



# Camp Winona

*A Place in the Woods... that Finds a Place in the Heart!*



2003

# Camp Winona

Dear Parents,

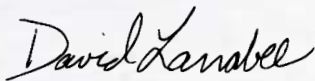
For 84 years **YMCA CAMP WINONA** has provided the finest in camping services to every camper attending our summer camp program. Our goal is to provide each camper, ages 6-17, with an experience that helps each camper to grow in Spirit, Mind and Body.

Our staff members are selected for those caring qualities that you want your child to emulate. In everyone's life, there are inspiring people and uplifting moments that they remember forever. Through our programs we aim to help each camper develop:

- Responsibility for themselves and their actions.
- Self-confidence.
- An interest in and appreciation of nature, different cultures and the world around them.
- A respect for the differences in God's people.
- A caring attitude towards others and the environment.

Our YMCA heritage and program is one tested over many successful seasons providing lots of excitement and fun in a safe atmosphere. This explains why former campers, now adults, agree Camp Winona is "A Place In The Woods That Finds A Place In The Heart!"

We look forward to seeing you this summer,



David Larrabee  
Executive Director



# Quality Staff

The key to our whole program is our quality staff. Our professional directors have a full-time responsibility and commitment to camping. Camp Winona maintains a ratio of one staff member for every five campers. All of the counselors and program staff are carefully selected for their maturity and desire to be good role models for our campers. They must possess enthusiasm, patience and sound judgement skills and will live, work and play with each cabin unit after an intense ten day training program designed to hone their skills and provide your child with the "time of his or her life". Our diverse staff are selected from colleges in Florida as well as from throughout the United States and other countries to enhance your child's opportunities for cross-cultural understanding.



# Great Facilities

YMCA Camp Winona is set on 60 secluded acres of beautiful pine forest in West Volusia County Florida. Spring-fed Lake Winona fronts the camp and the entire camp is covered by an abundance of shade trees. The waterfront features a sandy beach, canoes, kayaks, sailboats, a blob and plenty of water fun under certified supervision.

Campers and staff live in rustic, lakefront cabins arranged in clusters according to age and gender. Each cluster has a centrally located bathhouse with showers. Camp Winona also has a Recreation Hall, archery and riflery range, basketball court, sports field and Education Center with a large conference room, nature room and two additional breakout rooms. There are also horseback facilities and ropes course with 16 low and high elements.



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# Safety and Accreditation



Your child's health and safety are always our top priority. Camp Winona is accredited by the American Camping Association and meets or exceeds the strict requirements set by the camping industry. We have a nurse on site 24 hours a day, with a doctor on call at all times. Each camper must have a physical exam within the past 12 months. Health forms must be completed for your child to attend. Forms will be mailed upon receipt of your child's registration.



# Fine Food

Our lakefront Dining Hall is air-conditioned and serves three hearty, well-balanced meals each day, plus an evening snack. To keep energetic campers healthy and happy, there are daily cereal, fruit and salad bars and all meals are prepared by our certified food service staff.

Although special events, games, songs and mail call are part of our meals, gracious living is just as important in camp as anywhere else. Meals are served family style and using "please" and "thank you" are still "in".



# Each Day is an Adventure

Whether you are looking for individual, small group or camp-wide fun, we definitely have something for you. Campers choose their morning activities designed to help them learn new skills. Some of the activities include swimming lessons, canoeing, sailing, snorkeling, crazy water games, archery, riflery, sports, arts & crafts, nature, drama and newspaper classes.



In the afternoon the whole camp has a time at the lake for swimming and the blob after which the cabin groups, consisting of 12 campers and 2 counselors, choose an activity. There are many land and water activities to choose from and every cabin will be scheduled at the horse stable during the week for a ring/trail riding experience, weather permitting.



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# Specialty Programs

## Two-Week Session

**June 15-27**

The two-week session is perfect for those campers who really want to get the most out of camp. It lets them experience a big variety of activity as well as special programs. This year includes a concert as well as color wars during the two-week session.



## Mini Camp

**June 4-7, Ages 6-9**

Mini Camp offers a wonderful opportunity to experience Camp Winona for 3 days. This shorter session is developed for our younger and first time campers and its schedule will be very similar to our normal camp sessions. We maintain a ratio of 1 staff member to 3 campers in the cabins and offer all age appropriate programs. Campers arrive and check-in on Wednesday, June 4th between 2-3 p.m. and depart Saturday, June 7th at 9:30 a.m. This program has become very popular and spaces are limited, so register early.



