



**Camp Ockanickon**  
Sleepaway Camp for Boys

**Camp Matollionequay**  
Sleepaway Camp for Girls

**Lake Stockwell**  
Day Camp for Boys and Girls

Also featuring:

- Preschool Camp
- Leadership Training (CIT & LIT)
- Outdoor Leadership Development Trips (BOLD & GOLD)



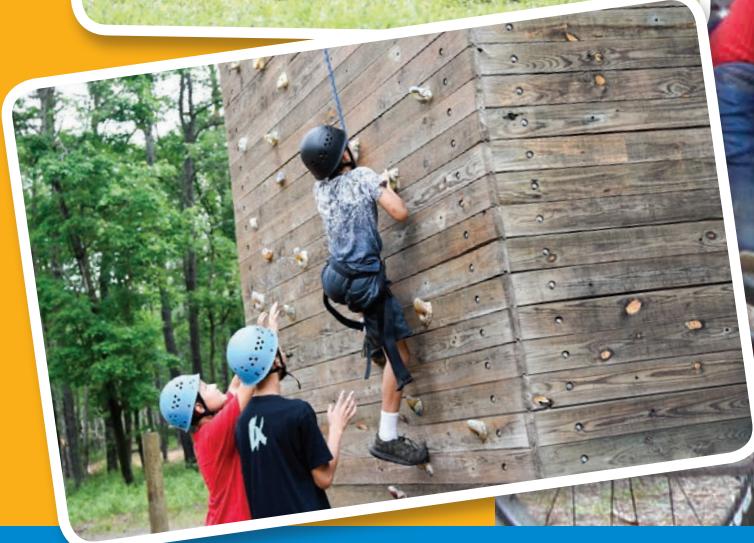
**EXPLORE,  
GROW,  
THRIVE**

At YMCA of the Pines, our programs are designed to help campers become the best versions of themselves. We do this by building healthy spirits, minds and bodies.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA of the Pines**  
**Summer 2019**



2

To register online, go to [www.ycamp.org](http://www.ycamp.org)

Open for more information

**Camp Ockanickon**  
**Summer Sessions Dates/Rates**

**1 Week Sessions**

Tier A: \$830

Tier B: \$785

Tier C: \$735

Session 1: Sunday, June 23-Saturday, June 29  
Session 2: Sunday, June 30-Saturday, July 6  
Session 5: Sunday, August 4-Saturday, August 10  
Session 6: Sunday, August 11-Saturday, August 17  
Session 7: Sunday, August 18-Saturday, August 24  
(Co-ed)

**2 Week Sessions**

Tier A: \$1615

Tier B: \$1515

Tier C: \$1425

Session 3: Sunday, July 7-Saturday, July 20  
Session 4: Sunday, July 21-Saturday, August 3

**CIT/LIT Sessions**

CIT(A): June 23 - July 20: \$2,375

CIT(B) July 21- August 17: \$2,375

LIT(A): June 30 - July 20: \$2,135

LIT(B): July 21 - Aug. 10: \$2,135



# CAMP OCKANICKON

## SLEEPAWAY CAMP FOR BOYS

At Ockanickon for Boys, campers develop self-reliance, experience personal growth, overcome challenges and build enduring friendships. We utilize tools such as our Hero's Motto to maximize growth and enhance the experience.



**MATT FORAN**  
DIRECTOR,  
CAMP OCKANICKON

"Through fostering positive relationships, creating healthy challenges, and inspiring peak moments, Camp Ockanickon for Boys is designed to help campers become truer, better versions of themselves. From breakfast until bedtime, Seneca to CIT, our program sets your son as the hero on his own adventure of exploration and growth. Pulling from key developmental assets, our Hero's Mottos help guide the way. They are:

**STEP BRAVELY  
VALUE EACH OTHER  
SEIZE JOY  
EXPLORE MORE  
STRIVE AGAIN  
AIM TO UNDERSTAND  
BELIEVE IN YOUR BEST**

We believe this intersection of relationships, challenges and peak moments combined with a focused attention on developing heroic qualities creates a camp adventure where your son can truly explore, grow and thrive."

