

# YMCA CAMP INGERSOLL 2024

FRIENDS • MEMORIES • ADVENTURE



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# WELCOME TO OUR YMCA CAMP INGERSOLL FAMILY!

What do you do the rest of the year?

Camp is supposed to be fun, carefree, summer leisure at its pinnacle. Campers arrive with smiles, eagerly anticipating the day's excitement to return home tired and dirty with tales of adventures and new friends. In the best of times, the effortlessly organized chaos accompanied by intentional preparation creates an illusion of whimsical spontaneity almost magical. In reality, reflection, forethought, organization, inspiration, dedication, and about eight months are required to change lives in the summer! My usual answer to 'what do you do the rest of the year?' is to provide insight into the processes above while educating families on the opportunities during non-summer months (please see the back of this brochure). This year's answer has changed

What's different? Perspective. I am still reflecting, preparing, and hiring the best staff available, but I'm also picking my daughter up from day care, and taking weekly trips with the family to the Middlesex YMCA's swimming pool! Although my daughter, Skylar, did visit Ingersoll last year (spoiler alert, she was the child rescued by mermaids), this is the first Director Letter I am writing as a parent. The best part of my day is her smile when I wake her up and her excited giggle when I arrive home after work. The speed at which she is growing and her eternal inquisitiveness fascinate me. I am learning to be more present and composed. I am deciphering which situations can be independently resolved and which should be hugged out. I am second-guessing, googling, comparing, laughing, and appreciating everyone we are lucky to have in our support network.

My wife Taylor and I are privileged to have friends, family, and childcare providers who support Skylar as she grows. We trust them to keep our daughter safe and we believe they will support her in being a good person – someone who looks to help others first, a person who is empathetic, funny, questioning, and independent. Trust is necessary because we understand, just like you with camp, that her caregivers are raising her in coordination with us, her parents. At Ingersoll, our staff are often spending more time with their campers than parents and guardians. This is a reality of working life and we accept that responsibility. Understanding why your camper isn't smiling off the bus or their excitement at swimming in yellow is essential. You want them to learn fire safety but also to experience their counselor modeling how to be responsible leaders. You want to hear about their hockey game while they present their green bead received for putting away their equipment. You need consistency, transparency, and commitment. These principles, and more, are what we strive for at Ingersoll and we thank you for believing in our ability to achieve them!

**Ben Silliman, Camp Director**



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# INGERSOLL ESSENTIALS

## PRIORITY REGISTRATION:

Begins Wednesday, January 31 (returning families only)

## GENERAL REGISTRATION:

Begins Tuesday, February 6

## OPEN HOUSE DATES:

Saturday, May 18, 2-4 PM

Saturday, June 8, 2-4 PM

## FAMILY NIGHTS:

Thursday, June 27 • Thursday, July 11

Thursday, July 25 • Thursday, August 15

See page 17 for additional information.

## SESSION DATES:

PREVIEW WEEK: June 17-June 21

THEME: Cirque Du Inger-Soleil: A Camp Circus Spectacular

SESSION 1: June 24-July 5 (No camp July 4)

THEME: Never Ending Camp: Stories Come to Life at Ingersoll

SESSION 2: July 8-July 19

THEME: Eureka!: Pitch Your Inventions In Camp's Shark Tank

SESSION 3: July 22-August 2

THEME: Olympic Dreams Unleashed:

A Camp of International Champions

SESSION 4: August 5-August 16

THEME: Camp Quantum: Harnessing the Power of What If...?

F.L.A.S.H. Camp: August 5-August 9

(Fun Learning Adventure Skills Half Session Camp)

F.L.A.S.H. Camp is a Traditional Camp and is co-ed

FINALE WEEK: August 19-August 23

THEME: You Meddling Kids: Campers Inger-Solve The Great Mystery



## REGISTRATION ESSENTIALS

**WHAT YOU WILL FIND:** This brochure highlights the unique opportunities available at Camp Ingersoll. You will find information about camp programs, bussing, extended day options, and our initiatives to promote the growth of our campers by demonstrating values, learning skills and making friends!

**HOW TO REGISTER:** A life changing camp experience is just a click away! Visit [CampIngersoll.org](http://CampIngersoll.org) to register online, print out a paper registration packet, or learn more information about camp. Please be sure to read all the instructions carefully and do not hesitate to call the Camp Office at 860-342-2267 with questions.

**OUTDOOR CENTER:** We continue to offer our Outdoor Center discount to camp families in 2024. Purchase an Outdoor Center (OC) Membership at the discounted rate of \$150 during camp registration and we will waive the \$20 Summer Membership Fee – a \$220 offer! The OC membership includes year-round access to camp facilities (including expanded Mountain Biking trails and our 18-hole Kehl Family Disc Golf Course), swimming when the waterfront is open (weekends from Memorial Day to Labor Day from 10 to 6 p.m. and Wednesdays and Fridays from June 19 to August 23 from 6 to 8 p.m.), and a 50 percent discount on parties at Ingersoll. The Outdoor Center is not accessible

during camp hours, weekdays June 17 until August 23, 7 a.m. to 6 p.m.

**THEMES:** Every session follows the themes listed above. These themes influence special activities, i.e.: scavenger hunts, Wacky Wednesday dress up days, special crafts, and activities. Every family receives a theme calendar and other important information at least a week prior to the start of the session.

**F.L.A.S.H. CAMP:** Friends Learning Adventure Skills Half Session Camp is a co-ed, one-week, program designed specifically for families who may be away for the second half of session 4. This option is available for Traditional Camp. Campers must register for the F.L.A.S.H. Camp session; this is not a split session.

**BUSSING:** We will continue to provide eight buses this summer. There will be a \$30 fee per camper, per session. Financial assistance is available for qualifying families. Please be sure to read our bus policy on page 10 to understand all our expectations while riding the bus.

**WE'RE MORE THAN A CAMP:** You've heard it before "We're more than a camp, we're a family". Our camp also hosts facility rentals, team-building groups, dance recitals, mountain biking races, the 18-hole Kehl Family Disc Golf Course and more.



