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SUMMER CAMPS

DOWNTOWN
701 South 4th Street
Springfield, IL 62703
217-544-9846

KERASOTES
4550 W. Iles
Springfield, IL 62711
217-679-1625

ROCHESTER
456 Education Avenue
Rochester, IL 62563
217-553-9342*

WA–KON–TAH
6602 Iron Bridge Rd.
Chatham, IL 62629
217-341-1281*

*Phones become active with start of camp

HEALTHY KIDS DAY & CAMP KICKOFF
May 16, 2020
Camp Wa–Kon-Tah
10:00–11:30 AM
Meet staff, finalize registration, preview the fun!
WELCOME TO THE BEST SUMMER EVER

YMCA summer camp is where kids go to make new friends, discover hidden talents, and have the most fun ever! We are so excited for another summer of adventure at Camp Wa-Kon-Tah, our beautiful Lake Springfield site, both Downtown and Kerasotes YMCA locations, and our community-based camp in Rochester.

The YMCA of Springfield has been hosting summer camps for over 100 years, so we understand summer camp is about making memories that will last a lifetime. We have a camp for every child, whether their love be outdoor adventures, art, science, sports or all of the above!

HOW TO REGISTER

EITHER BRANCH
1. Complete Registration Form
2. Receive Parent Handout
3. Complete Camper Snapshot
4. Make Payment

ONLINE
1. Visit springfieldymca.org
2. Click Camp webpage
3. Download Parent Handbook
4. Download Camper Snapshot
5. Email Completed Snapshot Form to camp@springfieldymca.org
6. Register/Payment
FINANCIAL ASSISTANCE

YMCA Strong Kids Scholarship funds are available for summer camping programs as well as financial assistance through third-party providers, such as Community Connection Point (CCP). If you are interested in applying for a YMCA Strong Kids Scholarship, guidelines and applications are available at the front desk of both branches and online.

CCP/Financial Aid Questions?
Attend Kickoff
May 16, 2019
Camp Wa-Kon-Tah
10:00-11:30 AM
FULL DAY CAMPS: OVERVIEW

WEEKLY THEMES

WEEK 1: June 1–5
Animal Madness

WEEK 2: June 8–12
The Sound of Music

WEEK 3: June 15–19
Waterworld

WEEK 4: June 22–26
Celebrate!

WEEK 5: June 29–July 3
Holiday Fun!

WEEK 6: July 6–10
World Tour

WEEK 7: July 13–17
Weird Science

WEEK 8: July 20–24
Olympics

WEEK 9: July 27–31
Super Hero Universe

WEEK 10: August 3–7
Grand Finale

Full-Day Camps

A full day camp with the YMCA of Springfield starts as early as 7 AM, with pick up as a late as 6 PM. We program activities from 9 AM to 4 PM. Each week campers will spend time in a pool, participate in group games, crafts, and STEM activities. Each week will also showcase either a field trip, special guest or unique event. Specifics will be available to parents at our kickoff on May 16. Full day camps are located at Kerasotes YMCA, Rochester Elementary, and our Wa-Kon-Tah campground. These camps are available for campers ages 5–12, with a Junior Counselor program at each site.

All campers will be divided into the following groups to engage in age-appropriate activities:

Trainees: Ages 5–6
Apprentices: Ages 7–8
Cadets: Ages 9–10
Heroes: Ages 11–12
Explorer Camps

Explorer Camps are intended for campers and parents looking for more depth. These camps are designed for smaller groups of children and have a strong educational basis, focusing on hands-on experiences and life skills development. Explorers will travel outside of the YMCA at least three times a week and participate in activities reserved for this dedicated group. As with our full day camps, parents are welcome to drop off as early as 7 AM and pick up as late as 6 PM. Explorer Camps will operate out of the Downtown YMCA.

