



The Hastings Lake Camper

A Publication of Hastings Lake YMCA • Week 7, 2011

Welcome to Week 7!

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 Week 7 of Summer Camp!

This week is our annual carnival week. Both campers and counselors alike love carnival week for fun games, bounce houses, prizes and a whole lot more. Wednesday will be the 5th annual carnival at the YMCA, so make sure your camper brings their swimming suit and is prepared for a fun time!

Our sports camps for next week are soccer camp and dodgeball camp. Our specialty camps are Stained Glass Camp and Mini-Riders Equestrian Camp. Please make sure to check the back page if your campers are in these camps for extra items they may need to bring.

We have our camp cookouts on Fridays. Make sure to bring a precooked hot dog, burger or brat if your camper would like to cook out.



Hopefully everybody is cleaned up from the storm, and has power now. If not, have a safe and healthy weekend. We will see you next week!

Sincerely,

Lindsey Olson
Summer Camp Coordinator

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Weekly Theme: Super Soakin' Showdown

This week's theme is Super Soakin' Showdown. Make sure your camper brings their suit and towel every day, because we will be celebrating the hot weather with water games!!!

Healthy Kid's Spotlight:

Y kids love learning about healthy food!! Here is a website that is useful for creating healthy meals for the whole family:

- <http://www.myrecipes.com/kids/healthy-kids/>

My favorite recipe is the recipe for making healthy homemade Mint Melon Pops. It's a great treat for the summer time!

Puree 1 1/2 cups cantaloupe chunks and 1 tablespoon orange juice in a blender. Divide the mixture between pop molds or 3-ounce paper cups. Freeze until the top becomes firm, 30 minutes. Rinse the blender, then puree 1 1/2 cups honeydew chunks, 1 tablespoon thawed limeade concentrate, and 2 mint leaves. Remove the molds from freezer and top with the honeydew mixture. Cover and freeze.

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Weekly Camp News

Interview with a Counselor



Ms. Jaimy:

Ms. Jaimy is a first year counselor at the Hastings Lake YMCA. She is currently a Junior at Eastern Illinois University. You can usually find Ms. Jaimy with the little kids, and next week she will be working with Mini-Riders Equestrian. Ms. Jaimy loves to read. Her goal is to read at least three books before the summer's end. Her favorite camp activity is soccer, and her favorite healthy snack is peapods.



What's happening in our Specialty Camps?

Our Specialty Camps for this week are Mini-Riders Equestrian camp and Stained Glass Camp. In both camps, please have your campers here by 9:10am, so they do not miss out on their special activity!

In Mini-Riders Equestrian, please make sure that your camper brings in their permission forms, and is wearing sturdy shoes and jeans. It is supposed to be hot next week, so make sure that your camper brings shorts too. In Stained Glass camp, the Glass Palette will be coming in from 9:30-11:30 to help the campers create cool crafts. Make sure your camper is here on time this week!!



What's happening in our Sports Camps?

This week our sports camps are Soccer Camp for the 5-8 year olds and Dodgeball Camp for the 9-12 year olds. Please make sure that your campers bring plenty of water, the weather is supposed to be hot next week.

*Stay tuned for more information on our Parent's Night Out Annual Fund Fundraiser!
More information will follow!!!*

Field Trip Info:

CAMP CARNIVAL

This is one of our favorite weeks at the YMCA, where we turn the pavilions and outer fields into a carnival like atmosphere. We will have a bounce house and a water slide, so please make sure that all campers bring a swimsuit and towel on that day.