# CAMP OCKANICKON FOR BOYS

Ocky helps boys explore, grow, thrive and ultimately become truer, better versions of themselves

AGES 6-8

## Mini Camp

(4-day introductory program for those new to sleepaway camp)

### Benefits/Outcomes of a Mini Camp Experience:

- Courage and self-sufficiency are developed.
- Independence and personal responsibility are fostered.
- Mini Campers experience positive first steps away from home in a nurturing and supportive environment. Campers explore and grow in a safe and supported environment.
- Counselors help campers try new things, make friends, and explore the new and exciting world of camp.



### How We Reach These Outcomes:

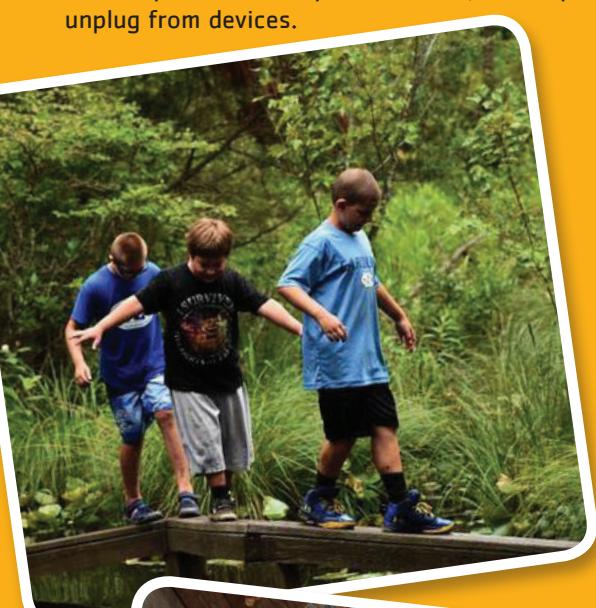
- Programs are led by supportive, nurturing counselors.
- Traditions promote a sense of community and belonging.
- Group Games and talking circles help build relationships.
- Core values of Caring, Honesty, Respect, Responsibility, Courage, and Inclusion are promoted.

GRADES 2-4

(Seneca Village)

### Benefits/Outcomes of a Main Camp Experience:

- Social and emotional skills are developed.
- Confidence emerges and campers find acceptance.
- Connection to nature is fostered.
- Curiosity and creativity is cultivated, as campers unplug from devices.



### How We Reach These Outcomes:

- Campers experience a wide array of activities each designed to reach specific learning outcomes.
- Counselors model positive behavior and promote core values.

To register online, go to [www.ycamp.org](http://www.ycamp.org)

**CARING, HONESTY, RESPECT, RESPONSIBILITY, COURAGE & INCLUSION**  
**OCKANICKON SLEEPAWAY CAMP OFFERINGS – AGES 6-16**

**GRADES 5-8**

(Algonquin/Oneida Journeys/BOLD)

**Benefits/Outcomes of a Main Camp Experience:**

- Campers explore, acquire skills and push through barriers, gaining grit and resilience.
- They discover new interests and find out where true talents lie.
- Goals are set and achieved, leading to a satisfying sense of accomplishment.
- Campers experience joy through traditions, and reuniting with friends as returners.



**How We Reach These Outcomes:**

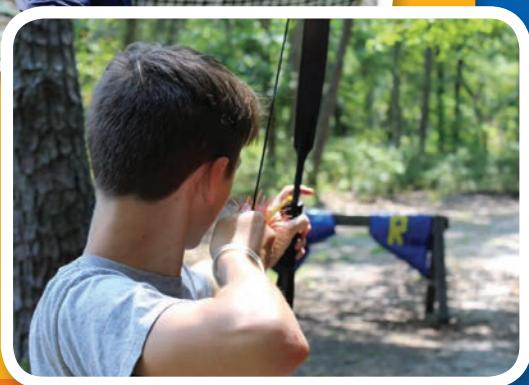
- Campers can participate in off-camp expeditions through BOLD (Boys Outdoor Leadership Development), fostering wonder, resilience, and promoting a camper's growth through goal-setting and overcoming adversity.
- Campers select and take on progressive skill clubs and participate in Emblems, Ocky's goal-setting program.

