



the

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADVENTURE AWAITS

2023 SUMMER CAMP



**Southeast Ventura County YMCA**

Simi Valley YMCA | Yarrow Family YMCA



# CAMP LEADERSHIP

# SUMMER CAMP LOCATIONS

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**Simi Valley YMCA**  
Atherwood Elementary  
2350 E Greensward St.  
Simi Valley, CA 93065

**Yarrow Family YMCA**  
Willow Elementary  
29026 Laro Dr.  
Agoura Hills, CA 91301

**Scan QR code  
to view the entire  
Parent Handbook**

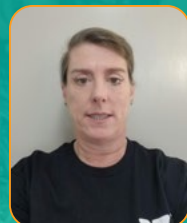


SCAN ME



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## MEMBERSHIP MEANS MORE

With the Y, you are not just a member of a facility, you are part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being, giving back and supporting our neighbors, your membership will not just bring about a meaningful change in yourself, but in your community, too.

### BENEFITS OF BECOMING A MEMBER BECOME A Y MEMBER TODAY

The Y is a community for all to learn, grow and thrive. We bring families closer together, encourage health and well-being, and foster connections through health and wellness, sports, fun and shared interests. We are also an ongoing source of support, guidance and resources for members and the people in the communities we serve.

### DISCOVER MEMBERSHIP AT THE Y

A Y membership is so much more than just priority camp registration. Discover the unique community in your facility and all that the Y has to offer. Connect, play and discover new things. We offer comprehensive healthy living and learning experiences for children, teens, adults, seniors and families.

### FACILITY MEMBERSHIP INCLUDES:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Aquatic Group X Classes</li> <li>• Enrichment Classes</li> <li>• Family Swim</li> <li>• Game Room</li> <li>• Group X Classes</li> <li>• Homework Area</li> <li>• Indoor Fitness Area</li> <li>• Kids' Zone</li> <li>• Lap Lane Pool</li> <li>• On-Demand Classes</li> <li>• Warm Water Pool</li> </ul> | <p><b>Added Fee:</b></p> <ul style="list-style-type: none"> <li>• Personal Training</li> <li>• Small Group Training</li> <li>• Swim Team (Simi Valley YMCA)</li> </ul> <p><b>Yarrow Family YMCA:</b></p> <ul style="list-style-type: none"> <li>• Basketball Gym</li> <li>• Café</li> <li>• Pickleball Courts</li> <li>• Outdoor Fitness Area</li> <li>• Volleyball Courts</li> </ul> |
|---|---|

### CONTACT

Simi Valley YMCA | Yarrow Family YMCA  
membership@sevymca.org  
www.sevymca.org/membership



**To be eligible for early registration for summer camp and afterschool child care, your child(ren) must have an active membership at the time of registration. In addition, if you are enrolled in the YMCA's afterschool child care program, you would receive 50% off your monthly membership dues.**

### WHY YOU AND YOUR CHILD WILL LOVE THE YMCA!

The Y is the nation's largest child care provider and has more than 145 years of experience in providing top-notch camp programs across the country. The Y is proud to provide a SAFE environment for kids to experience new adventures, learn new skills and continue learning through the summer months.

### SUMMER FUN FOR EVERYONE

Summer is a time for kids to explore new things and expand the limits of their imagination! At our YMCA summer camp, your child will create lifelong memories while participating in enriching, age-appropriate, fun activities! Your child will make new friends, experience new things and have tons of fun as they explore new adventures each day!

EACH WEEK HAS A THEME THAT WILL BE CARRIED THROUGHOUT THE CAMP INCLUDING:

- Decorations
- Crafts
- Activities
- Vendors & Entertainment



**We strive to promote Healthy Eating and Physical Activity (HEPA) standards in our many child care program areas. Each Y camper will receive at least 1 to 2 hours of physical activity each day.**

**Y camp curriculum features the opportunity for enhanced learning activities and education learning experiences.**

**At the YMCA, we keep a 14:1 child to counselor ratio as we believe a smaller ratio creates a more personal experience to learn and grow.**

**Y campers enjoy swimming once per week in our indoor pools. Campers are tested by Y lifeguards on swimming ability. If determined a "red band" swimmer (needs improvement in swimming), they will receive either a life vest or puddle jumper and have a chance to retest the following week.**

## VIRTUAL PARENT ORIENTATION

THURSDAY, MAY 4, 2023 | 6:30pm – 7:30pm

[www.sevymca.org/summer-camp](http://www.sevymca.org/summer-camp)

Please attend parent orientation to have all your questions answered.