Gymnastics Camps

Gymnastics campers will work on all events: floor, bars, beam, vault and springboard in the YMCA’s gymnastic gymnasium complete with spring floor. Gymnasts will be placed in skill groups. This all-day camp has many other activities including games, swimming, art projects, pizza parties on Fridays and more. This is a party group so be ready for dress up days and themes.
Half-Day Camps

A half day sports camp with the YMCA of Springfield begins at 9 AM and concludes at noon. Fitness camps begin at 1 PM and conclude at 4 PM. Camp activities will cultivate teamwork, sportsmanship, positive leadership and technical sport skills. Half day camps are located at the Downtown Y, Kerasotes and Southern View Park. Ages for these camps vary. Please refer to page 18 for more details.

WEEKLY THEMES

WEEK 2: June 8–12
Soccer

WEEK 3: June 15–19
Youth Sports Conditioning

WEEK 4: June 22–26
Kids Strength Training
Basketball Camp

WEEK 6: July 6–10
Volleyball

WEEK 7: July 13–17
Youth Sports Conditioning

WEEK 8: July 20–24
Soccer

IMPORTANT INFORMATION

1. Bring water bottle daily.
2. Wear comfortable clothes and closed toed shoes.

For more information contact:

Tim Huseman
thuseman@springfieldymca.org
for soccer & basketball camps

Ashleigh Roscetti
aroscetti@springfieldymca.org
for volleyball camp

Cindy Jordan
cjordan@springfieldymca.org
for fitness camps
## CAMPS AT A GLANCE

### FULL DAY SUMMER CAMPS

<table>
<thead>
<tr>
<th>CAMP DATES</th>
<th>Week 1 6/1-6/5</th>
<th>Week 2 6/8-6/12</th>
<th>Week 3 6/15-6/19</th>
<th>Week 4 6/22-6/26</th>
<th>Week 5 6/29-7/3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kerasotes, Rochester &amp; Wa-Kon-Tah</strong>&lt;br&gt;$130 / $180</td>
<td>Animal Madness</td>
<td>Sound of Music</td>
<td>Waterworld</td>
<td>Celebrate!</td>
<td>Holiday Fun!</td>
</tr>
<tr>
<td><strong>Explorer</strong>&lt;br&gt;(Downtown YMCA)&lt;br&gt;$200 / $245</td>
<td>Top Chef International</td>
<td>Top Chef International</td>
<td>Young Flyers</td>
<td>Young Flyers</td>
<td>The Great Outdoors</td>
</tr>
<tr>
<td><strong>Gymnastics</strong>&lt;br&gt;$175 / $200</td>
<td>Olympics</td>
<td></td>
<td>Disney</td>
<td></td>
<td>Holiday Mash-Up</td>
</tr>
</tbody>
</table>

All full-day options include early drop off & late pick-up

### HALF-DAY SUMMER CAMPS

<table>
<thead>
<tr>
<th>CAMP DATES</th>
<th>Week 1 6/1-6/5</th>
<th>Week 2 6/8-6/12</th>
<th>Week 3 6/15-6/19</th>
<th>Week 4 6/22-6/26</th>
<th>Week 5 6/29-7/3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sports</strong>&lt;br&gt;$75 / $95</td>
<td></td>
<td>Soccer</td>
<td></td>
<td>Basketball</td>
<td></td>
</tr>
<tr>
<td><strong>Fitness</strong>&lt;br&gt;$75 / $95</td>
<td></td>
<td></td>
<td>Y-Sports</td>
<td>K-Strong</td>
<td></td>
</tr>
</tbody>
</table>
# MMER CAMPS

## Half-Day Summer Camps

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Sports</th>
<th>Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>6/1-6/5</td>
<td>Soccer</td>
<td>Y-Sports</td>
</tr>
<tr>
<td>Week 2</td>
<td>6/8-6/12</td>
<td>Basketball</td>
<td>K-Strong</td>
</tr>
<tr>
<td>Week 3</td>
<td>6/15-6/19</td>
<td>Volleyball</td>
<td>Y-Sports</td>
</tr>
<tr>
<td>Week 4</td>
<td>6/22-6/26</td>
<td>Soccer</td>
<td>Y-Sports</td>
</tr>
<tr>
<td>Week 5</td>
<td>6/29-7/3</td>
<td>Fitness</td>
<td>K-Strong</td>
</tr>
<tr>
<td>Week 6</td>
<td>7/6-7/10</td>
<td>Fitness</td>
<td>Y-Sports</td>
</tr>
<tr>
<td>Week 7</td>
<td>7/13-7/17</td>
<td>Fitness</td>
<td>Y-Sports</td>
</tr>
<tr>
<td>Week 8</td>
<td>7/20-7/24</td>
<td>Fitness</td>
<td>Y-Sports</td>
</tr>
<tr>
<td>Week 9</td>
<td>7/27-7/31</td>
<td>Fitness</td>
<td>Y-Sports</td>
</tr>
<tr>
<td>Week 10</td>
<td>8/3-8/7</td>
<td>Fitness</td>
<td>Y-Sports</td>
</tr>
</tbody>
</table>

