

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

COLOR COLLISION

WEEK OF:

June 7-11th

FIELD TRIPS & SPECIAL EVENTS:

Monday/Tuesday - Loveland Laser
Tag (LLT Fun Center)

Thursday/Friday - Ninja Na-
tion

CAMPERS & FAMILIES -

This week we will be . . .

Tye-dyeing shirts and having a color run on
Wednesday so please supply a white t-
shirt that can be both stained and died!

Fitness focus

- Anatomy (Muscle Groups/Bones)
- President's Fitness Challenge Base
Test

SITE HOURS

7:00AM—500 PM

CONTACT US

Director -

(303) 555-2222

Assistant Director -

(303) 555-2222

VISIT US ONLINE

<https://www.denverymca.org/programs/youth-programs/summer-day-camp>

WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/ closed toes, Sunscreen, Lunch, AM & PM Snacks

Water bottle, Sunscreen, Closed-toed shoes, Am-Pm Snack, & Lunch

PRE-CAMP

7:00-9:00

MONDAY

Opening:
Field Trip Prep (Group A)
Loveland Laser Tag
BUS LEAVES AT 8: 45 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman
Anatomy
Muscle coloring sheets
&
Vocab challenge
Teambuilding Games:
Yarn-Ball of Names
&
Stolen Identity

LUNCH

Group B @ Schlessman
Dodgeball
Pool (2:30-3:30pm)
1: 45pm Group A Return to Schlessman
Volleyball

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

MORNING ACTIVITIES

9:30-12:00

AFTERNOON ACTIVITIES

1:00-3:30

AFTER CAMP

4:00-5:00

TUESDAY

Opening:
Field Trip Prep (Group B)
Loveland Laser Tag
BUS LEAVES AT 8: 45 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman
Anatomy
Muscle coloring sheets
&
Vocab challenge
Teambuilding Games:
Yarn-Ball of Names
&
Stolen Identity

LUNCH

Group A @ Schlessman
Making Fabric Tails
&
Tail Tag
1: 45pm Group B Return to Schlessman
Volleyball

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

WEDNESDAY

Opening:
Free Choice:
Field and Blacktop Games

CAMP OPENING & AM SNACK

Flag Making
&
Team Namings
Tie-Dye Shirts
Please Bring White Tees!

LUNCH

Color Run!
Weekly Debrief
Weekly Awards
&
High and Lows

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

THURSDAY

Opening:
Field Trip Prep (Group A)
Ninja Nation
BUS LEAVES AT 9: 30 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman
President's Fitness Challenge
Chalk Mosaic:
Group challenge

LUNCH

Group B @ Schlessman
Making Fabric Tails
&
Tail Tag
1: 10pm Group A Return to Schlessman
Capture the Flag
&
Anatomy Vocab Test

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

FRIDAY

Opening:
Field Trip Prep (Group B)
Ninja Nation
BUS LEAVES AT 9: 30 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman
President's Fitness Challenge
Chalk Mosaic:
Group challenge

LUNCH

Group A @ Schlessman
Dodgeball
Pool (2:30-3:30pm)
1: 10pm Group B Return to Schlessman
Capture the Flag
&
Anatomy Vocab Test

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

Peak to Peak

WEEK OF:

June 14-18

FIELD TRIPS & SPECIAL EVENTS:

Monday/Tuesday - Roxborough
Park Hike

Thursday/Friday - North Table Top
Mountain Hike

CAMPERS & FAMILIES -

This week we will be...

Hiking! A lot! So please make sure we have proper shoes and adequate water bottles!

