SUMMER OF FUN
2014 Camp Guide
YMCA OF SOUTH HAMPTON ROADS
Camping, like many Y programs, is about learning skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.

Camping teaches self-reliance, a love for nature and the outdoors, and the development of attitudes and practices that build character and leadership—all amidst the fun of camp fires, bugle calls, canoeing, archery, talent shows, and meaningful relationships.
YMCA Counselors are dedicated to making sure camp is an amazing experience for every camper.

The YMCA incorporates our five core values of caring, honesty, respect, responsibility and faith into every YMCA program. Camp, in particular, emphasizes these unique components to help children develop positive identities, values and social skills. These are essential character-building blocks that nurture and empower young people to grow up to be healthy, competent, caring and responsible adults.

Our goal is to help youngsters acquire these building blocks to create a firm foundation for life—a positive identity; a strong sense of power, purpose and self-worth; and values that will enable them to make wise choices throughout life. We want to help them become compassionate, well-rounded and well-adjusted individuals who care about the well-being of others and learn to place the needs of others above their own.

Camping is about learning skills, developing character and making friends.

**Top Quality**
To achieve high quality in our programs, we follow YMCA of the USA’s Day Camp Guidelines, found in the YMCA Day Camp Manual. The components of sports, the arts, spirituality, swimming, and character development education are offered with a significant amount of outdoor programming.

**Our Staff**
The loyalty and dedication of our impassioned, educated and highly trained staff is extraordinary. Our staff are excellent role models for our campers and we pride ourselves on our careful screening and selection to employ the finest camp counselors, directors and support staff in the region.

Candidates must meet strict YMCA qualifications, which meet and often exceed licensing standards and YMCA Child Care Administration guidelines; pass a criminal check; Child Protective Services check and participate in several training and certification programs, including infant/child CPR, First Aid, prevention/recognization of child abuse, OSHA blood borne pathogens, child development, curriculum planning and licensing regulations.

**Financial Assistance**
We believe every child should have the chance to enjoy YMCA Camp. Our Open Doors program makes financial assistance available, as funds permit, to families who are unable to pay the full program fee.

Funds for financial assistance have been made available through generous contributions to our annual giving campaign. Contact your local YMCA for more information on how you can participate in the Open Doors program.

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## Chesapeake

### Great Bridge/Hickory Family YMCA

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**SCHOOL-AGE FULL DAY CAMP:** 6:30am–6pm  
Members $165/week; Prospective members $195/week  
**SCHOOL-AGE HALF DAY CAMP:** 6:30am–2pm  
Members $125/week; Prospective members $155/week  
**SPORTS CAMP:** 6:30am–6pm  
Members $145/week; Prospective members $175/week  
**SPECIALTY CAMP:** 6:30am–6pm  
Members $185/week; Prospective members $215/week  
**TEEN ADVENTURE CAMP:** 6:30am–6pm  
Members $200/week; Prospective members $220/week  

A $25 deposit per child per week and a one-time $50 non-refundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

### Greenbrier Family YMCA

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**SCHOOL-AGE CAMP:** 6:30am–6pm  
Members $175/week; Prospective members $215/week  
**TEEN CAMP:** 6:30am–6pm  
Members $215/week; Prospective members $255/week  

A $25 deposit per child per week and a one-time $50 non-refundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

### Greenbrier North YMCA Wellness & Racquetball Center

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<td>Circus–Under the Big Top</td>
<td>Water Nation</td>
<td>Counselor In Training</td>
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**SCHOOL-AGE CAMP:** 7am–6pm  
Members $150/week; Prospective members $175/week  

A $25 deposit per child per week and a one-time $75 non-refundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

Register for camp today at any of our family centers or visit www.ymcashr.org/camp.
**CHESAPEAKE**

**TAYLOR BEND FAMILY YMCA**

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**Preschool** (ages 3–5)
- Starter Camp
- Little Sports
- Starter Camp
- Little Sports
- Starter Camp
- Little Sports
- Starter Camp
- Little Sports
- Starter Camp
- Little Sports

