot of the summer camp programs that are available. Please don’t hesitate to contact us if you need help figuring out the very best camp for your child.

Day camps are divided by sessions throughout the summer.

Session 1: May 29-June 1
Session 2: June 4-8
Session 3: June 11-15
Session 4: June 18-22
Session 5: June 25-29
Session 6: July 2-6
Session 7: July 9-13
Session 8: July 16-20
Session 9: July 23-27
Session 10: July 30-Aug 3
Session 11: Aug 6-10
Session 12: Aug 13-14

*No camp on May 28 and July 4

Camp S'More Fun (Entering K-6th Grade)
Come join us for an enriching traditional day camp experience — where old and new friends meet. Campers will unplug, enjoy hands-on learning, engage in multi-cultural experiences and build confidence. We accommodate the wide variety of interests our campers have and plan activities that support those varied interests. Activities include archery, sports and games, STEM, swimming, arts and humanities, outdoor education, ice skating, gaga ball, field trips and much more. Campers will experience three on-site camp days and two field trips each week. The field trips will include a day trip to our outdoor education center, Camp Ora Penn, a trip to a local swimming pool and other exciting options.

Camp Elks (Entering 1st-6th Grade)
Camp Elks provides campers with a traditional outdoor day camp experience. Nestled in the heart of Boulder, Camp Elks is a nature-based program where campers will have the opportunity to make new friends through adventure, challenge and exploration. Campers will enjoy day trips to some of Colorado’s most beautiful hiking destinations.

YMCA & BVSD Lifelong Learning Day Camp (Ages 6-12)
YMCA of Boulder Valley and Boulder Valley School District Lifelong Learning are collaborating again this summer to offer a fun and educational camp opportunity for youth in the community.

STEAMrollers (Entering 1st-6th Grade)
All aboard! It's full STEAM ahead as we celebrate children who crave creativity, savor science and love learning, building, discovering and making. These camps include swimming and field trips.

Y World of Sports (Entering 1st-6th Grade)
Shoot, dribble and score your way to enhanced sports-specific skills in our summer sports camp. Campers will explore the wide world of sports through team-building, skill progression and age-appropriate activities. Campers also experience our “Y Way to Play” philosophy. They will enjoy swimming each week and love the sports-specific field trips, including the Colorado Rockies and Denver Outlaws games.

Y Riders Cycling Day Camp (Entering 1st-9th Grade)
Y Riders Cycling Day Camp has taught kids and teens to ride successfully and safely for more than 25 years. Starting in first grade, children can learn how to ride a two-wheeler in learn-to-bike classes and build their skills in Y Riders Basic Skills. Junior Y Riders and Local Adventures programs develop skills in path riding and mountain biking. Small groups with low ratios provide the perfect environment for campers to learn safe biking and expand their skills.

Teen Camps (Entering 6th-10th Grade)
Ensure your teen’s summer is more fulfilling and fun than couch sitting and video-game playing. Ultimate Teen Camp will send campers to locales like Pirate’s Cove, Jump Street and Water World. Participants make friends and stay entertained while learning about the importance of respect, responsibility, honesty and caring. Our Teen Leader in Training Camp gives participants the knowledge and experience to begin their journey as leaders, spending a bulk of their summer working with younger campers.

YMCA Camp Santa Maria (Ages 6-17)
Nested on 1,000 beautiful acres in the Rocky Mountains near Bailey, Colorado, YMCA Camp Santa Maria offers a traditional resident camp experience. Campers make friends, build skills and unplug.

Financial Assistance is available. Contact 303-443-4474 or FA@ymcabv.org.
Come join us for an enriching traditional day camp experience — where old and new friends meet. Campers will unplug, enjoy hands-on learning, engage in multi-cultural experiences and build confidence. We accommodate the wide variety of interests our campers have and plan activities that support those varied interests. Activities inc; will experience three on-site camp days and two field trips each week. The field trips include a day trip to our outdoor education center, Camp Ora Penn, a trip to a local swimming pool, and other exciting options. Enthusiastic and well-trained staff will ensure a safe and fun summer. The six convenient locations ensure that we have the fun covered for your camper this summer. Part-time and full-time options are available.

Campers Are Divided By Age-Appropriate Groups:
There will be some all-camper activities throughout the week.

TRAILBLAZERS (Entering K-1st grade)
Children must be 5 years old by the first day of camp

PIONEERS (Entering 2nd-3rd grade)

ADVENTURERS (Entering 4th-6th grade)

Hours
• Pre-Camp Care: 7:30am-9:00am
• Camp Activities & Excursions: 9:00am-4:00pm
• Post-Camp Care: 4:00pm-6:00pm
 Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Location: At schools throughout Boulder County and the Longmont Y. See page 11.

Boulder Valley Weekly Fees

<table>
<thead>
<tr>
<th>FULL-TIME (M/NM)</th>
<th>PART-TIME (M/NM)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5 DAYS A WEEK</td>
<td>1-3 DAYS A WEEK</td>
</tr>
<tr>
<td>$295/$345</td>
<td>$250/$290</td>
</tr>
</tbody>
</table>

Optional Swim Lessons: $80 per session (only select sessions). You must register for this separately. Details on page 11.

Longmont Weekly Fees

<table>
<thead>
<tr>
<th>FULL-TIME</th>
<th>PART-TIME*</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5 DAYS A WEEK</td>
<td>1-3 DAYS A WEEK</td>
</tr>
<tr>
<td>$240</td>
<td>$144</td>
</tr>
</tbody>
</table>

Optional Swim Lessons: $80 per session (only select sessions). You must register for this separately. Details on page 11.

*You must confirm your part-time days with your camp director.

96% of campers said camp helped them make new friends.

REGISTER FOR CAMP: ymcabv.org (see page 22 for details) | INFO: 303-443-4474 x4300

M/NM: Y member/Non-member
CAMP S’MORE FUN
Entering K-6th Grade

SESSION | DATE
--- | ---
Session 1 | May 29-June 1*
Session 2 | June 4-8
- Field trip to Denver Outlaws Game on June 7
Session 3 | June 11-15 (optional swim lessons)
Session 4 | June 18-22 (optional swim lessons)
Session 5 | June 25-29 (optional swim lessons)
Session 6 | July 2-6*
- Field trip to Pirate’s Cove on July 6
Session 7 | July 9-13 (optional swim lessons)
Session 8 | July 16-20 (optional swim lessons)
Session 9 | July 23-27 (optional swim lessons)
Session 10 | July 30-Aug 3
Session 11 | Aug 6-10 (at Longmont Y only)

*No camp May 28 and July 4

OUR FEATURED ACTIVITIES
- Archery
- Swimming
- Ice Skating
- Gaga Ball
- Tether Ball
- Slip & Slide
- Bounce House Fun
- Carnival Day
- Olympic Day
- STEM
- Color Wars
- Sports & Games
- Arts & Humanities
- And much more!

We’ll take field trips to Camp Ora Penn in Nederland where campers will have the opportunity to hike the Magnolia Trail System, explore nature and more.
CAMP S’MORE FUN
Entering K-6th Grade

JUMP IN TO THE FUN!

Sample of Weekly Camper Adventures:
• Three themed days every week: STEM, Arts & Humanities, and Fun & Games
• Two field trips each week: Jump into the pool on the swimming trip, explore nature during an outdoor education field trip or find all the exciting things to do in your community.
• Wacky Wednesday
• Color Wars

Daily Camp Schedule (on-site days): Schedule will be modified on field trip days

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-9:00am</td>
<td>Pre Camp Activities (optional)</td>
</tr>
<tr>
<td>9:00-9:15am</td>
<td>Camp Opening Ceremonies</td>
</tr>
<tr>
<td>9:15-10:00am</td>
<td>Activity #1</td>
</tr>
<tr>
<td>10:00-10:45am</td>
<td>Activity #2</td>
</tr>
<tr>
<td>10:45-11:00am</td>
<td>AM Snack</td>
</tr>
<tr>
<td>11:00-11:45am</td>
<td>Activity #3</td>
</tr>
<tr>
<td>12:00-1:00pm</td>
<td>Lunch &amp; Summer Literacy*</td>
</tr>
<tr>
<td>1:00-1:45pm</td>
<td>Activity #4</td>
</tr>
<tr>
<td>1:45-2:30pm</td>
<td>Activity #5</td>
</tr>
<tr>
<td>2:30-3:15pm</td>
<td>Activity #6</td>
</tr>
<tr>
<td>3:15-4:00pm</td>
<td>PM Snack &amp; Assembly</td>
</tr>
<tr>
<td>4:00-6:00pm</td>
<td>Post Camp Activities (optional)</td>
</tr>
</tbody>
</table>

*Campers bring their own lunch each day

ADD SWIM LESSONS TO CAMP S’MORE FUN

We believe that every child needs to be safe in the water; therefore we offer two sessions of swim lessons during the summer. We’ll take your child to swim lessons during camp. Children must be signed up for camp during the days and weeks of each session to participate. Please be aware that there is limited space. Campers need to arrive at their camp location one hour before the swim lesson begins, wearing swimsuit and 30 SPF sunscreen. Please pack a towel, goggles and a change of clothes. Register at ymcabv.org.

Fee: $80 per session
Swim Option A: Camp sessions 3, 4, 5 • Swim Option B: Camp sessions 7, 8, 9
See page 10 for session dates.