Fitness Focus:

- Stephanie Konter-O'hara (a mental health expert specializing in youth, social media, and body image)

SITE HOURS

7:00 AM—5:00 PM

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WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/closed toes, Sunscreen, Lunch, AM & PM Snacks

Water bottle, Sunscreen, Closed-toed shoes, Am-Pm Snack, & Lunch

PRE-CAMP
7:00-9:00

MORNING ACTIVITIES
9:30-12:00

AFTERNOON ACTIVITIES
1:00-3:30

AFTER CAMP
4:00-5:00

MONDAY

Opening:

Field Trip Prep (Group A)
Roxborough Hike

BUS LEAVES AT 9: 30 AM

Free Choice (Group B):
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Group B @ Schlessman

Team Building Game:

Blind Leading the Blind

Fitness Games:

Balance Challenges

&

Shark's Test

LUNCH

Group B @ Schlessman

Octo-ball Tournament

Pool (2:30-3:30pm)

1: 00pm Group A Return
to Schlessman

DodgeBall

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

TUESDAY

Opening:

Field Trip Prep (Group B)
Roxborough Hike

BUS LEAVES AT 9: 30 AM

Free Choice (Group A):
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Group A @ Schlessman

Team Building Game:

Blind Leading the Blind

Fitness Games:

Balance Challenges

&

Shark's Test

LUNCH

Group A @ Schlessman

Octo-ball Tournament

American Eagle

(Game)

1: 00pm Group B Return
to Schlessman

DodgeBall

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

WEDNESDAY

Opening:

Free Choice:

Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Mental Health Expert:

Stephanie Konter-
O'hara:

Body Image and Social
Media for Pre-teens

Paper Mache Volcanoes

LUNCH

Capture the Flag

Weekly Debrief

Weekly Awards

&

High and Lows

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

THURSDAY

Opening:

Field Trip Prep (Group A)
North Table Top Mnt.
Hike

BUS LEAVES AT 9: 30 AM

Free Choice (Group B):
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Group B @ Schlessman

Five Base:

Kickball/Dodgeball game

Navigation Game

LUNCH

Group B @ Schlessman

Para-cord Bracelets

American Eagle

(Game)

1: 00pm Group A Return
to Schlessman

Shark Tank (Tag Game)

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

FRIDAY

Opening:

Field Trip Prep (Group B)
North Table Top Mnt.
Hike

BUS LEAVES AT 9: 30 AM

Free Choice (Group A):
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Group A @ Schlessman

Five Base:

Kickball/Dodgeball game

Navigation Game

LUNCH

Group A @ Schlessman

Para-cord Bracelets

Pool (2:30-3:30pm)

1: 00pm Group B Return
to Schlessman

Shark Tank (Tag Game)

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

High Tide

WEEK OF:

June 21 – 25th

FIELD TRIPS & SPECIAL EVENTS:

Monday/Tuesday – Boondocks Food & Fun

Thursday/Friday – Great Outdoors Pool in Lafayette

CAMPERS & FAMILIES –

This week we will be...

Water week! Please bring a change of clothes and a towel everyday. Closed-toed shoes still needed although sandals WITH a BACKSTRAP can be brought as a BACK-UP set of shoes.

SITE HOURS

7:00 AM—5:00 PM

CONTACT US

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WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/ closed toes, Sunscreen, Lunch, AM & PM Snacks

Water bottle, Sunscreen, Closed-toed shoes, Am-Pm Snack, & Lunch

PRE-CAMP 7:00-9:00
MORNING ACTIVITIES 9:30-12:00
AFTERNOON ACTIVITIES 1:00-3:30
AFTER CAMP 4:00-5:00

MONDAY

Opening:
 Free Choice:
 Field and Blacktop Games

CAMP OPENING & AM SNACK

Water Games:
 Clean the Counselor
 &
 Bucket Challenges

LUNCH

Weekly Debrief
 Weekly Awards
 &
 High and Lows
Group B
Pool (2:30-3:30pm)
Group A:
 Water Wars

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
 Parent Pick Up
 &
 Closing

TUESDAY

Opening:
 Field Trip Prep (Group A)
 Boondocks
BUS LEAVES AT 9: 30 AM
 Free Choice (Group B):
 Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman
SMART Goals:
 How to set effective Goals
 &
 Setting Summer Camp Goals
5-Base
 With Sponges

