

Summer Camp is no spectator sport! Each camper's day is structured to include individual, small group, and large group activities. To encourage individual interests younger girls explore camp with their own cabin counselors in small groups. Every day your camper will be encouraged to try new things. Camp is an ideal place to work on and earn Girl Scout Awards. Campers also choose a skill that they would like to develop into a competency during camp, and spend an hour with the same instructor each day. And because safety is our number one priority girls will receive a daily swim lesson with others of similar abilities. The many rewards of summer camp include increased confidence in girls' ability to make new friends, a healthy attitude, and better decision making skills gained from an enriching experience. People who bring their girls to our camp feel better about their child and themselves for having made that decision. So much they return year after year.

A Magic Time of Day – When our girls describe their stay as “magical,” we have to give credit to a simple but critical part of summer camp: instead of going home to watch TV, we spend our evenings in themed large-group activities. After sharing stories of their individual and cabin activities over dinner, while the shadows of the great trees grow longer and the air cools, the older girls are preparing to present their own twists on games and camp theatrics their moms and grandmothers might have played at camp: capture the flag, skit night, and of course, lots and lots of songs. These days they are more likely to be called “Minute to Win It” and “Amazing Race” or “Quidich”. But many of the songs remain the same. (You'll be singing along in the car on the way home.)



These large group activities welcome each girl as a valued part of our special camp community; where girls learn by leading and by *doing*. As darkness falls, your daughter could be in a cabin with 9 other girls, reviewing the delights of the day from their bunk bed, eyes fixed on their two college-aged counselors as a lone flashlight illuminates their bedtime stories. Memories so rich, they last a lifetime.

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Please do us one favor? Don't hesitate to Contact Us with any questions you might have. We're eager to hear from you! Want to visit our camps? We can schedule a tour at your convenience.

Camp Life

Our program also emphasizes cabin life and its role in teaching campers self-reliance, cooperation and decision making away from home. The many rewards of Summer Camp include a healthy attitude, more confidence, and all the wisdom gained from an enriching experience.

Cabins

Campers bunk in modern lodges with approximately 9 other campers, a cabin counselor and a program counselor. There may be 2 cabins of girls per lodge. Campers are assigned by age and grade with younger groups starting in the modern lodges. Older girl cabins may progress to bunking in smaller groups in the

platform villages with 3 campers and 1 counselor in each small building. Modern restrooms are available at both housing locations and washrooms with private showers are centrally located.



Meals

Campers eat all meals with their cabin group in our Dining Hall. They will take turns being Hoppers (those who help with setup and cleanup of the cabin table). Our tasty menu is nutritionally balanced and we can accommodate allergies and special dietary needs. Along with meal entrees, we have a full cereal bar at breakfast and a salad bar at lunch and dinner. Fresh fruit is served at each meal.

Medications and Treatment

Every effort is made to ensure the health and safety of our campers and staff. A resident Health Supervisor and assistant are on site 24 hours a day to respond to routine medications and medical care. All on-site medical care is under the supervision of our on-call camp physician who is employed at the local ER, only 15 minutes from camp.

Activities

At summer camp girls will participate in individually chosen activities, group cabin activities, and large camp-wide activities.

Typical Day at Summer Camp

<u>Time</u>	<u>Activity</u>
7:45am	Flag Raising Ceremony
8:00am	Breakfast
9am – Noon	2 Elective Instructional classes, plus a swim lesson
12:15pm	Lunch
1:00pm	Rest Hour (Quiet time in cabins)
2:00pm-5:00pm	Cabin Activities: Journeys, leadership, recreational swimming, arts, sports, low ropes, etc.
5:15pm	Dinner
6:00pm	Free Time: Activity Centers and Trading Open. Time to call home or write a letter.
7:30pm	Campfire and Large Group activity
9:00pm	Flag Retiring and Cabin Reflection
10:00pm	Light's Out!

