

# More Options

SPRING, FALL & SUMMER PROGRAMS



## Head for the great outdoors!

The YMCA of the Triangle operates three resident camps that are cherished destinations. They're a fabulous opportunity for boys and girls to find out what it means to live and learn with others and succeed on their own.

---



Camp Sea Gull for boys and Camp Seafarer for girls feature seamanship and traditional camp activities. Campers go sailing and motorboating, play tennis and golf, try the climbing wall and zipline, enjoy kayaking and windsurfing, sing camp songs, and yell cheers at the top of their lungs!

### Summer Camps

Join us for one, two or four weeks! Enjoy a traditional camp session, or try one of our adventure and leadership programs. Now offering a two-week traditional camp for boys. **Limited space is available for summer 2009.**

### Spring and Fall Camps

How does springtime sailing or a fall campfire sound? Participants in our Track Out Camps and Family Programs experience traditional water and land camp activities in our beautiful coastal setting.

Located in Arapahoe, N.C.

[www.seagull-seafarer.org](http://www.seagull-seafarer.org) for registration details.



For an adventure closer to home, discover Camp Kanata in Wake Forest with rolling hills and tall pines surrounding a peaceful lake. Campers ages 6 - 15 love the adventure, from kayaking to the Tarzan swing. And they'll likely discover even more – new confidence, stronger character, and lasting friendships.

### Registration in progress for Summer 2009

**One-week sessions:** June 15 - Aug. 16

### Now offering overnight Track Out Camp!

May 17 - 22

Aug. 23 - 28

Aug. 30 - Sept. 4

Located in Wake Forest, N.C.

[www.CampKanata.org](http://www.CampKanata.org) for registration details.

# 09/10 Registration

Register at the  
**CARY FAMILY YMCA**  
101 YMCA Drive • Cary, NC 27513  
919.469.9622

## Summer Day Camp, Year-Round & Traditional School Programs, Swim Lessons & Swim Team

Begins Sat., March 7    **Members**

Begins Sat., March 21    **Program Participants**

Line number distribution begins at 7:00 a.m. Registration begins in the evening.

Visit [www.YMCATriangle.org](http://www.YMCATriangle.org) for more information.

---

### Summer Day Camp Orientation

Sun., June 7, 1:00 - 4:00 p.m. at the Cary Family YMCA

---

### Payment Options (School Programs)

The deposits are reflected in the total yearly cost for our programs, but do not affect the monthly bank draft price. This deposit is nonrefundable and nontransferable.

**\$25 deposit** per child per youth school program is due upon registration.

**\$75 deposit** per child per preschool program is due upon registration.

**1. Bank Draft\***: monthly automatic debit from a bank account on the 24th of each month.

- Year-round school program bank drafts: June '09 - May '10      (12 drafts)
- Traditional school program bank drafts: Aug. '09 - May '10      (10 drafts)
- Preschool program bank drafts: Aug. '09 - May '10      (10 drafts)

\* Draft amount is determined by the total cost of the program (less the deposit) divided by the number of drafts.

**Note:** If registering after May 24 for year-round programs or after July 24 for traditional or preschool programs, a portion of the total program fee will be due upon registration.

**2. Payment in Full:** pay for the full year of programming at the time of registration.

### Payment Options (Summer Day Camp)

**\$25 deposit** per session due at registration.

- 1. Billed:** June, July, August depending on camp sessions.
- 2. Payment in Full:** pay for all camp sessions at the time of registration.

### Swim Lessons/Swim Team Payment

- **Payment in Full:** at the time of registration.

Payment Types: **Cash, Check, MasterCard, Visa, or American Express**

**Join the Cary Family YMCA!** Members enjoy lower rates and priority youth registration, fitness opportunities, and programs for the entire family. Join all of our branches with a Triangle Membership.


## REGISTRATION CHECKLIST

- Youth Information Form**  
(submit signed and completed form at registration)
- Immunization records** (for Tracking Out programs only)
- Appropriate deposit**  
(cash, check, MasterCard, Visa or American Express)
- Voided check** for monthly bank drafts
- To register during **Member registration** and/or receive the Member rate, the child being enrolled in the program must have a Cary or Triangle YMCA membership.
- The YMCA will provide registration form and receipt at registration.

### Financial Assistance

We offer financial assistance to individuals in the community based on need. For more information, call 919-469-9622.

**La ayuda financiera está disponible.**



Please check our website for up-to-date program information and availability.

[www.YMCATriangle.org](http://www.YMCATriangle.org)

# Tracking Out

YEAR-ROUND SCHOOL PROGRAMS



## (M) Members (PP) Program Participants

To receive the (M) rate on youth programs, the child enrolled in the program must have a Cary or Triangle YMCA membership.

### Elementary Schools Served

Adams	Mills Park
Carpenter	Morrisville
Green Hope	Salem
Highcroft	Turner Creek
Laurel Park	

### Middle Schools Served

East Cary
Lufkin Road
Salem

## Tracking Out

It's like day camp all year long! Join us for four breaks, three breaks, or one week at a time. YMCA Tracking Out is a great way for year-round students to spend their breaks! Kids spend time in a camp-like atmosphere that encourages meaningful friendships and skill development. Swimming and field trips add to the adventure.