LUNCH

Group B @ Schlessman
 Water Relay Races
 (All afternoon)
 1: 45pm Group A Return to Schlessman
 DodgeBall

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
 Parent Pick Up
 &
 Closing

WEDNESDAY

Opening:
 Field Trip Prep (Group B)
 Boondocks
BUS LEAVES AT 9: 30 AM
 Free Choice (Group A):
 Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman
SMART Goals:
 How to set effective Goals
 &
 Setting Summer Camp Goals
5-Base
 With Sponges

LUNCH

Group A @ Schlessman
 Water Relay Races
 (All afternoon)
 1: 45pm Group B Return to Schlessman
 DodgeBall

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
 Parent Pick Up
 &
 Closing

THURSDAY

Opening:
 Field Trip Prep (Group A)
 Great Outdoors Pool
BUS LEAVES AT 9: 15 AM
 Free Choice (Group B):
 Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman
Shave Ball
The Game of Signs

LUNCH

Group B @ Schlessman
 Steal the Salmon
 Water Wars
 3:15pm Group A Return to Schlessman

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
 Parent Pick Up
 &
 Closing

FRIDAY

Opening:
 Field Trip Prep (Group B)
 Great Outdoors Pool
BUS LEAVES AT 9: 15 AM
 Free Choice (Group A):
 Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman
Shave Ball
The Game of Signs

LUNCH

Group A @ Schlessman
 Steal the Salmon
Group A
Pool (2:30-3:30pm)
 3:15pm Group B Return to Schlessman

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
 Parent Pick Up
 &
 Closing

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

No Theme

WEEK OF:

June 28–July 2nd

FIELD TRIPS & SPECIAL EVENTS:

Monday/Tuesday – Red Rocks Talent Show!

Thursday/Friday – Defy Trampoline Park & Mizel Museum Presentation

CAMPERS & FAMILIES –

This week we will be...

Having a talent show after our Red Rocks Hike. So anyone who desires, may show off hidden talents of theirs!

Fitness Focus:

- Stability Exercises & Physiology Lessons
- Healthy foods and Nutrition class

SITE HOURS

7:00 AM—5:00 PM

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WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/closed toes, Sunscreen, Lunch, AM & PM Snacks

Water bottle, Sunscreen, Closed-toed shoes, Am-Pm Snack, & Lunch

PRE-CAMP

7:00-9:00

MORNING ACTIVITIES

9:30-12:00

AFTERNOON ACTIVITIES

1:00-3:30

AFTER CAMP

4:00-5:00

MONDAY

Opening:

Field Trip Prep (Group A)
Red Rocks/ Talent Show

BUS LEAVES AT 9: 30 AM

Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Basic Physiology:

Learn and do lesson

Silly Song/Game:

Big Beauty

LUNCH

Group B @ Schlessman

Spud

Pool (2:30-3:30pm)

1: 00pm Group A Return to Schlessman

Tug-a-War

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

TUESDAY

Opening:

Field Trip Prep (Group B)
Red Rocks/Talent Show

BUS LEAVES AT 9: 30 AM

Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Basic Physiology:

Learn and do lesson

Silly Song/ Game:

Big Beauty

LUNCH

Group A @ Schlessman

Spud

Low Ropes

Team Work Challenges

1: 00pm Group B Return to Schlessman

Tug-a-War

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

WEDNESDAY

Opening:

Free Choice:

Field and Blacktop Games

CAMP OPENING & AM SNACK

Five Base

Healthy Plates & Tastes

LUNCH

Stability Exercises

Weekly Debrief

Weekly Awards

&

High and Lows

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

THURSDAY

Opening:

Field Trip Prep (Group A)
Defy Trampoline Park

BUS LEAVES AT 9: 15 AM

Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Mizel Museum:

Celebrations from
Around the World Part I

American Eagle:

(Game)

LUNCH

Group B @ Schlessman

Octoball Tournament

Low Ropes

Team Work Challenges

1: 00pm Group B Return to Schlessman

Racing Day

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

FRIDAY

Opening:

Field Trip Prep (Group B)
Defy Trampoline Park

BUS LEAVES AT 9: 15 AM

Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Mizel Museum:

Celebrations from
Around the World Part I

American Eagle:

(Game)

LUNCH

Group A @ Schlessman

Octoball Tournament

Pool (2:30-3:30pm)

1: 00pm Group A Return to Schlessman

Racing Day

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

2021 SUMMER DAY CAMP @ Schlessman Adventure Camp



THIS WEEK AT THE Y

WEEKLY THEME:

Adventure Awaits

WEEK OF:

July 5-9th

FIELD TRIPS & SPECIAL EVENTS:

Monday - NO PROGRAM!!!

Happy 4th of July!

Wednesday/Tuesday- Bear Creek Hike

Thursday/Friday- iFly Indoor Sky

CAMPERS & FAMILIES -

This week we will be...

Short but exciting! We have a hike and indoor skydiving field trips!

Fitness Focus:

- Presidential Fitness Challenge Mid-Summer Check point.

SITE HOURS

7:00AM—5:00 PM

CONTACT US

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WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/ closed toes, Sunscreen, Lunch, AM & PM Snacks

PRE-CAMP
7:00-9:00

MORNING ACTIVITIES
9:30-12:00

AFTERNOON ACTIVITIES
1:00-3:30

AFTER CAMP
4:00-5:00

MONDAY

YMCA

Holiday

No Program!!!

CAMP OPENING & AM SNACK

YMCA

Holiday

No Program!!!

LUNCH

YMCA

Holiday

No Program!!!

CAMP CLOSING & PM SNACK

TUESDAY

Opening:

Field Trip Prep (Group A)
Bear Creek

BUS LEAVES AT 9:30 AM

Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Mizel Museum:

Celebrations from
Around the World Part II

Gym Game:

Presidential Fitness
Challenge

LUNCH

Group B @ Schlessman

Team Building:

Detangler

Gym Game:

Dodge Ball

1:00pm Group A Return
to Schlessman

Octo-ball

CAMP CLOSING & PM SNACK

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

WEDNESDAY

Opening:

Field Trip Prep (Group B)
Bear Creek

BUS LEAVES AT 9:30 AM

Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Mizel Museum:

Celebrations from
Around the World Part II

Gym Game:

Presidential Fitness
Challenge

LUNCH

Group A @ Schlessman

Team Building:

Detangler

Gym Game:

Dodge Ball

1:00pm Group B Return
to Schlessman

Octo-ball

CAMP CLOSING & PM SNACK

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

THURSDAY

Opening:

Field Trip Prep (Group A)
Red Rocks/Talent Show

BUS LEAVES AT 9:30 AM

Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Field Game:

Kickball

STEM Challenge:

Paper Towers

LUNCH

Group B @ Schlessman

Team Building:

Detangler

Gym Game:

Dodge Ball

1:00pm Group A Return
to Schlessman

Octo-ball

CAMP CLOSING & PM SNACK

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

FRIDAY

Opening:

Field Trip Prep (Group B)
Red Rocks/Talent Show

BUS LEAVES AT 9:30 AM

Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Field Game:

Kickball

STEM Challenge:

Paper Towers

LUNCH

Group A @ Schlessman

Team Building:

Detangler

Gym Game:

Dodge Ball

1:00pm Group B Return
to Schlessman

Weekly Debrief

Weekly Awards &

High and Lows

CAMP CLOSING & PM SNACK

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

Explore S'more

WEEK OF:

July 12-16

FIELD TRIPS & SPECIAL EVENTS:

**Monday/Tuesday – Day Camp @
Cherry Creek State Park**

**Thursday/Friday – 12 Mile Stables
Trail Ride**

CAMPERS & FAMILIES –

This week we will be...

Learning about back country prepping as well as celebrating some hallmarks of Camp Culture!