## NO CAMP DAYS

June 19:  
Juneteenth

July 4:  
Independence  
Day

### CURBSIDE DROP-OFF & PICK-UP

The security of all children in our care is of top priority. Each child must be signed in and out every day by an authorized adult aged 18 or older, with a photo ID. Late pick-up could be charged a late fee, plus \$1 for each minute after the scheduled pick-up time.

### WHAT TO BRING TO CAMP

Bring a refillable water bottle and sunscreen every day. Sunscreen should be applied before arriving at camp. Staff can assist in applying sunscreen to campers but they will remind campers to apply it often! Bring swimsuit and towel on swim days. Backpacks/tote bags are permitted, but not required. **Label everything!**

### WHAT IS NOT ALLOWED AT CAMP

Personal electronics, toys or games from home, shoes with wheels and weapons of any kind are not permitted at camp. Large sums of money, jewelry or anything else of value should not be brought to camp. The Y is not responsible for lost, stolen or damaged personal items.

### WHAT TO WEAR

Campers should dress comfortably for the weather and must wear closed-toed shows. **Flip-flops/sandals/crocs are only permitted on the pool deck.** Please label everything!

### PARENT HANDBOOK

Extended policies are included in our Childcare Parent Handbook, which is available online at [www.sevymca.org/child-care](http://www.sevymca.org/child-care).

### PAYMENTS

Payments must be received by the Wednesday prior to the start of each camp week. If full payment is not received by Wednesday, your child may be dropped from our roster. Payments will be set up on a draft.

### LATE REGISTRATION

Any registration made after close of camp on Wednesday, may be subject to a \$5 late registration fee.

### COMMUNITY SCHOLARSHIP FUND

The YMCA is for EVERYONE! Financial assistance is available for qualifying families at our Y or if you apply for either CDR or CCRC. Please be sure to indicate which camp you are applying for during registration.



## IMPORTANT CAMP RULES

Campers take **RESPONSIBILITY** for their actions.

Campers **RESPECT** themselves, each other, equipment and the environment.

**HONESTY** is the basis for all relationships and interactions.

Campers are **CARING** in their relationships with others.

Campers should talk to a camp counselor or any camp staff member if they are uncomfortable with any experiences or need assistance while at camp.

### DISCIPLINE PROCEDURES

**REDIRECTION:** Staff will redirect the camper to more appropriate behavior.

**STOP & THINK:** If inappropriate behavior continues, the camper will be reminded of behavior and camp rules and the camper will be asked to decide on action steps to correct his/her behavior.

**REFERRAL:** If a child's behavior still does not meet expectations and is affecting the experience of other campers, he/she will be referred to the Camp Office; consequences may include, but are not limited to: loss of privilege(s), phone call home, parent conference, etc.

**SUSPENSIONS/EXPULSION:** If inappropriate behavior continues, as a last action step, the camper may be dismissed from camp for a period of time, up to the remainder of the summer. Camp fees are non-refundable if a camper is sent home for disciplinary reasons.

### Examples of unacceptable behavior:

- Refusing to follow behavior guidelines or camp rules
- Using profanity, vulgarity or obscenity
- Stealing or damaging personal or camp property
- Refusal to participate in activities and cooperate with staff
- Disrupting a program
- Endangering the health and safety of child and or staff
- Use of illicit drugs, alcohol or tobacco
- Sexual conduct of any kind
- Teasing, making fun of or bullying other campers or staff
- Fighting of any kind

Physical violence or bullying towards another camper or staff member will result in immediate suspension for the remainder of the camp week; a second offense will result in expulsion for the remainder of the summer.

### ANTI-BULLYING

The Y is committed to preventing bullying, which is defined as systematically and chronically inflicting physical hurt or distress on a child or staff member. Bullying is further defined as unwanted and repeated written, verbal or physical behavior, including threatening, insulting or dehumanizing gestures that are pervasive enough to create an intimidating or hostile environment. It includes, but is not limited to, teasing, social exclusion, threat, intimidation, stalking, cyber-stalking, physical violence, theft, harassment, humiliation or destruction of property.

