



Y SUMMER CLINICS • PARENT MANUAL



Y of Central Maryland
It's deeper here.®

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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**Y of Central
Maryland Tax ID
52-059-1699**

Don't forget to
save your
receipts for tax
purposes!

Y Clinic Locations & Contact Information

Anne Arundel County

Greater Annapolis Family Center Y

1209 Ritchie Hwy
Arnold, MD 21012
410-544-2525
Sports: Nicol Clark
nicolclark@ymaryland.org

Baltimore City

Weinberg Family Center Y

900 E. 33rd Street
Baltimore, MD 21218
410-889-9622
Sports: Rebecca Winslow
rebeccawinslow@ymaryland.org
Swim: John Clark
johnclark@ymaryland.org

Baltimore County

Catonsville Family Center Y

850 S. Rolling Road
Catonsville, MD 21228
410-747-9622
Sports: AJ Robinson
ajrobinson@ymaryland.org
Swim: Megan Lehane
meganlehane@ymaryland.org

Y Swim Center in Dundalk

120 Trading Place
Dundalk, MD 21222
410-285-7616
Swim: Shannon Hale
shannonhale@ymaryland.org

Perry Hall Family Center Y

4375 Ebenezer Road
Perry Hall, MD 21236
410-529-1999
Sports: Brandon Rajotte
brandonrajotte@ymaryland.org

Orokawa Family Center Y in Towson

600 W. Chesapeake Avenue
Towson, MD 21204
410-823-8870
Sports: Evan Ibbitson
evanibbitson@ymaryland.org
Swim: Adrienne Phillips
adriennephillips@ymaryland.org

Carroll County

Hill Family Center Y

1719 Sykesville Road
Westminster, MD 21157
410-848-3660
Sports: Matt Bove
mattbove@ymaryland.org
Swim: Kim Capone
kimcapone@ymaryland.org

Harford County

Ward Family Center Y

101 Walter Ward Boulevard
Abingdon, MD 21009
410-679-9622
Sports: Clayton Gilcher
claytongilcher@ymaryland.org
Swim: Phillip Sconzart
phillipsconzart@ymaryland.org

Howard County

Dancel Family Center Y

4331 Montgomery Road
Ellicott City, MD 21043
410-465-4334
Sports: John Babcock
johnbabcock@ymaryland.org
Swim: Max Basin
maxbasin@ymaryland.org

Billing Office

Customer Billing Office

303 West Chesapeake Avenue
Towson, MD 21204
443-322-8000
Fax 410-779-9426
billing@ymaryland.org

Maryland Tax ID 52-059-1699

WELCOME!

Dear Parent/Guardian,

We would like to take this opportunity to welcome you and your child to the Y Clinic 2014 Summer Season. As the originators of purposeful play, the Y remains the nation's largest provider of summer programs. This summer is no exception as we launch an exciting array of clinic experiences for all ages and skill levels.

Please take a few moments to review this Clinic Manual, which outlines our policies and procedures. Many of the commonly asked questions about clinics are answered here. This manual and all forms are also available at ymaryland.org. Most other communications will be via email to the address provided at registration, on our website, and Facebook. Don't forget to "Like " the Y of Central Maryland and see regular updates on clinic events.

The Y is also committed to each child's personal growth in spirit, mind and body. One way in which we achieve this goal is through our character development program. The character values of caring, honesty, respect and responsibility are woven into our daily clinic activities. In Y summer clinics, Y staff help children recognize their talents and the importance of being active. Staff also demonstrate and reinforce the Y's core values of caring, honesty, respect, and responsibility.

Y Summer sports clinics are run under the Y sports philosophy which is the framework and foundation for all of our sports programs. The Y sports philosophy is based on seven principles:

1. Safety First
2. Everyone Plays
3. Fair Play
4. Positive Competition
5. Family Involvement
6. Sport for All
7. Sport for Fun

As your partner in developing youth, let's have a great summer together! And Go Team!

