



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2019 SUMMER CAMP INFO GUIDE

**YMCA Camp Jones Gulch**  
11000 Pescadero Road  
La Honda, CA 94020  
P: 650-747-1200  
[www.ymcasf.org/campjonesgulch](http://www.ymcasf.org/campjonesgulch)

RESIDENT CAMP \* MINI CAMP \* HORSE CAMP \* TEEN LEADERSHIP



## WELCOME TO YMCA CAMP JONES GULCH!

We're looking forward to a great summer, and are so happy your child will be joining us. At YMCA Camp Jones Gulch, we focus on safety, character development, and fun, which makes us a great place for your child to learn and grow. We follow strict guidelines established by the ACA (American Camp Association) and the YMCA to ensure your child will have a safe, fun, and meaningful camp experience. We teach caring, honesty, responsibility and respect to all our campers. Thank you for choosing us for your child's summer experience!

[www.ymcasf.org/campjonesgulch](http://www.ymcasf.org/campjonesgulch)

### INSIDE

About Jones Gulch  
Before Camp Begins  
Packing List  
Check-In & Check-Out Info  
While Your Child is at Camp  
After Camp Ends  
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### BASIC REGISTRATION QUESTIONS?

Contact our Member Services Staff  
at (650) 747-1200.

### DON'T SEE YOUR PROGRAM?

Separate Guides Are Available for:  
**Day Camp**  
**Teen Adventure Camp**  
**BOLD & GOLD Backpacking**

### QUESTIONS ABOUT CAMP?

Contact Jessi Prevost,  
Youth & Family Director  
[jprevost@ymcasf.org](mailto:jprevost@ymcasf.org)

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## SESSION DATES

### RESIDENT CAMP & HORSE CAMP

Session 1: June 16 - 20

Session 2: June 23 - 28\*

Session 3: June 30 - July 5

Session 4: July 7 - 12

Session 5: July 14 - 19

Session 6: July 21 - 26\*

Session 7: July 28 - Aug 2

Session 8: Aug 4 - 9

\*Sessions 2 & 6 are Coastal Camp and will be held off-site at Point Bonita YMCA—No Horse Camp

### STAY OVER WEEKENDS

Session 4/5: July 12 - 14

Session 7/8: August 2 - 4

### LEADERSHIP CAMPS

#### Leaders in Service

Session 1: June 16-20

#### Counselor in Training (CIT I & II)

Session 4/5: July 7 - 19

Session 7/8: July 28 - August 9

#### Wrangler in Training (WIT)

Session 4/5: July 7 - 19

#### Junior Lifeguard

Session 4: July 7 - 12



# ABOUT JONES GULCH

At YMCA Camp Jones Gulch, campers discover the natural world. It is much more than simply canoeing, swimming, campfires with friends, archery, horseback riding, and dabbling with the arts. Campers and counselors work together, learn new skills and build an honest, caring, responsible and respectful community. At the heart of the program, we encourage campers to challenge themselves to meet personal goals, gain confidence and become part of team.

To get the most out of Camp, you must:

- Live and play respectfully with similarly aged campers.
- Be responsible for personal care and individual health and safety.
- Follow a varied activity schedule and manage free time.
- Enjoy overnight excursions that require challenging hikes.
- Understand and respond to group instruction for the activities.
- Join in group activities that build community, such as singing, campfires, and family-style meals in the dining hall.
- Contribute positively to the overall spirit of the camp community.

YMCA Camp Jones Gulch endeavors to arrange reasonable accommodations to make camp accessible while preserving the rustic facilities, natural surroundings and quality of the camping experience for all.

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## A SHORT HISTORY OF YMCA CAMP JONES GULCH

The present site of YMCA Camp Jones Gulch was once part of Rancho San Gregorio, a stretch of land granted to Mr. Juan Alvarado by the Mexican Government. After passing through a few proprietors, the land was eventually sold to Jones & Franklin, a smalling milling operation in 1857. David Jones, of Jones & Franklin and for whom our camp is named, constructed a saw mill on this site, which is now our current Dining Hall. In the 1934, the then owner of the property, Mrs. S. M. Black was looking to sell her property to a non-profit to create a camp for boys and girls. Richard Perkins, the General Secretary for the YMCA of San Francisco at that time, negotiated a deal with Mrs. Black and was able to acquire 927 acres of redwood forest and meadows. Over the years, the YMCA of San Francisco has run a variety of camps and has expanded upon the facilities and programs to what you see today!