## Equestrian Camp

This camp lets campers experience traditional summer camping with a focus on horseback riding during their morning classes. Your campers will spend two hours each morning learning western riding skills, grooming, saddling, leading and generally caring for horses. This five-day option is offered to registered campers during session 1-5.

There are only 14 spaces available each session, so be sure to register early by checking the appropriate space on the application form and including the additional fee.



## Adventure Camp

*June 8-13, Ages 12-15*

Our Adventure Camp offers more experience in the “real outdoors”. This program includes tent camping, day trips for hiking, outdoor living skills, and our Ropes Challenge Course. We will venture to some of the state parks in our area and visit regions of the beautiful Ocala National Forest. Adventure campers will learn more about their surroundings and through each activity, will gain a sense of responsibility and respect for the world we live in. This popular experience will be offered during session 1.



## Adventure Camp Plus

*June 29 - July 4, Ages 12-15*

This program, while with the same focus as the Adventure Camp, is available to those campers who have been through our Adventure Camp program or others who are looking for a little more of the true camping experience. The “plus” campers will go on a three day/two night journey to canoe, hike and experience the Florida wilderness. Adventure Camp Plus will be offered during session 3.



## Tennessee Adventure Camp!

*July 6 - 11, Ages 12-15*

If adventure is what you’re seeking, then this is the program for you! White water rafting, caving and mountain climbing are the key events on this trip that takes us into the Tennessee wilderness. Our highly qualified staff will take campers on this high adventure trip with certified guides from High Country Outfitters. Camping, food, supplies and transportation are all included in the fee. This trip will be offered during session 4.



## Ropes Challenge Course

The Ropes Challenge Course is offered to campers registered during sessions 1-5 and will meet for three mornings during the week. The campers will work in groups to overcome our low and high initiatives. Through the experience the campers learn about teamwork and communication while they build their self-esteem by accomplishing the elements. There is an additional fee for the ropes program.



## Weekend Stay Over

Campers staying for two or more consecutive sessions are welcome to stay over the break at camp with supervised, fun activities. The stay over fee is \$55.00, which will include the cost of food, laundry, and a Saturday trip to a local attraction including, but not limited to, The Central Florida Zoo, The Ripley's Believe It or Not Museum, or Wet 'N Wild waterpark. The stay-over weekends are available after sessions 1,2,3 & 4.



## Rags & Leathers

The Rags and Leathers program was developed as an age-appropriate challenge for campers, as individuals, to take a closer look at themselves and their lives. Campers who choose to participate in the program accept a Leather if they are 9 - 11 and a Rag if they are 12 or older. The Rags and Leathers program is open to campers and staff as a way to develop themselves in spirit, mind and body.



# Leaders in Training

***June 15-27, July 6-18, Ages 14-16***

This two-week program offers specialized leadership training that focus on teamwork and the character values of the YMCA - Honesty, Caring, Respect and Responsibility. They learn some of the elements of teamwork on our teams course as they are taken through some challenges that will help them have an awesome session. They will enjoy many traditional camp activities as well as sessions on communication, values and decision-making. The second week is spent applying some of the things they've learned while working as role models with some of the younger campers. We welcome anyone who has completed eighth grade or higher to attend.



# Counselors in Training

***June 29 - July 18, Ages 16-17 (Invitation Only)***

The Counselor In Training program is for those individuals who have completed the 10th grade and will build on the skills learned as an L.I.T. with additional emphasis on understanding children and their behavior, working with groups of campers, and developing further leadership skills. The first week of the three-week program focuses on training while the last two weeks emphasize application of their training in a well-supervised setting. C.I.T.s will receive constant feedback on their progress as well as a final evaluation. C.I.T.s are invited into the program based on their past performance in the L.I.T. program. Each hopeful will go through the application and interview process just as a normal staff person would. Those completing the C.I.T. program will have the opportunity to apply for positions as Junior Counselors the following summer.



All L.I.T.s and C.I.T.s are invited to become part of our year-round Leader's Club. Ask for information.

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# How to Register...

Completely fill out and sign the enclosed camp application form and send with a \$75.00 deposit. The deposit is non-refundable under any circumstances and will be credited on account. The balance of all camp fees are due no later than two weeks prior to the start of the session. All camp fees are non-refundable two weeks before the sessions begins. You may wish to mail or fax the registration and deposit to: **YMCA Camp Winona**, 898 Camp Winona Rd., DeLeon Springs, FL 32130 • Fax (386) 985-6553

## ***What to Bring...***

Upon receipt of your application, or in early January, we will send a confirmation packet with a complete equipment list.

