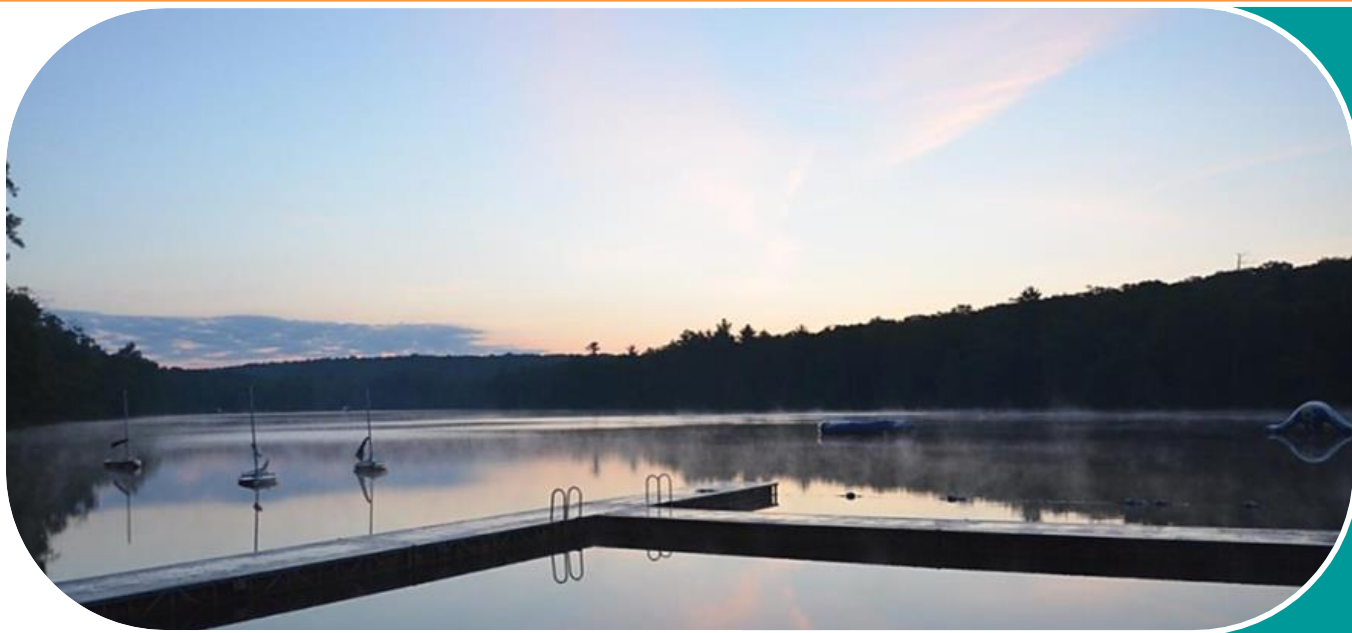




2015

Groups and Retreats Program Guide



Camp Speers YMCA
Groups and Retreats Program
Revised By: R. Bentley 2015

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A Letter to Our Guest

Welcome to Camp Speers:

Thank you for choosing Camp Speers YMCA's groups and retreats program. Our groups program provides an opportunity for you and your group to enjoy a remarkable outdoor experience in a pristine natural setting. Our camp is on a forested 1,100 acre property with a beautiful private lake. Camp Speers is located right in the heart of the Pocono Mountains, just a few short hours from downtown Philadelphia or New York City.

Camp Speers offers a variety of overnight accommodations, which include everything from classic cabins with spectacular lakefront views, to our premier duplex cabins offering modern amenities and the comforts of home. Camp Speers' beautiful natural surroundings and top-notch facility provides you and your group with exciting adventure programming and outdoor experiences that are truly one of a kind.

Our goal is to make sure every guest leaves camp with wonderful memories that will last a lifetime. We attain this goal by working with groups to develop customized programs, and by taking the time to learn what each group wants to experience during their weekend at camp. This program guide is designed to introduce you to the options camp has available and to make it easy to plan your group's perfect weekend experience. I look forward to the opportunity to share with you all of the amazing things that Camp Speers YMCA has to offer.

