



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARGE INTO SUMMER

Summer 2017 Program Guide JAMESTOWN AREA YMCA

YMCA YOUTH SUMMER CAMPS

The YMCA offers a variety of day camps throughout the summer for children ages 3-15. Day camp activities are age appropriate and may include trips, story telling, swimming, arts and crafts, cooking, outdoor adventures, and more!

Scholarships may be available for qualifying families.

JAMESTOWN DAY CAMPS

The Jamestown YMCA will offer two age group camps - **Camp Discovery** (ages 5-8) and **Camp Chautau** (ages 9-12).

Program runs Monday - Friday from 7:30am-5:30pm and begins June 26 through August 24. A nutritious breakfast, lunch and afternoon snack are provided. Scholarships may be available for qualifying families. For more information, contact Gina Bloomquist at (716)664-2802 ext. 222.

LAKESWOOD Y CAMPS

Adventure Camp is for children ages 8-13 and **Camp Wee-Okee** is for children ages 4-8.

Camp runs from 7:30am-5:30pm Monday-Friday and begins June 26 and ends August 25.

Intro to Camp, for children ages 3-5, runs Monday-Wednesday from 9:00-11:30am the weeks of July 10-12, 17-19 and 24-26.

***Amy King Scholarships** are available for qualifying families. Call Donna Garvey at 763-0303 ext. 251*



Eastside YMCA and Teens

JAMESTOWN YMCA TEEN CENTER

YMCA: Teen Center will be closed for the summer. We will reopen the first week of September when school begins.

Camp Eastside Power Scholars Academy

(June 26- August 18)

Camp Eastside will offer an academically enhanced summer camp for current K-8th graders Monday - Friday from 8:30am - 5:30pm. Enrollees must attend all 8 weeks of camp since this program provides instruction meant to curb summer learning loss. All enrollees will be engaged in summer learning in the morning led by certified teachers who will join our staff team for 5 weeks. Afternoon enrichment led by Y Staff will include hands on learning activities, swimming lessons, weekly trips to Camp Onyahsa. Eligible families can qualify for a subsidized rate as low as \$80 for the summer. A nutritious breakfast, lunch and snack will be provided daily.



Jamestown Area YMCA
101 East Fourth Street
Jamestown, NY 14701
716-664-2802

**Lakewood Paul Bush
Branch YMCA**
183 East Fairmount Ave.
Lakewood, NY 14750
716-763-0303

Eastside Family YMCA
727 East Second Street
Jamestown, NY 14701
716-484-3729

YMCA Camp Onyahsa
Route 430
Dewittville, NY 14728
716-664-2802 ext
238

YMCA Heritage House
Child Care Center
155 Prather Avenue
Jamestown, NY 14701
716-488-4500

YMCA HERITAGE HOUSE CHILD CARE CENTER

Our program, located at 155 Prather Avenue in Jamestown, is designed to ensure that children engage in age appropriate activities that will broaden their experiences and stimulate their total development, physically, emotionally, spiritually, and intellectually. Education through play is a large part of a child's learning experience. Children have the opportunity to participate in a variety of activities that will introduce them to letters, numbers, colors, animals, sports, music, drama, science, culture, nutrition, and so much more!

Our program is a licensed program through the Office of Children and Family Services of New York. Our operating hours are Monday – Friday from 6:30am–5:30pm. We serve children from infancy to school age: infants (6 weeks to 18 months), toddlers (18 months to 2 years), and preschool (3 years to 5 years).

Value Added! Starting in June 2017, all children enrolled in our program full time will receive a YMCA Youth membership! YMCA Youth Membership benefits include reduced swim lesson fees, reduced birthday party fees, and more! This added YMCA Youth Membership benefit applies to cash pay only and does not apply to subsidy enrollment.*

In addition to our child care program, we offer a FREE UPK program for 3 year olds who reside in the Jamestown School district in cooperation with Jamestown Public Schools. Our UPK3 program operates Monday – Friday from 9am–2pm on all regular school days and 9am–11 on all early dismissal days, following the Jamestown School Calendar. We offer wrap care services before and after program at additional fees. To find out more, please contact our offices.

We also offer a FREE UPK 4 program at our YMCA location for 4 year olds who reside in the Jamestown School district, also in cooperation with Jamestown Schools. Our UPK4 program is located at the Jamestown YMCA, 101 East Fourth St., second floor. We offer morning wrap care services for working parents for additional program fees at the YMCA and afternoon wrap care services with transportation are provided at Heritage House Child Care Center.

Contact Ronda Migliore, Child Care Center Director, at 338-0111 or 488-4500 for more information regarding program rates, openings, and registration.



FITNESS

Y EXPRESS AT JAMESTOWN Y

Stop by and check out our first floor state-of-the-art fitness center featuring brand new Matrix strength training equipment. Open extended hours. Special Y Express memberships are available for \$19.98 per month. Inquire at Jamestown Y Welcome Center for more information.

GROUP EXERCISE CLASSES

Group exercise options abound at the YMCA! Current schedules are available at the Welcome Centers and online at www.jamestownymca.org.
Member: FREE
Potential Members: \$10 per class
\$76 for 8-week aerobic package

Y-EXPRESS

Mon-Fri 5:30am - 11:00pm
Sat 5:30am - 7:00pm
Sun 8:00am - 8:00pm
July 4th 8:00am- 4:00pm

**Fitness in the parks will be held again throughout the area parks this summer. The programs are all free to the community. Please check the Jamestown YMCA webpage for dates and times TBD.