Mapleton Y Indoor Pool

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DAYS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear Creek</td>
<td>Mon/Wed</td>
<td>9:50-10:20am</td>
</tr>
<tr>
<td>Foothill</td>
<td>Tue/Thu</td>
<td>9:50-10:20am</td>
</tr>
<tr>
<td>Louisville</td>
<td>Mon/Wed</td>
<td>9:15-9:45am</td>
</tr>
<tr>
<td>Creekside</td>
<td>Tue/Thu</td>
<td>9:15-9:45am</td>
</tr>
</tbody>
</table>

Longmont Y Indoor Pool

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DAYS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twin Peaks</td>
<td>Tue/Thu</td>
<td>9:50-10:20am</td>
</tr>
<tr>
<td>Superior</td>
<td>Tue/Thu</td>
<td>9:15-9:45am</td>
</tr>
</tbody>
</table>

92% of campers said that camp helps them feel good about themselves.

REGISTER FOR CAMP: ymcabv.org (see page 22 for details) | INFO: 303-443-4474 x4300
YMCA Camp Elks provides campers with a traditional outdoor day camp experience. Nestled in the heart of Boulder, Camp Elks is an outdoor, nature-based program where campers will have the opportunity to make new friends through adventure, challenge and exploration. Each day at camp begins with an opening ceremony where stories, music and funny anecdotes get us ready for the day’s events. Campers will enjoy day trips to some of Colorado’s most beautiful hiking destinations. Campers will also spend their summer days in camp shooting archery, cooling off at our on-site pool and expressing their creative side through arts and crafts, drama, sports and fun games.

Each camp day ends with a closing campfire (symbolic) where campers and counselors come together to share stories, recognize each other through the Bead Ceremony (character values) and reflect on their time at camp.

Campers Are Divided By Appropriate Age Groups:

<table>
<thead>
<tr>
<th>TRAILBLAZERS (Entering 1st-2nd grade)</th>
<th>PIONEERS (Entering 3rd-4th grade)</th>
<th>ADVENTURERS (Entering 5th-6th grade)</th>
</tr>
</thead>
</table>

**Hours**
- Pre-Camp Care: 7:30am-9:00am
- Camp Activities & Excursions: 9:00am-4:00pm
- Post-Camp Care: 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

**Location:** Boulder Elks Club, 3975 28th St, Boulder
Optional drop-off and pick-up service available at the Arapahoe YMCA in Lafayette (sessions 1-11 only). Drop off is 7:30-8:30am and pick-up is 4:45-5:30pm. You must register for this separately. Space is limited.

**Weekly Fees**

<table>
<thead>
<tr>
<th></th>
<th>FULL-TIME (M/NM) 4–5 DAYS A WEEK</th>
<th>PART-TIME (M/NM)* 1–3 DAYS A WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$295/$345</td>
<td>$250/$290</td>
</tr>
</tbody>
</table>

Horseback Riding Fee: $65 per week (optional). You must register for this separately.

*You must confirm your part-time days with your camp director.

**SESSION** | **DATE**
--- | ---
Session 1 | May 29–June 1*
Session 2 | June 4–8
Session 3 | June 11–15
Session 4 | June 18–22
Session 5 | June 25–29
Session 6 | July 2–6*
Session 7 | July 9–13
Session 8 | July 16–20
Session 9 | July 23–27
Session 10 | July 30–Aug 1
Session 11 | Aug 6–10
Session 12 | Aug 13–14 (no bus service)

*No camp May 28 and July 4

ADD HORSEBACK RIDING TO CAMP!

Not available during session 12.

REGISTER FOR CAMP: ymcabv.org (see page 22 for details) | INFO: 303-443-4474 x4300
The YMCA of Boulder Valley and BVSD Lifelong Learning are collaborating again to offer a fun and educational camp opportunity for youth in the community. The Y offers LEGO® classes, STEM Adventures and Sports Clinics through BVSD Lifelong Learning. BVSD Lifelong Learning also has many other camps including music, cooking, science and more. Visit bvsd.org/LLL for details.

In partnership with

In addition, the Y offers before and after camp care for camps at Bear Creek, Foothill and Ryan. If you choose a full-day camp option, you must register for an AM camp, a PM camp and extended care all at the same location.

Hours
• Pre-Camp Care: 7:30am-9:00am
• Camp Classes: 9:00am-4:00pm
• Post-Camp Care: 4:00pm-6:00pm
Camp classes are officially 9:00am-4:00pm (consisting of AM and PM camps). Bring your own lunch and water bottle.

LEGOr® & STEM ADVENTURES
LEGOr®/STEM Adventures will challenge your child’s mind, tap into their creativity and lead them through visual adventures. Through STEM adventures, children will have the opportunity to engage their scientific curiosities.

STEM Adventures
Is your kiddo the next Bill Nye? Is their favorite T-shirt imprinted with the Periodic Table of Elements? If you answered YES, then your child should definitely join us for a fun week of STEM, where we make creators, thinkers, problem solvers, doers, innovators and inventors. Join us on our journey to discover just how cool science can be!

PM Session: 12:30-4:00pm

LOCATION | SESSION | DATES
---|---|---
Creekside Elementary | Session 6 | July 2-6*
Foothill Elementary | Session 7 | July 9-13
Superior Elementary | Session 8 | July 16-20
Broomfield Heights | Session 9 | July 23-27
Bear Creek Elementary | Session 10 | July 30-Aug 3

*No camp July 4

LEGOr® Movie Making
LEGOr®s are amazing! You can build anything with them, but what if you could make them come alive? In this fun and exciting LLL class, students will use the magic of stop-motion animation to film their creations and make them come alive. Projects will include screen writing, story boarding, filming and editing. Each student will be emailed a copy of their movie creations to share with their friends and families. Let the future Hollywood directors get started in this fun and engaging class!

AM Session: 9:00am-12:30pm

LOCATION | SESSION | DATES
---|---|---
Creekside Elementary | Session 6 | July 2-6*
Foothill Elementary | Session 7 | July 9-13
Superior Elementary | Session 8 | July 16-20
Broomfield Heights | Session 9 | July 23-27
Bear Creek Elementary | Session 10 | July 30-Aug 3

*No camp July 4

SUMMER CAMP can curb summer learning loss, improve self confidence and encourage personal growth.

REGISTER FOR CAMP: bvsd.org/LLL | INFO: LLLcamp@ymcabv.org • 303-443-4474 x4300

M/NM: Y member/Non-member
ULTIMATE SPORTS
Come experience the ultimate in FUN sports. Test your eye-hand coordination with these exciting and active sports games.

Basketball
This camp focuses on skill building to help your child grow and develop in the game of basketball. There will be scrimmages and fun competitions mixed in to keep your child moving forward. Teamwork, ball handling, shooting, passing and fun are daily components of camp. Participants should wear athletic clothing as well as bring 30 SPF sunscreen, lunch and a water bottle.

PM Session: 12:30-4:00pm

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<tr>
<th>LOCATION</th>
<th>SESSION</th>
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<tbody>
<tr>
<td>Superior Elementary</td>
<td>Session 1</td>
<td>May 29-June 1*</td>
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<tr>
<td>Broomfield Heights</td>
<td>Session 2</td>
<td>June 4-8</td>
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<td>Bear Creek Elementary</td>
<td>Session 4</td>
<td>June 18-22</td>
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<td>Creekside Elementary</td>
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*No camp May 28, July 4

Flag Football
Campers will learn techniques to enhance their skills in throwing, receiving and agility as well as gain an understanding of the rules and strategies of the sport. These skills are put to use and taught in drills as well as in game play. Participants should wear athletic clothing without pockets or belt loops and athletic shoes. Campers also need to bring 30 SPF sunscreen, snack and a water bottle.

PM Session: 12:30-4:00pm

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<tr>
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<td>Foothill Elementary</td>
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<td>July 30-Aug 3</td>
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Soccer
Y staff will work with players to enhance their skills in passing, shooting, dribbling, offense and defense. Young athletes will also work on positioning on the field and gain an understanding of the rules and strategies through scrimmages. Participants should wear athletic clothing and bring shin guards, 30 SPF sunscreen, lunch and a water bottle.

AM Session: 9:00am-12:30pm

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<td>July 2-6*</td>
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*No camp May 28 or July 4
STEAMROLLERS
Entering 1st–6th Grade

All aboard! Full steam ahead for your camper’s summer adventure with the YMCA STEAMRollers, a specialty camp offering enriched learning experiences that focus on the areas of science, technology, engineering, the arts and mathematics. Campers will also have the opportunity to swim during the week.

Hours
- Pre-Camp Care: 8:00am-9:00am
- Camp Activities: 9:00am-4:00pm
- Post-Camp Care: 4:00pm-5:00pm
Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Location: Louisville Middle School, 1341 Main St., Louisville

Fee (M/NM): $300/$350

Mad Scientist
Dive into the wacky world of science. This is a fun way to unlock all of the mysteries and secrets science has to offer.

SESSION DATE
Session 2 June 4-8

Cartooning and Comic Book Camp
Discover and create amazing things about your favorite characters and invent your own characters through comic book creation and cartooning. See the action come alive!

SESSION DATE
Session 3 June 11-15

Build It Camp
Challenge the engineer and architect within! Use different building materials to create masterpieces. Finish the week with a dynamic show displaying all your creations.

SESSION DATE
Session 4 June 18-22

Messy Art Camp
Come explore the messy side of art! Campers will engage in art activities that include finger painting, clay design, splatter art and much more. Get those smocks ready for the washing machine.

SESSION DATE
Session 5 June 25-29

Top Chef Camp
Do you know how to prepare healthy meals and snacks for the family without using a stove? Learn meal planning, nutrition label reading, cooking, and even go home with your very own recipe book.