## Full Day Summer Camps

| Week       | Dates     | Options                          |
|------------|-----------|                                 |
| Week 1     | 6/1-6/5   | World Tour, Kerasotes, Rochester, Wa-Kon-Tah |
| Week 2     | 6/8-6/12  | Animal Madness, Sound of Music, Waterworld, Celebrate! |
| Week 3     | 6/15-6/19 | Olympic Week, Holiday Fun! |
| Week 4     | 6/22-6/26 | Weird Science, OLYMPICS, Super Hero, Grand Finale |
| Week 5     | 6/29-7/3  | Explorer, Downtown YMCA |
| Week 6     | 7/6-7/10  | Top Chef International, Top Chef International, Young Flyers, Young Flyers, The Great Outdoors, Nailed It! |
| Week 7     | 7/13-7/17 | Hawaiian Luau, Olympic Week |
| Week 8     | 7/20-7/24 | Hawaiian Luau, Olympic Week |
| Week 9     | 7/27-7/31 | Hawaiian Luau, Olympic Week |
| Week 10    | 8/3-8/7   | Hawaiian Luau, Olympic Week |

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**Note:** All full-day options include early drop off & late pick-up.
WEEKLY THEMES

**WEEK 1 & 2: Top Chef International**
We are excited to bring back the popular Top Chef camp in Summer 2020. This year we will focus on cuisine from Italy, Chile, China, France and Greece. Week 1 will focus on savory dishes and week 2 will be on the sweeter side of things.

**WEEK 3 & 4: Young Flyers**
Sign up for this camp for two weeks of high-flying fun. This camp will explore all things aviation. Week 1 will focus on airplanes both commercial and military. Week 2 will take flight to the great beyond. Space!
EXPLORER CAMPS

IMPORTANT INFORMATION

1. Bring a snack, water bottle, swimsuit, and towel.
2. Explorer camps are at the Downtown YMCA only.
3. Care is provided from 7 AM-6 PM.
4. Breakfast and lunch are provided.

EXPLORER CAMPS SCHEDULE

Information & Schedules

WEEK 5: The Great Outdoors
This one-week camp will teach outdoor skills and safety. Your camper will be immersed in the outdoor world. Special guests will be visiting and teaching the kids safety and fun in simulated camping trips.

WEEK 6 & 7: Nailed It!
Explorers will learn the art of building and construction, specifically, carpentry. Special guests will be teaching tool identification, safety and hands-on building.

WEEK 8, 9, & 10: Center Stage
The YMCA of Springfield is cordially inviting you to take part in our Summer 2020 theater camp. Explorers will be performing and producing an abridged version of Aesop’s Fables. All of the practicing and hard work will lead up to the big show for parents and YMCA staff the final day of camp.

Explorer camp schedules are unique to each week of camp. Activities are programmed to saturate campers in the themes and detailed schedules will be available for parents on May 16.

