BRINGING FAMILIES TOGETHER

2020 Family Programs
YMCA CAMP CAMPBELL
SUPPORTED BY THE VALLEY FOUNDATION
WHY FAMILIES CHOOSE YMCA CAMP CAMPBELL

• We know camp; since 1936 Camp Campbell has been serving the Silicon Valley and providing safe and fun camping programs.

• Our mission is to strengthen community by improving the quality of life and inspiring individuals and families to develop their fullest potential in spirit, mind and body. We accomplish this through intentional activities, providing opportunities for families to connect, free of distraction and a dedication to quality programs.

• We work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background has the opportunity to live life to its fullest and we invite guests of all family types and gender backgrounds to register for our programs.

• We believe camp is an essential experience for all children and families, therefore we offer financial assistance for all of our programs.

2020 DATES & PROGRAMS

January 16       Food Friendly Day  
February 22–23   Camp Quest  
March 6–8       Mother/Son Weekend  
March 20–22   Father/Child Weekend  
April 3–5       CampOUT  
April 17–19 Women’s Wellness Weekend  
May 1–3       Mother/Daughter Weekend  
May 8–10  Mother/Daughter Weekend  
May 22–25 Memorial Day Family Camp  
June 5–7 Learn to Camp Weekend*  
June 19–21 Camping and Kayak Trip*  
July 3–5 4th of July Family Camp  
August 2–8 Sequoia Lake Family Camp*  
September 5–7 Labor Day Family Camp  
September 11–13 Mother/Son Weekend  
September 25–27 Camping and Canoe Trip*  
October 2–4 Mother/Daughter Weekend  
November 6–8 Women’s Wellness Weekend  
November 20–22 Men’s Retreat  
December 5–6 Homemade for the Holidays  

*This camp takes place offsite

“Our family’s yearly tradition is coming to Camp Campbell. It is the time where we as parents get to focus on our kids. I get to see my children’s confidence soar as they explore the outdoors and I get to play and be a kid again with them.”

— A Mother of two
SAMPLE ACTIVITIES MAY INCLUDE:

- Archery
- Arts and Crafts
- Basketball
- Basket Weaving
- Campfires
- Capture the Flag
- Climbing Wall
- Fire Building
- Gaga Ball
- Gardening
- High Ropes*
- Hikes
- Lawn Games
- Leatherworking
- Low Ropes
- Outdoor Cooking
- Ping Pong
- Shelter Building
- STEAM Projects
- Street Hockey
- Swimming
- Tie-Dyeing
- Wood Burning

*Age requirement 11 years and older

FAMILY CAMP SAMPLE DAY

7:00–8:00  Sunrise Swim or Hike
8:00–9:00  Breakfast
9:00  Morning Inspiration
9:15–12:30  Open Activities
12:30–1:30  Lunch and Camp Store Open
1:30–2:00  Family Time
2:00–5:00  Open Activities and Swim with Slide
5:00–6:00  Open Activities
6:00–7:00  Dinner
7:00–8:00  Group Game and S’mores
8:00–9:00  Family Campfire
9:00–10:00  Evening Activities and Night Hike

“I feel so fortunate to get to come and spend the weekend with the YMCA staff and my daughter every year. It’s impressive that camp has kept her interest after 10 years and she can’t wait till next year! It has such a positive impact on her and it has strengthened my relationship with her over the years.”

— Father of one

LODGING AND MEALS

Our Cabins provide a perfect space for you and your family to rest and relax. Each cabin sleeps between 14 and 20 people and is equipped with electricity, hot showers, sinks and toilets.

Our Tent Cabins are for the rugged camper! Each tent sleeps 8 people and has access to a shared, centrally located bathroom with hot showers, sinks and toilets. Tent Cabins do not have electricity. Available for Memorial Day, 4th of July, and Labor Day Family Camp programs.

Meals are served buffet style in our beautiful Swenson Family Lodge. Let us take care of the cooking and dishes while you enjoy a home cooked meal as a family.
Looking for a weekend to create special memories with your son or daughter? Look no further than our Parent/Child Weekends—where the focus is to strengthen and grow together.

At camp, we strive to remove distractions and allow you to focus solely on one another, get to know each other outside of homework, after school activities, technology, and day to day business.

Show your child the outdoors, engage them in the natural world, explore together, play together, and enjoy the simple things in life.

A weekend at camp allows you to be a kid again with your child! Show them how you have fun, get silly and excited about new activities and adventures. Let us take care of you while you focus on each other.

Enjoy a fun filled weekend where your only focus is getting back to what is important—your relationship with your child.

"I have been coming to Mother/Daughter Weekends with my daughter since she was 4. Now she is 17 and going off to college. Camp has always been our place and I am grateful for the wonderful memories we have here together. It has prepared her for the years to come by giving her social skills, group living skills and I can’t wait for her to come back as a counselor!"

— A Mother of two

**Parent/Child Weekends**

Mother/Son Programs
March 6–8  September 11–13

Mother/Daughter Programs
May 1–3  May 8–10  October 2–4

Father/Child Programs
March 20–22
FAMILY CAMP PROGRAMS

Bring the whole family together and create countless, lasting memories. We offer camps year round and welcome all families.