**GRADES 9-11**

**Next Adventures**  
(Mohawk/CIT/LIT/BOLD)

**Benefits/Outcomes of a Mohawk/Teen Leadership Experience:**

- Older campers begin to emerge as leaders, mentors and role models.
- Campers are supportive and accepting of others, respecting diversity and embracing inclusion.
- Community service hours (through Groundbreakers/Teen Leaders program) broaden their worldview, and serve them well as college years approach.
- Social-emotional skills grow as they become more determined, resilient and courageous.



**How We Reach These Outcomes:**

- BOLD campers tackle greater challenges and grow as leaders through off-site wilderness adventures.
- CITs (Counselors-in-Training – Age 16 and completed 10th grade) and LITs (Leaders-in-Training – Age 15 and completed 9th grade), mentor young campers and prepare to be future leaders.



**In an unpredictable  
world, camp provides a  
gift of resilience.**





# CAMP MATOLLIONEQUAY

## SLEEPAWAY CAMP FOR GIRLS

At Matollionequay for Girls, the possibilities are endless. Matolly girls develop skills that lead to growth, resiliency, creative self-expression and self-confidence. Through nature hikes, horseback riding, swimming, canoeing, archery, challenger courses and evening cabin chat times, it's a place where character is built and long-lasting friendships are formed.



**GABRIELLE  
OSTROSKI**  
DIRECTOR, CAMP  
MATOLLIONEQUAY

"I'm here because I want to empower girls on the journey to becoming their very best selves. Through progressive programs in a supportive environment, our campers learn to tap into their inner strengths and to believe in their limitless potential. My goal is to encourage them to accept themselves – their perfectly, imperfect selves – and then to push them beyond barriers so that they realize their personal strengths and gifts. Empowering girls to be brave, to stay true to themselves and to grow into self-confident, courageous, compassionate leaders – that's what Matolly is all about. Here, we celebrate individuality and find strength in the relationships we have with one another. Ultimately, we want to create a world where we all show up fully and authentically – as the best versions of ourselves."

### Camp Matollionequay Summer Sessions Dates/Rates

#### 1 Week Sessions

Tier A: \$830

Tier B: \$785

Tier C: \$735

Session 1: Sunday, June 23-Saturday, June 29

Session 2: Sunday, June 30-Saturday, July 6

Session 5: Sunday, August 4-Saturday, August 10

Session 6: Sunday, August 11-Saturday, August 17

Session 7: Sunday, August 18-Saturday, August 24 (Co-ed)

#### 2 Week Sessions

Tier A: \$1615

Tier B: \$1515

Tier C: \$1425

Session 3: Sunday, July 7-Saturday, July 20

Session 4: Sunday, July 21-Saturday, August 3

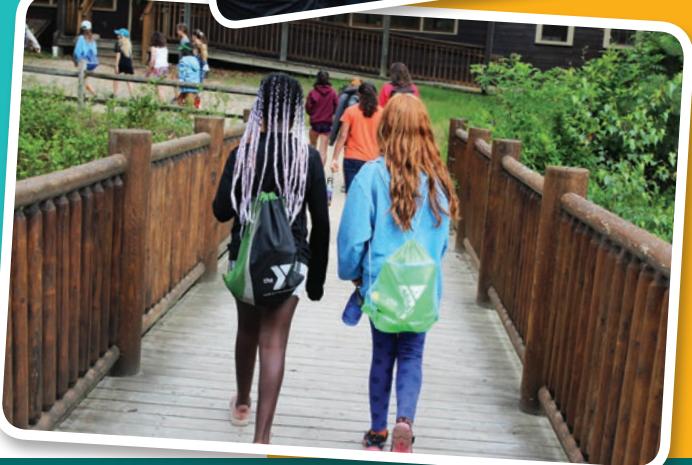
#### CIT/LIT Sessions

CIT(A): June 23 - July 20: \$2,375

CIT(B) July 21- August 17: \$2,375

LIT(A): June 30 - July 20: \$2,135

LIT(B): July 21 - Aug. 10: \$2,135



# CAMP MATOLLINEQUAY FOR GIRLS EMPOWERED TO BE ME!

Be Brave. Lead with Love.  
You are Enough.