**School-Age** (ages 5–12, choose one)
- Dance & Cheer
- Multi-Sport
- Crazy Science
- Spirit Week
- Outdoor Adventure
- Extreme Camp
- Superhero Week
- Music & Drama
- End of Summer

**Teen** (ages 13–17)
- Counselor In Training
- Counselor In Training
- Counselor In Training
- Counselor In Training
- Counselor In Training
- Counselor In Training
- Counselor In Training
- Counselor In Training
- Counselor In Training

**EARLY BIRD CAMP:**
- 6:30am-9am
- Members $125/week; Prospective members $155/week

**SCHOOL-AGE CAMP:**
- 7:30am–5:30pm
- Members $100/week; Prospective members $130/week

**FOUR-Session Deposit Option**
- A $25 deposit per child per week and a one-time $50 non-refundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

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**NORFOLK**

**THE Y ON GRANBY**

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**School-Age** (ages 5–13)
- Starter Camp
- Animal Expedition
- Cooking Fun
- Around the World
- Spy Camp
- Going Green
- Outdoor Adventure
- Water Nation
- Circus–Under the Big Top
- Hollywood

**SCHOOL-AGE CAMP:**
- 6:30am–6pm
- Members $175/week; Prospective members $200/week

**FOUR-Session Deposit Option**
- A $25 deposit per child per week and a one-time $50 non-refundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

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**EASTERN SHORE**

**EASTERN SHORE FAMILY YMCA**

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**School-Age** (ages 6–12)
- Awesome Art
- Spirit Week
- Coast Guard Camp
- Crazy Science
- Water Nation
- A $25 deposit per child, per camp week is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

**EARLY BIRD CAMP:**
- 6:30am–9am
- Members $15/week; Prospective members $25/week

**SCHOOL-AGE CAMP:**
- 7:30am–5:30pm
- Members $100/week; Prospective members $130/week

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**FRANKLIN**

**JAMES L. CAMP, JR. FAMILY YMCA**

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**School-Age** (ages 5–12)
- Early Bird Camp
- Cooking Fun
- Early Bird Camp
- Multi-Sport
- Early Bird Camp
- Space is the Place
- Early Bird Camp
- Going for the Gold
- Early Bird Camp
- Crazy Science
- Early Bird Camp
- Awesome Art
- Early Bird Camp
- Multi-Sport
- Early Bird Camp
- Robot Revolution
- Early Bird Camp
- Detective Camp
- Early Bird Camp
- Around the World

**EARLY BIRD CAMP:**
- 6:30am–9am
- Members $15/week; Prospective members $25/week

**SCHOOL-AGE CAMP:**
- 7:30am–5:30pm
- Members $100/week; Prospective members $130/week

**FOUR-Session Deposit Option**
- A $25 deposit per child per week and a one-time $50 non-refundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

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**NORFOLK**

**THE Y ON GRANBY**

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**School-Age** (ages 5–13)
- Starter Camp
- Animal Expedition
- Cooking Fun
- Around the World
- Spy Camp
- Going Green
- Outdoor Adventure
- Water Nation
- Circus–Under the Big Top
- Hollywood

**SCHOOL-AGE CAMP:**
- 6:30am–6pm
- Members $175/week; Prospective members $200/week

**FOUR-Session Deposit Option**
- A $25 deposit per child per week and a one-time $50 non-refundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

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*Norfolk also offers a regional day camp at YMCA Camp Silver Beach in Jamesville, VA. Read more on page 9.

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*Eastern Shore also offers an overnight camp at YMCA Camp Silver Beach in Jamesville, VA. Read more on page 9.

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*Number of securely signed campers as of 3/8/09.

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*Camp numbers are significantly down for the 2009 season due to the worldwide credit crunch.