- Y Sports and Swim Teams

Qualified Y Staff

To the Y of Central Maryland, the protection and safety of children is our first concern. We have a multi-layered approach to reviewing, interviewing, and screening all candidates for clinic positions.

Prior to an offer, all candidates undergo a background check through an independent search company, and reference checks, and health examinations.

We are strongly committed to providing quality clinic programs. The Y offers clinic staff the opportunity to grow both personally and professionally through ongoing development and training. Trainings include the prevention and identification of child abuse, First Aid, CPR, and Y Character Development.

Go Green!

Y Clinic is always looking for new ways to be environmentally friendly. Join us!

- **Skip the bottled water** - Yes, bottled water is refreshing, but that plastic bottle is not! Reusable water bottles are the way to go!
- **Saving trees** - We're reducing the amount of clinic flyers and printed materials we give out and are posting more information online, on clinic parent boards, and sending out emails. Like the Y of Central Maryland on Facebook.
- **Clean Green** - We are sending some lunch items home for disposal.
- **Plant More** - Trees, shrubs and gardens better our environment by improving air quality, keeping it cool in the summer and creating a home for animals.
- **Idle-Free Clinic Zone** - Parents, don't leave your car running/idling when you drop-off or pick-up your child from clinic.
- **Reduce, Reuse and Recycle, Recycle, Recycle!!!** Many Y centers have Goodwill donation boxes and recycling bins to reduce waste. Instead of using sandwich bags or paper napkins, use reusable containers and cloth napkins.

Billing and Payments

Y of Central Maryland Membership

You will notice the benefits of a Y of Central Maryland membership reflected in our clinic fees. Family and Youth members receive savings on all Y programs, including summer clinic. Contact your local Y Center or Office (see page 2) for more information or visit the Y online at www.ymaryland.org.

Customer Billing Office

If you have specific financial questions about your clinic account, please contact the Customer Billing office at 443-322-8000. The Customer Billing Office can assist you with clinic questions, enrolling in clinic online, clinic cancellation policy, and special payment arrangements; DSS voucher payments, financial assistance, and 3rd party billing. Payment information, tax receipts, and balances due can be accessed online.

Deposit

A \$25 per week/per child deposit is required for all clinics. An additional \$25 deposit per week per child is also due for any clinic add-ons such as specialty programs. Even if a session is paid in full, a \$25 deposit per week (per clinicer) is included to hold the child's spot. All clinic deposits are NON-REFUNDABLE and not eligible for sibling discount. If cancelling, the \$25 deposits will be left on your Y account (minus process fee), unless they cancel after cancel date.

Balance Due

Clinic accounts will be charged automatically on the due date with the payment information that was used at the time of registration. You may pay on your account online anytime prior to the due date. The balance of the clinic fee (minus the pre-paid deposit) is due in advance on Monday, two weeks prior to the start of each session. Child (s) will be cancelled if the clinic fee is not received by due date and any fees previously paid for that session will be forfeited. Re- enrollment is on a first come-first served basis depending on availability.

Billing and Payments continued

Payments

All payments will run automatically by the method of payment you used at the time of registration. Methods of payment can be changed online as needed. The Y will gladly accept your personal checks online; however, there will be a \$25 charge for any check returned to us unpaid by your bank. **Clinic staff are not able to collect payments.**

Credits & Refunds

Credits & Refunds will be issued for situations where the Y cancels a clinic session. Credits & Refunds will NOT be issued for weather related issues, sick child, damaged property and/or a child's/parent's behavior. Clinic fees will not be pro-rated for absenteeism.

Any concerns with clinic operations, activities or events should be brought to the attention of the Clinic Director/Clinic Coordinator in an attempt to correct the situation.

For credits or refunds related to non-payment, cancellations, and transfer/change of clinic week, please read through each of the following specific situation.

Process Charge

A \$5.00 process fee weekly change/cancellation **per child** will be automatically applied to any credits, refunds, transfers and cancellations.

