



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BEST SUMMER EVER

**2016 Summer Program Guide
YMCA CAMP JONES GULCH**

#JonesGulch

THE ORIGINAL SUMMER CAMP

Outrageous fun and tremendous growth—that’s what awaits you at Y Camp. At the Y, we believe children discover themselves through interactions with others and the freedom to explore. Y Camp immerses children in a community where making friends is natural, exploring new interests is encouraged, and discovering inner strength is guaranteed. Camp provides a space where children begin to gain independence and test their wings in a safe, nurturing environment.

Few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group. The spirit of camp endures when kids are allowed to explore the natural environment, test their boundaries, and get dirty!

Y Camp teaches self-reliance and a love for nature and the outdoors, and develops attitudes and practices that build character and leadership—all amidst the fun of camp fires, canoeing, archery, talent shows, and meaningful relationships.

Every child deserves the Y Camp experience!



Mission Statement

We build strong kids, strong families, and strong communities by enriching the lives of all people through spirit, mind, and body.

Vision Statement

Using the vibrant beauty of our own 927-acre property as well as the breadth of dramatic natural areas throughout California, YMCA Camp Jones Gulch will ensure that kids of all ages, and families of all configurations, experience the outdoors. Camp provides pathways for discovery, inquiry, inspiration, rambunctious exploration, and the art of making friends.

WHAT WE OFFER

**Traditional
Resident
Camps**

**Mini
Camp**

**Horse
Camp**

**Teen
Leadership
Camps
(LIT, CIT, WIT)**

**Family
Camp
& Women's
Weekends**

Day Camp

**Teen
Adventure
Camps**

**Ski &
Snowboard
Winter
Trips**

STAYOVER WEEKENDS

For campers wishing to join us for 2-week sessions, we offer free stay-over weekends between sessions 2/3 and 5/6. Campers must register for this option.

TRANSPORTATION

YMCA Camp Jones Gulch offers transportation services to and from the following locations:
Stonestown YMCA - 333 Eucalyptus Dr., San Francisco
Peninsula Family YMCA - 1877 S Grant St., San Mateo
Downtown Berkeley YMCA - 2001 Allston Way, Berkeley
West Contra Costa YMCA - 263 S 20th St., Richmond

There is a \$45 fee per pick-up or drop-off request.

***There is no transportation offered during Session 4 and no drop off on August 17.*

**YMCA CAMP JONES GULCH IS PROUD TO
BE AN ACA ACCREDITED CAMP.**



For information regarding ACA Standards and Resources,
visit www.acacamps.org.

LOCATION & CONTACT INFORMATION

YMCA CAMP JONES GULCH

11000 Pescadero Road

La Honda, CA, 94020

P (650) 747-1200

F (650) 747-0986

Camp Contact

Jessi Prevost, Youth & Family Director

(650) 747-1204

jprevost@ymcasf.org

ABOUT THE GULCH

YMCA Camp Jones Gulch is located in the Santa Cruz Mountains, just outside of La Honda, California. We are an hour's drive from San Francisco or San Jose and 45 minutes from Santa Cruz. The Pacific Ocean is just minutes down the road.

In 1857, the pioneer for whom Jones Gulch is named acquired this property for lumbering purposes. Before the 1930's our land was owned by Mrs. S.M. Black, who was looking to sell her property to a non-profit organization to create a camp for boys and girls.

In 1934, Richard Perkins, the General Secretary of the YMCA of San Francisco, negotiated a deal with Mrs. Black for the 927 acres of redwood forests and meadows. Over the years, a variety of facilities have been added to the camp, using approximately 200 acres and leaving the remaining land natural.

YMCA Camp Jones Gulch has become a facility where thousands of children and adults come each year to experience the natural beauty and history preserved on this site.



Connecting with nature, and each other, since 1934.

OUR STAFF



Our greatest resource is definitely our staff. YMCA Camp Jones Gulch operates year-round, which allows us to maintain great program, food service, property and administrative staff.

