



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 2019 Summer Camp Parent Guide

## CAMP JEWELL YMCA

[CampJewell.org](http://CampJewell.org)

A Branch of the YMCA of Greater Hartford

The Original Social Network Since 1901



**Dear Parents and Campers:**

**We are so glad that you have chosen to join us! Whether you are a new or returning camp family, we hope that you are as excited about Summer Camp 2019 as we are!**

**Our desire at Camp Jewell is to create a place where friendships can grow and people can learn. Camp is about developing the life skills that help campers build and maintain positive relationships, learning about the differences in others, and feeling confident in the person they are becoming. Our staff is selected for their maturity, character and leadership capabilities, as well as their desire to be positive role models and mentors to our campers. Many of our staff were campers at Jewell and have been through our extensive 3 year Leadership Training Program. We select our other staff members from across the world, as well as from colleges throughout the United States.**

**We hope you will partner with us this summer to be successful in providing this experience for your camper. This Parent/Camper Handbook will answer many of your questions concerning your campers' upcoming summer camp experience. Please read and save this guide, you will need it now and as your summer camp session approaches. We look forward to partnering with you and your camper!**

**In the Spirit of Camp**

**Craig Dawson- Interim Executive Director**



**Camp Jewell YMCA Contact Information:  
Address 6 Prock Hill Road, Colebrook, CT 06021  
Website [www.CampJewell.org](http://www.CampJewell.org)  
Contact Numbers Office 888-412-2267 Fax  
860-379-8715 Email: [camp.jewell@ghymca.org](mailto:camp.jewell@ghymca.org)**



## OUR VALUES

If you ask a camper what they like about camp, 95% of them will say something about being allowed to “be themselves”. This is not by happy accident, this is a result of a carefully crafted culture that is accepting of all, diverse in nature, and built on the values of caring, honesty, respect, and responsibility. We have reminders of this around camp and it is a core part of our morning chapel service. **Caring: Thinking beyond yourself to consider others and the greater good of our community.** **Honesty: Telling the truth and becoming someone others know they can trust. It's being who you really are.** **Respect: The Golden Rule; recognizing your own sense of worth as well as that of others.** **Responsibility: Learn what is within your own control and take accountability for it.**

In addition, our YMCA is focused on building and strengthening communities. At camp we do this through:

**Youth Development:** Nurturing the potential of every child and teen.

**Healthy Living:** Promoting health and well-being through physical activity and healthy eating.

**Social Responsibility:** Living as part of a small community and taking care of the camp environment.

## OUR HISTORY 119 Summers and Counting

Camp Jewell was founded by the Hartford YMCA in 1901 on the banks of New Hampshire's Lake Swanzey with all of three tents, cooking utensils and a pair of rowboats. It was named after Colonel Charles A. Jewell, then the Hartford Y's president, in part because he was the first to contribute \$150 toward those first supplies. By 1903, 75 boys attended the camp and its now long-standing history was literally in the making. To get to camp, many of the boys took the train to New Hampshire and then biked, hiked or rode horseback to the lakeside camp.

Much of our history is rooted in certain times and places, but ultimately it's the people who've made the biggest impact on our camp community, and who and what Camp Jewell is today. The camp and its leadership continued to expand over the new few decades. By 1920 cabins and other facilities had been completed, and in 1923 one of camp's most influential leaders had joined the ranks. Archie “Pal” Knowles served as Jewell's seventh director until 1945. Walt Malins, who served camp as director after Pal, regarded him as a gifted leader. “Archie Knowles was the most beloved youth worker in the whole New England area,” he once said. “Everybody looked to him. He was a true Christian, a religious man, and everyone he worked with took on an aura from him.” Mr. Malins served as the director from 1946 to 1960, overseeing the move from Swanzey to the Colebrook location we still call home today. As Lake Swanzey became a popular vacation destination, it lost its remote and tranquil feeling and the search for a new home began. The Colebrook site was purchased for \$55,000 in 1951.

Four years later Jewell opened its doors in Colebrook for the first time. Today, camp remains a place rooted in the traditions established over our more than 100-year history.