SESSION DATE
Session 7 July 9-13

CSY Mystery Camp
Work as a team to solve a YMCA mystery. Collect evidence and follow clues to figure out the who, what, when, where and why of this hot case!

SESSION DATE
Session 8 July 16-20

Multi Media Art Camp
Calling all artists! Join us in creating an exhibit of masterpieces. Examples include sketching, painting, sculpting and more. Campers will visit local parks and museums for inspiration.

SESSION DATE
Session 9 July 23-27

THE YMCA started America’s first known summer camp program.
Do you have young athletes who love all sports? This camp is for you. Our sports camp includes a variety of both traditional and non-traditional sports skill clinics and games all aimed to develop individual skill and team work. With our three-hour clinics and our experienced, trained sports specialists, your child will never get bored. Campers will play a different sport each week, participate in traditional camp activities and experience first-hand our “Y Way to Play” philosophy (fun, sportsmanship, opportunity, progressive competition and community). The Y’s fun-filled sports camp brings boys and girls together to practice and play in a positive and nurturing environment. We will run an assessment day every Monday to ensure campers are divided into groups based on their age and ability and participate in daily clinics, healthy competition and mini scrimmages. Field trips may include a Denver Outlaws game, a Rockies game and weekly swimming.

**Hours**
- Pre-Camp Care: 7:30am-9:00am
- Camp Activities: 9:00am-4:00pm
- Post-Camp Care: 4:00pm-6:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

**Location:** Manhattan Middle School, 290 Manhattan Dr, Boulder (Sessions 11 and 12 at the Arapahoe Y)

**Fee (M/NM):** $295/$345 (Session 12* $163/$193)

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<tr>
<td>Session 1</td>
<td>May 29-June 1*</td>
<td>Y World of Sports Sampler</td>
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<td>Session 2</td>
<td>June 4-8</td>
<td>Flag Football</td>
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<td>Basketball</td>
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<tr>
<td>Session 12</td>
<td>Aug 13-14</td>
<td>Soccer</td>
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*No camp May 28 and July 4.

**Y World of Sports Sampler**

During these weeks of sports camp, campers will engage and learn various sports, from the popular ones to the non-traditional ones. Campers will learn new skills and may even find a sport to be passionate about. Lace up those sneakers and jump in!

Check out more summer sports programs on page 23.
Y RIDERS CYCLING DAY CAMP
Entering 1st–9th Grade

Y Riders Cycling Camps has taught kids and teens to ride successfully and safely for more than 25 years. The unique progression of the Y Riders camps allows riders to come back year after year and gain new skills and experiences. Starting in first grade, children can learn how to ride a two-wheeler in Learn to Bike Camp and build their skills in Y Riders Basic Skills. Junior Y Riders and Local Adventures camps teach skills in path riding and mountain biking. Small groups with low ratios provide the perfect environment for campers to learn safe biking and build their skills. Our staff has extensive experience in biking and working with groups of campers.

Hours
• Pre-Camp Care: 8:00am–9:00am
• Y Riders Cycling Camp: 9:00am–4:00pm
• Post-Camp Care: 4:00pm–5:00pm

Camp is officially 9:00am–4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

Location: Manhattan Middle School, 290 Manhattan Dr, Boulder (Session 11 at the Mapleton Y)

REGISTER EARLY! Classes and camps are very small due to individual attention given to cyclists.

Learn to Bike Camp
(Entering 1st–3rd Grade)
This camp is designed for campers still on training wheels or struggling to ride independently on a two-wheeler. This Y program has a 100 percent success rate in teaching campers to ride without training wheels. Campers get support with a low child-to-staff ratio in a small camp environment. Equipment Required: A helmet and bike small enough that your child can firmly touch the ground while seated, water bottle, 30 SPF sunscreen and lunch.

Fee (M/NM): $295/$345

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<tr>
<td>Session 3</td>
<td>June 11–15</td>
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<td>Session 6</td>
<td>July 2–6*</td>
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*No camp July 4

Y Riders Basic Skills Camp
(Entering 1st–3rd Grade)
This camp progresses into teaching basic bike handling and safety skills. Riders will progress to beginning mountain bike skills, becoming confident riders who are capable of both on-road and light off-road riding. This is a great camp for those who have just graduated from our learn to bike program. Equipment Required: Properly sized bike and helmet, water bottle, 30 SPF sunscreen and lunch.

Fees (M/NM): $295/$345 (Session 6* $236/$276)

Junior Y Riders Camp
(Entering 3rd–5th Grade)
Our one-week cycling camp is designed to build camper confidence in path/street riding and mountain biking. Kids will be introduced to standard mountain biking skills and learn how to properly and safely navigate the Boulder Creek Path. Campers need to have the skill to ride in a straight line and navigate twists and turns of bike paths to enroll. Equipment Required: Properly sized bike (gears highly suggested) and helmet, water bottle, 30 SPF sunscreen and lunch.

Fee (M/NM): $295/$345
(Session 1* $236/$276)

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<td>Session 11</td>
<td>Aug 6–10</td>
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*No camp May 28

Y Riders Local Adventures Camp
(Entering 5th–9th Grade)
During this two-week camp, beginner to intermediate level riders will travel to destinations around Boulder County on trips of a minimum of 10 miles, gradually increasing in distance. This camp has a focus on mountain biking while including instruction on climbing and distance riding. We will plan a ride to Ora Penn for an overnight on the second Thursday night. Campers must demonstrate maturity and skill to participate in the overnight ride. Equipment Required: Properly sized mountain bike with a minimum of 15 speeds and a helmet, water bottle, 30 SPF sunscreen and lunch.

Two-week Fee (M/NM): $545/$615

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<th>SESSION</th>
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<tr>
<td>Sessions 8 &amp; 9</td>
<td>July 16–20 and July 23–27</td>
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A bike inspection form is required for Junior Y Riders and Local Adventures. Find the form at ymcbv.org.

REGISTER FOR CAMP: ymcbv.org (see page 22 for details) | INFO: yriders@ymcbv.org • 303-443-4474 x4300
We’ll visit amusement parks, head to the mountains, sail down a few water slides, turn a sharp corner on a go-cart, play mini golf and more! Or if leadership opportunities are up your alley, check out our Leaders in Training program to make a difference this summer.

**Hours**
- Pre-Camp Care: 8:00am-9:00am
- Camp Activities: 9:00am-4:00pm
- Post-Camp Care: 4:00pm-5:00pm

Camp is officially 9:00am-4:00pm. However, we offer pre- and post-camp options for families that need additional child care before and/or after camp. Pre- and post-camp is optional, and there is no additional cost.

**Ultimate Teen Camp (Entering 6th–9th Grade)**
This year, Teen Camp at the Y will be better than ever. Each session we’ll explore different themes including Urban Legends, Wild Beasts, Top Chef and Real Magic through activities such as ghost town tours, scavenger hunts at the Denver Aquarium, cooking projects and laser tag. We’ll visit awesome places like Pirate’s Cove, Jump Street, Water World and Lyons Classic Pinball (to name just a few). We’ll go to Elitch Gardens every week, and if you sign up for three or more weeks, your youth will get to keep an Elitch’s Season Pass! There’s never a dull moment, and we’re adding new activities all the time. Sign up early to ensure you don’t miss out. Space is limited.

**Fee (M/NM): $335/$395**
**Location:** Meets at Manhattan Middle School, 290 Manhattan Dr, Boulder (Session 11 meets at the Mapleton Y)

**SESSION** | **DATES**
--- | ---
Session 3 | June 11-15
Session 4 | June 18-22
Session 5 | June 25-29
Session 6 | July 2-6*
Session 7 | July 9-13
Session 8 | July 16-20
Session 9 | July 23-27
Session 10 | July 30-Aug 3
Session 11 | Aug 6-10

*No camp July 4

**Leaders in Training (LIT) Program (Entering 8th–10th Grade)**
Learn to lead with confidence. This skill-based training program prepares teens to work as camp counselors. The first two weeks focus on camper development, communication, leadership, activity planning, safety and relationship building. In the second week, LITs get more involved directly with camp. This includes spending a week putting their newly developed skills into practice by working alongside our counselors with our young campers. The end of the second week will include an overnight at YMCA Camp Santa Maria near Bailey with their staff leaders. Following the two-week LIT program, LITs volunteer as junior counselors at one of our YMCA camp locations for an additional three weeks. While volunteering, there is a $25 per week fee that covers the cost of trips taken with other camps during the week. Teens must apply and interview to be accepted into the program.

**Application Process**
- Applications are available at ymcabv.org and at the Arapahoe, Longmont and Mapleton Ys.
- Submit application to the Teen Department at the Mapleton Y by Friday, April 6.
- Applicants will be interviewed by the end of April.

**If Accepted**
- Complete all registration forms and pay fees within five days of acceptance.
- Must attend all days of the training program.
- Commit to at least three weeks of service at one of our Y camps for three to five days per week.

**Two-week Fee (M/NM): $535/$605 plus $25/week for a minimum of three volunteer weeks**
Participants may choose their volunteer weeks throughout the summer, working a minimum of three. Mon-Fri (three to five days a week), 9:00am-4:00pm. Volunteer locations TBD.

**Location:** Manhattan Middle School, 290 Manhattan Dr, Boulder

**SESSION** | **DATES**
--- | ---
Session 1 & 2 | May 29-June 1 & June 4-8 (with one overnight)

*No camp May 28
YMCA CAMP SANTA MARIA
Resident Camp for Ages 6-17

Nestled on 1,000 beautiful acres in the Rocky Mountains and surrounded by Pike National Forest and the Lost Creek Wilderness Area, YMCA Camp Santa Maria is located 45 minutes southwest of Denver on Highway 285, just past Bailey, Colorado.