### BEHAVIOR & MEDICAL CONDITIONS

It is helpful to disclose all behavior and medical conditions at the time of registration so that we may best serve your child. The Y makes reasonable accommodations to met every child's needs. On the registration form, there is a section to inform camp staff of anything necessary to support your child.



# SUMMER AT A GLANCE

CARE PROVIDED: 7:00am – 6:00pm | CAMP PROGRAMMING: 9:00am – 4:00pm

## Week 1: June 4 – June 9: Passport to Camp

Get your passports ready, because we are traveling the world from our backyard. Start the summer off with the exploration of different cultures and historical events.

## Week 2: June 12 – June 16: Junior Chef

Make sure to pack your spatula and cookbooks because we are whisking up some delicious activities. Get ready to stuff your face with some fun this summer.

## Week 3: June 19 – June 23: Adventures on the Red Carpet

Take a walk down the red carpet and strut your stuff. This week is the time to show off your special skills and talents. Be the star we know you are.

## Week 4: June 26 – 30: Wacky Science

Grab your protons and neutrons because this week is going to explode with all the experiments we will be doing. We are 60% H2-Oonest it will be a blast! (Humans are 60% water)

## Week 5: July 3 – July 7: Operation Celebration (4-day week)

There is a party at the YMCA and you are personally invited. We will be celebrating everything from the holly jolliest holidays to our very own unbirthdays. We are ready to celebrate, are you?

## Week 6: July 10 – July 14: Wild West vs. Space Invaders

Yeehaw Earthlings! Take a gander into the old west and see what happens when we mix western activities with some futuristic flair. It is going to be out of this world, partner.

## Week 7: July 17 – July 21: Camp Survivor

Hello fellow castaways! Wash up on our shores and compete against your friends in fun and thrilling challenges. Can you outwit, outlast and outplay the other teams in order to win?

## Week 8: July 24 – July 28: Mission to Soak

Calling all Agents! Calling all Agents! HQ has given us a special mission to soak up some fun. Are you ready for a splash of a lifetime?

## Week 9: July 31 – August 4: Going Green

Make like a tree and lend a branch. Be-leaf us when we say that helping the planet rocks! Join us for learning about cool and fun ways to help make a healthier earth.

# CAMP WEEKLY STRUCTURE

Please note: Camp is primarily outdoors with some rotations inside.

Shade will be provided for outdoor rotations.

## SIMI VALLEY YMCA:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Onsite	Local Park (K – 2)	Dress-Up Day, Vendor Activity	Local Park (3 – 5)	Pep Rally Pool Day

\*Groups may walk to Atherwood Park or Town Center. Weekly schedule will be sent prior to the start of camp.

## DAILY SAMPLE SCHEDULE

7:00am – 9:00am	Extended Care
9:00am – 9:30am	Morning Snack & Group Huddle
9:30am – 10:00am	Activity 1
10:10am – 10:40am	Activity 2
10:50am – 11:20am	Activity 3
11:30am – 12:00pm	Activity 4
12:00pm – 1:00pm	Lunch
1:00pm – 1:30pm	Activity 5
1:40pm – 2:10pm	Activity 6
2:20pm – 2:50pm	Activity 7
3:00pm – 3:30pm	Activity 8
3:30pm – 4:00pm	Afternoon Snack & Group Huddle

Rotations are different per group and each child will rotate through each activity.

## ACTIVITIES INCLUDE

- Arts & Crafts
- Cooperative Games
- Game Arena
- Slingshots
- STEM – “Exploratory”
- Teambuilding
- Water Games
- Specialty Classes to possibly include:
  - Science
  - Cooking
  - Sports
  - Music
  - Dance

**Pricing Per Week**  
5 days/week: \$250  
3 days/week: \$200  
LIT: \$215

**Camp scheduling and content are subject to change.**

**The Y’s four core values are incorporated into all of our camp programs and activities: Respect, Responsibility, Honesty and Caring.**



## DRESS-UP DAYS:

**Adventure on the Red Carpet:** Dress Your Best

**Camp Survivor:** Team Color

**Cowboys VS. Aliens:** Western or Space.....or BOTH

**Going Green:** Neon

**Junior Chef:** Favorite Food

**Mission to Soak:** Spies Meet Hawaiian

**Operation Celebration:** Favorite Holiday Theme

**Passport to Camp:** Tacky Tourist

**Wacky Science:** Mad Scientist OR Crazy Hair

# SUMMER AT A GLANCE

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# CAMP WEEKLY STRUCTURE

Please note: Camp is primarily outdoors with some rotations inside.  
Shade will be provided for outdoor rotations.