During the Resident Camp program, we maintain a 1:5 staff to camper ratio. Camp staff are carefully screened and complete an intense training program that is designed to foster a safe and fun environment for your child. All of our staff are first aid and CPR certified.

While many of our staff come from the Bay Area, we also attract staff from across the U.S. and around the world. Our staff come from a variety of life experiences and backgrounds.



UPCOMING EVENTS

Summer Camp is on its way! Here are some other ways to stay connected to The Gulch year-round!

Please check our website for information regarding the following upcoming events!

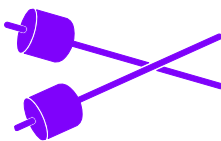
www.ymcasf.org/campjonesgulch.org

#JonesGulch

WOMEN'S WEEKEND GETAWAY

April 29 - May 1, 2016
November 11 - 13, 2016

NO COOKING
NO DISHES
NO DRAMA
IT'S ALL ABOUT YOU...



A WEEKEND OF FUN AND RELAXATION

From Friday evening to Sunday afternoon, enjoy a full schedule of activities designed to enrich your spirit, mind and body. Choose from a variety of activities, including yoga, arts & crafts, dancing, moonlight zipline, nature hikes, massage, boot camp, ropes course and much more.

Do as much or as little as you want, it's all about you!

CHRISTMAS IN THE REDWOODS

Saturday, December 3, 2016

TOGETHER FOR HOLIDAY CHEER IN THE REDWOODS!

Enjoy a holiday celebration with festivities, music, and a visitor from the North Pole. Bring friends, family, and loved ones!



OPEN HOUSE & SPECIAL EVENTS

Come join us for a tour of camp and check out what Camp Jones Gulch has to offer!

SPRING SPECTACULAR

We'll have select program areas open as well as fun activities for the whole family. We hope you'll join us!
March 26, 2016

COURTNEY'S DAY OF SERVICE

Keep Camp safe, beautiful, and accessible by volunteering on our community work day by clearing trails, planting native trees, rebuilding downed fences and other fun projects. Students can earn community service hours!
April 17, 2016

RESIDENT CAMP OPEN HOUSE

Select program areas will be available for attendees to try out!
Saturday, June 18, 2016

Check our website for more information on the itinerary and times.

If you cannot make one of the Open House events, but would still like to check out YMCA Camp Jones Gulch, you can call and schedule an individual tour at (650) 747-1200.



TEEN PROGRAMS

SKI / SNOWBOARDING TRIPS

February 20, 27 (One-day Trips)
March 4 - 6 (Weekend Trip)

JOIN US FOR FUN IN THE SNOW!

Trips depart from the Richmond District YMCA in San Francisco. For the weekend trip, we arrive at a beautiful, snowy cabin Friday evening. We'll hit the slopes first thing Saturday morning for a full day of shredding on the mountain. On Sunday, we'll head out for some sledding and snow play before returning home in the evening. One-Day Trips go straight to the resort for the day! **Beginners welcome!**

SPRING CAMP BOLD & GOLD

March 27 - April 1

POINT REYES BACKPACKING

This is the perfect trip for campers new to backpacking. Start with a fun-filled day of team-building at our ropes course and then head out to the backcountry at Point Reyes National Seashore. At Point Reyes, we will spend four nights in the wilderness, hiking approximately 5-6 miles per day through the beautiful forest and along the incredible coastlines. Each night, we will set up camp at one of three backcountry sites in the park: Coast, Wildcat, or Sky camp, and develop our skills in backcountry cooking, teamwork, and fun.

SUMMER CAMP

A DAY IN THE LIFE...

A week or two of Summer Camp at The Gulch will be the highlight of your child's summer. Send your son or daughter to an emotionally and physically safe environment created by our well-trained counselors and leadership staff. Introduce your 6-9 year old to summer resident camp with our 4-day Mini Camp sessions.

Campers will try new activities and meet other kids from the Bay Area and throughout the world. We infuse the core values of Honesty, Caring, Respect, and Responsibility into the whole experience. You'll see positive growth from just one week in our home among the redwoods.