## STAYING IN TOUCH WITH YOUR CAMPER

We encourage letters from you as the best way of communicating with your camper. Positive, supportive letters let your camper hear from you in a constructive way. You may want to send a letter a few days prior to the session to ensure that it is received while your camper is at camp. Please note that due to the large number of campers, (we get over 400 emails each day), we ask that you limit your emails so that we can deliver them in a timely fashion. Emails are downloaded overnight for printing the following morning and are distributed after lunch! Campers are encouraged to reply by writing letters. We suggest that campers bring paper and pre-addressed stamped envelopes. With this understanding, we ask that parents work with us in ensuring that campers do not bring cell phones to camp. Your assistance is greatly appreciated in helping us enforce this policy. Possession of a cell phone will lead to automatic dismissal from camp! In addition, camp will be contacting you via email on several occasions. The email will come from [camp.jewell@ghymca.org](mailto:camp.jewell@ghymca.org), please make sure that email from this address is not blocked as Spam.

If you think that we have the wrong email address on file, then please contact our camp office and we will update our records. You can also stay in touch with what is happening at camp through our Facebook page. During the summer, we will post videos and photos onto our Facebook page so we hope you become fans of [www.facebook.com/campjewellymca](http://www.facebook.com/campjewellymca). While we do our best to make sure we take photos of all campers during the week, each camper's individual schedule can make this difficult.

**LETTERS, EMAILS AND FAXES:** Please address all letters to Camper Name, Session # & Cabin #, YMCA Camp Jewell, 6 Prock Hill Rd, PO Box 8, Colebrook, CT 06021

**FAXES:** 860.379.8715 include your campers name and cabin number (your child's camp store account will be debited 50 cents per page received)

**PHOTOS:** Photos will be posted daily on Waldo, information will be provided during check in to assist you in logging in. We make every attempt to take a wide variety of photos each day but cannot promise that every camper will have their photo taken every day.

## CARE PACKAGES

Although all campers enjoy receiving packages from home, we discourage care packages containing food items as some campers have allergies to certain ingredients and food can attract unwanted insects and animals to the cabins. Any food in packages will be taken away and returned on the closing day of that session.



## TRADING POST

We have a wide selection of T-shirts, sweatshirts, souvenir items, and snacks that campers can purchase. During the week, we do not accept cash at the store and as such, campers should not bring cash to camp. We ask parents to deposit money in your camper's store account prior to camp. The camper then charges items against their balance.

We recommend a minimum store deposit of \$50 per week. Each day campers will be able to purchase a "Juice Jam" which consists of a drink and snack that will come to around \$24 a week. In addition, we have camp apparel, stuffed animals, water bottles, and other items for sale in our Trading Post. You can check out our camp store at [www.mkt.com/campjewell](http://www.mkt.com/campjewell). If you are making a deposit on arrival day, there will be a designated area so that the money is correctly deposited. Unused money can be picked up at the end of the session, or you may choose to donate the remainder to the YMCA Camp Jewell Community Scholarship Fund. The Trading Post is also open during arrival and check out days so that you can see what is sold in the trading post, as well as pick up any additional items you would like to purchase. Please note that there is no need for spending money at Camp and we strongly request that summer campers not bring any money.



## CABIN REQUESTS

We understand that often campers may come to camp with a friend that they would like to bunk with. We strongly believe that camp is an opportunity for children to meet new people, and have new experiences. As such, we limit requests to one per camper. There is a space on the registration form to complete this request or you can call or email our camp office. Requests will only be honored for campers of the same gender that are within one year of each other in age. Both families must also mutually request the campers to be in the same cabin group.

## BIRTHDAYS

We love to celebrate birthdays! If your child has a birthday while they are at camp, please feel free to send a special card or care package. We will provide the fun and a special treat for your campers birthday!!

