



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS SUMMER!
AGES 10-12

JAMES FISHER YMCA

YOUTH WELLNESS FOUNDATIONS

PROGRAM



PREPARING YOUTH FOR
THE NEXT PHASE OF LIFE—
SETTING THEM IN THE
RIGHT DIRECTION.

FOCUSING ON THE WELLBEING OF MIND, BODY AND SPIRIT.



MIND

Build confidence,
develop skills,
and strengthen
mental wellness.



BODY

Stay active, learn
healthy habits, and
build a strong
foundation for life.



SPIRIT

Cultivate character,
find your purpose,
and grow from the
inside out.

INSPIRING, ACTIVE. ENRICHING.
A SUMMER THEY'LL NEVER FORGET.



POOL
TIME



TAI
CHI



BALLROOM
DANCING



FITNESS
& GAMES



AND
MORE!

THEY'LL LEARN:

- ✓ ACCOUNTABILITY
- ✓ LEADERSHIP SKILLS
- ✓ NUTRITION
- ✓ FITNESS
- ✓ CONFIDENCE
- ✓ TEAMWORK
- ✓ AND MORE!

GROW TODAY.
LEAD TOMORROW.
THRIVE FOREVER.



WEEKLY SESSIONS

JUNE 1 - JULY 30
MON-THUR | 8AM-3PM



SAFE ENVIRONMENT.
SUPPORTIVE STAFF.
LASTING IMPACT.

REGISTER AT THE FRONT DESK

SPACE IS LIMITED - SIGN UP TODAY!
FINANCIAL AID AVAILABLE

PROGRAM DETAILS

Participants in the Youth Wellness Foundations Program will experience a purposeful blend of personal growth, movement, and meaningful connection throughout the summer. Designed to prepare youth ages 10–12 for the next phase of life, this program goes beyond the traditional summer camp experience by helping participants build confidence, accountability, leadership skills, and healthy habits for mind, body, and spirit.

While the program is rooted in wellness and development, youth will still enjoy an engaging and active summer filled with enriching experiences including swimming, Tai Chi, ballroom dance, yoga, fitness training, team-building activities, games, nature exploration, and more — all within a supportive and encouraging environment designed to help them grow, lead, and thrive.

Youth will also have opportunities to participate in field trips (details will be announced). Parents will receive a weekly email newsletter with information about trip locations and costs at least one week in advance. Please make sure you have a current email address on file to receive these updates.

Youth Wellness Foundations Program Ages: 10 – 12 Years Old

Weekly Sessions: Monday – Thursday (No Program on Fridays, Saturdays, or Sundays)

Program Hours: 8:30am - 3:00pm (drop off 8am, pickup 3pm)

PROGRAM FEES

Registration Fee: \$50 per child (one-time fee)

Weekly Session Fee: \$150 for Members / \$200 for Non-Member

The first two weeks of our Youth Wellness Foundations Program, along with the registration fee, are due at the time of registration. All remaining payments will be scheduled in two-weeks increments and drafted one week in advance.

PROGRAM COMMUNICATION

Please watch for our Weekly Newsletter email each Friday, which will help to prepare for the upcoming week of planned activities. This Newsletter is our primary way of sharing important information, including schedules, weekly themes, and reminders.

When registering, be sure to provide a current email address so you can stay informed about program updates. We may occasionally send reminder memos during pickup.

WHAT TO BRING & HEALTHY HABITS

Please send your child each day with a labeled backpack containing a water bottle (provided), healthy snack, packed lunch, sunscreen (non-aerosol), DEET – FREE bug spray, comfortable walking shoes, bathing suit, towel, and plastic bag for wet clothes. (Days for pool activity will be announced in advance).

Youth will participate daily in physical activities, so please ensure they are dressed to be active. We encourage packing a healthy lunch with protein, whole grains, fresh fruits, vegetables, and water or 100% juice to support a healthy lifestyle.

NUT-FREE POLICY: For the safety of all children, peanuts and all other nuts, as well as food containing nuts, are not permitted due to severe allergies. Thank you for your cooperation.

Please note: The YMCA is not responsible for lost or stolen electronics, money, or personal items.

JUICE BAR

Our Juice Bar will be a highlight for our program participants, as they will have the opportunity to have a juice named after their program and will also participate in a small preparation activity for their own juice to be made. This concept comes to bring engagement, awareness, and an educational structure to aid in youth understanding the value of healthy eating and drinking habits.