Thanks again for choosing Camp Speers YMCA and I look forward to seeing you soon!

Sincerely,



Bob Bentley
Director of Groups & Retreats

Our Mission:

The mission of Camp Speers YMCA is to serve a diverse community and to build spirit, mind, and body through a unique combination of Summer Camp, Outdoor Education, Conference and Local Community Programs. Our goal is that each camper and program participant leaves our camp a better person than when they arrived, and campers are set on the path to do the right things and contribute to a better world as they continue to grow.

Our Objective:

Camp Speers provides customizable group programming designed to promote the continuous development of mind, body, and spirit.

About Us:

Our 1,100 forested acres surrounding the private 42-acre Lake Nichecronk provides an unspoiled natural environment to explore and enjoy. Since our establishment in 1948 as the first YMCA camp to accept children of all ethnic groups, races, economic backgrounds, religions and nationalities, Camp Speers YMCA has provided world-class camp experiences for thousands of children from the US and beyond.

Our Facility

Eljabar Village Cabins

The Birch Village has modern heated cabins featuring in-cabin bathrooms and showers.

- **Eljabar Lodges** sleep 28 people with 14 beds on each of two sides. The most popular lodging facilities on camp, the duplexes also feature spacious common rooms with table & chairs.
- **Eljabar Cottages** sleep 8 people each and have a small gathering area with a table & chairs.

Speers Village Cabins

The Speers Village has cabins are located right on the shores of Lake Nichecronk. The covered porches make these cabins the ideal spot to enjoy the sunset or spend an evening sitting on the porch and simply enjoying the view. Bathrooms are conveniently located in nearby blockhouses.

Dining Halls

Meals served in modern dining halls, are times of fun-filled community building complimented by well balanced, hearty and delicious foods.



[Click Here to Take a Virtual Tour of Camp!](#)

Program Offerings

Camp Speers YMCA offers a variety of programs. With miles of trails, our 38 acre lake, several classrooms and meeting spaces, climbing courses, shooting ranges, waterfronts, sports fields, and more. We have the facilities to provide you with all the programming you can imagine. Below is a list of some of our current offerings. Please feel free to look them over. If there is something you want that is not listed we are always looking to add more!

- ✓ Waterfront Activities
 - Sailing
 - Canoeing
 - Kayaking
 - Stand-Up Paddle Boarding
 - Swimming
 - Inflatables
 - Row Boats
- ✓ Adventure Activities
 - Rock Climbing
 - Survival Courses
 - Mountain Biking
 - Outdoor Cooking
- ✓ Teambuilding
 - High & Low Ropes Courses
 - Teambuilding Classes
 - Challenge Courses
- ✓ Arts & Crafts
 - Candle-Making
 - Tie Dye
 - Bracelet Making
 - Nature Art
- ✓ Shooting Sports
 - Archery
 - Marksmanship
- ✓ Recreation Activities
 - Field Sports
 - Trail Running
 - Hiking
 - Ga-Ga
- ✓ Horseback Riding
 - Trail Rides
 - Riding Lessons
- ✓ Evening Programs
 - Campfire
 - Capture the Flag
 - The Beast
- ✓ And More!