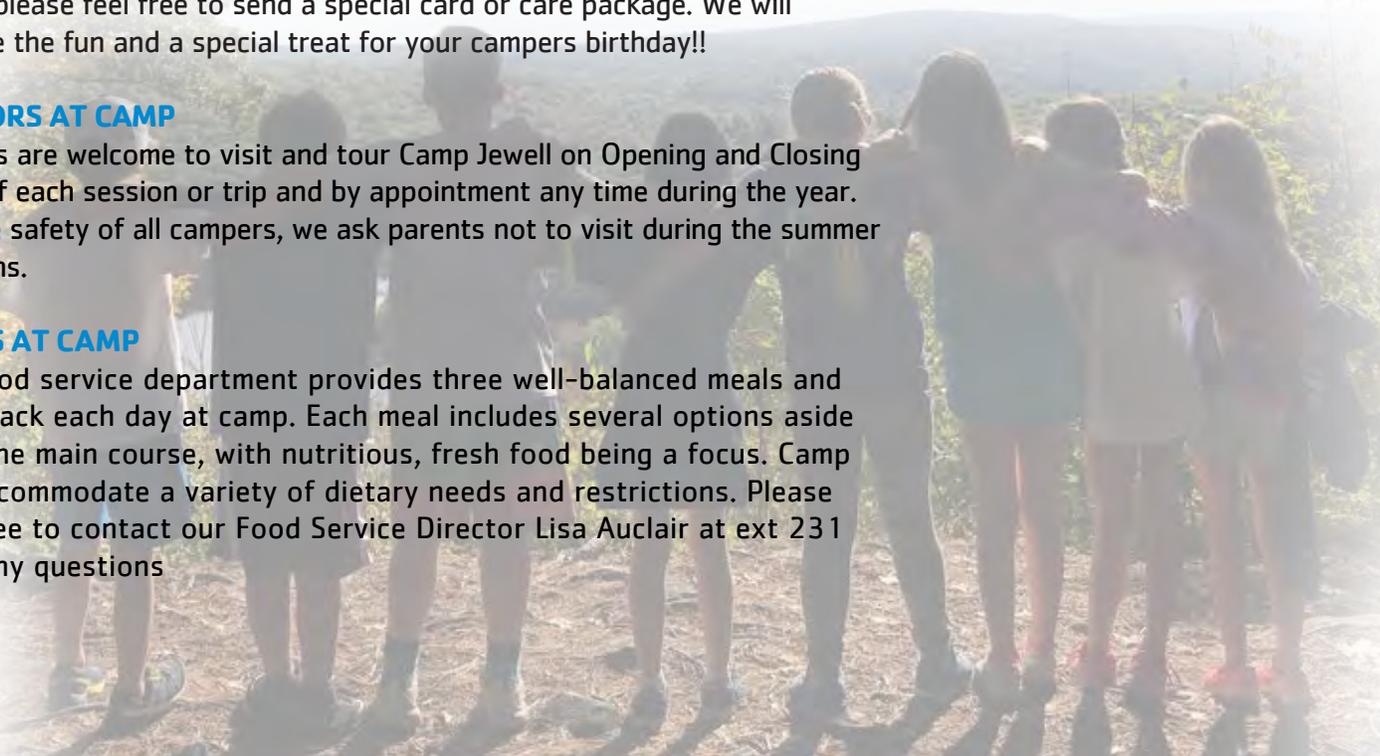


## VISITORS AT CAMP

Parents are welcome to visit and tour Camp Jewell on Opening and Closing Days of each session or trip and by appointment any time during the year. For the safety of all campers, we ask parents not to visit during the summer sessions.

## MEALS AT CAMP

Our food service department provides three well-balanced meals and one snack each day at camp. Each meal includes several options aside from the main course, with nutritious, fresh food being a focus. Camp can accommodate a variety of dietary needs and restrictions. Please feel free to contact our Food Service Director Lisa Auclair at ext 231 with any questions



## BEHAVIOR EXPECTATIONS

Attending camp is a privilege that you have chosen for your child. It is our intention to provide positive, realistic expectations and guidelines for each camper to ensure their success at camp. Additionally, YMCA Camp Jewell has a strict policy regarding bullying. The atmosphere that is created at camp is intended to make all of our campers feel both physically and emotionally safe. If issues arise, we will work with your child to resolve them and will contact you to keep you informed of the situation. If necessary, we will contact parents and ask them to pick up their child if bullying or behavior issues are a continuous problem. Please note that refunds will not be given in such cases.