Non-Payment

See also Balance Due section on page 8. **If full payment is not received by the Balance Due date, your space will be forfeited.** Balance Due dates are listed on page 9. Any fees previously paid, such as the deposit or partial balance due for the week, are also forfeited.

Transfer/Change of Clinic Week

Transfer of clinic weeks is considered a cancellation of a week (see policy next page). Any applicable credits or refunds may be used to register for the new week, less process charge. Please speak with the billing office about transfer of weeks registered during promotion periods.

Billing and Payments continued

Cancellations

Last day to make changes/cancellations is the Friday before the payment is due. A \$5.00 process fee is for each weekly change/cancellation per child. All changes and cancellations must be emailed directly to billing@ymaryland.org. No changes or cancellations will be accepted at our Y Family Centers.

All changes and cancellations must be submitted to the Customer Billing Office and include the child's name, clinic location, and the week(s) you are changing or cancelling. **Transfer of clinic week(s) is considered a cancellation of a week.** Changes in clinic weeks after promotion periods are subject to full price. No credit or refund will be issued if care is not cancelled in writing. Cancellations made after the cancellation deadline will not be accepted; all fees are then NON-REFUNDABLE. Cancellation deadline is the Friday before the payment is due.

If a week of clinic is cancelled the Friday before the clinic payment is due:

Deposit: Will be left as a credit on your Y account for one year (minus the process fee)

Balance: if applicable, may be refunded

If a week of clinic is cancelled less than the Friday before the clinic payment is due:

Deposit: Non-refundable and non-transferable

Balance: Non-refundable and non-transferable

Payment and Change in Clinic Schedule

Session	Balance Due Date
	Payment is due for Clinic session fees
Session 1: June 16-20	June 2nd
Session 2: June 23-27	June 9th
Session 3: June 30-03	June 16th
Session 4: July 07-11	June 23rd
Session 5: July 14-18	June 30th
Session 6: July 21-25	July 7th
Session 7: July 28-01	July 14th
Session 8: Aug 04-08	July 21st
Session 9: Aug 11-15	July 28th
Session 10: Aug 18-22	Aug 4th

*Friday July 4th-Customer Billing will be closed

Required Forms

Any additional forms are due on your child's first day. Any forms not received is considered incomplete and the space could be forfeited. Examples of required forms would be medication, allergy, and immunization record. These will need to be reviewed by clinic staff and verified on your child's first day of clinic before they can be signed in.

***NEW* Child Information —this information is now completed online as part of the registration process. All areas must be complete.**

Since a significant amount of time from registration to clinic attendance occurs, important information can change. It is a parent's responsibility to maintain their online profile account.

- **Child Information and Health Inventory** - This section contains health information to help communicate the physical needs of your child. It may also be used should an emergency arise while your child is at clinic and we need to contact you.
- **Emergency Contacts and Authorized Pick-Up** - This section lists the adults authorized to pick up your child. Your child may be released at any time to an adult listed on this form. You **MUST** list a minimum of 2 separate emergency contacts with daytime numbers. **Make sure you as the parent/guardian are listed first.** We have very strict pick-up rules at the Y of Central Maryland.
- **Standard Waivers** - This section gives your child permission to participate in all clinic activities including swimming, golfing, an rock wall. This form also includes Y of Central Maryland photo-release information and sunscreen waiver. Please read all sections before signing.

Immunization Record

Children not enrolled in a Maryland school need to submit immunization records.

If your child needs to submit an immunization record, your child will not be permitted to attend clinic until it is complete. We will accept a copy of the forms on file at your child's school or doctor's office. Or you may complete the form found online at ymaryland.org.

Required Forms continued

Medication Order Form

This form gives the Y of Central Maryland permission to supervise self-administration of the specified medication, and by law medication is not permitted to be administered without it. Children are not allowed to keep their own medications. A **separate form** is required for each medication. A doctor's signature is only required on non-prescription or over-the-counter medications that are taken on a regular basis.

