



YMCA CAMP INGERSOLL 2023

**FRIENDS
MEMORIES
ADVENTURE**



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CAMPINGERSOLL.ORG

WELCOME TO OUR YMCA CAMP INGERSOLL FAMILY!

On June 19th, I will step onto the Henry W. Coe Amphitheater to officially welcome the start of the 2023 summer. This will mark my 23rd year with the YMCA and my 9th summer as the Ingersoll Director. It will also be the first summer Henry (for whom the Amphitheater is named) will not be with us. Henry passed away last August just as the summer closed, but his legacy and influence will remain forever engrained in the history, culture, and essence of YMCA Camp Ingersoll.

Whether you are a returning member of our camp family or are trying to figure out if Ingersoll is right for you, you will undoubtedly learn about the intentionality and value-driven approach we use to deliver a life-changing camp experience.

Henry always promoted a seamless transition between the inherent fun of the natural adventures synonymous with camp (boating, ropes, archery, swimming, etc....) and the essential growth and development that takes place in an environment where campers feel safe, included, and loved. He created the foundation of our current schedule placing emphasis on creating stronger connections by staying in family groups every day, for the entire two-week session. He believed in the power of outdoor education and using this natural setting as a platform to teach skills, values, and life lessons. He advocated for the importance of camp in not only the lives of campers, but also in the growth and development of the staff. Every year counselors have the opportunity to apply for one of two Henry Coe Scholarships named after his grandchildren. Henry devoted years of his life to camp and was the driving force in fundraising for a meeting place where the entire camp can meet, laugh, learn, and connect.

I will always remember Henry with a big smile on his face, creased jean shorts, perfect hair, and a desire to listen and learn. Although our breakfast meetings and camp visits will be missed, I am thankful for his passion, knowledge, time, dedication, and impact that is apparent every day at YMCA Camp Ingersoll. I am thankful his influence will be felt throughout camp in 2023 and that our program at YMCA Camp Ingersoll will continue to thrive while serving all campers for years to come.

Thank you, Henry Coe.

Ben Silliman, Camp Director



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INGERSOLL ESSENTIALS

PRIORITY REGISTRATION:

Begins Monday, January 23 (returning families only)

GENERAL REGISTRATION:

Begins Monday, February 6

OPEN HOUSE DATES:

Saturday, May 13, 2-4 PM

Saturday, June 3, 2-4 PM

FAMILY NIGHTS:

Thursday, June 22 • Thursday, July 6

Thursday, July 20 • Thursday, August 10

See page 15 for additional information.

SESSION DATES:

PREVIEW WEEK: June 12-June 16

THEME: Full S.T.E.A.M. Ahead: All Aboard the Experiment Express

SESSION 1: June 19-June 30

THEME: A Digital Journey: Plumbers, Hedgehogs, Mines and More

SESSION 2: July 3-July 14 (No Camp July 4)

THEME: Choose Your Adventure: Explore the World

SESSION 3: July 17-July 28

THEME: "Ingersoll" – The Musical: Sing, Dance and Direct
Your Way to Color Games Glory

SESSION 4: July 31-August 11

THEME: You're Not Dreaming: Monsters, Myths and Legends Come to Life

FINALE WEEK: August 14-August 18

THEME: Inger-STARS: Show Us Your Talents

F.L.A.S.H. Camp

(Fun Learning Adventure Skills Half Session Camp)

FLASH Camp is for Traditional Camps and will be Co-ed

July 31-August 4



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 to register online, print out a paper registration packet, or learn more information about camp. You can also call the camp office at 860-342-2267. Please be sure to read all the instructions carefully.

OUTDOOR CENTER: A record number of families became Outdoor Center (OC) Members in 2022! We will continue to offer our OC discount to camp families in 2023. Purchase an 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 (when camp is not in session), swimming when the waterfront is open (weekends from Memorial to Labor Day from 10-6 p.m. and Wednesdays and Fridays from June 22 to August 17, 6-8 p.m.), and a 50 percent discount on parties at Ingersoll.

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 coed, 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 be registered for The F.L.A.S.H. Camp session; this is not a split session.

BUSSING: We will continue to provide eight busses this summer. There will be a \$27 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". While that is true, our facility also offers more program than just camp and the Outdoor Center. We can also host facility rentals, teambuilding groups, dance recitals and more.

“Communication before camp was good - I knew what to expect and what my camper would need. Communication during camp was even better!”



“We had such a great experience as a family. We will be returning next year for more sessions and our 4-year-old will be attending as well. Thank you so much!”



“My kids can't wait to go back next summer!”