**“My daughter who currently goes to this camp and my two older children who have aged out (18 and 20) all love YMCA Camp Ingersoll.”**

**“I really appreciated the counselors call in the first week letting me know how my girls were adjusting. This was their first year in a camp that offered so many activities!”**



**“This was the first year my 2 kids have attended camp and they LOVED it.”**



**“It’s a fabulous place for kids to spend their summer!”**



**“I think it’s a great place and we will return next year.”**



**“Good variety of activities one day to the next, their counselors were fantastic and they are already asking about next year. THANK YOU!”**



**“Love the camp, counselors and Race 4 Chase program!”**



**“My son loved this camp. Excellent job. Well-staffed and well-run.”**

**“He went on the bus with a few Elementary School friends, but also got to know more people since he had his own assigned “troop” that was more random.”**



# WHAT WE DO AT CAMP

Our staff intentionally celebrate camper accomplishments, values, and personal development through our value bead system, Camper Hero of the Day, individual group initiatives, and more. Our camp day begins as campers head up to the Henry Coe Amphitheater for Flag shortly after 9 a.m. in their co-ed groups. Campers recite the Pledge of Allegiance, the Inger-Pledge when they pledge to “do my best in every way, accept challenges big and small and pledge my heart to Camp Ingersoll”, listen to daily announcements, and share excitement as skits are performed and special activities are announced. Listed below is a sample schedule for Traditional Camps. Specialty Camps follow a similar schedule with the exception of only one free swim period and 2-3 periods devoted to their specialty interest every day. Most Specialty Camps participate in specialty-devoted activities in the morning.

**TWO SWIM PERIODS:** (only one for Specialty Camps) Traditional camps have swim lessons every morning and participate in free swim every afternoon. Specialty Camps have one free swim period in the afternoon. All parents will have a chance to opt out of swim lessons during registration. Campers opting out go to a designated area with equipment and games.

**ONE SPECIALTY AREA:** Ropes, Archery, Boating, Arts & Crafts. Campers will participate in a different Specialty Area every day.

**LITERACY:** Counselors read or lead literacy activities for at least 30 minutes every day.

**LUNCH:** Locations vary from tables to towels, the beach to the woods. The week ends with Campfire Fridays.

**COUNSELOR PLANNED ACTIVITIES:** Active games, circle games, arts and nature based activities, etc.

## SAMPLE SCHEDULE:

<b>GREETING</b> 9:00-9:30	Attendance, Name Games, Camper Engagement, Announcements and Skits at the Amphitheater
<b>PERIOD 1</b> 9:30-10:15	Emergency Procedures Name Games, Value Contracts (Responsibility, Pavilion)
<b>PERIOD 2</b> 10:15-11:00	Ice Breakers: Trading Places, Elbow Tag (Honesty, Corbin Beach)
<b>PERIOD 3</b> 11:00-11:45	Swim Testing (First Day) Swim Lessons (Waterfront)
<b>PERIOD 4</b> 11:45-12:30	Lunch (Upper Sports)
<b>PERIOD 5</b> 12:30-1:15	Capture the Flag (Caring, Upper Sports)
<b>PERIOD 6</b> 1:15-2:00	Picking a Book, Reading Time, Choose Group Name (Respect, Picnic Grove)
<b>PERIOD 7</b> 2:00-2:45	Ropes: Rules, Teambuilding, Low Ropes (Communication, Ropes)
<b>PERIOD 8</b> 2:45-3:30	Basketball and Hockey (Courts)
<b>DISMISSAL</b> 3:30-4:00	Review Bus # and Drop Off (Amphitheater/Fields)

## TRADITIONAL CAMP UNITS:

### WEE WONDERS (4-5 YEARS • 1:6 RATIO)

A fun day of exciting (active games) and stimulating (crafts, reading, etc.) activities focused on learning how to make friends and interact with peers in co-ed groups.

### KIDDY CAMP (ENTERING 1ST GRADE • 1:8 RATIO)

Specialty areas give campers more freedom and independence while counselor-planned activities continue to strengthen social development within co-ed groups.

### YOUNGERS (ENTERING GRADES 2 TO 3 • 1:12 RATIO)

Activities teach campers how to work together while Specialty Areas offer more advanced challenges for the young adventurer in co-ed groups.

### MIDDLES (ENTERING GRADES 4 TO 5 • 1:12 RATIO)

Transition between introductory activities to more challenging skills, concepts, and even modified skill clinics in co-ed groups.

### CAMP INGERSOLL OLDERS 1 (ENTERING GRADES 6 TO 7 • 1:12 RATIO)

Counselors plan week-long skill clinics based on camper interest. Campers sign up as individuals or plan activities as a group.

### CAMP INGERSOLL OLDERS 2 (ENTERING GRADES 8 TO 9 • 1:12 RATIO)

Campers sign up as individuals or plan activities as a group. Skill clinics place greater emphasis on team building, problem solving, and leadership development.

### COUNSELOR-IN-TRAINING (CIT) (AGES 14 TO 15)

Counselor-in-Training (CIT) prepares our oldest campers to have fun working at camp, or in any professional setting, while gaining practical experience working with counselors and campers. CITs are interested in supporting counselors while learning facilitation and behavior management essentials from the CIT Director.



# FUN AND FAMILY: We Grow Together!

We understand the essential foundation that social emotional health creates for the development of our campers. Our camp structure is intentional and designed to meet these social emotional needs by providing choice, non-guardian role models, a natural and inclusive environment, appropriate risk, and trained staff. We cannot eliminate conflict, teasing, or occasional behavioral challenges, but we can provide our campers with tools to overcome these challenges and the support to practice their skills in a safe environment! We utilize this 77-acre outdoor environment to create an inclusive camp community designed to celebrate, challenge, teach, and connect our campers to their diverse Camp Family. We will ensure our campers learn, laugh, love, and stay safe by:

- ◎ Certifying staff in CPR and First Aid
- ◎ Selecting staff who live by values and excel as members on a team
- ◎ Maintaining small groups with consistent leadership and support
- ◎ Teaching skills, making friends, and creating memories
- ◎ Building confidence and self-respect by supporting camper interests and initiatives
- ◎ Exposure and interaction with diverse people, cultures, experiences, and conflict resolution
- ◎ Practicing conservation and healthy habits in a natural environment
- ◎ Preparing campers to be problem solvers, critical thinkers, and leaders



## TIERED PRICING

Our mission is to provide accessible and positive camp experiences for all families. Costs are rising and as a non-profit, we are experiencing similar surges. In order to remain sustainable, we must raise our fees. Many families will be able to pay for this increase, but financial situations and abilities to pay for camp differs among households. In an effort to minimize the financial impact on families, we use a four-tier pricing structure. We use this tiered-based pricing system to create a more equitable cost for our diverse community. Please choose the tier that is most suitable for your family. All children will have the same experience. Tier selections are confidential and applied while registering.

