

# Schedule

Time to make a plan, Stan.

Trip	June 23 - 27	June 30 July 3	July 7 - 11	July 14 - 18	July 21 - 25	July 28 Aug. 1	Aug. 4 - 8	Aug. 11 - 15	Aug. 18 - 22	Aug. 25 - 29
All Things Animal										UNIV
Arts & Entertainment		AUB / BEL	SAM / LH							
Choose Your Own Adventure				NS						
CSI Seattle		SH								
Dance This							NS			
Exit Stage Left							SAM / LH			
Explore Seattle				AUB						
Extreme Skating		UNIV	NS							
eXtreme Theme Parks	AUB / BEL / UNIV / NS							SH		
Game On!				SH	NS / SAM / LH		AUB / BEL			
Hikin' it and Likin' it		UNIV								
Hot off the Grill			BEL				UNIV			NS
Iron Chef	SAM / LH									
Northwest Exploration							SAM / LH			
Outdoor Adventures			SAM / LH		BEL				NS	
Rocks and Ropes	SH	NS	UNIV				BEL			
Stop the Press!								SAM / LH		
Urban Archaeology					BEL					
Water Works			BEL / WS	UNIV	NS / SAM / LH	SH				AUB
Wheels Galore NW Skate Parks	SAM / LH									
World "Sports" Sampler							NS	UNIV	BEL	

### Financial Assistance

If you cannot afford the full cost of a YMCA program or membership, please ask for a confidential scholarship application. Financial assistance, to the extent possible, is available to those in need, thanks to the YMCA Partners With Youth Campaign and United Way funds.

### Insurance

It is the responsibility of parents or guardians to provide accident and health insurance coverage for children enrolled in our programs. The YMCA does not provide any such coverage for members or participants.



### Key:

- AUB Auburn Valley YMCA
- BEL Bellevue Family YMCA
- DT Downtown Seattle YMCA
- LH Lake Heights Family YMCA
- MC Metrocenter YMCA
- NS Northshore YMCA
- SAM Sammamish Family YMCA
- SH Shoreline / South County Family YMCA
- UNIV University Family YMCA
- WS West Seattle & Fauntleroy YMCA

## QUEST

	June 23 - 27	June 30 July 3	July 7 - 11	July 14 - 18	July 21 - 25	July 28 Aug. 1	Aug. 4 - 8	Aug. 11 - 15	Aug. 18 - 22	Aug. 25 - 29
Birch Bay Getaway			UNIV						SH	
Got OP?	DT / MC									
Lake Chelan					BEL	UNIV			NS	
Ocean Shores						SH			AUB	
Orcas Island						AUB				
River Rafting			AUB / BEL		NS / SH					
Silverwood Theme Park			SH		AUB		NS	UNIV	BEL / SAM / LH	
Teanaway Farm			NS		SAM / LH			AUB		

## LEAD

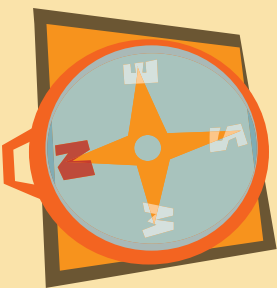
	June 23 - 27	June 30 July 3	July 7 - 11	July 14 - 18	July 21 - 25	July 28 - Aug. 1	Aug. 4 - 8	Aug. 11 - 15	Aug. 18 - 22	Aug. 25 - 29
Counselors In Training									WS	8/18-8/29
Girls Only! Day Camp										DT
International Teen Ambassadors					WS	7/22-8/3				
Leaders In Training				BEL / NS						
Patsy Collins Adventure in Leadership (PCAL)			MC	7/9-8/18	MC	7/23-8/1				
PCAL in the City		MC								
Road Rules California						AUB	7/26-8/3			
Sailing the San Juan Islands								WS		
Surf, Sand and Service								LH / MC SAM / WS		
YBOYS - Advanced Climbing Camp			MC	7/2-7/15						
YBOYS - Alpine Lakes Backpacking			MC	7/5-7/12						
YBOYS - Backpacking and Rock Climbing						MC	7/28-8/10			
YBOYS - Introductory Rock Climbing	MC									
YBOYS - Kayaking in the San Juan Islands									MC	8/24-8/29
YBOYS - Olympic Coastal Hiking									MC	8/14-8/20
YBOYS - The Cascade Challenge				MC	7/20-7/24					
Y-Lead		WS								
YMCA Earth Service Corps Backcountry Service & Backpacking					MC			UNIV	8/2-8/10	
YMCA Europe 2008										
YMCA Japan 2008							MC, NS	7/24-8/8		

# WORLD'S GREATEST SUMMER

That's no exaggeration. And for you, missing it would be oh-so-very-tragic!