Explorer Camp Fees
Members, $200/week
Public, $245/week

Questions Prior to May 1 Contact:
Rebecca Graves
rgraves@springfieldymca.org

Questions After May 1 Contact:
Camp Desk
camp@springfieldymca.org
GYMNASTICS

DOWNTOWN YMCA
701 South 4th Street
Springfield, IL 62703
217-544-9846

WEEKLY THEMES
WEEK 1: June 1–5
Superheroes
WEEK 3: June 15–19
Disney
WEEK 5: June 29–July 3
Holiday Mash-Up
WEEK 7: July 13–17
Hawaiian Luau
WEEK 9: July 27–31
Olympic Week

IMPORTANT INFORMATION
1. Bring a snack, water bottle, swimsuit, and flip flops.
2. Wear clothes you can move in. No jeans.
3. Gymnastics is at the Downtown YMCA only.
4. Care is provided from 7 AM–6 PM.
5. Breakfast and lunch are provided.
GYMNASTICS SCHEDULE

7:00–9:00 AM
CHECK IN – YOUTH LOBBY

9:00–9:30 AM
CHECK IN – GYMNASTICS GYM
STRETCH/ WARM-UP

9:30–10:30 AM
FIRST GYMNASTICS ROTATION

10:30–11:30 AM
SECOND GYMNASTICS ROTATION

11:30 AM– 12:00 PM
BATHROOM BREAK/ GAME

12:00–12:30 PM
LUNCH BREAK & ACTIVITIES

12:30–1:15 PM
THIRD GYMNASTICS ROTATION

1:15–2:00 PM
FOURTH GYMNASTICS ROTATION

2:00–3:00 PM
SWIMMING

3:00–4:00 PM
OBSTACLE COURSE/ SNACK

4:00–6:00 PM
CHECK OUT

Gymnastics Fees
Members, $175/week
Public, $200/week

Questions Contact:
Megan Edwards
medwards@springfieldymca.org
KERASOTES CAMPS:
Information & Schedules

KERASOTES YMCA
4550 W. Iles
Springfield, IL 62711
217-679-1625

KERASOTES
IMPORTANT INFORMATION

1. Bring a lunch, snack, and water bottle daily.
2. Bring swimsuit, towel, and bag for wet clothes on Monday, Wednesday, and Friday.
3. Closed-toed shoes only.

Special Highlights
3 days a week in the pool
Lunch at the park
New outdoor play space

KERASOTES SCHEDULE

7:00-9:00 AM SIGN-IN / FREE PLAY
9:00-10:00 AM ORIENTATION / SMALL GROUP ACTIVITY
10:00-10:45 AM GROUP GAME
10:45-11:15 AM GROUP CRAFT
11:15 AM- 12:30 PM LUNCH / PLAY AT PARK
12:30-1:00 PM CHANGE FOR POOL
1:00-3:00 PM POOL (MWF)
SMALL GROUP ACTIVITY (TH)
3:00-4:00 PM GROUP GAME
4:00-6:00 PM SIGN-OUT / FREE TIME

Members, $130/week • Public, $180/week
# Rochester CAMPS: Information & Schedules

**ROCHESTER ELEMENTARY**  
456 Education Avenue  
Rochester, IL 62563  
217-553-9342

## ROCHESTER IMPORTANT INFORMATION

1. Bring a lunch, snack, and water bottle daily.  
2. Bring swimsuit, towel, and bag for wet clothes on Wednesday.  
3. Closed-toed shoes only.

## Special Highlights
- Ice deli visits (optional cost not included in registration)
- Walks to the park
- Dedicated building for campers

## Rochester Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-9:00 AM</td>
<td>SIGN-IN / FREE PLAY</td>
</tr>
<tr>
<td>9:00-10:00 AM</td>
<td>ORIENTATION / SMALL GROUP ACTIVITY</td>
</tr>
<tr>
<td>10:00-10:45 AM</td>
<td>GROUP GAMES</td>
</tr>
<tr>
<td>10:45-11:15 AM</td>
<td>GROUP CRAFT</td>
</tr>
<tr>
<td>11:30 AM- 12:15 PM</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12:30-1:15 PM</td>
<td>GROUP STEM</td>
</tr>
<tr>
<td>1:30-2:15 PM</td>
<td>GROUP GAME</td>
</tr>
<tr>
<td>2:30-3:30 PM</td>
<td>SMALL GROUP ACTIVITY</td>
</tr>
<tr>
<td>3:30-4:00 PM</td>
<td>CLEAN UP / PACK-UP</td>
</tr>
<tr>
<td>4:00-6:00 PM</td>
<td>SIGN-OUT / FREE TIME</td>
</tr>
</tbody>
</table>

Members, $130/week • Public, $180/week

Swim at Kerasotes one day a week
Wa-Kon-Tah campers will remain at the campground and will not share time at the Downtown YMCA. We have partnered with Lake Springfield Baptist Camp in Chatham for weekly pool times. Bus transportation will still be provided to and from camp, but children will need to be dropped off prior to 7:45 AM.