**NEW CampOUT**
**April 3–5, 2020**
We invite you and your family to Camp Campbell’s first ever CampOUT! While we consider all of our camps inclusive we have dedicated this weekend to our LGBTQ+ families and their allies. Come join us for a weekend of traditional camp activities in a safe, inclusive, LGBTQ+ family friendly environment. Sample activities will include archery, climbing wall, pool, and more. Plus opportunities to connect with other families and engage in dialogue around relevant topics.

**Memorial Day Family Camp**
**May 22–25, 2020**
Join us for our annual Color Olympics and build community with fellow families throughout the weekend. Enjoy the outdoors with our beautiful 4 mile ridge hike amongst the redwoods, participate in our Relay Race, empower one another in our High Ropes and Low Ropes courses and see your family members in a new light in this awesome and eventful weekend.

**NEW 4th of July Family Camp**
**July 3–5, 2020**
You and your family can enjoy the beautiful summer weather in our redwood forest. Kick back and relax by the pool, test your limits on our High Ropes Course or jump into a game of the camp-classic capture the flag. We will handle the cooking and cleaning while you spend quality time with your family. All you have to do is show up and we will take care of the rest!

**Labor Day Family Camp**
**September 5–7, 2020**
A fantastic way to hold onto those last moments of down time before the new school year and enjoy time together as a family. Start off the weekend right with our Labor Day Luau and relax into a weekend of quality time spent together. Develop interpersonal skills and empower one another in our team building activities and High Ropes course, explore your creative side in our arts and crafts programs and connect with nature on our half-day hikes.
This camp is a unique, week-long family camp located at Sequoia Lake near Kings Canyon and Sequoia National Parks. Join us for a relaxing week on the lake. Enjoy specialty crafts such as Mosaic Stepping Stones, compete in our Annual Lake Tri-athalon and come together around the campfire for skits and songs.

SAMPLE ACTIVITIES AT SEQUOIA LAKE
MAY INCLUDE:
- Archery
- Arts and Crafts
- Campfire
- Canoeing
- Disc Golf
- Fishing
- Hiking
- High Ropes*
- Kayaking
- Leatherworking
- Line Dancing
- Pinewood Derby
- Rowing
- Silk Painting
- Standup Paddle Boarding
- Tie Dye
- Water Carnival Games
- Waterfront Swimming
- Wood Burning
*Age requirement 13 years and older

LODGING AND MEALS AT SEQUOIA LAKE
Our cabins provide a perfect space for you and your family to rest and relax. Cabins are equipped with bunk beds, mattresses and electricity. Each cabin shares a central bathhouse. Families can also choose to bring their own tents and camp overlooking the lake for the week.

Meals are served in our dining lodge and allow you and your family to eat together while we take care of the cooking and cleaning for you!
NEW Food Friendly Day  
February 16, 2020

Let us take care of all your family’s nutritional needs while you have a fun filled day of camp magic. During this family day camp we will offer lunch and dinner catering for all dietary needs, no matter how big or small, so you don’t have to worry! This day will be packed full of fun activities including arts and crafts, archery, group games and rock climbing. While the kids are having fun the adults can also get advice through attending dietary workshops and Q&A sessions throughout the day.

NEW Homemade for the Holidays  
December 5–6, 2020

Let us help get you in the holiday spirit with this crafting and cooking family camp! Join our team as we kick off the festive season in style. This overnight in the redwoods will have all the fun of family camp with a focus on teaching you new recipes and holiday crafts you can impress with during the upcoming festivities! 'Tis the season to come to camp!

NEW Camp Quest  
February 22–23, 2020

Do you think your family has what it takes to complete Camp Quest 2020? Will you take home the crown of Iron Fam? Join us for Camp Campbell’s first camp wide Family Relay Through the Redwoods. Think mud run plus obstacle course in this fun family event! See our redwood forest in a new light as you overcome obstacles and challenges together as a family and then spend the night in one of our beautiful cabins while we take care of all the cooking and cleaning.
ADULT RETREATS

**Women’s Wellness Weekend***
**April 17–19 & November 6–8, 2020**
Camp isn’t just for the kids! Join the new movement in adult camping and take time to connect with your peers in the beauty of the redwoods.

*Women’s Wellness Weekends* are a fantastic opportunity to focus on you and join a community of supportive, passionate women. Build the weekend experience you need from any number of activities focused on spirit, mind, and body. Whether your goals are to develop a love of fitness, learn ways to find balance in your life or discover a new hobby, Women’s Wellness Weekend has something for you.

*Must be 18 or older to participate.

**ACTIVITIES AT WOMEN’S WELLNESS MAY INCLUDE THE FOLLOWING:**

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<thead>
<tr>
<th>Camp Activities</th>
<th>Fitness Classes</th>
<th>Healthy Lifestyles</th>
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<tbody>
<tr>
<td>Arts and Crafts</td>
<td>Pilates</td>
<td>Introduction to Sushi Making</td>
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<td>Archery</td>
<td>Yoga</td>
<td>Career &amp; Life Visioning Workshops</td>
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<td>Climbing Wall</td>
<td>Hiking</td>
<td>Healthy Eating Workshops</td>
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<td>High Ropes</td>
<td>Stress &amp; Time Management Workshop</td>
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<td>Climbing Wall</td>
<td>Meditation</td>
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<td>Campfires</td>
<td>Massages (additional fee)</td>
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**Men’s Weekend Retreat***
**November 20–22, 2020**
"Rediscover your purpose, passion, and priorities."

