



# SUMMER FORECAST: FUN KNOX COUNTY YMCA



## SUMMER CAMPS

### Cheerleading Camp (K-6th Grade)

Do you have team spirit? Cheer camp gives participants the chance to get active and have some fun! Cheerleading will build confidence and self-esteem while developing social skills and healthy relationships with others. Learn the fundamentals of cheerleading including basic motions, jumps, cheers and chants. Camp will be led by Erin Pugh and held at the Knox County Family YMCA Gym.

Time & Dates:  
June 17th-21st  
9:00am-11:30am

### Swimming Fundamentals Camp (Ages 7 & Up)

If you like to swim, this camp is for you! This camp is recommended pre-swim team, and will include basic stroke fundamentals and techniques. Join us in Vitale Pool at the Family Branch!

Times & Dates:  
June 17th-21st  
10:00am-11:00am

### FC Galesburg Soccer Camp (PreK-8th Grade)

Come out and play soccer this summer while enhancing your skills! This camp will work on improving fundamental individual and team skills through fun drills and small side games. Camp will be led by FC Galesburg members and coaches, along with current high school and college players. Camp will be held at the Knox County YMCA Soccer Complex.

Times & Dates:  
June 24th-28th

PreK-1st Grade: 9:00am-10:00am  
2nd-5th Grade: 10:30am-12:00pm  
6th-8th Grade: 1:00pm-2:30pm



### Premier Basketball Camp – MORNING SESSION (K-8th Grade)

Enhance your basketball skills with instruction from Coach Garret Williams from Knox College! Participants will learn a variety of basic basketball skills at the Knox County Family YMCA Gym.

Time & Dates:  
July 8th-12th  
9:00am-11:00am

### Premier Basketball Camp – EVENING SESSION (K-8th Grade)

Enhance your basketball skills with instruction from Coach Garret Williams from Knox College! Participants will learn a variety of basic basketball skills at the Knox County Family YMCA Gym.

Time & Dates:  
July 8th-12th  
5:30pm-7:30pm

### Art Discovery Camp (Ages 7-12)

Creativity and imagination will be used during our Art Discovery Camp! Projects will include collages, drawing with pencil, paintings and more! This camp will be taught by Beth Swing and held at the Knox County Family YMCA.

Time & Dates:  
July 15th-19th  
11:00am-1:00pm

All camp participants will receive a t-shirt, and more importantly will learn the four core values of the YMCA:  
Caring, Honesty,  
Respect & Responsibility

Camp Fees  
\$62 Y Members & Non-Members

### NEW Gymnastic Fundamentals Camp (K-5th Grade)

Your gymnast will build self-confidence while developing team building and a positive attitude during our new Gymnastic Fundamentals Camp! We will also work on skills, strength, flexibility and balance. Camp will be led by Mandie Beckman and held at the Knox County Family YMCA Gym.

Time & Dates:  
July 22nd-26th

K-1st Grade: 9:00am-10:00am  
2nd-3rd Grade: 10:00am-11:00am  
4th-5th Grade: 11:00am-12:00pm

### NEW Flag Football Camp (PreK-5th Grade)

Flag football camp will develop a love of the game for youth, PreK through 5th grade! Participants will learn rules and tactics while having fun! Fundamentals and good sportsmanship will be our focus. This camp will be held at the Knox County YMCA Soccer Complex.

Time & Dates:  
July 22nd-26th

PreK: 9:00am-9:45am  
K-2nd Grade: 10:00am-11:00am  
3rd-5th Grade: 11:15am-12:15pm

### Girls' Volleyball Camp (5th-8th Grade)

Set, serve, spike! Girls 5th-8th grade, enjoy a basic skills, confidence, and understanding camp on the game of volleyball at the Knox County Family YMCA Gym.

Time & Dates:  
July 29th-August 2nd  
5th-6th Grade: 9:30am-10:30am  
7th-8th Grade: 10:30am-12:00pm

Camp sessions may be combined based upon registration

Register online at [knoxymca.org](http://knoxymca.org)!

# SUMMER ADVENTURES

## (Entering 1st Grade-6th Grade)

We offer Summer Adventures Day Camp Monday-Friday all summer long! Summer Adventures hours are 6:30am-6:00pm. Activities include swimming, field trips, cookouts and character development. We also offer swim lesson and specialty camp options for your camper! Come enjoy a summer's worth of fun every day! Summer Adventures is offered for nine weeks from June 10th-August 9th. Registration is open April 22nd and throughout the remainder of the summer.

