



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM DESCRIPTIONS

Youth Camp (ages 7-12)

Youth camp is all about developing positive relationships, learning new skills, and creating memories that will last a lifetime. Campers live in a cabin with ten (or fewer) similar age, same gender campers and are supervised by two staff. Camper voice is empowered by the opportunity to choose their own camp activities to participate in for the week. During camp activities new interests and passions are discovered as campers gain confidence through meeting new challenges. The energy level is always high at youth camp whether it is singing songs at campfire, running like mad during all camp games, or making a splash at the waterfront. Youth Camp gives campers an experience that they will be bursting to tell the whole family about.

Available Camp Activities Include: Archery, Arts & Crafts, BMX Biking, Court Sports, Drama, Field Sports, Fishing, Paddle Boarding, Rocketry, and Swimming to name but a few!

Junior Adventure Camp (ages 9-11)

Jr. Adventure gives an introductory glance into the world of wilderness living and adventure. Campers tent camp each night and learn how to interact with the natural world around them. Shelter building, campsite management, and campfire safety are just a small sample of the outdoor skills campers learn during their week at Y Camp. Campers will cook dinner every night by the campfire at their campsite, but eat breakfast and lunch in the lodge with the rest of the camp community. Camp sites are located central to camp property and near restroom and showering facilities. Jr. Adventure provides a safe and controlled environment for young men and women to develop a love for the outdoors that will last a lifetime.

Adventure Camp (ages 12-14)

Adventure Camp is for those campers who are ready for a fully immersed wilderness experience. Campers tent camp each night at Adventure Base Camp located on the outskirts of camp. As a group, with the support of their counselors, campers will learn to cook their own meals and manage their campsite responsibly in an effort to develop the campers' consciousness of the impact they have on the natural world around them. Teamwork, cooperation, responsibility and peer support are just a few of the practical life skills campers will learn at Adventure Camp. Campers spend their days trying out adventure activities such as rock climbing, mountain biking, fishing, canoeing as well as more traditional survival activities such as shelter building, primitive fire starting, and water purification to name a few. While Adventure Campers spend a majority of their time doing wilderness specific activities they remain connected to our camp community through nightly evening programming and campfire ceremonies.

Teen Camp (ages 13-16)

YMCA Teen Camp is the ultimate summer camp experience for teens. Social time for building friendships and opportunities to try all the camp activities from archery to the zip line keep teens active and engaged as they enjoy a fun filled week away in the great outdoors. Community and sportsmanship are always at the forefront of Teen Camp as campers compete in several challenges against their peers from other cabins.

We strive to help campers develop a better sense of self as well as compassion for those around them by consistently reflecting upon the YMCA's core values of Caring, Honesty, Respect, and Responsibility.

Campers stay in yurts or platform tents with ten or fewer similar age, same gender campers and are supervised by two staff.

Aspiring Leaders (ages 13/14)

Aspiring Leaders (AL) is the first of a three-tiered leadership program at Y Camp that instills campers with the confidence and compassion it takes to be a leader. This introductory leadership program helps teens identify and begin to cultivate leadership skills such as listening, public speaking, positive role modeling, and peer guidance. Through group discussions and role-play, teens will determine what leaders say and do before they practice those actions with peers. Interacting directly with youth campers during camp activities and leading the leather ceremonies provide opportunities for each AL to find their voice. Evenings will be a mix of reflections of the day's events, all-camp activities, camp out and campfires. Aspiring leaders share a yurt or a platform tent with the Leaders in Training campers of the same gender

Leaders in Training (ages 14/15)

The Leader in Training (LIT) program is open to campers who are 14 and have completed the Aspiring Leaders Program OR are 15 years old. The LIT program takes a deeper look into leadership, challenging teens to practice creativity, manage a project as a team and begin to identify which leadership skills they are already great at or need to continue to develop. LIT's observe counselors in action, work through team building and challenge course activities. The Leader in Training camp is an incredible opportunity for teens to build self-confidence and recognize their leadership potential.

Teens in this program have the chance to try the traditional camp activities from archery to paddle boarding during free time every day and will enjoy a group "escape" across the lake in canoes or via mountain bikes on the trails around camp.

LIT's share a yurt or a platform tent with the Aspiring Leader campers of the same gender. After completion of the program LIT's are invited to apply for a space in the Counselor in Training program for the next summer. Y Camp's counselor in training program works to find the next leaders of Y Camp.

Counselor in Training (ages 15/16)

CAMP DIRECTOR APPROVAL REQUIRED

Approval is required prior to registration of Counselor in Training (CIT) participants. Applications must be submitted to the summer camp director. Applicants must have completed the Leaders in Training Program and be invited to apply by the Summer Camp Director OR be 16 years old and completed an application.

The two-week CIT program targets those individuals who aspire to be a camp counselor or have an interest in the youth development field. During their first week, CIT campers spend their days learning the ins and outs of working with children in a camp setting. CIT's receive training on topics such as building appropriate relationships with campers, being a positive role model, teaching/creating activities and games, and giving positive guidance.

In their second week, CIT's are assigned to a cabin and get to practice being a counselor

under the supervision of current counselors. CIT's will spend their week as an integral part of their cabin group, participating in the daily schedule and assisting counselors with all aspects of the camp. Follow up meetings with CIT leaders assists in processing leadership experiences and allows for the CIT's to receive feedback concerning their strengths and areas for growth.

CIT's stay in gender specific rustic platform tents the first week.

CIT's remain at camp for the weekend between their two-week sessions.

CIT's that receive a leader recommendation may be invited to apply for a volunteer Junior Counselor position next summer.

CIT applications can be found online at www.ycampidaho.org