A Typical Weekend Schedule



Camp Speers YMCA Weekend Schedule

Group: CAMPERs
 Dietary Notes: 1 Gluten-Free

Accommodations: Cabins 4&5
 Total People: 56

FRIDAY		SATURDAY			SUNDAY		
Time	Activity	Time	Activity	Staff	Time	Activity	Staff
6-9PM	Check-In	8:00	Breakfast		8:00	Breakfast	
Expectations and Regulations <ul style="list-style-type: none"> CAMP SPEERS has a begun a recycling program. Your group will be expected to sort and recycle all materials as needed. There is No Parking in the Cabin Areas. Loading and Unloading Only. Please Respect other Guest by Adhering to our Quiet Hours. 		9:00 12:00	Climbing Tower Canoeing		9-10 10:15 11:45	Low Ropes Nature Hike Arts & Crafts Mtn. Biking	
		12:30	Lunch		Group Departure 12:00PM		
		1:30 3:15 3:30- 5	Survival Fishing Teambuilding High Ropes (Zip-Line)		Group Notes : <ul style="list-style-type: none"> Program Goals: Youth Development & Teambuilding Friday Night Zip! Horseback Riding Available 		
		5:30	Dinner				
		7:30 8:30	Campfire w/ S'mores				
QUIET HOURS BEGIN AT 11:00PM							
<i>Our program areas are adult/child activities. We ask that parents/chaperones assume responsibility and accompany their children to all activities.</i>							

Sample Menu

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Waffles Bacon Fresh Fruit & Dairy Bar Cereal Bar	Pizza & Wings Salad Bar Homemade Soup	Lasagna Salad Bar Garlic Bread Green Beans

Coffee/Tea is available throughout the day.

All special dietary needs, including vegetarian requests, must be made to the Retreats Director two weeks prior to the trip. Let us know of any birthdays in your group so we can celebrate camp style at a meal during your stay.

Specific menu options may be available to you, please contact the Retreats Director two weeks in advance to place a request.

Rates for 2015

Eljabar Village Weekend Rates:

Eljabar Lodges \$140 Adult / \$128 Child

Eljabar Cottage \$133 Adult / \$120 Child

Speers Village Weekend Rates:

Lakefront Cabins \$120 Adult / \$107 Child

These rates include 4 meals (Breakfast, Lunch, and Dinner on Saturday, and Sunday Breakfast) and 4 periods of programming.

Special Rates and Discounts:

- **YMCA Rates:** Duplex Cabins- Adults \$133.00 per person / Children \$120.00 per person. All YMCA that book a weekend retreat for any of their groups (i.e. staff, Y Guides, etc.) will receive a discount when there retreat.
- **YMCA Teen Weekends:** Camp Speers will offer pre-selected weekends to our partner Y's for their leadership and teen programs. These will be 1 night 2 day programs with rates starting as low as \$94. We can provide everything your Y will need including transportation*
- **No Dinner Saturday:** Groups who do not wish to have a Camp provide Dinner Saturday are eligible for a \$7.50 discount per person.
- **No Program Weekend:** \$99.00 per person. This rate applies to groups who do not plan to use any program areas during their weekend stay. These groups are will receive only meals and lodging. Lodging will be provided to groups based on

availability, groups receiving the No Program rate do not get to select their lodging options.

- **No Food Weekend:** \$107.00 per person. These groups have access to lodging and program areas. This package does not include any meals or any other food being provided to your group during your stay. Groups receiving the No Food rate do not get to select their lodging options. Lodging will be provided based on availability.
- **No Food & No Program:** \$68.00 per person. These groups will receive access to lodging during their stay. Groups who do not require any program or meals during their stay may select this rate.

A reservation of a minimum 150 people in Eljabar Village, or 120 in Speers Village, guarantees your group exclusive use of the site. We also offer a flat-rate for smaller groups looking to book an exclusive use of a site.

At Camp Speers YMCA we take pride in maintaining an outstanding ratio of guest to campers during your stay. Our 15-1 Guest to Staff ratio allows your group to have increased access to activities with every 15 people you bring.

We offer a wide variety of packages to suit your groups need. Our packages are extremely customizable to ensure you get the best experience and rate for your group. You can contact our Retreats Director to discuss that package that is right for your group.

To Contact our Retreats Director you can email us at, bob@campspeersymca.org, or call us at 570-828-2329.