During their stay, your child will make new friends, unplug and experience the natural world, try new activities and learn new skills.

OPEN HOUSE AT CAMP SANTA MARIA
Saturday, May 12, 1:00-4:00pm

Explorers Camp (Ages 6-8)
Our Explorers program is a four-day, three-night experience designed to introduce young kids to overnight camp and allow parents to adjust to the idea of their child being away from home. Explorers will participate in activities like nature exploration, arts and crafts, hiking, boating, group games, building gnome homes and more (gnome sightings not guaranteed). Campers can develop independence while experiencing a small community. The Explorers program is small in numbers and big in activities. We also increase the ratio of staff for this camp.

Fee (M/NM): $450/$500

SESSION DATES
Session 10 Sun, Aug 5-Wed, Aug 8

Traditional Camp (Ages 7-14)
During their one-week session, Traditional campers participate in progressive skill track programs that give campers confidence and competence in specific activities. Skill tracks may include rock climbing, hiking and backpacking, kayaking, nature, mountain biking, wilderness skills, film-making and fine arts. Additional skill tracks will be offered.

The Traditional Camp program is for 7- to 14-year-olds. Campers will sign up for morning and afternoon skill tracks: a longer one in the morning and a shorter one in the afternoon. Campers also participate in evening programs with the whole camp.

Fee (M/NM): $700/$750
Additional Fee: $75 weekend stay over (only needed if your camper is staying for consecutive weeks)
$45 horseback riding
$65 rafting (ages 11+)

REGISTER SOON. SESSIONS ARE ALREADY FILLING UP!

SESSION DATES
Session 1 Sun, June 3-Sat, June 9
Session 2 Sun, June 10-Sat, June 16
Session 3 Sun, June 17-Sat, June 23
Session 4 Sun, June 24-Sat, June 30
Session 5 Sun, July 1-Sat July 7
Session 6 Sun, July 8-Sat, July 14
Session 7 Sun, July 15-Sat, July 21
Session 8 Sun, July 22-Sat, July 28
Session 9 Sun, July 29-Sat, Aug 4

REGISTER FOR CAMP: ymca campsantamaria.org (see page 22 for details)  |  INFO: santamaria@ymcabv.org • 303-443-4474 x4301

M/NM: Y member/Non-member
Outdoor Adventure Camp (Ages 11-13)
The program formerly known as Base Camp. This adventure-focused program is based on site; however, campers stay in Tent Village and on the upper part of camp and spend each day learning and perfecting outdoor skills. They will get to experience a variety of activities, such as mountain biking, rock climbing, hiking and orienteering, survival skills and flat-water kayaking and canoeing. Campers sleep in tents the whole week and make most of their own meals. Campers participate in some of the evening all-camp activities.

Fee (M/NM): $700/$750
Additional Fee: $75 weekend stay over (only needed if your camper is staying for consecutive weeks)

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<td>Sun, June 24-Sat, June 30</td>
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<td>Sun, July 1-Sat July 7</td>
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<td>Sun, July 29-Sat, Aug 4</td>
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Outdoor Adventure Camp (Ages 14-16)
Outdoor Adventure Camp is a little bit of a lot of outdoor skills. The campers will get to rock climb, kayak and canoe, hike, learn survival skills and orienteer. This program is based on-site, and the OAC campers live in Tent Village and up in the higher parts of camp for the week. They live in tents, and they will prepare most of their own meals.

Fee (M/NM): $700/$750
Additional Fee: $75 weekend stay over (only needed if your camper is staying for consecutive weeks)

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Counselor In Training (Ages 15-16)

The Counselor In Training experience is a modified version of training that our staff receives. These teens learn how activities run at camp, behavioral guidance skills, wilderness living skills, leadership and group development theory. The CITs live in the Tent Village for the first two weeks. In the last week, they will live in cabins with the Traditional campers, where they see firsthand how a cabin runs. CITs help facilitate activities and are responsible for running at least one all-camp activity. The group is kept small, around 10 campers and two staff, so we can provide a good deal of one-on-one mentorship.

The CIT program also functions as a three-week “interview” for those interested in coming back staff members. Keep in mind that employees need to be 18 years of age to work in cabins. Space is limited for this program, so register early.

Fee (M/NM): $700/$750
Additional Fee: $75 weekend stay over (only needed if your camper is staying for consecutive weeks)

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<tr>
<td>CIT Session 3</td>
<td>Sun, July 15-Sat, August 4</td>
</tr>
</tbody>
</table>

70% of parents said their child gained self confidence at camp.
— ACA Youth Outcomes Study
CAMP REGISTRATION

MULTIPLE CHOICES AND UNLIMITED OPTIONS
The Y has so much to offer for every age group. You have the opportunity to choose the same summer camp program or mix and match different options each week to create the ultimate camp experience for your child. Please don’t hesitate to contact us if you need help figuring out the best camp for your child.

Accredited and Licensed Camp Programs
To ensure the highest quality and standards, all of our camp programs are licensed by the State of Colorado. Due to licensing requirements, completion of all summer camp forms is a condition of participation in summer camp programs. Forms are available in writable PDF format.

If you are registering for both day camp and Camp Santa Maria or for multiple camp sessions, you only need to fill out the General Information, Health History/Medical Release Forms and submit Immunization Records once. There may be additional supplemental forms depending on your camp. For Camp Santa Maria, you will also need to either have a physician complete the Y’s supplemental health form or submit a physician physical that has been completed within the last 12 months of your child attending camp. Use the camp options and payment information forms to choose your camp sessions or register online.

Attention Before/After School Program Participants: If you are a 2017/2018 before/after school or school day off camp participant, we already have your required health forms and only need your camp options and payment forms. For Camp Santa Maria, we need the parent supplemental health form, the Y’s supplemental health form or a physician physical completed within the last 12 months and the letter to counselor form.

HOW TO REGISTER FOR DAY CAMP AND/OR OVERNIGHT CAMP
You can register your child online, via email, mail or in-person.

Online Registration
Visit ymcabv.org to register for camp online.
After registering online, you’ll receive a confirmation email with links to additional required forms, supplemental forms dependent for your specific camp, medical release forms and the parent handbook.

Email, Mail or In-Person Registration
Visit ymcabv.org to download or print the summer camp registration forms or pick up at one of our facilities.
Complete and submit all forms and review the parent handbook.

Email completed forms to reg@ymcabv.org or mail to or drop off at:
YMCA of Boulder Valley, Registration
2800 Dagny Way, Lafayette, CO 80026

Financial Assistance is available for select camps. Contact 303-443-4474 or FA@ymcabv.org.

For registration questions, please email reg@ymcabv.org or call 303-443-4474 x1295.
SPORTS

THE Y WAY TO PLAY IS
The Y Way to Play is our philosophy. It’s a commitment for all to learn, grow and have fun through sports. We build communities in which everyone has opportunity for youth development, healthy living and social responsibility through Y Sports. We believe that sports teach leadership skills, teamwork, values and a life-long love of physical activity. Sports teach life—and the right way to play it. Play the Y way.

YMCA Jr. Buffs
The YMCA and CU Athletics are pleased to team up and offer YMCA Jr. Buffs programs. Participants of the YMCA Jr. Buffs sports programs will receive the benefit of the expertise of both organizations. For every YMCA Jr. Buffs sport, CU has a team, so you can be sure to get the best youth sports experience possible.

Volunteer Coaches Needed
Being a volunteer coach for the YMCA is not just an opportunity to put your athletic experience to work. Coaching at the Y allows you to make a difference in your community and in the lives of local children. Become a mentor by teaching kids the Y way to play! For more information, contact sports@ymcabv.org or call 303-443-4474 x6101 or visit ymcabv.org.

Sports Specific Coaching (4th–12th Grade)
Summer is the perfect time to hone your skills! This one-on-one training is designed specifically for the young athlete who wants to progress in his or her sport. Your child can take his or her game to the next level with a highly experienced Y Certified Coach. Trainings are offered year-round. Sports include basketball, lacrosse, soccer and volleyball.

Fee (M/NM): $30/$45 per session

Check out sports day camps on page 16.

YMCA JR. BUFFS BASKETBALL

Jr. Buffs Basketball Black and Gold League (Entering 5th–6th Grade)
The Y’s Black and Gold League inspires young basketball players to advance their knowledge of the game and expand their abilities in a fun, exciting full-season league. Players should have intermediate to advanced basketball skills and understanding of the rules. Specific practice times will be determined by coaches.

Fee (M/NM) $125/$165
$20 waitlist fee as of June 1
Plus uniform fee

Mapleton Y

PRACTICE: MONDAY-WEDNESDAY
Begins week of June 11 5:00-9:00pm

GAMES: THURSDAYS
June 10-July 21 5:00-9:00pm

No practices or games July 2-6

NEW! Summer 3v3 Basketball League (Entering 5th–10th grade)
This fast-paced fun-filled summer league is designed for middle school players who want to grow and develop their skills in the 3v3 format. Passing, spacing and ball movement are key! Teams will play multiple games per weekly session.