## YARROW FAMILY YMCA:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Rotations All Day	Park & Swim (Groups 1 – 6)  Camp Rotations (Groups 7 – 12)	On-site Vendor/Show	Park & Swim (Groups 7 – 12)  Camp Rotations (Groups 1 – 6)	Dress Up Day, Pep Rally & All Camp Game

\*Depends on child's age/group number. Weekly schedule will be sent prior to the start of camp.

## DAILY SAMPLE SCHEDULE

7:00am – 9:00am	Extended Care
9:00am – 9:30am	Morning Snack & Group Huddle
9:30am – 10:00am	Activity 1
10:10am – 10:40am	Activity 2
10:50am – 11:20am	Activity 3
11:30am – 12:00pm	Activity 4
12:00pm – 1:00pm	Lunch
1:00pm – 1:30pm	Activity 5
1:40pm – 2:10pm	Activity 6
2:20pm – 2:50pm	Activity 7
3:00pm – 3:30pm	Activity 8
3:30pm – 4:00pm	Afternoon Snack & Group Huddle

Rotations are different per group and each child will rotate through each activity.

## ACTIVITIES INCLUDE

- Arts & Crafts
- Cooperative Games
- Game Arena
- Slingshots
- STEM – “Exploratory”
- Teambuilding
- Water Games
- Specialty Classes to possibly include:
  - Science
  - Cooking
  - Sports
  - Music
  - Dance

## Pricing Per Week

5 days/week: \$275

3 days/week: \$225

LIT: \$200

Camp  
scheduling  
and content  
are subject to  
change.

The Y's four core values  
are incorporated into all  
of our camp programs  
and activities: Respect,  
Responsibility, Honesty  
and Caring.



## DRESS-UP DAYS:

Adventure on the Red Carpet: Dress Your Best

Camp Survivor: Team Color

Cowboys VS. Aliens: Western or Space.....or BOTH

Going Green: Neon

Junior Chef: Favorite Food

Mission to Soak: Spies Meet Hawaiian

Operation Celebration: Favorite Holiday Theme

Passport to Camp: Tacky Tourist

Wacky Science: Mad Scientist OR Crazy Hair



## LEADERS IN TRAINING

**Grades 6 – 10**

The Leaders in Training (LIT) program is designed to help teens find their next level of leadership development and community service.

Through this program, our LITs get the opportunity to build positive relationships with each other, learn how to effectively work with youth of all ages and be an integral part of the YMCA team. LITs will assist camp groups and help facilitate camp activities under the direction of senior camp staff. LITs will learn skills necessary to become role models at camp, school and in their community.

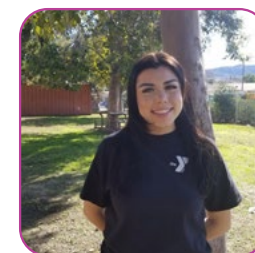
**As an LIT, your teen will be exposed to and gain experience in the following:**

- Team Building
- Group Facilitation
- Relationship Building
- Creating Programming
- Positive Youth Development
- Conflict Management and Problem Solving
- Life Skills that will prepare them for the future
- LOTS and LOTS of fun

## MEET THE SIMI VALLEY YMCA CAMP DIRECTORS



**AMANDA**  
Littles Directors



**ERIKA**  
Littles Directors



**JENNA**  
Specialist Director



**KAREENA**  
Bigs Directors



**NIKKI**  
Bigs Directors



**ALEA**  
LIT Director

## MEET THE YARROW FAMILY YMCA CAMP DIRECTORS



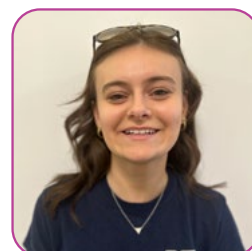
**GISELLE**  
Littles Director



**CONNIE**  
Middles Director



**JULIA**  
Specialist Director



**MELANIE**  
Bigs Director



**REMI**  
LIT Director

## GUESS WHO SAID IT!

LOVES the pool and water play activities!