Packing List and Just in Case

Packing List

- ✓ Sheets and Blanket or Sleeping Bag
- ✓ Laundry Bag/Plastic Bag
- ✓ Pillow & Case
- ✓ 1 Towel
- ✓ 1 Wash Cloth
- ✓ Sneakers/Boots (at least 2 pair)
- ✓ Soap (in plastic container or soap dish)
- ✓ Toothbrush & Toothpaste
- ✓ Comb
- ✓ Tissues, Chapstick, Sunscreen, etc.
- ✓ Insect Repellent
- ✓ Pajamas
- ✓ 1-2 Pairs of Shorts (Seasonal)
- ✓ 2-3 Pairs of Long Pants Gloves or Mittens (Seasonal)
- ✓ 3-4 Shirts Hat & Scarf (Seasonal)
- ✓ Changes of Underwear
- ✓ Several Pairs of Socks
- ✓ 2 Sweatshirts or Sweaters
- ✓ Flashlight

Just In Case

- ✓ Raincoat or Poncho
- ✓ Rain Hat
- ✓ Waterproof Boots
- ✓ Warm Coat or Jacket

We Advise Not to Bring

- x Fireworks
- x Weapons
- x Expensive Items

Notes:

- Because of the elevation, expect the temperature at Camp to be about 10° F colder than it would be at home during the same season.
- Be sure to label everything that you bring. We are not responsible for lost, broken or stolen belongings.
- Pack sleeping bag/sheets and blanket in a plastic bag to keep them dry.

Camp Speers YMCA Outdoor Camp Policies

1. Camp Speers YMCA carries basic liability insurance. We DO NOT carry Health and Accident insurance for groups using our facility. We recommend that you check with your organization's insurance agent regarding appropriate coverage for your group during this event.
2. We also require a certificate of insurance from your agent naming Camp Speers YMCA as an additional insured.
3. We strongly advise group leaders to gather the following information:
4. Names and addresses of all participants
5. Emergency contact names and numbers
6. A listing of any persons with known allergies or health conditions requiring treatment, restriction, or other accommodation while on site
7. For minors without a parent on site, signed permission to seek emergency treatment or a signed religious waiver
8. The use of alcoholic beverages and/or illegal drugs is not permitted on our property. Persons who violate this rule and/or appear to be under the influence will be asked to leave.
9. Camp Speers is a non-smoking environment. Smoking is prohibited everywhere on camp, except for parking lots. Please do not leave any cigarettes on the ground.
10. Firearms, knives, fireworks, or other explosives/weapons are not permitted on property.
11. In case of accident or injury, report to the Associate Director of Retreats or a member of the Camp Speers staff immediately. The services of a physician are available when local medical offices are open. Emergency treatment is available at hospitals in Port Jervis, NY, East Stroudsburg, PA or Newton, NJ. You can reach the Director on Duty by calling 570-493-2220.
12. Cost of repairing any damage to facilities or equipment (beyond normal wear) caused by participants of the group, will be charged to the group. This includes excessive cleaning which will result in a fine of up to \$250.
13. All vehicles must be parked in the designated parking areas. Parking is not allowed in the cabin area.
14. Each group is expected to do its own housekeeping in the cabins while at Camp Speers. Prior to departure, the group is responsible for sweeping and general cleanliness of each cabin and surrounding grounds.
15. All participants including adults in any watercraft must wear life jackets. Participants may only enter the fenced in waterfront area when a camp staff lifeguard is on duty.
16. The Camp Store is available for purchases. If requested, the store will open sometime during your stay.
17. Bedding, pillows, towels and other personal items are the responsibility of the participants. We will provide beds and mattresses.
18. Visitors to Camp Speers are not permitted to use camp phones except for emergencies.

Camp Responsibilities

Camp Speers YMCA will:

1. Provide clean, safe facilities and equipment
2. Repair facility and camp equipment
3. Provide trained instructors for all classes and evening programs
4. Provide meals in the dining hall (A weekend visit includes 4 meals)
5. Provide any resource information before and during your stay
6. Provide a program schedule and oversee your experience
7. Attend meetings in support of the group
8. Perform other duties as determined by the Associate Director of Retreats

Participant Responsibilities and Camp Rules

Group Participants will:

1. Live up to Community Expectations
2. Develop Goals and purpose for programs
3. Communicate with Camp Speers in a timely manner
4. Abide by the Camp's policies throughout their stay
5. Handle all medical related problems and alert Camp Speers staff for assistance of health related issues
6. Supervise children with the group at all times
7. Be responsible for own belongings
8. Keep cabins clean. Cabins should be swept and straightened daily.
9. Know the program schedule and activity locations. Be attentive during announcements.
10. Respect the rights, privacy, belongings, differences opinions, and habits of others; including those from their own group and those of other groups on camp.
11. Dress Appropriately for the weather to remain warm and dry.
12. Perform other duties as agreed upon with the Associate Director of Retreats
13. Have Fun!

