



eliminating racism  
empowering women  
**ywca**  
Minneapolis

— **SPRING/SUMMER** —

2019 PROGRAMS  
FOR AGES 4-17



# 2019 SPRING/SUMMER PROGRAMS



## EXPLORE SUMMER WITH YWCA MINNEAPOLIS!

Our spring and summer programs deliver safe, respectful, fun and diverse learning experiences designed for many ages, skill sets and interests:

- KIDS DAY CAMP
- SWIMMING LESSONS
- GIRLS WHO TRI
- YOUTH HOOPS 101
- YOUTH FIT AND FUN
- BOYS BASKETBALL SHOWDOWN
- CREATIVE CRAFTING
- DINO CAMP
- INTRO TO COOKING
- CITY EXPLORERS
- POETRY CLUB
- STRONG FAST FIT

At YWCA Minneapolis children thrive! Our staff are creative, engaged and supportive. We encourage healthy attitudes and lifestyles through welcoming and inclusive experiences. Staff members receive certification in First Aid and CPR. All aquatics staff members follow the Red Cross curriculum, rules and regulations to create the safest pool area possible and our instructors are trained in teaching basic to advanced swim skills.

For over 125 years, we have been on a mission to advance diversity and inclusion, further race and gender equity, create leaders, improve health and wellness and welcome everybody. We look forward to having your child join us for an exciting summer with YWCA Minneapolis!



# GOOD FRIENDS & GREAT ADVENTURE



## SUMMER KIDS DAY CAMP

3, 4 or 5 Days a Week\*

June 10 - August 23

7:00 am - 6:00 pm | YWCA Downtown,  
YWCA Midtown and YWCA Children's Center  
at Abbott Northwestern Hospital

Grades K-5 (School Year 2019-20)

**Adventure awaits!** Campers will build confidence while enjoying a variety of programs and activities that encourage independence and a joy for learning new skills. Built on a foundation of teamwork and fun, kids get moving with sports, fitness programs and recreational swimming. Children learn through engaging nature and STEAM (Science, Technology, Engineering, Arts, Math) projects and experience unique multicultural activities. We explore the city each week on exciting field trips to parks, museums, libraries, theaters and more!

### REGISTRATION

Cost: \$206/week (five days)

\$193/week (four days)

\$167/week (three days)

\*YWCA Midtown five-day only: \$322.45/week

\$50 non-refundable registration fee per child.

Register online at [ywcampls.org/summer](http://ywcampls.org/summer)

Questions: [summercamp@ywcampls.org](mailto:summercamp@ywcampls.org)

# MAKE A SPLASH!



American Red Cross

**LEARN  
TO SWIM**

## ROOKIE SWIM CAMP (Ages 6-13)

June 17 – 20, June 24 – 27, July 8 – 11, July 15 – 18, August 5 – 8

Monday – Thursday, 2:30 – 4:00 pm | YWCA Uptown

Learn the basics of the four competitive stroke techniques: butterfly, backstroke, breaststroke and freestyle in a positive atmosphere and experience a fun team setting.

*Prerequisite: Passed Red Cross Level 4 or equivalent.*

## SWIMMING

Spring Session: April 13 – June 9

Summer Session: June 10 – August 18

YWCA Midtown and YWCA Uptown

### SWIM LESSONS (Ages: Infants – Adults)

No matter the swim level, dedicated instructors can help your child (and you) achieve greater confidence and skill in the water.

### INTRO TO SWIM TEAM (Ages: 6-13)

Learn the skills needed to be on a swim team or swim practice group. Strengthen skills in the four competitive strokes, starts and turns and basic prep work for team participation.

*Prerequisite: Comfortable swimming 25 yards of each of the four competition strokes (butterfly, backstroke, breaststroke and freestyle)*

### SWIM LESSON AND INTRO TO SWIM TEAM REGISTRATION

Spring registration opens: April 8

Summer registration opens: May 20

Classes start at \$55

Register online at [ywcampsls.org/swim](http://ywcampsls.org/swim)

### ROOKIE SWIM CAMP REGISTRATION

Registration opens: April 8

Cost/week: \$75 members, \$95 nonmembers

Register online at [ywcampsls.org/swim](http://ywcampsls.org/swim)

Questions? Call 612-215-4342 (Midtown)

or 612-215-4224 (Uptown)

**CHARGE INTO  
SUMMER!**



## **GIRLS WHO TRI**

**July 15 – 19 and July 22 – 26** (Ages 12-14) | **July 29 – August 2** (Ages 9-11)

**9:00 am – 3:00 pm | YWCA Midtown**

Discover the sport of triathlon! Build swim, bike and run skills in a fun, energetic and supportive environment. Participate in activities focused on sisterhood, goal setting, body image and nutrition.