[www.ymcasf.org/campjonesgulch](http://www.ymcasf.org/campjonesgulch)

## OUR MISSION

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

## OUR VISION

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.

## WELCOME ALL

We work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation has the opportunity to reach their fullest potential.



YMCA Camp Jones Gulch is proud to be an American Camp Association accredited camp, meeting nationally recognized standards for quality youth camping.

## GENDER AT CAMP

At Y Camp, we strive to provide an experience that is inclusive and welcoming to all campers. With this goal in mind, we are now offering All Gender cabins to campers of any age group. We also recognize that many campers will be more comfortable in a cabin with only campers who share their gender identity. We will strive to honor everyone's preferences.

In the rare instance that our cabin configuration will not allow for a camper's indicated preferences to be honored, we will reach out to that family prior to camp.

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## CAMPERS' AGES & DIVISIONS

### Resident Camp

While we firmly believe in younger and older youth learning together, Resident Camp is divided into different units that help ensure your camper's experience is age appropriate:

- Pioneers: 6-9 years
- Explorers: 9-11 years
- Questers: 11-14
- Rangers: 14-16

### Mini Camp

This program is for campers entering Grades 1-3. Mini Camp is closely meshed with the Resident Camp program and is referred to as "Discoverers and Adventurers."

### Leadership Camp

Our oldest campers also have the opportunity to engage in leadership programs. The Counselor-In-Training I (CIT I) program is designed for our 15 year old campers (Age 15 by June 1) who want to learn more teambuilding and leadership skills. The Counselor-in-Training II (CIT II) program is designed for our 16 year old campers (Age 16 by June 1) who are interested in becoming future counselors and requires a special application. Campers spend one week learning the basics of being a counselor and the second week shadowing older counselors. Both CIT programs are two weeks long.

## OUR STAFF

Our greatest resource is our staff, which is comprised of young adults who are carefully screened for their desire and ability to work with children. They complete an intense training program, to foster a safe and fun environment for our campers. Our directors and coordinators have extensive experience in youth development and leadership. Many of our staff were once campers here themselves. We attract staff from across the U.S and around the world. Staff members come from a variety of life experiences and backgrounds. We put a great deal of effort into recruiting the finest young people to lead and inspire our campers.



# BEFORE CAMP BEGINS

## Transportation

Make sure to sign up for transportation as soon as possible to ensure a spot on the bus. More information can be found on the next page. Register online at [www.ymcasf.org/campjonesgulch](http://www.ymcasf.org/campjonesgulch)

## Camp Store

Purchase points to be redeemed at our Camp Store during the week. See below for more information about the Camp Store.

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## CAMP STORE

The camp store is available for campers to purchase sweatshirts, t-shirts, stuffed animals, trinkets and other souvenirs. The campers are not permitted to use cash at the store; instead, parents may purchase points that can be used from their Camp Store account, usually 20-35 points per one-week session. Camp Store points should be purchased at least one week prior to the start of the session. Camp Store points do not have any cash value and are non-refundable if unused. All campers will be given the opportunity to use all Camp Store points prior to leaving the site.

## MEDICATION AT CAMP

If your child takes medication, consult your doctor before camp. All medications must be checked in at registration. Any prescription medication that we receive needs to be in the original container with the child's name and dosage information. Medications that are prescribed to parents or siblings cannot be administered to campers. Please do not pack any medications, including non-prescription or vitamins, in your child's luggage. It is helpful to place the medications in a Ziploc bag with the child's name clearly labeled. The camp health center will have a variety of over-the-counter medications for simple ailments. Medications are usually dispensed at mealtimes; if your child needs to have medication at another time, please let the Medic or Director know when you check in.

## BUS TRANSPORTATION

The YMCA charts buses to provide transportation to camp. **You must register for the bus at a cost of \$45 one way.** Camp Staff will be on board each bus to supervise campers. Before each trip, a counselor will explain the safety rules, such as staying seated, and keeping noise down. Please keep campers in a designated, safe area in the parking lot until they have been properly checked in. If your child misses the bus, it is your responsibility to get your child to camp.