## ***Campers Fee Includes...***

Nutritious, planned meals, snacks, cabin photo, and all activities. The Equestrian Camp, the Ropes Challenge Course and the Weekend Stay Over require an additional fee.

## ***Campers Age...***

A camper's age is determined by their age as of September 1, 2003.

## ***Camp Store...***

This year's camp store will operate a little differently. The camp store fee of \$14 each week\* will automatically be added to your campers fees balance. Your camper will have a candy/snack and drink from the store each day as well as receiving a camp t-shirt and water bottle. The camp store will be open at the opening and closing of each session to give campers and parents an opportunity to purchase additional camp souvenirs. This will eliminate the need for camper store accounts and refunds of unused portions as in years past. \*Mini Camp - \$8.00, Session 2 - \$28.00

## ***Cabin Mate Request...***

Campers are assigned to a cabin group by age shortly before each session. Each camper may request to bunk with two friends who are within a year of the same age. As making new friends is one of our goals, we can not promise to honor more than two cabin mate requests per camper or multiple camper "round-robins".

## ***Financial Assistance...***

The YMCA believes all children should have the chance to grow through the camp experience. Assistance is available for those who qualify. Please contact the camp office for information. Deadline is April 30, 2003.

## ***Discounts...***

- ***Early Bird Discount*** - Registrations postmarked on or before February 28, 2003 receive a \$25.00 discount on the total base fee. A \$75.00 non-refundable deposit must accompany your registration to receive this discount.
- ***Additional Sessions*** – Campers registered for more than one session can attend for a reduced fee after the first week. \$25.00 will be discounted for each session after the first week.
- ***Family Discount*** – Families sending more than one child to camp receive a \$25.00 discount off their base fee for each additional child.

## ***Open House...***

Camp Winona will be hosting three open houses before the summer season. We welcome you to join us and see the facilities on: *Sunday March 9, 2:00 – 5:00 p.m., Sunday March 23, 2:00 – 5:00 p.m., Sunday April 13, 2:00 – 5:00 p.m.*

## Additional Programs...

YMCA Camp Winona offers additional programs from August thru May. Weekend retreats and conferences, outdoor education, ropes course/leadership training or company picnics. For additional information contact the camp office at (386) 985-4544.



YMCA Camp Winona is the permanent home of Florida's Diabetes Camp. Two sessions for youngsters, ages 9-14, with insulin dependent diabetes will be held July 20 thru August 9. Children enjoy all of the activities of summer camp plus diabetes education under the supervision of an on site pediatric endocrinologist. Programs available for high school youngsters. For more information call (352) 334-1323.

# Camp Winona

## 2003 Summer Schedule

<i>Session</i>	<i>Dates</i>	<i>Ages</i>	<i>Fee</i>
Mini Camp	June 4 - 7	6 - 9	\$165.00
Session 1	June 8 - 13	7 - 14	\$335.00
Session 2	June 15 - 27 (two weeks)	7 - 14	\$670.00
Session 3	June 29 - July 4	7 - 14	\$335.00
Session 4	July 6 - 11	7 - 14	\$335.00
Session 5	July 13 - 18	7 - 14	\$335.00

### *Adventure Camp*

Session 1	June 8 - 13	12 - 15	\$350.00
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### *Adventure Camp Plus*

Session 3	June 29 - July 4	12 - 15	\$350.00
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### *Tennessee Adventure Camp*

Session 4	July 6 - 11	12 - 15	\$550.00
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### *Leaders-In-Training*

Session 2	June 15 - 27 (two weeks)	14 - 16	\$670.00
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Session 4 & 5	July 6-18 (two weeks)	14 - 16	\$670.00
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### *Counselor-In-Training*

Session 3,4 & 5	June 29 - July 18 (three weeks)	16-17	(by invitation)
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### *Equestrian Camp*

Sessions 1-5		7 - 14	\$70.00
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### *Ropes Challenge Course*

Sessions 1-5		11 - 14	\$20.00
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### *Weekend Stay Over*

Sessions 1-4		7 - 15	\$55.00
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# Camp Winona YMCA

YMCA Camp Winona • 898 Camp Winona Rd.

DeLeon Springs, FL 32130

Phone: (386)985-4544 • Fax: (386)985-6553

[www.campwinona.org](http://www.campwinona.org) • Email: [ycwinona@bellsouth.net](mailto:ycwinona@bellsouth.net)

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