



CARY FAMILY YMCA



Welcome to Jump Rope Camp at the Cary Family YMCA! We are excited to have you join us for a great week. Please read the entire newsletter to make sure you get all of the information.

Rides in/Rides out

Rides In begins at 7:00am and ends at 8:45am. If you arrive after the designated Rides In times, please walk your child inside and sign them in at the Rising Sun Desk.

Rides Out begins at 4:00pm and ends at 6:00pm. If you are planning on picking up your child before 4:00pm, please walk inside and sign your child out at the Rising Sun Desk.

Typical Schedule for Day

7:00 – 8:30 Rides in
8:30 – 9:00 Assembly in Gym 2
9:00 – 10:10 Activity 1 in Gym 2
10:10 – 10:30 Snack
10:30 – 11:30 Activity 2 in Gym 2
11:30 – 12:10 Lunch in
12:10 – 1:50 Activity 3 in Gym 2
1:50 – 2:10 Snack
2:10 – 2:30 Change for Swimming
2:30 – 3:10 Swim
3:10 – 3:30 Change from Swimming
3:30 – 4:10 Activity 4 in Gym 2
4:10 – 4:30 Assembly in Gym 2
4:30 – 6:00 Rides out

The Level System

One of our main goals at Sports Camp is the skill development of the campers. To that end we have created a leveling system which allows campers and parents a way to measure their progress.

We have six levels at each sport classified by six colors: Red, Orange, Yellow, Green, Blue, and Purple. Within each level are 7 skills; six of which are sport based (i.e. making 3 of 5 free throws in basketball) and 1 of which is character based (i.e. knowing the thought for the day).

When a camper passes off all 7 skills for a particular level they receive a wooden bead which matches the color level they just passed off.

What to Bring!

Please pack a lunch, two snacks, a bathing suit, sunscreen, and a towel for your camper everyday. If you think your child might need a change of clothes, feel free to pack them as well. Counselors CANNOT APPLY sunscreen on your children, so please apply sunscreen to your child before camp.

Don't forget to label everything!

Contact Information

The Jump Rope Camp phone number is (919) 469-9622 ext.143. To get in touch with your child's director please call:

Steve Young -469-9622 ext. 147 or Dawn White -469-9622 ext. 133