We structure most of our cabins with ten children and at least two great counselors. Our days are full of activities, some scheduled and some that the campers get to choose for themselves.

Our dining hall staff serves three well-balanced meals each day. And don't forget your crazy hat or weird clothes to dress yourself and your counselor during dress up meals. Vegetarian meals are available. **If your child has other dietary needs, be sure to note at registration.**

Nights at YMCA Camp Jones Gulch are filled with fun. Campers participate in campfire programs, an overnight sleep-out under the stars and other social events. Each night, our counselors lead an organized reflection in the cabin group. This is often seen as a powerful tool to tie together all of the experiences of the day and learn from them.

Visit us to see camp for yourselves: meet staff, ask questions, and see the cabins. Check our website, give us a call to schedule a tour, or RSVP for our Resident Camp Open House on Saturday, June 18, 2016. We hope to see you here soon!

CAMP LOCATIONS

All camps (except Session 4) are located at 11000 Pescadero Road, La Honda, CA 94020.

Resident Camp of Session 4 is held off-site at YMCA Camp Loma Mar during the week of July 24 - 29. YMCA Camp Loma Mar is located less than 2.5 miles down from Camp Jones Gulch and offers similar activities.

Teen Travel Camps will generally meet at Camp Jones Gulch and then travel to their destination.



A TYPICAL DAY AT CAMP

| | |
|-------|------------------|
| 7:30 | Rise and Shine |
| 8:00 | Breakfast |
| 8:45 | Inspiration |
| 9:00 | Cabin Clean-Up |
| 9:30 | Cabin Activity 1 |
| 10:45 | Cabin Activity 2 |
| 12:00 | Lunch |
| 1:00 | Siesta |
| 2:00 | Cabin Activity 3 |
| 3:15 | Cabin Activity 4 |
| 4:30 | Cabin Activity 5 |
| 6:00 | Dinner |
| 7:00 | Twilight Games |
| 8:00 | Evening Program |
| 9:30 | Reflection |
| 10:00 | Lights Out |



CABIN ACTIVITIES

- Horseback Riding
- Canoeing
- Archery
- Swimming
- Zip Line
- 42' Climbing Tower
- Mountain Biking
- Nature Hikes & Learning Garden
- Group Sports
- Disc Golf
- Table Tennis
- Arts & Crafts
- Dress-Up Meals
- Campfires & S'mores
- Sleep Under the Stars
- Camp Store

**ONLINE REGISTRATION IS AVAILABLE AT
WWW.YMCASF.ORG/CAMPJONESGULCH**

NEW PROGRAMS

WRANGLER IN TRAINING

JULY 31 - AUGUST 12

Join YMCA Camp Jones Gulch for 2 weeks where Wranglers-in-Training will develop leadership skills and learn the basics of horse care. During the second week, WIT's will live in cabin and assist counselors with the supervision and care of our youngest horse campers assisting with instruction, offering corral rides and showing off their new skills. WIT's will gain valuable job and leadership skills by attending this program - all while spending time with our favorite four-legged friends.



- Must be 16 years old by July 31, 2016
- No experience necessary
- A GREAT program for future Wranglers!



WHEN: July 31 - August 12

FEE: \$795

Price includes food, lodging and participation in other camp activities such as archery, canoeing, climbing tower, zip line, camp fires, skit and talent show nights and more!

FINANCIAL ASSISTANCE, TO THE EXTENT POSSIBLE, IS MADE AVAILABLE THROUGH THE GENEROSITY OF OUR MEMBERS AND DONORS.

Awards are based on the number of people in your household and your total household income. If interested, fill out the Financial Assistance Application and submit it with your camper's registration form. The minimum deposit payment for the chosen program is required.

NEW PROGRAMS

JUNIOR LIFEGUARDS

Job training camp for teens, aged 16—
17 years old.