### You WILL have fun!

Surfing, theme parks, river rafting - even learn how to make video games - if it's fun, we're doing it this summer. Looking for fun around Puget Sound? Check out Trip (as in day trip) for 21 different weeks of adventure. Want to get away for two to three days at a time? Then Quest has you covered with overnights to Lake Chelan, Silverwood Theme Park, Orcas Island and more.



### Did someone say ADVENTURE?

Looking for the mother load of Teen Programs to maximize your fun this summer? Look no further than the YMCA of Greater Seattle. We're serving up over 50 different weeks of camps and programs all designed to keep things moving. Got an urge to explore, learn new skills or hit the road? Then now's the time to get moving cause these programs fill up fast!



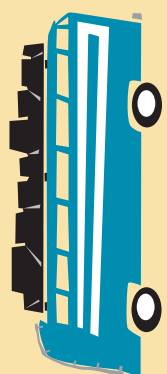
If you're ready to test your leadership skills, our 20 different Lead programs offer extreme wilderness trips, international adventures and service learning activities all summer long. Whatever program or activity you choose you'll be accompanied by cool, well-trained YMCA staff who know how to have fun.

### Want to Lead?

You're young. You're energetic. Put your ideas and energy to good use this summer making your community stronger, healthier and a lot more fun. The YMCA recognizes that you are America's most valuable resource with the capacity to start leading today.

### SKILLZ that bring the Thrillz!

From skating to theatre to becoming the next top chef - this summer's the time to step it up. With nearly 50 different weeks of programs to choose from, YMCA activities will build on your strengths, develop positive values, give you a taste for service and leadership and celebrate all the unique qualities that make you YOU!



seattleyymc.org/summerteen

check it out:

Time to put your plan into action!

**WORLD'S GREATEST SUMMER**  
AGES 12-18

**YMCA of GREATER SEATTLE**

**FREE WEEK OF CAMP**

Reserve your space by June 1, 2008 and you're entered! Exclusions may apply.



### The YMCA of Greater Seattle

is a charitable, non-profit organization serving King and south Snohomish Counties since 1876.

Everyone is Welcome. The YMCA is a membership organization open to all people.

Branch	Contact	Address	Phone
Auburn Valley YMCA	Tyrelia Odjan Street	1620 Peninsula Rd SW, Auburn	(253) 833-2770
Bellevue Family YMCA	Sara Bhanohari	14230 Bel-Rod Rd, Bellevue	(425) 746-9900
Downtown Seattle YMCA	Gavin Koelle	909 4th Ave, Seattle	(206) 382-7889
Lake Heights Family YMCA	Dave Meyer	4220 Factoria Blvd, SE, Bellevue	(425) 644-3417
Metrocenter YMCA	Jessica Paul Werner	909 4th Ave, Seattle	(206) 382-4380
Northshore YMCA	Zanorah Murray	11811 NE 195th St, Bothell	(425) 485-9797
Sammamish Family YMCA	Lisa Drough	4221 228th St, Issaquah	(425) 391-4840
Shoreline / South County Family YMCA	Jan Laney	1220 NE 175th St, Shoreline	(206) 364-7700
University Family YMCA	Adam Pierce	5008 12th Ave NW, Seattle	(206) 524-1400
West Seattle & Fauntleroy YMCA	Julie Brighthouse	4315 36th Ave SW, Seattle	(206) 935-6000

**RESERVE YOUR SPACE NOW!**

**3 EASY ways:**

- Go online at [seattleyymc.org/summerteen](http://seattleyymc.org/summerteen)
- Visit your local YMCA listed below
- Call to request a brochure, then fill out and mail your deposit form and you're golden!