Fee (M/NM) $50/$75
$20 waitlist fee as of June 1

Mapleton Y

WEDNESDAYS
7th-10th June 13-July 25 7:15-8:30pm

No games July 4

Longmont Y

WEDNESDAYS
5th-6th June 13-July 25 5:00-6:00pm
7th-8th June 13-July 25 6:15-7:15pm
9th-10th June 13-July 25 7:30-8:30pm

No games July 4

NEW! Summer Girls Basketball Scrimmage and Skills (Entering 5th–7th grade)
You know what they say... Girls just wanna have fundamental basketball skills! The YMCA Summer Girls Basketball Scrimmage and Skills Program is an opportunity for young ladies to get an introduction to the sport or to further their basketball abilities. Players will work on skill development, including ball-handling, shooting and passing, during drills and scrimmages. All abilities are welcome. The program is led by experienced basketball staff in a relaxed format that will be structured weekly based on participants’ skill set.

Fee (M/NM) $75/$100
$20 waitlist fee as of June 1

Arapahoe Y or Mapleton Y

WEDNESDAYS
June 13-July 25 6:00-7:15pm

No practices or games July 4

Volunteer Coaches Needed
Being a volunteer coach for the YMCA is not just an opportunity to put your athletic experience to work. Coaching at the Y allows you to make a difference in your community and in the lives of local children. Become a mentor by teaching kids the Y way to play! For more information, contact sports@ymcabv.org or call 303-443-4474 x6101 or visit ymcabv.org.

Sports Specific Coaching (4th–12th Grade)
Summer is the perfect time to hone your skills! This one-on-one training is designed specifically for the young athlete who wants to progress in his or her sport. Your child can take his or her game to the next level with a highly experienced Y Certified Coach. Trainings are offered year-round. Sports include basketball, lacrosse, soccer and volleyball.

Fee (M/NM): $30/$45 per session

Check out sports day camps on page 16.

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x6102

M/NM: Y member/Non-member
SPORTS

YMCA JR. BUFFS VOLLEYBALL

Summer Volleyball Scrimmage & Skills (Entering 3rd-4th Grade)
Players will build upon their skills in a fun and relaxed summer clinic. Sessions will take place on the sand court when possible and will give young players the opportunity to learn the game in a fun filled summer session.

Fee (M/NM): $60/$80
$20 waitlist fee as of June 1

Arapahoe Y

TUESDAYS
June 12-July 24 4:15-5:15pm
No program July 3

NEW! Summer Beach Volleyball League (Entering 5th-9th Grade)
This fast-paced league will give players the opportunity to continue to develop and grow their volleyball skills on the sand court! Players will register as a part of a team or individually and be placed with a team (max of six players/team). Teams will be scheduled to play 2-3 short games per session and will practice together on the indoor courts between games. Teams are required to have a parent representative present at all sessions to assist with team management during practices and games.

Fee (M/NM): $75/$100
$20 waitlist fee as of June 1

Arapahoe Y

TUESDAYS
5th-6th June 12-July 24 5:30-6:45pm
7th-9th June 12-July 24 7:00-8:15pm
No program July 3

NEW! Summer Beach Volleyball League

Arapahoe Y

SOCCER

NEW! Boulder Valley Youth Soccer Summer Camp (Ages 4-12)
BVYS Camp is the perfect opportunity for your young player to spend a week growing and developing their soccer skills with our coaches. The five day sessions will give players the chance to learn new skills, make new friends and get ready for fall soccer.

<table>
<thead>
<tr>
<th>AGE</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
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<td>9:00-10:00am</td>
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</tr>
<tr>
<td>U5-U7</td>
<td>9:00-10:30am</td>
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<tr>
<td>U8-U12</td>
<td>9:00am-Noon</td>
<td>$140</td>
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<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 4-8</td>
<td>East Boulder Rec Center</td>
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<tr>
<td>Session 2</td>
<td>June 11-15</td>
<td>Superior (Field TBA)</td>
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<tr>
<td>Session 3</td>
<td>June 18-22</td>
<td>Arapahoe Y</td>
</tr>
<tr>
<td>Session 4</td>
<td>July 16-20</td>
<td>East Boulder Rec Center</td>
</tr>
<tr>
<td>Session 5</td>
<td>Aug 6-10</td>
<td>Arapahoe Y</td>
</tr>
</tbody>
</table>

Summer Volleyball Camps (3rd-9th Grade)
During our summer volleyball camps, your child will learn and build on the fundamentals of volleyball skills in a positive and fun environment. These day camps are the perfect primer for players new to the sport as well as for returning players looking to continue their skill development. Coaches will break players up based on age and ability for skills drills and scrimmages. Knee pads are strongly recommended.

Fee (M/NM): $40/$65

Arapahoe Y

WEDNESDAY & THURSDAY
May 30-31 1:30-4:00pm

TUESDAY & WEDNESDAY
Aug 7-8 4:30-7:00pm

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x6102
YMCA JR. BUFFS FOOTBALL

Monday Night Flag Football (Entering 1st-6th Grade)
Each night teams will practice for 20 minutes and play a 40 minute game. There will be younger and older age divisions. Mouthguards are required and cleats are recommended. The Y will provide all other equipment. Participants will receive a summer program t-shirt.
Fee (M/NM): $70/$95
$20 waitlist fee as of June 1

Arapahoe Y & Longmont Y

WEDNESDAYS
1st-2nd June 11-July 23 5:00-6:00pm
3rd-4th June 11-July 23 6:15-7:15pm
5th-6th June 11-July 23 7:30-8:30pm
No program July 2

YMCA JR. BUFFS LACROSSE

NEW! Lacrosse Summer Scrimmage and Skills (Ages 6-14)
This fun-filled summer league will give players the opportunity to get out on the field between seasons. Teams will be divided up each week to give players a chance to continue to grow their skills while trying out new positions and making new friends. Teamwork and development are the goals in this laid back summer scrimmage league. Players should have experience in full contact lacrosse leagues. Y staff and volunteers will facilitate game play.
Fee (M/NM): $75/$100
$20 waitlist fee as of June 1

Arapahoe Y

WEDNESDAYS
6-10 June 13-July 25 5:00-6:15pm
11-14 June 13-July 25 6:30-8:00pm
No program July 4

Required Equipment:
Stick, helmet, gloves, shoulder and elbow pads, cup and mouth guard. Hockey gear is acceptable.

Lacrosse Summer Sticks and Skills (Ages 6-14)
Players will learn about the great game of lacrosse in a fun, coed environment. We will divide the groups for the best experience and skill instruction possible. No equipment is required. We will provide sticks for all and play in a non-contact manner. Players will practice the basic skills of passing, catching, dodging and shooting while learning about the rules of the sport in weekly scrimmages. Advanced training will focus on the higher level skills of the game, in order for players to progress. This is a great way to gain experience and build confidence and skills for our leagues.
Fee (M/NM): $60/$80
$20 waitlist fee as of June 1

Arapahoe Y

TUESDAYS
June 12-July 24 5:00-6:00pm
No program July 3

Summer Family Sticks and Skills (Ages 5-14)
Parents, join your sons and daughters to learn about the great game of lacrosse in a fun, coed environment. No equipment is required. We will provide sticks for all and play in a non-contact manner outdoors at the Arapahoe Y turf field. Parents and kids will practice the basic skills of passing, catching, dodging and shooting while learning about the rules and traditions of the sport in weekly scrimmages. This is a great way to gain experience, build confidence and spend quality time with your child before he or she participates in one of our lacrosse leagues.
Fee (M/NM): $60/$80
(fee covers one adult and one child; additional participants: $25)
$20 waitlist fee as of June 1

Arapahoe Y

TUESDAYS
June 12-July 24 6:15-7:15pm
No program July 3

YMCA OF BOULDER VALLEY SHOP DAY

All Y members and program participants get 20% off at Dick’s Sporting Goods at the Flatiron Crossing. Date to be announced at ymcabv.org.

REGISTER FOR SPORTS: ymcabv.org | INFO: sports@ymcabv.org or call 303-443-4474 x6102
SPORTS

YMCA JR. BUFFS BASEBALL

Little Sluggers (PreK-Kindergarten)
YMCA Little Sluggers uses modified rules designed to teach fundamentals and skills. This is a 45-minute staff-led clinic with scrimmages incorporated. Players must have a good pair of tennis shoes or cleats, long pants and a baseball glove. All other baseball equipment will be provided.

Fee (M/NM): $60/$75
$20 waitlist fee as of June 1

Location TBD

TUESDAYS
June 12-July 24 5:00-5:45pm
No program July 3

Rec Baseball (Entering 1st-2nd Grade)
YMCA Rec Baseball uses modified rules designed to teach fundamentals and skills. This is a clinic-style program with scrimmages incorporated. Players must have a good pair of shoes or cleats, long pants and a baseball glove. All other baseball equipment will be provided.

Fee (M/NM): $75/$100
$20 waitlist fee as of June 1

TUESDAYS
June 12-July 24 6:00-7:00pm
No program July 3

Rec Baseball (Entering 3rd-4th Grade)
YMCA Rec Baseball uses modified rules designed to teach fundamentals and skills. Players must have a good pair of shoes or cleats, long pants and a baseball glove. Teams will practice and play games each week. Games will be facilitated by volunteer coaches and Y staff.

Fee (M/NM): $85/$110
$20 waitlist fee as of June 1

Location TBD

TUESDAYS
June 12-July 24 7:15-8:15pm
No program July 3

Returning This Summer
ULTIMATE FRISBEE
Fundamentals of Ultimate Frisbee will be taught, including proper throwing, catching, footwork and defensive techniques and a scrimmage that emphasizes youth empowerment and fun! Details to be announced at ymcabv.org.