**There is no transportation for sessions 2 & 6, and no drop off on August 9.**



## Pickup and Drop-off Times

**Stonestown Family YMCA**  
333 Eucalyptus Drive  
San Francisco, CA 94132

Sunday Departure: 1:15pm  
Friday\* Arrival: 4:45pm

**Peninsula Family YMCA**  
1877 S. Grant Street  
San Mateo, CA 94402

Sunday Departure: 2:15pm  
Friday\* Arrival: 4:00pm

**EM Downer YMCA**  
263 S. 20th Street  
Richmond, CA 94804

Sunday Departure: 12:45pm  
Friday\* Arrival: 5:45pm

**Downtown Berkeley YMCA**  
2001 Allston Way  
Berkeley, CA 94704

Sunday Departure: 1:30pm  
Friday\* Arrival: 5:00pm

\*For Session 1, camp ends on Thursday June 20th. Arrival times still apply, but will be on Thursday, not Friday.

## CHANGES & EMERGENCIES

If there are any changes to our transportation schedule, Camp Jones Gulch staff will notify the YMCA Front Desk Staff of the location that is affected.

Staff carry all camper information on the buses in the event information needs to be relayed directly to the families. In the event of an emergency, a YMCA Camp Jones Gulch Director will notify families directly.

## SAFETY TIPS

Please stay with your camper until they are checked in by a YMCA Camp Jones Gulch staff person.

We require all passengers to wear seat belts in vehicles that are equipped with them.

The winding mountain roads can cause motion sickness in some campers. Please try to avoid large heavy meals and consider using a motion sickness medication prior to the trip.

# PACKING LIST

- Layering helps to be prepared for the changing temperatures at camp.
- We recommend packing old, comfortable clothes.
- The YMCA is not responsible for lost or damaged articles.  
PLEASE MARK ALL OF YOUR CHILD'S BELONGINGS WITH THEIR NAME!!

The following is a suggested packing list for a week-long program.

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## WHAT TO BRING:

2-3 Long pants/Jeans	8 Pairs Socks	Soap
2-3 Sweatshirts	2 Pairs Shoes	Comb/Brush
Warm Jacket	2 Towels	Rain Gear
6 T-shirts	Washcloth	Water Bottle
4 Shorts	Lip Balm/Chapstick	Sunscreen (#15+)
2 Long-sleeve shirts	Flashlight	Warm Sleeping Bag
1-2 Swimsuits	Toothbrush/toothpaste	1-2 Blankets & Pillow
8 Underwear	Shampoo	Pajamas

**FOR HORSE CAMP: EXTRA  
PAIRS OF LONG PANTS!**

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## OPTIONAL ITEMS:

Hat/Cap with Brim	Sunglasses	Stationary and Stamps
Book/Reading Material	Beanie	Addressed Envelopes
Disposable Camera	Day Pack	Games for Free Time

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## WHAT NOT TO BRING:

Food, Gum or Candy	Cell phones	Tobacco Products
iPods/Radios	Knives/Hatchets	Aerosol Sprays
Matches/Lighters	Drugs or Alcohol	Animals
Weapons	Fireworks	Vehicles
Sports equipment	Laptop/iPad	Hand-held Game Console

# CHECK-IN & CHECK-OUT

## CHECK-IN PROCEDURES

### The Way to a Smooth Check-In

- For campers arriving at Jones Gulch with their parent/guardian, drop off is from 2:00 to 3:00 PM on Sunday. A Camp Director will be available until 3:15 to answer any questions you may have.
- For campers taking a bus to Camp, please be at the appropriate YMCA 30 minutes before the bus is scheduled to depart.
- All children will be given a quick lice check at Check-In before they are admitted to camp or onto the bus.
- If your camper has any medications (prescription or over-the-counter), make sure your child's name is on the medication. Please check the medications in with either the Bus Counselor (if taking the bus) or the Medic (if arriving by car).
- Visitors should leave camp no later than 3:45 PM.



## CABIN-MATE REQUESTS

There are many factors that go into cabin placements and every effort is made to honor requests. However, **campers must request each other** and be in the same age/grade unit. Only one request per camper, please.