### Cary Family YMCA Tracking Out

**Grades:** K - 8

**Time:** 7:00 a.m. - 6:00 p.m.

### Tracking Out Options

#### 4-Break:

Covers all track breaks during the school year from July 2009 - June 2010. Track breaks during the summer are included with this option. Your child will attend day camp at Camp Rising Sun or Camp Outer Limits during summer months as part of the 4-Break Tracking Out option. See our summer day camp section for specific information about these camps.

**\*4-Break Cost: (M) \$132.75/mo. (\$1,618/yr.)**  
**(PP) \$169.75/mo. (\$2,062/yr.)**

#### 3-Break:

Covers all track breaks except the summer break. See our 2009/10 Track Out Dates for details.

**\*3-Break Cost: (M) \$102.25/mo. (\$1,252/yr.)**  
**(PP) \$131.75/mo. (\$1,606/yr.)**

**Note:** A discount is built in to allow for days missed due to vacation and/or illness for 4-Break and 3-Break programming. Monthly drafts or payment in full.

#### 1-Week Sessions:

This is our **most flexible** Tracking Out option. You may register for individual weeks as needed. Registration is on a first-come, first-served basis and space is limited. The program cost includes the weeks as they are scheduled, with no substitutions. Payment in full is due at registration.

**Session Cost: (M) \$195/week**  
**(PP) \$245/week**

#### Tracking Out Transportation:

7:00 - 8:30 a.m.	Drop off at the Cary Y
After 8:30 a.m.	Walk camper inside
Before 3:30 p.m.	Pick up camper at the Cary Y
After 3:30 p.m.	Campers ride YMCA bus to school site*

\*Campers who attend one of the "Schools Served" will be transported to that After School program each day. Salem students will go to Turner Creek. Campers who attend a different school will need to select an appropriate After School program to attend. Middle School After School is held at the Cary Family YMCA.



# Tracking Out

YEAR-ROUND SCHOOL PROGRAMS

Youth Program registrations must be completed by the Wednesday prior to the week attending.

## 2009/10 Track Out Dates

YMCA Tracking Out is available on the following dates. Dates in bold are not covered with the 3-Break option.

### Track 1

Sept. 8 - 25,  
Nov. 30 - Dec. 18,  
March 8 - 26,

### June 9 - 30

June 9 - 11 (Tracking Out at the Cary Y)  
June 14 - 30 (Camp Rising Sun or Camp Outer Limits)

### Track 2

#### Aug. 17 - Sept. 4,

Aug. 17 - 21 (Camp Rising Sun or Camp Outer Limits)  
Aug. 24 - Sept. 4 (Tracking Out at the Cary Y)  
Nov. 9 - 25,  
Feb. 11 - March 5,  
May 17 - June 8

### Track 3

#### July 27 - Aug. 14 (Camp Rising Sun or Camp Outer Limits)

Oct. 19 - Nov. 6,  
Jan. 21 - Feb. 10,  
April 26 - May 14

### Track 4

#### July 7 - 24 (Camp Rising Sun or Camp Outer Limits)

Sept. 28 - Oct. 16,  
Jan. 4 - 20,  
March 29 - April 23

**Tracking Out is not available on these dates,**  
but the YMCA offers S.O.S. Days on the dates in bold.

July **1, 2, 3, 6**

Sept. 7

Nov. **11, 26, 27**

Dec. **21, 22, 23, 24, 25, 28, 29, 30, 31**

Jan. 1, **18**

April 2

May 31

.....  
**For Tracking Out program information, contact:**  
Amber Everhart, ext. 177  
Amber.Everhart@YMCATriangle.org  
.....



*Program rates include a \$25 nonrefundable deposit.  
Rates are drafted for 12 months beginning June 2009.*

# Year-Round

## SCHOOL PROGRAMS



### **(M) Members (PP) Program Participants**

To receive the (M) rate on youth programs, the child enrolled in the program must have a Cary or Triangle YMCA membership.

#### **Elementary Schools Served**

Adams	Mills Park
Carpenter	(After School only)
Green Hope	Morrisville
(After School only)	Salem
Highcroft	(After School only)
Laurel Park	Turner Creek

#### **Middle Schools Served** (At the Cary YMCA)

East Cary  
Lufkin Road  
Salem

### Early Arrivals

Wake up and start your morning with us! We provide a variety of games, activities and challenges for your child. We may sing a song, play a trivia game, or enjoy gym games while waiting for the first bell. Children are dismissed to their classes at the appropriate time.

#### **Early Arrivals**

**Grades:** K - 5

**Location:** Onsite at each school. Adams students drop off at the YMCA. Transportation is provided.

**Times:** 7:00 a.m. until first bell rings

Adams 7:00 - 8:00 a.m.