**TIER A** – Based on the True Cost of campers participating in the selected programs. It includes direct expenses, field trips, partial busing, and more. If you are able to pay this amount, please do so. Thank you.

**TIER B** – A subsidized rate (about 6%) for families whose children would not be able to attend camp otherwise. If you're unable to afford Tier A, please pay this amount. Thank you.

**TIER C** – A subsidized rate (about 14%) for families whose children would not be able to attend camp otherwise. If you're unable to afford Tier A or B, please pay this amount. Thank you.

**TIER D: OPEN DOORS** – Families with a Total Household Income up to \$80,000 are eligible for enrollment. This option provides financial assistance for families who qualify for greater support. Families fill out an application based on Total Household Income and are provided assistance on a sliding scale. Receive applications at [Campingersoll.org](http://Campingersoll.org) by calling or by visiting the YMCA.

**MY TIME** – My Time funding provides campers who have an immediate family member diagnosed with cancer a chance to be kids at camp. Families focus on their well-being without the stress of not knowing what to do in the summer. Please call the office if your family qualifies for the My Time funding.

**THE MID FUND** – Thanks to a generous donor, we are able to provide funding for middle-income families through the Mid Fund. This fund is for middle-income families who do not qualify for financial aid but still find it difficult to pay for camp, especially due to layoffs or unforeseen circumstances. Please contact our Camp Registrar, Rachel Johnson, for more information at 860-342-2267 or [rjohnson@midymca.org](mailto:rjohnson@midymca.org).



## BEFORE AND AFTER CAMP CARE

AM and PM care is offered at Camp Ingersoll in Portland. Families register for AM / PM care together, or choose one or the other. Families drop off campers between 7 and 8:45 a.m. and pick up between 4:15 and 6 p.m. We provide morning and afternoon snacks. Please see page 14 for pricing info. Before and/or After Camp Care at South Congregational Church is run through the Glastonbury YMCA. Call 860-633-6548 for details.

## LUNCH IS IN THE BAG!

YMCA Camp Ingersoll partners with Subway to make fresh, high-quality lunches available to campers. This convenient option is available by the session. Please see page 14 for pricing info. Families complete menus during online registration.

## CONVENIENT PAYMENT OPTIONS

Please remember families must pay their entire summer balance before June 1, unless enrolled in the EZ Pay Automatic Draft through August 1.

**AUTO CREDIT CARD OPTION** – Provide us with credit/debit card information and we divide your balance into equal monthly payments which we automatically charge on the first of the month through August. This convenient plan allows you to spread your payments out more than our monthly billing plan.

**MONTHLY BILLING** – Invoices are paid monthly by logging in, calling in or mailing in a monthly check. All camp balances must be paid prior to June 1.

**PAY IN FULL** – Pay the entire balance up front if you choose! We accept checks, MasterCard, Visa, Discover, or cash.

# YMCA CAMP INGERSO

Specialty Areas provide the perfect opportunity for campers to  
Specialty Area activities are directed by trained and/or certified leaders who c  
The Challenge Course, Swimming, Boating and Archery are open during Family Nights

## ARCHERY

At Archery we emphasize the importance of safety, patience, and body control. Campers learn the proper stance, grip, draw, and release to celebrate the success of hitting a bulls eye. As campers improve, we adapt the environment to create new challenges and teach advanced skills.



## BOATING

Kayaks, paddle boards, and canoes provide a variety of learning opportunities at Boating. Fitting a life jacket, holding the paddles, and navigating are just a few of the skills your campers will learn from boating on Job's Pond.

## SWIMMING

Lifeguards swim test every camper on the first day of every session to ensure safety and to designate the zones in which they may swim. Our swimming zones accommodate beginner to advanced swimmers. Traditional Campers become more confident and learn basic skills every morning during swim lessons. Job's Pond is the perfect place for campers to cool off, improve their skills, and have fun!





# SOLL: SPECIALTY AREAS

To learn skills, connect with friends, and of course, HAVE FUN!  
We design their programs to match the interests and skill levels of their groups.  
Counselors and families can experience the challenge, success, and camp excitement together!



## SOCIAL-EMOTIONAL LEARNING

Groups participate in activities that promote self-reflection, positive self-esteem, effective communication, and emotion management. Activities are led by counselors and the Camper Support Coordinator to support the social growth of our campers in fun and engaging ways.

## CHALLENGE ROPES COURSE

During the first week, the Ropes Director will guide groups through Low Ropes initiatives designed to challenge campers to work together, communicate effectively, and trust their peers. Campers create a supportive group that will enable them to overcome fears and reach new heights on our High Ropes Elements during the second week. Challenges are adapted to be age appropriate.



## ARTS & CRAFTS

Each week at Arts & Crafts, campers will have the opportunity to express themselves in new and creative ways. The Arts & Crafts Director uses our session themes to plan and facilitate activities that capture the interests of each unit, challenge campers to use their imagination, and utilize a variety of materials to create a take-home masterpiece.



# 2024 BUS STOPS

BUS SCHEDULE MAY BE ADJUSTED BEFORE 2024 SUMMER. PLEASE CHECK ALL AVAILABLE OPTIONS WHEN REGISTERING. BUSES MAY RUN 5-10 MINUTES LATE ON THE FIRST DAY OF EVERY SESSION. CAMPER MUST USE THE SAME STOP FOR PICKUP AND DROP OFF.

