



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Women's Wellness Weekend

Participant's Guide

YMCA CAMP AT HORSETHIEF RESERVOIR

www.ycampidaho.org

In here you will find information on:

- ◆ Directions to Y Camp
- ◆ Lodging Accommodations
- ◆ Camp Guidelines
- ◆ Check-in/Check-out Procedures
- ◆ Payment/Cancellation Information
- ◆ Activity Information
- ◆ Nutrition/Dietary Information
- ◆ What to pack
- ◆ Financial Assistance Application



WELCOME TO Y CAMP!

Thank you for choosing to joining us for Women's Wellness Weekend. Our staff work hard to provide a safe, caring, and fun experience for all our guests. Please let us know if there is anything we can do to make this a great weekend getaway for you.

Y Camp is a place of magic and wonder, where you will build new friendships, experience new activities, learn new skills, play, laugh, live the values of Caring, Honesty, Respect and Responsibility and relax as our staff provide a carefree vacation.

This packet was created to help prepare you for the camp experience including everything from what you need to be comfortable during your stay to a variety of activities you are sure to enjoy. Take a few moments to read this guide and get ready for a weekend unlike any other.

We look forward to welcoming you to a weekend of fun, relaxation, and friendship.

DIRECTIONS TO Y CAMP

From Boise:

Take highway 55 North to Cascade

Once you've passed through Cascade, turn right onto Warm Lake Road

Proceed 6 miles, then turn right onto Horsethief Road

Proceed 3 miles down to the west side of the reservoir (do not turn off the main road)

Our property is located at the south end of the reservoir; you will enter it shortly after the spillway*

Just before the cattle guard onto Y camp property, you will cross a spillway with water running over the road most times of the year. It is safe for most cars to proceed through the spillway.



YMCA CAMP AT HORSETHIEF RESERVOIR

301 Horsethief Rd

P.O Box 87

Cascade, ID 83611

(208) 344-5502

www.ycampidaho.org

ACCOMMODATIONS

Whether you are housed in a cabin or a yurt, we want you to be prepared for what those accommodations will provide you during your stay.

Cabins: Our cabins sleep up to 14 people in bunk beds. For all adult groups we try to utilize only the bottom bunks unless you have requested more than 7 people to stay in the same housing. Bathrooms, including two shower stalls with adjoining changing area, two enclosed toilets, and double vanity sinks are in each cabin. There is electricity and heat in the cabins and the floors are carpeted. With the exception of small cubbies there is no storage. Cabins are in villages of 5 with a common area that includes a fire pit between them.

Yurts: Our yurts sleep up to 12 people in bunk beds. For all adult groups we try to utilize only the bottom bunks unless you have requested more than 6 people to stay in the same housing. There is electricity and heat, but no bathroom facilities inside the yurt. Those staying in yurts have access to the shower house located nearby for their bathroom needs. The yurts are in a village of 4 with a common area that includes a fire ring.

Other things to know about Y Camp accommodations:

- All YMCA facilities are smoke free.
- We request that cabins and yurts be cleaned upon departure - this is a basic cleaning and guidelines are provided.
- We request that food not be consumed inside cabins or yurts.
- There are no appliances in any of the cabins, yurts, or platform tents (refrigeration or cooking).
- Food preparation is not allowed in Y camp accommodations, with personal grills or in camp fire rings.
- Specific cabin or yurt may be accommodated with advance notice, but cannot be guaranteed.
- Linens are not provided for any living unit, however, if you have forgotten a sleeping bag or pillow, we would be happy to loan you one.
- All vehicles will be required to park at the Triple J Lodge after unloading.
- The party whose name is listed for each reservation will be responsible for any damage to that living unit/area.



CAMP GUIDELINES

- Fires are only allowed in designated fire pits and firewood is provided.
- Pets are not allowed at Y Camp. Canine assistance is allowed with proper documentation.
- Motorized vehicles are restricted to identified roads and may only be used when entering or leaving camp, no personal motorized vehicles may be used to travel between locations on camp with the exception of mobility scooters for those with disabilities or mobility challenges.
- Weapons of any kind are prohibited on YMCA property.
- Alcohol and illegal drugs are not permitted on YMCA Property.
- Smoking is not permitted anywhere on YMCA property.
- Failure to comply with guidelines and policies will carry penalties that may include fines, dismissal from camp or prosecution.