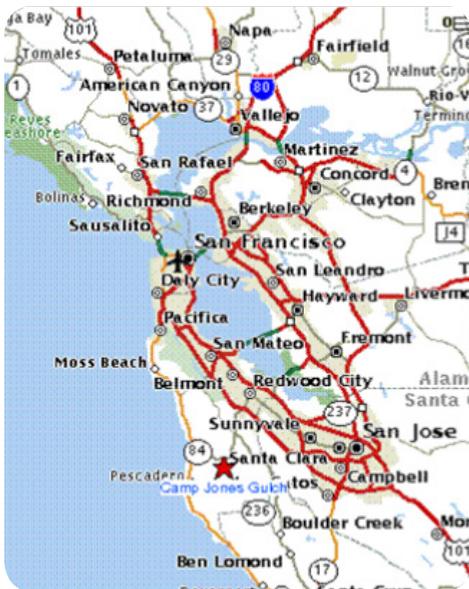


## DIRECTIONS TO CAMP

### For Camp Jones Gulch:

From Highway 280 take the Woodside Road exit (State Highway 84) west toward Woodside (0.1 miles). Stay on this road through the towns of Woodside and Sky Londa (approx. 8 miles to La Honda). Go one mile past the town of La Honda and take a left at Pescadero Road. After approximately one mile, there is a sharp right bend. Follow the bend to stay on Pescadero Road and follow signs to Camp Jones Gulch. The camp will be on your left, about 4 miles down Pescadero Road. Turn left onto Jones Gulch road and follow it to the Administration Building.

For Coastal Camp, be sure to look up directions to the Point Bonita YMCA instead.



## CHECK-OUT PROCEDURES

### AT CAMP

- For campers traveling home with their parent/guardian, pick up is from 4:00 PM to 4:30 PM on Friday (or Wednesday for Mini-Camp). Please have photo ID available to show.
- You will need to sign your camper out before leaving with your child.
- You will also be handed a Check-Out Slip after you sign your camper out. At this point, you may pick up your child. You will need to hand this slip to the counselor at the front gate on your way out of camp.
- Please be sure to check the Lost and Found before you leave!
- Barbeque!! If you are picking your child up from camp, we'd like you to join us for our weekly Barbeque on Friday afternoons after Check Out. Activities will run from 4:30-5:30 PM and food will be served at 5:00 PM. Let your campers show you their favorite parts of camp.

### AT THE BUS STOP

- For campers taking a bus home from Camp, please be at the appropriate YMCA a few minutes before the bus is scheduled to arrive.
- Please have photo ID available to show the counselor. You will need to sign your camper out before your child may be released to you.
- You will be given a packet when you pick up your camper. It will contain an evaluation form with a return envelope and any medications you brought to camp.
- Don't forget your camper's luggage!

**SEE PAGE 6 FOR BUS PICK UP TIMES.**

# WHILE YOUR CHILD IS AT CAMP

## SENDING LETTERS

Sending a letter is a perfect way to tell your camper that you miss and love him/her. We recommend sending letters a few days prior to the session to make sure they are received. Please do not send letters by fax. All mail and emails will be delivered at dinner. Please mail your letters to:

### SNAIL MAIL

Camper's Name, Session #  
YMCA Camp Jones Gulch\*  
11000 Pescadero Road  
La Honda, CA 94020

**Please do not send any food items.**

### EMAIL

To: [campers@ymcasf.net](mailto:campers@ymcasf.net)  
Subject: Camper's Name, Session #

Your child will not be able to email you back. Campers attending the Teen Adventure & BOLD/GOLD trips will not be able to receive mail or email.

\*Note: For Sessions 2 and 6 (Coastal Camp), mail should be sent to the Point Bonita YMCA instead.

## HELPFUL HINTS FOR EMAILING YOUR CHILD

- Do not include links to websites, including greeting cards.
- Do not send attachments.
- If you are forwarding another email message, make sure it is not being forwarded as an attachment.
- Do not send lengthy information like newspaper articles or sports scores.
- Feel free to send one email per day.



Canoeing  
Archery  
Hiking  
Gardening  
Swimming  
Arts and Crafts  
Climbing Tower  
Zip Line  
Dress Up Meals  
Campfires  
Basketball  
Volleyball  
Field Games  
Fort Building  
Ropes Course  
Talent Show  
Dance



## CAMP ACTIVITIES

A camper's day is divided into activity periods. Most activity periods are pre-scheduled, but there are opportunities for the campers and their cabins to choose their activities. Upper Grade Campers have fewer pre-scheduled activities. Instead, they have the opportunity to better explore their individual interests!

Additionally, a couple of afternoons a week, all campers get to pick their activities during Individual and Cabin Choice periods. Campers and their cabins can choose between our regularly scheduled activities as well as activities specifically set for individual or cabin choice.