“I can't say enough great things about our first-year experience at Ingersoll.”



“An OUTSTANDING Camp! I cannot wait to send my son next year, too!”

“Our kids love this camp. They come home exhausted and filthy every day and can't wait to go back the next day. Ben does a fantastic job and we have not had a bad counselor yet.”



“My daughter was very shy and camp helped her a lot to open up and be more confident!”



“I can't begin to say how much camp has helped my son with every single aspect listed above and then some. Wonderful camp!”

“My daughter had an excellent experience at Camp Ingersoll. She couldn't stop talking about all the fun she had. Her counselor made her feel very safe and comfortable.”

WHAT WE DO AT CAMP

Our staff intentionally celebrates 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 travel to the Henry Coe Amphitheater for “Flag” shortly after 9 a.m. Campers recite the Pledge of Allegiance and the Inger-Pledge, committing 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 the excitement as skits are performed and special activities announced. Listed below is a sample schedule for traditional camps. Specialty camps follow a similar schedule with the exception of having only one free swim period and 2 to 3 periods devoted to their specialty interest daily. Most camps participate in specialty-devoted activities in the morning.

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

ONE SPECIALTY AREA: Ropes, Archery, Boating, A&C – campers will participate in a different Specialty Area every day.

LITERACY: Counselors read or lead literacy activities for at least 30 minutes a 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:

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

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.

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 continue to offer increased social emotional support and learning opportunities to our staff and campers. Last summer, our Behavioral Support Coordinator supported counselors in establishing a positive environment for all campers upon arrival. Every camper had the opportunity to participate in activities which promoted regulation of emotions, reflection, and positive social interactions. In 2023, we will continue to offer these experiences while also providing our counselors with the tools to run these activities, independently, on their own time. They will promote the growth and development of all campers by using our 77-acre outdoor center, and intentional programming 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 make camp accessible for all families. Costs are rising. As a non-profit, we are experiencing similar surges. 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 have reinstated four tiers. We use a tier-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 7.5%) 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 Tier 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, 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.

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. For more information, please contact Rachel Johnson (Childcare Administrative Assistant) at 860-342-2267 or 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. Menus are completed during online registration.

CONVENIENT PAYMENT OPTIONS

Please remember families must pay their entire session balance prior to the start of camp.

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

MONTHLY BILLING — We will provide you with an even monthly payment schedule through June 1 and will send you monthly invoices you can pay by check, MasterCard, Visa, Discover, or cash.

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 Areas activities are directed by trained and/or certified leaders who
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 bullseye. As campers improve, we adapt the environment to create new challenges and teach advanced skills.



BOATING

Kayaks, paddleboards, 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 1st 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 Behavioral Support Coordinator to support the social growth of our campers in fun and engaging ways.

CHALLENGE COURSE

During the 1st week, the Course 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 A&C director uses our Session Themes to plan and facilitate activities that capture the interests of each unit, challenge campers to use their imaginations, and utilize variety of materials to create a take-home masterpiece.

2023 BUS STOPS

*BUS SCHEDULE MAY BE ADJUSTED BEFORE 2023 SUMMER. IF SO, YOU WILL BE NOTIFIED VIA EMAIL. **BUSES MAY RUN 5-10 MINUTES LATE ON THE FIRST DAY OF EVERY SESSION. ***CAMPER'S MUST USE THE SAME STOP FOR PICKUP AND DROP OFF

	AM	PM		AM	PM		AM	PM
COLCHESTER Route 16 & 149	8:05	4:55	HADDAM Haddam Elementary	8:25	4:30	WETHERSFIELD Wethersfield Shopping Center	8:40	4:25
CROMWELL Cromwell Middle School Pierson Park	8:00 8:20	4:55 4:35	MARLBOROUGH Elmer Thienes School	8:20	4:25	PORTLAND Gildersleeve Elementary Chatham Court	8:40 8:40	4:10 4:10
DURHAM Allyn Brook Park	8:00	4:50	MIDDLEFIELD Middlefield Com. Center	8:20	4:35			
EAST HAMPTON Congregational Church	8:30	4:15	MIDDLETOWN East St. & West Lake Dr.	8:00	4:50			
GLASTONBURY 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 4:30	ROCKY HILL West Hill School	8:20	4:40			

PREVIEW & FINALE WEEK
ONLY 2 BUS STOP OPTIONS AVAILABLE:

MIDDLETOWN
Moody School 8:25 4:40
Middlesex YMCA 8:40 4:10

GLASTONBURY
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 \$27, 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 5 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 adjusted policies / procedures / expectations) 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 3 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 5 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! We will continue to provide open and consistent communication to staff, camp families and our community. Information introducing bus monitors and leadership staff along with schedule changes or how to see camp pictures will be sent via email multiple times before the summer starts. Please be sure to provide an email you check frequently upon registration. Too much information can be overwhelming; our goal is to make you and your campers more excited and comfortable when planning for this summer.

