

THINK OUTSIDE

No Box Required!

Lake Wenatchee YMCA Camp Outdoor Experiences

OUTDOOR SCHOOL ♦ CAMP RENTALS, RETREATS, AND WEDDINGS
FAMILY CAMP ♦ SUMMER CAMP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TABLE OF CONTENTS

3 A LETTER OF WELCOME

4 ABOUT LAKE WENATCHEE YMCA CAMP

5 GROUP RENTALS

6 A LOOK INTO OUR FACILITY

8 LICENCING & NOTICES

9 OUTDOOR EDUCATION

10 FAIR WEATHER PROGRAMS

12 COLD WEATHER OUTDOOR EDUCATION PROGRAMS

13 CROSS-CURRICULAR LESSONS

15 TEAM BUILDING ACTIVITIES

16 FREE OFFERINGS

18 RENTAL PROCEDURES

19 RENTAL CONTRACT OVERVIEW

21 PLANNING YOUR EVENT

22 LODGING/CABIN ASSIGNMENTS

24 FOOD SERVICE

27 ARRIVAL AND DEPARTURE

28 DRIVING DIRECTIONS & MAP

29 CHECK OUT & CLEAN UP

30 CABIN ASSIGNMENT WORKSHEET

32 FAMILY CAMP

33 SUMMER CAMP

34 CAMP RULES & EMERGENCY INFORMATION



A LETTER OF WELCOME

Thank you for choosing Lake Wenatchee YMCA Camp (LWYC). We look forward to the opportunity to make your stay here special. This guide is designed to help us work together to prepare for your event.

The pages in this packet will give you key information about our camp and the rental process. Please review them thoroughly and share this information with your group in advance of your arrival as it will help you consider your group's special needs.

We are partners in your event and want to be sure that you are comfortable with the entire process. After scheduling your event and confirming your contract, we will be contacting you about a month before your event to talk about your basic schedule (including your preferences for recreational activities and meals).

Please feel free to call or email us for answers to your questions or if you are in need of other assistance.

Thank you for taking the time to review this information. We know you will have a memorable experience at Lake Wenatchee YMCA Camp and look forward to seeing you here!

Sincerely,

Wenatchee Valley YMCA

Tim McElravy

Camping Services Director

Wenatchee Valley YMCA

OUR MISSION

The mission of the Wenatchee Valley YMCA is to strengthen youth, families, and communities by promoting Christian principles and putting them into practice through leadership and programs that build healthy spirit, mind and body for all.

Welcome! Lake Wenatchee YMCA Camp is a place where everyone is given an opportunity to discover and learn amidst the beauty of our natural environment. Outdoor experiences and outdoor immersion offers endless physical, emotional and cognitive benefits. People of all ages can deepen their connection to the natural world and each other, while fostering awareness, appreciation, and stewardship of our beloved planet, Earth.

Each visitor group at LWYC brings unique goals and objectives. Together, we'll collaborate to design an experience that fulfills your group's needs while taking advantage of our exceptional camp environment.



EVERYONE IS WELCOME

The Wenatchee Valley YMCA is an organization that embraces nondiscrimination, diversity, and inclusion. We welcome all people regardless of ability, age, background, income, ethnicity, race, faith, gender, gender identity, gender expression, or sexual orientation.

GROUP RENTALS

Let our beautiful setting and facility be the backdrop for your next retreat! From small family reunions to large business or church events, we can cater to your organization's needs. Utilize our various facilities and services to accentuate your plans, or we can help you set up a full slate of activities. We invite you to tour our camp to see the facilities and grounds and select the best options for your group.

- **OUTDOOR SCHOOLS**
- **WEDDINGS**
- **FAMILY REUNIONS**
- **COMMUNITY GROUPS**
- **BUSINESS EVENTS**
- **CHURCH GROUPS**



A LOOK AROUND OUR FACILITY



Our thoughtfully developed site features 22 buildings, 10 main program areas, and close access to acres of local hiking trails. Special site features include one half mile of waterfront that looks out across the lake into the Glacier Peak Wilderness area, basketball and pickleball courts, an archery range, a campfire stage, two outdoor chapels, a Ga-Ga pit and a large sports field.

The Larry Handy Lodge features a lakeside view, and accommodates groups up to 150 people. This main lodge is available for food service & dining room use, as well as an activity or meeting space. A wood fire is kept burning during the winter months. Our rustic cabins sleep up to 8 people (bunk bed style). Each cabin has a fireplace or wood stove for warmth, and spectacular views of either Lake Wenatchee or the forest around us. There are a total of 17 cabins on the camp property. Some of these cabins are used for Y staff housing as needed.

SITE AND FACILITIES & SEASONAL INFORMATION

Site - Since 1927, the Lake Wenatchee YMCA Camp has been located on 26 acres on the north shore of Lake Wenatchee.

Camper Cabins - Guests stay in one of seventeen camper cabins. Majority of cabins sleep up to 8 people and have either a fireplace or wood stove for heat. The larger Nelson Cabin can accommodate 16 people and has electric heating.

Program Areas - Open seasonally, our camp program areas include a sports field, beach, two outdoor chapels, campfire area with benches and stage, paved four-hoop basketball court & pickle ball courts, archery range, and the Outdoor Environmental Education (OEE) Building. Many of these locations make wonderful spots for indoor and outdoor group meetings or activities.

Larry Handy Lodge - The main lodge contains the dining hall and our kitchen, recreation room, arts and crafts room, and restrooms with showers.

Meeting Spaces - Indoor meeting spaces include the OEE Building, dining hall, recreation room, and arts and crafts room. The dining hall is the most convenient meeting space and can accommodate up to 150 people. The recreation room in the lower level of the lodge can accommodate up to 40 people. The arts and crafts room in the lower level of the lodge or the Outdoor Environmental Education Center may also be used as small group meeting space.