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*Eastern Shore also offers a regional day camp at YMCA Camp Red Feather. Read more on page 9.
## ALBEMARLE FAMILY YMCA

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### School-Age (ages 5–12)
- **Day Camp**
- **Leadership In Training**

### Leadership (ages 12–14)
- **Leadership In Training**

### Specialty (ages 5–12)
- **Robot Revolution**
- **Surfing**
- **Outdoor Adventure**
- **Cooking Fun**
- **Dance**
- **Animal Expedition**

### Preschool (ages 3–5)
- **Little Sports**

### School-Age CAMP:
- 7:30am-6pm
  - **Members**: $125/week
  - **Prospective members**: $180/week

### Leadership CAMP:
- 7:30am–6pm
  - **Members**: $135/week
  - **Prospective members**: $160/week

### Preschool CAMP:
- 7:30am-6pm
  - **Members**: $55/week
  - **Prospective members**: $75/week

### Preschool Specialty CAMP:
- 7:30am-6pm
  - **Members**: $45/week
  - **Prospective members**: $55/week

### Register for camp today at any of our family centers or visit [www.ymcashr.org/camp](http://www.ymcashr.org/camp).
### EFFINGHAM STREET FAMILY YMCA

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**School-Age**

* (ages 4½–12)

Camp Portside

A $50 nonrefundable and nontransferable materials fee is due upon registration.

### SUFFOLK FAMILY YMCA

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**School-Age**

* (ages 4–5)

Camp Mohawk

A $50 nonrefundable and nontransferable materials fee is due upon registration. An additional $25 deposit is required for each session of camp. This will be credited to each week of attendance and is nonrefundable after June 1.

*Suffolk also offers a regional day camp at YMCA Camp Arrowhead. Read more on page 9.

### HILLTOP FAMILY YMCA

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**Sports**

* (ages 5–10)

Tennis & Golf

Basketball & Volleyball

Floor Hockey & Lacrosse

Football & Soccer

Baseball & Bowling

Tennis & Golf

Basketball & Volleyball

Football & Soccer

Basketball & Handball

Backyard Games

Multi-Sport

**Tweens**

* (ages 10–13)

Adventure Camp

Adventure Camp

Adventure Camp

Adventure Camp

Adventure Camp

Adventure Camp

Adventure Camp

Adventure Camp

Adventure Camp

### CAMP PORTSIDE

**SCHOOL-AGE CAMP:** 6am–6pm

Members $85/week; Prospective members $110/week

**SPORTS CAMP:** 6am–6pm

Members $140/week; Prospective members $170/week

* A $20 discount will be applied to each additional week of Adventure Camp that your child is registered for.

A $50 nonrefundable and nontransferable materials fee is due upon registration. A $25 deposit per child per week and a one-time $75 nonrefundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

### CAMP MOHAWK

**SCHOOL-AGE CAMP:** 6am–6pm

Members $100/week; Prospective members $140/week

**SPECIALTY CAMP:** 6am–6pm

Members $150/week; Prospective members $180/week

**SPORTS CAMP:** 6am–6pm

Members $140/week; Prospective members $170/week

*A $20 discount will be applied to each additional week of Adventure Camp that your child is registered for.

A $25 deposit per child per week and a one-time $75 nonrefundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.

### CAMP CARETTA

**SPECIALTY CAMP:** 6am–6pm

Members $150/week; Prospective members $180/week

**SPORTS CAMP:** 6am–6pm

Members $140/week; Prospective members $170/week

*A $20 discount will be applied to each additional week of Adventure Camp that your child is registered for.

A $25 deposit per child per week and a one-time $75 nonrefundable and nontransferable materials fee is due upon registration. The $25 deposit will be credited to each week of attendance and is nonrefundable after June 1.
The First Tee of Hampton Roads offers a golf camp in Virginia Beach. Read more on the next page.
**YMCA CAMP RED FEATHER**  
Regional Day Camp serving Norfolk, Chesapeake and Virginia Beach

In the tradition of YMCA regional day camps, Camp Red Feather offers youth and teens (ages 5–17) a safe and exciting outdoor summer adventure that includes archery, fishing, boating, kayaking and more! Children will learn life skills, create memories and form friendships through a variety of activities on 40 acres of fields and forests on the campus of Virginia Wesleyan College.