**Swim Time**
Wa-Kon-Tah campers will remain at the campground and will not share time at the Downtown YMCA. We have partnered with Lake Springfield Baptist Camp in Chatham for weekly pool times. Bus transportation will still be provided to and from camp, but children will need to be dropped off prior to 7:45 AM.

**Swim Monday, Wednesday, & Friday**

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**Wa-Kon-Tah Schedule**

- **7:00-9:00 AM**
  - Sign-in / Free Time

- **9:00-9:30 AM**
  - Opening Ceremony / Stations

- **9:30-10:15 AM**
  - Station 1

- **10:30-11:15 AM**
  - Station 2

- **11:30 AM- 12:15 PM**
  - Lunch

- **12:30-1:15 PM**
  - Station 3

- **1:30-2:15 PM**
  - Station 4

- **2:30-3:30 PM**
  - Campers Choice / Group Sport

- **3:30-4:00 PM**
  - Clean Up / Pack-Up

- **4:00-6:00 PM**
  - Sign-Out / Free Time

- **4:15 PM**
  - Bus Loads for Downtown Drop-Off

---

**Wa-Kon-Tah Important Information**

1. Bring a snack and water bottle daily.
2. Due to water play and pool schedule, we recommend suits, towels and bag for wet clothes daily.
3. Closed-toed shoes only.
4. Downtown Y drop-off option: We can provide bus transportation to and from Camp Wa-Kon-Tah for 50 children. $5 fee applies per week per child.
Camp Wa-Kon-Tah is a very traditional camping experience. Campers spend the majority of their time outdoors. Please dress campers in clothes appropriate for outdoor play and warm summer days. Camp stations include canoeing, archery, bb gun range, log course, trails, group sports, and of course, arts and crafts in the lodge.

Meals Provided by the Central Illinois Foodbank
We are pleased to continue our partnership with the Central Illinois Foodbank. The Foodbank is a sponsor of the Summer Food Program, administered by the Illinois State Board of Education, which allows the YMCA to provide daily sack breakfasts, hot lunches on non-field trip days, and sack lunches on field trip days at no cost to our participants. If your child has special dietary needs please provide them with a sack lunch.

FINAL COUNTDOWN
The Downtown YMCA is able to provide care the final week before school for a limited number of children. This week operates during normal camp hours (7 AM-6 PM) within the Downtown YMCA only. Activities are planned ranging from arts & crafts to group games. Children will spend time in the pool everyday, so don’t forget swimsuit and towel.

Members, $130/week • Public, $180/week
**Sports & Fitness Information & Schedules**

Half-Day Fees:
- Members, $75/week
- Public, $95/week

**WEEK 2: June 8–12**
**Soccer • 9 AM–12 PM • MTW**
**Southern View Park, Ages 8–12**
Players are taught how to pass, trap, dribble and shoot. Skills are conducted in groups and teams with drills, contests, and scrimmages running each and everyday. College and local high school soccer players instruct campers. Younger campers learn the fundamentals, and our more experienced campers learn the game situations and tactics to be successful.

**WEEK 2: June 8–12**
**Basketball Camp • 9 AM–12 PM • MTW**
**Downtown, Ages 8–12**
Players will learn the fundamentals of basketball such as passing, dribbling, and shooting from the best coaches. Contests will be held during this fun, exciting yet competitive camp.

**WEEK 3: June 15–19**
**Youth Sports Conditioning • 1–4 PM**
**Kerasotes, Ages 10–14**
Calling all athletes! Want to increase your speed, strength, coordination, agility and overall fitness level? This camp is the one for you. Take endurance and strength to a new level. Sport conditioning helps reduce injuries and gives athletes a foundation to handle joint and muscle stress.