April and May - Spring returns to camp in April with high temperatures in the 50s and 60s, and average lows in the 30's and 40's. The month of May sees high temperatures in the 60s and 70s, and average lows in the 40's and 50's. Schools throughout the Northwest add YMCA-led activities like archery, outdoor living skills, nature hikes, challenge activities, and cross-curricular lessons to their Outdoor School programs.

June, July and August - The weather is warming-up as the summer progresses (highs range from the mid 80s in June to the 90s in July/August). Get out and explore the hiking, mountain biking, and local wilderness areas near the camp. Much of the end of June, July and beginning of August are reserved for Lake Wenatchee YMCA Summer Camp programs; these weeks vary year to year so contact us with questions about our availability!

September and October - Oh, if it were only this nice all year! The bugs are gone and the lake is warmer than it has been all year. Autumn is a good time for Outdoor School camps. The salmon are running and the weather is great. September/October high temperatures are in the high 60s and 70s, with lows in the 30's and 40s. The cooler autumn nights make this the time of color.

December, January and February - These are our prime winter play months. In a normal year we will have high temperatures in the 20's to 30s and low's in the teens to -20's and 2-3+ feet of snow. In December, thousands come to Leavenworth for its annual Christmas Lighting Ceremony (first three weekends in December) and the Steven's Pass Ski Area is usually open. Some groups send half their group to Leavenworth and the other half to Steven's Pass, both about a half-hour from camp. The State Park, next to camp, offers miles of groomed cross-country ski trails, snowshoe trails, and an inner-tubing/sledding hill (a snow park permit is required to use the State Park recreation areas).

AMERICAN DISABILITY ACT NOTICE

To the extent it is reasonably able to do so, the Y will provide services to children with disabilities in the same manner as services provided for other children of comparable age. Parents or guardians are obligated to disclose medical, physical, or behavioral issues at the time of the child's enrollment and on an ongoing basis. Guardians will further need to fill out an individual plan of care and/or plan of success. Due to the large group format of the program, the Y is unable to provide one on one care for any child, with the exception of injuries, immediate disciplinary issues, and certain personal care needs.

LICENSING AND CERTIFICATIONS

Our program hires quality and experienced staff to work with all children. As a licensed program by the Washington State Department of Children, Youth, and Families, all employees are subject to criminal background checks and extensive reference verifications. Employees are required to be CPR and First Aid certified with the expectation that each employee completes a minimum of ten state (STARS) training hours every year. To view the most recent inspection and Department of Children, Youth, and Families standards, check the site licensing binder at the school site, online at www.dcyf.wa.gov, or call 1-800-737-0617.

STAFF PROFESSIONAL DEVELOPMENT

All YMCA site coordinators and site leaders are qualified and verified through a state licensor. Staff professional development can be verified in MERIT (educational database for the Department of Children, Youth, and Families) at www.merit.del.wa.gov. Required trainings of staff include:

- CPR/First Aid Certification
- Blood-borne Pathogens/HIV/AIDS Training
- Food Workers Permit for kitchen staff
- Child Sexual Abuse Prevention
- Appropriate Touch & Mandated Reporting
- Lifeguard Training & Certification, and Archery Training for applicable staff members

OUTDOOR SCHOOL

Lake Wenatchee YMCA Camp's Outdoor School program is a place where everyone is given an opportunity to discover and learn amidst the beauty of our natural environment.

Our outdoor curriculum has two major elements: outdoor experience and environmental studies. Outdoor experience activities focus on developing physical skills, and interpersonal relationships, while our cross-curricular education activities are aimed at increasing students' awareness and knowledge of themselves and the natural world.

LAKE WENATCHEE YMCA CAMP OUTDOOR SCHOOL GOALS:

- Help students build an appreciation, respect and self-awareness of the relationship between themselves and the natural world through adventure, observation and reflection.
- Promote personal growth, self-confidence, and independence in young people.
- Increase comfort in and connection to nature, and develop a sense of place through learning outdoors.
- Increase knowledge of ecological concepts and support teachers in reaching the Washington State Learning Standards.
- Strengthen social relationships and social awareness, encouraging cooperation, conflict resolution and communication through social engagement.
- Encourage the YMCA values of Caring, Honesty, Respect, and Responsibility.



CLASS SET-UP:

It is suggested that learning groups consist of both girls and boys and that students are placed in groups with no more than three or four others from the same cabin. Upon your request, LWYC can create a rotation schedule that works for your school group as well as assist in organizing your campers into their learning groups.

Teachers or cabin leaders need to be assigned to help supervise in ALL activities, whether YMCA staff is guiding or not.

OUTDOOR SCHOOL

Fair Weather Programming (May-September)

Each program is \$40.00 per hour and includes 1 YMCA instructor.

Larger groups may require additional facilitators to ensure safety and a positive experience.

ARCHERY

Led by our National Archery Association (NAA) certified and approved instructors, discover the origins of archery, the components of the bow and arrow, and safety precautions on our outdoor archery range. Then, learn how to perform a proper shot at our traditional targets. Bullseye or not, you're guaranteed to have a blast! Maximum group size is 16 people per hour session. Up to 8 archers can be at the firing line at a time.

CAMPFIRE SUPPORT

Campfire isn't just a source of warmth, it's the heart and soul of camp! YMCA staff members will help facilitate campfires and use camp song books to lead songs. Groups provide skits, songs or stories to share around the campfire. For small groups, we have four small campfire rings on the beach: one below Owl Cabin and three on the far side of the waterfront area, and one main campfire with benches and a stage. Unlimited group size.