AGES 6-8

## Mini Camp

(4-day introductory program for those new to sleepaway camp)

### Benefits/Outcomes of a Mini Camp Experience:

- Courage and self-sufficiency develop as they separate from home for 3-night mini-camp.
- Independence and personal responsibility are fostered daily.
- Friendships are formed and connections are made with respected counselors.
- Wonder and excitement happens, as they thrive in a safe and supported environment.



### How We Reach These Outcomes:

- Devotion from nurturing, supportive staff ensures that campers feel free to explore.
- Courage, independence and wonder develop through sing-alongs and evening chats.
- Relationships are developed through group games and bonding during activities.

GRADES 2-4

(Cherokee/Seneca Division)

### Benefits/Outcomes of a Main Camp Experience:

- Social and emotional skills blossom, as campers push beyond barriers.
- Acceptance and tolerance emerge through morning "thought of the day" and evening "cabin chats."
- Confidence emerges and campers find acceptance.
- Curiosity and creativity is cultivated, as campers unplug from devices.
- Education and discovery happen naturally, as campers take on more challenges.



### How We Reach These Outcomes:

- Counselors instruct, encourage and support campers, modeling camp's core values.
- Each day brims with possibility as campers explore our property, taking part in activities.
- Campers step out of comfort zones and try new things with people from all over the world.
- An active lifestyle begins to feel like the norm, without cell phones or electronics.

To register online, go to [www.ycamp.org](http://www.ycamp.org)

**CARING, HONESTY, RESPECT, RESPONSIBILITY, COURAGE & INCLUSION**  
**MATOLLINEQUAY SLEEPAWAY CAMP OFFERINGS**  
**AGES 6-16**

**GRADES 5-8**

(Algonquin/Oneida/Apache Divisions/GOLD)

**Benefits/Outcomes of a Main Camp Experience:**

- Off-camp expeditions through GOLD (Girls Outdoor Leadership Development) build wonder, instill resilience and promote growth through goal-setting and overcoming obstacles.
- Campers challenge themselves, grow and build skills – and discover true interests and talents.
- Independence develops as they strive toward goals and become proficient at skills.
- Campers make friends from various cultures and neighborhoods, near and far.
- Bonds are forged through structured activities, relaxing free time and shared objectives.
- Connection to nature is fostered as campers explore 800 acres in the Pines.



**How We Reach These Outcomes:**

- Campers have choice in daily activities.
- Creative pursuits and an active lifestyle are encouraged, as campers “unplug” from electronics.
- Afternoon independent time allows for a quiet reprieve of reading and restorative downtime.
- Empathy, selflessness and a sense of community are nurtured by devoted role models.
- Stewardship for nature is encouraged through challenge course, earth education, boating and hiking, especially on our introductory GOLD trips.

**GRADES 9-11**

**Next Adventure**  
(Mohawk/CIT/LIT/GOLD)

**Benefits/Outcomes of an Upper Main Camp Experience:**

- Older campers emerge as leaders, mentors and role models to younger children.
- Campers learn to be supportive and accepting, to respect diversity and to model good behavior.
- Community service hours accrue through certain programs, broadening worldviews and serving well as the college years approach.
- Social and emotional skills blossom as they become confident, resilient and empowered.



**How We Reach These Outcomes:**

- GOLD campers tackle greater challenges and grow as leaders through off-site wilderness adventures.
- Campers thrive in a natural setting.
- CITs (Counselors-in-Training – Age 16 and completed 10th grade) or LITs (Leaders-in-Training – Age 15 and completed 9th grade), mentor younger campers and prepare to be future leaders.
- Matolly girls learn to be their best selves, primed for success, leadership and happiness in life!