## OUR STAFF

Great camp counselors are what kids often remember most about their time at summer camp. Our diverse staff comes from around the U.S. and several different countries around the world. They have one thing in common: they are mature, responsible, caring, enthusiastic and committed to your child's positive camp experience. Our rigorous staff selection process and thorough staff training program ensure staff who are responsive to kids' needs and equipped to offer them the time of their lives. Whether it's your child's first or tenth year at Camp Jewell, our counselors help all campers feel welcome and continue to build their confidence and independence to help them meet their potential as they grow. They really do make memories that last a lifetime!

## FEES AND CANCELLATION POLICY

At the time of registration, a \$250 deposit per session/per child must accompany your camper's registration and will be applied to the total camp fee. The balance of the camp fee is due by 5/1/2019. In case of dismissal due to poor behavior or voluntary withdrawal (including homesickness), there is no refund of fees. A physician authorized medical excuse is required to be considered for refund of camp fees after May 1, 2019. The refund will be prorated if your child is at camp at the time of cancellation.



## AUTOMATIC SEND HOMES

In order to ensure that every camper has a safe and amazing experience at camp, campers found to be in violation of any of the items below will be sent home at the discretion of the Camp Director.

1. Possession or use of illegal or prescription drugs
2. Possession or consumption of alcohol.
3. Possession or use of any kind of weapon, including martial art tools.
4. Sexual Activity.
5. Tobacco Possession.
6. Running away, which includes "sneaking off."
7. Biting.
8. Possession of a cell phone
9. Any form of bullying including mental, emotional, and physical
10. Violent or dangerous behavior (including self harm)

Consequences for fighting are to be determined by the camp director. However physical aggression usually results in dismissal from camp.



## GRATUITIES

Our staff works hard to provide everyone with the best camp experience possible. We know that your child will have a great time at camp because of our caring staff and the program we offer, but please note that gratuities are prohibited, although our staff appreciates thank you letters. If your child had a great time, and you would like to provide this same experience to another child in honor of our staff, please consider a tax-deductible contribution to our Annual Campership fund in the name of your child's counselor.

## SAFETY AND SECURITY

Safety is of primary importance at Camp Jewell YMCA. We are accredited by the American Camp Association (ACA) and are visited every five years to assure compliance with the ACA standards. In addition, we are fully licensed by the State of Connecticut. The ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at your child's camp reflect the most up-to-date, research based standards in camp operation. Camps and ACA form a partnership that promotes growth and fun in an environment committed to safety. Earning this accreditation means that we have demonstrated compliance with more than 300 individual health, safety, and program quality standards. These standards establish criteria for program, personnel, transportation, administrative procedures, health care, food service, program activities, and emergency procedures. Accreditation assures parents and campers that we have been measured against national standards for best practices in the camping industry and we are proud to be among only 25% of camps in the United States that are accredited. For more information on the ACA please check out their website [www.acacamps.org](http://www.acacamps.org)

## HEALTH CARE AT CAMP

Camp Jewell carries liability insurance only and does not provide health insurance. If a camper requires medical care by a doctor or hospital, the parent is financially responsible. We have a well-equipped Health Center with onsite Nurses as well as counselors who are trained in emergency First Aid and CPR. In case of illness, campers will be housed in the Health Center for no more than 24 hours, if deemed necessary; you will be contacted to pick up your camper.

In case of injury, Health Care Staff will take necessary steps to ensure proper emergency care, which may include treatment by staff for minor injuries, phoning you as the parent for your instructions, calling local EMS providers or transporting to a doctor or emergency care facility. It is very important that you provide us with complete emergency contact information. If you are traveling on vacation, please list an itinerary and phone numbers where you can be reached. In the case of any injury that requires medical attention, we will make every attempt to contact you prior to treatment. In the event you cannot be reached, we will have on file (on the Health Form) your written authorization to treat an injury. If your child is ill, has been exposed to a contagious disease in the last 24 hours, or has a fever, please do not send them to camp.

