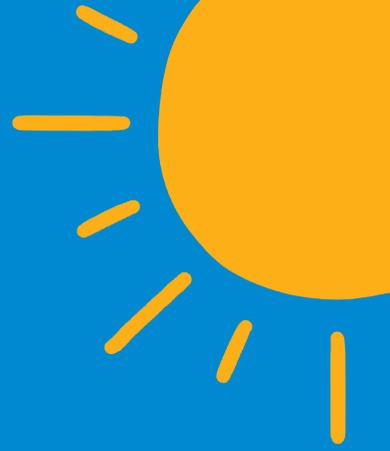




175 YEAR ANNIVERSARY



THE

“Best Summer
Ever!”

PLACE

YMCA OF WEST CENTRAL FLORIDA

2026 SUMMER CAMP BROCHURE



ADVENTURE BEGINS HERE!

WELCOME!

The YMCA is one of the nation's largest providers of out-of-school programming, and has a long, rich history of over 100 years in providing top-notch summer camps to parents across the country. We strive to provide kids with a safe environment and a place to continue learning, develop social skills, and have FUN for an overall amazing summer camp experience. Our Day Camps provide a safe and enriching environment for campers to participate in healthy, developmentally-appropriate activities and learning experiences. All camps focus on building self-esteem, confidence and social skills while increasing independence and wellness awareness. At the YMCA, kids learn that the sky is the limit!

2026 CAMP OPTIONS:

AQUATICS CAMP

DAY CAMP

GOLF CAMP (YMCA PAR 3)

SPORTS CAMP

Please note: Space is limited for all camps. Payment for one week does not guarantee a child's spot in camp for the rest of the summer.

CAMP LOCATIONS:

Bob Adams Family Community YMCA

3620 Cleveland Heights Blvd. Lakeland, FL 33803

- Day Camp, Pre-K Camp
- Aquatics Camp
- Jellyfish Camp
- Sports Camp

Fontaine Gills Family YMCA

2125 Sleepy Hill Rd, Lakeland, FL 33810

- Day Camp
- Aquatics/Sports Camp

YMCA Par 3, Home of the First Tee Lakeland

1740 George Jenkins Blvd. Lakeland, FL 33815

- Various Golf Camps

Week 1
6/1-6/5

Week 2
6/8-6/12

Week 3
6/15-6/19

Week 4
6/22-6/26

Week 5
6/29-7/3

Week 6
7/6-7/10

Week 7
7/13-7/17

Week 8
7/20-7/24

Week 9
7/28-7/31

DAY CAMPS

SUMMER DAY CAMP

Themed weeks of traditional summer camp for children include: indoor & outdoor games, swimming, arts and crafts, sports, music, science, special events, and more! Campers have the option to swim throughout the week (weather permitting). Breakfast, lunch, and a snack will be provided Monday–Friday from June 4 through July 23, with the exception of July 3, when we will be closed in observance of Independence Day at the Bob Adams Family Community YMCA, and Fontaine Gills Family YMCA. Space is limited, each week is on a first come, first served basis.

AGES: 5-12 (must have completed Kindergarten)

WEEKLY FEES: Members: \$150 | Non-Members: \$180

*There is a one time registration fee \$25

TIMES: 7:00am – 6:00pm

LOCATIONS:

Bob Adams Family Community YMCA
Fontaine Gills Family YMCA

PRE-K DAY CAMP

The Pre-K summer camp program keeps all the fun of summer camp while adding in some learning to help get kids ready for kindergarten. We'll provide breakfast, lunch, and a snack will be provided Monday–Friday from June 4 through July 23, with the exception of July 3, when we will be closed in observance of Independence Day at the Bob Adams Family Community YMCA. Space is limited, each week is on a first come, first served basis.