**This first-class facility includes:**
- Alpine Tower
- Archery Range
- Athletic Fields
- Challenge Course
- Fishing Dock
- Hiking Trails
- Indoor Pool
- Nature Trail
- Gymnasium

YMCA CAMP RED FEATHER  
312 Bute Street, Norfolk, VA 23510  
P 757 622 9622 P 757 962 5505 W CampRedFeather.org

**YMCA CAMP ARROWHEAD**  
Regional Day Camp serving Suffolk, Chesapeake and Franklin

YMCA Camp Arrowhead is all about discovery and outdoor fun. Kids and teens have the opportunity to explore nature, find new talents, try new activities like archery and riflery, or climb the Alpine Tower, gain independence and make lasting memories through participation in crafts, swimming, sports and more.

Kids become a community as they learn both how to be more independent and how to contribute to a group while engaging in physical, social and educational activities.

YMCA CAMP ARROWHEAD  
275 Kenyon Road, Suffolk, VA 23434  
P 757 923 3303 W YCampArrowhead.org

**THE FIRST TEE OF HAMPTON ROADS**  
Golf Camp focusing on character values serving Virginia Beach, Norfolk, Franklin and Eastern Shore

Monday–Friday, 9am–4pm, Ages 5–17

Our licensed camps are the ultimate golf experience where you can learn new golf skills, valuable life skills, have fun through creative games and make new friends.

THE FIRST TEE OF HAMPTON ROADS  
2400 Tournament Drive, Virginia Beach, VA 23456  
P 757 563 8990 W TheFirstTeeHR.org

**YMCA CAMP SILVER BEACH**  
Overnight Resident Camp for ages 8–16

Located on Virginia’s Eastern Shore, YMCA Camp Silver Beach is 151 amazing acres filled with forests, trees and wetlands and is surrounded by the seriously beautiful Chesapeake Bay.

YMCA Camp Silver Beach is the summer experience of a lifetime!

YMCA CAMP SILVER BEACH  
6272 YMCA Lane, PO Box 69, Jamesville, VA 23398  
P 757 442 4634 TF 1 877 231 2012 W CampSilverBeach.org
**CAMP DESCRIPTIONS**

**TRADITIONAL DAY CAMP**

Day camp is all about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting memories. And, of course, it’s fun too. Activities include themed-based weeks, field trips, music and dance, arts & crafts, sports, outdoor play, recreational swimming, special family events and more.

**LOCATIONS LEGEND FOR WEEKLY THEMES AND SPECIALTY CAMPS**

- ALB Albemarle Family YMCA
- CUR Currituck Family YMCA
- ES Eastern Shore Family YMCA
- EFF Effingham Street Family YMCA
- GBR Great Bridge/Hickory Family YMCA
- GBR Greenbrier Family YMCA
- GBR Greenbrier North YMCA
- HIL Hilltop Family YMCA
- IR Indian River Family YMCA
- JLC James L. Camp, Jr. Family YMCA
- MTT Mt. Trashmore Family YMCA
- OR Outer Banks Family YMCA
- SAL Salem YMCA Center
- SUFF Suffolk Family YMCA
- TB Taylor Bend Family YMCA
- YGR The Y on Granby

**Adventure**

Adventure Camp is designed to keep kids active and engaged in a variety of activities while building friendships and developing interpersonal and leadership skills. Campers spend their week participating in exciting activities such as kayaking, hiking, swimming, sports, team-building, archery, climbing a 50-foot wall and more! Weekly trips include Busch Gardens and Water Country USA.

**Backyard Games**

Campers will play all the classics that families have enjoyed for years, such as ladderball, bocce, horseshoes and cornhole. They aren’t the only games you can play in your backyard. Join us this week and learn more!

**Baseball**

Going, going, it’s gone...homerun! Campers will learn the basic fundamentals of baseball. We will conduct drills on fielding, throwing, hitting, base running and sliding.

**Basketball**

They dribble...they shoot...they score! Campers will learn the basics of basketball as well as perform individual and team drills for dribbling, shooting, passing and defense. Scrimmages allow them to practice what they have learned.