- **All** medication (this includes epi-pens and inhalers) must be in its original container with clear dosage directions. Sometimes the outer box is what has the best information.
- Blister packs of medication are not acceptable without the box.
- **All** medication must be current, verify expiration dates on form.
- One dose of any medication should have been given at some time at home to ensure the child is not allergic.
- Prescription medication should have a clearly legible pharmacy label.
- Except for acetaminophen, only one dose of a non-prescription medication can be given per illness.
- Non-prescription medication requiring multiple doses or dosage other than that stated on the label requires a doctor's signature.

Allergy Emergency Care Plan Form

If your child has an allergy that may require immediate or emergency attention should your clinic come into contact with said allergen, please complete an allergy alert form, found at ymaryland.org. Be sure to provide any medications necessary to combat the effects of the allergic reaction such inhalers or epi-pens.

Clinic Program Hours

Clinics are half-day programs divided into morning and afternoon segments. Separate registration is required for each segment of the day and may be combined to create a full-day program.

Half-day morning clinics:
9:00am–12:00pm

Half-day afternoon clinics:
1:00pm–4:00pm

Full-day clinics:
9:00am–4:00pm (child must bring lunch)

If you need care outside of these hours, please register for extended care.

Extended Care

Extended Care is offered through the Y's summer camp program for an additional cost and advanced registration is required.

Morning care opens as early as 7am and continues until 9am. Clinic participants will be incorporated in camp's morning low-key supervised activities until clinic start time when clinic staff will pick-up participants from camp.

Afternoon care starts at 4pm when clinic ends and closes promptly at 6pm. Clinic staff will sign participants back into the camp program for supervised afternoon fun.

Camp has a very strict late pick-up policy. If enrolling in extended hours, please read the full policy found on page 12 of the Summer Clinic Manual.

Sign In and Out Procedures

The location of sign in and out varies by clinic. You will begin receiving newsletters prior to clinic. They will contain specific procedures and maps (as necessary) to help guide you on your first day.

Sign-in Procedure

An adult must sign each child in on the attendance sheet upon arrival. The clinic program begins at 9:00 a.m. for morning sessions or 1:00p.m. for afternoons. **For the safety of your child, we encourage you to have your child signed in and with their group at this time so they do not miss warm-ups and stretching.**

Sign-out Procedure

An authorized adult over the age of 18 MUST present photo id, at the parent table, and sign their child(ren) out. **No child, regardless of circumstances, will be allowed to leave the clinic program with an unauthorized adult.**

Authorized Pick-up Person

The safety of your child has always been the most important thing to us here at the Y of Central Maryland. During online registration, you included the names of adults who are allowed to pick up your child. The list will be used to identify the adults allowed to pick up your child from clinic. Your child will not be released to anyone without proper photo identification. A Y of Central Maryland membership card will NOT be considered an acceptable form of I.D.

THERE ARE NO EXCEPTIONS!!

The safety of your child is considered more important than any inconvenience that may occur from showing identification on a daily basis. *A PHOTO ID IS STILL REQUIRED EACH DAY* even if your name is on the pick-up form. Please read the pick-up form carefully before signing. **Please alert the clinic staff of any changes in writing.** If family circumstances are such that there are individuals not permitted to ever pick up your child, please provide a list of names and court documentation.

Late Policy

The clinic program ends promptly at 12:00pm for morning session and 4:00pm for afternoon. Any parent arriving after program end time will receive a late slip and will be required to pay a late fee of \$5 per child for every 5 minutes or part of 5 minutes. This fee may be paid at the time of pick-up or at the latest, the next day during sign-in. If payment is not received by sign-in the next day, your child will not be permitted to attend clinic until the fee is paid. There is no cut off time for this fee and the authorities will be notified for any children left at clinic one hour past program end time. Habitual lateness is cause for termination from clinic. Extended care is available starting at 7am, ending at 6pm, please consider this option if additional care is needed.