PAYMENTS

Final payment is due two weeks before the start of your session. Scheduled payments can be made online. If payment is not received, your registration may be cancelled and your payments forfeited.

If you have extenuating circumstances or if you would like to apply for financial assistance please contact the Camp Registrar at 344-5502 x250.

CANCELLATIONS

All cancellations must be made in writing.

Full refund minus the deposit will only be issued for cancellations made in writing at least 14 days prior to the start of camp. No refund will be issued for cancellations made 13 days or less prior to the start of camp which is after the full balance is due.

All deposits are non-refundable and non-transferable.



LOST AND FOUND

The YMCA is not responsible for lost or stolen items. To avoid lost items, be sure to label items with your first and last name.

Lost and found items found during camp are displayed daily for campers in the dining hall.

Prudent attempts will be made to reunite labeled items with their owners after check-out. Due to limited space, all unclaimed lost and found items will be donated to charity 30 days after the end of the family session.

If you are looking for a lost item, please contact the Camp Registrar at 344-5502 x250.

CAMP STORE

The camp store offers a variety of t-shirts, sweatshirts, necessities, and souvenirs ranging in price from \$1-\$30.

Cash, check, Visa, MasterCard, and Discover are accepted payment types.

CHECK-IN PROCEDURES

- Check-in is between 3:00 and 6:00pm on the first day of your camp session. Please notify us in advance if you will be arriving late.
- You will check in at the lodge. There you will be given your lodging assignment, you will be able to sign up for any specialty sessions you are interested, and you will receive an itinerary for the weekend and a map of camp.
- All vehicles will be allowed to drive to their living unit/area to unpack. Once settled, all vehicles will be required to park at the Triple J Lodge.
- We will have a social hour with “mocktails” and appetizers at 6:00
- Dinner will be served from 7:00 pm–8:00 pm on check-in day. Please have dinner on your way to camp if you will be arriving late.

CHECK-OUT PROCEDURES

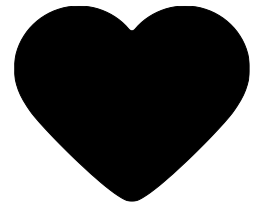
Because women’s wellness weekend is open for folks to come and go as they please, the check-out process is very informal. We simply ask that you do the following before you depart:

- Clean your living unit/area.
- Put all trash in the proper container, sweep or vacuum cabins and yurts, and return any items that were checked out during your stay.
- Make sure you have all your belongings.
- Depart camp no later than 1pm on the last day of your session.
- Don’t forget to say goodbye! Although we do not need to check you out formally, we do like to know when folks are leaving and to wish you well!

HEALTH AND SAFETY

You are responsible for your own medications and health management while at Y camp. There is no medical staff on duty during family camp but our staff are trained in CPR and basic first aid. Please notify a staff person if you have a medical concern while at camp and we will assist as we are able.

There is a full service, 24 hour emergency medical clinic in Cascade (approximately 20 minutes from camp) that we refer medical emergencies to.

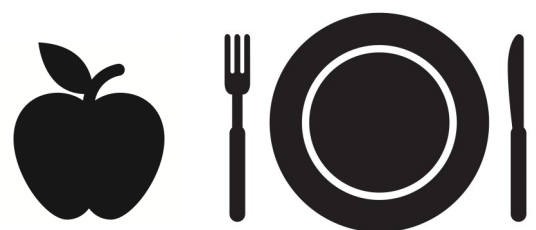


MEALS

Meals are served cafeteria style and last for one hour. We provide appropriate portions of a variety of healthy foods. Fruit is always available and our beverage area is always open in between meals. Ice is also available if needed.

Vegetarian options and a milk alternative is offered with every meal. Dietary restrictions and/or allergies are taken very seriously and we will make special accommodations. Please contact us prior to your camp session to discuss any specific dietary concerns you may have.

