



**Y Knots 1 and Y Knots 2  
Week 2  
July 5<sup>th</sup> – July 9<sup>th</sup>**

**Cooking**

**Snake Subs**

**Ingredients:**

Hoagie Roll, Turkey,  
sliced Cheese, sliced  
Lettuce, Tomato, 1 Red  
Pepper Cheese Stick,  
2 Cheese cubes  
& Carrot Slices.

**Song for Camp 2010**

**(sing to the tune of  
I gotta feelin')**

I gotta feelin' ( woo hoo!) that today's gonna be a  
great day, that today's gonna be a great day, that's  
today gonna be a GREAT camp day!  
I gotta feelin'  
( woo hoo)  
At YKnots camp, we sing and play  
And learn core values, every-day!  
Fun and dancing, we do it all!  
Art and cooking, we have a ball!  
I gotta feelin' ( woo hoo!) that today's gonna be a  
great day, that today's gonna be a great day, that  
today's gonna be a GREAT camp day!  
We are YKnots ( woo hoo!)

**World Life**

Learn about life in the  
West Africa.  
The children will make  
Rain Sticks and talk  
about how living in the  
Jungle can be a  
beautiful thing!

**Creative Play**

**Jungle Fever**

**Role play**

Campers will create  
animals masks out of  
paper plates for their  
adventure through the  
jungle.

**It's a Jungle  
Out There!**

**Music**

Campers will learn  
silly camp songs  
and work on our  
YKnots song!

**Sports**

**Soccer Spotting**

Campers will be paired  
together to work on basic  
skills of passing, dribbling  
and shooting.

**Event this week at camp  
FIELD TRIP WEDNESDAY!  
NO SWIMMING! WEAR GREEN  
FIELD TRIP T-SHIRTS!!**

**Wednesday, July 7th**

We will be going to the  
Turtle Back Zoo  
YKnots 1 and YKnots 2  
leave at 9:45 and return around 1:45pm  
BRING a water bottle and a  
labeled brown bag lunch for this trip.  
**NO SWIMMING WEDNESDAY!**  
**Hats are recommended for this trip!**

**Arts and  
Crafts**

**Bouncy Accordion**

**Cobras**

This bouncy snake is  
fun to make and even  
more fun to play with!

- \*Remember to send your child to camp with their bathing suit and sunscreen on.
- \*Backpacks should include: labeled water bottle, change of clothes, small towel, sunscreen and hat. Please pack them as light as possible. We will refill water bottles all day long at camp.
- \*Sneakers and shoes with back straps are acceptable forms of footwear. Flip flops cause many injuries.
- \*Morning snacks should be finger foods and packed in the backpack for the pool.
- \*The South Mountain YMCA HEROs would like to thank you for your patience and understanding!