WHEN: JULY 24 - 29
FEE: \$695

This camp is designed to provide campers with the knowledge and skills necessary to be a lifeguard and professional rescuer. Campers may obtain certification in American Safety & Health Institute's (ASHI) courses: CPR Pro for the Professional Rescuer, Basic First Aid, and Emergency Oxygen Administration.

Participants can work toward gaining more experience in and around the water, or take the exam to gain an actual lifeguard certification. Campers who pass the exam will be given an opportunity to interview for a seasonal paid lifeguard position at YMCA Camp Jones Gulch!



Prerequisites:

- Participants must know how to swim in order to take this course.
- 8 hours eLearning - on-line learning sent by the instructor prior to the camp start date.
- Tread water for 2 minutes (legs only).
- Swim 100 yards of front crawl / freestyle.
- Swim 50 yards of each: front crawl with head up, sidestroke, breaststroke with head up, and backstroke.
- Perform a feet-first surface dive in 8-10 feet of water and then swim underwater for 15 feet.



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YMCA Camp Jones Gulch 2016 Calendar

FEBRUARY

Teen Ski / Snowboard One-Day Trips
February 20
February 27

MARCH

Teen Ski / Snowboard Trip
March 4 - 6

Spring Spectacular
March 26



BOLD & GOLD Teen Backpacking Trip
March 27 - April 1

APRIL

Volunteer Work Day
April 17

Women's Weekend Getaway
April 29 - May 1

MAY

Memorial Day Family Camp
May 27th - 30th

JUNE

Resident Camp Open House
June 18

JULY - AUGUST

SESSION 1 SESSION 2 SESSION 3 SESSION 4 SESSION 5 SESSION 6 SESSION 7

July 5 - 8 July 10 - 15 July 17 - 22 July 24 - 29 July 31 - Aug 7 - 12 Aug 14 - 17
*4-Day *4-Day *4-Day @ YMCA Camp Aug 5 *4-Day *4-Day
Session Session Session Loma Mar Session Session

**BOLD
&
GOLD**

Boy & Girl
Outdoor
Leadership
Development

Day Camp

Entering Grades 1st - 3rd

Under the Sea Pirates Week Western Week Myths & Legends Superheroes & Villains

Mini Camp

Entering Grades 1st - 3rd

Under the Sea Pirates Week Western Week Intergalactic Week Myths & Legends Superheroes & Villains Flora & Fauna

Resident Camp

Entering Grades 3rd - 10th

Under the Sea Pirates Week Western Week Intergalactic Week Myths & Legends Superheroes & Villains Flora & Fauna

Horse Camp

Various Grades

Horse Camp Grades 7-11 Horse Camp Grades 7-11 Horse Camp Grades 4-6 Horse Camp Grades 4-6 Horse Camp Grades 4-6 Horse Camp Grades 7-11 Horse Camp Grades 7-11

Teen Leadership

LIT (15 years) • CIT & WIT (16 years) • Jr. Lifeguard (16-17 years)

Leader-in-Training Counselor-in-Training Hayward La Honda Music Jr. Lifeguard Leader-in-Training Counselor-in-Training Wrangler-in-Training

Teen Adventure Camp

Entering Grades 7th - 11th

Super Camp Cycle Tour A Cycle Tour B White Water Rafting Surf Camp A Surf Camp B

SEPTEMBER

Labor Day
Family Camp
September 2 - 5

OCTOBER

Autumn Magic
Family Camp
October 7 - 9

NOVEMBER

Women's Weekend
Fall Retreat
November 11 - 13

DECEMBER

Christmas in the
Redwoods
Saturday, December 3

Teen Backpacking Trips

Yosemite
June 12 - 21
*Co-ed

Point Reyes
July 5 - 12

Big Sur
July 17 - 26

Skyline to Sea A
July 31 - Aug 5

Skyline to Sea B
August 7 - 12

YOUTH CAMP

DAY CAMP

Come and join YMCA Camp Jones Gulch for the day. Participate in all of our regular camp activities such as archery, canoeing, corral rides and more! Day Camp is offered Monday - Thursday from 9:30am - 4:30pm for campers who wish to go home each night.

