



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM DESCRIPTIONS

Youth Camp (ages 7-12)

Youth camp is all about friends, learning, sharing and fun! Campers live in a cabin with ten or fewer similar age, same gender campers and are supervised by two staff. Campers choose camp activities to participate in for the week and enjoy cabin activities. The energy level is always high whether it's singing songs at campfire or running like mad during camp games.

Junior Adventure Camp (ages 9-11)

Primitive camping for the younger ones. Campers will cook dinner every night at their campsite, but eat breakfast and lunch in the lodge. Camp sites are located next to Mountain Village and will have access to a port-a-potty nearby. Integrated into Youth Camp a little bit while still be learning basic outdoor living skills.

Adventure Camp (ages 12-14)

A rustic wilderness experience filled with everything from basic camping skills to high energy outdoor activities! Adventure campers preparing meals as a group on an open campfire and sleep in two person tents. Teamwork, cooperation, responsibility and peer support are just a few of the practical life skills campers will learn. While Adventure campers remain connected to the main camp by participating in camp fires, they spend the majority of their time on the following wilderness-based activities.

Teen Camp (ages 13-16)

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. Teens stay active and engaged as they enjoy a fun filled week away in the great outdoors. Campers stay in cabins, yurts, or platform tents with ten or fewer similar age, same gender campers and are supervised by two staff.

BOLD/GOLD (ages 13-17)

Outdoor Leadership Development is a transformative teen leadership program that participants experience in an outdoor wilderness environment. The program is divided into culturally-diverse groups of boys and girls ages 13-17 who participate in physical, cognitive, and social-emotional outdoor challenges, alongside adventure and teamwork. All the elements of this intentionally-designed program help teens develop friendships, learn new skills and foster a sense of belonging, which are all critical to them reaching their full potential in life.

PROGRAM DESCRIPTIONS (cont.)

Aspiring Leaders (ages 13/14)

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.

Leaders in Training (ages 14/15)

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.

Counselor in Training (ages 15/16)

CAMP DIRECTOR APPROVAL REQUIRED

The two week CIT program is intended for teens who aspire to be a camp counselor or work with children in the future. During their first week, CIT campers spend their days learning the ins and outs of working with children in a camp setting. 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 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 during their first week.

CIT's will spend their second 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 CIT's to receive feedback concerning their strengths and areas for growth.

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