REGISTRATION INFORMATION

You can register in person at the James Fisher YMCA facility. There will be no online registration. If you are unable to register in person, you may call our main phone line at 843-547-1270 to attempt registration; however, priority will be given to those who register in person.

FINANCIAL ASSISTANCE

Financial assistance is available for a limited number of individuals, based on available funding. We encourage you to submit your application as soon as possible. Applications can be picked up at the front desk or downloaded from our website at:

<https://www.beaufort-jaspersymca.org/financial-assistance>

If you have any questions about financial assistance, please contact Coach Moss at:
g.moss@jamesfisherymca.org

PAYMENT INFORMATION

All payments are processed through a pre-authorized credit card draft. You may select your preferred draft date; however, it must be scheduled at least 7 days before the start of each Weekly session. After the initial registration, no payments will be accepted at the front desk – NO EXCEPTIONS. If you prefer not to keep a card on file, you may pay the full program balance in advance either at the front desk or online.

CHANGES

A \$50 change fee will apply per child, per session, for any camp adjustment. All changes must be requested 10 days before the start of the weekly session.

CANCELLATIONS

A \$50 cancellation fee will apply per child, per weekly session. All cancellations must be submitted at least 10 days before the start of the weekly session and requires completion of a cancellation form at the YMCA front desk. Please note that no refunds or credits will be issued for registered sessions that are not attended.

WELLNESS FOUNDATIONS PROGRAM BEHAVIOR MANAGEMENT GUIDELINES

It is the YMCA's goal to provide a healthy, safe and secure environment for all program participants. Children who attend the program are expected to follow the behavior on the YMCA's four core values and to interact appropriately in a group setting.

Behavior Guidelines:

- *We will **care** for **ourselves and for those around us**.
- *Honesty will be the basis for **all relationships and interactions**.
- *We are **responsible** are responsible for our actions.
- *We **respect** each other and the environment.

When a child does not follow the behavior guidelines, we will take the following steps:

1. Staff will redirect the child to more appropriate behavior.
2. The child will be reminded of the behavior guidelines and rules, and a discussion will take place.
3. If the behavior persists, a parent or guardian will be notified of the problem.
4. The staff will document the situation. This written documentation "Disciplinary Report" will include what the behavior problem is, what provoked the problem, and the corrective action taken.
5. Staff will follow up with a parent or guardian for progress check.
6. If the problem persists, the Wellness & Sports Director will be notified and will schedule a conference with a parent or guardian, child and staff. Documentations and notes can be reviewed.
7. If a child's behavior at any time threatens the immediate safety of that child, other children or staff, the parent/guardian may be notified and expected to pick up the child immediately.
8. If a problem persists and the child continues to disrupt the program, the YMCA reserves the right to suspend or expel the child from the program.

WELLNESS FOUNDATIONS PROGRAM BEHAVIOR MANAGEMENT GUIDELINES

The following behaviors are not acceptable and may result in an immediate expulsion for the remainder of the current day and the next 3–5 days:

- *Endangering the health and safety of the children or staff, members, and volunteers.
- *Stealing or damaging YMCA or personal property
- *Acting in a lewd manner.
- *Leaving the program without permission
- *Continually disrupting the program.
- *Refusing to follow the behavior guidelines or program rules.

If any of these behaviors persist, the Wellness & Sports Director may suspend the child a second time before expulsion. Immediate expulsion may occur if a child is in possession of or using, tobacco, alcohol, illegal drugs, firecrackers, firearms, or explosives.

I have reviewed the Behavioral Management Guidelines. I understand and agree to all the terms presented in this document.

Parent/Guardian Signature

Date



WEEK 1 | June 1 – June 4

MONDAY STUDIO + ORIENTATION	TUESDAY POOL DAY	WEDNESDAY FITNESS + DANCE	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Check-In + Teams	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 9:45AM Program Overview	9:00AM – 11:15AM Pool Activities	9:00AM – 11:15AM Fitness Circuit	9:00AM – 9:30AM Travel
9:45AM – 11:15AM Studio Circuit			9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
11:15AM – 11:30AM Hydrate	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	10:00AM – 12:00PM Community Event
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:00PM Facility Tour	12:15PM – 1:00PM Juice Bar	12:15PM – 1:15PM Ballroom Dance	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:00PM – 2:00PM Team Building	1:00PM – 2:00PM Outdoor Activities	1:15PM – 2:15PM Agility	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:00PM – 3:00PM Reflection	2:00PM – 3:00PM Chill	2:15PM – 3:00PM Team Challenge	2:00PM – 3:00PM Group Discussion