NIGHT WALK

Prepare for a thrilling journey that will take you beyond your comfort zone! As we venture into the great outdoors under the veil of night, we'll unlock the secrets of the five senses, delve into the enchanting realms of light, color and animal adaptations, and unveil the mysteries of the nocturnal world. But here's the real magic: the nighttime symphony! The sounds that fill the nocturnal world possess an unparalleled beauty.

NATURALIST & THE ARTS

Turn the natural world into your canvas! Tree bark art, nature inspired stamps and book mark making, mud painting and more will help students' creativity meet mother nature. This experience can succeed in all weather conditions, with indoor or outdoor lesson adaptations.

ORIENTEERING

Stay on track for all your future adventures! Discover the art of orienteering, where you'll master crucial survival techniques such as compass navigation, topographic map interpretation, and the ability to calculate your own pace.

OUTDOOR COOKING & CULINARY CREATIONS

Get fired up for an experience in fire and kitchen safety, paired with the ultimate foodie adventure; we are taking the kitchen outside! Picture this: roasting over an open flame, or whipping up treats in a trusty Dutch oven. Let's turn your culinary dreams into a reality!

OUTDOOR LIVING SKILLS & THE TEN ESSENTIALS

Join our YMCA staff in our action-packed curriculum, crafted in partnership with the American Camping Association, as we dive into the essentials for your trusty day pack! We're talking about the items you should have at all times to be prepared to safely enjoy outdoor adventures. Then, learn a survival skill with your choice of useful knots, seasonal shelter building, or fire building. Suitable for adventurers aged 10 and up, this program can be catered to your group.

WATERFRONT SWIMMING

Gear up for an exciting time with a safety and instructional lesson on dry land (life jackets provided). Then, make a splash as you enjoy swimming or canoeing around on our end of Lake Wenatchee, with the breathtaking Glacier Peak Wilderness area as your backdrop. ALL aquatic activities are staffed by YMCA or Red Cross Certified Lifeguards at a minimum ratio of 1 guard per 25 swimmers/boaters. ALL Aquatic activities require additional staff trained as lookouts at a ratio of 1 lookout per 10 swimmers or boaters. All campers are instructed to use the Buddy System in ALL aquatic areas. All campers, rental guests and Staff are swim tested before being allowed to go into water that is more than waist deep.

Available from Memorial Day to Labor Day.

OUTDOOR SCHOOL

Cold Weather Programs (December–March)

Each program area is \$40.00 per hour and includes 1 instructor.

Larger groups may require additional facilitators to ensure safety and a positive experience. Waterproof shoes, wool or synthetic socks, and hat/face coverings are strongly recommended for the following activities. LWYC has limited loaner gear available for those who may need additional support.

SNOWSHOEING

Ready to embark on a snow covered adventure? We've got you covered with snowshoes and walking poles to explore our winter wonderland through this low-impact, easy to learn activity! Our team will provide instruction on how to stay safe in the cold conditions.

LWYC can facilitate up to 30 snowshoe users at a time.

WINTER SHELTER BUILDING

Unleash your snow architect! YMCA will provide snow shovels, instruction, and a crash course on the art of winter wear and preparedness. Depending on snow conditions, the instructor will select to build a Quinsee or an Igloo.

WINTER SURVIVAL SKILLS & WINTER SHELTER BUILDING

Want to master the art of staying cozy in the cold? Our staff will provide a clinic on the secrets to winter shelter building, and proper preparedness. We'll also break down the sacred survival basics: Shelter, water, fire, food (in that exact order of necessity). Once you've got the knowledge, it's time to put it to the test! Participants will use the remainder of their time building their own winter shelters.



OUTDOOR SCHOOL

Cross-Curricular Lessons

Each program area is \$40.00 per hour and includes 1 instructor.

Larger groups may require additional facilitators to ensure safety and a positive experience.

FRESHWATER SUSTAINABILITY

Students will explore freshwater availability and freshwater consumption issues. We will learn together that freshwater is a renewable, but limited resource that must be protected for generations to come. Students will experience hauling their own water (or seasonally, snow) for a bucket or two, that you may remember the next time you turn on the faucet, as well as calculating your own water footprint. This lesson compliments Next Generation Science Standards for elementary and middle school students.

TREE STUDIES

The magnificent forest at Lake Wenatchee YMCA Camp are an ideal laboratory for learning about trees. Students will become familiar with the tree's basic biology, and how they grow and thrive in a forest setting, and even learn about identifying tree species! This lesson compliments Next Generation Science Standards for elementary and middle school students.

QUADRANT MAPPING & BIODIVERSITY

Unlock the mysteries of biodiversity with ratios, equations, and percents in our local forest ecosystem. Graphing concepts will help chart the rich tapestry of species at Lake Wenatchee, using a sampling method that real ecologists use in the field. This lesson compliments Next Generation Science Standards (NGSS) of math for 5th and 6th graders, but everyone will enjoy practicing math and graphing in a real life scenario!



DECOMPOSITION & FOOD WEBS

Students will become nature detectives as we explore the base of the food web: nature's decomposers, discovering how they turn fallen leaves and old logs into life's building blocks. It's a journey into the heart of the forest, where every rotting leaf is a trove of discovery. Students will also learn about the importance of the 3 Rs (Reduce, Reuse, Recycle) and the difference between renewable and nonrenewable resources. This lesson compliments Next Generation Science Standards for elementary and middle school students.

ENGLISH LANGUAGE ARTS (ELA) IN THE WOODS

Listen closely to the symphony of the forest: the rustling leaves, the chirping birds, and the whispering wind. These natural sounds will guide you on an outdoor journey, using senses as a compass. Explore a new way of mapping, using your ears to sound map out the forest around you. Or, unearth your inner poet as we venture into the world of nature journaling. This lesson uses Social and Emotional Learning (SEL) standards to assist students of all ages in connecting with the natural world.

