



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to Labor Day Family Camp 2024!

Dear Family Campers,

We're thrilled to have you join us for Labor Day Family Camp 2024! It's exciting to see families of all sizes, from first-timers to longtime supporters, coming together to celebrate this special event. Family Camp is central to the YMCA's mission, offering a weekend where you can recharge, have fun in the great outdoors, and strengthen the bonds with your loved ones. We can't wait to share this experience with you!

The South Mountain YMCA Camps team is eagerly preparing for your arrival as we gear up for this time-honored tradition. We have an exciting lineup of activities planned just for you!

The following pages contain all the information you'll need to make the most of your Family Camp experience. If you have any questions, please don't hesitate to reach out to me at swestphal@smymca.org or call 610-670-2267 EXT 223.

See you in a few short days!

Sam Westphal
Associate Program Director





Weekend Menu				
	Friday 8 / 30 / 24	Saturday 8 / 31 / 24	Sunday 9/02/24	Monday 9/2/24
Breakfast	N/A	Pancakes Bacon Scrambled Eggs MYO Parfait	French Toast Sausage Hashbrown Patties MYO Parfait	N/A
Lunch	N/A	Burgers and Hot Dogs Topping Bar Macaroni Salad Chips Soup of the Day Salad Bar	Chicken Fingers Waffle Fries Peaches Soup of the Day Salad Bar	<u>Brunch</u> Pancakes Eggs Sloppy Joe Potato Salad Salad Bar
Dinner	6PM Snack Cookies at Check-in Smores at campfire	<u>A Night in Italy Dinner</u> Pasta and Meatballs Broccoli Diner Roll Brownies	<u>Pixar dinner</u> Dinner BBQ Chicken Mac and Cheese Roasted Vegetable Medley Rice Krispy Treats	N/A

If you haven't done so already, please make sure to let us know about any dietary restrictions, either through your registration paperwork or by emailing us directly. To help reduce traffic in the dining hall during meals, each village has a designated start time. All meals will be served buffet style.

8:00AM, 12:00PM, 5:15PM - Cubs/ Rovers

8:15AM, 12:15PM, 5:30PM - Loggers/ Little A

8:30AM, 12:30PM, 5:45 - Trailblazers



Be sure to come dressed for the themed dinners:

Saturday: A Night In Italy dinner - Dress up as if you were in Italy and enjoy some Italian classics!

Sunday: Pixar Dinner - Calling all Pixar fans!! Dress up as your favorite Pixar movie characters and see some movies in real life!



PACKING LIST

Here's a list of suggested items to bring for a more comfortable stay at the South Mountain YMCA Camps. If you happen to forget something, just let our staff know—we may have what you need or can point you to the nearest store.

CLOTHING

- Tee Shirts
- Long Pants
- Shorts
- Undergarments
- Socks
- Swimsuit(s)
- Beach Towel
- Bath Towel
- Light Jacket
- Sweater or Sweatshirt
- Poncho or Raincoat
- Pajamas
- Hat or Baseball Cap
- Sunglasses
- Sneakers
- Sandals
- Flip-Flops (for shower use)

BEDDING

- Sleeping Bag
- Blanket
- Sheets
- Pillow
- Pillow Cases

OTHER ITEMS

- Flashlight
- Water Bottle
- Medication
- Laundry Bag

OPTIONAL ITEMS

- Backpack
- Fan
- Camping/Beach Chair
- Cooler & Drinks
- Snacks
- Games and Cards
- Swim Goggles
- Books
- Camera

TOILETRIES

- Soap
- Toothbrush
- Shampoo
- Washcloth
- Comb or Brush
- Bug Repellent
- Sunscreen



THINGS TO LEAVE AT HOME

- The South Mountain YMCA Camps are a drug free site.
- There is no smoking within the camp gates.
- Do not bring any fireworks onto camp property.
- Do not bring any weapons onto camp property. Shooting or hunting is prohibited on camp grounds.
- Pets/animals that are not registered with us as service animals are not allowed to stay on camp property.
- Campfires are prohibited in any areas outside a provided fire pit.
- We strive to be unplugged at camp, so bring valuable personal electronics at your own discretion.

IMPORTANT INFORMATION

HOUSING

All buildings on camp have electricity and electrical outlets. Cabins have shared shower houses located in each village with toilets and showers.