In accordance with Camp Policy, we ask that participants refrain from the following:

1. Damaging Camp property, personal property or the outdoor environment
2. Littering
3. Behavior or actions that could hurt or annoy others
4. Personal fireworks displays
5. The use of chainsaws
6. Foul language
7. Entering any other cabin besides the one assigned to you
8. Wasting, playing with or having contests with food
9. Noise or activity during camp's quiet hours
10. Physical violence, acts of violence, rough housing or fighting
11. Possessing or using drugs, alcohol, or tobacco in any way that is not compliant with regulations for that weekend.
12. Running on Camp property other than in specified areas
13. Picking or damaging any plants, or removing any living thing from its natural habitat. This includes hurting any living thing in any way – PLANT or ANIMAL
14. Being on the waterfront or any other area when it is not open

Emergency Services Information

Camp Office 570-828-2329

When there is an emergency, first contact the medical personnel with your group. If no medical personnel has accompanied your group, contact your group coordinator. They should be able to handle small incidents. Otherwise, follow these guidelines:

If there is an injury/emergency during the day, contact a staff member and they can direct you on what to do.

If there is an injury/emergency in camp at night, please call the camp office number 570-828-2329.

Milford Urgent Care: 111 East Catherine Street, Milford, PA (570) 406-9700

Open Sunday through Saturday. Immediate treatment for illness and injury: X-ray and lab onsite.

Hours: 9 AM – 9 PM

Turn right out of Camp Speers onto Rt. 739. Follow Rt.739 for 2.9 miles to the 1st traffic light (Milford Road). Turn left onto Milford Road. Travel on Milford Road until you reach the junction with Route 6. (Rite Aid on left, Penn Star Bank on right, Turkey Hill in front) Make a right onto Route 6. At traffic light make a left. (Rt. 6/209) Make second right onto East Catherine Street. Milford Urgent Care is ½ block down on right.

Bon Secours Community Hospital: 160 East Main Street, Port Jervis, NY 12771 (845)858-7000

Turn right out of Camp onto Rt. 739. Go to 1st traffic light(Milford Road) and make a left. Continue on Milford Road to intersection of Rt. 6 and Milford Road. Make a right. Make a left at next traffic light.(Rt 6 & 209) Continue on Rt. 6&209 into Port Jervis, NY. After going over bridge, make a right at the 2nd traffic light.(East Main Street) Hospital is approximately 1 mile on left hand side.

Pocono Medical Center: 206 East Brown Street, East Stroudsburg, PA 18301 (570)421-4000

Turn right out of Camp onto Rt. 739. Continue on Rt. 739 to 2nd traffic light (Rts. 739 & 209) Make a right onto Rt. 209. Continue on Rt. 209 to Rt. 80 West. Take Exit 308. At end of ramp make a right. At 1st traffic light make a right. Hospital is on left had side.

Newton Memorial Hospital: 175 High Street, Newton, NJ 07860 (973)383-2121

Turn right out of Camp onto Rt. 739. Continue on Rt. 739 over the Dingmans Ferry Bridge(\$1.00 Toll). Continue on Rt. 560 East to Rt. 206. Merge right onto Rt. 206 South. Continue on Rt. 206 South(follow blue hospital signs) into the town of Newton. Hospital is on High Street on right hand side.

Directions to Camp and Camp Map

Camp Speers YMCA is located in the scenic Pocono Mountains; less than 3 hours from New York City and Philadelphia. You can get customized directions to our camp by clicking on the link provided. [Directions to Camp Speers](#)