**Stockwell Day Camp**  
**Summer Sessions Dates/Rates**

**Main Camp**

1 Week: \$380  
2 to 4 Weeks: \$360/week  
5 to 7 Weeks: \$340/week  
8 to 9 Weeks: \$300/week  
10 Weeks: \$290/week

**Explorers**

1 Week: \$465  
2 to 4 Weeks: \$430/week  
5 to 7 Weeks: \$400/week  
8 to 9 Weeks: \$370/week  
10 Weeks: \$365/week

**Preschool Camp**

Morning Camp: \$125/week  
Full Day Camp: \$265/week

**CIT/LIT Sessions**

CIT: July 8 – August 9: \$2,010  
LIT: July 29 – August 16: \$1,210



# LAKE STOCKWELL DAY CAMP FOR BOYS AND GIRLS

At Lake Stockwell, our campers enjoy a host of enriching, age-appropriate activities and leadership opportunities. Older campers have more choice in their daily activities and can take part in weekly off-site trips to exciting local destinations.

## Preschool Camp at Lake Stockwell!

Our youngest campers participate in a variety of camp activities, including arts & crafts, music, science, outdoor games and more!

## Themes and Special Events at Lake Stockwell

Our camp programs are structured around theme-based sessions, ranging from popular Disney and Star Wars to Superhero and Villain and Stockwell Spirit. We also host several evening family barbecues throughout the summer!



"Whether you're a new camper – or a seasoned camp veteran – you are welcomed here with open arms. One of the most rewarding aspects of my job is watching campers grow. It's always exciting to see campers catch their first fish, shoot their first bulls-eye or pass the camp swim test after practicing so hard to achieve deep water – their goal. It goes beyond learning new skills, though; our campers learn to apply and enhance their problem-solving, leadership and communication skills throughout each day at camp. Who wouldn't want to have a second family that supports you achieving different skills – and cheers you on along the way?"



**LYNN PASSARELLA**  
DIRECTOR, LAKE STOCKWELL  
DAY CAMP



To register online, go to [www.ycamp.org](http://www.ycamp.org)





A Lake Stockwell experience will positively impact a child, creating memories and friendships that will last a lifetime.

Open for more information

800-442-CAMP | [www.ycamp.org](http://www.ycamp.org)

# EVERY SUMMER MATTERS IN THE LIFE OF YOUR CHILD!

OUR DAY CAMP PROGRAMS ARE CAREFULLY DESIGNED WITH AGE GROUPS AND SKILL LEVELS IN MIND. THERE TRULY IS SOMETHING FOR EVERYONE!

## PRE-K (AGES 3 & 4)

### Preschool Camp

#### Benefits/Outcomes of a Preschool Camp Experience:

- Campers learn courage as they separate from home into a supportive new environment.
- Independence is fostered through the introduction of a routine schedule.
- Wonder and excitement are cultivated, as campers are introduced to camp's natural setting.



#### How We Reach These Outcomes:

- Campers are introduced to traditional camp programs, such as nature hikes and water play.
- Education and discovery activities through arts & crafts and nature.
- Relationship-building happens through group games, playground time and water time.
- Devotion from nurturing, supportive staff encourages campers to explore, grow, and thrive.

Preschool Camp is the first step in a camper's summer journey with us. The program is designed to achieve outcomes intended to better support campers, both as they go to school in the fall, and as they advance to main camp at kindergarten.

## GRADES K-3

### Lower Camp

#### Benefits/Outcomes of a Main Camp Experience:

- Campers incorporate Caring, Honesty, Respect, Responsibility, Courage & Inclusion into everything they do.
- Close bonds are formed through structured activities and shared goals.
- Connection to nature is fostered as campers explore pine forests and pristine lakes.
- Perseverance and achievement happens as campers set intentions and strive toward goals.



#### How We Reach These Outcomes:

- Role models embody the good values that we encourage in campers.
- Participation in activities builds confidence and strengthens friendships.
- 800 acres provide backdrop for earth education and nurtures appreciation for nature.