**REGISTRATION:** Cost: \$225/week | Register at [ywcamppls.org/summer](http://ywcamppls.org/summer)

## **SPORTS**

**YOUTH HOOPS 101** (Ages: 5-11)

**Sat, April 13 – May 18, May 25 – June 29**

**11:30 am – 12:20 pm | YWCA Midtown**

Learn basic basketball skills in a fun, supportive environment.

**YOUTH FIT AND FUN** (Ages: 5-11)

**Sat, April 13 – May 18, May 25 – June 29**

**12:30 – 1:20 pm | YWCA Midtown**

Have fun while playing a variety of fitness games.

### **REGISTRATION**

Youth Hoops 101/Youth Fit and Fun:

\$55 members, \$62.50 nonmembers

Register online at [ywcamppls.org/summer](http://ywcamppls.org/summer)

### **BOYS BASKETBALL SHOWDOWN**

**June 8 – 9**

**9:00 am – 3:00 pm | YWCA Midtown**

**Grades 3-8 (School Year 2019-20)**

A two-day basketball tournament where youth showcase their talent in friendly competition.

### **REGISTER YOUR TEAM**

Boys Basketball Showdown:

\$100/team (7 minimum—12 maximum players)

Call 612-215-4303 for information and to register.



**GET  
INSPIRED!**

## RECREATIONAL ACTIVITIES

### CREATIVE CRAFTING SERIES

Unleash your creative side by using your hands to make something unique and special.

#### **KITE MAKING** (Ages: 4-11)

Discover the history of kite making and leave with your own one-of-a-kind kite.

**Sat, March 30**

**11:30 – 1:00 pm | YWCA Midtown**

#### **SENSORY CRAFTS** (Ages: 4-9)

Sensory-based crafting and activities including sensory bottles and bags.

**Sat, April 13**

**11:30 am – 12:25 pm | YWCA Midtown**

#### **MAY CRAFTING** (Ages: 4-9)

Celebrate Mother's Day creating May baskets and tulips.

**Sat, May 4**

**11:30 am – 12:25 pm | YWCA Midtown**

### **DINO CAMP** (Ages: 4-6)

Have a great time with friends as we explore dinosaurs and use our imagination to bring them to life. Learn about dinosaurs through art, reading, music and play. Bring a peanut-free snack.

**June 11 – 13**

**9:00 am – 12:00 pm | YWCA Midtown**

### **INTRO TO COOKING** (Ages: 9-13)

Learn the basics of cooking and have fun with friends. Participants will walk to the local farmers market to shop for healthy, fresh ingredients and incorporate them into the meal of the day. Each session is held **Tuesdays and Saturdays** at YWCA Midtown.

#### **SESSION ONE:**

**Tue, June 11 | 3:30 – 5:30 pm**

**Sat, June 15 | 11:30 am – 1:30 pm**

#### **SESSION TWO:**

**Tue, June 25 | 3:30 – 5:30 pm**

**Sat, June 29 | 11:30 am – 1:30 pm**

#### **SESSION THREE:**

**Tue, July 9 | 3:30 – 5:30 pm**

**Sat, July 13 | 11:30 am – 1:30 pm**

### **CITY EXPLORERS** (Ages: 10-14)

Explore the Twin Cities community by bus and on foot. Activities vary and we are bound to visit interesting places including: Minneapolis Sculpture Garden, Minnehaha Park and Minneapolis art museums. Trip and bus fees are included. Bring a backpack, lunch from home and good walking shoes. Additional spending money is optional.

**Wed, June 12 – July 10**

**10:00 am – 2:00 pm | YWCA Midtown**

### **KIDS ZONE POETRY CLUB** (Ages: 5-11)

Welcome to poetry club! Explore some of the poetry greats, write your own poetry, play games and create crafts.

**June 18 – 20**

**1:30 – 4:30 pm | YWCA Midtown**



#### **REGISTRATION**

- Kite Making: \$42.50 members, \$55 nonmembers
- Sensory Crafts: \$25 members, \$35 nonmembers
- May Crafting: \$25 members, \$35 nonmembers
- Dino Camp: \$100 members, \$125 nonmembers
- Intro to Cooking per Session: \$40 members, \$45 nonmembers
- City Explorers: \$85 members, \$100 nonmembers
- Poetry Club: \$100 members, \$125 nonmembers

Register online at [ywcamppls.org/summer](http://ywcamppls.org/summer) | Questions? Call 612-215-4386

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**YWCA DOWNTOWN**

1130 Nicollet Mall, Mpls., MN 55403



**Strong Fast Fit** youth fitness program is designed to educate and empower youth in culturally specific communities to live healthy and active lifestyles.

**ENROLL  
TODAY!**

**PARTICIPATING FAMILIES RECEIVE A FREE FAMILY FITNESS MEMBERSHIP!**

- One-year program for youth ages 7-17
- Meet twice a week for exercise and nutrition programming
- Monthly family nutrition education
- Athletic events and field trips

**East African | Hmong | Latino | Native American**

**CALL 612-215-4373 TO ENROLL**