	AM	PM		AM	PM		AM	PM
<b>COLCHESTER</b> Route 16 & 149	8:05	4:45	<b>HADDAM</b> Haddam Elementary	8:25	4:35	<b>WETHERSFIELD</b> Wethersfield Shopping Center	8:40	4:25
<b>CROMWELL</b> Cromwell Middle School Pierson Park	8:00 8:20	4:55 4:35	<b>MARLBOROUGH</b> Elmer Thienes School	8:20	4:25	<b>PORTLAND</b> Gildersleeve Elementary Chatham Court	8:40 8:50	4:10 4:10
<b>DURHAM</b> Strong School	8:00	4:55	<b>MIDDLEFIELD</b> Middlefield Com. Center	8:15	4:40			
<b>EAST HAMPTON</b> Congregational Church	8:30	4:15	<b>MIDDLETOWN</b> East St. & West Lake Dr. Middlesex YMCA Moody School	8:00 8:30 8:25	4:50 4:20 4:30			
<b>GLASTONBURY</b> Glastonbury High School Hopewell School South Congregational Church St. Dunstan's Church	8:15 8:20 8:35 8:20	4:40 4:35 4:15 4:40	<b>MACDONOUGH</b> MacDonough School	8:05 8:45	4:50 4:10			
			<b>ROCKY HILL</b> Elm Ridge Park	8:20	4:40			

**PREVIEW & FINALE WEEK**  
ONLY 2 BUS STOP OPTIONS AVAILABLE:

	AM	PM
<b>MIDDLETOWN</b> Moody School	8:25	4:30
Middletown YMCA	8:45	4:10
<b>GLASTONBURY</b> Glastonbury High School	8:25	4:35
South Congregational Church	8:35	4:20



## BUS POLICY

Bussing is a convenience to some families, but a necessity to others. We plan to enlist eight daily buses that will bring campers to and from Ingersoll. During registration, families will choose an AM and PM transportation option: bussing, AM or PM care, AM and PM Care, or parent pick up. The bus fee will be \$30, per camper, per session. The fee is waived for families that qualify for Tier D - Open Doors Financial Assistance.

Riding the bus is a privilege. Monitors will inform camp and parents of any issues on the bus (teasing, bullying, inappropriate language or touching, etc.). Constant behavioral issues, or substantial safety issues, will result in loss of bus riding privileges.

Bussing is available on a first come, first serve basis. Our primary method of communication about specific bus delays is the email you provide during registration. We also use our Facebook page to notify families if all buses are departing camp more than five minutes late. Below is a brief explanation of the bus policy that each of our bus monitors follow. An extensive bus policy can be found in our Parent Handbook and Parent Agreement that must be signed during registration. You will be emailed a copy after you have completed registration.

### AM BUS:

We will introduce Bus Monitors (along with bus policies and procedures) via email prior to the first day of the session. They will arrive early (15 minutes) to the first stop on the first day of the session in order to complete the current bus procedure. Please note that morning buses leave the stop at the time listed on the pre-session email to make sure everyone arrives to camp on time.

### PM BUS:

If parents would like change how their campers get home, they must provide a note, or call camp prior to 2:45 p.m. Unless campers have written permission to "wait unattended", all campers will be signed off the bus by their parent / guardian or an approved emergency contact. All adults picking up campers should bring their photo ID with them every single day. A bus will only wait five minutes past the stop time. Parents will then have to pick up at the next stop or at Camp Ingersoll.



## NEW & IMPROVED AT INGERSOLL!

**LEARNING FROM EXPERIENCE:** We have gathered our feedback and are making adjustments to ensure this is the Best Summer Ever!

**PROGRAMS:** This summer offers more of what our campers want along with brand new Specialty Camps for older campers!

1. Specialty Camps for older campers. We are offering two new sports-based camps for campers in grades 6 to 9 this summer. Basketball and Soccer will be offered one session each and will be led by trained staff. We are also offering an additional session of Theater after the success of 2023!
2. In an effort to bring an original offering to our younger-based Specialty Camps, we are introducing Beginning Tumbling! Campers in grades 2 to 4 will refine their balance while learning how to roll, summersault, cartwheel, handstand, and more. All learning will take place during instructional games and activities.

**ALL TRADITIONAL CAMPS ARE MIXED GENDER.** We pride ourselves on intentional programming that supports the growth of campers, staff and families. Starting this summer, all our Traditional Camps are co-ed, creating an inclusive environment where all campers can thrive.

**OUTDOOR CENTER (OC) MEMBERSHIP:** Last summer, more families joined the Outdoor Center than ever before. For \$150, gain access to camp all year round including swimming and boating on summer weekends, fishing, hiking, Slidezilla, mountain biking trails, and the Kehl Family Disc Golf Course in addition to a 50% discount on birthday parties! Sign up during camp registration and we'll waive the \$20 summer membership fee.

### INGERSOLL IMPROVEMENTS:

1. Mosquito mitigation. Last year was an anomaly which led to an extreme amount of mosquitos at camp. A wet summer combined with unprecedented flooding pushed mosquitos toward camp. We are working with our vendor to determine if this was a once-in-a-lifetime event or if we need to take steps to permanently remedy this issue.
2. We increased the number of changing stalls available last summer and we will be creating additional stalls, as well as updating last year's to ensure everyone has the time and space to change.
3. The bathhouse is currently under renovation to create five individual bathrooms, conveniently located and efficiently cleaned.
4. The Kehl Family Disc Golf Course construction is officially underway thanks to a generous gift by the Kehl Family. Baskets have been installed in four of the 18 holes and our goal is to have it complete before summer. We can't wait for the added value to our Outdoor Center Membership as well our camp programs!





# ●●SPECIALTY CAMPS●●



**EXPERIMENTAL ARTS & CRAFTS:** *(entering grades 3-5)* In this exciting hands-on experience, campers will learn problem-solving, innovation, self-expression, and collaboration while completing creative projects with an emphasis on STEAM concepts.

**STEAM:** *(entering grades 5-8)* Designed to immerse campers in the exciting principles of Science, Technology, Engineering, Art, and Math; campers have fun, make friends, and think creatively while they participate in planning, building, and carrying out daily experiments.

**LET'S DANCE:** *(entering grades 2-6)* Learn basic dance routines and choreography. Both beginners and experienced dancers combine different genres of dance to put on a stage performance at Family Night.

**VOLLEYBALL:** *(entering grades 6-9)* We will use skill-based games and activities to give campers the experience and development they need to try out for their middle / high school teams or have fun playing an exciting sport with friends! Campers will spend time every day on refining skills and enjoying playful games on both grass and sand courts.