Personal food items and non-alcoholic beverages may be stored either in our dining hall or in the bear boxes located near your lodging area. We ask that you do not store or consume food in your living unit/area so that we can continue to avoid unwanted visits from rodents, ants and other pests.



ACTIVITY INFORMATION

- Activity periods are offered from 9:30 am-12:30 pm and 1:30-5:30 pm.
- During each of the daytime activity periods, selected areas will be staffed by our Camp facilitators.
- All activities offered include the required equipment.
- You do not need to bring anything to participate.
- Some activities are “self guided” and may be done at any time.
- Some workshops have limited space and will require sign-up on the first night.

Staff Guided Activities



You can visit one activity each period, or just sit on the beach and relax; it is all up to you!

Staff guided activities may include

Rock Climbing, Archery, Canoeing, Zip Line, Giant Swing, High Ropes Course, Low Ropes Course, Arts and Crafts, and Mountain Biking

Guest Instructor facilitated workshops

We are working with local experts in their fields to present various workshops on topics that we hope you will find interesting. Many of these workshops will only be offered once during your weekend, make sure you sign up for a few that interest you.

EVENING ACTIVITIES

Each evening of camp will have its own special flair, but camp fires will be a part of each evening.

Our first night includes opening campfire with a show put on by our fabulous camp staff.

On your final night with us, we welcome everyone to participate in our traditional closing campfire ceremony. This event is treasured by our campers and staff and solidifies your place in the Y Camp family.

Each evening, after the large group campfire, we will have village fires available where you can make s'mores and socialize in a smaller setting around a fire.

Just like the rest of the women's wellness experience, you are welcome to participate in as many or as few campfires and events as you choose.



Self Guided Activities

These activities are open for use at any time and equipment is readily available.

Fishing: fishing is allowed from the shoreline unless the waterfront is open and then only the fishing dock may be used. You must have a valid Idaho Fishing License. Swim area docks may not be used for fishing.

Court Sports: basketball, pickle ball, street hockey and more.

Frisbee Golf: a 9 hole course weaves through trees and other fun challenges.

Field Sports: soccer, lacrosse, wiffle ball, croquet, and bocce ball.

Other Games: corn hole, carpet ball, and GAGA are located near the lodge for use as desired.

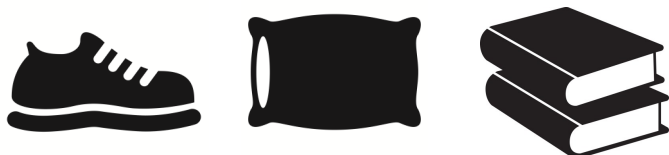
Board Games and Card Games: we have a variety of games can be checked out or used at the dining hall.



WHAT TO PACK

Average daytime highs in late September can range from 55-75 degrees while evening lows can get down to 30 degrees.

Mountain weather can be unpredictable, layers are recommended.



Clothing

Pack for both warm and cool weather, and for getting dirty!

Closed toed shoes are required for the zip line, climbing tower, and ropes elements, and are highly recommended everywhere in camp besides showers and waterfront activities.

Toiletries

Include everything you would for an overnight trip (including medications) as well as chap-stick, sunscreen, and insect repellent.

Bedding

Sleeping bag and/or twin sheets, blankets, and a pillow.

Other Items

Flashlight and Batteries
Water Bottle
Camera
Sunglasses
Small daypack
Book
Games/Cards

Highly Recommended

Because our site involves a lot of walking from one location to the next we recommend you bring bicycles with helmets to get around.

COMMUNICATION

The camp office is not always staffed, but phone messages and email are checked regularly. We will deliver any communication as soon as soon as we can. If you have an emergency, please call the emergency phone at (208) 389-2267.

Cell service is unreliable at camp, but Internet is available in the Triple J Lodge and the Barn if needed.

WHO DO I CONTACT?