**Basketball & Volleyball**

They dribble...they shoot...they score! Campers will learn the basics of basketball as well as perform individual and team drills for dribbling, shooting, passing and defense. Scrimmages allow them to practice what they have learned. Then bump, set, spike! Are you ready to learn the fundamentals to volleyball? Campers will be provided with basic volleyball rules and regulations that will lead up to a game at the end of the week.

**Basketball & Team Handball**

Campers will learn the basics of basketball as well as perform individual and team drills for dribbling, shooting, passing and defense. Team handball, the Olympic sport, is one of the most versatile sports the can be played practically on any and every surface, such as grass, concrete, sand, linoleum, and hardwood surfaces. This unique camp will increase endurance, improve proprioceptive skills (i.e. catching, controlling and throwing the ball), and teach the importance of team work helping develop imagination, self-esteem, and presence.

**Camp Fins**

Camp Fins is a swim clinic for children to improve their swimming techniques, learn new safety skills and enjoy games.
**Circus—Under the Big Top**
Campers can relive the joys of the circus at the Y! They will clown around, be a magician, make a hot air balloon and even walk a tightrope.

**Coast Guard**
While building boating skills and enjoying the water, this camp will show youth the importance of aquatic and boat safety.

**Commander**
Left, left, left, right, left! Campers attend a military-style boot camp and become recruits, completing exercises and drills sure to bring excitement, healthy activity and fun!

**Cooking Fun**
Does your child enjoy preparing food? Campers will learn the basics of cooking, kitchen cleanliness and kitchen safety. After this camp, you will want your child to cook your next meal!

**Counselor In Training**
CIT Camp teaches enthusiastic young adults leadership skills and the fundamentals of working with children, including CPR and First Aid Training, Basic Child Development, licensed child care protocol, group management and group games for kids, to name a few. Candidates must submit an application. Once selected, each CIT spends part of his or her day in the classroom learning new skills and the rest of the day with a camp group working alongside a mentoring counselor. They will interact with the children, teach and play games, sing songs, perform skits and more!

**Crazy Chemistry**
Campers find out why matter matters, as they tackle the questions of science in a fun, hands-on learning environment! Campers will learn the science behind homemade ice cream, make a solar powered cooker, and create their own crystal decorations.

**Crazy Science**
Ooey, gooey, slimy and sticky! Campers explore the amazing world of science as they learn fun facts and experiment with volcanoes, silly putty, ice cream and more. It has been scientifically proven that this camp is an explosive hit!

**Crazy Tasty Science**
Exploring the world of science has never been more delicious! Discover the science behind food when you create and taste-test products like ice cream, pretzels, root beer, bubble gum and more. Throughout the week we will explore science with topics on water, mixtures, chemical reactions, color, digestive systems and crystals.

**Dance**
Does your child love to dance? Your child will learn to move and groove in this camp! Our dance instructor will teach your little dancer different dance styles and at the end of the week, the kids will perform.

**Dance & Cheer**
This camp combines dance moves and cheerleading skills to create amazing dances that can be done on the football field or at your next family party.

**Detective**
Kids will get to experience the thrill and excitement of police work. Campers will learn fingerprinting and investigate a simulated crime scene. Badges will be presented when crimes are solved.

**Dino Dig**
Grab your field journal and embark on a journey of prehistoric proportion! Youth spend a week traveling back in time to unearth Dinosaur fossils that your child will be able to name.

**Dodgeball**
Campers will learn rules, strategy skills and new techniques and compete in variations of the popular recreation game.

**End of Summer**
We will wrap up the summer of 2014 with a week featuring favorite activities and field trips, planned by the counselors.

**Engineering**
Campers will explore the different fields of engineering by building model roller coasters, launching rockets, constructing bridges and much more. This camp is perfect for campers who love building and creating!
Everyday is a Holiday
Campers will learn the major holidays and traditions associated with them as they celebrate a different holiday each day.

Extreme
Join our version of action sports network, including rock climbing, laser tag, skateboarding, and more!