Fitness Focus

- **Balance and Shark test training**
- **Basic First Aid information**

SITE HOURS

6:30 AM—6:00 PM

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WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/ closed toes, Sunscreen, Lunch, AM & PM Snacks

Water bottle, Sunscreen, Closed-toed shoes, Am-Pm Snack, & Lunch

PRE-CAMP

7:00-9:00

MONDAY

Opening:
Field Trip Prep (Group A)
Cherry Creek Camp-out
BUS LEAVES AT 9:30 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Classic Trail Snack:

Gorp

Fitness Challenge:

Stability Exercises

LUNCH

Group B @ Schlessman

Game of Signs

Pool (2:30-3:30pm)

1:00pm Group A Return to Schlessman

Flag Football

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

MORNING ACTIVITIES

9:30-12:00

AFTERNOON ACTIVITIES

1:00-3:30

AFTER CAMP

4:00-5:00

TUESDAY

Opening:
Field Trip Prep (Group B)
Cherry Creek Camp-out
BUS LEAVES AT 9:30 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Classic Trail Snack:

Gorp

Fitness Challenge:

Stability Exercises

LUNCH

Group A @ Schlessman

Game of Signs

&

Volleyball

1:00pm Group B Return to Schlessman

Flag Football

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

WEDNESDAY

Opening:
Free Choice:
Field and Blacktop Games

CAMP OPENING & AM SNACK

Five Base

Campfire Songs

LUNCH

Team Building:
Low Rope Challenges

Weekly Debrief

Weekly Awards

&

High and Lows

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

THURSDAY

Opening:
Field Trip Prep (Group B)
12 Mile Stables
BUS LEAVES AT 10:30 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Octoball

Basic First Aid

LUNCH

Group B @ Schlessman

I Am and Will be Statements

&

Volleyball

2:00pm Group A Return to Schlessman

Ultimate Frisbee

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

FRIDAY

Opening:
Field Trip Prep (Group A)
12 Mile Stables
BUS LEAVES AT 10:30 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Octoball

Basic First Aid

LUNCH

Group A @ Schlessman

I Am and Will be Statements

Pool (2:30-3:30pm)

2:00pm Group B Return to Schlessman

Ultimate Frisbee

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)

Parent Pick Up

&

Closing

WEEK OF: July 12-16

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

Aloha Summer

WEEK OF:

July 19-23

FIELD TRIPS & SPECIAL EVENTS:

Monday/Tuesday – Denver Boulder-
ing Club

Thursday/Friday – The Edge High-
ropes Course

CAMPERS & FAMILIES –

This week we will be...

Having two climbing related field trips!
We will also have a fitness instructor from
the Y come and teach a class!

Fitness Focus

- Exploring Fitness (YMCA Fitness In-
structors)

SITE HOURS

7:00 AM—5:00 PM

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WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/ closed toes, Sunscreen, Lunch, AM & PM Snacks

PRE-CAMP

7:00-9:00

MONDAY

Opening:

Field Trip Prep (Group A)
Cherry Creek Camp-out
BUS LEAVES AT 9: 30 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Team Building:

Stolen Identity
&
Communicator Games

Frushi

LUNCH

Group B @ Schlessman

Chalk Mural
Pool (2:30-3:30pm)

1: 30pm Group A Return to Schlessman

Octoball

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

MORNING ACTIVITIES

9:30-12:00

AFTERNOON ACTIVITIES

1:00-3:30

AFTER CAMP

4:00-5:00

TUESDAY

Opening:

Field Trip Prep (Group B)
Cherry Creek Camp-out
BUS LEAVES AT 9: 30 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Team Building:

Stolen Identity
&
Communicator Games

Frushi

LUNCH

Group A @ Schlessman

Chalk Mural
&
Balance and Shark Test

1: 30pm Group B Return to Schlessman

Octoball

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

WEDNESDAY

Opening:

Free Choice:
Field and Blacktop Games

CAMP OPENING & AM SNACK

Fitness Instructor YMCA:

STEM Challenge

Build a Bridge

LUNCH

Big Sport Game:

Flag Rugby

Weekly Debrief

Weekly Awards
&
High and Lows

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

THURSDAY

Opening:

Field Trip Prep (Group A)
The EDGE Highropes
BUS LEAVES AT 9: 30 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group B @ Schlessman

Arts & Crafts:

Build Your Own Kite

Field Games

Sharks & Minnows
&
Ships & Sailors

LUNCH

Group B @ Schlessman

Tag Games
&
Balance and Shark Test

1: 30pm Group A Return to Schlessman

American Eagle
(Game)

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

FRIDAY

Opening:

Field Trip Prep (Group B)
The EDGE Highropes
BUS LEAVES AT 9: 30 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK

Group A @ Schlessman

Arts & Crafts:

Build Your Own Kite

Field Games

Sharks & Minnows
&
Ships & Sailors

LUNCH

Group A @ Schlessman

Tag Games

Pool (2:30-3:30pm)

1: 00pm Group B Return to Schlessman

American Eagle
(Game)

CAMP CLOSING & PM SNACK

Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

WEEK OF: July 19-23

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

High Tide 2.0

WEEK OF:

July 26-30

FIELD TRIPS & SPECIAL EVENTS:

Monday /Tuesday - Great Outdoors Pool in Lafayette

Thursday/Friday - Clear Creek Rafting

CAMPERS & FAMILIES -

This week we will be...

Rafting! Please note the earlier Field trip times for Thursday and Friday. The rafting trip is farther out and so we will be leaving **EARLY!**

Please bring a change of clothes and a towel everyday. Closed-toed shoes still needed although sandals WITH a BACK-STRAP can be brought as a BACK-UP set of shoes.

SITE HOURS

7:00 AM—5:00 PM

CONTACT US

Director -

(303) 555-2222

Assistant Director -

(303) 555-2222

VISIT US ONLINE

<https://www.denverymca.org/programs/youth-programs/summer-day-camp>

WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/ closed toes, Sunscreen, Lunch, AM & PM Snacks

PRE-CAMP

7:00-9:00

MORNING ACTIVITIES

9:30-12:00

AFTERNOON ACTIVITIES

1:00-3:30

AFTER CAMP

4:00-5:00

MONDAY

Opening:
Field Trip Prep (Group A)
Great Outdoors Water Park
BUS LEAVES AT 9: 30 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK
Group B @ Schlessman

SMART Goals:
Reviewing Earlier Goals and setting new ones

Water Game:
Shave Ball

LUNCH
Group B @ Schlessman

Racing Game:
Frozen Shirts
Pool (2:30-3:30pm)
3:15pm Group A Return to Schlessman

CAMP CLOSING & PM SNACK
Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

TUESDAY

Opening:
Field Trip Prep (Group B)
Great Outdoors Water Park
BUS LEAVES AT 9: 30 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK
Group A @ Schlessman

SMART Goals:
Reviewing Earlier Goals and setting new ones

Water Game:
Shave Ball

LUNCH
Group A @ Schlessman

Racing Game:
Frozen Shirts
Gym Game:
Dodgeball
3:15pm Group B Return to Schlessman

CAMP CLOSING & PM SNACK
Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

WEDNESDAY

Opening:
Free Choice:
Field and Blacktop Games

CAMP OPENING & AM SNACK
Fitness Instructor YMCA:

STEM Challenge
Water Relay Games

LUNCH

Water Wars
Helpless Counselor
Weekly Debrief
Weekly Awards
&
High and Lows

CAMP CLOSING & PM SNACK
Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

THURSDAY

Opening:
Field Trip Prep (Group A)
Clear Creek Rafting
BUS LEAVES AT 8: 30 AM
Free Choice (Group B):
Field and Blacktop Games

CAMP OPENING & AM SNACK
Group B @ Schlessman

Volleyball

5 Base
With Sponges!

LUNCH
Group B @ Schlessman

Team Encouragement:
You are & Will Be
Gym Game:
Dodgeball
2:00pm Group A Return to Schlessman
Free Choice Craft-time

