

JOIN US

ATTACHMENT " "



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

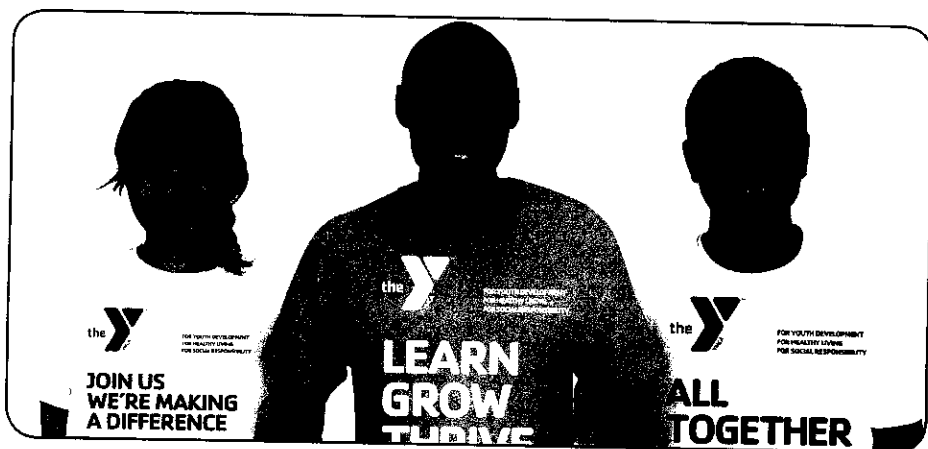
ALBANY YMCA

921 Kains Avenue

(510) 525-1130

www.ymca-cba.org

Winter 2010 Program Guide



A BRAND NEW DAY

It's Time to Reintroduce Ourselves

At the Y, strengthening community has always been our cause. Whether it is giving people a second chance at health in our Healthy Heart Cardiac Rehabilitation Class or providing parents affordable childcare in Kids' Club - everyday, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

In the next few months you will see a new look to our materials and around our branch. We will be changing how we talk about ourselves - but we will not be changing the programs you know and love. The Albany YMCA is the same organization it has been for more than 100 years, and will continue to be into the next hundred.

The YMCA is our nation's leading non-profit committed to strengthening communities through youth development, healthy living and social responsibility.

We here at the Albany YMCA are excited to share this new look with you - and look forward to sharing more about our new national brand with you in the coming months.

SPECIAL PROGRAMS

Birthday Parties

Sign that special child up for a birthday party at the YMCA! For children ages 1-10, we offer kindergym, sports and new specialty-theme parties. Call for information.

Math Festival

This annual event returns on February 5 where the whole family can have fun with math activities that range from easy to very challenging. Hours: 1-4pm; \$5 per family.

Kids' Night Out

Have an evening out while your kids enjoy gym play, games, crafts, and a movie at the Albany YMCA. For ages 2-10, Saturdays 6-10pm. Jan 22; Feb 19; Mar 19; Apr 16; May 21. Members: \$20/Nonmembers: \$25.

Evening Book Club

Join this ongoing reading group to discuss new and old fiction and nonfiction. First Wednesday of the month, 7:15pm, no cost. Call for upcoming book.

Latin Dances Sampler

An introduction to the basics of Salsa, Rumba, and Cha Cha, three fun dances that have many steps in common. For beginners and those who want to brush up on their steps. Sat Jan 22; 7:30-9:30pm. \$12 per person.

HEALTHY LIVING

Boot Camp

M W 6-7am

Challenging cardiovascular drills and resistance training. Step up to your next level of fitness.

Cardio Dance

Th 7:05-8:05pm; Sa 11:05-11:55am;

Su 7:45-8:30am

Dance-influenced aerobic workout with great music to keep you moving and motivated.

Easy Going

M W F 7:45-8:30am

A gentle workout program designed for those who are new to exercise or just need a slower pace. Great for seniors and beginners.

Healthy Heart

M W F 8:50-9:35am

Designed for people with a history of heart disease, hypertension, or diabetes who are referred by their physician. Billed quarterly

Hip Hop

T 7:05-8:05pm

High energy workout to the latest funk & street style moves.

Jazz Combo

T 8-9am

Aerobic jazz dance combinations followed by strength, balance and flexibility training.