Schedule:

12:05/4:05	\$5/child	12:11-12:15/4:11-4:15\$15/child
12:06-12:10/4:06-4:10.....	\$10/child	12:16-12:20/4:16-4:20	\$20/child

Lunch Tips

For participants staying for a full day experience. Many parents ask us for ideas on fun nutritious alternatives to sandwiches, hot lunches, and milk for clinic lunches. Sometimes these choices are not as enjoyable in the heat of the summer and they are easily spoiled in lunch boxes.

Lunch and snack ideas are offered in newsletters and great tips on Facebook for ways to keep kids eating healthy while keeping cool.

We highly recommend an insulated soft sided cooler or hard plastic cooler. Paper or plastic bags will not keep food (even food that doesn't spoil easily) cool. Pack lunches the night before and chill all items. Freezer packs help keep all items previously chilled cool. Frozen juice bags pull double duty as freezer packs and cool slushy drinks. Fruit and Veggies provide great nutrition and cool hydrating treats.

Children with Disabilities

The Y of Central Maryland is excited to have your child at summer clinics. For us to better serve your child with any special emotional, physical, psychological or behavioral needs, including need for a lower staff to child ratio, please indicate in Child Information and Health section of the online registration process and fully describe any unique requirements of your child. Please contact the Clinic Leadership, found on page 3, prior to attending clinic to discuss accommodations or medications necessary for your child to thrive at Y Clinic.

Child Abuse Prevention

All Y Child Care Staff receive training on the Prevention and Identification of Child Abuse.

As stated in the Maryland State Board of Education Child and Family Daycare Center Licensing Regulations, child care providers are required to report any suspected cases of child abuse and/or neglect to Protective Services.

Discipline Policy

For many people, discipline has only negative connotations. Some may regard it as punishment. If we look at the source of the word “discipline,” however, we find it has a very positive meaning. To discipline means “to teach.” It is a learning experience – something we do with children, not to children.

Children have to learn how to take care of themselves and live in a world with other people. Through discipline, we teach self-control and responsibility. Teaching discipline is one of our most important jobs. Qualified, trained staff are provided who are knowledgeable about the traits and needs of school age children, and who are effective in diminishing disruptive behaviors by:

- Using preventative management techniques and encouraging self discipline.
- Stressing positive behaviors.
- Providing an enriching environment to diminish disruptive behavior.
- Offering a selection of interesting activities and giving choices.
- Changing environments.
- Facilitating the settlement of disputes versus intervening.
- Letting children experience the consequences of their actions when appropriate.
- Using “time outs” (if necessary) – the child is encouraged to take time away from a group activity for a short time period to regain self-control.
- Developing “house rules” with the children.
- Establishing mutual respect.

Behavior Plan

The purpose of this plan is to enable a child having behavioral difficulties to continue in a Y program. This plan also sets acceptable limitations on the amount of disruption that will be allowed to precede a discontinuation of care.

Disruptive Behavior includes but is not limited to:

- Refusing to participate in programs/activities
- Bullying and/or harassment of others
- Any type of physical harm to another
- Destroying Y or clinic property, or that of the property owners
- Lying and/or stealing

Procedures for Behavior Management Plan

The timeline for these procedures is unspecified and will vary by the level and urgency of the behavior.

The Director will:

- Alert parents to the problem behavior.
- Document behavior.
- Consult with supervisor to develop a plan of action for behavior management.
- Review the plan with the child’s parent and ask for suggestions and help with implementation.

Discipline Policy continued

- Seek the counsel of an outside specialist.

If the Problem Persists, the Director will:

- Require that the child be picked up immediately.
- Suspend the child for a one to three day period.

An immediate suspension from clinic will result if a child:

- Endangers or physically threatens the clinic, staff, and/or children.
- Endangers or threatens himself/herself.
- Destroys property intentionally or as a result of other purposeful acts.