# WORLD'S GREATEST SUMMER



**(as in DAY Trip) Travel to amazing Pacific Northwest destination, one day at a time. Each week includes relentless fun with team building and outdoor activities.**

## All Things Animal

Lions, tigers and bears, oh my! Travel the Northwest to meet our furry friends. From horseback riding to zoos to under water adventures - this week is for all animal enthusiasts.

## Arts and Entertainment

Discover art in galleries, museums, gardens, parks, coffee shops and communities- even under bridges and on street corners! Cultivate your interest in arts and entertainment as we explore the creative world.

## Choose Your Own Adventure

Plan your summer adventure thrill! You'll get to decide where we go and what new challenges to take on.

## CSI Seattle

Well, we probably won't explore actual crime scenes, but this week will be full of mysterious adventures. Put on your Sherlock Holmes hat and get sleuthin'!

## Dance This

So you think you can dance? Come explore a variety of dancing styles from around the world. Come get your groove on - and we're not just talking about DDR.

## Exit Stage Left

Join the Y Theater Troupe. Spend the week putting together a YMCA original production.

## Explore Seattle

Lived here all your life but never seen the sites? Explore our home region with daily trips to local hotspots. Bring a camera and adventurous spirit.

## Extreme Skating

The skate parks are out there and we're going to ride 'em! Whether amateur or pro, bring an attitude for adventure and check out skating, in-lining and BMX'ing.



## eXtreme Theme Parks

Roller coasters, water slides and gaming centers, oh my! Tour the best theme parks and recreation areas for some ultimate adventure!

## Game On!

Visit local gamer hot spots! Learn what goes into creating your favorite games and how to be more successful in the industry.

## Hikin' it and Likin' it

Visit amazing sites that are only a hike away. Add some of Washington's most pristine and remote locations to your summer resume.

## Hot off the Grill

Save your appetite for delicious cuisine that will make your mouth water. Learn to prepare, cook, taste and enjoy food from around the world. Who's the next top chef?

## Iron Chef

Discover what it takes to be the next top chef. Prepare, cook, taste and enjoy food from around the world and test your skills at the end of the week with a cooking competition.

## Northwest Exploration

Spend the week exploring some of our area's trails, beaches and parks.



## Outdoor Adventures

Experience the Best of the Pacific Northwest. Grab a paddle, a bike, a pair of hiking boots, or a climbing harness, as each day offers a new adventure in the outdoors.

## Rocks and Ropes

Scale to the top of a wall or cross a challenge course. Test your skills and develop your sense of teamwork.

## Stop the Press!

Learn what it takes to create a newspaper. At the end of the week publish your own version of the The Y Times.

## Urban Archaeology

Ever wonder what's under all this concrete we live on? Come check out what's underground, and check out the geology and archaeology that you may drive by every day without ever noticing.

## Water Works

When the heat is on, there is only one way to cool down! Explore saltwater beaches, travel on lakes and play at water parks. Have fun in the sun!

## Wheels Galore NW Skate Parks

Grab your wheels and let us prepare you to visit some of the best skate parks in the area! (Participants must provide board, scooter or skates and all safety equipment).

## World "Sports" Sampler

Games, Games, Games! Learn, play, or be a spectator for sports of all sorts this week. Be prepared - you may play ultimate Frisbee or go to a baseball game!



**Tackle individual and group challenges on these overnight excursions. Each program will focus on experiential learning, personal growth and fun adventures!**

## Birch Bay Getaway

Slip and slide down awesome water slides at a Northwest Washington water park. Enjoy nature's scenery and camp under the stars. Get ready to get away! (2-night overnight)

## Got OP?

Join YMCA Earth Service Corps and the Downtown YMCA as we explore the Olympic Peninsula, from hot springs to ocean, and rainforests to waterfalls! Learn about Leave No Trace ethics of front country camping as you travel through some of the most amazing places of Washington State. Never been camping before? No worries!

## Lake Chelan

Bask in the sun, swim in the lake and camp in one of Eastern Washington's premiere summer destinations.

