



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **YMCA Camp Kresge Overnight Camp Sample Schedule**

7:00 am	Early Bird Fitness
8:00 am	Morning Inspiration & Flag Raising
8:30 am	Breakfast
9:15 am	Cabin Clean Up
9:40 am	Period 1 Sign Up Activities
11:00 am	Cabin Activity
12:30 pm	Lunch
1:25 pm	Period 3 Sign Up Activities
2:45 pm	Period 4 Sign Up Activities
3:55 pm	All Camp Free Swim
5:15 pm	Flag Lowering
5:30 pm	Dinner
6:15 pm	Camp Store/Cabin Huddle
7:00 pm	Evening Program
10:00 pm	Camper's Lights Out

### **Activities**

Campers have a wide variety of activities they will have a chance to participate in. Trained counselors will facilitate these activities. There is a wide range of activities available including:

- Archery
- Arts & Crafts
- Aquatic Theatre
- Boating
- Climbing Tower
- Dance
- Drama
- Field Games
- Fishing
- High Ropes
- Nature
- Photography
- Riflery
- Sports
- STEM
- Survival
- Swim Lessons

### **Camp Terms**

Cabin Group: A group of 6-10 campers and 2 staff who live with each other during their time at camp. Cabins are divided by gender and age.

Village: Camp is divided into two villages, one for girls and the other for boys. Each village has between 5-7 cabins, and is overseen by the Male or Female Village Leader.

Early Bird Fitness: An optional activity for early risers. Fitness activities are led by counselors and range from a run/walk through camp, yoga at the waterfront, aerobics, and more.

Morning Inspiration: Each morning a different cabin is responsible for Morning Inspiration. A cabin may choose to perform a skit or read a story related to the core value of the day. Afterwards, they facilitate a discussion on that day's value so it is fresh in our minds.

Activity Sign Ups: Campers will be able to sign up for program on Sunday night and Wednesday night, and will be able to participate in these activities daily during their time at camp. These programs take place during periods 1, 3 or 4.

Hoppers: Campers in each cabin take turns assisting in the Dining Hall before and after meals. Hoppers are responsible for setting up the tables and food beforehand, and cleaning their cabin's table after the meal. By the end of the week, campers are excellent sweepers!

Free Swim: Each afternoon, campers and staff have the option to swim in our lake. Campers who don't want to swim are free to bring games or books to the waterfront or participate in alternative activities being offered at that time.

Evening Program: Each night at camp includes a different, exciting evening program. Weekly events include Opening and Closing Campfire, Village Unity Night, International Night, Camp Dance, and a Theme Game. Theme Games include Mission Impossible, Hostage, Capture the Flag, Amazing Race, and whatever else counselors' imaginations can dream up!

Cabin Huddle: A time for cabin groups to get together and participate in whatever safe and fun activities the group desires. Possibilities range from sports games, hikes, performances, tie-dye, and whatever else the group can think up!

Cabin Chat/Embers: At the end of each day, campers gather in their cabin to talk about their day. Sometimes activities, snacks or stories help guide a discussion on values or events. This is a great opportunity for campers and staff to listen and learn from each other, while building a community of friendship and respect.

Raggers and Leathers: Rags and Leathers are outward symbols of the acceptance of an inner challenge for personal and spiritual growth. Campers can participate in the Leathers Program beginning at age 9, and Raggers at age 12. Those that choose to participate will pick a member of camp staff as their counselor who will help them set goals related to bettering themselves, and growing in spirit, faith, or values. Once they have met with their counselor, campers will participate in a ceremony with other staff and campers who are participating in the program. Part of what makes this program impactful is that it is entirely camper-driven, interested campers a chance to work towards goals at their own pace.