

# YMCA Camp Ingersoll

## Specialty Camp FAQ's



Inspiring friendships and developing skills  
with valued role models

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## Horseback (Teen & 3-Day)

6-9grade    2-5grade



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**Q: Where does my child go to participate in Horseback.**

**A:** Horseback takes place at Hunter's Run Stables in Glastonbury: 78 Hunter Lane.

**Q: When does my child go to the stable?**

**A:** 3-Day Horseback leaves immediately after flag on M,W,F and returns at 12:30 for lunch. Teen Horseback leaves after lunch (12:30) on M,W,F and returns before flag (3:30).

**Q: What will my child do while at the stable?**

**A:** Campers will receive an introduction and practice in grooming, riding, and overall horse maintenance. Riding is based on age appropriate lessons for beginners.

**Q: What does my child do when on camp grounds?**

**A:** Campers will participate in traditional camp activities when they are not at the stable. 3-Day horseback will participate in specialty areas (ropes, archery, etc. .) and activities led by their counselor. Teen horseback will join the Olders and sign up for activities with the rest of the tribes.

**Q: What should my child bring to camp?**

**A:** Campers should bring everything for a traditional day (bathing suit, towel, water bottle, sunscreen, etc. .) plus long pants, and preferably shoes with some type of sole on them for riding days: MWF. Helmets are provided at the stable.

**Q: Are there any special events associated with horseback?**

**A:** Yes, there is an open house at the stable before camp starts and there is a parent showcase on the last Friday of every session. The open house lets you meet some of the instructors and the horses while becoming familiar with the barn. The parents showcase is roughly between 10:00am – 12:00pm for 3-Day Horseback and 1:00pm – 3:00pm for teen horseback. Your children will demonstrate the skills they have learned while attending the camp. Reminders will be mailed to you before your session starts.

**Q: Are there any reasons I might not be able to participate in horseback camp?**

**A:** Occasionally children do have allergic reactions to the horses. Come to the open house if you are concerned your child might be allergic. Also, before campers are allowed to travel off grounds it is necessary that we receive their health form, which can be mailed or brought to camp prior to the session.



## Soccer

2-8 grade



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**Q: What does my child need for Soccer Camp?**

**A:** We encourage children to wear cleats (the grass can be slippery) and shin guards, however, they are not required. We can also provide shin guards for campers who do not have their own, but want to wear them. Campers can bring their own ball, but sometimes it can be a hassle to keep track of. We do have enough equipment for every child.

**Q: When does my child practice soccer?**

**A:** Soccer games, drills, and practice will be held in the mornings between 9:30 and 12:30.

**Q: What will my child do when practicing soccer?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Campers will participate in modified games, drills, and fun competitions to learn skills. Campers will also have time everyday to practice the skills they wish to emphasize. They will then show their counselors their skills twice a week to try to progress through different skills levels. This is a small part of the program designed to instill self motivation and responsibility in their development.

**Q: Soccer Camp is for campers going into grades 2-8. How do you handle this?**

**A:** All Campers participate in some basic warm-ups and group skill building. Depending on the activity they are split into groups depending on age, ability, or size thus giving all campers an opportunity to grow and learn while staying safe.

**Q: What should my child bring to camp?**

**A:** Campers should bring everything for a traditional day (backpack with a bathing suit, towel, water bottle, sunscreen, etc. . .) in addition to their soccer supplies. If they have cleats it is a good idea to pack sneakers as well.

**Q: Does Soccer Camp take swim lessons?**

**A:** Unfortunately, Soccer Camp takes place during the swim lesson periods in the morning. Campers do however, receive free swim in the afternoon.

**Q: Are there any special schedules for really hot days?**

**A:** Campers will do as much as they can in the shade while staying safe (extra breaks / water) and fun. They will also have an extra free swim period in the morning.



## Basketball

2-8 grade



Inspiring friendships and developing  
skills with valued role models

**Q: What does my child need for Basketball Camp?**

**A:** Campers should wear athletic clothes and sneakers. We have enough equipment for every camper so it is not necessary to bring a personal ball. If a ball is brought we suggest putting your name on it, but sometimes it can be a hassle to keep track of.

**Q: When does my child practice soccer?**

**A:** Basketball games, drills, and practice will be held in the mornings between 9:30 and 12:30.

**Q: What will my child do when practicing soccer?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Campers will participate in modified games, drills, and fun competitions to learn skills. Campers will also have time everyday to practice the skills they wish to emphasize. They will then show their counselors their skills twice a week to try to progress through different skills levels. This is a small part of the program designed to instill self motivation and responsibility in their development.

**Q: Basketball Camp is for campers going into grades 2-8. How do you handle this?**

**A:** All Campers participate in some basic warm-ups and group skill building. Depending on the activity they are split into groups depending on age, ability, or size thus giving all campers an opportunity to grow and learn while staying safe.