## Ocean Shores

Comb the beach or brave the waters on the beautiful Washington coast. Explore quaint seaside towns and chew on authentic salt water taffies. (2-night overnight)

## Orcas Island

Experience Puget Sound and the San Juans. Explore Orcas Island and enjoy spectacular scenery and marine life. (2-night overnight)

## River Rafting

Get ready for a wild ride, as we maneuver through the rapids on a beautiful Northwest river. We will camp out at night and spend a day on the river.

## Silverwood Theme Park

Caravan across the Cascade Mountains to the Northwest's largest theme park. Enjoy waterslides and roller coasters by day and Idaho's pristine wilderness by night. (3-night overnight)

## Teaway Farm

Head east of the mountains and check out the countryside. Explore the river on horseback and sleep in an authentic farmhouse. (3-night overnight)



**Ready to really push your limits? Lead programs give you a chance to develop and test your leadership skills through extreme wilderness trips, international adventures and service learning activities that will have you signing up for more..**

## Counselors In Training

In the CIT program, participants will further develop their skills to become effective community leaders. This program is designed to take older teens to a whole new level with their volunteer experience with youth in our summer day camp settings.

## Girls Only! Day Camp

Girls Only! is a comprehensive camp and educational summer program that uses the wonderful resources found throughout Seattle to provide middle school girls with an extraordinary outdoor summer experience. Have fun with sports and recreation, visual and performing arts; swimming, environmental studies and rock climbing

## International Teen Ambassadors

Show visiting teens from Japan what life in the U.S. is really like. Gain leadership experience and service learning hours for school! Each summer, the Seattle YMCA hosts high-school age teens from the Kobe YMCA. Local teens will help chaperone small groups through planned activities and encourage English conversation. Program runs weekdays 9:00 am - 5:00 pm during the group's stay. Families can host Kobe YMCA teens, too. Volunteer host families provide sleeping space, most meals and transportation to YMCA activities, as well as English practice and a unique look at everyday life in America.

## Leaders In Training

Gain leadership skills and camp staffing experience with the LIT program. Learn team building techniques, risk management, project planning, and methods for interacting with day camp youth. The LIT program is a supportive atmosphere for youth to develop the ability to lead, gain understanding of self and others, and experience volunteering with youth in our day camp program. Participation in this program does not guarantee future employment as a YMCA Day Camp Counselor.

## Patsy Collins Adventure in Leadership (PCAL)

The Patsy Collins Adventure in Leadership program (PCAL) challenges middle school girls to actively participate in leadership development within a supportive positive environment. Based on three guiding principles Leadership, Service and Wellness, we empower girls with the self confidence to lead, the generosity of spirit to give back to their communities, and the awareness to live a healthy and balanced life. PCAL is a 10 day residential leadership camp, located at Camp Orkila. Girls entering 8th and 9th grades will develop their leadership potential and ethic of service by participating in workshops, team building exercises and fun camp activities.

## PCAL in the City

PCAL in the City takes PCAL's goals of Leadership, Service & Wellness and packs them into four days worth of activities, leadership workshops, and healthy, self-esteem boosting activities, all within the city limits from 9am-5pm each day for girls entering 7th and 8th grades. PCAL in the City is the perfect option for girls who want to experience the PCAL spirit closer to home.

## Road Rules California

Spend your summer on the adventure of a lifetime in a Road Rules trip. Spend the week with new and old friends traveling, meeting new people, serving the community, going to a theme park, and much, much more!

## Sailing the San Juan Islands

Climb aboard the Yankee Clipper for a trip around the San Juan Islands. The six day trip on this 44' vessel focuses on traditional sailing, team work, seamanship, navigation, and piloting. Under the instruction of the ship's captain you'll learn how to run a crew and take responsibility for the ship. These skills and experiences will last a lifetime. No experience necessary.

## Surf, Sand and Service

Enjoy the Washington coastline as we hit the beaches of Westport to learn how to surf and protect our local waters. Camp out under the stars and spend your days hitting the waves and gaining service hours through YMCA Earth Service Corps as you protect the local beaches.

## YBOYS Expeditions

Challenge, adventure, leadership and glory are all yours to be had on a YBOYS Expedition. Come learn to hike, climb, paddle and fish on a life changing adventure. Learn leadership skills through real life experiences. YBOYS offers expeditions for beginners on their first trip out of the city to advanced expeditions for more experienced adventures.