Our youngest campers (ages 6-8) are provided with an excellent introduction to camp by sampling many different activities. Girls will discover new friends on the very first day, make a splash at our pool or waterfront, connect with their creativity during arts and crafts, and participate in an age-appropriate leadership program just for them. (link to WOW Wonders of Water Journey and photo)

Our middle campers (ages 9-10) are busy with new friends and new skills. We use archery to develop focus and self-control, zipline to discover new thrills and abilities, and nature exploration to connect with the natural world. Girls will get moving on a leadership journey that puts the oomph in the everyday. (link to Get Moving Journey and photo)

Our older campers (ages 11-13) put their energy and enthusiasm into discovering new levels of skill and leadership. Girls can build confidence on the adventure challenge course, develop a hammock village, and discover who they are in a new and fresh way as they mentor younger campers and earn their LIA (Leader in Action) award. Girls will enjoy a leadership journey that nourishes and supports their own abilities as leaders who are aware, alert, and able to affirm all they do. (link to Breathe Journey and photo)

Our teens (ages 14-17) have their own classic evening activities, classic evening firesides, and time to connect with their leadership voice as they mentor younger campers and work with camp staff to plan and lead activities. We use activities like team games and outdoor cooking to deepen the understanding of how teamwork and communication work together and inspire them to make a difference as leaders on camp and in their community. (link to Sow What Journey and photo) and (link to Justice Journey and Photo)

During this journey, girls have an opportunity to begin earning the prestigious Girl Scout Harvest Award or Sage Award. These awards are an important step on the Girl Scout leadership ladder; they signify that girls understand who they are and what they stand for, and that they care about others, too.

Campers participate in 2 elective instructional classes to build skill competency, plus a swim lesson in the morning. Take a look at just a few of the following FUN activities available for classes in the morning:



What a thrill to be able to shoot a bull's-eye using a bow and arrow! We use archery to teach focus self-control.



J-Stroke, C-Stroke or Draw? Campers will learn the difference between these types of strokes and glide effortlessly through the water as they learn relaxation techniques in a beautiful aquatic setting.



Join us on a journey of creativity to create one-of-a-kind works of art. Talented instructors guide campers in completion of quality projects.

What can they make? Although the projects vary from summer to summer, here is a list of some of our projects:

- *Tie Dye Clothing
- *Floss and Beaded Jewelry
- *Beaded Key Chains
- *Leather working
- *Paper-mache creations
- *Soap making
- *Lanyards
- *Candles
- *Clay creations



Campers will enjoy the refreshing feel of clean and cool water on a hot summer's day! Through daily swim lessons campers will become confident swimmers who will learn valuable safety skills in and around water.

Afternoon Activities

Afternoons after quiet time are dedicated to cabin activities including working on a leadership journey for each age level. The cabin group participates in earning badges through participation in swimming, sports, arts and crafts, science, low ropes, nature exploration, geocaching, orienteering, hiking, biking, outdoor cooking, culinary arts, and more. An optional 1-hour horseback riding experience is available for every camper, if she chooses.



Saddle Up

Discover your love of horses at the Innisfree Ranch! The professional riding instructors will assign each rider their own horse and give individual attention to campers as they learn the basics of control, balance and communication with their equine partners. Our stable of well trained, gentle horses can challenge any level of rider in a safe and welcoming environment.



Evening Activities

Evenings are a BLAST. Campers enjoy some free time after dinner to call home or write a letter before bounding off to open activity areas or a visit to the trading post. We stir the magic and excitement of camp with evening campfires, skits, and traditional all-camp games such as Gold Rush, Counselor Hunts, Carnival, International Night, and more. On Thursday evening (weather permitting) we have our closing campfire and optional camp-wide campout.



Ranch Camp – where girls discover the magic of horses!

Located at the western end of Camp Innisfree, is the Innisfree Equestrian Center, a sprawling working horse ranch dedicated to helping young riders connect with their equine partners and discover the true friendship of horses.

Innisfree is home to our carefully screened and specially trained camp horses, each selected for their temperament, disposition and ability to provide safe horsemanship programs. Whether our campers are first time riders or have plenty of experience in the saddle, the perfect equine partner is here to assist with building new skills on and off the horse. Under the watchful eye of our professional riding instructors, ranch campers connect with others who share their love of horses while making friends with the farm barn critters and learning veterinary science, animal first aide, breeds, color specifics, daily care and much more, all in a welcoming environment. Horsemanship programs at Innisfree follow the safety regulations established by the Certified Horsemanship Association – the leading association in the United States for certifying riding instructors.

During a week of Ranch Camp, girls will spend one half of each day focusing on progressive mounted lessons in western riding, horse care, management and the character building that comes from caring for the horses and stable area. **Trail rides may be introduced based upon rider confidence and control and weather permitting.* Each day, campers will have an opportunity to participate in traditional camp activities when not at the ranch.

Go to our website at www.gssem.org for summer camp registration information.