Immediate suspension will result from behaviors that threaten the safety and well-being of oneself, another child, or staff member, (physical abuse, threats) as well as behaviors that place the clinic program and the Y at risk (running away, threats to clinic, other endangerment).

The incident will be reviewed and evaluated for possible termination.

Credits and/or Refunds are not issued for days of clinic missed due to suspension or termination, behavioral issues, and/or adjustment issues.

Health and Wellness

Medication Check-in and Check-out

Children are not allowed to keep their own medications, including non-prescription medicines such as Tylenol. Medication can only be accepted by approved clinic staff, please allow adequate time on your child's first day for this check in process.

- All medications should be in an original labeled container. Some require the packaging box to show proper dosage, expiration, and pharmaceutical label.
- Blister packs of medication cannot be accepted without the box and pertinent information
- Medications must be accompanied by a completed Medication Authorization Form, one medication per form.

At the end of clinic all medication must be signed out by a parent/guardian. All medications not signed out will be disposed of promptly.

See Medication Authorization Form in the Required Forms section for additional details.

Administering Medication

The Y supervises self-administration of child's medications. Please be sure your child understands the process of taking his/her medication prior to attending clinic. Staff is trained to administer emergency medications such as Epi-pens and Inhalers if needed. If child's medication requires special dispensation, please contact the Clinic Director. ***No medication will be administered without a completed Medication Authorization Form.***

Allergies

It is the parent's responsibility to inform the Y of Central Maryland clinic staff of any allergies your child might have. Please provide this in writing on the child's health form. When necessary provide additional information on signs, symptoms, and treatment of allergies using the Allergy Emergency Care Plan Form.

Health and Wellness continued

Sunscreen

The Y of Central Maryland does not provide sunscreen. Parents should apply sunscreen on the child before sending the child in the morning. Sunscreen breaks will be taken periodically. Children should be able to apply sunscreen to themselves using their own sunscreen. Under staff supervision when necessary, another child may assist in this application to areas the child cannot reach on their own (i.e. back and shoulders). As a last resort, staff may apply sunscreen. In each case, child or staff assisting in application, the "bathing suit rule" applies. This rule means that they will apply only to areas that would not be covered by a one-piece swim suit.

*As a note, sunscreen should not be sent with participants only enrolled in a Swim Clinic. Swim Clinics take place indoors and we will not need sunscreen on participants. If your child will be attending camp in the same day after Clinic. Please send sunscreen in their back pack.

Sick Child Policy

Should your child become ill while at clinic, clinic staff will contact you for pick up as soon as possible. The Y is able to make your child comfortable but not equipped to care for ongoing illness. Please do not send your child to clinic if he/she is ill! The state health department requires that a sick child be separated from the other children and picked up within two hours. Parents must create an emergency plan to pick up the child in the event of illness or care for your child once they are home recuperating. Emergency contacts should be readily available, in the area of the clinic, and phone numbers kept up to date. Children displaying symptoms of communicable disease such as vomiting, diarrhea, or fever must be clear of such symptoms for 24 hours to be re-admitted to clinic. Depending on the nature of the illness, a doctor's note may be required before the child may be re-admitted to clinic.

Summer Sports Clinics

Activities

Sports Clinics run in three hour sessions, during this time your child will be actively engaged in the sport designated. This includes drill, game play, and activity education. Children will be given the opportunity to take breaks when needed and participate in non physical learning.

Daily schedules may change based on sport being played and weather conditions. A sample schedule may be:

- Warm up and Stretching
- Relays and Obstacles
- Skill Improvement
- Game Time
- Wrap up and Cool Down

Grouping and Ratios

Children are grouped by age and ability. Clinics follow a 1:8 staff to player ratio.

Swimming while in Sports Clinic

Unless your child is registered for an aquatics clinic they will NOT be swimming. Each clinic will focus only on the sport/activity that the child has registered for. During the 3 hour period your child is in clinic they will do drills and games that pertain to the designated program.

