

CAMP IS Y. Summer Camp & Programs

CAMP ADVENTURE



Camp Adventure, held at the Ithaca Y facility for ages 5-12, 50 Graham Road West, not only provides a world of fun, friends and adventure for your child, we focus on values and character development. Caring, honesty, respect and responsibility are parts of every camp day. Campers will spend their days active in the areas of sports, games, outdoor education, swimming and much more focused around weekly themes. At the Y it is important that we engage campers in exciting experiences that keep their minds and bodies moving. Weekly field trips and excursions to area parks will ensure they are never bored with their surroundings there are always new things to discover.

Counselor in Training (CIT)

The camp environment provides a unique opportunity for ages 13-17 to build leadership skills, particularly in assisting counselors with younger campers. The goal of the CIT program is to teach the general skills of leadership that can be used at school, home and community (not just at camp). CIT sessions are typically two weeks long and offer training in CPR, First Aid, or Child Abuse, depending on session. Stop by our Welcome Center or visit our website to register TODAY!

Y-Wilderness

We will be learning basic survival skills: How do you start a fire? Can you cook food over a fire without a grill? Do you know how to use a compass? How can we find our way without a compass? How can we drink water that wasn't brought with us? Do you know what natural insulation is? How can we shelter ourselves? Let's discover the unlimited resources in the wilderness!

The Y believes that when kids stretch their legs, explore new fields, and connect with the world around them, they grow into healthy, inspired, and confident adventurers who are fortified with a richer sense of their environment and a set of values that are based on an appreciation for the beauty of the natural outdoors. For ages 8-14.

SUMMER BLAST Pre-K Package

This summer package **BLASTS** children into fun-filled, age-appropriate programming which is carefully designed to combine learning experiences with physical activities to promote healthy lifestyles and amusement. Creative weekly themes in the program areas of arts & humanities or music & movement encourage children to play and learn together. Themed arts & crafts projects are created every day to take home to families, with outdoor and indoor imaginative games played daily. Music and movement revolves around the world of music and couples corresponding movement, including Zumba, ballet, yoga, and the many creative ways we can move our bodies. At all times, the children will be interacting with and learning with other children ages 3-5.



Child and Adult Care Food Program (CACFP) in SACC & Camp Programs

Combining academics and nutrition, the Y is offering an after-school and camp snack program to provide children with nutrition and academic enrichment activities so they can be healthy and succeed in school.

Thanks to our partnership with the Walmart Foundation, we are ensuring children have access to meals during out-of-school time, when they need them most.

As part of our focus on youth development, healthy living and social responsibility, the Y is committed to keeping children nourished all year long.

CACFP provides aid to youth development programs for the provision of nutritious foods as snacks that contribute to the wellness, healthy growth, and development of young children.