**WEEK 4: June 22–26**
**Kids Strength Training • 1–4 PM**
**Downtown, Ages 12–15**
In strength training for pre-teens, the most important issue is using the proper techniques. Our certified trainers are knowledgeable in exercising for lean muscles and using bodyweight exercises like crunches, squats and jumps to build strength. Trainers will introduce age-appropriate equipment like IntroFit Kettlebells, resistance bands, glider disks, hand weights, stability balls and more. But the key to youth fitness is fun, so we will include games, challenges, races and lots of music!

**WEEK 6: July 6–10**
**Volleyball • 9 AM–12 PM**
**Downtown, Ages 8–14**
This half-day camp will focus on volleyball skills, conditioning, and games. Players will be taught to serve, pass, set and spike. In addition to these core skills, time will be spent on other aspects of sports conditioning.

**WEEK 7: July 13–17**
**Youth Sports Conditioning • 1–4 PM**
**Kerasotes, Ages 10–14**
Calling all athletes! Want to increase your speed, strength, coordination, agility and overall fitness level? This camp is the one for you. Take endurance and strength to a new level. Sport conditioning helps reduce injuries and gives athletes a foundation to handle joint and muscle stress.

**WEEK 8: July 20–24**
**Soccer • 9 AM–12 PM • MTW**
**Southern View Park, Ages 5–8**
Players are taught how to pass, trap, dribble and shoot. Skills are conducted in groups and teams with drills, contests, and scrimmages running each and everyday. College and local high school soccer players instruct campers. Younger campers learn the fundamentals, and our more experienced campers learn the game situations and tactics to be successful.
The Junior Counselor (JuCo) Program is for teenagers, ages 13–15, who are great working with kids, have a positive attitude, and possess leadership skills. This program is designed to train teenagers to become camp counselors. The expectations of a JuCo are that they are responsible for helping provide a quality camp experience while role modeling the YMCA values of Caring, Honesty, Respect, and Responsibility.

Application to our Junior Counselor Program is available to anyone ages 13-15. The JuCo Program requires an application, interview, and $50 registration fee. There are openings for junior counselors at all full day sites. Once accepted, a junior counselor will undergo the same training as our camp counselors and attend camp free of charge. Pick up an application at front desk or online. Deadline May 1. Applicants not accepted will receive a refund.

WHAT IS THE JUCO PROGRAM?

DUTIES AND RESPONSIBILITIES

- Attend JuCo and staff training prior to opening of camp and any in-service training throughout the program.
- Assist in all planned activities within assigned group.
- Maintain program area in a clean and neat manner.
- Communicate any problems or questions to Camp Director.
- Actively participate in all of the camp activities.
- Follow all the appropriate guidelines established by the YMCA.
- Be alert at all times, keeping in mind the importance of safety of the program participants.
- Develop a good working relationship with campers, parents and the YMCA staff.
- Follow the dress code.
- Other duties as assigned.

HOW TO APPLY

Application to our Junior Counselor Program is available to anyone ages 13–15. The JuCo Program requires an application, interview, and $50 registration fee. There are openings for junior counselors at all full day sites. Once accepted, a junior counselor will undergo the same training as our camp counselors and attend camp free of charge. Pick up an application at front desk or online. Deadline May 1. Applicants not accepted will receive a refund.
CONTACT INFORMATION

FULL-DAY & EXPLORER CAMPS
For information on Full-Day and Explorer Camps prior to May 1, contact Rebecca Graves. After May 1, contact camp desk at camp@springfieldymca.org
Rebecca Graves
rgraves@springfieldymca.org

GYMNASTICS CAMPS
Megan Edwards
medwards@springfieldymca.org

HALF-DAY CAMPS (Sports & Fitness)
Tim Huseman
thuseman@springfieldymca.org
for soccer & basketball camps
Ashleigh Roscetti
aroscetti@springfieldymca.org
for volleyball camp
Cindy Jordan
cjordan@springfieldymca.org
for fitness camps

VOLUNTEERS NEEDED
Join us in giving back. The YMCA of Springfield is asking you to take a stand and help make a difference. Volunteers are always needed to help tutor, serve meals, and provide a positive experience for the children. If you are interested, please contact Rebecca Graves at rgraves@springfieldymca.org.