#### **Early Arrivals Cost:**

**(M)** \$73.25/mo. (\$904/yr.)

**(PP)** \$86.25/mo. (\$1,060/yr.)

### After School

The YMCA offers a balanced program, incorporating physical activity and character development. Walk into a YMCA After School program, and you will hear cheers and songs during assembly, a "thought for the day," balls bouncing in the gym, laughter on the playground, friends talking, and kids quietly doing their homework.

#### **After School**

**Grades:** K - 5

**Location:** Onsite at each school. Salem students attend the After School program at Turner Creek. The YMCA provides transportation.

**Times:** school dismissal until 6:00 p.m.

#### **After School Cost:**

**(M)** \$147.25/mo. (\$1,792/yr.)

**(PP)** \$182.75/mo. (\$2,218/yr.)

"The Y has been like a second home to my boys. I tell everyone I meet that the programs for kids are one of the best reasons to join the Y."

Michelle - Cary Family YMCA parent



# Year-Round

## SCHOOL PROGRAMS

Youth Program registrations must be completed by the Wednesday prior to the week attending.

### Middle School After School

YMCA programs are an effective way to keep your teen's after school hours productive and fun. Middle schoolers in our program enjoy breaking up their routine with activities, teambuilding, and clinics such as cooking, lacrosse, arts & crafts, fitness, soccer, basketball, painting, step and more! We have designed this program specifically for teens to grow in spirit, mind and body.

**Grades:** 6 - 8

**Location:** Cary Family YMCA

**Times:** school dismissal until 6:00 p.m.

#### Middle School After School Cost:

**(M)** \$147.25/mo. (\$1,792/yr.)

**(PP)** \$182.75/mo. (\$2,218/yr.)

### S.O.S. Days

S.O.S. (School's Out Special) Days are a fun alternative for a school holiday or teacher workday. Activities may include field trips, devotions, special guests, movies, gym and field games, songs, arts & crafts, swimming and more.

**Grades:** K - 8

**Location:** Cary Family YMCA

**Times:** 7:00 a.m. - 6:00 p.m.

**Cost:** **(M)** \$39/day **(PP)** \$49/day

**Package Cost:** **(M)** \$28.80/mo. (\$370.60/yr.)

**(PP)** \$36.71/mo. (\$465.52/yr.)

(Package includes 11 days, one free day, a reduced daily rate, and can be bank drafted.)

### S.O.S. Days:

July 1 - 2\*, 6

Nov. 11

Dec. 21 - 23\*, 28 - 30\*

Jan. 18

**\*Group sale, you must purchase these days together.**

**Schools Served:** S.O.S. Days are open to all children, regardless of the school they attend, and they do not have to be enrolled in other YMCA programs in order to participate.

.....  
**Cary Family YMCA:** 469-9622

**For Adams, Laurel Park, Salem & Turner Creek program information, contact:** Nichole Hampton, ext. 158  
Nichole.Hampton@YMCATriangle.org

**For Morrisville & Carpenter program information, contact:** Rich Kelton, ext. 127  
Rich.Kelton@YMCATriangle.org

**For Green Hope, Highcroft, & Mills Park program information, contact:** Kevin Kelly, ext. 125  
Kevin.Kelly@YMCATriangle.org

**For Middle School After School information, contact:** Emily Bishop, ext. 168  
Emily.Bishop@YMCATriangle.org

**For S.O.S. Days program information, contact:** Mike Hubbell, ext. 132  
Mike.Hubbell@YMCATriangle.org  
.....

S.O.S package available through May 24, 2009.  
Registrations after this date are not eligible for the package.

# Traditional

## SCHOOL PROGRAMS



### **(M) Members (PP) Program Participants**

To receive the (M) rate on youth programs, the child enrolled in the program must have a Cary or Triangle YMCA membership.

#### **Elementary Schools**

##### **Prime Time After School** (At the Cary YMCA)

**Serves:**

Briarcliff Farmington Woods  
Cary Weatherstone  
Davis Drive

##### **Reedy Creek After School** (At Reedy Creek)

**Serves:**

Kingswood  
Northwoods (After School Only)  
Reedy Creek

#### **Middle Schools**

##### **Middle School After School** (At the Cary YMCA)

**Serves:**

Davis Drive  
Reedy Creek  
West Cary

## Early Arrivals

Wake up and start your morning with us! We provide a variety of games, activities and challenges for your child. We may sing a song, play a trivia game, or enjoy gym games while waiting for the first bell. Children are dismissed to their classes at the appropriate time.

#### **Early Arrivals Cost:**

**(M)** \$87.90/mo. (\$904/yr.)

**(PP)** \$103.50/mo. (\$1,060/yr.)

#### **Kingswood Elementary**

**Grades:** K - 5

**Time:** 7:00 - 8:30 a.m.

Drop off at the YMCA. Transportation provided to Kingswood Elementary.

#### **Reedy Creek Elementary**

**Grades:** K - 5

**Time:** 7:00 a.m. until school begins

## After School

The YMCA offers a balanced program, incorporating physical activity and character development. Walk into a YMCA After School program, and you will hear cheers and songs during assembly, a "thought for the day," balls bouncing in the gym, laughter on the playground, friends talking, and kids quietly doing their homework.

