

KID'S NIGHT OUT

Ages: 6mo.+

Kid's Night Out program offers safe, affordable care for your children. Theme based activities may include movies, arts, crafts, relay races and much more. We provide dinner!

When: Third Friday of the month during school year

Members: \$15

Potential members \$25



KIDSCAPE

Ages: 6mo+

Kidscape is a drop-in Childwatch service just for your family! This program not only shows kids tons of fun, it give parents the peace of mind knowing their children are in a safe, supportive environment that encourages kids to grow and learn. Children make new friends, develop new skills and build strong values. This is free to children on family memberships.

SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150

Phone
803.773.1404

Website
YMCASumter.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH AND TEEN PROGRAM OVERVIEWS



YOUTH FITNESS

Ages: 12-14

This is a family consultation with the Fitness Director to go over the rules and regulations of the fitness center and to answer any questions you may have. This is a requirement for kids under 15 to workout with their family in the fitness center.

Cost: included in membership

Ages: 11-15

Next Level Fitness is a coach led teen fitness program where participants can choose which level to be in.

Level 1: A generalized workout program that focusing on strengthening and conditioning. This is good for anyone looking to improve overall health and performance.

Level 2: A more sport specific program that helps prevent common sport injuries while also improving overall athletic performance.

Mon - Thurs 4:00 - 4:45pm

Cost: included in membership

Ages: 5-17

YFIT Kids Nutrition Camp - Kids have fun, learning new skills and take their nutrition knowledge to a new level. This camp includes nutrition education, hands-on cooking, a field trip and daily fitness classes.

Members: \$70

Potential Members: \$105

PRIVATE SWIM LESSONS

Ages: 6mos.

Certified Swim Instructors are available to assist and motivate you during our private or semi-private sessions. All sessions are scheduled in advance, thus these sessions are non-refundable.

When: according to instructor availability

Cost: based on session package purchased

YOUTH SOCCER

Ages: 3 - 7 yrs.

Every child gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition, and family involvement.

When: Spring time, weekday practices and weekend games.

Cost: \$45 - \$70/ session

CLUB Y & HIGH Y

Ages: Kindergarten - Middle school

Let our staff unlock the door to your child's personal and academic success! Our program includes: Academic and homework assistance, physical activity, swimming, elective tracks of life skills, art, and transfer to other Y programs such as swim lessons, swim team, or gymnastics.

Y Bus pick-up from: Sumter School District Elementary, Middle schools and Wilson Hall

Drop off available from: Home School and other schools

Program hours: Based on Sumter County school schedule. Includes all-day teacher workdays and scheduled early dismissal days.

Registration fee: \$25

Members: \$200

Potential members: \$300

FUN FACTORY & TEEN SCENE

Ages: 3 - 10 yrs.

These camps provide a safe and nurturing environment for youth and teen to thrive. Counselors focus on each camper's need and work to make sure everyone is part of the fun. Weekly activities revolve around themes which include age games, swimming, fields trips, sports activities, arts and crafts.

Registration fee: \$25

Members: \$100

Potential members: \$150

SPECIALTY SPORTS CAMPS

Ages: 5- 16 yrs.

We have something for everyone in our summer sports specialty camps. These camps will inspire and enrich your child's summer with teamwork, coordination and interpersonal skills, with a touch of excitement.

Registration fee: \$25

Members: \$70

Potential members: \$105

CAMP MAC BOYKIN

Ages: 7 - 12 yrs.

A tradition since 1952, Camp Mac Boykin is a camp nestled in 55 acres of wooded land in Pinewood. We offer many activities for young people to explore outdoors, build self-esteem, develop interpersonal skills and make lasting friendships and memories.

Registration fee: \$25

Members: \$100

Potential members: \$150

SWIM LESSONS

Ages: 6mo.+

We offers a learn-to-swim program for all ages. Whether you are new to the water or looking for advanced techniques, the YMCA has a program for you. There are 8 classes in each session. Sessions run monthly. Visit the website or member service desk for session dates.

When: Tuesday/Thursday

Monday/Wednesday

Saturday

Members: \$40

Potential members: \$75

YOUTH BASKETBALL

Ages: 3 - 15 yrs.

Biddy Basketball

Ages: 3 - 4 yrs

Youth basketball is an exciting sport which combines team play and individual skills. Every child gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition, and getting the whole family involved. We utilize volunteer coaches to focus on participation and fun!

When: Fall season

Church League Basketball

Ages: 5 - 15 yrs

Be part of our long standing tradition of Basketball. Come discover just what you can achieve by unlocking opportunities for your child to learn teamwork and athletic skills while building character and Christian values.

When: Late fall through winter

Members: \$25 - \$45

Potential members: \$45 - 90

GYMNASTICS

Ages: Toddlers - Teens

Our classes are a great way for kids to try gymnastics for the first time or to further their skills to get ready for advanced classes or the competitive team. Regardless of skill level, we focus on your child's individual goals and abilities.

Cost: based on level of participation

SWIM TEAM

Ages: 5 yrs.+

Swimmers of any level can join the fun of competitive swimming at the Y. We travel to compete with teams from neighboring states. It's about more than competing; it is a fun and a life-enhancing experience. We invite you to be part of our family!

Cost: based on level of participation