SNOW STUDIES

This hands-on program offers students a unique opportunity to explore the science behind snow formation, its properties, and snow's ecological significance. This lesson compliments Next Generation Science Standards for elementary and middle school students.



OUTDOOR SCHOOL

Team Building Activities

\$40.00 per hour and includes 1 instructor.

Larger groups may require additional facilitators to ensure safety and a positive experience.

Non-competitive group games and exercises where everybody wins that can be tailored to your group's needs. Together, we'll conquer obstacles, solve puzzles, or build trust while surrounded by nature's beauty; because as they say: groups that struggle together, bond together!

Up to 20 people per facilitator.



OUTDOOR SCHOOL

Free Available Activities

Does not require YMCA Staff support

NATURE SCAVENGER HUNT

Armed with your trusty checklist, anyone can explore the wilderness! Using your senses to seek and discover. Ask a staff member for paper copies and pencils for the whole group.

BALL COURTS & OTHER FIELD GAMES

Our ball court and field games are all about the thrill of friendly competition and the joy of playing beneath the open sky. They will have you laughing and cheering in no time! Frisbee, basketball, volleyball, football, soccer, kickball, Pickle ball and Gaga ball equipment provided. Sports fields can be used for capture the flag or other group games.

BINGO

A classic game for the entire group! LWYC can provide materials for up to 100 people. Bring small prizes for your whole group to be winners!

ARTS & CRAFTS

Beautiful crafts can be created any time! Basic art supplies are available for your group. Please bring plenty of supplies if you are planning a special craft project.

CHARADES

A classic group game that is always good for a laugh! Picture yourself acting out wild animals, swimming in the lake, eating a s'more, or mimicking a tree swaying in the wind. LWYC can provide materials to get this party started.



CAMPFIRE

A chance for everyone to participate in songs, skits, stories, and group bonding. It's a time-honored tradition that connects us to nature, warms our hearts, and sparks conversation. So grab a marshmallow stick and find a cozy spot by the fire.

SNOWSHOEING OR NATURE WALK

Create your own adventure! LWYC can facilitate up to 30 snowshoers at a time.

CAREER PROFILE CARDS

Explore various professions using Pacific Education Institute's (PEI) Career Profile Cards! Distribute career cards to participants, allowing each person to delve into and comprehend a specific profession. Rotate roles, introducing yourself as your assigned "identity," and share insights about your chosen career with the rest of the group.



RENTAL PROCEDURES

GROUP SIZE

Because your group will have exclusive use of the camp site and facilities, we will contract with you for a minimum number of people based on your estimated group size. The maximum number in camp is based on the number of beds in camp.

Two weeks prior to your arrival at camp, the Camp Director will call your group leader to confirm the number of participants. If your group confirms more participants than on your original contract, your group will be financially responsible for the updated number of confirmed number of participants.

RESERVATIONS AND DEPOSIT

A reservation request can be made up to 12 months in advance. Groups using camp during the current year will have the first right of refusal for corresponding dates the following year. A 50% nonrefundable deposit, and signed contract are required to validate your camp rental reservation within 120 days of the reservation. The deposit must be received by the Wenatchee Valley YMCA by the date on the contract or your reservation may be canceled.

INSURANCE REQUIREMENTS

Thirty days prior to arrival at camp, rental groups must provide a Certificate of Insurance naming the Wenatchee Valley YMCA as additionally insured for the dates of camp use. The policy must provide at least \$1,000,000 liability limits. This certificate is usually provided free by your insurance agent. Please see the insurance section of your contract for more specific requirements.

YMCA PROGRAM SUPPORT & RECREATION

Programs cost \$40 / hour and include 1 instructor. Curriculum/programming is not included in our overnight lodging costs. The number of hours of free YMCA programming included with your rental contract is based on your group size and number of days at camp; you receive 1 hour of free program support (1 instructor for 1 hour) per 25 people brought each night. Between the months of May-September season, more Y staffing is available for program support. Availability of program support provided by the camp may vary seasonally. School support/ an adult volunteer is required to be present for every program group, in addition to the YMCA staff instructor leading the lesson/activity to ensure student safety & adequate supervision during programming. We strongly recommended 1 adult volunteer from your organization per 10 kids. For larger groups that may need more programming time provided by us, your group will need to provide an additional instructor(s) willing to teach the lesson, and/or purchase additional program hours (staffing is limited seasonally).

CONTRACT OVERVIEW

LODGING FEES:

Overnight Stay \$_____ per person per night x _____ nights x _____ people = \$_____ **TOTAL**

Confirmation of your group's over night guests will be confirmed two weeks prior to your stay. Your group will be responsible to pay for at least the minimum number of people as indicated in your rental contract and reflected here.

PROGRAMMING FEES:

Groups will receive one hour of free program support every day for every twenty-five people in camp. This includes lifeguarding, archery, canoeing/kayaking, nature hikes, or other activities. Additional program hours are available at an additional cost.

One free hour of program support for every 25 people per night that your group brings to camp.	Price per hour	# of hours requested	# of y-staff needed	Total # of hours needed	Hours of free program support	Total # of hours additional program support needed	Total fee for additional program support requested
Waterfront - Boating Lifeguard ratio: 1:25	\$40			0			\$
Waterfront - Swimming Lifeguard ratio: 1:25							
Archery Max Group size: 16							
OLS, New Games, Campfire support up to 20 people per facilitator							
Program Area Fees TOTAL						\$	

Continued on next page

CONTRACT OVERVIEW

CONTINUED

FOOD SERVICE CHECKLIST:

Number of Breakfasts: _____ x \$12.00/meal x _____ people = \$ _____

Number of Lunches: _____ x \$12.00/meal x _____ people = \$ _____

Number of Dinners: _____ x \$16.00/meal x _____ people = \$ _____

TOTAL: \$ _____

Confirmation of your group's meals will be confirmed two weeks prior to your stay. Your group will be responsible to pay for at least the minimum number of meals as indicated in your rental contract and reflected here. Additional meals for overnight guests will be billed to your group at the rates above. Meals for non overnight guests will be billed at \$15 per meal, per person.