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

1. More Variety for Older Campers. We are offering three more sessions of Older's specific Specialty Camps. Although skill clinics allow all Older's more control of their activities, we are offering more options for specialty specific camps. An extra session of Volleyball, Rocketry, and Theater will be available.
2. Experimental Arts and Crafts for campers entering 2nd through 4th grade. Campers will still take part in traditional Arts and Crafts projects, but now with a science twist! Make your predictions, set up your experiment, and take home the results of your new Experimental A&C project!

ONLINE REGISTRATION: Online Registration has been around for quite some time, but you will notice some differences this year.

1. You will have to register for a transportation option: pick up/drop off, AM/PM Care at Camp, or a bus stop independently for every session. Families will have to click on a few more options, but this will alleviate some confusion created as we switch sessions. This will be in the same section as registering for your camp options each session.
2. AM/PM Care is only available at YMCA Camp Ingersoll in Portland. Families may register for AM or PM care independently this summer. Please be sure to pick another option if you are only registering your camper for either AM or PM care.

YOUNGER TRADITIONAL CAMPS ARE MIXED GENDER. We pride ourselves on intentional programming that helps our campers, staff, and families grow. Our new youngers' groups will provide 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, 50% discount on Birthday Parties, fishing, hiking, Slidezilla, mountain biking trails and more! Sign up during camp registration and we'll waive the \$20 summer membership fee.

INGERSOLL IMPROVEMENTS: Last year, we introduced our Camp Family to a new climbing wall with funding provided by The Friends of Ingersoll Fund, and a covered archery deck provided by a generous gift from Mark and Luanne Paley. We are continuing our improvements this year, albeit they may be a little less noticeable. We have installed a new septic system at our bathhouse, which will now feature individual, outside bathroom stalls. We are also adding more outside changing stalls increasing the frequency and efficiency of changing!



...SPECIALTY CAMPS...



EXPERIMENTAL ARTS & CRAFTS (entering grades 2-4) In this exciting hands-on experience, campers will learn problem-solving, innovation, 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, stealth and honor! 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 Trix 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 while learning about 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 good sportsmanship, campers will play the classics (soccer, football, basketball, volleyball) as well as some new and exciting non-traditional games.

ALL AQUA (entering grades 4-6) Extended swim instruction, long pond swims, more boating and creative water games help campers become more comfortable and confident in the water. Includes a canoeing field trip.

ADVENTURE GIRLS (entering grades 3-5) An introduction to outdoor adventures, shelter building, fire starting, knot-tying, orienteering, and more; all within a group of strong young girls!

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.

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.

HORSEBACK (entering grades 2-9) High quality half-day lessons three days a week in riding and grooming at Windcrest Farms in Hebron (campers are transported by 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.

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 fieldtrips including Nomads Outdoor 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.



PARKOUR (entering grades 6-9) Campers are transported to Trix Dynamix three days a week 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, and more!

THEATER CAMP (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.