Fact or Fiction
You've been told not to try that at home, so try it at camp instead! Our team of staff will embrace your child's curiosity as we test various scientific myths throughout the week. Does running in the rain really keep you dry? Can a boat made of duct tape really float? Is it true that dry ice can carbonate a liquid? Will these myths be confirmed, are they plausible, or are they busted?

Fantasy World Adventure
Based upon books like Harry Potter, the Hunger Games, Star Wars, and the Hobbit, we will have activities and adventures associated with the stories. Take a potions class, build a star cruiser, become a tribute, or save middle earth! Your child’s favorite books come to life as the campers use their imagination each day.

Fashion
From fabulous dresses to jewelry and accessories, campers become trendsetters by designing and modeling their very own line! The week will end with our version of the runway.

Flag Football
Down...set...hike! Campers will learn the basics of flag football. Passing, catching and defense will be taught and applied in scrimmage games at the end of the session.

Football & Soccer
Down...set...hike! Campers will learn the basics of flag football. Passing, catching and defense will be taught and applied in scrimmage games at the end of the session.

Going for the Gold
Campers compete as nations creating flags and team shirts as they go for the gold!

Going Green
Campers will learn about recycling, and organic food and clothing, plant a garden and tie-dye using natural dyes.

Hollywood
Experience the life of a Hollywood star. Campers will prepare for a role in a movie by designing sets, writing scripts; all culminating in a walk down the red carpet to receive an Oscar!

Invention
No need to 'force' your child into our invention camp this year! Campers will learn about the world of physics, and how it’s used to affect the world around us. Campers will build basic catapults, compete in a team-building egg drop activity, construct an electrical circuit, and build a robot!

Jump Rope
Youth will learn the art of jump roping, tricks, double dutch and battle off at the end of the session, all while enjoying healthy and fun activity!

Karate
Campers will learn the basic fundamentals of a variety of martial art disciplines such as Judo, Karate, Yoga and Taekwondo. They will become more confident while simply having fun learning the new skills!

Kickball
Think one part soccer, one part baseball, and a whole lot of fun. This is what Kickball Camp is all about!

Kickball/Track
Kickball/Track camp helps campers become faster and smarter athletes. Designed for athletes of all skill levels, we encourage individual campers to explore new events and set challenging goals.

Kinder Camp
This is the perfect adventure for the first-time camper! This camp focuses on learning new skill and character development while participating in enjoyable, traditional camping activities and weekly themes, including circus fun, cooking, Hollywood, arts & crafts and more.
Lacrosse & Floor Hockey
Build character and learn the basics of field hockey including stick work, dodging, passing, scrimmaging and endurance training. Then campers will learn how to cradle, catch and throw a lacrosse ball, and other basics like scooping up ground balls. Positioning and the importance of teamwork for passing, shooting and defense skills will be a focus.

Leadership
This Leadership in Training Camp is suitable for middle school-aged youth who may not want to be “campers” anymore yet are still attracted to a camp setting. They will take part in group initiatives, problem solving games and teen oriented activities, yet also focus on learning essential leadership skills.

Little Sports
Introduce your camper to new sports! Throughout the week campers will participate in a mix of fun sports, learning new skills based on a curriculum designed for preschoolers.

Multi-Sports
Throughout the week campers will participate in a mix of fun sports.

Music & Drama
Campers enjoy a week of singing songs, exploring the world of theater and performing for their fellow campers. With a focus on the basics of singing and acting, campers are exposed to various types of music, perform skits, and express their creativity through music and drama.

Music Makers
Campers will get creative with non-traditional musical instruments! Children will learn songs, dance moves, use vocal instruments and write lyrics.

Outdoor Adventure
Campers will explore the great outdoors and enjoy fishing, canoeing, tent pitching, outdoor cooking and much more.

Pop Star
Children transform into the stars that they really are! This camp will focus on the music, movies and television stars that kids love. Campers will participate in various pop star activities including a photo shoot, talent show, interview on the red carpet and of course, designing their own Hollywood Star.

Preschool Camp
This is the perfect adventure for the first-time camper! This camp focuses on learning new skill and character development while participating in enjoyable, traditional camping activities.