Week 1: What Goes Up, Must Come Down! (June 10th-June 14th)

Week 2: Summer Sleuths (June 17th-June 21st)

Friday Field Trip: TBA

Week 3: Terrific Science (June 24th-June 28th)

Swim Lessons Available

Week 4: Gettin' Dirty (July 1st-July 5th)

Friday Field Trip: TBA

Week 5: SYAD YZARC (Backwards Week) (July 8th-July 12th)

Swim Lessons Available

Week 6: Outta this World (July 15th-July 19th)

Friday Field Trip: TBA

Week 7: Passport Through Time (July 22nd-July 26th)

Swim Lessons Available

Week 8: Super Hero's Life (July 29th-August 2nd)

Friday Field Trip: TBA

Week 9: Heart and Hustle (August 5th-August 9th)

Swim Lessons Available

## Registration Fee (per week):

Y Members: \$120 & Non-Members: \$135

\*Additional cost for swim lessons & specialty camps

The first week of Summer Adventures must be paid in full upon registration. A \$20 non-refundable deposit, due at registration, is required to hold your child's spot for additional weeks. All balances from other Y membership/programs must be paid in full before registering.

If you are in need of financial assistance for this program, please contact Erin Brown-Powell. We accept Child Care Resource and Referral. If you are denied CCR&R, you then can apply for assistance at the YMCA.

For more information and registration, please visit our website at [knoxyymca.org/programs/summer-adventures](http://knoxyymca.org/programs/summer-adventures)

## Typical Day Camp Schedule

6:30am Camp Opens & Free Choice  
9:00am Morning Devotion  
10:00am Scheduled Activities  
11:15am Read  
12:00pm Lunch & Free Time  
1:00pm Group Games, Crafts, Themed Activity  
3:00pm Swimming  
4:00pm Snack  
6:00pm Camp Closes

# AQUATICS

## Private, Semi-Private & Small Group Swim Lessons

Private \$62 / \$124\*

Semi-Private \$52 / \$104\*

Small Group \$42 / \$84\*

\*Y Member / Non-Member price

## Parent & Child Swim Lessons (6-36 months)

### Stage A: Water Discovery

### Stage B: Water Exploration

Monday 6:00pm-6:30pm

Tuesday 10:00am-10:30am

Saturday 9:00am-9:30am

## Preschool Swim Lessons (3-5 years)

### Stage 1: Water Acclimation

Monday 6:00pm-6:30pm

Thursday 6:00pm-6:30pm

Saturday 9:00am-9:30am

### Stage 2: Water Movement

Thursday 6:00pm-6:30pm

Saturday 9:30am-10:00am

### Stage 3: Water Stamina

Monday 6:30pm-7:00pm

Tuesday 10:30am-11:00am

Thursday 10:30am-11:00am

6:30pm-7:00pm

Saturday 9:30am-10:00am

## Stage 4: Stroke Introduction

Monday 6:30pm-7:00pm

Thursday 6:30pm-7:00pm

## Youth Swim Lessons (6+ years)

### Stage 1: Water Acclimation

Monday 5:00pm-5:45pm

Thursday 5:00pm-5:45pm

Saturday 10:00am-10:45am

### Stage 2: Water Movement

Monday 5:00pm-5:45pm

Thursday 5:00pm-5:45pm

Saturday 10:00am-10:45am

### Stage 3: Water Stamina

Saturday 10:00am-10:45am

### Stage 4: Stroke Introduction

Thursday 5:00pm-5:45pm

Saturday 10:00am-10:45am

### Stage 5: Stroke Development

Saturday 10:45am-11:30am

### Stage 6: Stroke Mechanics

Saturday 10:45am-11:30am

## AQUATIC & HOMESCHOOL SESSIONS

June 3rd-July 6th  
July 8th-August 10th

## Swim Lesson Fee (per five week session)

Y Members \$20 & Non-Members \$38

# FINANCIAL ASSISTANCE

The Knox County YMCA offers scholarships for memberships and programs. No one is ever turned away due to the inability to pay.

# PLAY

## Homeschool P.E. & Swim (5+ years)

Do you need a place for your homeschoolers to engage in physical exercise as well as develop relationships with their peers? Participants will rotate through a variety of exercises, sports and swimming activities each week.

Time & Dates:

Wednesdays, 1:00-3:00pm

Fee: Y Members \$33 & Non-Members \$66

## T-Ball Clinic (PreK-1st Grade)

Participants will have fun while learning the basics of t-ball including fielding, catching, throwing and hitting. This clinic will meet at the Knox County YMCA Soccer Complex.

Time & Dates:

Tuesdays, May 7th-May 28th

4:00-5:00pm

Fee: Y Members \$20 & Non-Members \$38

## T-Ball League (PreK-1st Grade)

Learn the basics of t-ball at the Knox County Family YMCA! All children must be four years old by the first game in order to register. Baseball hat & glove required.

Time & Dates:

Mondays, June 10th-July 15th

Practices begin at 5:30pm

Games begin at 6:00pm

Fee: Y Members \$33 & Non-Members \$66  
\$10 late fee after May 27th

## Fall Soccer League (PreK-5th Grade)

The season includes six games and is broken up into PreK, K-1st, 2nd-3rd and 4th-5th, although divisions may vary due to registration. All children must be four years old by the first game in order to register.

Games: Saturdays, September 7th-October 12th

Fee: Y Members \$33 & Non-Members \$66  
\$10 late fee after August 11th

Coaches' Meeting: August 14th at 5:30pm

Like us on Facebook & Follow us on Instagram!