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

2023 CAMP CHOICES

PREVIEW WEEK: June 12 – June 16
SESSION 1: June 19 – June 30

SESSION 2: July 3 – July 14 (no camp July 4)
SESSION 3: July 17 – July 28

SESSION 4: July 31 – August 11
FINALE WEEK: August 14 – August 18

CAMP/ GRADE		SESSIONS	PRICE (\$)		
TRADITIONAL CAMPS					
Wee Wonders (PRE-K OR K)		1, 2, 3, 4	TIERED PRICING Tier A: \$542 Tier B: \$517 Tier C: \$472		
Kiddie Kamp (GR. 1)		1, 2, 3, 4			
Youngers (GR. 2 OR 3)		1, 2, 3, 4	TIERED PRICING Tier A: \$537 Tier B: \$512 Tier C: \$462		
Middles (GR. 4 OR 5)		1, 2, 3, 4			
Camp Ingersoll Olders (CIO) 1 (GR. 6 OR 7)		1, 2, 3, 4	TIERED PRICING Tier A: \$542 Tier B: \$517 Tier C: \$472		
Camp Ingersoll Olders (CIO) 2 (GR. 8 OR 9)		1, 2, 3, 4			
CIT (AGE 14+)		1, 2, 3, 4	\$280		
F.L.A.S.H. Camp: Traditional Camp (GR. PRE-K-9)		Session 4: July 31-Aug 4	\$280		
SPECIALTY CAMPS					
Ingersoll Adventurers (GR. 3-5)		1, 2, 3, 4	TIERED PRICING Tier A: \$607 Tier B: \$582 Tier C: \$527		
Youngers Fort Building (GR. 3-5)		2, 3, 4			
Olders Fort Building (GR. 6-9)		2, 3, 4			
Specialty Camp Sampler (GR. 2-3)		3, 4			
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. 2-4)		2			
Little Ballers Basketball (GR. 2-4)		3			
All Aqua (GR. 4-6)		3			
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. 2-4)		2			
STEAM (GR. 5-8)		4			
Volleyball (GR. 6-9)		1, 4			
Theater (GR. 6-9)		3			
Rocketry (GR. 6-9)		1			
TRAVELING SPECIALTY CAMPS					
Parkour (GR. 6-9)		2, 4	TIERED PRICING Tier A: \$752 Tier B: \$727 Tier C: \$667		
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			
Horseback Experience (GR. 3-6)		4	\$820		
FINALE/PREVIEW WEEK		LOCATION	EXTENDED DAY PROGRAM:		LOCATION
Preview / Finale Week		Camp Ingersoll	AVAILABLE ALL SESSIONS AM or PM		Camp Ingersoll
Extended AM & PM		Camp Ingersoll	AM & PM		Camp Ingersoll

SUBWAY LUNCHES: Sessions 1-4: 4" - \$90; 6" - \$100 Preview/Finale Week/FLASH Camp: 4" - \$47; 6" - \$52

“Last summer, we made the decision to take our son out of daycare and just send him to camp for the summer before switching daycares as we didn't think he was advancing enough. We saw a tremendous difference in his development from being at camp!”

“The counselors and staff made this summer amazing. From knowing my son's name and greeting him with a high five or positive affirmation to just being kind, fun, and caring.”

“My child is very shy but she always feels included.”



“We loved it, it helped our son develop so much, he will definitely be returning!”



“The kids really look up to their counselors and especially Ben. They know how hard you all work to make the summer fun and safe.”



“Love this camp and the atmosphere!”



“Cameron has shown such growth in so many areas and I know it's because of the work these amazing counselors did every day. As a parent I couldn't be more proud of them. A shout out and the sincerest thank you to all especially Liv, Sophia, and Cayden.”

“I love the staff at camp. They are all enthusiastic and fun and make it exciting and fun for the campers.”

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. Be sure to check you have your current email on file during registration.

Online – Our website, www.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 (password: `ingersoll23`). Families cannot only see these photos, but they can 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 voicemail (if your voicemail 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 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, 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 3:00. Please pick your camper

up **BEFORE 3:00pm** or at **Parent Pickup at 4:00**. 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 non-labeled clothes are never claimed and therefore, donated at the end of the session**).

FREE EVENTS FOR ALL FAMILIES

FAMILY NIGHTS – Family Nights made a return to Camp Ingersoll last summer and we believe they will be here to stay! We will be hosting a Family Night on the first Thursday of sessions one, two, and three and on the second Thursday of session four. Families may attend any Family Night 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 we live in. 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.



FAMILY HIKE & FIRE BUILDING

Saturday, March 25 • 2 to 4 p.m.

VOLUNTEER DAY

Saturday, April 8 • 10 a.m. to 2 p.m.

FAMILY CLIMB DAY

Saturday, April 22 • 2 to 4 p.m.

OPEN HOUSE AND HEALTHY KIDS DAY

Saturday, May 13 • 2 to 4 p.m.

FAMILY FISHING DERBY & MOVIE NIGHT

Friday, May 19

Fishing Derby 5:30 to 7:30 p.m.

Movie starts at 8 p.m.

OPEN HOUSE

Saturday, June 3 • 2 to 4 p.m.

FAMILY BIRTHDAY PARTIES OR GROUP RENTALS AVAILABLE!

Plan your next adventure at YMCA Camp Ingersoll

See back page for details.

WORK AT CAMP, 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. For more information about employment at YMCA Camp Ingersoll, please visit our website or scan the QR code on the back cover.

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
- Work 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, and Responsibility
- Passion for helping children grow and develop spiritually, mentally, and physically
- 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 C. T. River
We've all grown here. Up among the trees
Making life-long friendships in the summer breeze

Ingersoll, Ingersoll (Chorus)
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!