AGES: 4-5 (must have turned 4 by September 1, 2025)

WEEKLY FEES: Members: \$170 | Non-Members: \$200

*There is a one time registration fee \$25

TIMES: 7:00am – 6:00pm

LOCATIONS:

Bob Adams Family Community YMCA



Bob Adams Family Community YMCA: will.mccall@ymcawcf.org
Fontaine Gills Family YMCA: lillian.alvarez@ymcawcf.org

WEEKLY THEMES:

A NEW ADVENTURE EVERY WEEK!

WEEK 1

Surfin' Into Summer

Ride into summer with beachy games, fun challenges, and teamwork-filled activities.

WEEK 2

Survivor

Outwit, outplay, and outlast with team challenges, problem-solving missions, and high-energy games that build teamwork and strategy.

WEEK 3

Once Upon a Time

Step into a magical storybook world filled with fairy tales, castles, creative games, and imaginative adventures.

WEEK 4

Dinosaur Dig

Travel back in time as junior paleontologists explore prehistoric science, dino-themed games, and hands-on discoveries.

WEEK 5

Party in the USA

Celebrate summer with all-American games, crafts, music, and field-day fun full of team spirit and red-white-and-blue excitement.

WEEK 6

Swamp Things

Explore the wild world of the swamp with slimy science, muddy games, and creepy-crawly challenges inspired by wetlands and bayous.

WEEK 7

Fitness Frenzy

Get moving with energetic workouts, relays, and movement-based games that build strength, confidence, and teamwork.

WEEK 8

Y Got Talent

Take the stage and shine as campers sing, dance, act, and showcase their unique talents in a supportive, fun environment.

WEEK 9

Watermania

End summer with a splash through water games, friendly competitions, and wet-and-wild fun to celebrate an unforgettable summer.

SPORTS CAMP

BOB ADAMS FAMILY COMMUNITY YMCA

Join the YMCA Sports Camp for an exciting summer of skill-building, teamwork, and fun! Whether you're a beginner or an experienced athlete, our camp offers a variety of sports including basketball, soccer, volleyball, and more. During the summer, participants will go through drills in each of the sports, learning a new sport or gaining more knowledge in a sport they already know. Under the guidance of our experienced coaches, you'll develop your athletic abilities, learn something new, make new friends, and create lasting memories. Our safe, inclusive environment is designed to help kids of all abilities grow both on and off the field. Don't miss out on the ultimate sports experience – sign up today!

A healthy snack is provided daily. Campers will have the option to swim each day, weather permitting. Breakfast and lunch is offered Monday–Friday from June 4 through July 23, with the exception of July 3, when we will be closed in observance of Independence Day. Space is limited, each week is on a first come, first served basis.

All Girls Sports Camp

Week 1: Volleyball & Field Hockey
Week 2: Soccer & Basketball
Week 3: Volleyball & Flag Football
Week 4: Field Hockey & Soccer
Week 5: Volleyball & Basketball
Week 6: Soccer & Flag Football
Week 7: Volleyball & Field Hockey
Week 8: Soccer & Basketball
Week 9: Volleyball & Flag Football

All Boys Sports Camp

Week 1: Soccer & Flag Football
Week 2: Basketball & Field Hockey
Week 3: Soccer & Volleyball
Week 4: Basketball & Flag Football
Week 5: Soccer & Field Hockey
Week 6: Basketball & Volleyball
Week 7: Soccer & Flag Football
Week 8: Basketball & Field Hockey
Week 9: Soccer & Volleyball

AGES: 6-12 (must have completed Kindergarten) | Age Groups: 6-8 & 9-12

WEEKLY FEES: Members: \$175 | Non-Members: \$205

*There is a one-time registration fee \$25

TIMES: 7:00am – 6:00pm



logen.balestreri@ymcawcf.org

GOLF CAMPS

📍 YMCA PAR 3, HOME OF THE FIRST TEE LAKELAND

GOLF DAY CAMP

Our golfers will experience a safe, nurturing environment where they will explore new ways to succeed both on and off the golf course. First Tee Lakeland coaches will introduce golf fundamentals while integrating our Nine Core Values and Life Skills: all with the primary goal of having fun on the golf course. The morning portion of the camp will consist of golf activities and games to enhance the golfer's skills. The afternoon portion will be spent swimming at our sister YMCA branch.