**MOUNTAIN BIKING:** *(entering grades 3-9)* A fun and instructional introduction to the world of Mountain Biking! Campers will learn riding techniques, bike maintenance, trail etiquette, biker safety, and have tons of fun along the way. This summer, bikers will be separated into two independent camps based on age.

**CAN WE BUILD IT, YES WE CAN:** *(entering grades 3-5)* Imagine, design, create and compete using Legos®! Learn the tricks of the Lego® trade needed for creative builds, team builds, and a variety of challenges – car races, tallest towers, strongest bridges and more!

**NINJA WARRIOR:** *(entering grades 3-5)* Participate in exciting challenges, training regimens, and camp activities to gain strength, agility, speed, and stealth! Campers are in for a session of high-action adventures as they develop and become their own Ninjas by the end of the session. Includes a one-time trip to Trick Dynamix facility.

**INGERSOLL ADVENTURERS:** *(entering grades 3-5)* An introduction to shelter building, fire starting, knot-tying, orienteering, and more. Includes a field trip canoeing down the Farmington River and a day trip hiking off-camp.

**CAMPFIRE COOKING:** *(entering grades 5-8)* Grab your apron and let's get cooking! Campers cook daily meals while learning about fire-building, cooking safety, technique, nutrition, and essential tips for making new and classic outdoor cooking treats.

**YOUNGERS FORT BUILDING:** *(entering grades 3-5)* Construct real tree forts with counselor-led instruction on using hand saws, hammers, and other basic tools while being introduced to more advanced tools. Campers will have fun, make friends, and work together while gaining a better understanding of construction.

**OLDERS FORT BUILDING:** *(entering grades 6-9)* Construct real tree forts with counselor-led instruction on using more advanced tools and power equipment while continuing to practice the skills of using hand saws, hammers, and other basic tools to take your creation to the next level, all while making friends, working together, and gaining a better understanding of construction.

**ALL SPORTS:** *(entering grades 2-3)* A fun and instructional introduction to all things sports! With an emphasis on teamwork and sportsmanship, campers will play the classics (soccer, football, basketball, volleyball, and more) as well as some new and exciting non-traditional games.

**TUMBLING:** *(entering grades 2-4)* Campers will refine their balance while learning how to roll, summersault, cartwheel, handstand, and more. All learning will take place during instructional games and activities.

**ADVENTURE GIRLS:** *(entering grades 3-5)* An introduction to outdoor adventures, shelter building, fire starting, knot-tying, orienteering, and more; this camp empowers young girls to build confidence, resilience, and lasting connections as they embark on journeys of exploration and teamwork!

**LITTLE DRIBBLERS SOCCER:** *(entering grades 2-4)* Campers develop into strong soccer players through age-appropriate instruction and skill clinics all while having fun, working as a team, and making friends.



**SOCCER:** *(entering grades 6-9)* In our new Soccer camp, campers will hone their skills through dynamic drills, engaging team activities, and friendly competitions, fostering both individual growth and teamwork on the court. This camp will give the athletes the experience and development they need to try out for their middle / high school teams or have fun playing an exciting sport with friends!

**LITTLE BALLERS BASKETBALL:** *(entering grades 2-4)* Recreational fun and skill development in a progressive goal-oriented program that also focuses on friendship, teamwork, and sportsmanship.

**BASKETBALL:** *(entering grades 6-9)* In our new Basketball camp, campers will hone their skills through dynamic drills, engaging team activities, and friendly competitions, fostering both individual growth and teamwork on the court. This camp will give the athletes the experience and development they need to try out for their middle / high school teams or have fun playing an exciting sport with friends!

**BACK TO BASICS – ADVENTURE CAMPING:** *(entering grades 6-9)* Campers face challenges together on high/low ropes courses and continue to achieve new heights during a series of day trips including rock climbing, canoeing, hiking, and more. Some trips include a campout at Ingersoll and a Canoe/Campout at Seldon Neck Island on the Connecticut River.

**OLDERS ADVENTURE:** *(entering grades 6-9)* For older campers looking for more adventure and excitement, this camp focuses on creating opportunities to bond with new friends while enjoying time spent off-camp on field trips including Nomads Adventure Quest, bowling, and mini golf.

**FISHING:** *(entering grades 3-8)* Learn skills through instruction, challenges, and practice at Jobs Pond and other local hot spots including 5 field trips per session and a deep sea fishing trip.

**HORSEBACK:** *(entering grades 2-9)* High quality half-day lessons six days per session in riding and grooming at Windcrest Farms in Hebron (campers are transported via bus). While not at the stables, campers are at Camp Ingersoll participating in camp activities that build relationships, teach values, and create memories!

**HORSEBACK EXPERIENCE:** *(entering grades 3-6)* Campers are transported to Windcrest Farms in Hebron every afternoon during the session where they focus on learning new skills and honing existing skills. Prior experience is required for this advanced program which can be gained by participating in an earlier Horseback session.



**PARKOUR:** *(entering grades 6-9)* Campers are transported to Trick Dynamix six days per session where they will work with trained professionals to improve their Parkour skills of running, jumping, climbing, balancing, and more. Complete with team-building challenges, positive reinforcement, and a love for movement that you can't find anywhere else.

**ROCKETRY:** *(entering grades 6-9)* This camp is designed for campers to experiment with earth sciences, motion, magnets, and to have high flying fun while learning about propulsion, momentum, and the joy of building rockets.

**SPECIALTY CAMP SAMPLER:** *(entering grades 2-3)* Campers are introduced to at least five different Specialty Camps! Try out a wide variety of camps including Fort Building, Ninja Warrior, Sports, Arts & Crafts, STEAM, and more!

**THEATER:** *(entering grades 6-9)* Theater campers will learn the acting basics they need to create a successful scene: ensemble skills, improvisation, vocal clarity and expression, characterization, and more. They will learn script structure, stage directions, and how to give, receive, and apply feedback. They will also explore aspects outside of acting such as directing and simple set design. Campers will show off their skills with an on-stage performance at Family Night.

