



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HERO CAMP

Remember the first time you flew a kite? Or how about the first fish you caught? Or even the first time you built a sand castle?

Over the next year with the Y, your family will have opportunities to live out these milestones in your child's life—with you being the hero at the YMCA!

This free program is one of the many ways the YMCA of Greater Tulsa continues to help families experience things as just that...a family!

**When:**

Saturdays, 1:00 to 3:00 p.m.

**Where:**

Westside YMCA  
5400 South Olympia

**Additional Info:**

This program is open to the public and is free to all!



**WESTSIDE YMCA**

5400 S. Olympia Ave, Tulsa, OK 74107  
P 918 446 1424 [www.ymcatulsa.org](http://www.ymcatulsa.org)



**MISSION:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# HERO CAMP

What is a hero? By definition, a hero is a person, who in the opinion of others has heroic qualities or has performed a heroic act and is regarded as a model. Everyone in this world has someone they look up to and aspire to be like.

So, the question becomes: Who is your child's hero? The answer is YOU!

Hero Camp is all about celebrating milestones with your child. Hero Camp comprises of free events taking place at the Westside YMCA each month. All events are based on the book "101 Secrets a Good Dad Knows" by Walter Browder & Sue Ellin Browder.

Do you know secret 73: "How to Dribble a Basketball?" Or secret 95: "How to Perform in a Clutch?" These are just some of the events we have planned. Let's strengthen family bonds to-

**Saturday, February 18**

Craft-a-Palooza 1 - 3 p.m.  
How to Make a Paper Boat

**Saturday, March 10**

Zip Line Adventure 1 - 3 p.m.  
How to Shiny Up a Tree

**Saturday, April 21**

Camp Sampler 1 - 3 p.m.  
How to See the Big Picture

**Saturday, April 21 - 22**

Spring Campout  
\* A fee is associated with our campout which includes meals and programming

**Saturday, May 12**

Backyard Games 1 - 3 p.m.  
How to Throw A Frisbee

**Saturday, June 16**

Family Swim 1 - 3 p.m.

**Saturday, July 21**

Kickball Tournament 1 - 3 p.m.  
How to Perform in a Clutch

**Saturday, August 18**

Back to School Swim 1 - 3 p.m.

**Saturday, September 15**

Explore Lake Logan 1 - 3 p.m.  
How to Skip a Rock

**Saturday, September 15 - 16**

Fall Family Campout  
\* A fee is associated with our campout which includes meals and programming

**Saturday, October 20**

Fall Classic Tennis Baseball 1 - 3 p.m.  
How to Go to Bat

**Saturday, November 17**

Turkey Mountain Hike 1 - 3 p.m.  
How to Find a Fossil

**Saturday, December 15**

Big Screen Movie Day 1 - 3 p.m.