#### **After School Cost:**

**(M)** \$176.70/mo. (\$1,792/yr.)

**(PP)** \$219.30/mo. (\$2,218/yr.)

#### **Prime Time After School**

**Grades:** K - 5

**Time:** school dismissal until 6:00 p.m.

Transportation provided by the YMCA.

#### **Reedy Creek Elementary**

**Grades:** K - 5

**Time:** school dismissal until 6:00 p.m.

Transportation provided by the YMCA.



# Traditional

## SCHOOL PROGRAMS

Youth Program registrations must be completed by the Wednesday prior to the week attending.

### Middle School After School

YMCA programs are an effective way to keep your teen's after school hours productive and fun. Middle schoolers in our program enjoy breaking up their routine with activities, teambuilding, and clinics such as cooking, lacrosse, arts & crafts, fitness, soccer, basketball, painting, step and more! We have designed this program specifically for teens to grow in spirit, mind and body.

**Grades:** 6 - 8

**Location:** Cary Family YMCA

**Time:** school dismissal until 6:00 p.m.

#### Middle School After School Cost:

**(M)** \$176.70/mo. (\$1,792/yr.)

**(PP)** \$219.30/mo. (\$2,218/yr.)

### S.O.S. Days

S.O.S. (*School's Out Special*) Days are a fun alternative for a school holiday or teacher workday. Activities may include field trips, devotions, special guests, movies, gym and field games, songs, arts & crafts, swimming and more.

**Grades:** K - 8

**Location:** Cary Family YMCA

**Time:** 7:00 a.m. - 6:00 p.m.

**Cost:** **(M)** \$39/day **(PP)** \$49/day

**Package:** **(M)** \$68.20/mo. (\$707/yr.)

**(PP)** \$86.20/mo. (\$887/yr.)

Package includes 21 days (two free days), a reduced daily rate, and can be bank drafted.

#### S.O.S. Days:

Aug. 24

Sept. 28

Oct. 30

Nov. 11, 25

Dec. 21 - 23\*, 28 - 30\*

Jan. 18, 25

Feb. 15

March 29 - April 1\*

April 5

June 10 - 11\*

**\*Group sale, you must purchase all of these days together.**

**Schools Served:** S.O.S. Days are open to all children, regardless of the school they attend, and they do not have to be enrolled in other YMCA programs in order to participate.

**Cary Family YMCA:** 469-9622

**For Prime Time, Kingswood & S.O.S program information, contact:** Mike Hubbell, ext. 132  
Mike.Hubbell@YMCATriangle.org

**For Reedy Creek program information, contact:** Jessica Collins, ext. 162  
Jessica.Collins@YMCATriangle.org

**For Middle School After School program information, contact:** Emily Bishop, ext. 168  
Emily.Bishop@YMCATriangle.org

S.O.S package available through May 24, 2009.  
Registrations after this date are not eligible for the package.

# Cary Family YMCA

## 2009/10 School Worksheet

Year-Round School Programs	Member	Program Participant
	Monthly Draft (Annual Fee)	Monthly Draft (Annual Fee)
<b>Early Arrivals</b>	<input type="checkbox"/> \$73.25/mo. (\$904/yr.)	<input type="checkbox"/> \$86.25/mo. (\$1,060/yr.)
<b>After School</b>	<input type="checkbox"/> \$147.25/mo. (\$1,792/yr.)	<input type="checkbox"/> \$182.75/mo. (\$2,218/yr.)
<b>S.O.S. Days</b> <i>Price includes 11 days (1 free) and discounted rate</i> July 1-2, July 6 Nov. 11 Dec. 21 - 23, 28 - 30 and Jan. 18	<input type="checkbox"/> \$39/day <input type="checkbox"/> <b>Package Price</b> \$28.80/mo. (\$370.60/yr.)	<input type="checkbox"/> \$49/day <input type="checkbox"/> <b>Package Price</b> \$36.71/mo. (\$465.52/yr.)
<b>Tracking Out</b>		
	4-Break <input type="checkbox"/> \$132.75/mo. (\$1,618/yr.) 3-Break <input type="checkbox"/> \$102.25/mo. (\$1,252/yr.) Session <input type="checkbox"/> \$195/week	<input type="checkbox"/> \$169.75/mo. (\$2,062/yr.) <input type="checkbox"/> \$131.75/mo. (\$1,606/yr.) <input type="checkbox"/> \$245/week
<b>Total Annual Program Fees</b> Deduct Program Deposit    —    _____ ( \$25/program) Subtotal                            =    _____ Divide by 12 months            ÷ <b>12</b> <b>Total Monthly Draft</b> <input type="text"/>		

Tracking Out Transportation
<b>Afternoon Options</b> <input type="checkbox"/> Pick up at YMCA program located at school site (Adams, Carpenter, Green Hope, Highcroft, Laurel Park, Mills Park, Morrisville and Turner Creek students return to their respective schools in the afternoon. Salem students join the YMCA program located at Turner Creek. Lufkin, Salem and East Cary Middle, private and charter schools pick up at the Cary Family YMCA. Please check website for updates.)  <input type="checkbox"/> Pick up at Cary Family YMCA by 3:30 p.m.