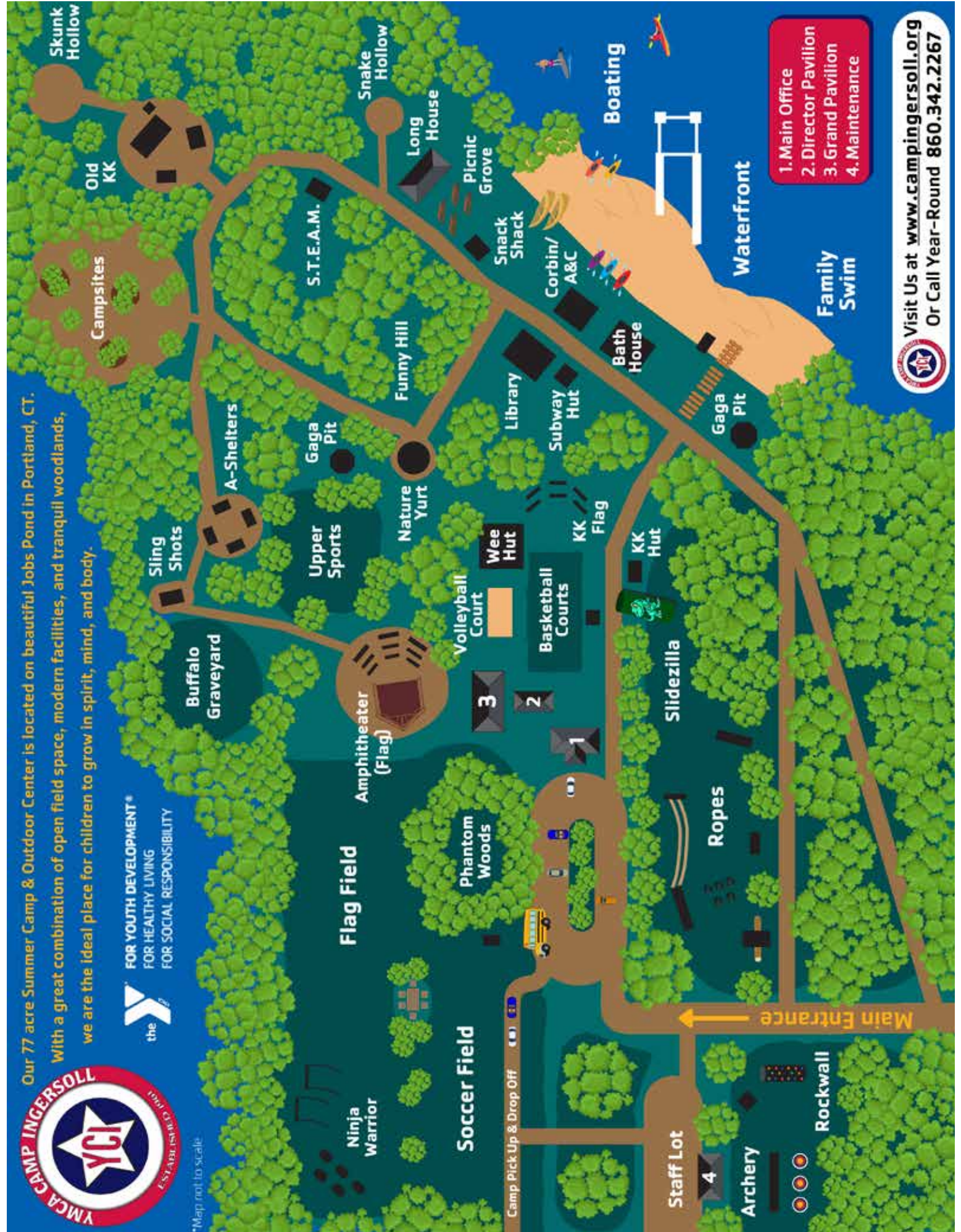




FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



Visit Us at www.campingersoll.org
Or Call Year-Round 860.342.2267



We're More Than a Camp!

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 AND 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.

SUMMER CAMP

- Sessions June to August
- 4 to 16 year-old campers
- Traditional and Specialty Camps

OUTDOOR CENTER MEMBERSHIP

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

YOUTH SPORTS

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

Pratt & Whitney
 St. Mary's Church Group
 Gilead Community Services
 Whitney High School (ACES)
 Mountain Biking Race, Cycling Club
 NFA Visual & Performing Arts
 Beman Middle Schools

Berlin Public Schools
 Dance with Miss Alicia
 20+ Birthday Parties
 Haddam-Killingworth Middle

Aware Recovery Care
 In Step Dance Studio
 Adelbrook Staff
 Cycle X Race
 Cromwell Cub Scouts
 Foote School Teambuilding
 Pentecostals of Greater Hartford

OUR 2022 GROUPS

