



Summer Day Camp

YMCA Summer Day Camp provides a safe and enriching environment for campers (K-5th grade) to participate in healthy, developmentally-appropriate activities and learning experiences. Our camps focus on having fun while learning, building self-esteem and developing social skills through new activities. Weekly themes keep campers engaged and provide a basis for kids to learn about themselves and the world around them. With so many options, it's easy for your child to have the best summer ever!

Our YMCA Summer Day Camp program is accredited by the American Camp Association, which means you can rest assured that we've met rigorous standards for organization, safety, health and program development. ACA is the only independent accrediting organization reviewing camp operations in the country. ACA's nationally recognized standards program focuses primarily on program quality, health, and safety aspects of a camp's operation. ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at the camp reflect the most up-to-date, research-based standards in camp operation.

ANDERSON MUNGER FAMILY YMCA SUMMER DAY CAMP

Camp Date: June 10-August 9, 2019 (9 weeks)

Grades: Kindergarten (5 years old) - 8th grade

Program Hours: Monday-Friday: 9am-4pm

Extended Care: 7:30am-9am & 4pm-6pm

Weekly Camp Fees: Members: \$149 | Non-Members: \$199

Day Camp Location: Charles H. Kim Elementary, 225 S Oxford Avenue, Los Angeles, CA 90004

Registration Closes at 6pm the Thursday prior to the Start Week.

For more information, contact Greg Sotelo at GregSotelo@ymcaLA.org or 213 276 2950.

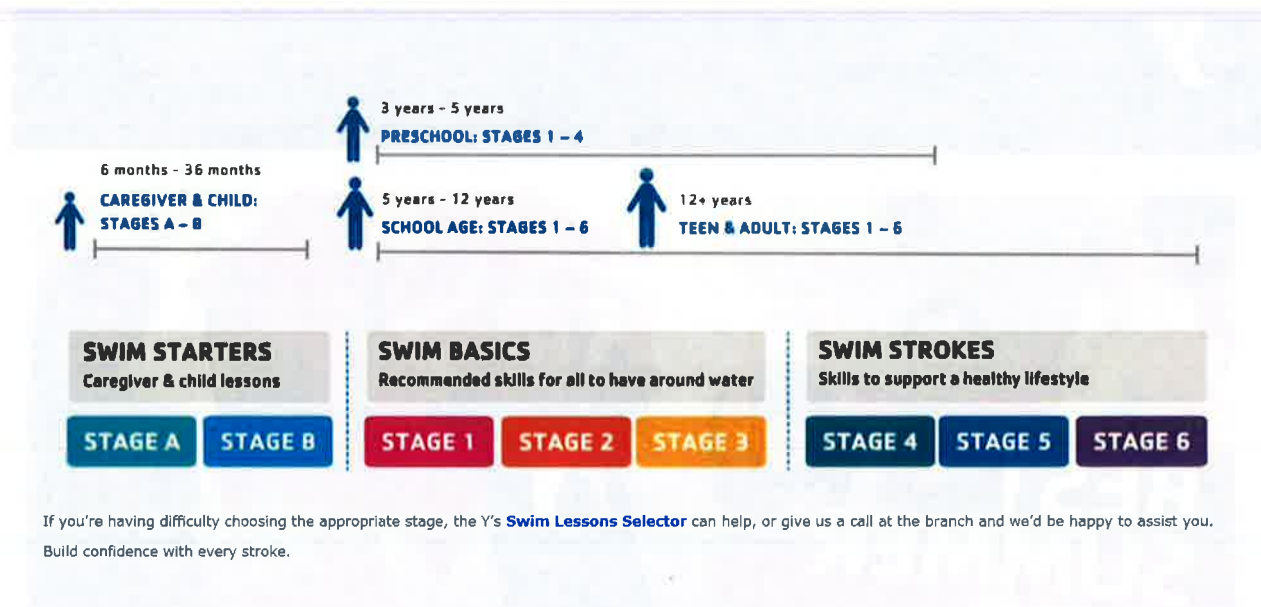
Youth Swim Lessons

As the Y invented the concept of group swim lessons, there is no organization more qualified to teach children aquatic safety. Now, the Y's new national Swim Lessons program ensures the same high-quality experience at every YMCA throughout the country. Utilizing a clear progression track based upon age and ability, participants build confidence to reach swimming skill milestones. As drowning is a leading cause of death among children and adults, all lessons emphasize personal safety around water.

Benefits of this approach include:

- Accommodating students of all ages and abilities
- Providing personalized attention in a supportive environment by expert instructors
- Improving communication about skill progression through definitive milestones
- Fostering connection through new friendships and group activities

Featuring three phases - Swim Starters, Swim Basics and Swim Strokes, there are multiple stages within each based upon the swimmer's age and ability.



Swim Starters

Introduces infants and toddlers to the aquatic environment under active supervision by a caregiver. [Read more...](#)

Swim Basics

Focuses on body position and movement, not yet introducing technical form. [Read more...](#)

Swim Strokes

Introduces stroke technique, coordination and endurance. [Read more...](#)

YOUTH SPORTS

ANDERSON MUNGER FAMILY YMCA

We're creating team players and future leaders through team sports. Kids get a chance to learn good sportsmanship and teamwork as they practice fundamental skills while having a whole lot of fun. Volunteer coaches provide an additional role model for kids. Your kids will develop friendships and you'll build a network of like-minded parents.

Youth Ball Hockey

Youth hockey is now at the Y all year long, thanks to our partners, the LA Kings. Boys and girls, ages 5-14, are introduced to the fundamentals of hockey through clinics, classes and league play. [Read more...](#)

Youth Gymnastics

Kids get to explore basic, intermediate and advanced tumbling and floor exercises which help develop balance, coordination and upper body strength. [Read more...](#)

Youth Martial Arts

Development of spirit, mind and body through various forms of martial arts in an encouraging, non-intimidating and family friendly environment. [Read more...](#)

Family Fitness Classes



Our Family Fitness Classes are a great way to set a positive example for your children, keep active, and enjoy quality time as a family.

Our Ys offer a variety of classes that you can enjoy as a family:

Family Aerobics and Family Zumba®: Our fun classes are set to high-energy music, which is like a dance party that doubles as a great cardio workout. Expect to build your endurance, coordination and learn some great new dance moves!

Family Kickboxing: Historically developed from Karate, Muay Thai and Western Boxing, Kickboxing is a martial art that helps build agility, strength and discipline.

Family Yoga: Open to all levels, this class teaches you and your family how to use the breath and asanas (poses) to gently strengthen your body, mind and spirit. Our trained instructors are sensitive to the needs of each student and tailor each class accordingly, combining traditional yoga with creative, fun moves for all.

Active Kids Active Families: This "Learning and Doing" program is designed to improve the eating and physical activity habits of families with children 5-12 years old. If you or a member of your family would like to shed a few pounds or are at-risk for becoming overweight, this is a great way to learn techniques for eating better, becoming active and staying healthy.

If you have any questions about our Family Fitness programs, just give your local Y a call and they'll point you in the right direction.

Stronger together.