**Specialty camps do not offer swim lessons, only one free swim period per day.**

**FOR MORE INFO, PLEASE CONTACT MIKAELA LOPRIORE, 860.342.2267, OR MLOPRIORE@MIDYMCA.ORG**



# 2024 CAMP CHOICES

PREVIEW WEEK: June 17 – June 21  
SESSION 1: June 24 – July 5 (no camp July 4)

SESSION 2: July 8 – July 19  
SESSION 3: July 22 – August 2

SESSION 4: August 5 – August 16  
FINALE WEEK: August 19 – August 23

CAMP/ GRADE		SESSIONS	PRICE (\$)
<b>TRADITIONAL CAMPS</b>			
Wee Wonders (PRE-K OR K)		1, 2, 3, 4	<b>TIERED PRICING</b> Tier A: \$572   Tier B: \$539   Tier C: \$491
Kiddie Kamp (GR. 1)		1, 2, 3, 4	
Youngers (GR. 2 OR 3)		1, 2, 3, 4	<b>TIERED PRICING</b> Tier A: \$567   Tier B: \$534   Tier C: \$481
Middles (GR. 4 OR 5)		1, 2, 3, 4	
Camp Ingersoll Olders (CIO) 1 (GR. 6 OR 7)		1, 2, 3, 4	<b>TIERED PRICING</b> Tier A: \$572   Tier B: \$539   Tier C: \$491
Camp Ingersoll Olders (CIO) 2 (GR. 8 OR 9)		1, 2, 3, 4	
CIT (AGE 14+)		1, 2, 3, 4	\$290
F.L.A.S.H. Camp: Traditional Camp (GR. PRE-K-9)		Session 4: August 5 – August 9	\$290
<b>SPECIALTY CAMPS</b>			
Ingersoll Adventurers (GR. 3-5)		1, 2, 3, 4	<b>TIERED PRICING</b> Tier A: \$640 Tier B: \$608 Tier C: \$548
Youngers Fort Building (GR. 3-5)		2, 3, 4	
Olders Fort Building (GR. 6-9)		1, 2, 3, 4	
Specialty Camp Sampler (GR. 2-3)		2, 3	
Mountain Biking (GR. 3-9)		1 & 2 (Gr. 3-9), 3 & 4 (Gr. 3-5)	
All Sports (GR. 2-3)		1, 2	
Little Dribblers Soccer (GR. 3-5)		3	
Little Ballers Basketball (GR. 3-5)		4	
Tumbling (GR. 2-4)		1	
Let's Dance (GR. 2-6)		1, 3	
Adventure Girls (GR. 3-5)		2, 4	
Ninja Warrior (GR. 3-5)		1, 2, 3, 4	
Can We Build It? Yes We Can! (GR. 3-5)		1	
Campfire Cooking (GR. 5-8)		1	
Experimental Arts & Crafts (GR. 3-5)		4	
STEAM (GR. 5-8)		1	
Volleyball (GR. 6-9)		1, 4	
Theater (GR. 6-9)		2, 4	
Soccer (GR. 6-9)		2	
Basketball (GR. 6-9)		3	
Rocketry (GR. 6-9)		3	
<b>TRAVELING SPECIALTY CAMPS</b>			
Parkour (GR. 6-9)		2, 4	<b>TIERED PRICING</b> Tier A: \$793 Tier B: \$760 Tier C: \$694
Horseback (GR. 2-9)		1, 2, 3, 4	
Fishing (GR. 3-8)		1, 2, 3, 4	
Olders Adventure (GR. 6-9)		1, 3	
Back to Basics: Adventure Camping (GR. 6-9)		4	\$837
Horseback Experience (GR. 3-6)		4	

FINALE/PREVIEW WEEK		LOCATION	EXTENDED DAY PROGRAM: <small>AVAILABLE ALL SESSIONS</small>		LOCATION
Preview / Finale Week	\$290	Camp Ingersoll	AM or PM	\$125	Camp Ingersoll
Extended AM & PM	\$115	Camp Ingersoll	AM & PM	\$210	Camp Ingersoll

**SUBWAY LUNCHES:** Sessions 1-4: 4" - \$92; 6" - \$102 Preview/Finale Week/FLASH Camp: 4" - \$48; 6" - \$53



**“This was my daughter’s first year at this camp and she absolutely loved it. She felt welcomed and that she belonged. Because her experience was so good we will be sending our other daughter to your camp next summer.”**

**“It was so good for them to be outside and working on connecting with others.”**

**“My son seemed to feel very welcome and safe from the first day of camp on.”**

**“Keep up the great work.”**



**“We love the family and community focus. Thank you for an awesome summer!”**



**“Well organized, awesome counselors who are positive and invested in the kids.”**



**“Kids loved it!”**

**“Awesome camp staff!”**



**“My son really blossomed at Ingersoll. He loved the ropes course. And he got more confident swimming.”**

**“Archery, boating, gaga, ropes, arts & crafts are wonderful staple activities.”**



# PARENT COMMUNICATION

We strive to provide families with all the information needed for our campers to have a successful summer. We have learned that among uncertainty, consistent and intentional communication alleviates much of the anxiety and concern over sending kids to camp. We will continue to give regular updates around the status of this summer, especially as we get closer to spring and summer. Here are a few ways we communicate with parents:

**Emails** – We use email as our primary method of communication, including bus information/delays, start of the session information including the theme calendar, and policy or procedure adjustments. Make sure your correct email is on file when you register.

**Online** – Our website, [CampIngersoll.org](http://CampIngersoll.org), contains useful information about YMCA Camp Ingersoll, your camper's day, and printable forms such as Physicals, Medication Administration, and our Parent Handbook. Be sure to follow YMCA Camp Ingersoll on Facebook and Instagram for photos and camp news.

**Waldo Photos** – We upload camp photos to [waldophotos.com/@ymcacampingersoll](http://waldophotos.com/@ymcacampingersoll) (password: `ingersoll24`). Families can see these photos, and download high resolution files and even order prints!

**Counselor Phone Calls** – All families receive a phone call from our counselors introducing themselves and answering any general camp questions you may have. These calls will take place on the second and third day of every session, during the camp day, and may come from a private number. We understand some parents may be busy. Counselors will try to leave messages on your voice mail (if your voice mail is set up and not full). Counselors are also available on Family Nights, and may be available on their break periods if you make a return call to camp at 860-342-2267.

