






SUMMER DAY

CAMP

CAPITAL DISTRICT YMCA

SPECIALTY CAMPS EXCLUSIVELY AT THE SOUTHERN SARATOGA CAMP

\$360 PER WEEK

<p>WEEK 2 JULY 8-12</p>	<p>OUTDOOR EDUCATION Take a hike on the wild side, over the river, and through the woods! Learn about different plants and animals you may find in the woods and how to survive in the wilderness.</p>		<p>HEATHER Heather can't wait to spend time in the garden allowing time for team building and healthy eating. Fun fact: she is a black belt!</p>
<p>WEEK 3 JULY 15-19</p>	<p>CRAZY CHEMISTRY Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. Probe the properties of light and discover unusual applications of glow-in-the-dark technology.</p>		<p>EILEEN Eileen has been doing STEM focused activities at the SSY camp for 2 years now. She's excited what we can explore this summer!</p>
<p>WEEK 4 JULY 22-26</p>	<p>GROOVE ACADEMY Have your camper hop in for a week filled with cheer and dance skills, group routines, and friendship! All levels welcome.</p>		<p>MERISA Merisa is fluent in sign language and is excited to improve body awareness with her campers! This week we will help improve our confidence!</p>
<p>WEEK 5 JULY 29- AUGUST 2</p>	<p>GARDENING & COMPOSTING Get outside and get your hands dirty! Plant, tend, and harvest fresh vegetables and herbs and explore topics from pollination to composting. Each gardening season offers unique and engaging activities. Come grow with us!</p>		<p>HEATHER Heather can't wait to spend time in the garden allowing time for team building and healthy eating. Fun fact: she is a black belt!</p>
<p>WEEK 7 AUGUST 12- 16</p>	<p>BAKING Calling all chefs to this cooking camp! Learn the safest way to prepare and bake goodies while trying a variety of different recipes.</p>		<p>STEPHANIE Stephanie graduated from the culinary institute of America and she am currently enrolled at SUNY Oswego to become a family and consumer science teacher!</p>
<p>WEEK 8 AUGUST 19- 23</p>	<p>GROSSOLOGY Ewwwww, Gross! You've never had so much fun with the ooey, gooey, and GROSS things of science! Join us as we learn why we have snot, what makes us burp, and what our blood looks like. Show some guts as you process food in your digester inspector and see what systems make our bodies go. You'll even make your own model cells and drinkable blood. Just don't describe this stuff during dinner!</p>		<p>EILEEN Did you know that Eileen can recite The Lorax by memory?</p>