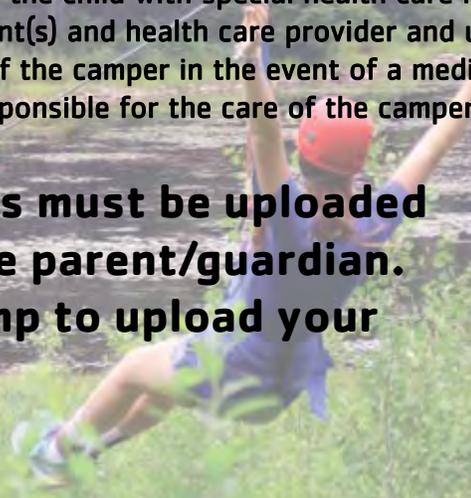
### INSURANCE

You, as the parent or guardian, are responsible for all medical costs incurred because of injury or illness while your child is at camp. Please attach a copy of your insurance card, (front and back) to the health form. In the case of your child needing medical attention, treatment or prescriptions the camper's family medical insurance will be submitted as the primary coverage.

**HEALTH FORMS:** All campers **MUST** have a completed health form on file. We cannot accept campers without this form. The State of Connecticut and our ACA Accreditation require it. The physical exam must be dated within 24 months of a child attending camp. **YOUR CHILD CANNOT BE ADMITTED WITHOUT A COMPLETED AND CURRENT HEALTH FORM.**

**CARE PLANS:**Section 428-3(a) of the Connecticut State Statues for camps requires a child's health record to include information regarding disabilities or special health care needs such as allergies, special dietary needs, dental problems, hearing or visual impairments, chronic illness, developmental variations or history of contagious disease. Individual care plans are required for the child with special health care needs or disabilities. The plan shall be developed with the child's parent(s) and health care provider and updated as necessary. Such plan of care shall include appropriate care of the camper in the event of a medical or other emergency and shall be signed by the parent(s) and staff responsible for the care of the camper.

**Please note ALL medical forms must be uploaded onto our online system by the parent/guardian. There is a \$35 charge for camp to upload your forms.**



# MEDICATIONS

Do not pack any medications in your camper's luggage. Prescription and nonprescription drugs must be submitted to the Health Care Staff in the original container with the licensed physician's instructions at check in . Please place each medication in a clearly labeled bag, (zip - lock bags work well), with camper's name, dosage and Camp Jewell Medication Authorization Form (one per medication). Unused medications will be returned to you during check out. Vitamins count as medications per Connecticut State Law.



## HEAD LICE

We encourage parents to check their child for head lice prior to arriving at camp. Our trained staff check for head lice and the presence of nits on the first day, immediately following check-in. If evidence of head lice is found, you will need to arrange for pick-up of your child for treatment. The camper may return to Camp programming once treatment is complete and there is no evidence of lice.

## MEALS/DIETARY RESTRICTIONS

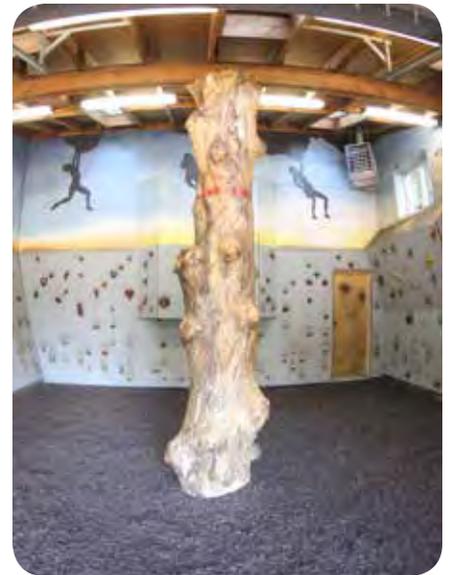
Balanced meals are planned and served by the Food Service Staff. In addition, vegetarian meals are prepared for our vegetarian staff and campers. Note: If your camper is a vegetarian or has special dietary restrictions please include this information on their health form, to help ensure that we are able to meet your child's needs. Please feel free to contact our Dining Services Manager Lisa Auclair with concerns at ext 231.