AGES: 8-13

WEEKLY FEES: Members: \$185 | Non-Members: \$215

*There is a one time registration fee \$25

TIMES: 9:00am - 4:00pm

Early Drop Off: 7:00am

Late Pick-Up: 6:00pm

*Campers need to bring a refillable water bottle, sunscreen, swimsuit and snacks/lunch each day

PEE WEE GOLF CAMP

A camp tailored to our younger golfers where coaches will be enthusiastic to keep the campers active and engaged. Activities will reflect this age group's attention span and appropriate skill levels. Our emphasis will be on having fun while learning how to play the game of golf.

AGES: 5-7

WEEKLY FEES: Members: \$145 | Non-Members: \$175

*There is a one time registration fee \$25

TIMES: 9:00am - 1:00pm

Early Drop Off: 7:00am

*Campers need to bring a refillable water bottle, sunscreen, swimsuit and snacks/lunch each day



ashton.sells@ymcawcf.org

AQUATICS CAMP

WET & WACKY: FULL DAY CAMP

This camp is an exciting opportunity for children eager to learn how to swim or enhance their skills. Activities include essential water safety, swim instruction, stroke development, endurance training, synchronized swimming, snorkeling, and engaging games. Campers should bring a bathing suit, along with clothing and tennis shoes for outdoor activities. We encourage the use of rash guard shirts for sun protection. Don't forget to bring a towel and goggles each day. A healthy snack will be provided daily, and breakfast and lunch are available Monday–Friday from June 4 through July 23, with the exception of July 3, when we will be closed in observance of Independence Day. Remember, space is limited, so secure your spot soon; registration is on a first-come, first-served basis each week.

AGES: 6–12

WEEKLY FEES: Members: \$175 | Non-Members: \$205

*There is a one time registration fee \$25

TIMES: 7:00am–6:00pm



Bob Adams Family Community YMCA

JELLYFISH: HALF DAY CAMP

Join us for an exciting swimming camp where young adventurers will dive into swim instruction, embrace water safety, sing, play games, and explore the wonders of underwater skills. On Fridays, families will gather to witness the incredible progress made during the week. Remember, campers should be potty-trained and bring a towel daily as they embark on this inspiring journey. Drop-off and pick-up will be in the welcoming front lobby of the main building.

AGES: 3–6

WEEKLY FEES: Members: \$125 | Non-Members: \$155

*There is a one time registration fee \$25

TIMES: 9:00am–12:00pm | Show time: 11:15am



Bob Adams Family Community YMCA

SPLASH & SPORTS ADVENTURE CAMP

Get ready for a summer full of energy, teamwork, and fun at YMCA Splash and Sports Adventure Camp! Campers of all skill levels will enjoy basketball, soccer, volleyball, and flag football while building confidence and teamwork. From June 1–July 31, campers will experience action-packed days with daily swimming (weather permitting) and snacks. Breakfast and lunch are provided during Weeks 2–8 with exception of July 3, when we will be closed in observance of Independence Day, so campers can focus on making friends and lasting memories. Each day features exciting games, skill-building activities, and supportive coaching in a safe, positive, and inclusive environment, giving kids a summer full of movement, motivation, and fun they'll never forget!

AGES: 5–12

WEEKLY FEES: Members: \$175 | Non-Members: \$205

*There is a one time registration fee \$25

TIMES: 7:00am–6:00pm



Fontaine Gills Family YMCA



Bob Adams Family Community YMCA: seth.brickhouse@ymcawcf.org
Fontaine Gills Family YMCA: austin.cotellis@ymcawcf.org