Traditional School Programs	Member	Program Participant
	Monthly Draft (Annual Fee)	Monthly Draft (Annual Fee)
<b>Early Arrivals</b>	<input type="checkbox"/> \$87.90/mo. (\$904/yr.)	<input type="checkbox"/> \$103.50/mo. (\$1,060/yr.)
<b>After School</b>	<input type="checkbox"/> \$176.70/mo. (\$1,792/yr.)	<input type="checkbox"/> \$219.30/mo. (\$2,218/yr.)
<b>S.O.S. Days</b> <i>Price includes 21 days (2 free days) plus discounted rate</i> Aug. 24, Sept. 28, Oct. 30, Nov. 11, 25 Dec. 21 - 23, 28 - 30 Jan. 18, 25, Feb. 15 Mar. 29 - April 1, 5 and June 10 - 11	<input type="checkbox"/> \$39/day <input type="checkbox"/> <b>Package Price</b> \$68.20/mo. (\$707/yr.)	<input type="checkbox"/> \$49/day <input type="checkbox"/> <b>Package Price</b> \$86.20/mo. (\$887/yr.)

Space is limited and programs fill quickly. Early registration is encouraged.



# Summer Day Camp

PRESCHOOL



## **(M) Members (PP) Program Participants**

To receive the **(M)** rate on youth programs, the child enrolled in the program must have a Cary or Triangle YMCA membership.

### **Wee Camp**

Half-day program for our youngest campers, including water play, songs, arts & crafts, games, devotions and outdoor play. We strive to provide safe, fun-filled opportunities for social and skill development.

**Ages:** 2 1/2 - 3 years (by May 16, 2010)

*Potty-training is not required.*

**Location:** Summit Church

590 West High Street, Cary

**Cost:** **(M/W/F) (M)** \$134/two-week session

**(PP)** \$154/two-week session

**(T/TH) (M)** \$90/two-week session

**(PP)** \$102/two-week session

**Times:** 9:00 a.m. - 12:30 p.m.

**Dates & Themes:** Two-week sessions

June 15 - 26 Take Me to the Zoo

★ June 29 - July 10 Stars & Stripes Forever

July 13 - 24 Butterflies, Bees & Crawly Things

July 27 - Aug. 7 Ocean Adventure

Aug. 10 - 21 ABCs & 123s

**Note:** \$25 nonrefundable deposit per session due at registration.

### **Kindercamp**

Half-day camp with swimming, songs, arts & crafts, centers, games, nature appreciation, devotions, outdoor play, Wacky Wednesdays and family events. Kindercampers earn beads for their Kindercamp hats as an introduction to YMCA character traits.

**Ages:** 3 years - rising grade K

*Children are encouraged to be potty-trained.*

**Location:** Cary Family YMCA

**Cost:** **(M-F) (M)** \$96/one-week

**(PP)** \$120/one-week

**Time:** 9:00 a.m. - 12:30 p.m.

**Dates & Themes:** One-week sessions

**(F)** June 15 - 19 Land of Nick Jr.

June 22 - 26 Take Me to the Zoo

★ June 29 - July 2 Stars & Stripes Forever

July 6 - 10 Butterflies, Bees & Crawly Things

**(F)** July 13 - 17 Fairy Tales

July 20 - 24 Christmas in July

**(F)** July 27 - 31 Ocean Adventure

Aug. 3 - 7 Wonderful World of Disney

**(F)** Aug. 10 - 14 ABCs & 123s

Aug. 17 - 21 Community Helpers

★ **No camp Fri., July 3** (fees are adjusted)

**(F)** **Family Event held during this session.**

**Themes create a different experience each session.**

*Activities, games and crafts relate to the current topic.*

*Themes are subject to change.*

.....  
**For Wee Camp & Kindercamp program information,**

**contact:** Dawn White, ext. 133

Dawn.White@YMCATriangle.org  
.....



# Summer Day Camp

YOUTH, SPORTS, AND SPECIALTY

Youth Program registrations must be completed by the Wednesday prior to the week attending.

## Camp Rising Sun

It's our 18th year for this fun-filled camp. Campers have the opportunity each week to participate in swimming, assemblies, devotions, skill development, drama, nature hikes to Bond Park and much more. It's a great way to spend summer days, with camaraderie and an emphasis on YMCA character values. Conveniently located at the Y!

**Ages:** Rising grades K - 8

**Location:** Cary Family YMCA

**Cost: (M)** \$151/session **(PP)** \$192/session

**Time:** 7:00 a.m. - 6:00 p.m.

**Dates & Themes:** One-week sessions

- (F) June 15 - 19      Lost in Space
- June 22 - 26      It's Easy Being Green
- ★ June 29 - July 2      Bonzai Pipeline
- July 6 - 10      Iron Chef: Rising Sun
- (F) July 13 - 17      Blackbeard's Delight
- July 20 - 24      The Greatest Show on Earth
- (F) July 27 - 31      Short Circuit
- Aug. 3 - 7      Lights, Camera, Action!
- (F) Aug. 10 - 14      Speed Racer
- Aug. 17 - 21      Best of the Summer

## Camp Blazing Trails

A unique half-day camp located at Lake Crabtree Park with traditions that have been passed down from summer to summer, like our walking stick. Blazing Trails focuses on the environment and the great outdoors. This camp features hiking, fishing, meeting with a park ranger, canoeing, archery and more.

