



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BUILDING FRIENDSHIPS AND MAKING MEMORIES TO LAST A LIFETIME

### YMCA Camp Kresge Overnight Camp Program Overview - "Life at Camp"

#### **American Camp Association Accredited**

YMCA Camp Kresge is an Accredited member of the American Camp Association. What this means is that YMCA Camp Kresge is compliant with over 300 standards that have been set forth for accreditation through American Camp Association. The standards pertain to safety, program, supervision, camper health, facilities, human resources and general camp management.

#### **Camp's Philosophy**

Through great facilities, outstanding programs, and professional staff, YMCA Camp Kresge offers an environment that facilitates an atmosphere of growth where campers can build friendships and make memories that will last a lifetime.

**Core Values:** Caring, Honesty, Respect and Responsibility are instilled throughout the program.

#### **Cabin Life**

Campers live in cabin groups of 6-10 campers with 2 cabin counselors. Campers are housed with other campers who are the same gender and within the same age range. If campers choose to attend camp with a friend or have made a friend while at camp during a previous session, they may request that friend be in their cabin with them.

#### **Program Benefits**

Many people spend little or no time in the natural world. For some, this may be their first opportunity to walk in the woods, sit by a campfire under the stars or to climb the climbing tower. These are experiences that will last a lifetime. For others, this may be the first extended period of time away from their families and the sense of independence gained is invaluable. Camp is also a great place to not only learn new skills and enhance existing skills, but also make new friends.

#### **Program Leaders**

The staff of YMCA Camp Kresge go through an extensive staff training as well as specialized program training for the programs that they are leading. Our programs focus on skill development and enhancement. The outcomes from our programs are not only the hard set of skills, such as shooting an arrow from a bow properly; but also teaching the campers to be patient, learning to breath and focus on the target prior to releasing the arrow.

#### **Progressive Program Offerings**

Based on the progressive nature of our programs at camp, campers get a chance to choose their own schedule for age-appropriate programs that they will experience throughout the week.





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Day Programs: Archery, Arts & Crafts, Aqua Park, Boating and Canoeing, Climbing Tower, Diggers (Mountain Scooters), Gaga Ball, Hikes, Indian Lore, Mountain Bikes, Nature, Outdoor Living Skills, Sailing, Sports & Games, Swimming (recreational), Swimming Lessons

Evening Programs: All-Camp Theme Game, Campfires, Camp Dance, Camp Memory Dedication, Field Games, Skit Night, Unity Night, YMCA Ragger's Program,

### **Food Service**

YMCA Camp Kresge provides nutritious and tasty meals served in our Dining Hall. The campers sit as a cabin group and the meals are served in bowls or on platters "Family Style". At YMCA Camp Kresge we believe that meal time provides campers with a great opportunity to share their day with their counselors and fellow cabin mates. During meals there is always a salad bar (at breakfast it is filled with fruit) as well as a vegetarian options for those campers who do not eat meat. If your camper has additional special dietary needs the Food Service Director will discuss how we can best accommodate your camper.

### **Health Care**

All camp staff are trained in First Aid and CPR and will be the first responder in any medical situation. YMCA Camp Kresge has a fully-stocked health center with a registered nurse on site 24 hours a day during each camp session. In addition, emergency medical care is less than 15 minutes away. If your child takes prescription medications, they will be stored at the health center and dispensed by the camp nurse.

### **Camp Store**

All campers can purchase items at the Camp Store. Items include Camp T-Shirts, Baseball Caps and other souvenirs. The Camp Store will be open daily for the campers and during check-in and check-out. We suggest \$15-\$25 per camper depending on the length of their stay at camp. Campers will also have an opportunity to purchase a snack during their cabin-time packouts in the evening. This snack fee is included in your camp fees.

### **Location**

YMCA Camp Kresge is located about a 2 hour drive from the Philadelphia and New York City metropolitan areas. We are a 1 hour drive from the Lehigh Valley and Scranton areas and 30 minutes from downtown Wilkes-Barre. Please see directions included in this planning guide.

### **Weather**

Due to camp's elevation, the average temperature is 5-10 degrees cooler than the Philadelphia and New York City metropolitan areas during the day, and 10-15 degrees cooler at night.

### **Tours of camp**

We welcome and encourage any new or returning campers to come up for a tour of the Camp's facilities and programs. Please call us to set up an appointment: 570-208-9622, x.5052