## SPECIAL NOTE ON TRIP PROGRAMS

All off-site trips are led by experienced staff that have had training in leading wilderness experiences; this includes Wilderness First Aid and/or Wilderness First Responder certification. We also utilize the services of local hospitals for any health emergency or illness. If there is an injury or illness, you will be notified immediately by the Camp Nurse or Director. All campers on field trips must have a parental signature/permission.

## OVER THE COUNTER MEDICATIONS

Please do not send any over-the-counter medication with your child. Our Health Center stocks the following: Advil, Tylenol, throat lozenges, antacid tablets, Pepto-Bismol, Robitussin, Suda-Fed, Benadryl, and a variety of first-aid creams and ointments. The nurse may administer these medications to treat minor illness according to the instructions on the label. If the illness is not resolved or symptoms intensify, parents are notified and, if necessary, the camper is taken to the local health care facility. A full list of medications can be found in the Health/Medical Form.



# CONCUSSION

Campers will participate in a variety of activities while at camp. As with all physical activities there is a chance that a child may receive a concussion. In the event that a child shows signs of a concussion then they will be evaluated by a member of our healthcare staff and will be removed from activities until assessed by our camp doctor or medical facility, if it is deemed necessary. All camps are required by the State of Connecticut to provide you with the following information on Concussions:

## **CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS "WHEN IN DOUBT – SIT IT OUT"**

A concussion is a type of traumatic brain injury or (TBI), "that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost" (Centers for Disease Control and Prevention, 2009).

### **SIGNS AND SYMPTOMS OF A CONCUSSION**

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like): Confusion / disorientation / irritability - Act silly / combative / aggressive - Trouble resting / getting comfortable - Repeatedly ask same questions - Lack of concentration - Dazed appearance - Slow response / drowsiness - Restless / irritable - Incoherent / slurred speech - Constant attempts to return to play - Slow / clumsy movements -Constant motion - Loss of consciousness - Disproportionate / inappropriate reactions - Amnesia / memory problems - Balance problems
2. Symptoms of a concussion may include (what the athlete reports):  
- Headache or dizziness - Over sensitivity to sound / light / touch - Nausea or vomiting - Ringing in ears - Blurred or double vision - Feeling foggy or groggy Note: Public Act No. 10-62 requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

### **PART II – RETURN TO PARTICIPATION (RTP)**

Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete **SHALL** return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete **MUST** be immediately transported to the hospital.
3. Close observation of an athlete **MUST** continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated from a licensed health care professional (Physician, Physician's Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions. For more information check out <http://www.cdc.gov/headsup/index.html>

## WHAT TO BRING TO CAMP

Camp is all about having fun outdoors. As such, we strongly recommend that you do not pack clothing items that you would mind if they got dirty or stained. The included packing list is to help in your preparation. The best way to transport all necessary clothing and gear is in a footlocker (or plastic storage bin), no higher than 14". Footlockers can easily slide under your child's lower bunk. A list of contents should be fastened to the inside lid and the camper's name should be clearly marked on the outside. Please do not forget bedding, including sheets, pillow, blankets and a sleeping bag for overnights. Please mark all clothing and equipment with your camper's name. This will help us return lost items.

Camp does not provide regular laundry service for campers. We do provide laundry service for special circumstances (bedwetting, etc.) We also provide laundry services for campers staying through consecutive sessions at Camp (hold-over weekends). The YMCA is not responsible for lost or damaged personal items.