Debi Bean

Camp Program Director
debi.bean@ymcatvidaho.org

Lincoln McLain

Associate Executive Director
lincoln.mclain@ymcatvidaho.org

Libby Hansen

Camp Registrar
libby.hansen@ymcatvidaho.org

MAIL: 301 Horsethief Rd
P.O. Box 87
Cascade, ID 83611

PHONE: 208-344-5502
Ext. 250

CAMPER EMAIL: horsethief@ymcatvidaho.org

**EMERGENCY
PHONE:** 208-389-2267



**FOR YOUTH DEVELOPMENT®
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Financial Assistance

WELCOME TO ALL

THE ESSENCE OF THE Y

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Treasure Valley Family YMCA ensures that every individual has access to the essentials needed to learn, grow and thrive.

EVERYONE IS WELCOME

The YMCA welcomes all who wish to participate and believes that no one should be denied access because of an inability to pay. Through our Financial Assistance Program, the Y provides assistance to youth, adults, and families based on individual needs and circumstances.

COMMITTED TO OUR COMMUNITY

Determining assistance amounts is handled by all Y branches in a fair and consistent manner. Every Y member receives the same membership benefits, regardless of whether or not they receive assistance. Y members can feel confident knowing they are a part of an organization that cares greatly for the well-being of all people. We're committed to youth development, healthy living, and social responsibility.

Financial Assistance reduces membership fees on a sliding scale; it does not eliminate them. All members pay something.

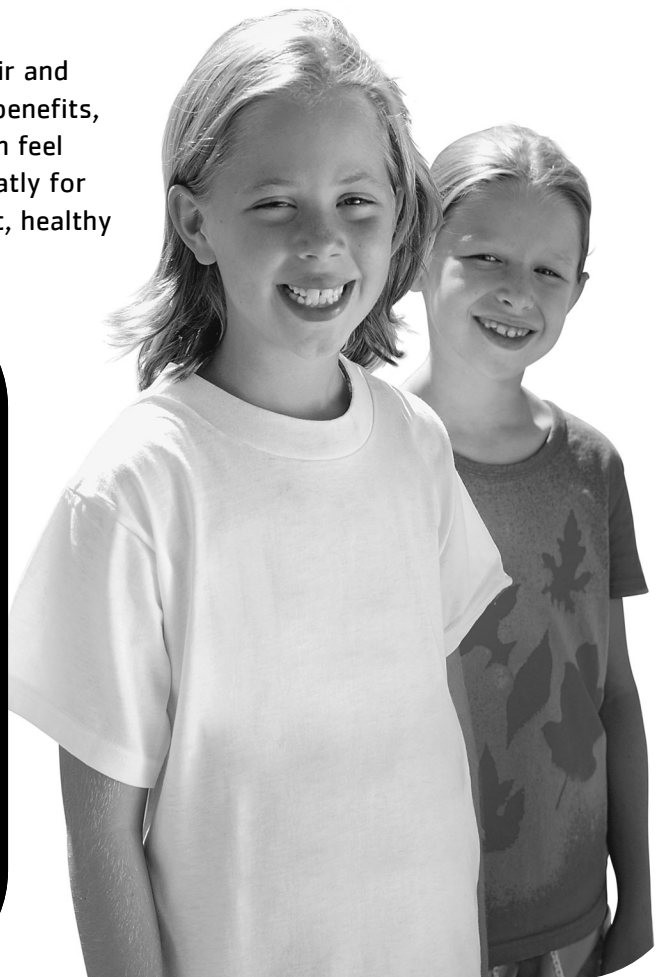
Program fees are also reduced by financial assistance. Occasionally the program fee minimum exceeds the amount of assistance.

Register for programs in person to receive assistance; online registration does not give financial assistance discounts.

Treasure Valley Family YMCA's require that individuals and families reapply every 12 months with updated documentation unless otherwise specified.

If you do not reapply, your membership will increase by 10% of our regular fee. We send a courtesy letter as a reminder, but it is each participating member's responsibility to reapply.