Date of first meal: _____ Requested first meal: _____

TOTAL RENTAL COST:

Lodging Fees: \$ _____

Program Fees: \$ _____

RENTAL TOTAL: \$ _____

50% Deposit: \$ _____

Deposit is Non Refundable

This is a summary of what is reflected in your Rental Contract with the Wenatchee Valley YMCA for rental of the Lake Wenatchee YMCA Camp. Your signed contract with the 50% Deposit must be returned to the YMCA by _____ for your contract to be valid.

PLANNING YOUR EVENT

Creating a schedule is the first step in planning your visit. A well thought out schedule will help ensure an enjoyable stay for your group.

1. Determine your mealtimes and menus. Please see the Food Service section on page 24 for a description of camp food services, rental group responsibilities, menus, and optional food services. Because your group will be the only group in camp, you may schedule your mealtimes any time of the day. We will have meals ready to eat at that time. We have found that most groups require about an hour to eat and cleanup; forty-five minutes is a minimum. Typical meal start times are:
 - Breakfast: between 7:30am and 8:30am
 - Lunch: between 11:30am and 12:30pm
 - Dinner: between 5:00pm and 6:00pm
2. Determine times and locations for events, meetings, or special programs (see Site and Facilities section on page 7 for available meeting spaces).
3. Determine times to be offered for recreation and relaxation. Recreational opportunities can be as important to the success of your event as your meetings. Relaxation and exercise can help group members concentrate as they sit and participate in group meetings (see Recreation and YMCA Programs section below for more information).
4. Allow sufficient transition time between meals, meetings, recreational and program activities, and other events. Ten minutes is a minimum, and 15 minutes is typical - though some groups may need more time. Transitions make an event enjoyable by giving group members time to take care of personal needs. It also helps meals and other events start on time.

LODGING & CABIN ASSIGNMENTS

Members of your group will most likely want to move their gear into their cabins upon arrival. It will benefit you to take the time (prior to arrival at camp) to determine where members of your group will be staying. We have provided a Cabin Assignments Sheet on pages 30 & 31 on this brochure. It lists each cabin, the heat and light source and the number of beds available. It works best if you post this information in the lodge lobby for others to see upon arrival.

WHAT TO BRING

- Sleeping bag, pillow and other bedding (mattresses provided in cabins).
- Flashlight, toiletries and towel.
- Matches, newspaper and fire starters for the cabin wood stoves.
- Sturdy shoes (no sandals except at waterfront) – some of our trails are rough and uneven.
- Durable all-weather clothing as the weather can be somewhat unpredictable. Waterproof clothing &/or shoes are strongly recommended.
- Warm clothes, gloves and a hat in the late fall or early spring.
- Mosquito repellent is needed in the spring and early summer.
- Cameras and musical instruments can make the event more memorable.

Please bring a list of the following information, as it is useful in emergencies:

- Names and addresses of all participants
- Emergency contact names and phone numbers
- Any persons with known allergies or health conditions requiring treatment, restriction, or accommodation while on site.
- Signed permission to treat, or a signed religious waiver, for minors without a parent on site (Sample forms available upon request).

Continued on next page

LODGING & CABIN ASSIGNMENTS

CONTINUED

CAMPER SUPERVISION

We recommend leader-to-child ratios in accordance with the American Camping Association standards (see chart below). We also recommend that at least 80% of group provided staff and/or cabin leaders are 18 years of age or older, and that all staff are at least 16 years of age and at least two years older than the minors with whom they are working. We advise you to provide your staff with training to avoid situations in which they may find themselves in a one-on-one situation with a camper when out of sight of others. The American Camping Association recommended supervision ratios are:

CAMPER AGE	STAFF NEEDED	# OF CAMPERS
5 and Younger	1	5
6-8 Years	1	6
9- 14 Years	1	8
15-18 Years	1	10

OTHER NEEDS:

Assess your group and determine any special needs they may have, such as:

- Special or restricted diets (vegetarian, low-salt, allergies, etc.)
- Limited mobility
- Storage of medicine

FOOD SERVICE

GREAT CAMP FOOD

Wholesome, appetizing, home-cooked meals are prepared daily in our professionally staffed kitchen. Meals are served buffet style. Please finalize menu and meal arrangements, including dietary needs, with the Camp Director at least two weeks prior to your arrival.

BEFORE THE MEAL

YMCA staff will be available to assist, however, your group will be responsible for dining hall setup, including tables and chairs if necessary, prior to each meal.

AFTER THE MEAL

After the meal is served, we ask that a designated person from each table scrape the plates and set the dishes in plastic bins near the dish wash area. We will do your dishes for you. We ask that your group wipe down the tables with provided rags, sweep the dining hall and spot mop as needed after each meal.

SPECIAL DIETS

We can accommodate most special requests with adequate notice. By request we can offer a “no red meat” or vegetarian alternative for our guests who prefer these options. Two-week prior notice is required to order adequate supplies.

GUEST MEALS & SNACKS \$4.50/PERSON/SNACK

Whether it is midnight or midday, you may want to plan a snack break into your camp schedule. For an additional charge we are happy to provide snacks, including beverages, fruit, cookies, brownies, or other snack foods.

