



# The Hastings Lake Camper

A Publication of Hastings Lake YMCA • Week 1, 2011

## Welcome to Week 1!

### What you should bring everyday to camp:

- ~ Lunch (everyday!!)
- ~2 snacks (at least)
- ~Refillable water bottle (please label)
- ~Sunscreen
- ~Swimming Suits
- ~Gym Shoes (no open toed shoes in camp)
- ~Smile

Dear Parents,

Welcome to Hastings Lake YMCA Summer Camp 2011! We are really excited to see new and returning faces.

This week, our traditional and teen camps will be going to Skate on Grand to try out roller skating. It should be a lot of fun!! I am attaching our summer field trip schedule to the back of this newsletter, so you know where are campers will be going each week. Please pay attention to the departure and return times, as they vary throughout the summer. Campers will be receiving field trip shirts that they must wear on the field trips.

We also have a cookout on Fridays from 12:30-1:30. Campers may bring a hot dog or a pre-cooked burger or brat for the counselors to grill on the grill. Parents are welcome to attend the cookout if they would like. This year, we are adding an early pickup form. Those will be on the front table that you



will need to fill out in order to pick up your child early. If you have any other questions, please feel free to let us know. We are looking forward to a fantastic summer with your campers!

Sincerely,

Lindsey Olson  
Summer Camp Coordinator

## Weekly Theme: We Got Game:

**This week's theme is "We Got Game." We will be playing indoor games, outdoor games, and all different kinds of sports. Make sure to come to camp next week with good sportsmanship and a positive attitude!**

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## Healthy Kid's Spotlight:

Healthy Kids.....are GERM FREE! Or try their best to be.. Touching door handles, putting hands by mouths, and coughing and sneezing without covering your mouth are all ways that germs are spread daily. To prevent germs, WASH YOUR HANDS!!! When washing your hands, make sure you use warm water, soap and scrub each hand for about 15 seconds! Washing hands will reduce the number of germs that we have on us and that we can spread. That way, if we get the recommended amount of sleep, 8 hours a night, our immune systems can stay strong enough to fight off any infections that come around from the germs!

### Hastings Lake YMCA

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# Weekly Camp News

## What's happening in our Traditional Camps?



This week was our 4<sup>th</sup> annual talent show. Our Discovery Campers showcased their fantastic talents in singing, when they performed the theme song to *Spongebob Squarepants*. Some other campers also danced, sang, played the guitar, and showed off their gymnastics skills this week. Everybody did AMAZING!! Great Job Campers!

Mr. Nik  
Discovery Head Counselor



### Field Trip Info:

**July 7, 2010**  
**James Lumbar Center**  
**for the Performing Arts**  
***A Frog Prince***

The campers will be departing from the Hastings Lake YMCA at 12:00 pm and returning at 3:30. Please make sure that they are wearing their field trip shirts.

The campers will be eating lunch at 11:15, and doing group activities in the morning.

## What's happening in our Specialty Camps?

Our specialty camp for 9-12 year olds this week was Archery Camp. The campers had a great time learning about the correct procedures when shooting bows and arrows.

Our specialty camp for 6-8 year olds was "Up, Up, and Away" camp. High Touch High Tech Chicago came to the Hastings Lake YMCA every day to help the kids build rockets, learn about hot air balloons, and explore the mysteries of gravity.

Ms. Kristina  
Specialty Camps Head Counselor



## What's happening in our Sports Camps?

This week our sports camps went bowling at Kristof's Entertainment Center. We all had a lot of fun practicing our skills and working on our bowling technique. The high score of the week was a 115, recorded by Payton Lockas. Congratulations Payton!

Mr. Alex  
Sports Camp Head Counselor