**Lake Stockwell Day Camp Motto:**  
**Be Bold. Be Brave. Be You!**

# LAKE STOCKWELL DAY CAMP OFFERINGS – AGES PRE-K TO GRADE 10

GRADES 4-6

## Upper Camp

### Benefits/Outcomes of an Upper Camp Experience:

- Campers develop sense of accomplishment and self-reliance as they hone skills.
- Increased self-confidence, independence and resiliency emerge.
- Upper campers unplug from electronic devices and instead have an active, outdoor experience.
- Campers make new friends from various cultures and neighborhoods, near and far.
- Empathy, selflessness and a sense of community are nurtured.



### How We Reach These Outcomes:

- Age-appropriate progression happens in various activities, including boating and fishing;
- Challenge Course activities such as climbing wall, the giant swing, team-building and ropes course, are added.
- Appreciation for nature is encouraged through earth education, boating and hiking.
- Progressive skills lead of a camper's growth through goal-setting and overcoming adversity.

GRADES 7-10

## Explorers/CIT/LIT

### Benefits/Outcomes of an Upper Camp Experience:

- There's a sense of belonging and being part of a close community.
- Creative self-expression happens, as campers hone in on favorite pastimes and natural talents.
- Community-service hours (CITs) accrue; these will prove invaluable as college years approach.
- Empathy, patience, leadership traits and an appreciation for diversity develop.
- Campers mature and become role models and mentors to younger campers.



### How We Reach These Outcomes:

- Campers choose activities and participate in weekly off-site day trips.
- CIT (Counselor-in-Training) – completed 10th grade, or an LIT (Leader-in-Training) – completed 9th grade.
- Campers learn to make good decisions, and to become independent and resilient.
- Mastering 21<sup>st</sup> Century skills help prepare campers for future success.

## Overall: Long-term benefits of a day camp-enhanced childhood (According to the American Camp Association)

- Active, motivated, disciplined, young adults, prepared for success in college and beyond
- Skilled leadership traits developed
- Lifelong friendships established

Bus transportation available!

To register online, go to [www.ycamp.org](http://www.ycamp.org)

# THE ADVENTURE CONTINUES

# BOLD & GOLD TRIPS

## BOYS & GIRLS OUTDOOR LEADERSHIP DEVELOPMENT

Our sleepaway campers have an opportunity to take part in BOLD & GOLD trips during camp sessions! There's something for everyone – hiking, camping, boating, climbing, fishing and service.

The mission of our BOLD & GOLD program is to create a world where all young people have the emotional intelligence, courage and compassion to be positive multicultural leaders in their communities. Campers take on the challenge of an exciting wilderness adventure, make new friends and have fun in a dynamic and safe environment. Trips are led by our experienced BOLD & GOLD Instructors who hold certifications in Wilderness First Aid, CPR for the Professional Rescuer and Lifeguarding.



To register online, go to [www.ycamp.org](http://www.ycamp.org)

## Introductory Adventures

### Adventure Sampler

Ages 11-13 (Co-ed BOLD & GOLD Trip) | \$855  
Session 2: 6/30-7/6

Experience a thrilling week of adventure! Build confidence while trying some of the most challenging activities camp has to offer, like our high ropes adventure course, survival skills, kayaking and more. A 3-day canoeing and hiking trip through the Pine Barrens will build camping and leadership skills and surely be the highlight of your summer.

### Groundbreakers Service Trip

Ages 13-14 (Co-ed Program) | \$940  
Session 5: 8/4-8/10

Travel to a different place in need of service every day and return to camp at night for more fun! You'll develop a sense of community while giving back. Join other service-minded teens as you take on tasks like helping at a food bank in Philadelphia, cleaning up public parks in the Pine Barrens, or volunteering at homes for the elderly. Campers will leave with a greater sense of self having made a difference in the lives of others.

## Junior Journeys

### Cast-aways

Ages 12-14 (Single Gender BOLD & GOLD Trips) | \$910  
Session 1: 6/23-6/29

For those who love the water, cast your reels on this canoeing and fishing trip! Spend 4 days paddling over 40 miles down the Susquehanna River while camping on the river's many islands. Campers will experience both backcountry and urban canoe settings, developing problem-solving skills and an increased sense of confidence along the way.