Guest Meals (non-overnight guests): \$16/person/meal for your guests and daytime visitors who would like to eat with your group.

CUSTOM MENUS CALL FOR A QUOTE

We are happy to provide your group with custom menus (containing foods not on the camp menu). For an additional fee (per person), you can coordinate with the Camp Director to develop custom menus to meet your group’s special food service needs. Two weeks prior notice is required to order adequate supplies.

FOOD SERVICE MENU

This is a set menu. You will see many opportunities to customize your menu from meal to meal.

NOTE: Vegetarian options are available by request. Food allergies and special needs do require communication 2 weeks beforehand so that we can meet those needs.

- All breakfasts are served with fresh fruit, juice, hot chocolate, coffee, tea and milk.
- Lunches and Dinners are served with coffee, tea, milk and/or punch.

WEEKEND RETREAT MENU

FRIDAY DINNER

- Pasta Bar with 2 sauces: Meat & Marinara
- Garlic Bread
- Caesar Salad
- Coffee, tea, milk and/or punch

SATURDAY DINNER

- Roast Beef/Turkey/pork
- Veggies
- Dinner Rolls
- Salad bar
- Coffee, tea, milk and/or punch

SATURDAY BREAKFAST

- Scrambled Eggs
- Hash Browns
- Sausage links
- Toast
- Fresh Fruit
- Juice, hot chocolate, coffee, tea and milk

SUNDAY BREAKFAST

- Pancakes
- Bacon
- Fresh Fruit
- Juice, hot chocolate, coffee, tea and milk

SATURDAY LUNCH

- Taco Salad
- Ground Beef & Chicken
- Rice
- Tortilla Chips
- Refried beans
- Salad bar
- Coffee, tea, milk and/or punch

SUNDAY LUNCH

- Hamburgers and hot dogs
- Baked beans
- Tater Tots
- Salad bar
- Punch, coffee, tea and milk
- OR Sandwich Bar to Go

FOOD SERVICE MENU

CONTINUED

WEEK LONG RETREAT MENU

MONDAY BREAKFAST

- Scrambled eggs
- Hash browns
- Sausage
- Fresh fruit
- Juice, hot chocolate, coffee, tea and milk

MONDAY LUNCH

- Pepperoni, veggie and cheese pizza
- Salad bar
- Punch, coffee, tea and milk

MONDAY DINNER

- Chicken Teriyaki
- Rice
- Stir-Fried vegetables
- Salad bar
- Coffee, tea, milk and/or punch

TUESDAY BREAKFAST

- French toast
- Sausage
- Fresh fruit
- Juice, hot chocolate, coffee, tea and milk

TUESDAY LUNCH

- Chicken Nuggets
- Macaroni and Cheese
- Salad bar
- Punch, coffee, tea and milk.

TUESDAY DINNER

- Pasta Bar with 2 sauces – Meat, Marinara,
- Garlic Bread
- Caesar Salad
- Punch, coffee, tea and milk

WEDNESDAY BREAKFAST

- Biscuits and gravy
- Scrambled eggs
- Fresh fruit
- Juice, hot chocolate, coffee tea, and milk

WEDNESDAY LUNCH

- Taco Salad
- Ground Beef & Chicken
- Rice
- Tortilla Chips
- Refried beans
- Salad bar
- Coffee, tea, milk and/or punch

WEDNESDAY DINNER

- Choice of Roast Beef or Turkey
- Roasted Potatoes
- Dinner rolls
- Cooked vegetables
- Salad bar
- Coffee, tea, milk and/or punch

THURSDAY BREAKFAST

- Hot and cold cereal bar
- Assorted pastries/muffins
- Yogurt
- Fresh fruit
- Juice, hot chocolate, coffee, tea and milk

THURSDAY LUNCH

- Chili and Cornbread
- Salad bar
- Punch, coffee, tea and milk

THURSDAY DINNER

- Hamburgers and hot dogs
- Baked beans
- Tater Tots
- Salad bar
- Punch, coffee, tea and milk

FRIDAY BREAKFAST

- Pancakes
- Bacon
- Fresh fruit
- Juice, hot chocolate, coffee, tea and milk

FRIDAY LUNCH

- Sack lunch to go or cook's choice if staying in camp

ARRIVAL & DEPARTURE

VEHICLES AND PARKING

Please park vehicles in the main parking area. Large or heavy items may be loaded and unloaded at the main lodge. The Camp Director will unlock the gate at the end of the parking area so you can unload one vehicle at a time. Parking is limited so we ask that you encourage group members to carpool. If you anticipate more than 40 cars, please let us know and we will open up the sports field for additional parking (Late Spring- Early Fall only). While in camp, please observe the 5 M.P.H. speed limit and only transport passengers in vehicles designed for passenger use.

CHECK-IN

Please plan on having your check-in person arrive at least one hour before the rest of the group for camp check-in. Bring a photocopy of your first aid/CPR person's certifications. You and the Camp Director will walk through camp to open the buildings and verify that camp is ready for your program. At this time we will also review your group's responsibilities for end-of-camp cleanup.

DINING HALL SETUP

Your host will be available to assist you in determining how to set up the dining hall to best suit your needs. YMCA staff will show you where the tables and chairs are stored, but members of your group are responsible for setting up tables and chairs prior to your first meal.

GROUP ORIENTATION

Please schedule about 15 minutes prior to your first meal for your group orientation. The orientation will usually include YMCA staff introductions, dining hall procedures, restroom locations, camp rules and emergency procedures and other important information.