**Progress Sheets:** Our Wee Wonder and Kiddy Kamp campers take home daily Progress Sheets. In an effort to provide consistent communication to families with older campers, all other camp units will take home Progress Sheets on Fridays. They will communicate which activities campers took part in and highlights of the week.



## FREQUENTLY ASKED QUESTIONS

### 1. HOW DO I REGISTER?

Online registration at [CampIngersoll.org](http://CampIngersoll.org) is the best. Please read **ALL** directions at the beginning of **EVERY** step and your camper will be registered in no time. Contact camp for paper registration.

### 2. WHAT SHOULD MY CAMPER BRING EACH DAY?

Campers **must** bring closed-toe shoes/sneakers, a reusable water bottle, towel, swimsuit, sunscreen, lunch, backpack, and an extra change of clothes. **PLEASE LABEL ALL ITEMS!**

### 3. CAN MY CAMPER HAVE A PHONE AT CAMP?

We understand why parents may want their campers to have phones. **Electronics cannot be used at camp**, but campers can keep phones in their bags. Our counselors provide engaging and varied activities for all campers which focus on social interactions, relationship building, and positive engagement. If phones are seen at camp, counselors first ask campers to put them away and eventually move to keep the phone in the office until a parent can pick it up.

### 4. CAN I PICK MY CHILD UP EARLY?

Parents must notify camp prior to 2:30 p.m. for early pickup. Please pick your camper up **BEFORE 2:45 p.m. or at Parent**

**Pickup at 4 p.m.** Children will only be released to individuals with a **valid photo ID** who are listed on the contact sheet. Campers **MUST** be signed out.

### 5. WHAT IF MY CAMPER NEEDS MEDICATION?

Complete and submit the "Authorization to Administer Medication" form. Forms are available online and by request. Medications must be in original, labeled container.

### 6. DO YOU APPLY SUNSCREEN AT CAMP?

Sunscreen should be applied by parents in the morning. Counselors will help reapply after each swim session and lunch if the parent provides it.

### 7. HOW CAN I FIND LOST CAMP ITEMS?

The most successful method of finding lost items is being preemptive in **labeling ALL items (first and last name) that come to camp with a permanent marker**. Those items will be returned to campers during opening or closing ceremonies. Other, non-labeled, items will be displayed at the Amphitheater to be claimed. **Most of the non-labeled clothes are never claimed and are then donated at the end of the session.**



# FREE EVENTS FOR ALL FAMILIES

**FAMILY NIGHTS** – We will be hosting a Family Night on the first Thursday of Sessions one, two and three and on the second Thursday of Session 4 (see page 3 for dates). Families may attend all Family Nights throughout the summer! Starting at 6:15 p.m., families enjoy the freedom of an Open Camp setting with Boating, Archery, Swimming, Ropes and so much more. At 7:45 p.m., our activity areas begin to close and families are invited to join our staff at the Amphitheater for an introduction to our leadership team, a performance, a catchy sing-along to our Inger-Song (see page 18 for lyrics) and a walk through the “Tunnel of Love”.

We emphasize our Camp Family because we believe being part of a strong and supportive family is essential to our maturation, growth and understanding of the world in which we live. Family Nights also provide an opportunity for parents to meet counselors and leadership staff, see campers interact with their new friends, and experience what Ingersoll has to offer. We continually strive to improve our Family Night, but are confined by our After Camp and busing schedule along with bed times!

Camp Ingersoll is committed to providing opportunities for families to spend time together. Most of our monthly events are free for all families and do not require registration. You can find more information on the Upcoming Events page at [campingersoll.org](http://campingersoll.org).



## FAMILY HIKE & FIRE BUILDING WORKSHOP

Saturday, March 23 • 2 to 4 p.m.

## VOLUNTEER DAY

Saturday, April 6 • 10 a.m. to 2 p.m.

## HEALTHY KIDS & FAMILY CLIMB DAY

Saturday, April 20 • 2 to 4 p.m.

## OPEN HOUSE AND FAMILY FISHING DERBY

Saturday, May 18

Open House: 2 to 4 p.m.

Fishing Derby & Workshop: 4 to 6:30 p.m.

## OPEN HOUSE & FAMILY FUN DAY

Saturday, June 8 • 2 to 4 p.m.

## FAMILY BIRTHDAY PARTIES OR GROUP RENTALS AVAILABLE!

Plan your next adventure at YMCA Camp Ingersoll!



# WORK AT CAMP: Laugh, Learn and Change Lives!

Want to join a crew of creative people who live for adventure,  
love the outdoors, and enjoy serving kids?

Our counselors love an active outdoor schedule, working with different age groups, and collaborating with peers. You will work with some of the most dedicated and creative people in the field, and the friendships you'll make with the other counselors and camp leaders will last a lifetime.

## THE VALUE OF CAMP:

While we strive to impact the lives of our campers every day, we are also dedicated to changing the lives of our counselors too! Benefits of being a counselor include:

- Professional training in child management, group dynamics, leadership skills, and risk management
- First Aid and CPR Certifications, with the possibility of Lifeguard Certifications, Boating, and High Ropes
- Working outside all summer long with others who enjoy the natural environment and the fun it provides

## A CAMP COUNSELOR:

- Models our core values – Honesty, Caring, Respect, Responsibility, and Family/Community
- Has a passion for helping children grow and develop spiritually, mentally, and physically
- Is committed to upholding a high standard of integrity while having fun and being fun

Get a head start on our traditions by learning our Inger-Song and Inger-Pledge!

## INGER-SONG!

(Sung to the tune of John Denver's "Country Roads")

Here in Portland, best camp ever  
Where the bridge brings us, Across the CT River  
We've all grown here. Up among the trees  
Making life-long friendships in the summer breeze

Chorus:  
Ingersoll, Ingersoll  
Is the place, we belong  
Friends forever. We'll remember  
Ingersoll, Ingersoll

Swimming, hiking, loving nature  
Paddle-boating on the Job's Pond water  
Shooting archery and hitting that bulls eye.  
Sharing campy stories while sitting 'round the fire.

Chorus  
We start our days up at morning flag all singing.  
Then come together at the end of everyday.  
And as we're heading home, we get good feelings  
in our souls  
For YMCA... YMCA

Chorus  
Where we roam, Ingersoll.  
Where we've grown, Ingersoll.