FACILITY HOURS OF OPERATION: June–August 2017

Jamestown:

Mon-Fri 5:30am–9:00pm
Sat 5:30 am–7:00pm

Lakewood:

Mon-Thu 5:15am–9:00pm
Fri 5:15am–7:00pm
Sat 7:00am–1:00pm

YMCA closed on July 4, 2017



Resident Youth Camp (Overnight)

This sleep-away camp program is offered on Chautauqua Lake for youth ages 7 - 15. YMCA Camp Onyahsa begins on June 11 and 9 one-week sessions will be offered. The program strives for excellence in youth development and offers traditional, horseback, teen, diabetes, and leader-in-training sessions. Activities include swimming, boating, sports, crafts, nature, challenge, hiking, and many more. The focus of the small community is on health, safety, and friendships. It is supervised by highly qualified and caring staff. The director has served in this role since 1987.

Day Camp in the Woods

This program is for youth ages 5-10. It will run Mondays through Fridays for 8 one-week sessions, from June 12 to August 11. Staff will lead day campers in fun and exciting activities at Camp Onyahsa. Tuesdays are trip days to local attractions. Each day will begin and end in Dewittville; transportation to and from camp is necessary. Program size is limited. Fees include trips, meals, and an optional overnighter.

Kid's Mini Camp

This introduction to overnight Camp for kids ages 5 - 9, runs from Sunday afternoon August 6 through Wednesday evening August 9. It is designed for campers who would prefer a half week of camp. Activities will be age appropriate and will include a range of programs (similar to Resident Youth Camp).

Family Camp

Join us for weekend family Camp August 26-27 for children with adults. We'll cook, have activities ready, and ensure you spend quality family time together.

Onyahsa Year Round!

Overnight youth camps and family programs are offered one weekend each month throughout the school year. These two-day resident camps, based in our new and expanded heated facilities, are a great introduction to Camp or a chance to stay connected to it all year.

Resident Camp for Youth with Diabetes

Thanks to Univera Healthcare, Onyahsa will offer a full week of Camp for youth ages 7-14 who have manageable Diabetes. A registered nurse will be onsite with trained staff to provide appropriate care and traditional camp activities. June 25—July 1. Please contact the Camp Office for more details.

Group Use/Facility Rentals (Sept - Early June)
The Onyahsa facility is available for picnics, retreats, parties, birthdays, weddings, reunions, school outings, conferences, and business meetings for day, evening, or overnight events. The site offers a scenic bay on Chautauqua Lake and unique rustic lodges. The Onyahsa staff is available to assist in planning and implementing your event or program.

**FOR FUN!
FOR FRIENDS!
FOREVER!**



YMCA Summer Lessons

One 7 week session: July 3, -August 19, 2017

Members: One class per week—\$15.00 per session

Potential Member: One class per week—\$55.00 per session



Cancellation Policy

The Jamestown YMCA swim lesson cancellation policy is as follows. Classes with fewer than 3 participants registered prior to the first day of class are being cancelled. Every effort will be made to relocate swimmers who have their classes cancelled. Please be sure to register for classes in advance to help prevent class cancellation. Classes will be added based on need, pool space and staff availability.

Level	Monday	Tuesday	Wednesday	Thursday	Saturday
All participants must be registered for classes PRIOR to FIRST CLASS					
6-36months			6:15-6:45		9:30-10:00a
Pike W/ Parent			6:45-7:15		9:00-9:30a
The Jamestown YMCA does not offer make up classes					
Pike, eel/ray, starfish (3-5year olds)	10:15-11:00a		10:15-11:00a 5-5:45		10-10:45
* indicates combined or potentially combined classes					
Polliwog, guppy (6-12 yrs)	10:15-11:00a		10:15-11:00a 5-5:45		10-10:45
Minnow* Fish, Flying Fish and Shark	10:15-11:00a				10-10:45a

Swim Team Summer Camps

The Y will be running a 5 week swim camp for all competitive swimmers in the area. The participants will work on stroke development, endurance, drills, starts and turns. Whether you are looking for a chance to try a swim team, or a way to prepare for up coming seasons, the Jamestown Y Swim Camp is the place to get wet this summer. The camps will run Monday thru Friday. The camp will be broken down into two groups, Novice and Experienced. Novice being anyone that it is their first time on a swim team, has only been on a team a year, and most 8 and under swimmers. Experienced swimmers are those that are over the age of 8 and have more then a year on a competitive swim team.

Dates: July 10, 2017-August 11, 2017

Times: Experienced: 8-10 am Location: Jamestown High School: Monday thru Friday
Novice: 8:15-9:15am Location: Jamestown YMCA: Monday, thru Friday

Cost: 2016-2017 Jet Swim Team Members: \$4.00/day
YMCA Members: \$5.00/day
Non Members: \$6.00/day

Daily, weekly, and/or session registration will be accepted



1 on 1 Swim Lessons

Scheduled 1 on 1; 30 minutes at your convenience

Members 1:1 \$30 or 2:1 \$25 each

Potential 1:1 \$50 or 2:1 \$40 each