## LEADERSHIP CAMPERS

### Counselor-in-Training I

Formerly known as Leaders-in-Training (LIT), CIT Is will get a combination of "hands-on" training, traditional camp activities, teambuilding games, high ropes course, general camp activities, and evening campfires over the course of a 2-week program. During the second week, LITs will engage in a service project designed to develop their skills in community interaction and collaboration.

### Counselor-in-Training II

The first week of this program will be a combination of trainings and "hands-on" experience. During the second week, CIT IIs will be assigned to a specific cabin group and will spend the week shadowing the cabin's counselors and helping where appropriate. CIT IIs will regroup through-out the week to reflect on their experiences.



# MEALS

Campers eat meals with their cabin group in the Redwood Dining Hall. YMCA food service staff prepares the meals and second helpings are always available. In addition, the Dining Hall has whole fruit available for campers during the day. We can accommodate some food allergies, each considered on a case-by-case basis. Please contact our Camp Office for details.

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# BEHAVIOR AND DISMISSAL POLICY

Attending YMCA Camp Jones Gulch is a privilege that you as a parent/guardian have chosen for your child. Our staff will make every attempt to provide positive, realistic expectations and guidelines for your children. During registration, parents/guardians are given the YMCA Ground Rules Policy and agree to review them with their camper. This presents an ideal opportunity for you and your child to discuss appropriate behavior at camp. If a camper is having a difficult time behaving appropriately, counselors will work with the camper and use positive discipline, behavior contracts, phone calls home to parents, and assistance from coordinators and directors to help the child contribute to a safe, respectful community at camp. Campers who cannot abide by the camp rules, or are adversely affecting the experiences of other children, will be dismissed without a refund.

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# HOMESICKNESS

Going away to camp can be a challenging experience. It is perfectly normal for some children to experience difficulty with the many changes associated with being away from home. Prepare your child by talking with them about this experience prior to camp. Let them know that you have confidence in their abilities, and try to focus on the positive aspects of going to camp, such as the new friends they'll make and the activities they'll enjoy.

Once at camp, our caring and well-trained counselors will keep campers busy and engaged! Positive letters and emails from home are reassuring; however, we do not encourage phone calls. Our experience indicates that, once a child talks to a parent, their homesickness increases and may become difficult to manage. If there is an emergency, the camp office phone number is (650) 747-1200.

## HEALTH CARE AND INSURANCE

It is the responsibility of every camper's parent or guardian to provide for the camper's health and accident coverage while participating at YMCA Camp Jones Gulch. The health and safety of your child is our primary concern. We have a qualified camp medic on duty 24 hours a day. Local medical services are available in Half Moon Bay, which is located a short drive away. We have access to 911 emergency services, who respond quickly to a call. Our staff members are all certified in first aid and CPR.

We conduct brief health screenings with all campers on opening day. Please, if your child is ill, do not send them to camp. We will work with you to place your child in a later session or give a refund if a doctor's note is provided. If your child has any health concerns that may affect his/her stay at camp that were not indicated on the Health History and Examination Form, please let us know in writing prior to arrival at camp. Campers with a temperature of over 100 degrees will NOT be admitted into camp.

In case of illness while at camp, campers will be housed in the Health Center for a brief period. Our practice is to call you if a camper is out of program for more than half a day. We will also call you to report any accidents more severe than a simple scratch or bruise. However, if you cannot be reached, we will try to get in touch with the listed emergency contact. Please be sure to provide us with complete emergency contact information, especially if you are traveling. In the event that no one can be reached, we have your written authorization for emergency medical care on the Health History and Examination Form. Emergency services can be available within 10 minutes of calling 911. All off-site trips will have the names, phone numbers and directions to the nearest hospitals for all points of the trip. Again, we will contact you or your emergency contact if emergency services are needed.

### Special Medical Needs

YMCA Camp Jones Gulch strives to be inclusive with all youth, however we also want to be realistic in terms of what we can offer based on our staff's medical knowledge. If your camper has any special medical needs, please contact the Director as soon as possible so that, together, we can determine if our camp can provide a successful, positive experience for your camper.

## IMMUNIZATIONS

For the safety of our staff and campers, we will not be providing any exemptions to immunizations based on personal or religious beliefs.



# SAMPLE ITINERARIES

Below are sample schedules for our different programs. Please keep in mind that these are just examples and the specific details may vary.