## YBOYS - Advanced Climbing Camp

Come take it to the next level on this full immersion rock climbing camp. You'll learn technical skills and climbing techniques, rope systems, anchors, rappelling and belaying, protection placement, risk management and lead philosophy. You'll have ample opportunity to practice your climbing skills while you develop a strong foundation in personal and peer leadership, and outdoor living—all while camping in some of the most beautiful parts of Washington state.

## YBOYS Alpine Lakes Backpacking

Fishing! Campfires! Camping! The challenge and beauty of the Cascade Mountains await. No experience necessary! This course travels through the gorgeous Alpine lakes wilderness where you will learn the essentials of backpacking and outdoor living. You will be challenged, but with a willingness to try your best you will know that you have accomplished something amazing.

## YBOYS -

## Backpacking and Rock Climbing

Come and test yourself on this exciting mountaineering adventure! You will head up into the North Cascades where you will learn the skills necessary to safely travel in the mountains, summit a peak or two and learn how to rock climb. This is the most physically challenging of the YBOYS expeditions, but also one of the most rewarding. Do you think you have what it takes?



## YBOYS - Introductory Rock Climbing

Learn to rock climb among the granite cliffs and spires of Washington. No experience required! We'll travel to the eastern slope of the Cascade Mountains where you will base camp on the banks of Icicle Creek or Tieton River. For the next five days you will climb the nearby cliffs; learning how to belay, climb efficiently and effectively, and how to keep yourself and your team safe.

## YBOYS -

## Kayaking in the San Juan Islands

Learn to paddle a kayak, sleep under the stars, and explore the beautiful San Juan Islands. This expedition starts at Indian Cove on Shaw Island, two hours north of Seattle where you will learn to paddle a kayak and pack all the gear you will need for your odyssey. From there you will paddle throughout the islands where you may encounter eagles, seals, whales, and sea otters, and camp each night on a different island.



## YBOYS - Olympic Coastal Hiking

Learn to backpack as you explore the stunning Olympic coast and the Pacific Ocean. We'll head to the Makah Indian Reservation on the Olympic Peninsula and hike through the rainforest and down the beach, where you'll see wildlife and explore tide-pools filled with marine life. You will camp each night just above the beach, body surf in the waves, watch dramatic sunsets and share stories around a campfire.

## YBOYS - The Cascade Challenge

Fishing! Campfires! Camping! The challenge and beauty of the Cascade Mountains await. No experience necessary! This course travels through the gorgeous Alpine lakes wilderness where you will learn the essentials of backpacking and outdoor living. You will hike through old growth forests, swim in alpine lakes, fish for trout in mountain streams, discover the art of fire-making, and learn how to cook over a camp stove. You will be challenged, but with a willingness to try your best you will know that you have accomplished something amazing.

## Y-Lead

Weekly sessions challenge you with leadership activities. Earn service learning hours while working with the YMCA Day Camp and the greater community. You'll do hands-on projects. You may help in planning and holding a carnival for kids, or work at a local soup kitchen. Experience exciting and fun activities that will change your perspective on your community. Be ready to make a difference and have some serious fun!

## YMCA Earth Service Corps: Backcountry Service & Backpacking

Lace up your boots and get out on the trail during this service, leadership and backpacking course. Learn about the ecology of one of our local National Parks, gain leadership skills and give back as you participate in environmental service. This trip is a collaboration between YMCA Earth Service Corps and the Northwest Environmental Education Council.

## YMCA Europe 2008

Join us as we travel to the YMCA Europe's Youth Festival in Prague, Czech Republic. On our way, we'll spend a few days in New York City participating in service learning projects. In Prague, we'll spend a week at a jamboree with 10,000 youth from around the world. Make international connections, share ideas, and gain at least 20 service hours for high school. Open to all high school students. Passport required.

## YMCA Japan 2008

Make new friends and explore Asia this summer with the YMCA International Leadership Institute. During this once-in-a-lifetime experience you will build self confidence and leadership skills as you travel to Japan to participate in cross-cultural service projects, local arts, visit local schools and play tourist. Our friends at the Kobe, Japan YMCA will be welcoming us to their country. Open to 9-12 graders.

seattleyymc.org/summerteen