WEEK 2 | June 8 – June 11

MONDAY STRENGTH + TIE-DYE	TUESDAY POOL + RECOVERY	WEDNESDAY SPIN + SPEAKER	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 11:15AM Circuit Training	9:00AM – 11:15AM Pool Activities	9:00AM – 10:15AM Spin Room	9:00AM – 9:30AM Travel
		10:15AM – 11:15AM Fitness	9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	10:00AM – 12:00PM Community Event
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:30PM Tie-Dye	12:15PM – 1:00PM Juice Bar	12:15PM – 1:00PM Guest Speaker	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:30PM – 2:30PM Team Activities	1:00PM – 2:00PM Outdoor Activities	1:00PM – 2:00PM Ballroom Dance	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:30PM – 3:00PM Clean-Up	2:00PM – 3:00PM Chill	2:00PM – 3:00PM Reflection	2:00PM – 3:00PM Group Discussion



WEEK 3 | June 15 – June 18

MONDAY STRENGTH + NUTRITION	TUESDAY POOL COMPETITION	WEDNESDAY TAI CHI + ICE CREAM	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 11:15AM Strength Circuit	9:00AM – 11:15AM Pool Competition	9:00AM – 11:15AM Fitness Circuit	9:00AM – 9:30AM Travel
			9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
			10:00AM – 12:00PM Community Event
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:00PM Nutrition Talk	12:15PM – 1:00PM Juice Bar	12:15PM – 1:00PM Tai Chi	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:00PM – 2:00PM Team Building	1:00PM – 2:00PM Outdoor Activities	1:00PM – 2:00PM Ballroom Dance	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:00PM – 3:00PM Strategy Games	2:00PM – 3:00PM Chill	2:00PM – 3:00PM Ice Cream Social	2:00PM – 3:00PM Group Discussion



WEEK 4 | June 22 – June 25

MONDAY ADVANCED CIRCUIT	TUESDAY POOL GAMES	WEDNESDAY FITNESS + BBQ	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 11:15AM Advanced Training	9:00AM – 11:15AM Pool Games	9:00AM – 11:15AM Fitness Challenge	9:00AM – 9:30AM Travel
			9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
			10:00AM – 12:00PM Community Event
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:15PM Team Challenges	12:15PM – 1:00PM Juice Bar	12:15PM – 1:00PM Ballroom Dance	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:15PM – 2:15PM Strategy Games	1:00PM – 2:00PM Outdoor Activities	1:00PM – 2:00PM BBQ	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:15PM – 3:00PM Wrap-Up	2:00PM – 3:00PM Chill	2:00PM – 3:00PM Wrap-Up	2:00PM – 3:00PM Group Discussion



WEEK 5 | June 29 – July 2

MONDAY STRENGTH RESET	TUESDAY POOL SKILLS	WEDNESDAY SPIN + DANCE	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 11:15AM Circuit Training	9:00AM – 11:15AM Pool Skills & Drills	9:00AM – 10:15AM Spin Room	9:00AM – 9:30AM Travel
		10:15AM – 11:15AM Fitness Circuit	9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	10:00AM – 12:00PM Community Event
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:00PM Goal Setting	12:15PM – 1:00PM Juice Bar	12:15PM – 1:15PM Ballroom Dance	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:00PM – 2:00PM Team Challenges	1:00PM – 2:00PM Outdoor Activities	1:15PM – 2:15PM Agility	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:00PM – 3:00PM Reflection	2:00PM – 3:00PM Chill	2:15PM – 3:00PM Team Challenge	2:00PM – 3:00PM Group Discussion



WEEK 6 | July 6 – July 9

MONDAY STRENGTH + SPEAKER	TUESDAY POOL COMPETITION	WEDNESDAY FITNESS + TAI CHI	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 11:15AM Strength Circuit	9:00AM – 11:15AM Pool Competition	9:00AM – 11:15AM Fitness Circuit	9:00AM – 9:30AM Travel
			9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
			10:00AM – 12:00PM Community Event
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:00PM Guest Speaker	12:15PM – 1:00PM Juice Bar	12:15PM – 1:00PM Tai Chi	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:00PM – 2:00PM Team Building	1:00PM – 2:00PM Outdoor Activities	1:00PM – 2:00PM Ballroom Dancing	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:00PM – 3:00PM Strategy Games	2:00PM – 3:00PM Chill	2:00PM – 3:00PM Reflection	2:00PM – 3:00PM Group Discussion