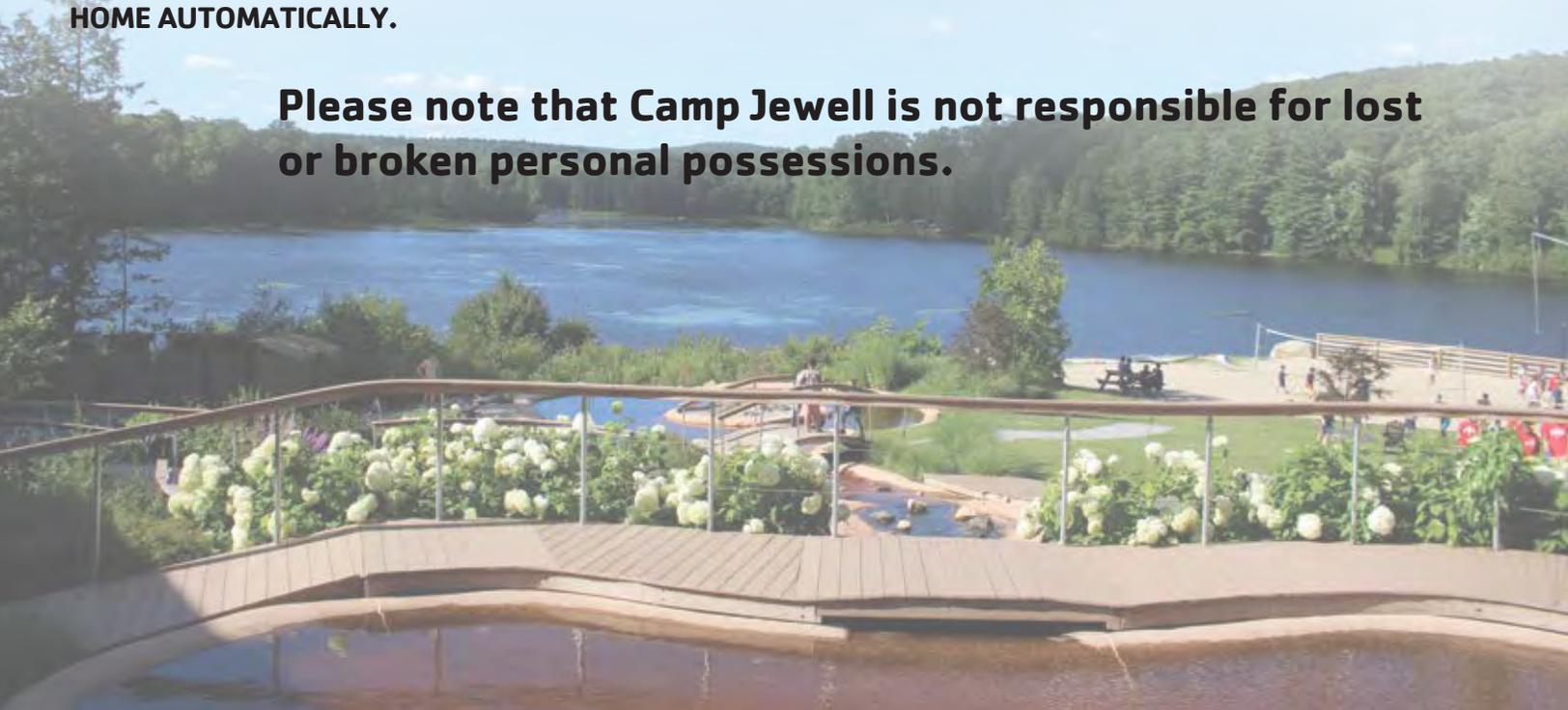
Every effort is made to return clearly marked items that are left behind; however, due to the large volume of items we accumulate, longterm storage is not possible and after 30 days, any remaining lost and found is donated to a worthwhile charity. A supplemental packing list is provided to those campers who are part of our Senior, Trip, Ranch or LIT programs.

Part of the joy of a camp experience is disconnecting from the hustle and bustle of the real world. Campers will find their days filled with outdoor fun activities all while making new friends. To help promote this we would like you to please note that the following items are not allowed at camp: Cell Phones, Skateboards, radios, iPods, iPads, walkmans, 2-way radios, portable TV's, e-readers, expensive jewelry, keyboards, laptop computers, knives, hatchets (and other items that could be used as weapons) along with drugs and alcohol. Campers will be dismissed from camp, and/or have items confiscated for violation of this policy.