**Session 1 Day Camp will be Tuesday - Friday due to the holiday.*

**There is no Day Camp during session 4 (July 24 - 29).*

Dates July 5 - 22, July 31 - August 12

Grades Entering 1st - 3rd

Fee 4 days: \$185/week



TRADITIONAL RESIDENT CAMP

This program is packed full of fun activities with plenty of time for making new friendships. With attentive and well-trained staff, campers will enjoy participating in all camp has to offer including swimming, archery, canoeing, climbing the rock wall, shooting down the zip line, arts & crafts, guided hikes, horseback riding, campfires, sports, campouts, and so much more. Weeks are themed so campers can immerse themselves in their love of Pirates, Myths & Legends, and more. Theme dates are listed on the registration form. Drop-off for this program is on Sunday and pickup occurs Friday afternoon.

Dates July 5 - August 17

Grades Entering 3rd - 10th

Fee 6 days, 5 nights: \$660/week (sessions 2-6)
4 days, 3 nights: \$450/week (sessions 1 & 7)



HORSE CAMP

Learn how to ride or improve your current riding skills. This week focuses on Western Riding and includes group riding lessons, basic horse-care and grooming. Riders will help take care of the horses, go out on trail rides, and participate in general camp activities such as canoeing, zip-lining, and climbing the rock wall. Beginners welcome! There are different sessions for different age groups. See Calendar and Registration form for specifics.

Dates July 5 - August 14

Grades Entering 4th - 6th & 7th - 11th

Fee 6 days, 5 nights, \$765/week (sessions 2-6)
4 days, 3 nights: \$510/week (sessions 1 & 7)

MINI CAMP

Mini Camp offers a slightly shorter session where younger and first-time campers can sample the camp experience and all the fun activities. Drop off is on Sunday and pickup is on Wednesday. With the focus on having FUN and meeting new friends, we'll keep your campers busy and give them the opportunity to try new things and meet new people.

Dates July 5 - August 14

Grades Entering 1st - 3rd

Fee 4 days, 3 nights: \$450/week

FINANCIAL ASSISTANCE, TO THE EXTENT POSSIBLE, IS MADE AVAILABLE THROUGH THE GENEROSITY OF OUR MEMBERS AND DONORS. Awards are based on the number of people in your household and your total household income. If interested, fill out the Financial Assistance Application and submit it with your camper's registration form. The minimum deposit payment for the chosen program is required.

TEEN LEADERSHIP

LEADER-IN-TRAINING (LIT)

The Leader-In-Training (LIT) program is designed to help transition 15 year old campers into responsible leaders at camp and in their communities at home. LIT's will participate in some traditional camp activities, but will also learn leadership theory, participate in team-building activities, and complete at least one large camp project.

| | |
|-------|---|
| Dates | Session 2/3: July 10 - 22 Session 5/6: July 31 - August 12 |
| Age | 15 years old by July 1st, 2016 |
| Fee | 13 days, 12 nights: \$1,160/session |

COUNSELOR-IN-TRAINING (CIT)

Our Counselor-In-Training (CIT) program is for those 16 year old campers who wish to be on camp staff some day. CIT's participate in a mini-staff training and spend the second week working directly with our counselors in a cabin with younger campers. This is a competitive program and all registrants must go through an interview process before being accepted into the program. Once registered, the Leadership Coordinator will contact you to set up the interview.

| | |
|-------|---|
| Dates | Session 2/3: July 10 - 22 Session 5/6: July 31 - August 12 |
| Age | 16 years old by July 1st, 2016 |
| Fee | 13 days, 12 nights: \$765/session |

WRANGLER-IN-TRAINING (WIT)

Our Wrangler-In-Training (WIT) program is similar to our CIT program. WIT's will participate in a leadership training and horse-care training their first week, and spend the second week working directly with counselors in a cabin of our horse campers. A great program for any future Wranglers!

| | |
|-------|-----------------------------------|
| Dates | Session 5/6: July 31 - August 12 |
| Age | 16 years old by July 1st, 2016 |
| Fee | 13 days, 12 nights: \$795/session |

JUNIOR LIFEGUARDS

This camp is designed to provide campers the knowledge and skills necessary to be a lifeguard and professional rescuer. Campers may obtain certification in American Safety & Health Institute's (ASHI) courses: CPR Pro for the Professional Rescuer, Basic First Aid, and Emergency Oxygen Administration.