### Trailblazers

Ages 12-14 (Co-ed BOLD & GOLD Trips) | \$880  
Session 6: 8/11-8/17

Strap on your boots and head out on an amazing 27-mile journey backpacking the Old Loggers Path in Pennsylvania. This is the perfect summer hiking trip complete with gorgeous vistas, meandering wooded hiking paths, and fun with friends to carry you through.

## Intermediate Excursions

### Rocks and Rafts

Ages 14-16 (Co-ed BOLD & GOLD Trip) | \$1935  
Session 3: 7/7-7/20

Venture out to the Lehigh Valley and explore something new and exciting each day - rock climbing, rappelling, whitewater rafting, geo-caching, hiking and backcountry survival skills. This trip is a must for thrill-seekers who love camping, adventure and the outdoors!

### Summit Smash

Ages 14-16 (Co-ed BOLD & GOLD Trip) | \$1725  
Session 3: 7/21-8/3

Tackle some of the most rewarding peaks in the beautiful Adirondack Mountains on this challenging hiking trip.

## Advanced Expeditions

### Boots and Boats

Ages 14-16 (Single Gender BOLD & GOLD Trips) | \$1775  
Session 3: 7/7-7/20      Session 4: 7/21-8/3

The premier backcountry trip is a camp favorite that will challenge you both physically and mentally as you backpack through a section of the Appalachian Trail and paddle through the beautiful Delaware River National Recreation area. This capstone of our teen outdoor leadership development builds courage, hones confidence and enhances the deep bonds of friendship that can only come from completing a journey together.





Check out our LIT and CIT programs –  
A Unique Opportunity to **BUILD LEADERSHIP  
SKILLS** In a Sleepaway or Day Camp Environment



To register online, go to [www.ycamp.org](http://www.ycamp.org)

Our camp directors and counselors do so many things ... teach activities, supervise campers, encourage participation, sing songs and wear silly costumes. But their most important role is being positive mentors to our campers. Through carefully planned staff training, these young leaders learn to be patient, dependable, approachable, quick-thinking, attentive and empathetic. They take pride in the quality of instruction they deliver in skilled activities, and they enjoy seeing campers grow in knowledge, character, self-esteem and independence. They lead by example – and we find that makes all the difference.

# WHAT KIND OF ROLE MODELS WILL YOUR KIDS LOOK UP TO?



At any of our camps, your child will:

- Develop independence
- Experience outdoor fun and adventure
- Gain resilience
- Unplug from phones and social media!
- Become Better at making and keeping friends

WE CAN'T WAIT FOR YOU TO  
COME BE PART OF CAMP!

800-442-CAMP | [www.ycamp.org](http://www.ycamp.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY





**YMCA of the Pines**  
1303 Stokes Road  
Medford, NJ 08055  
800-442-CAMP or 609-654-8225  
[info@ycamp.org](mailto:info@ycamp.org) | [www.ycamp.org](http://www.ycamp.org)

Non-Profit Org  
US Postage  
PAID  
Bellmawr, NJ  
Permit No. 782

## Camp Ockanickon

Sleepaway Camp for Boys

## Camp Matollionequay

Sleepaway Camp for Girls

## Lake Stockwell

Day Camp for Boys and Girls



YMCA of the Pines is committed to ensuring access, inclusion and engagement for all. We actively promote a culture of equity, free from bias and injustice. We strive to achieve equal access, identify and resolve inequities and remove institutional barriers that limit the ability of all people to develop their full potential.

**Family Fun Day**  
**Sunday, May 19, 1 to 4 pm**  
A free event featuring games, refreshments and exciting camp-themed activities!

### Open Houses:

**Saturday, April 6, 2 to 5 pm**

**Sunday, May 5, 1:30 to 4:30 pm**

**Sunday, June 2, 1:30 to 4:30 pm**

Financial assistance and scholarships available.

The Y™ For a better us.  
800-442-CAMP | [www.ycamp.org](http://www.ycamp.org)



**YMCA of the Pines**  
**Summer 2019**