**Q: What should my child bring to camp?**

**A:** Campers should bring everything for a traditional day: backpack with a bathing suit, towel, water bottle, sunscreen, etc.

**Q: Does Soccer Camp take swim lessons?**

**A:** Unfortunately, Basketball Camp takes place during the swim lesson periods in the morning. Campers do however receive free swim in the afternoon.

**Q: Does Basketball ever travel?**

**A:** Depending on the availability of the Gym, Campers will travel by bus to the YMCA during rainy days.

**Q: Are there any special schedules for really hot days?**

**A:** Campers will do as much as they can in the shade while staying safe (extra breaks / water) and fun. They will also have an extra free swim period in the morning.



# Mega-Adventure

3-5 grade



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**Q: What does my child need for Mega-Adventure?**

**A:** Campers should wear athletic clothes, sneakers or hiking shoes, and weather appropriate attire along with traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel. Campers also need to have their permission slips signed and returned before they leave camp grounds.

**Q: When does my child participate in Mega-Adventure activities?**

**A:** Specific adventure activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing Mega-Adventure activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Through a variety of games and activities campers will learn knot tying, camp site skills (shelter building, fire starting), orienteering, and other wilderness skills.

**Q: Does Mega-Adventure take swim lessons?**

**A:** Because of the age group of the Mega-series all Mega Camps receive swim lessons in the morning and free swim in the afternoon.

**Q: Does Mega-Adventure ever travel?**

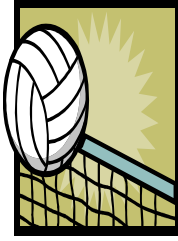
**A:** Mega Adventure takes two field trips every session and has one extended day. During the first week they participate in a canoe trip down the Farmington River, and they travel to a state park the second week with fishing camp (usually Black Rock). The extended day will be held after the Black Rock trip up until parent's night at 6:30. Campers will stay on grounds and cook hotdogs and marshmallows.

**Q: How can I be assured my child is safe on the Farmington River?**

**A:** Counselors teach their campers basic rowing skills before they leave for their trip. There are two counselors and a lifeguard with the campers on the river at all times. Campers are required to wear a life jacket at all times and if the river is flowing faster than normal or if some children are nervous or require extra support the canoes are tied together.

**Q: Can my camper be signed up for a Subway lunch?**

**A:** Mega-Adventure campers are still available for the lunch program. Sandwiches will be delivered early on the days of field trips.



## Mega-Sports

3-5 grade



Inspiring friendships and developing  
skills with valued role models

**Q: What does my child need for Mega-Sports?**

**A:** Campers should wear athletic clothes and sneakers along with traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel.

**Q: When does my child participate in Mega-Sport activities?**

**A:** Specific sports activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing Mega-Sports activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Campers will learn and practice basic skill development and then be involved in modified games and activities. Sports practice might be: hockey, football, volleyball, pickleball, lacrosse, broom hockey, and others.

**Q: Does Mega-Sports take swim lessons?**

**A:** Because of the age group of the Mega-series all Mega Camps receive swim lessons in the morning and free swim in the afternoon.

**Q: Do I need any special equipment for Mega-Sports?**

**A:** Mega-Sports participates in a variety of activities, which may be different every day. All the necessary equipment is provided by camp.



# Mega-Science

3-5 grade



Inspiring friendships and developing  
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**Q: What does my child need for Mega-Science?**

**A:** Campers should bring traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel.

**Q: When does my child participate in Mega-Science activities?**

**A:** Specific science activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing Mega-Science activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Campers participate in a variety of counselor driven, self guided, and experimental learning activities. Subject areas can cover, but are not limited to earth science (rocks, erosion), motion and energy, and the everyday interactions we have with our environment.

**Q: Does Mega-Science take swim lessons?**

**A:** Because of the age group of the Mega-series all Mega Camps receive swim lessons in the morning and free swim in the afternoon.



## Cheer & Dance (3-6 grade) & Dance & More (5-8 grade)



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**Q: What does my child need for these dance camps?**

**A:** Campers should wear athletic flexible clothes and sneakers along with traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel. Campers also need to have their permission slips signed and returned before they leave camp grounds.

**Q: When does my child participate in Dance Activities?**

**A:** Specific dance activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing dance activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Campers in Cheer and Dance will learn the basics of jazz, ballet, modern, and hip hop. They will also practice cheers and basic gymnastics as well as make their own. Dance and More will practice more advanced dance routines while learning how to create their own choreography.

**Q: Do the dance camps take swim lessons?**

**A:** Unfortunately, dance camps take place during the swim lesson periods in the morning. Campers do however receive free swim in the afternoon.

**Q: Where do the dancers dance?**

**A:** Both camps will practice primarily in the long house: a large open building located on the pond. If the weather is extremely nice or hot some practice time might be designated to the new pavilion by the camp office.