Kickboxing

W 7:05-8:05pm; F 12:15-1:15pm

A high energy workout using martial arts kicks, blocks, and shadow boxing drills. All levels welcome.

Nia Dance

F 9:40-10:45am

A combination of jazz dance, tai chi, martial arts and more, mixed in with great music and choreography.

Pilates Mat

M 12:15-1:15pm; F 1:30-2:30pm

A series of movements linked with the breath and performed sitting, reclining or standing and may include use of props. A more advanced version of Basic Pilates Mat Class.

Basic Pilates Mat

M 1:30-2:30pm; Th 6-7pm

A unique method of strengthening muscles while focusing on core abdominal stabilization. For people who are new to Pilates or just want to review the basics.

Pilates Miniball

T 12:15-1:15pm

A challenging workout based on Pilates exercises using Pilates miniballs for stabilization and support.

Pull Up A Chair

T Th 2:40-3:20

A seated class for those who want to increase strength and range of motion as well as improve balance.

Senior Aerobics

M W F 11:00-12:10pm

By permission of instructor.

Step Aerobics

Sa 8-9:05am; Su 9:40-10:45am

A challenging workout performed on an adjustable bench. Intensity is determined by tempo, choreography and repetition. Experience recommended.

Step & Low Combo

W 9:40-10:45am

This class starts with a warm-up and low impact aerobics followed by more challenging Step routines.

Step & Strength

M 9:40-10:45am; T 6:30-7:30am

A Step class alternating high energy cardio with intervals of strength training using weights and resistance tubing.

Total Body Conditioning (TBC)

M 7:05-8pm; T 6-7pm; W 12:15-1:15pm;

Th 8-9am; Sa 10:15-11am

Starts with a high energy cardio workout designed to get your heart rate up. Strengthen and define muscles using weights and resistance tubes and focus on core conditioning.

World Beat

Su 8:35-9:35am

A dance-inspired aerobic workout. Here's a chance to move to great music from around the world.

Yoga I

All classes located at 1216 Solano.

W 6:30-7:45pm; Sa 9:45-11am;

Sa 11:15-12:30pm; Su 11-12:15pm;

Su 5-6:15pm

For those who are new to yoga, have physical limitations, or want to focus on the basics of their yoga practice.

Yoga II

Location: 921 Kains Avenue

T 1:25-2:30pm; Th 12:15-1:30pm

Location: 1216 Solano Avenue

T 6:30-7:45pm; Th 6:30-7:45pm;

Sa 8:15-9:30am; Su 9:15-10:30am

A more intense class for the experienced participant.

Gentle Yoga

Th 1:30-2:30pm

A beginning yoga class with a gentle approach to poses, balance and breath.

Zumba®

M W 6:05-6:55; Sa 9:15-10:10am

A fusion of Latin and international dance music. Routines are fun and easy to follow.

Circuit Strength Training \$\$

Saturdays, Jan 22-Feb 26; 7:15-7:45am.

Small group workout for those who want to take their strength training to a new level.

Pre-registration required.

Restorative Yoga \$\$

Wednesdays, Jan 5-Feb 23; 8-9pm.

Pre-registration required.

Pilates Mat Clinic \$\$

Sunday, Jan 23; 1-3pm.

Pre-registration required.

Tai Chi \$\$

Mondays, Jan 10-Mar 7; 6:30-7:30pm.

An ancient art form for modern times. Pre-registration required.

Starter Yoga \$\$

Sundays, Feb 6-Mar 13; 3:30-4:45pm.

Pre-registration required.

YOUTH DEVELOPMENT

Let's Dance

Ages 4-6; M 4:15-5pm
 Cost: \$68 (Jan 24-Mar 21)
 \$60 (Mar 28-May 23)

Incorporating traditional dance forms and creative movement, children learn and experience rhythmic dance. This class uses dance to help develop coordination and balance skills, while allowing self-expression to different genres of music. Instruments and props will be used.

Hip Hop

Grades 2-4; W 3:20-4:05pm
 Grades 5-8; W 4:10-4:55pm
 Cost: \$88 (Jan 19-Mar 23)
 \$71 (Mar 28-May 28)

Students will learn a variety of Hip Hop moves and routines, choreographed to the latest funk and hip hop music. The session will culminate with a short performance to showcase what the students have learned.