RESEARCH SHOWS that young athletes watch less TV, miss less school and have better body image.
ICE

The 18,000-square-foot Carlston Ice Arena at the Arapahoe Y is a community rink where people of all ages and skill levels are welcome. Not only is it available to figure skaters and hockey players, it’s also open to members as a fun way to exercise. Whether you’re looking to boost your endurance, burn calories, learn the basics or join a team, be prepared for 44 degrees of pure fun!

Recreational Skate Times
Bring your family and friends for fun and fellowship on the ice. Additional skate times are available. Schedule is subject to change. Visit ymcabv.org/schedules or check with the front desk for the most up-to-date information.

Fee: Free for members
Non-members: $5 youth/$8 adult

Mon: 7:30-8:30am, 1:30-2:45pm, 6:15-7:45pm
Tue: 1:30-2:45pm
Wed: 1:30-2:45pm
Thu: 1:30-2:30pm
Fri: 9:45-10:45am, 1:45-2:30pm, 6:30-7:30pm
Sun: 11:45am-12:45pm

YOUTH HOCKEY

Instructional Hockey
(Ages 4-17)
This is a great place to start playing hockey or continue to build and strengthen stick and puck skills. Participants must be able to skate forward and backward on their own without their parents on the ice. If your child has never skated before, please ask about our hockey skating program to get them started. This class will follow the ADM.

Fee (M/NM) $120/$155
$10 waitlist fee as of May 5

Arapahoe Y
SUNDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>June 30-Aug 18</th>
<th>May 5-June 23</th>
<th>Aug 25-Oct 13</th>
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<tbody>
<tr>
<td></td>
<td>1:00-2:00pm</td>
<td>1:00-2:00pm</td>
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</table>

No class on July 2

Summer Youth Ice Hockey Camps
(Ages 6-17)
Improve your game over the summer. Each camp has a different focus and includes skating drills, puck handling drills, shooting drills and scrimmage time. Camps are for beginner to intermediate hockey players. All players should be comfortable skating forward. Full gear is required.

Registration opens April 1.

Fee (M/NM): $175/225
$20 waitlist fee as of March 26

Arapahoe Y
MONDAY-THURSDAY

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<tbody>
<tr>
<td>Power Skating</td>
<td>2:45-4:45pm</td>
<td>9:30-11:30am</td>
<td>9:30-11:30am</td>
<td>9:30-11:30am</td>
<td>9:30-11:30am</td>
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<tr>
<td>Shooting &amp; Goalie</td>
<td>July 16-19</td>
<td>9:30-11:30am</td>
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<tr>
<td>Stickhandling &amp; Puck Protection</td>
<td>July 16-19</td>
<td>9:30-11:30am</td>
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<tr>
<td>Girls Only Camp</td>
<td>Aug 13-16</td>
<td>9:30-11:30am</td>
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</tbody>
</table>

SPORTS TEACH children about confidence, dedication and how to get along with others — qualities that help them later in life.

REGISTER FOR ICE: ymcabv.org | YOUTH HOCKEY INFO: youthhockey@ymcabv.org • 303-443-4474 x6201
Husky Hockey Schools (Ages 9-17)
Husky Hockey Schools is offering four summer skill development training schools this summer. Each individual clinic will be run by Stephen Cunningham and other guest staff including Chance Creger, Will Graber, Peter Senja and Frank Urban who all have high-end hockey experience in both playing and coaching. Activities include four hours of on-ice training with lunch, video and off-ice training between the skating sessions.
Fee: $395

Arapahoe Y

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATES</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 18-21</td>
<td>9:30-11:30am or 2:45-4:45pm</td>
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<tr>
<td>Session 2</td>
<td>July 9-12</td>
<td>9:30-11:30am or 2:45-4:45pm</td>
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<tr>
<td>Session 3</td>
<td>July 30-Aug 2</td>
<td>9:30-11:30am or 2:45-4:45pm</td>
</tr>
<tr>
<td>Session 4</td>
<td>Aug 6-9</td>
<td>9:30-11:30am or 2:45-4:45pm</td>
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</table>

Call Husky Hockey Schools at 303-905-5900, email stephen@cunninghamhockey.com or visit cunninghamhockey.com for camp details or to register.

Planet Hockey Summer Camps at the Y (Ages 6+)
Planet Hockey, an internationally recognized skills training program, and the YMCA are offering two summer hockey skills camps. Activities during the camps will include on- and off-ice training, expert/international staff, video/lectures, individual player assessment and action plan (take home DVD and written assessment plan), bungee cord resistance training and a free jersey. Camps offer Planet Hockey’s supplemental training program for extra on-ice training (lacrosse, basketball, street hockey and more).

Arapahoe Y

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Mon-Fri</td>
<td>June 4-8</td>
<td>9:30-11:30am</td>
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<tr>
<td>Mon-Thu</td>
<td>June 4-7</td>
<td>2:00-3:00pm</td>
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</table>

Call Planet Hockey at 720-304-3880 or visit planethockey.com for camp details or to register.

ADULT HOCKEY

Summer League
A no-checking recreational hockey league for adults, 18 years and older, of all levels. There are 12 regular season games followed by a post-season play-off series with three games. Each team has a chance to earn free ice time at the end of each season based on their sportsmanship during the season.

Fee (M/NM): $255/$345
$15 waitlist fee as of April 21
Captain’s Meeting: May 3, 7:00pm

<table>
<thead>
<tr>
<th>LEAGUES</th>
<th>DAYS</th>
<th>DATES</th>
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<tbody>
<tr>
<td>D1</td>
<td>Mon/Tue</td>
<td>May 7-Aug 14</td>
</tr>
<tr>
<td>D2</td>
<td>Sun/Thu</td>
<td>May 10-Aug 19</td>
</tr>
</tbody>
</table>

Adult Skills and Scrimmage
This program is for adult hockey players who are just starting out or who have played for a while and want some instruction and a relaxed playing time. This is a great place to come play with your friends. YMCA staff will supervise games, and teams will be divided differently each week. Plus, we’ll have a celebration game with our coaches and a running scoreboard at the end of the season.

Fee (M/NM): $145/$175
$15 waitlist fee as of May 2 for May 4 session; July 11 for July 13 session

<table>
<thead>
<tr>
<th>FRIDAYS</th>
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<td>May 4-July 6</td>
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<tr>
<td>July 13-Sept 14</td>
<td>9:00-10:30pm</td>
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</table>

REGISTER FOR ICE: ymcabv.org | youthhockey@ymcabv.org • 303-443-4474 x6201
ADULT HOCKEY INFO: hockey@ymcabv.org • 303-443-4474 x6200
ICE SKATING

Learn to Skate Clinics (Ages 4-17)
The summer Learn to Skate clinics involve four consecutive days to learn and improve skating skills. Clinic sessions are Monday-Thursday with each day consisting of a 30-minute lesson, a 30-minute practice time, a 20-minute off-ice snack break, followed by another 20-minute lesson and 20-minute practice session. Please plan to arrive early on the first day. Please register according to your age and level for the sessions of your choice.

Fee (M/NM): $100/$140
$20 waitlist fee as of June 1 for June 11 clinic; June 15 for June 25 clinic; June 30 for July 9 clinic; July 13 for July 23 clinic

Arapahoe Y
MONDAY-THURSDAY
June 11-14 9:30–11:30am
June 25-28 9:30–11:30am
July 23-26 9:30–11:30am

Adult Learn to Skate (Ages 18+)
The adult curriculum is designed for the beginner adult skater and is based on the Learn to Skate USA adult skating program. The curriculum is designed to promote physical fitness, improve balance and coordination and enhance skating techniques. Adult skaters will progress at their own rate while being challenged and motivated with an emphasis on having fun.

Fee (M/NM): $70/$100
$20 waitlist fee as of May 31

Arapahoe Y
WEDNESDAYS
June 13-July 25
Lesson Time: 6:15–6:45pm
Practice Time: 6:45–7:15pm

No class July 4

Figure Skating Fundamentals (Ages 6-17)
This class is open to Basic Skills levels 5 through Freeskate or equivalent skill level. The focus of this class will be edgework, power stroking, crossovers, proper skating posture, interpretive skating and level appropriate jump and spin techniques.

Fee (M/NM): $70/$100
$20 waitlist fee as of May 31

Arapahoe Y
WEDNESDAYS
June 13-July 25
Lesson Time: 6:15–6:45pm
Practice Time: 6:45–7:15pm

No class July 4

Figure Skating Clinic
We will offer a Figure Skating Clinic this year for Basic 5 level through pre-juvenile. During the off-ice portion of this camp, we will offer a variety of dance and figure skating conditioning classes, which will include instruction in stretching, core strength, proper skating posture and artistic interpretation. The on-ice portion will offer training in edges, moves in the field, stroking, artistry, choreography and level appropriate jump and spin instruction. Please bring a snack.

Fee (M/NM): $150/$190
$20 waitlist fee as of May 31 for June clinic; June 30 for July clinic; July 20 for Aug clinic

Arapahoe Y
MONDAY-THURSDAY
June 11-14 1:00–5:00pm
July 16-19 1:00–5:00pm
Aug 6-9 1:00–5:00pm

Y Ice Private Ice Skating Instruction
We offer private skating lessons for recreational skaters, figure skaters and hockey players. Lessons are offered during our rec skate times or freestyle times depending on skill level. For more information, contact iceskating@ymcabv.org.

Private Fee (M/NM): $28/$34 • Semi-private Fee (M/NM): $20/$25

REGISTER FOR ICE: ymcabv.org | ICE SKATING INFO: iceskating@ymcabv.org • 303-443-4474 x6203
Take your workout to the pool! The Y’s water fitness classes give members a completely different experience. Water exercise is a wonderful way to modify your strength training and endurance workouts — without the impact of land. You may just forget you are even working out.