**POSSESSION OF A CELL PHONE WILL LEAD TO A CAMPER BEING SENT HOME AUTOMATICALLY.**



**Please note that Camp Jewell is not responsible for lost or broken personal possessions.**



# PARTNERING WITH PARENTS

While campers are at the forefront of what we do at summer camp, the relationship that we have with parents—and the whole family—is important to the entire staff at camp. We know that whether it is a campers' first time away from home or their tenth time at camp, communication is important. We pledge we will:

- Offer your child a positive, safe and supportive community where kids make new friends, try new things and learn independence and other life skills.
- Upload photos online daily so you can see what your child and his/her friends are enjoying at camp. We want you to feel connected to the stories shared with you when the session is over.
- Send an email from your child's counselors within the first 72 hours of camp and a postcard after the end of the first week of camp letting you know how your child is doing.
- Ensure we return any calls you make to camp with questions or concerns before the end of the following meal.
- Update our social media and blog with news as to what's happening at camp several times each week.
- Provide a "Parent Portal" section on our website that links you with various resources to help prepare you and your child for camp.

## ARRIVAL AND DEPARTURE INFORMATION

Check in times are ...

1PM- 7, 8, 9 year olds, All Ranch campers, and Trip campers

2PM- 10, 11 year olds

2:45PM- 12, 13 year olds

3:30PM 14 and up

Please ensure your campers medical forms and authorization are uploaded online to your account ahead of time. Medical authorization forms must come with the original medication during check in. Your balance must also be paid in full. Campers are checked in as their age group is called, (additional campers in a family can check-in is when the youngest child's age group is called). Arriving early will allow you to enjoy activities with your family but will not allow you to check in before your child's age group is announced. Registering by age ensures that our youngest campers have the most time to acclimate to their new environment and complete required tasks for the day (swim checks, etc.).

Check-out is between 9:30 and 11:30am on the last Saturday of the session. Plan to arrive after 9:30am. Campers are not ready to check-out before this time. Cars are not allowed into camp before 9:30am. The Hide-A-Way Ranch Horse Show runs from 10-11am. Please note LITs, and Ranch campers check out at 9:30am at Hide-A-Way Ranch. You will be directed to your child's cabin group upon arrival to meet your child's new friends and counselors and pick up luggage. You must have provided the office written permission for someone else to pick up your child and have photo ID. You may also view the closing session slideshow, pick up trading post balances, medications and lost and found, and register for camp next summer after you pick up your child.

# SAMPLE DAILY SCHEDULE

Every day at camp is a new adventure. Activities do vary by age and village. The schedule below is a representation of a typical day.

A group of ten campers, mostly girls, are standing in a circle around a campfire. They are in a wooded area with large trees. The campfire is in the foreground, and the campers are wearing various t-shirts and pants. One girl is wearing a blue t-shirt with 'YMCA CAMP JEWELL' on it. Another girl is wearing a black t-shirt with a graphic and text that says 'I didn't do my homework for medical reasons...'. A girl on the right is wearing a purple t-shirt with text that says 'Sometimes you have to be a little bit naughty.'

**7:00AM** The bugle blows— Rise and Shine Campers!

**7:40AM** Chapel service (non-denominational)

**8:00AM** Flag Raising

**8:15AM** A healthy and nutritious breakfast

**8:45AM** Shared Responsibility—Clean Camp Duties

**9AM–Noon** Three Skill Clinics

**12:15PM** Lunchtime

**12:45PM** Mail Call

**1:00PM** Siesta Time—a time to relax, write a letter home or take a nap

**2:15PM** Cabin Challenge Time—age-appropriate and cabin-focused activities

**3:15PM** Juice Jam at the Trading Post

**3:45PM** Cabin Swim Time

**5:10PM** Thunderdome!—campers gather and share their fun day

**5:30PM** Dinner

**7:00PM** Large Group Evening Activity

**8:30PM** Back to cabins for devotions—lights out!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**CAMP JEWELL YMCA  
OUTDOOR CENTER**  
6 Prock Hill Rd  
Colebrook, CT 06021  
P 888.412.2267  
F 860.379.8715  
E [camp.jewell@ghymca.org](mailto:camp.jewell@ghymca.org)  
W [www.campjewell.org](http://www.campjewell.org)