Tumbling

Ages 4-7; Th 3:45-4:30pm
 Cost: \$68 (Jan 18-Mar 25)
 \$60 (Mar 28-May 28)

Boys and girls will learn basic tumbling skills in this class designed to develop strength, coordination, flexibility, and self-esteem in a safe environment where children progress at their own pace.

Pee Wee Sports

Ages 3½-5; F 5-5:30pm
 Fee: \$48

- SOCCER: Jan 4-Feb 18
- BASKETBALL: Mar 4-Apr 8
- T-BALL: Apr 22-May 27

These programs are designed to introduce preschool children to the basic skills of a sport while developing sportsmanship and self-esteem. Class is structured for those children who have little to no experience in the sports.

Karate (begins January 10)

Ages 7-18; M W 5-6pm
 Fee: \$65 per month

Our program teaches a traditional form of Japanese Karate-Do- the way of Peace and Harmony. Basic techniques include guard-

ing, punching, and kicking. We combine many different exercises, plus stretching and strengthening work to develop balance, focus, self-discipline and confidence. All levels welcome.

Youth Basketball

Grades K-1; T 3:45-4:30pm
 Grades 2-3; M 3:25-4:10pm
 Grades 4-5; F 3:20-4:05pm
 Grades 6-8; F 4:10-4:55 (Mar 28-May 27)
 Fee: \$60 (Jan 18-Mar 25)
 \$48 (Mar 28-May 27)

Boys and girls will learn fundamental basketball skills. Every player has the opportunity to play and learn at his or her own skill level.

Youth Indoor Soccer

Grades K-1; Su 11-11:45am
 Grades 2-3; F 4:05-4:50pm
 Fee: \$60
 Jan 18-Mar 25

Boys and girls will learn fundamental soccer skills. Every player has the opportunity to play and learn at his or her own skill level.

Volleyball Clinic

Grades 5-8; T Th 4:50-5:50pm
 Fee: \$100 (Jan 18-Mar 25)
 \$88 (Mar 28-May 27)

Have fun improving your skills in volleyball. Class will be broken up into mini-skills clinics and scrimmages each week. This is a great opportunity to prepare for upcoming volleyball tryouts.

Intensive Sports Clinics

Grades 6-8
 Fee: \$85
 Volleyball: Feb 21-25, 3:30-5:30pm
 Basketball: Apr 11-15, 3:30-5:30pm
 Intermediate experience required.

Model United Nations

Grades 6-8
 Jan 26-May 4
 Students will participate as Ambassadors of foreign countries, traveling to the statewide summit at the end of the program. Call for more information.

Babysitter Training Course

Ages 11 and older
 Call for dates and times.
 Members: \$25/Non-members: \$40
 This course will provide a complete curriculum for successful babysitting. Light dinner will be served. All participants will earn a certificate of completion from the Albany YMCA at the end of this course.

Girls Rock!

Grades 6-7; W 2:30-3:45pm
 Apr 20-Jun 1

This six-week program is designed to help girls learn empowering communication skills. In a small group setting girls will be encouraged to express themselves in discussions and creative activities such as role playing, drawing, collage, drama and writing. Participants will also go on a variety of field trips.

Babygym

Ages 9 mo-2½ yrs
 T Th 9:45-10:30am

Kindergym

Ages 2½-4½ yrs
 T Th 10:45-11:30am

Members: \$5/Non-members: \$7
 Small children explore a variety of equipment designed to crawl and swing on. Class ends with a circle and singing time. Drop-in class.

Wee Dance

Ages 2-3; F 10-10:30am
 Location: 1216 Solano Ave
 Fee: \$42/session

Session 1: Jan 14-Feb 18
 Session 2: Mar 4-Apr 8
 Session 3: Apr 22-May 27

Toddlers and parents will learn instructional songs to increase children's body awareness and coordination, experience movement with rhythms, and explore free dance to music.

Family Hip Hop Dance

Ages 8 yrs and older; Su 11-11:45am
 Fee: \$60 per family

Mar 27-May 22 (no class April 24)

In this six-week session, families will learn a variety of Hip Hop moves and routines, choreographed to the latest funk and hip hop music. Childcare available for children under 8 years.