**Ages:** 5 years - rising grade 8

**Location:** Lake Crabtree County Park  
1400 Aviation Parkway, Morrisville

**Cost: (M)** \$104/week **(PP)** \$129/week

**Time:** 8:45 a.m. - 12:45 p.m.

**Dates & Themes:** One-week sessions

- June 15 - 19      Smokey the Bear
- (F) June 22 - 26      Ultimate Survivor
- July 6 - 10      Wilderness Week
- July 13 - 17      Slimy & Scaly
- July 20 - 24      Going Green
- July 27 - 31      Blue Lagoon
- Aug. 3 - 7      Welcome to the Jungle
- (F) Aug. 10 - 14      Leaves & Trees
- Aug. 17 - 21      Wings & Things

★ **No camp Fri., July 3** (fees are adjusted)

(F) **Family Event held during this session.**

**Themes create a different experience each session. Activities, games and crafts relate to the current topic. Themes are subject to change.**

**For Camp Rising Sun information, contact:**

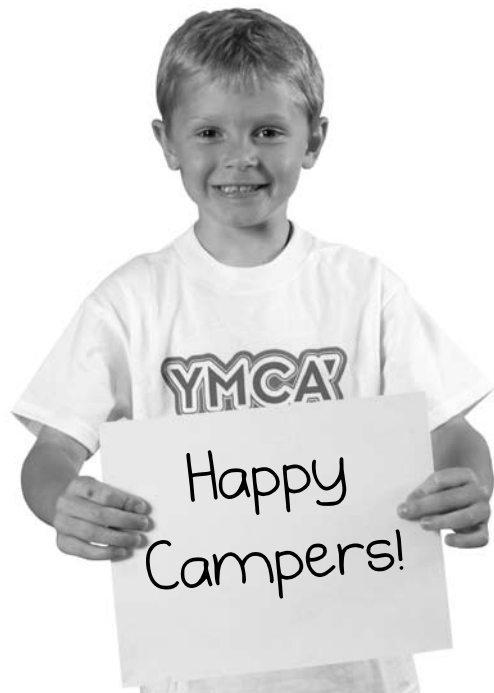
Mike Hubbell, ext. 132.

Mike.Hubbell@YMCATriangle.org

**For Camp Blazing Trails information, contact:**

Rich Kelton, ext. 127

Rich.Kelton@YMCATriangle.org



# Summer Day Camp

YOUTH, SPORTS, AND SPECIALTY



Responsibility

## (M) Members (PP) Program Participants

To receive the (M) rate on youth programs, the child enrolled in the program must have a Cary or Triangle YMCA membership.

### Camp Outer Limits

Twenty-two years of tradition create a memorable experience at this full-day camp. Days are packed with swimming, assemblies, Wacky Wednesdays and weekly field trips. Campers will grow through skill development and daily values time. Join us this summer to become a part of Camp O's fun-filled history!

**Ages:** Rising grades K - 8

**Location:** West Cary Middle School (1000 Evans Rd.)  
except for the last week (Bond Park, 801 High House Rd.)

**Cost: (M)** \$151/week **(PP)** \$192/week

**Time:** 7:00 a.m. - 6:00 p.m.

**Dates & Themes:** One-week sessions

	June 15 - 19	Mad Science
<b>(F)</b>	June 22 - 26	Wet 'n' Wild
★	June 29 - July 2	Stars & Stripes
	July 6 - 10	Extreme Sports
<b>(F)</b>	July 13 - 17	Hillbilly Week
	July 20 - 24	Christmas in July
<b>(F)</b>	July 27 - 31	Pirate Week
	Aug. 3 - 7	Tacky Week
<b>(F)</b>	Aug. 10 - 14	I Rock Camp O!
	Aug. 17 - 21	Survivor Week

★ **No camp Fri., July 3** (fees are adjusted)

**(F) Family Event held during this session.**

**Themes create a different experience each session.**  
Activities, games and crafts relate to the current topic.  
Themes are subject to change.

### Tennis Camp (Half-day)

Have a ball this summer! Learn the skills, etiquette, rules and fun of tennis with our trained counselors. This half-day camp is fun and challenging. Activities include swimming daily.

**Ages:** Vary by session

**Location:** Cary Family YMCA

**Time:** 8:30 a.m. - noon

**Cost: (M)** \$179/session **(PP)** \$189/session

**Dates:** July 6 - 10 (grades 2 - 4)  
July 13 - 17 (grades 4 - 6)  
July 20 - 24 (grades 3 - 5)

### Camp Teen Fit (Half-day)

Your camper will participate in a variety of activities to work toward any fitness goal. Whether your child would like to prepare for a sport season, get in shape, or simply get off the couch and get moving, this program is for him or her. We will focus on ways to improve cardiovascular fitness, strength, flexibility, agility and balance through activities such as circuit training, weight/resistance training, swimming and a variety of sports.

