



CAMP -AT-A- GLANCE

CARL E. SANDERS FAMILY YMCA AT BUCKHEAD

Welcome to camp! Our camps are designed to make summer fun, exciting, and safe while focusing on the Y's values of caring, honesty, respect and responsibility.

2025 CAMP DESCRIPTIONS

Pre-Camp: 7:00am – 9:00am • Camp Hours: 9:00am – 4:00pm • Post-Camp: 4:00pm–6:00pm

PRE-SCHOOL CAMP 9AM – 1PM

Pre-school camp is a four hour camp M-F, for our preschoolers where they will engage in similar activities of traditional camp– but modified for their age! 9am–1pm.

PRE-SCHOOL SPECIALITY CAMP – BASKETBALL/DANCE 10AM – 11AM

During preschool speciality, our minis will be able to participate in a speciality basketball/dance led by our instructor. 1 hour per day.

TRADITIONAL CAMP – EXPLORERS/VOYAGERS/PATHFINDERS 9AM – 4PM

Campers in traditional camp will engage in various indoor/outdoor activities and games, outdoor swimming, arts and crafts. Camp will also have weekly themes and some activities will match these themes!

HALF DAY CAMP ADD ON – AM/PM

Half Day Camp add on is an option for kids to join in on the remainder of the traditional day camp activities, after finishing the morning activities from their specific half day camp! 7am–12:30pm; 12:30pm–6:30pm.

SPORTS CAMP – FLAG FOOTBALL 9AM – 12PM

Athletes can enhance their skill set and acquire knowledge by attending Flag Football Camp. Our qualified Y flag football coaches will work on eight different skills, each day concentrating on two of them. These abilities include: throwing, catching, route running, flag pulling, defense, game rules, ball running, and three-step drops. The age distribution of participants in each group will determine how each skill set training is modified.

SPORTS CAMP – SOCCER 9AM – 12PM

Soccer Camp is a great way for athletes to gain knowledge and develop their skill set. Each week our Y soccer coaches will target train 8 various skills, focusing on 2 skills each day. These skills will include: goalie training, dribbling, passing, ball control, cone drills, footwork, shooting, and striking. Each skill set training will be adjusted, depending on the age of participants in each group.

SPORTS CAMP – BASKETBALL 9AM – 12PM

Basketball Camp is a great way for athletes to gain knowledge and develop their skill set. Each day our qualified Y basketball coaches will target train 8 various skills, focusing on 2 skills each day. These skills will include: shooting techniques, dribbling, layups, free-throws, passing methods, defensive skill training, up the court transitions and rebounding. Each skillset training will be adjusted, depending on the age of participants in each group.

SPORTS CAMP – TENNIS 9AM – 12PM

Classic Tennis camp is great for beginner or intermediate tennis players. This camp incorporates teaching styles and equipment used on standard courts as well with the UTSA 10 & under initiative. On-court sessions are taught by our USPTA/USPTR certified professionals.

SPECIALTY CAMP – SWIM TEAM 1PM – 4PM

This camp is designed for more intermediate/advanced swimmers. They will work on stroke development and preparing them for potential swim team competition. Campers will get outside pool swim time as well.

SPECIALTY CAMP – SAFETY SWIM 1PM – 4PM

This camp is designed to encourage beginning swimmers to feel more comfortable in the water. It will use instruction, games, and play time to build self-confidence, endurance and skill. Campers will also participate in the outdoor pool as well as a variety of other YMCA activities.

SPECIALTY CAMP – YOUTH & GOVERNMENT 9AM – 4PM

In Youth and Government Club, teens will take a trip to the local court house and participate in the Bang the Gavel lunch and learn program. Campers will also learn about the importance of advocacy, research and review current events and debate.

SPECIALTY CAMP – CONTENT CREATOR 9AM – 4PM

In content creator club, campers will become Y journalist, seeking Y stories, recording videos and publishing news stories.

SPECIALTY CAMP – TEEN COUNSELOR IN TRAINING 9AM – 4PM

Teens will develop leadership skills during camp through helping lead activities with younger campers, and job shadowing.

SPECIALTY CAMP – ART 1PM – 4PM

With the help of our art counselor, Y campers will develop art skills in basic shaping, lines, proportions, imagery, one and two- point perspective and more.

SPECIALTY CAMP – CHEER 1PM – 4PM

Campers will learn tumbling techniques, followed by the choreography of a cheer routine and stunting techniques.

SPORTS – ESPORTS 1PM – 4PM

With the guidance of an esports counselor, campers will learn to play a variety of video games, build friendships, and develop healthy habits through group discussions and activities. Video games are restricted to games rated E for everyone or E10+ for everyone ages 10 and up.

SPORTS – PICKLEBALL 1PM – 4PM

Come enjoy the sport that is sweeping the nation and continues to grow at a pace no one has seen before. The game of Pickleball is a combination of tennis and paddle on a shorter court. This program is taught by certified Pickleball instructors and we offer a chance to understand the rules, stroke development, and the score keeping for the game. We have a fully comprehensive program for any player beginner to advance to help them continue to improve their game.

SPECIALTY CAMP – STEAM 9AM – 12PM

Campers participate in a variety of engaging activities that focus on STEAM elements: Science, Technology, Engineering, Art, and Math. Some activities include but are not limited to: basic coding, intro to 3D modeling, and group building projects.

SPECIALTY CAMP – RAQUET 9AM – 4PM

The Full-Day Racquet Sports Camp offers participants a full day of tennis and pickleball lessons. In the morning, campers receive up to 3 hours of tennis instruction, focusing on fundamental skills and receiving personalized coaching. After a lunch break, participants switch to pickleball, learning the rules, strategies, and techniques specific to the sport, all instructed by our certified pros.

Questions?

Contact: Cydni White at CydniW@ymcaatlanta.org or Eva Moffat, Program Registrar, EvaM@ymcaatlanta.org.

Register in person at the Y or online at ymcaatlanta.org/summer-camp.

Financial Assistance is available.

Visit ymcaatlanta.org/financial-assistance to apply by April 15, 2025.

If you would like to donate to help send a child to camp, visit ymcaatlanta.org/give.