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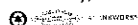
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YMCA OF THE CENTRAL BAY AREA

(formerly the Berkeley-Albany YMCA)

2111 Martin Luther King Jr. Way

Berkeley, CA 94704



MEMBERSHIP

JOIN THE ALBANY YMCA

Membership Types

Adult Full-Service membership includes use of the Fitness Center and unlimited participation in classes. Annual payment or monthly bank/credit card drafting.

Bay Area Membership allows you to visit any of the YMCA's in the Bay Area for one price. Facility usage only; program participation may vary among branches.

Bay Area Family Membership extends the benefits of Bay Area Membership to two adults from the same household and children under 13.

Program Membership is for those who wish to participate in classes only; class fees additional.

Teen Full-Service Membership includes use of the Fitness Center during teen hours and unlimited participation in classes. Minimum three-month payment or bank/credit drafting.

Youth Program Membership allows participation in youth programs including Kids' Club afterschool program and summer camp.

Members from another YMCA may visit for a nominal fee. No drop-ins are permitted for Fitness Center use.

Rates & Financial Assistance

Call (510) 525-1130 or visit our website at www.ymca-cba.org for membership rates.

Financial assistance is available to those in need. Please ask for an application at the front desk.

Hours

M-Th 5:15am-9pm

F 5:15am-8pm

Sa & Su 7am-6pm



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Albany search



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| Program | Age / Level | Date / Time | Location | Instructor | Fees | Registration / More Info |
|--|---------------------------------------|--|--------------------------------|--------------|--|---------------------------------|
| Kindergym | 2-4 1/2 years | T Th 10:45-11:30am | | TBD | Members \$5/ Non-members \$7 | Drop-in |
| Let's Dance! | Ages 4-6 years | Mondays, 4:05-4:50pm | 921 Kains Ave | Charlotte P. | \$90 per session (\$25 annual youth membership required) | Register Online |
| Little Hoopsters Basketball | Ages 3.5-5 years - Preschool age only | Fridays, 4:15-4:45pm | 921 Kains Ave | Jackie M. | \$72 (\$25 annual youth membership required) | Register Online |
| Tumbling | Ages 4-7 years | Mondays, 3:00-3:50pm | | TBD | \$72 (\$25 annual youth membership required) | Register Online |
| Wee Dance | Ages 2-3 years and parent/caregiver | Fridays, 10:10:30am | 1216 Solano Ave | Amy | \$80 per session (\$25 annual youth membership required) | Register Online |
| Childwatch | | see description above for hours | | TBD | Members: \$2 per half hour per child / Non-members: \$2.50 per half hour per child | Drop-in |
| HIP HOP Dance | Grades 2nd-4th | Wednesday, 3:20-4:05pm | 921 Kains Ave | Amy | \$105 (\$25 annual youth membership required) | Register Online |
| HIP HOP Dance | Grades 5th-8th | Wednesday 4:10-4:55pm | 921 Kains Ave | Amy | \$105 (\$25 annual youth membership required) | Register Online |
| Albany YMCA Middle School Club | 6th through 8th grade | M-F 7:30am-8:45am and M/T/TH/F 3:00-6:00, Wednesdays 2:00-6:00 | 601 San Gabriel, Albany | TBD | Call for Details | Registration Required |
| Marin Kids' Club | 4th and 5th grade | M/T/TH/F 3:00-6:00, Wednesday 1:45-6:00 | Marin School 1001 Santa Fe Ave | TBD | Call for details | Registration Required |
| Solano Center Kids' Club | Kindergarten through 3rd grade | Monday - Friday 7:30-6:00 | 1216 Solano Ave, Albany | TBD | Call for details | Registration Required |
| Children's Birthday Parties | 1-10 | 12:30-2:30 or 3:30-5:30 | 921 Kains Ave | TBD | FM-\$160 PM-\$185 Members: \$160/ Non-members: \$185 | Registration Required |
| Babygym | 9 Months-2 years | T Th 9:45-10:30am | | TBD | Members: \$5/ Non-member \$7 | Drop-in |
| Karate | Ages 7-18 years | M/W, 5:00-6:00pm | 921 Kains Ave | TBD | \$170 (\$25 annual youth | Register Online |