CHECK-IN

All family campers must check in at the main office from 5-7pm on Friday. Please have a state ID for anyone 18 years and older. Should you be arriving after 7pm, please let us know. **If adding additional campers to your family's cabin, please confirm no later than two weeks prior to arrival.**

INTERNET ACCESS

Wi-Fi will be available in the Dining Hall. We cannot guarantee the speed of the internet. Guests must use the internet responsibly.

CELLUAR SERVICE

Cellular service on camp is spotty. The best place to get a strong cell phone signal is near the dining hall. If there is an emergency that requires a landline phone, there is one on the wall in the Boscov Program Center to the left of the stage.

HEALTHCARE

There is no designated health care provider during Family Camp. Parents/guardians are responsible for their family members' health and should pack over the counter medication and first aid supplies as needed. If a camper has a serious injury or illness, please notify camp staff. We have emergency procedures in place for alerting medical assistance.

CAMP STORE

Cash, check and credit cards are accepted! We do not allow camp store purchases to be charged to your card on file. You must provide the card information while at the store.

CHILD SUPERVISION

Children under the age of 10 must be accompanied by a parent or guardian at all camp activities. Our staff members there are not responsible for supervision. If you are leaving the camp premises, please leave another adult in charge of your children.

PERSONAL BELONGINGS

The South Mountain YMCA Camps are not liable for any lost, stolen, or damaged property. Please leave anything of value at home!



DINING HALL PROCEDURES

Our cooks prepare three delicious meals daily. Classic camp entrees along with a salad bar and vegetarian options are available at every meal. To ensure the Dining Hall runs smoothly, we kindly ask everyone to follow the procedures below, helping the kitchen staff maintain a safe and efficient environment. Meals will be served buffet style. We suggest that each table assign two people for each meal to serve as “Hoppers.” Hoppers are responsible for the following:

- Setting the table
 - Fifteen minutes before the meal, hoppers will meet in the dining hall to set out the beverages, plates, silverware, cups, and condiments for their table.
- After Announcements - Hoppers stay behind to clear their table (camp staff will walk through clean up with you)
 - Left over food scraps from plates will go into serving dishes
 - Left over liquids from cups will go into pitchers
 - Separate all silverware by type and put them in empty cups
 - Wipe your table with a rag (provided at the podium)
 - Sweep the floor under your table

FAMILY CAMP RULES

- Do not enter any program area until a camp staff member is present.
- Everyone must wear a lifejacket while in the water or on a boat at Blue Marsh Lake.
- Know where your children are at all times. Do not leave children under the age of 10 unsupervised at a camp activity.
- No bare feet, except at the pool area.
- Camp is a smoke free environment. Please refrain from smoking within camp gates.
- Please do not feed the horses unless so directed by the equestrian staff.
- Anyone over the age 16 that would like to fish at Blue Marsh Lake will need to purchase a fishing license at [HuntFishPA - Home](#)
- Lost & Found will be located on a table outside the watch office. Please check for any items before you depart.
- Park in the designated parking lot. Vehicles are only permitted in the villages during check-in and check-out. Roads must be kept clear for emergency and camp vehicles.



CAMP ACTIVITIES

Open Activities

- Arts & Crafts
- Climbing Wall
- Swimming Pool (afternoon)
- Climbing Wall
- Archery Tag
- Outdoor Education Classes
- Guided hike to Cushion Peak
- Quad Jump (**must be 12 years old!**)



Sign-Up Activities

After breakfast and lunch, sign-ups will be available for certain activities due to classroom sizes or limited equipment.

Canoeing & Kayaking

Located off property at Blue Marsh Lake, space is limited to 20 guests per time slot. All guests are required to wear lifejackets while on a boat or in the water.

*** State Hill Boat Launch: 599 Brownsville Road, Wernersville, PA. 19565

Self-Guided Activities

- Hiking
- Ga-Ga
- Carpetball
- Basketball
- Tennis
- Pickleball
- Soccer
- Tetherball
- Ping Pong
- Playground
- Mini Golf

Target Sports

Archery, slingshots, trap shooting, and the .22 range will be available throughout the weekend. Space for each session is limited due to equipment availability, so sign-up is required. Participants must be at least 8 years old and wear closed-toe shoes.

Horseback Riding

Sign up is required upon registration for Family Camp. On Saturday and Sunday, guests who have pre-registered will receive an assigned time slot and date. Participants must be at least 12 years old and wear long pants and closed-toe shoes (Crocs are not permitted). Please arrive at least 10 minutes before your assigned time.