## RESIDENT CAMP/MINI CAMP

(Each day does vary slightly)

8-9: Wake Up, Breakfast, Inspiration, Cabin Clean Up

9-10:30: Activity One

10:30-12: Activity Two

12-1: Lunch

1-2: Siesta

2-3:15: Individual Choice

3:15-4:30: Cabin Choice

4:30-5:45: Activity Five

5:45-7: Crazy Dinner Prep, Dinner

7-8: Twilight Games

8-9: Campfire/Evening Program

9-10: Reflection, Lights Out

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## HORSEBACK RIDING CAMP

Day 1: Check-In, Assign Horses, Ice Breakers, Evening Campfire

Day 2: Teambuilding, Grooming and Saddling, Trail Ride

Day 3: Horse Lessons, Corral Lessons, Evening Ride

Day 4: Ropes Course, Corral Lesson, Pool

Day 5: Tower and Archery, Trail Ride

Day 6: Bareback Lesson, Horse Goodbyes, Check Out



# AFTER CAMP ENDS

## LOST AND FOUND

Please be sure to check the lost and found before you leave camp and check for missing items. We hold onto lost and found items until one week after camp ends; any unclaimed items will be donated to a local charity. If your child has left something at camp, we are happy to mail it to you, provided we are reimbursed for the postage. To reduce the number of items lost, **please mark your child's belongings with their name.**

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## EVALUATIONS

At the end of each session, you will receive an evaluation for each program in which your child participated. (The forms will also be available on our website.) We welcome your feedback, as it is invaluable to the future success of our programs. Based on the information we receive from parents and campers, we can make decisions on how to improve our existing programs and implement new ones.

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## COUNSELOR COMMUNICATION AFTER CAMP

It is the YMCA of San Francisco's staff policy that our employees have no outside contact with campers after camp unless it is at a sanctioned YMCA function. This includes letters, e-mail, social networking websites and visits in person. Letters addressed to YMCA Camp Jones Gulch are always welcome. Please explain to your camper that the consequences of staff not following this policy are severe, up to and including termination. We have stringent child abuse prevention policies in place to help keep your child safe including, but not limited to, fingerprinting, multiple reference checks, and additional training.

Many camps, schools, and youth agencies have struggled to deal with adolescent behavior on social networking websites and "chat rooms" on the Internet, such as Facebook, etc. We encourage you to research your child's internet activities so you can stay "in the loop." We recommend the website [www.common sense media.org](http://www.common sense media.org) for more information.

# OTHER PROGRAMS

## BOLD & GOLD BACKPACKING & TEEN ADVENTURE

Have a teen who's ready for a bit more of an adventure? Sign them up to develop their leadership skills on one of our BOLD & GOLD backpacking trips to Yosemite, Point Reyes National Seashore, Big Basin, or Lake Tahoe. Or try our Teen Adventure program which offers outdoor adventure trips featuring various activities including camping, whitewater rafting, surfing, biking, hiking, and rock climbing.

## FAMILY CAMPS

We offer four opportunities for your whole family to spend time together at camp. We'll take care of the food, and provide programs for all ages. You can do as much or as little as you want... as a family!

- Memorial Day Family Camp (May 24 - 27)
- July 4th Jubilee (July 1 - 5)
- Labor Day Family Camp (Aug 30 - Sept. 2)
- Autumn Magic Family Camp (October 4 - 6)

## WOMEN'S WEEKEND GETAWAY (May 3 - 5)

## WOMEN'S WEEKEND FALL RETREAT (November 8 - 10)

Join us for a weekend of fun! Indulge your inner child, grab your friends and escape to a gal's weekend in the beautiful redwoods! Enjoy a full schedule of activities and workshops devoted to enriching your spirit, mind and body.

## GROUP SERVICES, Retreats and Rentals

YMCA Camp Jones Gulch provides year-round accommodations and meeting spaces for up to 400 people. Our cabins are comfortably heated and house 8-16 guests. We have three lodges with fireplaces for meetings spaces. The ideal location for Church Retreats, Music/Band Camps, Sports/Drama Camps, Family Reunions, Scout Camporees, Y-Guides, etc.

## CHALLENGE COURSE

### Ropes Course and Teambuilding

Home of California's first live ropes course, YMCA Camp Jones Gulch offers full teambuilding programs, including group initiatives, low ropes and high ropes elements. Low events range from zero to six feet above the ground, while high events are attached to large redwood trees at an average of thirty feet above ground.

Visit [ymcasf.org/programs](http://ymcasf.org/programs) for more information about all of the programs we offer.