**Join us for the second annual Men’s Weekend Retreat.**
Build new relationships, enjoy time in the outdoors, and explore some new adventures through a variety of different activities. This weekend is designed to help bring men of all ages to enjoy time in the beautiful Santa Cruz Mountains to discover new passions, purpose, and priorities. With so many opportunities we hope you can join us to find your adventure.

*Must be 18 or older to participate.

**WHAT TO EXPECT:**

- Workshop Sessions discussing: Work/Life Balance, Finding Your Passion, and Building A Network
- Competition: Basketball, Disc Golf, Cornhole, and Poker Tournaments
- Networking opportunities and fitness classes
- Camp fun: Archery, Climbing Wall, High Ropes, Guided Hikes, Campfire, and more
- Delicious food and cooking workshops
NEW Learn to Camp Weekend
June 5–7, 2020
Has your family always wanted to try camping but never had the confidence on your own? Join us for our first Learn to Camp Weekend! Our staff will help you discover the joys of this beloved family pastime. We will walk you through the steps of a successful camping weekend from setting up a tent to making a campfire – we will do it all together while enjoying ourselves in the beautiful outdoors!

PARTICIPANT INFORMATION:
• YMCA Camp Campbell will provide all camping equipment including tents and cooking tools.
• Transportation will not be provided. We ask participants to meet us at Henry Cowell Redwoods State Park on Friday afternoon

Camping and Kayak Trip
June 19–21, 2020
Start your summer off right with this fun filled kayak trip. Families with children 8 and older are invited to spend the first weekend of summer camping on the beautiful Santa Cruz County coastline. Participants will meet at Sunset State Beach for two nights of camping and relaxing by the campfire. On Saturday we will explore Elkhorn Slough by kayak. Participants will experience the diverse wildlife of the Elkhorn Slough, named one of the top ten wildlife viewing destinations in the country. You are guaranteed to see harbor seals, sea lions, and southern sea otters! This is an excellent paddle for beginners in stable double kayaks.

KAYAK TRIP PARTICIPANT INFORMATION
• Participants will meet at Sunset State Beach Campground
• Participants must be able to swim
• Children must be at least 8 years of age to participate
• Personal flotation devices must be worn
• All meals will be provided
ADVENTURE CAMPS

Camping and Canoe Trip
September 25–27, 2020

Spend the weekend north of San Francisco camping under the majestic Redwoods and canoeing the tranquil Russian River while creating life long memories as a family. Hot showers, clean restrooms, and drinking water will be provided at the camp sites. Saturday morning, we facilitate a pre-canoe orientation, then start the trip on the Russian River for a 10-mile adventure (4–5 hours of paddling). During the canoe trip, enjoy swimming, relaxing, and lunch on the many beaches along this magnificent stretch of the river.

CANOE TRIP PARTICIPANT INFORMATION

- Transportation for this trip will not be provided. We ask participants to meet at the campsite in Forestville on Friday afternoon.
- Participants must be able to swim
- Children must be at least 8 years of age to participate
- Personal flotation devices must be worn
- All meals will be provided
## Rates and Dates

### Program & Dates

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<tr>
<th>Program &amp; Dates</th>
<th>Adult</th>
<th>Child</th>
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<tbody>
<tr>
<td></td>
<td>Cabins</td>
<td>Tents</td>
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<tr>
<td><strong>Parent/Child Weekends</strong></td>
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<tr>
<td>Mother/Son Weekend</td>
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<td>March 6–8, Sept 11–13</td>
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<td>Father/Child Weekend</td>
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<td><strong>Adult Weekends</strong>*</td>
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<td>Men’s Wellness Weekend</td>
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<td>November 20–22</td>
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<td><strong>Adventure Camps</strong></td>
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<td>Learn to Camp</td>
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<td>June 5–7</td>
<td>$185 / $195</td>
<td>$135 / $145</td>
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<td>Camping and Kayak Trip</td>
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<td>June 19–21</td>
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<td>$198 / $211</td>
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<td>$232 / $247</td>
<td>$198 / $211</td>
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<td><strong>Specialty Family Camps</strong></td>
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<td>Food Friendly Day</td>
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<td>February 16</td>
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<td>Camp Quest</td>
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<td>February 22–23</td>
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<td>Memorial Day Family Camp</td>
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<td>May 22–25</td>
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<td>4th of July Family Camp</td>
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<td>July 3–5</td>
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<td>Sequoia Lake Family Camp**</td>
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<td>August 2–8</td>
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*For registration purposes, an adult is any participant 12 and older. Participants 3 and younger are free. *Registration available for 18 years and older only.

**$150 non-refundable/non-transferable deposit due at registration. Final payment will be automatically taken from your account on June 3, 2020.**