



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA WEEK TEN | AUGUST 14-18

Theme:  
Sports Day

CAMP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WAIVERS
High-Five Signature	Going Global - Jamaica Bounce House	Science	Rock Wall	Bounce House	Camp Rally - Sports Day	None
High-Five H2O *MEETS AT THE YMCA*	Swimming @ the Y Going Global - Jamaica	Swimming @ the Y Art	Swimming @ the Y Science	Swimming @ the Y Games	Swimming @ the Y Sports Day	None
Trekker Signature	Archery Going Global - Jamaica	Swimming @ the Y *Please wear your swimsuit to camp*	Science Rock Wall	San Diego Zoo	Bounce House Camp Rally - Sports Day	None
Gym & Swim	Swimming @ the Y Gymnastics @ Canyonside Rec Center	Swimming @ the Y Gymnastics @ Canyonside Rec Center	Swimming @ the Y Gymnastics @ Canyonside Rec Center	Swimming @ the Y Gymnastics @ Canyonside Rec Center	Swimming @ the Y Gymnastics @ Canyonside Rec Center	None
STEM Science	AM: Swimming @ the Y Science @ Scripps	Science @ Scripps Rock Wall	Science @ Scripps Archery	Science @ Scripps Going Global - Jamaica	Science @ Scripps Camp Rally - Sports Day	None
Explorer Signature	Rock Wall	Science Swimming @ the Y	Archery Going Global - Jamaica	San Diego Zoo	Bounce House Camp Rally - Sports Day	None
Rancho Rattlers	Basketball @ Scripps PM: Swimming @ the Y	Basketball @ Scripps	Basketball @ Scripps PM: Swimming @ the Y	Basketball @ Scripps	Basketball @ Scripps Camp Rally - Sports Day	None
Traveler Signature	Rock Wall	Science Swimming @ the Y	Archery Going Global - Jamaica	San Diego Zoo	Bounce House Camp Rally - Sports Day	None
Build-A-Camp	Campers Build a Camp @ Scripps	Campers Choice @ San Diego Ice Arena	Campers Choice @ Scripps PM: Swimming @ the Y	Campers Choice @ Scripps	Campers Choice @ Scripps Camp Rally - Sports Day	*Additional waiver - San Diego Ice Arena
Solid Rock	Climbing @ SolidRock	Climbing @ SolidRock	Climbing @ SolidRock	Climbing @ SolidRock	Climbing @ SolidRock Camp Rally - Sports Day	*Additional waiver- SolidRock

**Remember to bring:** A lunch, two snacks and water each day. Please send your camper wearing closed-toe shoes.

**Parents:** When signing out your child, parents are required to bring their photo ID every day. This is for the safety of your child.

**\*Schedule is subject to change\***



**Camp Hours:** 9:00am-4:00pm  
**Camp Director:** Molly Dillon  
**Camp Coordinators:** Kevin, Kristen & Gillie  
**Meeting Location:** Scripps- 10481 Scripps Poway Parkway, San Diego, CA 92131