



## MISSION VALLEY YMCA Summer Camp 2016

### Mountaineering Camp 7-12

### August 15<sup>th</sup> – August 19<sup>th</sup>

Week 9	Monday 8/15	Tuesday 8/16	Wednesday 8/17	Thursday 8/18	Friday 8/19
Extended Camp 6:30 - 8:30 a.m.	Board Games, Arts and Crafts, Brain Teasers, and low active activities With our outstanding morning counselors.				
A.M.	Campers will receive two hours of daily instruction in the fundamentals of rock climbing at <b>Solid Rock Gym</b> . Experienced climbers will also teach campers about different knots and a variety of techniques for successful climbing.				
P.M.	Campers will get the true camp experience through arts & crafts, group games, songs, sports, and BIG FUN at Mission Valley YMCA				
Extended Camp 4:00 – 5:30 p.m.	Board Games, Arts and Crafts, Brain Teasers, and low active activities With our outstanding afternoon counselors.				

#### MISSION VALLEY YMCA

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#### ADDITIONAL INFORMATION:

- Buses start departing the YMCA at 9 a.m. Please note that all field trips and travel times are subject to change.
- Don't forget to bring a lunch, snack, water, sunscreen, a swim suit, towel, and wear closed-toe shoes.
- Please leave all electronics, cell phones, toys, games, and other valuables at home.
- \$1 per minute late fee will be charged for pick-ups after 5:30 p.m.