Racquetball & Volleyball
Racquetball and Volleyball camp will bring campers to the Greenbrier North YMCA to learn the basics of racquetball on the indoor and outdoor racquetball courts. On alternating days, campers will learn the basics of volleyball including passing, serving, blocking and more!

Robot Revolution
Has your child ever wondered what was inside a computer? Curious campers will explore and learn the principles of robotics and build their very own programmable robot.

Scuba & Snorkeling Camp
This camp is designed to teach kids the basics of scuba diving. Campers will learn about scuba diving, snorkeling and the remarkable underwater world.

Secret Agent
Deploy on a critical mission with your fellow agent campers and support one another as you push your limits. Turn into your favorite action hero and try your hand at major motion picture stunts! Learn safe landing techniques, challenges, smoke effects and more.

Sing Out
Show off your talents and discover new ones as you become a superstar this week. Campers will sing popular songs, form group vocal harmonies, master choreographed movement, perfect their performance skills, and much more!

Soccer
Soccer camp will focus on skill refinement, passing, kicking and playing to develop well-rounded soccer players. Each player is taught through attention and repetitions in an enjoyable, challenging camp atmosphere with players at his or her level.

Space is the Place
Campers will have a blast by designing their own rockets and launching them! Youth will gain an understanding of our universe while we enjoy building our very own solar system.
**Spirit Week**
We’ve got spirit, yes we do. We’ve got spirit, how about you? Get ready for an explosion of camp spirit! Camp activities will be based on a new theme each day, such as backwards-day and totally tie-dye-day. It is sure to be a silly, spirited week. Field trips will be planned according to the theme.

**Spy**
Your mission, if you choose to accept it, is a week of code-breaking, sneak-attacking, clue-hunting fun! Campers will experience spy training, create a spy kit and complete top secret missions.

**Starter**
This is the perfect adventure for the first-time camper! This camp focuses on learning new skills and character development while participating in enjoyable, traditional camping activities.

**Storytellers**
Campers will use different mediums to make stories with art, including making books with pictures, acting out written stories, playing games and making puppets.

**Street Hockey**
Shoot and pass on the pavement! Campers will learn the basics of street hockey such as positioning, shooting and passing—all skills leading to scrimmages and games, so campers can showcase what they have learned.

**Summer Highlights**
Come relive all the best moments of specialty camp in one week!

**Superheroes**
We will have visits from the heroes in our community: firemen, policemen, EMTs and military veterans. Campers will go through some of their training, and visit where they work. At the end of the week, campers will dress up as their favorite superhero.

**Surfing**
Campers will have fun in the sun, spending the day on the beach and learning how to surf, not even realizing they are also getting a full-body workout!

**Teen Adventure**
Teen Adventure camp is designed to keep teens active and engaged in a variety of activities designed to build friendships and develop interpersonal and leadership skills. Campers spend their week traveling to local venues and participating in exciting activities such as rock climbing, kayaking, beach trips, overnights and more! Field trips will vary weekly.

**Tennis**
Our tennis programs focus on skill refinement, practice and match play to develop consistent, well-rounded tennis players. Each player is taught through personal attention and skill repetition in an enjoyable, challenging tennis camp atmosphere where players will learn with players at his or her level.

**Time Travelers**
Campers who are curious and have a flair for the dramatic will have fun traveling through the decades discovering music, dance, dress and other fun facts.

**Track & Field**
Track Camp helps campers to become faster and smarter athletes. Designed for athletes of all skill levels, we encourage individual campers to explore new events and set challenging goals. Campers pick an area to specialize in and spend the week working on a specific event: sprinting, distance, long jump, triple jump or shot put.

**Ultimate Frisbee & Street Hockey**
In our Ultimate Frisbee & Street Hockey camp, campers will learn the basics of Ultimate Frisbee and Street Hockey. Ultimate Frisbee improves speed, visual acuity and teamwork. Principles of soccer and football combine to create fun and excitement for young athletes. Street Hockey basics such as positioning, shooting and passing—all skills leading to scrimmages and games will help campers showcase what they have learned.