Participants can work toward gaining more experience in and around water, or take the exam to gain an actual lifeguard certification. Participants must know how to swim in order to take this course.

Prerequisites:

- 8 hours eLearning (sent by Instructor pre-camp).
- Tread water for 2 minutes (legs only).
- Swim 100 yards of front crawl.
- Swim 50 yards of each: front crawl with head up, sidestroke, breaststroke with head up, & backstroke.
- Perform a feet-first surface dive in 8-10 feet of water and then swim underwater for 15 feet.

| | |
|-------|--------------|
| Dates | July 24 - 29 |
|-------|--------------|

| | |
|-----|-------------------------------------|
| Age | 16 - 17 years old by July 1st, 2016 |
|-----|-------------------------------------|

| | |
|-----|---------------------------------|
| Fee | 6 days, 5 nights: \$695/session |
|-----|---------------------------------|

JUNIOR COUNSELOR

Junior Counselor is the final step for Teen Leaders and is a volunteer position for 17 year olds. Junior Counselors will go through a 1-week training course alongside camp staff, and then volunteer in cabin during a 2-week session over the course of the summer. To apply, please go to our website at www.campjonesgulch.org and fill out a YMCA of San Francisco Volunteer Application. Send applications along with a cover letter introducing yourself and stating why you want to volunteer for camp. No registration form is necessary to be a volunteer. All applicants will go through an interview process to determine acceptance into this competitive program.

HAYWARD LA-HONDA MUSIC CAMP

This music camp is organized to challenge students in a variety of creative pursuits and is devoted to the development of musicianship for students grades 6-12. This is accomplished through a program of study, concentrated rehearsal, performance, and general camp life.

If you are interested in registering or want more information, please visit our partner at www.lahondamusiccamp.org.

Camp Dates: July 23 - 30, 2016

BOLD & GOLD

Boys Outdoor Leadership Development

Girls Outdoor Leadership Development

Through outdoor adventures and wilderness experiences, the BOLD & GOLD program inspires courage and multi-cultural leadership in diverse groups of boys and girls ages 11-18 years old. The challenge, glory, and beauty of the wilderness come together on our exciting adventures, which range from six to ten day expeditions. Campers explore the backcountry of a beautiful national or state park, all while carrying everything they need on their back, learning backpacking skills, and staying at campsites with primitive facilities. Campers should be prepared to hike several miles each day with a 25-40lb pack, carry personal as well as group gear, and use pit-toilets and/or nature's bathroom.

Big Sur, Point Reyes, and Skyline to Sea are gender specific. Girls and Boys take separate trail loops or are staggered to create space for a single gender growth experience. Yosemite is a co-ed trip where boys and girls can learn from each other in an emotionally safe environment.



YOSEMITE BACKPACKING

Explore the majestic backcountry of Yosemite and the Sierra Mountains and take in the incredible ecosystems tucked away from the crowds! This trip is intended for campers with experience hiking over rough terrain and a thirst for roughing it and adventure. Each day, we'll hike 5-8 miles in one of the country's oldest and most breathtaking national parks. Each night we'll set up camp in barely touched, natural areas. Campers will learn high sierra backpacking through some of Yosemite's most wildly beautiful and natural areas. We'll close out the trip with some sightseeing in Yosemite Valley, including Half Dome, Yosemite Fall, and El Capitan!