CAMP CLEANUP AND DEPARTURE

We ask that you leave camp as clean as when you arrived. Camp staff will ensure that you have all the necessary equipment to clean camp prior to leaving. The Camp Cleanup Checklist at the back of this planning guide can help you assign cleanup responsibilities. When camp is cleaned and your group is ready to leave, you and the camp host will walk through the facilities to verify cleanliness and to look for any lost-and-found items. Check out time is 2 pm.

BILLING AND CAMP EVALUATION

Two weeks before your visit to camp you will receive a bill for your contracted minimum which is due and payable by check upon your arrival. If there are additional charges, (i.e. extra meals, more people than your contracted minimum, damages to camp etc.), you will receive a final billing and a rental evaluation in the mail. Please complete the rental evaluation and return it with your payment. You will usually receive a rental reservation for the following year within a month of your visit.

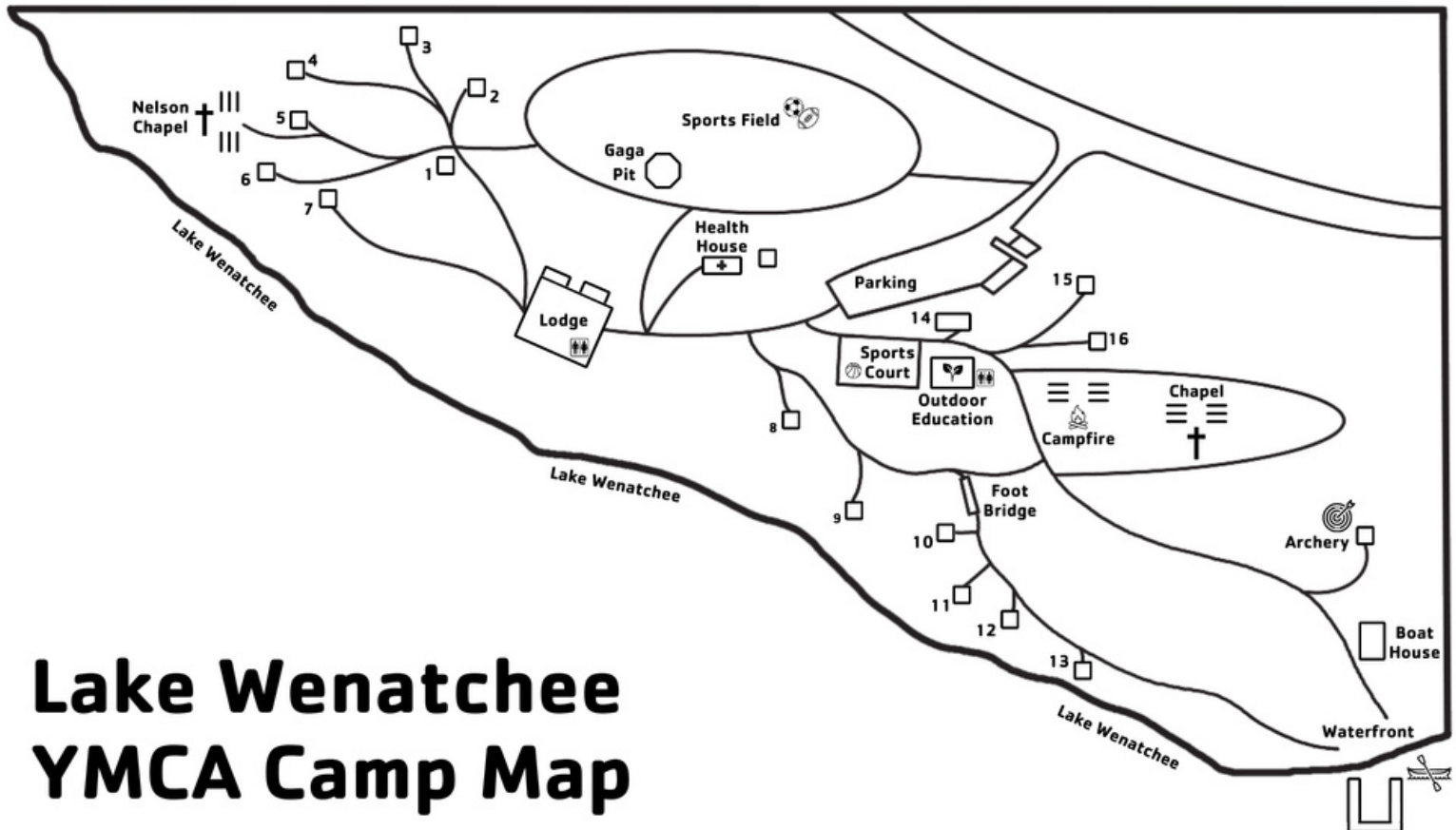
DRIVING DIRECTIONS

FROM THE EAST (LEAVENWORTH/WENATCHEE)

- Drive to Leavenworth, WA (via US-2 from Wenatchee or Hwy 97 from Ellensburg/I-90).
- Take US-2 west from Leavenworth about 15 miles to Coles Corner (Hwy 207).
- Turn right at Coles Corner (Hwy 207) toward Lake Wenatchee.
- Drive about 5 miles to green bridge over the Wenatchee River.
- Cross the bridge and stay left at the "Y" in the road.
- Drive approximately 1.5 miles and turn left onto North Shore Drive.
- Turn left into the second driveway (large YMCA Camp sign).

FROM THE WEST (MONROE/SEATTLE)

- Drive to Monroe, WA (via Hwy 522 from I-405 or Hwy 2 from I-5).
- Take US-2 east from Monroe about 70 miles (over Stevens Pass) to Coles Corner (Hwy 207).
- Turn left at Coles Corner (Hwy 207) toward Lake Wenatchee.
- Drive about 5 miles to green bridge over the Wenatchee River.
- Cross the bridge and stay left at the "Y" in the road.
- Drive approximately 1.5 miles and turn left onto North Shore Drive.
- Turn left into the second driveway (large YMCA Camp sign).