Is most excited about seeing the campers try new things and learn about themselves in the process!

Games! Games! Games! She is excited about being able to pump up the group with fun outdoor activities.

Is really looking forward to inspiring future leaders and seeing everyone grow.

## GUESS WHO'S FAVORITE!

Favorite Place to Eat: Buccia di Beppo

Favorite Food: Potatoes

Favorite Camp Activity: Water Wars

Favorite Holiday: Cinco de Mayo

Favorite Vacation Spot: The Ocean





## PARENT HANDBOOK

### MEDICATION

Parents must notify a camp director if their child takes medication during the camp day. Medicine, its schedule and a completed Authorization to Administer Medication form must be turned in to the camp director on the first day of camp. Any medication to be administered at camp must be accompanied by a signed doctor's note or prescription container with specific instruction, dosage amounts and dosage times. No over-the-counter medications will be given to campers without prior parent approval. All unused medicine not retrieved by the parent or legal guardian will be locked up and discarded one week after the camper's last day of camp. Insurance for health-related matters must be covered by the parent or legal guardian.

### ILLNESS

Keep sick children home. Children who have had diarrhea, a fever or have vomited within the last 24 hours cannot attend camp. Parents/guardians will be notified immediately if a camper becomes ill while at camp. Parents/guardians are expected to arrange immediate pick-up of ill campers. Campers who become ill at camp will be cared for away from the group by staff until an authorized adult picks them up. Children with or showing signs/symptoms of a communicable illness cannot attend camp until they have been evaluated by a healthcare professional. Camp directors must receive written approval by a healthcare professional before children return to camp.

As a reminder: refunds and credits will not be issued for single-day based absence and/or illness.



Scan QR code  
to view the entire  
Parent Handbook



SCAN ME

### INCLUSION

All Southeast Ventura County YMCA programs operate in accordance with all state and federal policies. We work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity.

YMCA summer camps are designed to provide accessibility for children with moderate visual, auditory, orthopedic, mental and emotional challenges. Call camp directors to discuss your child's specific needs prior to registering.

### SAFETY & SUPERVISION

All camp staff are certified in CPR and First Aid and participate in a week-long training of YMCA policies and procedures. Campers are supervised by staff at all times. At no time will one YMCA staff member be alone with one child. At no time will YMCA LIT campers supervise campers without a YMCA camp counselor present.



### WHAT TO PACK FOR CAMP

SWIMSUIT  
AND TOWEL

HEALTHY LUNCH  
AND TWO SNACKS  
(READY-TO-EAT)

SUNSCREEN

HAT  
(OPTIONAL)

CLOSE-TOED  
SHOES

"I'M READY  
TO HAVE FUN"  
ATTITUDE

REFILLABLE  
WATER BOTTLE





## SWIMMING AT THE Y

In order to ensure the safety of all swimmers at the Y, we conduct swim tests! Swim tests allow the aquatic staff to make recommendations regarding personal flotation devices and appropriate swim areas based on the swimmer's skill level.

### WHAT IS THE SWIM TEST?

The swim test consists of 2 parts: swimming the length of the pool and treading water for 30 seconds.

We conduct this test for all of our youth swimmers to ensure they have the strength and stamina to keep their head above water and get to the closest wall, if need be.

### WHAT ARE WE LOOKING FOR WHEN CONDUCTING A SWIM TEST?

We are looking for continuous forward movement through the water and the stamina to support it. If we see a swimmer who can swim the length of the pool but looks exhausted or their body position has gone from horizontal to vertical, then we will recommend that they wear a life jacket or puddle jumper. Even though they may have been able to swim the length, they may not have the stamina to swim without an adult in the water for an extended amount of time, which can easily lead to an aquatic emergency.

### WHO NEEDS TO TAKE THE SWIM TEST?

Any child that would like to swim without a life jacket or puddle jumper is required to take the swim test. If you would prefer your child to wear a life jacket/puddle jumper, we can easily set them up without putting them through the swim test.