**Ultimate Frisbee**
Learn the game that is all the rage! Ultimate Frisbee improves speed, visual acuity and teamwork. Principles of soccer and football combined with the classic game of Frisbee create fun and excitement for young athletes.

**Volleyball**
Bump, set, spike! Are you ready to learn the fundamentals of volleyball? Campers will be provided with basic volleyball rules and regulations that will lead up to a game at the end of the week.

**Water Nation**
Summer is hot but Water Nation week is so cool! This specialty camp is all about water. Campers will play water games, create experiments with water and go on water-related field trips.

**Wizard Training**
Wizard Training Camp will bring to life some of your camper's favorite fantasy stories including Harry Potter, The Lord of the Rings, and even The Wizard of Oz.
“If you somehow positively impact just a few children and they get a sense of self confidence and even just happiness, and they bring that back to their family and their school—camp can affect millions of people.”

—Y camp counselor

Register for camp today at any of our family centers or visit www.ymcashr.org/camp.
## YMCA of South Hampton Roads Camp Locations

### Chesapeake
- Great Bridge/Hickory Family YMCA
  - 633 S. Battlefield Boulevard, Chesapeake, VA 23322
  - P 757 546 9622
- Greenbrier Family YMCA
  - 1033 Greenbrier Parkway, Chesapeake, VA 23320
  - P 757 547 9622
- Greenbrier North YMCA
  - Wellness & Racquetball Center, 2100 Old Greenbrier Road, Chesapeake, VA 23320
  - P 757 638 9622

### Eastern Shore
- YMCA Camp Silver Beach
  - 6272 YMCA Lane, Jamesville, VA 23398
  - P 757 442 4634
  - W www.CampSilverBeach.org
- Eastern Shore Family YMCA
  - 26164 Lankford Highway, Onley, VA 23418
  - P 757 787 5601

### Franklin
- James L. Camp, Jr. Family YMCA
  - 300 Crescent Drive, Franklin, VA 23851
  - P 757 562 3491

### Norfolk
- YMCA Camp Red Feather (Blocker Norfolk Family YMCA)
  - 312 West Bute Street, Norfolk, VA 23510
  - P 757 622 9622
  - P 757 967 5505
- The Y on Granby
  - 2901 Granby Street, Norfolk, VA 23507
  - P 757 965 2322

### North Carolina
- Albemarle Family YMCA
  - 1240 N. Road Street, Elizabeth City, NC 27909
  - P 252 334 9622
- Currituck Family YMCA
  - 130 Community Way, Barco, NC 27917
  - P 252 453 9632
- Outer Banks Family YMCA
  - 3000 South Croatan Highway, Nags Head, NC 27959
  - P 252 449 8897

### Portsmouth
- Effingham Street Family YMCA
  - 1013 Effingham Street, Portsmouth, VA 23704
  - P 757 399 5511

### Suffolk
- Suffolk Family YMCA
  - 2769 Godwin Boulevard, Suffolk, VA 23434
  - P 757 934 9622
- YMCA Camp Arrowhead
  - 275 Kenyon Road, Suffolk, VA 23434
  - P 757 923 3303

### Virginia Beach
- Hilltop Family YMCA
  - 1536 Laskin Road, Virginia Beach, VA 23451
  - P 757 422 3805
- Indian River Family YMCA
  - 5660 Indian River Road, Virginia Beach, VA 23464
  - P 757 366 0488
- Mt. Trashmore Family YMCA
  - 4441 South Boulevard, Virginia Beach, VA 23452
  - P 757 456 9622
- Salem YMCA Family Center
  - 2029 Salem Road, Virginia Beach, VA 23456
  - P 757 471 9622
- The First Tee of Hampton Roads
  - YMCA Golf & Life Skills Program
  - 2400 Tournament Drive, Virginia Beach, VA 23456
  - P 757 563 8990
  - W www.TheFirstTeeHR.org

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**YMCA of South Hampton Roads**

P 757 962 5555  W www.ymcashr.org

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.