

# BEST SUMMER EVER

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## TORRANCE-SOUTH BAY YMCA

2900 West Sepulveda Boulevard, Torrance, CA 90505

Summer 2019

[www.ymcaLA.org/tsb](http://www.ymcaLA.org/tsb)

## Sports & Specialty Summer Program

# SUMMER NEWSLETTER



## Greetings from the Staff...

Dear Parents,

The Torrance-South Bay YMCA staff would like to welcome everyone to our Sports & Specialty Program. We are all eager and excited to begin our summer here at Torrance High School. The staff have many fun filled days planned and cannot wait to start making this summer a memorable one for you and your child.

In this newsletter, we have provided you with very important information that will help you have a smooth and safe summer with us. Please take a moment to look over the important dates and tips. If you have any questions at any time throughout the summer please feel free to speak with one of the staff. You are also always welcome to contact us at 310-803-6155.

Again, we are all excited and looking forward to spending this spectacular summer with you and your child.

Sincerely,

Jessica Martin  
Sports & Specialty Site Director

2200 West Carson Street, Torrance, CA 90501  
310-803-6155 (Sports & Specialty Site)  
310-325-5885 (Main YMCA)  
[JessicaMartin@ymcaLA.org](mailto:JessicaMartin@ymcaLA.org)

## Important Tips

- Remember to bring your completed summer packet on the first day of camp, including emergency forms and emergency kit. (If you do not have the required paper work, you will be asked to stay at the site and complete it before you may leave your child with us.)
- Please inform us of any food/beverage allergies or medical condition that we should be aware of in order to better care for your child.
- Please bring your ID daily. You will be asked to show ID in order to pick up your child if our staff does not recognize you. This is for your child's safety.
- Please call by 9:30 am if your child will not be attending for the day. On field trip days, please call by 8:30 am. We must verify every child's absence.
- On our field trip days, please have your child wear the YMCA camp shirt.
- Children must bring lunch daily. Due to lack of time and space, we ask that you do not send your child with heat-up lunches or refrigerated items.
- We encourage you to send water bottles daily.
- Please make sure all your child's belongings are labeled with their name. Your child is responsible for their own belongings.
- Please send your child with sunscreen daily as we do have all campers sunscreen themselves twice a day.
- Have your child wear closed toe/heel shoes.
- Money is optional for certain specialty camp field trips. Your child is responsible for their money.
- Keep a look out for announcements on the parent counter and on your camp calendar for special projects or important information.
- For more information about our program, please read your parent packet.

# BEST. SUMMER. EVER.

# Summer 2019

Yoga 2-3/4-6

Week 4: July 15-19

## Sports & Specialty Program:

2200 West Carson Street, Torrance, CA 90501

<b>Daily Schedule</b>	Please call <b>310-803-6155</b> by 9:30 am to verify your child's absence.
7:00-9:00 AM: Morning activities	Feel free to call anytime for any questions, comments or concerns.
7:30-8:30 AM: Morning snack	
9:00-5:00 PM: See schedule below	Schedule and activities are subject to change.
5:00-6:00 PM: Evening choices / Clean-up	

Monday	Tuesday	Wednesday	Thursday	Friday
July 15	July 16	July 17	July 18	July 19
<u>9:30-10:30 AM</u> Outdoor Game: Yogi Says	<u>9:30-10:30 AM</u> Outdoor Game: Twister	<u>9:30-10:30 AM</u> Outdoor Game: Musical Mats	<u>9:30-10:30 AM</u> Outdoor Game: Body Chalk Board	<u>9:30-10:30 AM</u> Outdoor Game: Freeze Dance
<u>10:30-11:30 AM</u> Meditation Watercolor Creations	<u>10:30-11:30 AM</u> Meditation Bead Bracelets	<u>10:30-11:30 AM</u> Salt Sunrise Coffee Filter Art	<u>10:30-11:30 AM</u> Beautiful Butterflies Designs	<u>10:30-11:30 AM</u> Meditating Mosaics
<u>11:30-12:00 PM</u> Stretching Exercises	<u>11:30-12:00 PM</u> Breathing Exercises	<u>11:30-12:00 PM</u> Stretching Exercises	<u>11:30-12:00 PM</u> Breathing Exercises	<u>11:30-12:00 PM</u> Mid-day Meditation
<u>12:00-1:00 PM</u> Lunch	<u>12:00-1:00 PM</u> Lunch	<u>12:00-1:00 PM</u> Lunch	<u>12:00-1:00 PM</u> Lunch	<u>12:00-1:00 PM</u> Lunch
<u>1:00 PM</u> Depart for Main YMCA	<u>1:00 PM</u> Depart for Main YMCA	<u>1:00 PM</u> Depart for Main YMCA	<u>1:00 PM</u> Depart for Main YMCA	<u>1:00 PM</u> Depart for Main YMCA
<u>1:15-3:15 PM</u> Camp Vendor Time: Yoga Instruction	<u>1:15-3:15 PM</u> Camp Vendor Time: Yoga Instruction	<u>1:15-3:15 PM</u> Camp Vendor Time: Yoga Instruction	<u>1:15-3:15 PM</u> Camp Vendor Time: Yoga Instruction	<u>1:15-3:15 PM</u> Camp Vendor Time: Yoga Instruction
Return by 3:30 PM	Return by 3:30 PM	Return by 3:30 PM	Return by 3:30 PM	Return by 3:30 PM
<u>3:30-4:00 PM</u> Snack Character Development	<u>3:30-4:00 PM</u> Snack Character Development	<u>3:30-4:00 PM</u> Snack Character Development	<u>3:30-4:00 PM</u> Snack Character Development	<u>3:30-4:00 PM</u> Snack Character Development
<u>4:00-5:00 PM</u> Outside Choices	<u>4:00-5:00 PM</u> Outside Choices	<u>4:00-5:00 PM</u> Outside Choices	<u>4:00-5:00 PM</u> Outside Choices	<u>4:00-5:00 PM</u> Outside Choices

### Notes to Parents

- **Necessary Items (Daily):** Please be sure to have your camper bring a towel to program for yoga activities.
- **Main YMCA:** 2900 W. Sepulveda Boulevard, Torrance