**WATER EXERCISE**

**Lap Swimming (Ages 12+)**
Members are welcome to work out on their own during lap and open swim times. Check the pool schedule for open and lap swimming times or to find the number of lanes available. The pool schedule is posted in the facility and at ymcabv.org.

**Aqua Fit (Ages 12+)**
Excellent for strength training and increasing endurance without the impact of land. Ability to swim is not necessary. Each pool fitness class time is unique, so please try them all to see which one fits your schedule and ability.

**Aqua Pilates**
Think yoga crossed with gentle calisthenics, circus acrobatics and the occasional muscle burn of weight lifting. Expect a healthy abdominal workout while twisting into positions possible only in the water, a boon that will bring flexibility to your hamstrings and lats.

**Aqua Rocks (Ages 12+)**
Experience the latest in advanced water fitness—Aqua Boot Camp, Aqua Kickboxing, H2O Warrior, Nothing But Noodles, Aqua Sports and Progressive Toning. The format changes from class to class to keep your energized.

**Aqua Tabata (Ages 12+)**
Tabata is a four-minute cycle: 20 seconds of very high intensity exercise followed by a 10-second rest period. This is repeated eight times, resulting in a short but very intense workout. The greater intensity of this workout is strenuous but creates results in a short amount of time. Aqua Tabata combines this high intensity interval training with the properties of water in a fun, effective workout to blast calories.

**AquZumba® (Ages 12+)**
A dance fitness class performed in the water! Exercises will focus on toning arms and legs as well as core strength. The class is fun, energizing and can make you forget that you are working out. No dance experience required.

**High Tide (Ages 12+)**
An intermediate class with cardio and toning segments.

**Senior Water Walking (Ages 18+)**
A safe and effective cardio class in shallow and deep water wearing an aqua belt.

**SilverSnakers® Splash (Ages 18+)**
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and kickboards and other aquatic equipment are used to improve strength, balance and coordination.

**Water Power (Ages 12+)**
A high intensity total body workout using resistance equipment and movement for cardio and upper body conditioning.

**Water Therapy (Ages 18+)**
A therapeutic water class to condition and strengthen muscles.

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Check water exercise classes at ymcabv.org/schedules
SAFER SWIMMING FOR EVERY AGE

The YMCA is the nation’s leading expert in water safety and swim instruction. Along with YMCA’s across the country, the YMCA of Boulder Valley has adopted a new swim lesson curriculum and organization, making it easier for children and adults to become comfortable and safe in and around water. The new YMCA Swim Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills. The new lessons also include character development, family involvement and safety education components.

Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

CHOOSE THE STAGE THAT’S RIGHT FOR YOU

Swim lessons are divided into Swim Starters, Swim Basics and Swim Strokes. All age groups are taught the same skills but divided according to their developmental milestones. If you’re having trouble deciding which stage is right for you or your child, check out the Swim Lesson Flow Chart at ymcafv.org or contact the Aquatics Department for a free swim evaluation.

SWIMMING can help improve a child’s physical abilities as well as cognitive abilities, according to research.

SWIM STARTERS

The Swim Starters program teaches a parent or caregiver how to help develop aquatic readiness. The program develops a high comfort level for the child in water and teaches parents about water safety and drowning prevention. This program does not teach children how to survive in water or become accomplished swimmers. Instead, it develops a foundation of aquatic skills through fun and confidence-building experiences. Through this program, parents and caregivers will learn how to supervise children in the water, prevent accidents and plan for emergencies.

A: Water Discovery
Parents accompany children in this class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about the water.

B: Water Exploration
In this class, parents are guided to work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM BASICS

Swim Basics are introductory classes divided into three progressive stages that include the foundations of water safety and basic swimming skills, focusing on swimming to safety.

Stage 1: Water Acclimation
The water acclimation class introduces swimmers to the pool and helps them develop safe water habits in a fun and encouraging environment. In water acclimation, children develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for the child’s future progress in swimming.

Stage 2: Water Movement
In this class, children are taught skills that focus on body position and control, directional change and forward movement in the water while also reinforcing how to safely exit in the event of falling into a body of water.

Stage 3: Water Stamina
In the class, children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event of falling into a body of water, children learn how to swim to safety.

SWIM STROKES

Swim Strokes include three stages that cover introduction and refinement of swimming strokes as well as cultivating a healthy lifestyle.

Stage 4: Stroke Introduction
In this class, swimmers focus on developing basic swimming strokes and personal water safety.

Stage 5: Stroke Development
In this class, students continue to work on their stroke technique and all major competitive strokes are introduced.

Stage 6: Stroke Mechanics
In this class, students refine their stroke technique on all of the major competitive strokes and learn about competitive swimming and how to incorporate swimming into a healthy lifestyle.

SWIMMING can help improve a child’s physical abilities as well as cognitive abilities, according to research.
### AQUATICS

#### ADULT (Ages 18+)
Stages 1–6

**ARAPAHOE Y**  
Fee (M/NM): $40/$60

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Fee (M/NM): $30/$55

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Fee (M/NM): $40/$60

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#### SWIM STARTERS (Ages 6 months–3 years)
Water Discovery and Water Exploration

*Water Discover and Water Exploration classes are combined if there aren’t enough participants.*

**ARAPAHOE Y**  
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**ARAPAHOE INFO**  
303-443-4474 x3500  
arapahoeaquatics@ymcabv.org

**LONGMONT INFO**  
303-443-4474 x5502  
longmontaquatics@ymcabv.org

**MAPLETON INFO**  
303-443-4474 x2501  
mapletonaquatics@ymcabv.org
## AQUATICS

**STRONG SWIMMERS. CONFIDENT KIDS.**

### PRESCHOOL (Ages 3–5)  
**Stages 1–4**

#### ARAPAHOE Y

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### PHYSICALLY active children earn up to 40% higher test scores.

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303-443-4474 x3500  
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# AQUATICS

**STRONG SWIMMERS. CONFIDENT KIDS.**

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## SCHOOL AGE SWIM LESSONS (Ages 6-12)

### Stages 1-6

#### ARAHAOYE Y

**Fee (M/NM): $40/$60**

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**STRAWING can improve overall mood and help combat depression.**

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### ARAPAHOE INFO

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mapletonaquatics@ymcav.org

34 YMCA 2018 SUMMER PROGRAM GUIDE
AQUATICS

PRIVATE AND SEMI-PRIVATE SWIM LESSONS & DIVING LESSONS

Private Swim/Diving Lessons (All Abilities Ages 3+)
Contact aquatics department to set up swim/dive lesson times. Private swim lessons are more flexible for your schedule. They can be held any day of the week and any time there is available space in the pool. Register online or at the front desk.

Arapahoe, Longmont & Mapleton Ys

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Semi-Private Swim/Dive Lessons (All Abilities Ages 3+)
For two to three participants around the same swimming ability. Contact aquatics department to set up swim/dive lesson times. Private swim lessons are more flexible for your schedule. They can be held any day of the week and any time there is available space in the pool. Register online or at the front desk. Price is per person.

Arapahoe, Longmont & Mapleton Ys

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Financial assistance is not available for private or semi-private swim lessons.

ARAPAHOE Y POOL POLICIES

The pool bubble will come down for the season in late May.

Arapahoe Y Pool Swim Test Policy and Rules
Anyone under the age of 12 is required to perform a safety swim test in front of one of our certified Lifeguards. This policy is aimed at identifying the swimming capability of our younger patrons to ensure their safety as well as the safety of other members. Each test level is pass/fail and may be retaken one more time per day. After passing the test, the swimmer’s full name and most recent level will be kept in our log book for one year.

Red Band: The swimmer refused to take the test or did not pass the test. This is a non-swimmer and must have a parent in the water within arm’s reach, even if wearing a Coast Guard approved personal floatation device. No more than two children per adult. Access to shallow end.

Yellow Band: The swimmer must jump in at the 5-foot section, tread water for 30 seconds, float on his or her back 30 seconds and then swim forward for half length of the pool without touching the bottom of the pool*. Access to shallow end and shallow end slides if minimum height requirement is met (see slide rules).

Green Band: The swimmer must jump in at the 5-foot section, tread water for 30 seconds, float on his or her back 30 seconds and then swim forward the length of the pool without touching the bottom of the pool*. Access to full pool, all slides and diving boards.

*The swimmer may use any stroke or method that provides forward momentum without touching the bottom of the pool. If they swim underwater they must break the surface regularly to breathe. The swimmer does not have to use any specific breathing pattern or technique.

Swimming capabilities and test level of all swimmers is at the discretion of the Lifeguard or supervisor on duty. At any time, a Lifeguard or supervisor may retest or revoke permission of any swimmer for safety concerns or policy violation.

See complete rules at ymcaBV.org.

ARAPAHOE INFO
303-443-4474 x3500
arapahoeaquatics@ymcaBV.org

LONGMONT INFO
303-443-4474 x5502
longmontaquatics@ymcaBV.org

MAPLETON INFO
303-443-4474 x2501
mapletonaquatics@ymcaBV.org

M/NM: Y member/Non-member
AQUATICS

SWIM TEAMS & DIVING

The Sharks Swim Team
Join the Sharks for a competitive swim team experience. The Y’s Sharks Swim Team takes swimmers to the next level with a focus on technique, skill, endurance and speed. Our swimmers nurture their swimming abilities while also learning the importance of hard work, teamwork and sportsmanship. Participants are divided into groups based on age, skill performance and endurance. Kids are encouraged to come to every practice and will compete in meets throughout the summer. There will be a league championship meet in the Boulder Valley area at the end of the season. Registration includes t-shirt and swim cap.