CAMP CLOSING & PM SNACK
Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

FRIDAY

Opening:
Field Trip Prep (Group B)
Clear Creek Rafting
BUS LEAVES AT 8: 30 AM
Free Choice (Group A):
Field and Blacktop Games

CAMP OPENING & AM SNACK
Group A @ Schlessman

Volleyball

5 Base
With Sponges!

LUNCH
Group A @ Schlessman

Team Encouragement:
You are & Will Be
Pool (2:30-3:30pm)
2:00pm Group B Return to Schlessman
Free Choice Craft-time

CAMP CLOSING & PM SNACK
Free Choice (field games and simple crafts)
Parent Pick Up
&
Closing

WEEK OF: July 26-30

2021 SUMMER DAY CAMP

ADVENTURE CAMP @ SCHLESSMAN FAMILY YMCA



THIS WEEK AT THE Y

WEEKLY THEME:

Shoot for Success

WEEK OF:

Aug 2-6th

FIELD TRIPS & SPECIAL EVENTS:

Tuesday- 40ft Obstacle Course

Thursday/Friday—Denver Archery Games

CAMPERS & FAMILIES -

This week we will be...

A mixture of on-site field trips and one off-site field trip.

Fitness Focus

- **Presidential Fitness Test**
- **Fitness Class from the YMCA**

SITE HOURS

7:00 AM—5:00 PM

CONTACT US

Director -

(303) 555-2222

Assistant Director -

(303) 555-2222

VISIT US ONLINE

<https://www.denverymca.org/programs/youth-programs/summer-day-camp>

WHAT TO BRING EVERYDAY

Water Bottle, Shoes w/ closed toes, Sunscreen, Lunch, AM & PM Snacks

PRE-CAMP
6:30-9:00

MONDAY

Opening:

Free Choice:
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

STEM:

Slime and Oobleck

Fitness Challenge:

Final Presidential Fitness
Challenge

LUNCH

Gym Game:

Spud

Arts & Craft:

Melty beads and Lan-
yards

Group B Pool

(2:30-3:30pm)

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

MORNING ACTIVITIES
9:30-12:00

AFTERNOON ACTIVITIES
1:00-3:30

AFTER CAMP
4:00-6:00

TUESDAY

Opening:

Free Choice:
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Bump N' Jump:

40ft Obstacle Course
Challenge

Gym Games:

Shooting Hoops!

LUNCH

Field Game:

Capture the Flag

Silly Game:

Big Beauty

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

WEDNESDAY

Opening:

Free Choice:
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Fitness Class From the Y:

Field Game:

Octoball Tournament

LUNCH

Walking Field Trip

Park Visit and Games

Weekly Debrief

End of Camp Awards

&

High and Lows

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

THURSDAY

Opening:

Field Trip Prep (Group A)
Denver Archery Games

BUS LEAVES AT 9: 15 AM

Free Choice (Group B):
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Group B @ Schlessman

American Eagle

(Game)

Gym Game:

Dodgeball

LUNCH

Group B @ Schlessman

Team Challenge:

Low Ropes

Gym Games:

Tag Games

1:00pm Group A Return
to Schlessman

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

FRIDAY

Opening:

Field Trip Prep (Group B)
Denver Archery Games

BUS LEAVES AT 9: 15 AM

Free Choice (Group A):
Field and Blacktop Games

**CAMP OPENING
& AM SNACK**

Group A @ Schlessman

American Eagle

(Game)

Gym Game:

Dodgeball

LUNCH

Group B @ Schlessman

Field Game:

Run, Scream, & Explode!

Field Games:

Carnival Games

1:00pm Group A Return
to Schlessman

**CAMP CLOSING
& PM SNACK**

Free Choice (field games
and simple crafts)

Parent Pick Up

&

Closing

WEEK OF: Aug 2-6