



## **2018-19 Raritan Valley YMCA SCHOOL-AGE Vacation Camp Activity Details**

**September 10 – Nature Trails Trip to Cheesequake State Park** Encouraging campers to focus on what makes them happy, and then doing it, is the goal for this trip. We hope to accomplish this through hiking, swimming, and more at the beautiful Cheesequake State Park in Old Bridge, NJ!

**September 11 – National Day of Service** At the Y we have built our roots around giving back to the community and always asking “What more can we do to help others?” In honor of our country’s National Day of Service we will be instilling those same values in our campers, as well as teaching our core value of CARING, by giving back to the first responders in our community.

**September 19 – All About Animals** Taking care of any animal is a major responsibility and unfortunately kids don’t always see that. For this reason, we will be talking all about animals. From managing our –fake– money, to taking care of them, all the way to the exercise and energy that goes into maintaining them. We hope to leave our campers feeling accomplished and a little more knowledgeable about caring for another living thing.

**November 7 – Trip to NJ State Museum** The New Jersey State Museum, located in Trenton, New Jersey, inspires young innovators through collections and exhibits in history, science, and art. The goal of the museum is to foster state pride while using a global and national context and cultivating the leaders of tomorrow.

**November 8 – National STEM/STEAM Day** STEAM stands for Science, Technology, Engineering, Arts, and Math, and is a program that encourages young minds to grow, develop, and create! By giving our campers the freedom to express themselves and create whatever is on their minds we will be giving them the opportunity to catch a glimpse into their future as a scientist, engineer, artist, mathematician, or more!

**November 9 – Helping Hands in Your Community** Helping hands is a vacation camp day dedicated to reminding our campers that there is always a way to give back in our community whether it is in big or small ways!

**December 26 – National Thank You Note Day!** This is a day for our campers to reflect on everything they have and to be grateful for the people who give it to them. Our amazing staff will help them craft the perfect thank you letter. From using a proper letter format, to a beautiful design, all the way to how to place a postage stamp, whoever the lucky recipient of their thank you note is will be blown away!

**December 27 – Holidays Around the World** Encouraging diversity and teaching children the power of what makes them unique is the best way to create the strong sense of unity and community that we strive for! We can do this by learning about different cultures and the way they celebrate their favorite holidays all from the comfort of our Y.

**December 28 – New Year, New Me!** Sometimes it seems easier to take the short cut, get fast food for dinner, or skip a workout but the new year is the perfect time for a fresh start! We want to help our campers set goals and make plans for themselves to succeed in 2019!

**January 21- Martin Luther King Jr. Day** It is important to remind children, especially in today's day and age, that there is value in uniqueness! Campers will be learning about diversity through crafts, activities and more all in a safe nurturing environment with our caring staff.

**February 5- Healthy Hearts** Valentine's day is right around the corner and there is no better time to discuss CARING or HEART health!! Campers will be discovering ways to keep their hearts healthy to celebrate valentine's day through crafts, special activities and more!

**February 18- President's Day Celebration** In honor of all the accomplishments made by Presidents Washington and Lincoln through fun activities, games and crafts that inspire pride for our nation!

**April 15- Reduce, Reuse, Recycle!** As a country, we are not taking care of our beautiful planet Earth as well as we are capable of doing. By making small changes in our everyday lives we can make a huge impact on the health of our home. Campers will learn tools and tricks to produce less pollution and waste that when adopted early on in life can become super possible habits to follow for the rest of their lives and help our planet get back to healthy!

**April 16- Pajama Party!** Join us for a fun day of slumber party games, cooking, crafts and more in honor of National Wear your Pajamas to Work Day as well as National Eggs Benedict Day!

**April 17- Nature Hike Trip to Johnson's Park** Encouraging campers to stop and smell the roses and really connect with nature is the goal of our trip to the beautiful Johnson's Park in New Brunswick, New Jersey.

**April 18- Spring Celebration!** Spring is the time of the year when new things are born, flowers start to grow, animals come out of hibernation and all the colors of the world blossom! Campers will be encouraged to embrace the beauty of spring as well as all of the activities it has to offer. Weather permitting, campers will eat lunch outside, garden, play games and more!

**April 22- Earth Day!** Earth Day is specifically dedicated to taking care of our planet! Come learn ways to help earth thrive such as living waste free and being self-sufficient through gardening.

**April 23- National Picnic Day!** Join us for a day of fun and relaxation! Campers will spend the morning packing for and planning the perfect picnic and then we will take a walk to our sports field to host a classic picnic!

**April 24- Healthy Minds, Healthy Bodies!** Having a healthy body doesn't just mean lifting weights or getting in your daily cardio. It also means eating right and participating in activities that help keep your mind happy and healthy as well! Campers will learn tools such as yoga, meditation, and other calming exercises to keep them healthy in a holistic way!

**April 25- Gardening 101** Gardening is a great activity to teach responsibility and patience. It gives children a tangible goal to work towards, showing them that if they work hard and consistently, they can reach the goal that they set for themselves. It can also be a great outlet for extra energy and free time that children may have, giving them a project to work on that isn't school or technology related! We hope to get our campers inspired with this fun, therapeutic, activity!

**April 26- All about Camping!** Camping is a great family oriented activity but there are certain skills that are required for having a successful camping trip. Our goal is to give campers the basic knowledge they'll need to have a fun camping trip such as pitching a tent, starting a fire and more!

**June 20 & 21- Swim and Swim Safety at the Y!** One of the biggest things the YMCA is known for is SWIMMING! Join us for 2 days of fun, safe, swimming at our outdoor teaching pool! Campers will have the opportunity to learn all of the tools and skills they need to be safe, smart, and strong swimmers for the upcoming summer months all under the direct supervision of our trained child care staff and certified lifeguards!