| | |
|--------|---------------------------|
| Dates | June 12 - 21 |
| Grades | Entering 7th - 11th |
| Fee | 10 days, 9 nights: \$1210 |

POINT REYES BACKPACKING

This is the perfect trip for campers new to backpacking, who want to give it a shot in one of the most beautiful parks in the Bay Area. Campers will spend a fun-filled day of team-building at the ropes course and learn the camping basics for a couple of nights before heading to the backcountry at Point Reyes National Seashore. At Point Reyes, we will spend four nights in the wilderness, hiking approximately 5-6 miles per day through the beautiful forest and along the incredible coastlines. Each night we will set up camp at one of these backcountry sites in the park: Coast, Wildcat, or Sky Camp, and develop our skills in backcountry cooking, teamwork, and fun.

| | |
|--------|-------------------------|
| Dates | July 5 - 12 |
| Grades | Entering 7th - 11th |
| Fee | 8 days, 7 nights: \$968 |

BIG SUR BACKPACKING

Join us as we travel to Big Sur, a sparsely populated region of the Central Coast where the Santa Lucia Mountains rise abruptly from the Pacific Ocean. The trip will begin with a couple of nights of camping, day hikes, and sightseeing near the coast before heading into the wilderness. Once in the backcountry, we'll explore the mountains, redwoods, valleys, and waterfalls of Big Sur while developing leadership and backcountry skills.

| | |
|--------|---------------------------|
| Dates | July 17 - 26 |
| Grades | Entering 7th - 11th |
| Fee | 10 days, 9 nights: \$1210 |

SKYLINE TO SEA BACKPACKING

Never has roughing it been this exciting, fun, and educational. Campers will spend a day at the ropes course to get acquainted and build their team before embarking on a 4-day backpacking trip from Camp Jones Gulch, through old growth redwoods, to the ocean! This trip is intended for campers with some hiking experience and enthusiasm for staying at primitive campsites with primitive toilets. The trip culminates feeling the Pacific waves crash over our toes at Waddell Beach and the feeling of personal achievement and satisfaction from having arrived on our own two feet.

| | |
|--------|---|
| Dates | Trip A: July 31 - August 5 Trip B: August 7 - 11 |
| Grades | Entering 7th - 11th |
| Fee | 6 days, 5 nights: \$730/trip |



TEEN ADVENTURE CAMPS

Join us for a week of adventure! We have two types of outdoor adventure so that you can choose the perfect challenge for your teen.

For backpacking trips, please see BOLD & GOLD on the previous page.

Categories Include:

- Close to Home
- Camp in Style

CLOSE TO HOME

Campers sleep at camp except for one overnight and participate in evening programs with residential camp throughout the week.

SUPER CAMP

Super Camp includes a busy schedule of high adrenalin fun starting with a ropes course day for teens to develop friendships and team bonding. Enjoy Raging Waters for some daredevil water slides and fun in the sun; thrill seeking at Paramount's Great America in San Jose, and Santa Cruz for an afternoon exploring the Monterey Bay National Marine Sanctuary followed by an evening of rides at the Boardwalk and a barbecue and overnight on the beach.

| | |
|--------|------------------------------|
| Dates | July 5 - 8 |
| Grades | Entering 7th - 11th |
| Fee | 4 days, 3 nights: \$550/week |



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Awards are based on the number of people in your household and your total household income. If interested, fill out the Financial Assistance Application and submit it with your camper's registration form. The minimum deposit payment for the chosen program is required.

TEEN ADVENTURE CAMPS

SURF CAMPS

Travel each day to local beaches with world-class swells for beginning to intermediate short and long-boarders. Learn to ride the waves or improve your thrashing skills taught by experienced YMCA staff, seasoned lifeguards, and a few local pros. In addition to the magnificent beaches and famous surf spots, campers will enjoy all the other makings of a summer camp experience including: meeting new teens, campfires, and other evening activities at camp.