**Lake Wenatchee
YMCA Camp Map**

CAMP CLEAN UP

We ask that you leave camp as clean as when you arrived. Camp staff will ensure that you have all the necessary equipment to clean camp prior to leaving. The camp cleanup checklist below can help you assign cleanup responsibilities. When camp is cleaned and your group is ready to leave, you and the Camp Director will walk through the facilities to verify cleanliness and to look for any lost-and-found items. Groups that do not leave camp clean will be charged as follows for camp clean up:

Lodge Cleaning \$500 flat rate

Cabin Clean up \$75/cabin

Camp grounds clean up/general repairs \$40/hr plus materials

CAMP CLEAN-UP CHECK LIST

CABINS

- Personal items removed (under mattresses and inside cabinets)
- Woodstove hearth clean and firewood stacked neatly
- Floor and deck swept
- Trash emptied and can liner replaced (trash to loading dock)

HEALTH HOUSE

- Personal items removed
- Floor swept and mopped
- Trash emptied and can liner replaced (trash to loading dock)

LODGE APARTMENT

- Personal items removed
- Floor swept and mopped
- Trash emptied and can liner replaced (trash to loading dock)

CAMP GROUNDS

- Police grounds for litter (especially trails, front of lodge, campfire, and parking lot)

DINING HALL

- Tables and chairs wiped down and stacked.
- Fireplace hearth and mantle clean
- Lodge Lobby vacuumed
- Floor swept and mopped
- Mezzanine/stairs swept

LODGE BASEMENT

- Floors swept and mopped (including bathrooms)
- Tables and chairs stacked in back room
- Fireplace, hearth, mantle clean and fire wood stacked neatly

OUTDOOR ED CENTER

- Personal items removed
- Chairs stacked
- Floors swept and mopped (including bathrooms)
- Trash emptied and can liner replaced (trash to loading dock)

CABIN ASSIGNMENTS WORKSHEET

CAMP CAPACITY: 149 BEDS

LODGE APARTMENT:

1.

2.

3.

WEST SIDE OF CAMP

#1 AZWELL CABIN

1.

3.

5.

7.

2.

4.

6.

8.

#2 CASHMERE CABIN

1.

3.

5.

7.

2.

4.

6.

8.

#3 WHITMAN CABIN

1.

3.

5.

7.

2.

4.

6.

8.

#4 TAYLOR-NEEL CABIN

1.

3.

5.

7.

2.

4.

6.

8.

#5 CHIEFTIAN CABIN

1.

3.

5.

7.

2.

4.

6.

8.

#6 OWL CABIN

1.

3.

5.

7.

2.

4.

6.

8.

#7 TERTSAGIAN CABIN

1.

3.

5.

7.

2.

4.

6.

8.

CABIN ASSIGNMENTS WORKSHEET

EAST SIDE OF CAMP

FISHER HEALTH HOUSE

1.	4.	7.	10.
2.	5.	8.	11.
3.	6.	9.	12.

#8 SQUATTER'S RIGHTS CABIN

1.	3.	5.	7.
2.	4.	6.	8.

#9 MEIKLE CABIN

1.	3.	5.	7.
2.	4.	6.	8.

#10 LEWIS CABIN

1.	3.	5.	7.
2.	4.	6.	8.

#11 WOODS CABIN

1.	3.	5.	7.
2.	4.	6.	8.

#12 MILLER CABIN

1.	3.	5.	7.
2.	4.	6.	8.

#13 ISENHART CABIN

1.	3.	5.	7.
2.	4.	6.	8.

#14 NELSON CABIN

1.	6.	11.	16.
2.	7.	12.	17.
3.	8.	13.	18.
4.	9.	14.	19.
5.	10.	15.	20.

#15 MUIRHEAD CABIN

1.	3.	5.	7.
2.	4.	6.	8.

#16 ROTARY CABIN

1.	3.	5.	7.
2.	4.	6.	8.

FAMILY CAMP

MEMORIAL DAY WEEKEND – May 24th – 27th

LABOR DAY WEEKEND – August 30st – September 2nd



AFFORDABLE FAMILY TIME, TOGETHER!

In keeping with our commitment to serve the whole family, the Lake Wenatchee YMCA Camp offers an opportunity for families to spend quality time together. Join us Memorial Day or Labor Day weekends for an old fashioned Family Camp experience. The price includes a rustic cabin, with a fireplace or wood stove, that sleeps up to 8 people (bunk bed style), meals, programming, and family campfire activities. Leave the cooking and dishes to us! Relax for the weekend and enjoy.

For more information, visit www.lwycamp.org.

SUMMER CAMP

READY. SET. SUMMER!

Lake Wenatchee YMCA Camp provides an overnight camping experience for children who are currently in grades K-11 through a variety of programs tailored to the appropriate age group. There are several leadership training programs for grades 8-11 and several "specialty camps" including horse, fishing, hiking and stand-up paddle-boarding camps. Summer camp is operated during the last week in June, the month of July, and the beginning of August.

OUR PROMISE

No child is ever denied participation at the Wenatchee Valley YMCA because of an inability to pay. Thanks to our amazing donors we have a robust scholarship fund that will help send your child to camp.

Mini camp: Kindergarten - 2nd Grade

Discovery Camp: 2nd - 4th Grade

Explorer Camp: 5th - 7th Grade

Leadership Development Program (LDP): 8th - 9th Grade

Cabin Leader Development Program (CLDP): 10th - 11th Grade

Please find more information on scholarships and a separate brochure on our website: www.lwycamp.org