WEEK 7 | July 13 – July 16

MONDAY COMPETITION CIRCUIT	TUESDAY POOL GAMES	WEDNESDAY SPIN + ICE CREAM	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 11:15AM Competition Circuit	9:00AM – 11:15AM Pool Games	9:00AM – 10:15AM Spin Room	9:00AM – 9:30AM Travel
		10:15AM – 11:15AM Fitness	9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	10:00AM – 12:00PM Community Event
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:00PM Leadership Talk	12:15PM – 1:00PM Juice Bar	12:15PM – 1:15PM Ballroom Dance	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:00PM – 2:00PM Team Activities	1:00PM – 2:00PM Outdoor Activities	1:15PM – 2:15PM Team Challenges	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:00PM – 3:00PM Reflection	2:00PM – 3:00PM Chill	2:15PM – 3:00PM Ice Cream Social	2:00PM – 3:00PM Group Discussion



WEEK 8 | July 20 – July 23

MONDAY ADVANCED STRENGTH	TUESDAY POOL PERFORMANCE	WEDNESDAY FITNESS + BBQ	THURSDAY COMMUNITY EVENT
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In
9:00AM – 11:15AM Advanced Circuit	9:00AM – 11:15AM Pool Performance	9:00AM – 11:15AM Fitness Challenge	9:00AM – 9:30AM Travel
			9:30AM – 9:45AM Accountability
			9:45AM – 10:00AM Brief
			10:00AM – 12:00PM Community Event
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	
12:15PM – 1:00PM Goal Review	12:15PM – 1:00PM Juice Bar	12:15PM – 1:00PM Ballroom Dance	12:00PM – 12:45PM Lunch
			12:45PM – 1:00PM Load Bus
1:00PM – 2:00PM Team Challenges	1:00PM – 2:00PM Outdoor Activities	1:00PM – 2:00PM BBQ	1:00PM – 1:30PM Travel
			1:30PM – 2:00PM Accountability
2:00PM – 3:00PM Reflection	2:00PM – 3:00PM Chill	2:00PM – 3:00PM Wrap-Up	2:00PM – 3:00PM Group Discussion



WEEK 9 | July 27 – July 31

Graduation Week!

MONDAY LIGHT TRAINING	TUESDAY POOL FUN	WEDNESDAY WRAP-UP	THURSDAY COMMUNITY EVENT	FRIDAY GRADUATION
8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Pool Warm-Up	8:30AM – 9:00AM Warm-Up	8:30AM – 9:00AM Check-In	 Ceremony Day Awards + Celebration Parent Event
9:00AM – 11:15AM Light Circuit	9:00AM – 11:15AM Pool Games	9:00AM – 11:15AM Fitness + Games	9:00AM – 9:30AM Travel	
			9:30AM – 9:45AM Accountability	
			9:45AM – 10:00AM Brief	
11:15AM – 11:30AM Recovery	11:15AM – 11:30AM Change	11:15AM – 11:30AM Recovery	10:00AM – 12:00PM Community Event	
11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch	11:30AM – 12:15PM Lunch		
12:15PM – 1:00PM Reflection	12:15PM – 1:00PM Juice Bar	12:15PM – 1:15PM Ballroom Dance	12:00PM – 12:45PM Lunch	
			12:45PM – 1:00PM Load Bus	
1:00PM – 2:00PM Team Games	1:00PM – 2:00PM Outdoor Activities	1:15PM – 2:15PM Final Activities	1:00PM – 1:30PM Travel	
			1:30PM – 2:00PM Accountability	
2:00PM – 3:00PM Prep	2:00PM – 3:00PM Chill	2:15PM – 3:00PM Wrap-Up	2:00PM – 3:00PM Group Discussion	



JAMES FISHER MEMORIAL FOUNDATION YMCA

11010 East Argent Parkway, Ridgeland, SC 29936 | 843-547-1270 | jamesfisherymca.org



CHECK THE BOXES FOR THE WEEKS YOU WISH TO REGISTER FOR

2026 WELLNESS SUMMER CAMP REGISTRATION OPTIONS	
☐	WEEK 1: June 1-4
☐	WEEK 2: June 9-11
☐	WEEK 3: June 15-18
☐	WEEK 4: June 22-25
☐	WEEK 5: June 29 - July 2
☐	WEEK 6: July 6-9
☐	WEEK 7: July 13-16
☐	WEEK 8: July 20-23
☐	WEEK 9: July 27-30

CHILD'S NAME: _____

DATE: _____