Dates Session A: July 31 - August 5
 Session B: August 7 - 12

Grades Entering 7th - 11th

Fee 6 days, 5 nights: \$730/week



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TEEN ADVENTURE CAMPS

CAMP IN STYLE

Campers embark on an adventure away from camp and learn camping skills while enjoying access to bathrooms and occasional showers.



Y-BIKE CYCLE TOURING

Is your camper a cycle enthusiast? This is the camp for them. Participants will spend a day building skills for cycle touring and then set off on a cycle adventure beginning at camp, travelling on back-roads to the coast and up Highway 1 and into San Francisco. Our experienced and certified cycling staff will lead campers, covering approximately 85 miles in over 3 days, complete with visits to lighthouses, hostel stays, and a ferry ride across San Francisco Bay. If your camper loves to ride, this camp is highly recommended to teach safe riding techniques in our bike-friendly Bay Area. Participants must know how to ride a bike.

Dates Session A: July 10 - 15
 Session B: July 17 - 22

Grades Entering 7th - 11th

Fee 6 days, 5 nights: \$730/week

WHITE WATER RAFTING

In a high adrenaline adventure, thrill seeking teens rally inflatable rafts down the Middle Fork and South Fork of the American River. Experience impressive rapids down miles of crystal clear water. Between rafting we will go on a hike in James Marshall Park, learn camping and teamwork skills, and enjoy access to a beautiful swimming pool and natural river swimming hole. Swimming proficiency is recommended but not mandatory.

Dates July 24 - 29

Grades Entering 7th - 11th

Fee 6 days, 5 nights: \$835/week



FAMILY CAMP

Do as little or as much as you want...as a family. Camp Jones Gulch offers something for campers age 0 to 100+.

We'll take care of the food (and the dishes), give you a heated cabin, and provide programs for all ages.

PROGRAMS

Head out on horseback for a ride on one of our beautiful trails, plunge into our pool, conquer the 42-foot climbing tower, or fly down the zip line. Or, if your idea of a fun weekend is relaxation, you can take a leisurely stroll through our Buckeye Grove, float around on a canoe, or just enjoy the quiet beauty of the Santa Cruz Mountains.

Families also have access to the basketball court and ball fields for games with friends, old and new.

In the evenings, we shift gears. Gather around the table for game night with your whole family, take a night hike led by our friendly staff, lay out and gaze through light years of stars, or end the day with campfire performances by fellow campers.

TEENS

We want your teens to participate with your family. We also understand their need for independence. We provide several programs just for teens (Memorial Day & Labor Day Family Camps), based on registration.

WE OFFER THREE FAMILY CAMPS THROUGHOUT THE YEAR.

Memorial Day:

Friday, May 27 - Monday, May 30, 2016

Labor Day:

Friday, September 2 - Monday, September 5, 2016

Autumn Magic:

Friday, October 7 - Sunday, October 9, 2016

**No horses or pool during this event.*

DAILY ACTIVITIES INCLUDE:

- Archery
- Arts & Crafts
- Canoeing
- Climbing Tower
- Guided Hikes
- Zip Line
- Campfires and S'mores
- Pick-up games on the field or courts
- Ice Cream Socials (Summer)
- Family Movie Night (October)
- Horseback Riding (May - Sept. only)
- Swimming Pool (May - Sept. only)

"I just wanted to say a big thank you for such a wonderful time this weekend. Your counselors were all so kind, helpful and fun! It was a blast, and we hope to return next year!"

- Theresa, Memorial Day Family Camp Mom

"We had a blast during our stay in the camp. The friendliness and energy of the staff is amazing. You guys rock!"

- Raja, Memorial Day Family Camp Dad

"We had a great time at family camp...my kids did not want to leave!"

- Lisa, Labor Day Family Camp Mom





ONLINE REGISTRATION IS AVAILABLE. VISIT US AT
WWW.YMCASF.ORG/CAMPJONESGULCH FORMORE
INFORMATION!

Financial Assistance is made available through the
generosity of our members and donors.
Applications are available online.

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www.ymcasf.org/campjonesgulch

#JonesGulch