It is recommended that swimmers be able to swim (freestyle and backstroke) the distance assigned to their age groups. Ages 6-8 (25 yards), Ages 9-10 (50 yards), Ages 11+ (100 yards)

Fee (M/NM): $275/$375

Parent Meeting: Wed, May 9, 7:00pm at the Arapahoe Y

ARAPAHOE Y

Morning Practice

<table>
<thead>
<tr>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 8 &amp; Under</td>
<td>Mon-Fri, May 29-July 28</td>
<td>9:10-10:10am</td>
<td>$175/$225</td>
</tr>
<tr>
<td>Ages 9-10</td>
<td>Mon-Fri, May 29-July 28</td>
<td>8:10-9:10am</td>
<td>$175/$225</td>
</tr>
<tr>
<td>Ages 11 &amp; Up</td>
<td>Mon-Fri, May 29-July 28</td>
<td>7:00-8:15am</td>
<td>$175/$225</td>
</tr>
</tbody>
</table>

Season starts on Tuesday, May 29. No program July 4. Time of practice will depend on skill level of the swimmer.

For those kids who are in camp, can’t make it to the morning practices or want extra pool time, we have evening practices.

Optional Evening Practice

<table>
<thead>
<tr>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Ages</td>
<td>Mon/Wed/Thu May 30-July 26</td>
<td>6:00-7:00pm</td>
<td>$120/$160</td>
</tr>
</tbody>
</table>

No program May 28 or July 4. Evening practices start on Wed, May 30.

Pre-Team (All Ages)
This program is for those kids who really enjoy the water and are interested in getting a swim team experience but are not quite ready for swim team. Participants will be split into different groups on the first day based on skill performance but must be able to swim 25 meters of freestyle and backstroke unaided. Kids are encouraged to come to every practice and will participate in a few inter-squad meets. This program does not replace the need for swim lessons. If you are unsure if your child should participate please contact the aquatics department. Registration includes swim cap. Pre-team does not participate in league meets.

Location: Arapahoe Y

Dive Crew (Ages 6-15)
Is your child ready to dive into a new sport with both feet? Diving is a high-flying water sport that’s perfect for kids and teens who love the water. The Y’s Dive Crew is all about learning the basics and developing skill. Our trained coach will teach the importance of stretching, safety and technique of diving. Open to any experience level; however, kids must pass the green swim test to enroll.

Location: Arapahoe Y

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE (M/NM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Thu</td>
<td>June 4-14</td>
<td>6:00-7:00pm</td>
<td>$120/$160</td>
</tr>
<tr>
<td>Mon-Thu</td>
<td>June 18-28</td>
<td>6:00-7:00pm</td>
<td>$120/$160</td>
</tr>
<tr>
<td>Mon-Thu</td>
<td>July 9-19</td>
<td>6:00-7:00pm</td>
<td>$120/$160</td>
</tr>
<tr>
<td>Mon-Thu</td>
<td>July 23-Aug 2</td>
<td>6:00-7:00pm</td>
<td>$120/$160</td>
</tr>
<tr>
<td>Mon-Thu</td>
<td>Aug 6-14</td>
<td>6:00-7:00pm</td>
<td>$90/$120</td>
</tr>
</tbody>
</table>

No practice May 28 and July 4.

REGISTER FOR AQUATICS: ymcabv.org | INFO: aquatics@ymcabv.org • 303-443-4474 x5500
RED CROSS CERTIFICATIONS

CPR & LIFEGUARD TRAINING

CPR and First Aid Basics (Ages 13+)
This course is to train you to act in an emergency situation and to recognize and care for life-threatening respiratory and cardiac emergencies in adults, children and infants. All materials can be found at redcross.org. Certifications last two years. **Students must be able to sit through a four-hour class and take two tests.**
Fee (M/NM): $95/$105

Mapleton Y

<table>
<thead>
<tr>
<th>SATURDAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 2</td>
</tr>
<tr>
<td>July 7</td>
</tr>
<tr>
<td>Aug 4</td>
</tr>
</tbody>
</table>

CPR and First Aid Recertification
This course is for those with current CPR and First Aid certifications or certifications that will expire within 30 days. This course will allow you to renew your current certification. Materials to be used during the course will be given out at the beginning of class. Course materials for this class are available at redcross.org. Certifications now last two years.
Fee (M/NM): $65/$75

Mapleton Y

<table>
<thead>
<tr>
<th>TUESDAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 12</td>
</tr>
<tr>
<td>Aug 14</td>
</tr>
</tbody>
</table>

Lifeguard Recertification (Ages 15+)
The Lifeguard recertification option is for currently certified Lifeguards to review skills including water rescue, CPR for the Professional Rescuer and First Aid.
Fee (M/NM): $100/$125

Arapahoe Y

<table>
<thead>
<tr>
<th>SATURDAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 28</td>
</tr>
<tr>
<td>Aug 25</td>
</tr>
</tbody>
</table>

Lifeguard Training Course (Ages 15+)
This course provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for injuries and sudden illnesses until EMS arrive and take over. Must bring swim suit, towel and course materials as well as attend every class to pass course. Successful completion of the course will result in certifications in Lifeguarding, CPR/AED and First Aid. Certifications last two years. **Prerequisites:** 300-yard swim, dive down 9 feet and retrieve a 10-pound brick and tread water for two minutes with no hands.
Fee (M/NM): $250/$275

BE A LIFEGUARD OR SWIM INSTRUCTOR AT THE Y
Lifeguarding is more than just fun in the sun; it is an important leadership role. By being a Lifeguard or swim instructor, you’re taking a stand to be a lifesaver, to protect others and to serve the community. Must be 16+ to apply.

For more information and to apply, visit ymcabv.org.

REGISTER FOR RED CROSS CERTIFICATION CLASSES: ymcabv.org  INFO: aquatics@ymcabv.org  303-443-4474 x5500
**RED CROSS CERTIFICATIONS**

**BABYSITTING**

**Red Cross Babysitting Certification (Ages 11-15)**
Be the best babysitter on the block! Boost your babysitting business and impress parents by earning an American Red Cross Babysitting Certification. In this course, you’ll gain the confidence to make smart decisions and stay safe in any babysitting situation. We cover the basics such as feeding, diapering, discipline and safety as well as how to be a professional, reliable sitter. Take-aways include the official Babysitter’s Training Handbook to use in class and on the job, emergency reference guide and training CD so you can practice at home. Participants should bring a lunch, pen and water bottle. Check out Babysitter’s Boot Camp to earn CPR and First Aid certifications.

Fee (M/NM): $75/$95

**Arapahoe Y**
**Saturdays, 9:30am-4:00pm**
- May 26  July 28
- June 23  Aug 25

**Longmont Y**
**Saturdays, 9:30am-4:00pm**
- June 16  Aug 18

**Mapleton Y**
**Saturdays, 9:30am-4:00pm**
- May 12  July 7
- June 2  Aug 11

**LEARN HOW TO**
- Supervise children and infants.
- Perform basic child-care skills.
- Choose safe, age-appropriate games and toys.
- Handle bedtime and discipline issues.
- Identify safety hazards and prevent injuries.
- Care for common injuries.
- Communicate effectively with parents.
- Find and interview for babysitting jobs.
- Learn to respond to emergencies.

**Red Cross Babysitter Boot Camp Certification (Ages 11-15)**
This two-day Red Cross course has been revised and updated to be more educational and interactive! Learn the latest science on first aid and cardiovascular care, receive more in-depth coverage of the basics all updated, expanded and redesigned for today’s babysitters. Impress parents by earning your Babysitter’s, Child and Infant CPR, and First Aid Certificate. Take-aways include the official Babysitter’s Training Handbook, Emergency Reference Guide and Training CD, so you can practice at home, and your own First-Aid kit. Participants should bring a lunch, pen and water bottle for each day. Classes fill quickly so sign up today!

Fee (M/NM): $170/$180

**Arapahoe Y**
**Fri-Sat, 9:30am-4:00pm**
- June 8-9
- July 13-14
9th ANNUAL
STRONG KIDS TRIATHLON
7.21.18 • 9:00am • Arapahoe Y

The YMCA’s Strong Kids Triathlon is for kids who love to swim, ride and run. However, this event is more of a celebration than a competition. Crowds of family and friends will cheer on hundreds of young triathletes as they swim, pedal, run and make their way through our kid-friendly course. Medals will be awarded, hugs will be given and snacks will be served. No experience is necessary, but fun is required. Proceeds from the event will benefit the Community Support Campaign for those who need assistance paying for Y programs. Check out more photos from last year’s Strong Kids Triathlon on our Facebook page.

Ages 2-15 • Members $25 / Non-members $35
Register early! This event is capped at 300 participants. Register at ymcbv.org.
For a Better Summer

Last summer, the YMCA of Boulder Valley sent more than 500 children to camp with the help of financial assistance. That’s because we believe all children deserve the chance to climb rock walls, raft down rapids, build LEGO empires, learn the art of archery and develop judgement-free friendships. Simply put, we believe all children should have the opportunity to be campers! Summer camp helps kids stay active, engaged and safe, combats summer learning loss, bridges the achievement gap and allows kids to foster resilience and confidence. It’s because of our generous donors that so many children enjoy this exploration and activity. Please support the YMCA of Boulder Valley at ymcabv.org/give.

For a better us™