**Ages:** Rising grades 6 - 12

**Location:** Cary Family YMCA

**Time:** 12:30 - 3:00 p.m.

**Cost: (M)** \$103/session **(PP)** \$125/session

**Dates:** July 13 - 17  
July 20 - 24

**For Camp Outer Limits information, contact:**

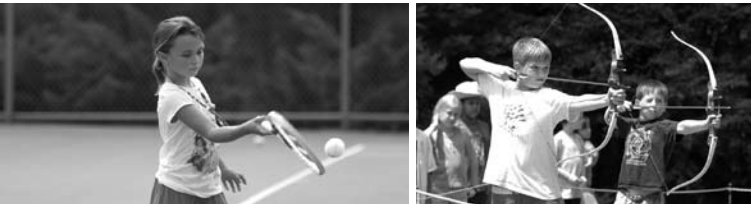
Jessica Collins, ext. 162

Jessica.Collins@YMCATriangle.org

**For Tennis Camp or Camp Teen Fit program information, contact:**

Angie Field, ext. 170

Angie.Field@YMCATriangle.org



# Summer Day Camp

YOUTH, SPORTS, AND SPECIALTY

Youth Program registrations must be completed by the Wednesday prior to the week attending.

## Sports Camps

Sports Camps offer fun camping opportunities with sport-specific instruction and skill development. Campers will also participate in devotions, assemblies, and character development. Sports Camp will be at two new locations this summer, West Cary Middle School and the Cary Family YMCA.

**Ages:** Vary by sport

**Time:** 7:00 a.m. – 6:00 p.m.

Golf: 8:30 a.m. – 1:00 p.m. (Half-day)

**Cost:** (M) \$151/week (PP) \$192/week

**Golf:** (M) \$189/week (PP) \$225/week

**Location:** West Cary Middle School

### Dates & Themes:

	June 15 – 19	Golf (Half-day) (grades 4 – 8)
(F)	June 22 – 26	Soccer (grades 1 – 5) Lacrosse (grades 4 – 8) Basketball (grades 5 – 8)
★	June 29 – July 2	Golf (Half-day) (grades 4 – 8)
	July 6 – 10	Tee-ball (grades 1 – 3) Soccer (grades 1 – 5) Cheerleading (grades 1 – 6)
(F)	July 13 – 17	Soccer (grades 1 – 5) Basketball (grades 1 – 5) Lacrosse (grades 4 – 8)
	July 20 – 24	Dance (grades 1 – 6) Basketball (grades 1 – 5) Soccer (grades 5 – 8)
(F)	July 27 – 31	Soccer (grades 1 – 5) Flag Football (grades 1 – 5) Basketball (grades 5 – 8)
	Aug. 3 – 7	Tae Kwon Do (grades 1 – 5) Ultimate Frisbee (grades 4 – 8) Soccer (grades 5 – 8)
(F)	Aug. 10 – 14	Soccer (grades 1 – 5) Basketball (grades 1 – 5) Flag Football (grades 4 – 8)

**Location:** Cary Family YMCA

### Dates & Themes:

June 15 – 19	Jump Rope (grades 2 – 8)
June 22 – 26	Volleyball (grades 3 – 8)
July 6 – 10	Volleyball (grades 3 – 8)
July 13 – 17	Jump Rope (grade 2 – 8)
July 20 – 24	Jump Rope (grade 2 – 8)
Aug. 3 – 7	Jump Rope (grade 2 – 8)
Aug. 17 – 21	Jump Rope (grades 2 – 8)

## Y-Sports Trainee (Participates with Sports Camp)

An opportunity for teens to gain leadership experience and serve as role models for younger campers while assisting as a “coach” for sports camp. Training and mentoring provide participants with the necessary tools to apply to become future YMCA counselors. Y-Sports trainees must be proficient in the sport which they will be assisting (soccer or basketball).

**Ages:** Rising grades 9 – 10

**Location:** West Cary Middle

**Times:** 7:00 a.m. – 6:00 p.m.

**Cost:** (M) \$115/week (PP) \$146/week

**Dates:** One-week sessions

June 22 – 26	Soccer
July 6 – 10	Soccer
July 13 – 17	Soccer, Basketball
July 20 – 24	Basketball
July 27 – 31	Soccer
Aug. 3 – 7	Soccer
Aug. 10 – 14	Soccer, Basketball

**For Sports Camp or Sports Trainee information, contact:**

Steve Young, ext. 147

Steve.Young@YMCATriangle.org

# Summer Day Camp

## TEEN CAMPS



### **(M) Members (PP) Program Participants**

To receive the **(M)** rate on youth programs, the child enrolled in the program must have a Cary or Triangle YMCA membership.

### **Camp Upward Bound**

An exciting, highly active, traveling teen summer camp experience. Adventure trips take place throughout the summer, such as hiking, laser tag, kayaking, paintball, camping, sports events, state parks and service projects. Challenge yourself, learn leadership skills, and have a blast at Upward Bound!

