

## Y Summer Camp 2025: Half-Day Camp Themes

### Cheer and Tumble

Tumble into some fun with the Y! Perfect for beginner and intermediate, this Half-Day Camp will focus on the fundamentals of cheer and tumble with traditional Y camp activities added in. Campers will learn new choreography and dances, perfect their tumbling skills, and cheer with confidence as they work towards their end of the week parent show! Join us for an unforgettable week of cheer, tumble, and fun at the Y! Participants ages 5-12 years will engage in up to 2 cheer and tumble skill sessions per day with additional time for games, activities, and snacks.

### Sports Galore

Get sporty with the Y! The Sports Sampler Half-Day Camp is perfect for campers that love to try new skills, stay active, and explore a variety of sports. Each day will include different drills, skill building activities, and games with multiple sports each day plus traditional Y camp activities. Campers may play a mix of basketball, flag football, soccer, volleyball, floor hockey, kickball, hiking, dodgeball, pickleball and more! Our camp prioritizes teamwork, communication, and sportsmanship, creating a positive and inclusive environment for all participants.

### Gymnastics

You will flip over this camp! This Half-Day Camp will focus on fundamental techniques such as tumbling, balance beam, and bars with traditional Y camp activities added in. Through a variety of fun activities and challenges, campers will improve their flexibility, strength, and coordination bars in a safe and supportive environment. Join us for a week filled with flips, twists, and gymnastics fun!

### Ninja Gym

Jump into fun with the Y! This Half-Day Camp will focus on obstacle course training methodology including strength and conditioning drills, specialty skill development (flips, rolls, jumps and kicks) tumbling and martial arts, with traditional Y camp activities added in. Our coaches will help pushing their limits, building confidence, and most importantly having a blast! So, grab lace up those sneakers and get ready to conquer the course like a true ninja warrior.

### Racquet Sports

What a racquet! This Half-Day Camp will focus on the fundamental skills and techniques of racket-based sports like tennis, pickleball, and badminton through engaging activities and friendly matches, with traditional Y camp activities added in. Our camp promotes sportsmanship, teamwork, and fun, welcoming all skill levels. Join us for a summer of racquet sports excitement and skill-building adventures!

### Swim

Splash into summer with the Y! This Half-Day Camp will lead campers to learn swimming fundamentals, improve their skills, and have fun in the water. Our experienced Y staff offer coaching, exciting activities, and safe swimming, with traditional Y camp activities added in. Join us for a supportive and encouraging environment where young swimmers can thrive!