Field Trips while in Sports Clinic

There will be NO designated field trips unless stated in the specific sports clinics curriculum, like adventure, tennis, and golf. Transportation will be provided for these clinics. Any other transportation issue will be left up to parents/guardians of the child.

Summer Sports Clinics

Items to Bring to Sports Clinic

Please be sure your child brings the following items to clinic each day. Be sure everything is labeled with your child's name. The Y of Central Maryland is not responsible for lost or stolen items.

- **Water Bottle** – Water fountains or coolers are available to refill water bottles. Reusable water bottles are the best.
- **Snack** - we will break half way through clinic to have a snack
- **Sunscreen** – We recommend spray sunscreen that your child can apply without assistance.
- **Book bag** – To store extra clothes, water bottle in during program.
- **Sports Equipment** – The Y will provide equipment for most programs but some programs ask that you supply your own sports equipment. Please check welcome letter or with the Clinic Leadership if equipment is needed.
- **Lunch** – A non-perishable lunch and drink should be packed everyday if you are staying into the afternoon session. The Center does not provide food, microwaves or refrigeration.
- **Extra Clothes** – Dress your child in cool comfortable play clothes that can get dirty. An extra set of clothes is recommended (socks or shirt)

Items not to Bring to Summer Clinic

Below is list of items not permitted at clinic. Prohibited items will be stored with the child's belongings and asked not to be brought back. The Y of Central Maryland is not responsible for lost or stolen items.

- Toys or hand held games including trading cards of any type
- Personal music devises such as iPods, radios, MP3 Players, CDs and players
- Cell Phones
- Jewelry
- Sandals, Crocs and flip-flops are not allowed (except for Aquatic Clinic)
- Clothing with foul language, adult beverage logos, or inappropriate gestures

Summer Sport Clinic Offerings

Clinics are offered in half-day morning or afternoon weekly sessions. Some full-day clinics are also available. Plus, you have the option of customizing your own full-day clinic by signing up for a half-day morning session and a half-day afternoon session! Clinics vary by location. Please check the sports selection chart in the Summer at the Y brochure or online for availability.

Adventure Clinic (ages 7-12)

Are you ready for an adventure! Participants focus on team building through a variety of outdoor challenges.

Baseball Clinic (ages 7-12)

Hey batter, batter, batter; sa-wing batter! Improve your batting, throwing, catching, pitching, base running and field position skills this summer.

Basketball Clinic (ages 7 -12)

Are you the next NBA legend in the making? Refine you basketball skills to help you get to the next level of the game.

Cheerleading/Gymnastics Clinic (ages 7-12)

For all you budding tumblers, we offer our cheerleading/gymnastics clinic! Half of the day will focus on developing cheerleading skills like body positions, chants and jumps. The other half will focus on basic gymnastics like tumbling and cartwheels.

Flag Football Clinic (ages 7 – 12, ages vary by location)

Down, set, hike! Participants are divided into position specific groups of linemen, backs, receivers, and special teams. Each group will rotate through stations working on fundamentals, conditioning, strength, and skills.

Floor Hockey Clinic (ages 7-12)

Skills include passing, shooting, field position, keeper and stick control.

Girls Volleyball Clinic (ages 7-12)

Participants will work on volleyball skills include serving, passing, setting, hitting, blocking, and game play.

Health & Wellness Clinic (ages 7-12)

Participants will learn that a healthy lifestyle is a fun lifestyle! Clinic will include fitness games, healthy eating information, team building activities and more!

Sports Mix Clinic (ages 7 – 12) / Kinder Sports Mix Clinic (ages 4 - 6)

Get a little bit of everything in our sports mix clinic! Participants will play a variety of sports like basketball, soccer, flag football, and more.

Soccer Clinic (ages 7-12)

It's the #1 sport in the world for a reason! Have a blast this summer as you improve your soccer skills, including dribbling, passing, shooting, and offensive and defensive strategies.

Rock Wall Clinic (ages 7-12)

Learn basic climbing techniques while being challenged with drills and games. We will focus on safety and learning proper climbing skills.