**Ages:** Rising grades 7 – 9

**Location:** West Cary Middle School  
1000 Evans Rd., Cary

**Cost:** **(M)** \$197/week **(PP)** \$232/week

**Time:** 7:00 a.m. – 6:00 p.m.

**Dates & Themes:** One-week sessions

June 15 – 19 Water Week

June 22 – 26 Fun Park Week

**(F)** July 6 – 10 Outdoor Sports Week

July 13 – 17 Indoor Sports Week

July 20 – 24 Reality TV Week

July 27 – 31 Hodge Podge Week

Aug. 3 – 7 Extreme Challenge Week

**(F)** Aug. 10 – 14 Water Week

**Field trips:** for a list of field trips and information see our website.

**(F) Family Event held during this session.**

### **CILT Program** *(Campers in Leadership Training)*

With experienced staff as mentors, teens gain leadership experience and serve as role models for younger campers. Activities include teambuilding, outings, service projects and special events. Application and interview are required prior to the first day of camp.

### **Camp Outer Limits CILTs**

**Ages:** Rising grades 9 – 10

**Location:** West Cary Middle School  
1000 Evans Rd., Cary

**Time:** 7:00 a.m. – 6:00 p.m.

**Cost:** **(M)** \$115/week **(PP)** \$146/week

**Dates:** June 15 – Aug. 14

### **Camp Rising Sun CILTs**

**Ages:** Rising grades 9 – 10

**Location:** Cary Family YMCA

**Time:** 7:00 a.m. – 6:00 p.m.

**Cost:** **(M)** \$115/week **(PP)** \$146/week

**Dates:** June 15 – Aug. 21

---

**Cary Family YMCA:** 469-9622

**For Camp Upward Bound information, contact:**

Emily Bishop, ext. 168.

Emily.Bishop@YMCATriangle.org

**For Camp Outer Limits CILT information, contact:**

Jessica Collins, ext. 162

Jessica.Collins@YMCATriangle.org

**For Camp Rising Sun CILT information, contact:**

Mike Hubbell, ext. 132

Mike.Hubbell@YMCATriangle.org



# More Options

PRESCHOOL AND AQUATICS

Youth Program registrations must be completed by the Wednesday prior to the week attending.

## Preschool Programs

Half-day preschool with music, centers, group participation, and hands-on learning. Children learn to follow directions, listen and share in a nurturing environment. It's a fun way for kids to make friends, gain independence and develop social skills. Our lesson plans are based on The Creative Curriculum by Teaching Strategies, Inc.

### Lightning Bug Club

**Ages:** 2 1/2 - 3 years (by Aug. 31, 2009)  
*Children ages 3+ must be potty-trained.*

**Location:** Good Shepherd United Church of Christ  
1050 NW Maynard Road, Cary

**Times:** 2 1/2 years, 9:30 a.m. - noon (T/TH)  
3 years, 9:00 a.m. - noon (M/W/F) or (T/TH)

**Dates:** Sept. 8, 2009 - June 4, 2010

### Sneaker Club

**Ages:** 4 - 5 years (by Aug. 31, 2009)

**Location:** Summit Church  
(590 Westhigh Street, Cary)

**Times:** 9:15 a.m. - 12:15 p.m.

**Dates:** Sept. 8, 2009 - June 4, 2010

**Classes:** (M/W/F), (T/TH/F), (M - TH) or (M - F)

**For additional Preschool information call or visit the Welcome Center for a Preschool Handbook.**

#### Please note:

- Our lead teachers typically have early childhood education certification. All our teachers attend required training throughout the year.
- YMCA Preschool follows the Wake County traditional school calendar.
- \$75 nonrefundable deposit due at registration.
- Children must be age 5 on or before Aug. 31 to enter kindergarten. Please keep this in mind when enrolling your child in preschool.

## Swim Team and Swim Lessons

Aquatics registration packets with dates and times are available. See website for Aquatic Program worksheet.

### YMCA Swim Lessons

**Times:** Weekday morning and evening instructional swim classes for all ages and ability levels.

### Private Swim Lessons

Lessons are available to swimmers of all abilities. Request forms are available at the Welcome Center.

**Times:** Based on your schedule and pool/ instructor availability.

**Ages:** 5 & up

### Summer Swim Team \*

Join the Cary Storm for a fun-filled summer! This recreational competitive team competes locally. Morning or afternoon practices. Saturday morning swim meets.

**Ages:** 5 - 18

**Dates:** May 11 - July 26

### YOTA Swim Team \*

YMCA of the Triangle Area (YOTA) is a year-round competitive swimming program with levels ranging from intermediate to international level.

**Ages:** 6 - 18

**Locations:** Vary by age group. For ages 15 & up contact the YOTA office.

**\*All new YOTA and Summer Swim Team members must be evaluated prior to registration.**

**For Aquatics information contact:**  
Barbara Yarbrough, ext. 130.

**For YOTA information contact:**  
YOTA Office, 832 - 9088