WEEKEND SCHEDULE

FRIDAY, AUGUST 30

5:00-7:00pm Arrive & Check In at the Main Office
7:30pm Opening Camp Fire & Snacks



Check In Procedure

1. Check-In with Sam to ensure cabin assignments, paperwork, and payment at the Main Office.
2. All Families are asked to check-in at the main office. **Be sure that all guests 18 and over in your group bring a state photo ID.**



SATURDAY, AUGUST 31

7:45am Hopper Call - Send 2 people per table to help set your table in the Dining Hall
8:00am Breakfast
9:00-11:45am Morning Activities
11:45am Hopper Call
12:00pm Lunch
1:00pm Rest Hour/ Camp Store Open
2:15-5:00pm Afternoon Activities Open
5:15pm Hopper Call
5:30pm Dinner
7:00-8:30pm Family Line Dancing
8:30-9:00 Ice Cream Social

SUNDAY, SEPTEMBER 1

7:45am Hopper Call
8:00am Breakfast
9:00-11:45am Morning Activities
11:45am Hopper Call
12:00pm Lunch
1:00pm Rest Hour/ Camp Store Open
2:15-5:00pm Afternoon Activities
5:15pm Hopper Call
5:30pm Dinner
6:30-7:00pm Prepare for talent show
7:00-8:00pm Capture the flag~ with powder
8:00pm **Variety Show/ S'mores**



Variety Show: Bring your camp chair or blanket to Byndenwood Stage for a Labor Day Variety Show. We encourage any performers to prepare a skit, song, or other campfire traditions.

MONDAY, SEPTEMBER 2

9:00-9:45am	Pack up cabins
10:00-11:00am	Brunch
11:00-12:30pm	Drop in Activities
1:00pm	Check Out



Check Out: Please ensure that your cabin is vacated by 1 PM. Before you leave, remember to sweep the cabin, flip each mattress onto its side, and turn off all lights. Make sure to take all of your belongings, and check the lost & found before you go! If you need to check out at a different time, kindly inform us during the meal before your departure.





South Mountain YMCA Camps

Bynden Wood Day Camp, Camp Conrad Weiser,
The Duberstein Equestrian Center & The Outdoor Center

PROPERTY MAP

LEGEND:

- 1 Joseph Becker Program Center
- 2 DINING HALL
- 3 Box Cottage
- 4 MAIN OFFICE
- 5 BYNDEN WOOD LODGE
- 6 POOL
- 7 AIR RIFLE RANGE (80'S)
- 8 RIFLE RANGE (22'S)
- 9 CRAFT SHOP
- 10 CRAFT PAVILLION
- 11 WICKUP
- 12 MOUNTAIN ARK
- 13 WAMICAN
- 14 PAVILLION
- 15 NATURE LEARNING CENTER
- 16 TRADING POST
- 17 RIDING STABLE
- 18 FIELD BARN
- 19 BYNDEN WOOD STAGE
- 20 AIR RIFLE RANGE (80'S)
- 21 TREE HOUSE
- 22 BYNDEN WOOD PAVILLION
- 23 CLIMBING TOWER
- 24 GORGE SHOP
- 25 POLE BARN
- 26 CARRIAGE HOUSE
- 27 CROSSROADS COTTAGE
- 28 Youth Center
- 29 SUMMER COTTAGE
- 30 FARM HOUSE
- 31 TERRACE COTTAGE
- 32 ROADSIDE COTTAGE
- 33 SHOWER HOUSE I
- 34 SHOWER HOUSE II

- A LOW ROPES COURSE
- B HIGH ROPES COURSE
- C ATHLETIC FIELD
- D LITTLE ATHLETIC FIELD
- E TENNIS COURTS
- F ARCHERY RANGE
- G Quail Jump
- H STAFF VILLAGE
- I CHAPEL
- J ANIMAL CEMETERY
- K RIDING RING
- L LOWER RIDING RING
- M TRAP SHOOTING RANGE
- N COUNCIL RING
- O LITTLE COUNCIL RING

- WOODS / WILDERNESS AREA
- LAWN / MEADOW
- PARKING LOT
- MAIN ROADS
- 4x4 ROAD
- TRAIL
- FENCE

0 50 100 METERS
0 100 200 300 FEET