Please remember that swimming at the Y is different than swimming in a backyard pool. Please review the rules so that you are familiar with them. We can't wait for you to enjoy our pool and to have a fun (and safe) experience!



## SAFE POOLS HAVE RULES

### SWIM SAFELY

- Obey the lifeguard at all times.
- Lifeguards are on duty to enforce rules and respond in case of emergency.
- Breath holding activities are not permitted in Y pools.
- YMCA lifeguards may test the swimming competency of any swimmer.

### PLAY SAFELY

- No riding on backs, diving, running or rough play.
- Non-swimmers may wear a U.S. Coast Guard approved personal flotation device, such as a life jacket or puddle jumper, and must have an adult in the pool with them at all times. No water wings, floaties, or other inflatables.
- No sitting, hanging on or crossing over lane lines allowed.

### RESPECT OTHERS

- All swimmers must shower at the YMCA before entering the pool.
- Proper swim attire must be worn at all times. Cut-offs, t-shirts or other cotton clothing are NOT permitted in the pool.
- No food, glass or gum is allowed in the pool area. Plastic water bottles are allowed.
- Please throw all trash in designated trash receptacles.
- Return equipment to the appropriate location after use.
- Please have the utmost respect for the Y's equipment.
- Be safe and have fun!



## WE ARE HIRING FOR CAMP!

We are hiring camp staff for the summer of 2023 at both of our camp locations: Simi Valley YMCA & Yarrow Family YMCA.

### WORK FOR THE Y!

**A Camp Counselor is more than a job:**

- Feel valued and respected
- Be a role model
- Forge meaningful relationships with peers
- Work outside with children
- Gain valuable experience and build your resume
- Leadership development
- Creative thinking
  - Time management
  - Problem solving
  - Communication
  - Collaboration
- AND SO MUCH MORE!

**PLUS,  
You receive  
a FREE Y  
Membership!**



### SOUTHEAST VENTURA COUNTY YMCA

#### Simi Valley YMCA

3200 Cochran St, Simi Valley  
(805) 583-5338

#### Yarrow Family YMCA

31105 Thousand Oaks Blvd, Westlake Village  
(818) 707-9622

[www.sevymca.org/jobs](http://www.sevymca.org/jobs) • [info@sevymca.org](mailto:info@sevymca.org)

## SEND A CHILD TO CAMP

### IMAGINE THE IMPACT YOU CAN MAKE

Summer at the Y is filled with excitement, adventure, new friends, lifelong memories and discovery. Amidst all the fun of swimming, sports, activities, archery, STEM, on-site shows, picnics in the park and art, children develop positive attitudes and skills that build character and promote leadership.

**For many families, this wonderful opportunity is not possible without the financial assistance the SEND A CHILD TO CAMP campaign provides.**

Help send a deserving child to camp this summer by giving a donation when you register.

**Did you know?**

**Children ages 8 -12  
spend approximately  
7 hours per day  
looking at  
screens.**

**GOAL**  
To help 50  
children attend  
Summer Camp  
2023!



Financial assistance is available to ensure that every child is given the opportunity to experience summer camp. Please contact us at [info@sevymca.org](mailto:info@sevymca.org) or stop by the front desk at your local Y to learn more about our camp and financial assistance options.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Registration NOW OPEN!**

# EXPLORE DREAM DISCOVER

## AFTERSCHOOL PROGRAM



Learn More About  
Our Afterschool  
Program



### SIMI VALLEY YMCA

TK – 6th

- Arroyo Elementary
- Atherwood Elementary
- Big Springs Elementary
- Hollow Hills Elementary
- Katherine Elementary
- Sycamore Elementary
- White Oak Elementary

### CONEJO VALLEY YMCA

TK – 5th

- MATES
- Peach Hill Academy

### YARROW FAMILY YMCA

TK – 5th

- Sumac/Mariposa Elementary
- White Oak Elementary
- Willow Elementary
- Yerba Buena Elementary

### Katie Oberman, Sr. Child Care Director

Yarrow Family YMCA & Conejo Valley YMCA  
koberman@sevymca.org | 818.707.9622 ext. 5012

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