## INGER-PLEDGE

I pledge to everyone today,  
To do my best in every way.  
I'll care for others, be honest and kind,  
I'll strengthen my body, heart, and mind.  
I'll accept challenges big and small,  
I pledge my heart to Camp Ingersoll!



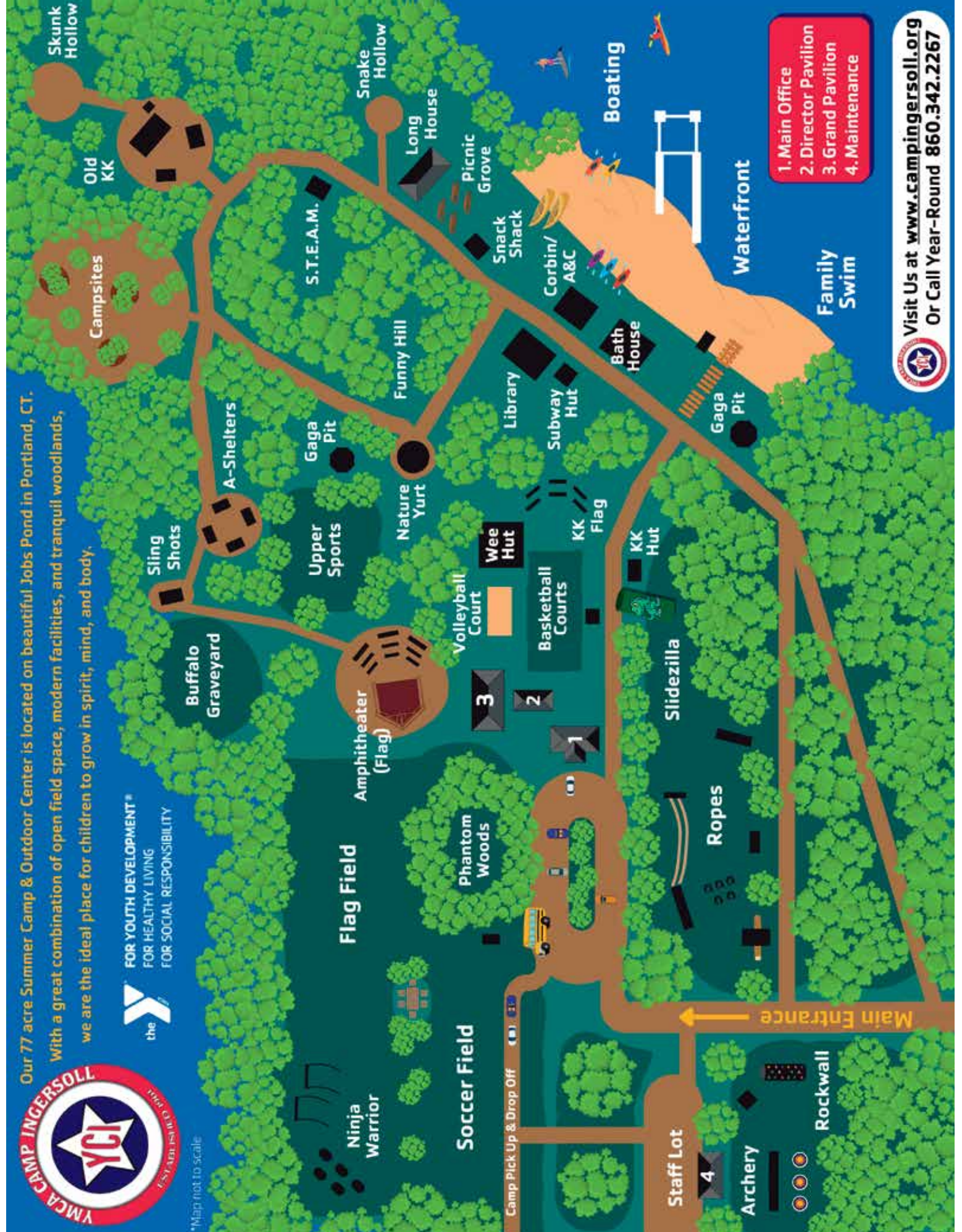




FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Our 77 acre Summer Camp & Outdoor Center is located on beautiful Jobs Pond in Portland, CT. With a great combination of open field space, modern facilities, and tranquil woodlands, we are the ideal place for children to grow in spirit, mind, and body.

\*Map not to scale



1. Main Office
2. Director Pavilion
3. Grand Pavilion
4. Maintenance



Visit Us at [www.campingersoll.org](http://www.campingersoll.org)  
Or Call Year-Round 860.342.2267





# YMCA Camp Ingersoll

A Community of Changemakers

### Team Building

- Custom programs for schools, churches, community, or corporate organizations.

### Ropes & Challenge Courses

- Improves communication and develops trust.
- Encourages goal setting, group decision-making, and building self-confidence

### Book Us For Rentals!

### Birthday Parties

- Includes reserved pavilion time for 2.5 hours
- Discount for Outdoor Center Members

### Corporate & Group Picnics

- Use of any Pavilion and Basketball Courts available as well as Swimming, Archery, and High Ropes Course upon request.

### Field Days

- Parachute games, potato sack race, and water relays, and more!
- High Ropes, Archery, and Boating upon request.

### Outdoor Center Membership

- Includes year-round use of grounds - hiking, swimming, biking, picnics, boating, Disc Golf, and more!
- Discounted Birthday Parties



### Youth Sports

- Variety of 7-week programs offered for 3 to 12 year-olds.
- Sports and Enrichment programs

Pratt and Whitney

Mountain Biking Race, Cycling Club

### Our 2023 Groups

Haddam-Killingworth Middle

Cycle X Race

St. Mary's Church Group

Norwich Free Academy

CT After School Network

Nayaug Elementary School

Griswold Middle School

Gilead Community Services

Beman Middle Schools

20+ Birthday Parties

Girl Scouts Troop 101

Foote School Teambuilding

Whitney High School (ACES)

Berlin Public Schools

Lyman Memorial High School

Adelbrook Staff

Pentecostals of Greater Hartford