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| <u>Holiday Camp 2010</u> | Kindergarten through 6th | <u>Monday-Thursday, 7:30am-6:30pm</u> | 1216 Solano Ave, Albany | TBD | membership required) FM-M-TH \$45 PM-M-TH \$55 per day | Registration Required |
| <u>Beginning Volleyball</u> | Grades 5th-8th | <u>T/TH 4:50-5:50pm</u> | 921 Kains Ave | Veronica C. | \$125 (\$25 annual youth membership required) | Register Online |
| <u>Girls Basketball</u> | Grades 3rd-5th | <u>Fridays, 3:20-4:10pm</u> | 921 Kains Ave | Jackie M. | \$72 (\$25 annual youth membership required) | Register Online |
| <u>K-1 Rookies Basketball League</u> | Grades K-1 | <u>Tuesdays, 3:45-4:30pm</u> | 921 Kains Ave | Jackie M. | \$72 (\$25 annual youth membership required) | Register Online |

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Albany search



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Search Programs



| Program | Age / Level | Date / Time | Location | Instructor | Fees | Registration / More Info |
|---|-------------------------|---|------------------------------|------------|---|--|
| <u>Girls Rock!</u> | 6th and 7th grade girls | <u>Wednesday, 2:30pm-3:45</u> | Albany Mid.School Music Room | TBD | \$45 for an 10 week session | Registration Required |
| <u>Hip Hop Aerobics</u> | 14+ | <u>T 7:05-8:05pm</u> | | TBD | | Drop-in |
| <u>HIP HOP Dance</u> | Grades 2nd-4th | <u>Wednesday, 3:20-4:05pm</u> | 921 Kains Ave | Amy | \$105 (\$25 annual youth membership required) | <u>Register Online</u> |
| <u>HIP HOP Dance</u> | Grades 5th-8th | <u>Wednesday 4:10-4:55pm</u> | 921 Kains Ave | Amy | \$105 (\$25 annual youth membership required) | <u>Register Online</u> |
| <u>Karate</u> | Ages 7-18 years | <u>M/W, 5:00-6:00pm</u> | 921 Kains Ave | TBD | \$170 (\$25 annual youth membership required) | <u>Register Online</u> |
| <u>Youth and Government</u> | Grades 9-12 | <u>Call for Details</u> | | TBD | Call for Details | Registration Required |

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Search Programs



| Program | Age / Level | Date / Time | Location | Instructor | Fees | Registration / More Info |
|---------------------------------------|-----------------------------------|---|-------------------------------|------------|---|---------------------------------|
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 1 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 2 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 3 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 4* *\$190 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 5 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 6 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 7 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 8 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 9 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Kinder Cubs | Entering Kindergarten & 1st grade | 7:30am-6pm Week 10 | 1216 Solano Ave | TBD | FM-\$220 weekly | Register Online |
| Cooking Camp | Entering Grades 6-9 | Session 1 1:30pm-5:00pm | 980 Stannage, Albany (church) | TBD | FM-\$140 weekly | Registration Required |
| Cooking Camp | Entering Grades 6-9 | Session 2 1:30pm-5:00pm | 980 Stannage, Albany (church) | TBD | FM-\$140 weekly | Registration Required |
| Cooking Camp | Entering Grades 6-9 | Session 3 1:30pm-5:00pm | 980 Stannage, Albany (church) | TBD | FM-\$140 weekly | Registration Required |
| Cooking Camp | Entering Grades 6-9 | Session 4 1:30pm-5:00pm | 980 Stannage, Albany (church) | TBD | FM-\$140 weekly | Registration Required |
| Counselor-In-Training | Entering grades 8-11 | Session 1 9:00am-5:00pm | Cornell School Multi-Purpose | TBD | FM-\$80 Half Day or \$125 Full Day Weekly session | Registration Required |
| Counselor-In-Training | Entering grades 8-11 | Session 2 9:00am-5:00pm | Cornell School Multi-Purpose | TBD | FM-\$80 Half Day or \$125 Full Day Weekly session | Registration Required |
| Counselor-In-Training | Entering grades 8-11 | Session 3 9:00am-5:00pm | Cornell School Multi-Purpose | TBD | FM-\$80 Half Day or \$125 Full Day | Registration Required |