Summer Swim Clinics

Activities

Summer swim clinics consist of playing water sports and games, water safety education, and developing strokes and skills like flip turns and rotary breathing. Children also come out of the water to participate in dry land exercises and fun pool-deck activities. Swim clinics are designed to give children within moderate to advanced swim levels a fun water experience while gaining worthwhile knowledge about swimming and safety.

Swim Test

Before registering, your child must complete a swim test with the Swim Director. See page 3 for contact information.

Grouping and Ratios

Children are grouped by age and ability. Clinics follow a 1:8 staff to swimmer ratio.

Items to Bring to Swim Clinic

Please be sure your child brings the following items to clinic each day. Be sure everything is labeled with your child's name. The Y of Central Maryland is not responsible for lost or stolen items.

- **Water Bottle** – Water fountains or coolers are available to refill water bottles. Reusable water bottles are the best.
- **Snack** - we will break half way through clinic to have a snack
- **Sunscreen** – We recommend spray sunscreen that your child can apply without assistance.
- **Book bag** – To store extra clothes, water bottle in during program.
- **Swim Equipment** – towel, bathing suit, goggles, shoes for pool deck
- **Lunch** – A non-perishable lunch and drink should be packed everyday if you are staying into the afternoon session. The Center does not provide food, microwaves or refrigeration.
- **Gym Clothes and Sneakers** – For dry-land activities and exercises.

Items not to Bring to Swim Clinic

Below is list of items not permitted at clinic. Prohibited items will be stored with the child's belongings and asked not to be brought back. The Y of Central Maryland is not responsible for lost or stolen items.

- Toys or hand held games including trading cards of any type
- Personal music devises such as iPods, radios, MP3 Players, CDs and players
- Cell Phones
- Jewelry
- Sandals, Crocs and flip-flops are not allowed (allowed on pool deck only)
- Clothing with foul language, adult beverage logos, or inappropriate gestures

Summer Swim Clinics Offerings

Clinics are offered in half-day morning or afternoon weekly sessions. Some full-day clinics are also available. Plus, you have the option of customizing your own full-day clinic by signing up for a half-day morning session and a half-day afternoon session! Clinics vary by location. Please check the sports selection chart in the Summer at the Y brochure or online for availability. Before registering, you must complete a swim test with the Swim Director.

Aquatics – Begin to Swim (ABS)

For children with little or no swimming experience. We will focus on an introduction to swimming skills, such as floating, body position, breath control and paddle stroke. Other activities include land activities, water games and water safety education.

Aquatics – Competitive Swimming (ACS)

For children interested or involved in competitive swimming. We will focus on stroke development, building endurance, flip turns and diving. Other activities include land activities, water games and relays. Children must be able to pass a deep water test to enroll.

Aquatics – Water Games (AWG)

Jump in and soak up the fun! We will enjoy fun water games, stroke development, water sports and more. Children must be able to pass a deep water test to enroll.

Inclement Weather

Rainy days at clinic are no problem here at the Y! When it rains, we still have fun! If it is a light rain, we may keep children outside continuing with many of our normal activities. As needed, we will keep children under pavilions or tents. Under no circumstances will any child be outside during thunder and/or lightening. Rainy day games such as cards, board games, and more will be our alternative to the rain & clouds!

Code Red days are hot, hazy and humid, there is no breeze, tons of sun, and little chance of precipitation. On Code Red days we will minimize the time children are in direct sunlight, as well as running or doing other strenuous activities outdoors. Shade trees, tents, and pavilions will be used for outdoor activities. Most clinics have indoor space where a rotation of activities will occur to offer some relief from the heat. Water is always available and these days are often a great time to incorporate extra water play and games with ice.

Each clinic has specific plans for severe storms, tornado watches and warnings, hurricane, and earthquake. Clinic locations will be changed and additional signage put out to assist parents. Check your clinic newsletter for more information.