Please contact us if you have any questions:



~MEMBERSHIP WILL REMAIN ACTIVE UNLESS WRITTEN CANCELLATION IS RECEIVED~

**Caldwell YMCA
208.454.9622**

**Downtown YMCA
208.344.5501**

**Homecourt YMCA
208.855.5711**

**West YMCA
208.377.9622**

ymcatvidaho.org



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Financial Assistance

1

Name _____
Mailing Address _____
City _____
State _____ Zip Code _____
Home Phone (____) _____
Cell Phone (____) _____
Email _____
Date of Birth _____

2

I AM APPLYING FOR:

- Family Membership
- Family Membership w/ Child Watch
- 2 Person Family Membership
- Individual Membership (Young Adult/Adult/Senior)
- Youth Membership
- YMCA Programming Only (Ex: Y Camp at Horsethief)

I can afford \$ _____ per month (MEMBERSHIP ONLY)

Adults in Household: _____
Dependent Children in Household: _____

CURRENT FINANCIAL ASSISTANCE STATUS:

- First time applying or not currently receiving assistance
- Currently receiving assistance (Renewing)

3

A MEMBERSHIP APPLICATION AND THE FOLLOWING DOCUMENTS ARE REQUIRED WHEN APPLYING FOR FINANCIAL ASSISTANCE:

**A WORKING CURRENTLY
or SELF EMPLOYED**

- Most Recent Tax Return*

AND
 - 30 Day Proof of Income
For Entire Household
\$ _____
30 Day Gross Income
- * Visit IRS.gov and search "Get Transcript"

B RECEIVING OTHER ASSISTANCE

- If applicable, documentation of SSI, SSD, Food Stamps/Notice of Action, AFDC, unemployment, child support, etc.

Monthly SSI / SSD \$ _____
Monthly Unemployment \$ _____
Monthly Food Stamps \$ _____
Monthly Child Support \$ _____
Other Monthly Assistance \$ _____
Total Monthly Assistance \$ _____

**C LETTER OF SPECIAL
CIRCUMSTANCES**

- We understand that numbers don't show everything. If there are any special circumstances please include a written explanation (note/letter) so that consideration may be given.

Special/Unusual Expenses:

_____ \$ _____
_____ \$ _____

4

THIS APPLICATION MUST BE RENEWED EVERY 12 MONTHS UNLESS OTHERWISE SPECIFIED

I certify that the above information is true and complete to the best of my knowledge, and that I do not have additional income or assistance not represented above. I agree, if necessary, to send additional information and documentation to support the above statements. I understand that assistance is based on need. In the event that I or my family must cancel our participation, I will contact the YMCA immediately. I understand that if I falsify any of the above information, I will not be eligible for assistance now and/or in the future.

Print Name _____

Signature _____

Date of Signature _____

Front Desk Staff: _____
FA Reviewer: _____

Date Received: _____
Date Reviewed: _____

_____ Verification of
Income (Initials)

Assistance %: _____
Date to reapply: _____

Monthly Fees:

Bank/Card Draft: \$ _____
Joining Fee: \$ _____
Short-Term Fee: \$ _____
Child Watch (1): \$ _____
Child Watch (2+): \$ _____

Amenities:

Towels: \$ _____
Locker Rental: \$ _____
_____ : \$ _____
_____ : \$ _____

Member Notification:

- In Person
- E-Mail
- Mail
- Phone

Notified By (Initials):

Additional Notes:

SHARE YOUR STORY

At **Y Camp at Horsethief Reservoir** we believe children discover themselves through interactions with others and having the freedom to explore. Y Camp immerses children in a community where making friends is natural, exploring new interests is encouraged, and discovering inner strength is guaranteed. Y Camp teaches self-reliance, instills a love for nature and the outdoors, and builds character and leadership - all amidst the fun of camp fires, canoeing, archery, friends, zip-lining, paddle boarding, mentorships, ropes course, and so much more. YMCA Camp at Horsethief Reservoir is positively the best way to change a child's life.

Our Financial Assistance program is made possible by the generous support of our members and other donors in the community.

In the spaces below, please share your thoughts on why you chose Y Camp at Horsethief Reservoir for your camper and how you believe it will impact their life. (If you wish to remain anonymous, please check the box at the bottom of the form).

Name: _____

Date: _____

{ } Please do not include my personal information when sharing my story

CAMPER: please share a short story about yourself and why you would like to come to camp.

Camper Name: _____

Date: _____

{ } Please do not include my personal information when sharing my story