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|---|--------------------------------|--|------------------------------|-----|---|---------------------------------|
| <u>Counselor-In-Training</u> | Entering grades 8-11 | <u>Session 4</u> 9:00am-5:00pm | Cornell School Multi-Purpose | TBD | Weekly session FM-\$80 Half Day or \$125 Full Day Weekly session | Registration Required |
| <u>Counselor-In-Training</u> | Entering grades 8-11 | <u>Session 5</u> 9:00am-5:00pm | Cornell School Multi-Purpose | TBD | FM-\$80 Half Day or \$125 Full Day Weekly session | Registration Required |
| <u>Counselor-In-Training</u> | Entering grades 8-11 | <u>Session 7</u> 9:00am-5:00pm | Cornell School Multi-Purpose | TBD | FM-\$80 Half Day or \$125 Full Day Weekly session | Registration Required |
| <u>Counselor-In-Training</u> | Entering grades 8-11 | <u>Session 7</u> 9:00am-5:00pm | Cornell School Multi-Purpose | TBD | FM-\$80 Half Day or \$125 Full Day Weekly session | Registration Required |
| <u>Girls' Volleyball</u> | Entering Grades 6-9 | <u>Beginning - 3pm-5pm</u> | 921 Kains Ave | TBD | FM-\$75 weekly | Registration Required |
| <u>Girls' Volleyball</u> | Entering Grades 6-9 | <u>Intermediate - 3pm-5pm</u> | 921 Kains Ave | TBD | FM-\$75 weekly | Registration Required |
| <u>Ping Pong</u> | Entering grades 6-11 | <u>3:30pm-5pm</u> | 921 Kains Ave | TBD | FM-\$30 weekly | Registration Required |
| <u>Strength Training for Boys</u> | Ages 13-17 years | <u>1:30pm - 3pm</u> | 921 Kains Ave | TBD | FM-\$60 weekly | Registration Required |
| <u>Strength Training for Boys</u> | Ages 13-17 years | <u>1:30pm - 3pm</u> | 921 Kains Ave | TBD | FM-\$60 weekly | Registration Required |
| <u>Total Fitness for Girls</u> | Ages 13-17 years | <u>1:30pm - 3pm</u> | 921 Kains Ave | TBD | FM-\$48 weekly | Registration Required |
| <u>Art Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 3 & 4</u> | 1216 Solano Ave | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Art Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 5</u> | 1216 Solano Ave | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Art Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 6</u> | 1216 Solano Ave | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Art Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 7</u> | 1216 Solano Ave | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Art Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 8</u> | 1216 Solano Ave | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Art Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 10</u> | 1216 Solano Ave | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Science Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 3</u> | Cornell School Multi-Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Science Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 4 *\$190</u> | Cornell School Multi-Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Science Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 5</u> | Cornell School Multi-Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Science Camp</u> | Entering Grades 4th - 5th ONLY | <u>7:30am-6pm</u> <u>Week 6</u> | Cornell School Multi-Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| <u>Science Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 7</u> | Cornell School Multi-Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |

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|---|--------------------------------|--|-------------------------------------|-----|---|---------------------------------|
| Science Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 8 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 1 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 2 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 3 | Cornell Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 4 *\$190 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 5 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 6 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 7 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 8 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 9 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Sports Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 10 | Cornell School Multi -Purpose | TBD | FM-\$220 (\$190 for week 4) weekly | Register Online |
| Bowling Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 1 | Cornell School Multi -Purpose | TBD | FM-\$250 weekly | Register Online |
| Bowling Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 6 | Cornell School Multi -Purpose | TBD | FM-\$250 weekly | Register Online |
| Bowling Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 9 | Cornell School Multi -Purpose | TBD | FM-\$250 weekly | Register Online |
| Chess Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 7 | Cornell School Multi -Purpose | TBD | FM-\$240 weekly | Register Online |
| Computer Animation | Entering Grades 5th ONLY | 7:30am-6pm Week 9 | Cornell School Multi -Purpose | TBD | FM-\$240 weekly | Register Online |
| Dance Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 1 | Cornell School Multi -Purpose | TBD | FM-\$240 weekly | Register Online |
| Digital Photography | Entering Grades 4- 5 | 7:30am-6pm Week 8 | Cornell School Multi -Purpose | TBD | FM-\$240 weekly | Register Online |
| Drama Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 3 | Cornell School Multi -Purpose | TBD | FM-\$240 weekly | Register Online |
| Fencing Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 8 | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| Gymnastics Camp | Entering Grades 2 - 5 | 7:30am-6pm Week 3 | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| Rock Climbing | Entering Grades 2 - 5 | 7:30am-6pm Week 2 | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |

