

YMCA Summer Day Camp helps youth learn, get outdoors and develop leadership skills

Written by George Browning
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From May 28 to July 26, the YMCA of Southern Indiana is encouraging parents to help keep their kids physically active and mentally engaged by signing them up for the Y's summer day camps. Summer is a critical out-of-school time when children and teens can benefit from enriched learning, new experiences and making new friendships. The Y's summer day camps offer all of this and more.

"While summer should be a time of exploration, youth are sometimes less involved in activities that stimulate their mind and body," says Meredith Clipp-Rodriguez, School-Age Child Care Director. "When at summer day camp, kids have the opportunity to get outdoors, take on new responsibilities, gain independence and develop essential social skills and new relationships. As a result, they become more confident, open to trying new things and grow as individuals and as part of a group."

Kinder Camp (ages 3-6), Camp Floyd County (ages 5-10), Camp Clark County (ages 5-10), Camp Adventure (ages 6-10), Sports Camp (ages 6-11), Camp Honor Bright (ages 6-12) and The Scene/Teen Camp (ages 10-13) provides exciting and educational camp programming for children and teens, and their parents, including: arts and crafts, sports, swimming and more. And, to ensure that all youth have the chance to experience camp, our summer day camps offer financial assistance to those in need.

A leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for more than 125 years. The summer day camps continue to give youth an enriching, safe experience with caring staff and volunteers who model positive values that help build their kids' character. According to Y camping experts, there are five reasons why children and teens should attend summer camp:

1. **ADVENTURE:** Summer camp is all about a wide variety of fun adventures and new experiences. YMCA camps have a new adventure for every child and teen.
 2. **HEALTHY FUN:** Day camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their eating habits.
 3. **PERSONAL GROWTH:** While being away from the routine back home, youth have a chance to learn new skills and develop confidence and independence by taking on new responsibilities and challenges.
 4. **NEW FRIENDSHIPS:** Amidst the fun of camp games, songs and swimming, campers meet new friends.
 5. **MEMORIES:** Summer camp is an unforgettable experience that will give each camper memories that will last a lifetime. Youth return to school with plenty of camp stories to share!
- For more information about the YMCA of Southern Indiana's summer day camps, visit ymcasi.org or contact Meredith Clipp-Rodriguez at 812-283-9622 x115 or email at mclipp@ymcasi.org.

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to

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deliver, lasting personal and social change.