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| <u>Rock Climbing</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 7</u> | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| <u>Sewing Camp</u> | Entering Grades 4- 5 | <u>7:30am-6pm</u> <u>Week 3</u> | Cornell School Multi -Purpose | TBD | FM-\$250 weekly | Register Online |
| <u>Spanish Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 2</u> | Cornell School Multi -Purpose | TBD | FM-\$240 weekly | Register Online |
| <u>Star Wars Camp</u> | Entering Grades 2 - 3 | <u>7:30am-6pm</u> <u>Week 6</u> | Cornell School Multi -Purpose | TBD | FM-\$240 weekly | Register Online |
| <u>Swim Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 3</u> | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| <u>Swim Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 4 *\$220</u> | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| <u>Swim Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 5</u> | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| <u>Swim Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 6</u> | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| <u>Swim Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 7</u> | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| <u>Swim Camp</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 8</u> | Cornell School Multi -Purpose | TBD | FM-\$260 weekly | Register Online |
| <u>LEGO Engineering</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 1</u> <u>Engineering Fun</u> | Cornell School Multi -Purpose | TBD | FM-\$295 weekly | Register Online |
| <u>LEGO Engineering</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 2</u> <u>Bash'Em Bots</u> | Cornell School Multi -Purpose | TBD | FM-\$295 weekly | Register Online |
| <u>LEGO Engineering</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 2</u> <u>Engineering Fun</u> | Cornell Multi -Purpose | TBD | FM-\$295 weekly | Register Online |
| <u>LEGO Engineering</u> | Entering Grades 2 - 5 | <u>7:30am-6pm</u> <u>Week 10</u> <u>Junkyard Challenge</u> | Cornell School Multi -Purpose | TBD | FM-\$295 weekly | Register Online |
| <u>Bike Camp 1</u> | Entering Grades 4-9 | <u>9am - 5pm</u> <u>Week 3</u> | 1259 Brighton, AMS BBall court | TBD | FM-\$250 weekly | Registration Required |
| <u>Bike Camp 1</u> | Entering Grades 4-9 | <u>9am - 5pm</u> <u>Week 5</u> | 1259 Brighton, AMS BBall Court | TBD | FM-\$250 weekly | Registration Required |
| <u>Bike Camp 1</u> | Entering Grades 4-9 | <u>9am - 5pm</u> <u>Week 8</u> | 1259 Brighton, AMS BBall Court | TBD | FM-\$250 weekly | Registration Required |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm</u> <u>Week 1</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm</u> <u>Week 2 *\$260</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm</u> <u>Week 3</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm</u> <u>Week 4 *\$230</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |

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| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm Week 5</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm Week 6</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm Week 7</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm Week 8</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm Week 9</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Awesome Adventures</u> | Entering Grades 6-9 | <u>7:30am-6pm Week 10</u> | Albany Middle School | TBD | FM-\$240 weekly (please note weeks with an asterisk*) | Register Online |
| <u>Leader In Training (L.I.T.)</u> | Entering grades 8-11 | <u>Session 1 9am-5pm</u> | Cornell School Multi-Purpose | TBD | FM-\$250 two week session | Registration Required |
| <u>Leader In Training (L.I.T.)</u> | Entering grades 8-11 | <u>Session 2 9am-5pm</u> | Cornell School Multi-Purpose | TBD | FM-\$250 two week session | Registration Required |
| <u>Leader In Training (L.I.T.)</u> | Entering grades 8-11 | <u>Session 3 9am-5pm</u> | Cornell School Multi-Purpose | TBD | FM-\$250 two week session | Registration Required |