# Ultimate Fishing

3-8 grade



Inspiring friendships and developing  
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**Q: What does my child need for Ultimate Fishing?**

**A:** Campers should wear athletic clothes, sneakers or hiking shoes (must have closed toed shoes), and weather appropriate attire along with traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel. Most campers bring their own poles, but we also are able to provide fishing poles. We also provide basic bait: worms, sand worms, and squid. More advanced fishermen might want to bring their own specialized bait. Campers also need to have their permission slips signed and returned before they leave camp grounds.

**Q: When does my child participate in Fishing activities?**

**A:** When on camp grounds campers will fish in the morning between 9:30 – 12:30, with the possibility of extending in the afternoon. Fishing will take place in light rain so be sure to come prepared.

**Q: What will my child do when doing Fishing activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Campers will learn fishing knots, casting techniques, the ecology of the pond, and species of fish through discussions, challenges, and activities.

**Q: Does Fishing take swim lessons?**

**A:** Unfortunately, Fishing camp takes place during the swim lesson periods in the morning. Campers do however receive free swim in the afternoon.

**Q: Does Ultimate Fishing ever travel?**

**A:** This year campers will still be taking three full day field trips: Deep Sea Fishing, Black Rock State Park, and most likely Hamanassett or Rocky Neck. We also added morning trips to fishing areas in Middfield and Glastonbury. Fishing will travel with Golf or Horseback and return to camp for the second half of the day. A specific calendar will be mailed to your house prior to the start of the session.

**Q: What information should I know about the deep sea trip?**

**A:** We use the MiJoy747 out of Waterford for our deep sea trip. The boat leaves at 1pm and returns at 7pm. Campers stop to get fast food for dinner (provided by camp) and return to camp to be picked around 9pm. During inclement weather we are in close contact with the boat and use our best judgment considering our campers safety top priority.

**Q: Can my camper be signed up for a Subway lunch?**

**A:** Fishing campers are still available for the lunch program. Sandwiches will be delivered early on the days of field trips.



## Fortbuilding

Grades 6-9 Sessions 1,2  
Grades 3-5 Sessions 3,4



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**Q: What does my child need for Fortbuilding?**

**A:** Campers should wear athletic clothes, sneakers or hiking shoes, and weather appropriate attire along with traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel.

**Q: When does my child participate in Mega-Adventure activities?**

**A:** Specific Fortbuilding activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing Fortbuilding activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Campers will have the opportunity to brainstorm, design, and build their own fort using the basic craftsman skills needed. Campers will use handsaws, hammers, nails, screw driver, and wrenches to create their dream fort.

**Q: How do you make sure my child is safe with the tools?**

**A:** The tribe is split into, and alternate through, different groups which will have separate responsibilities. This way we are able to supervise each group more closely to be assured all campers are being responsible with the equipment.

**Q: Does Fortbuilding take swim lessons?**

**A:** Unfortunately, Fortbuilding takes place during the swim lesson periods in the morning. Campers do however receive free swim in the afternoon.

**Q: Are there any differences between the older Fortbuilding group and the younger?**

**A:** Both age levels are going to run on the same format. Because of age and ability Older campers will have more of the responsibility of designing and constructing the fort. Older campers will also be able to use a drill under supervision.



## Aqua Camp

4-6 grade



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**Q: What does my child need for Aqua Camp?**

**A:** Campers should bring traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel. Because this camp is focused around the pond the campers will be swimming almost every day. Be sure to pack and dress appropriately for drizzly or cold days.

**Q: When does my child participate in Aqua Camp?**

**A:** Specific Aqua Camp activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing Aqua Camp activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Aqua Camp is a brand new program designed to give water lovers extended time on the waterfront. Campers will spend the morning in extended swimming, boating, and other water based activities participating in pond swims, free diving, canoe rescues and more.



# Triathlon Training

4-6 grade



Inspiring friendships and developing  
skills with valued role models

**Q: What does my child need for Triathlon Training?**

**A:** Campers should bring athletic clothing with closed toe sneakers, and they also have to provide their own mountain bike. Traditional camp supplies should include: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel.

**Q: When does my child participate in Triathlon Training?**

**A:** Most Triathlon Training activities will be led in the morning between 9:30 – 12:30. However, because there are sometimes specialists (yoga instructor, swim coach) who help out the schedule might shift slightly from day to day.

**Q: What will my child do when doing Triathlon Training?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Triathlon campers will not only be participating in endurance, strength, and skill exercises, but they will also be learning why and how these activities are beneficial to their health. Campers will also be involved with fun games and activities aimed at improving endurance and strength.

**Q: Does Triathlon Training ever travel?**

**A:** Campers might go to the YMCA to take part in a cycling class, fitness class, or laps in the pool. Parents will be notified in advanced with a permission slip for any traveling activities.

**Q: Are there any special activities for Triathlon?**

**A:** There is a youth Triathlon hosted by YMCA Camp Ingersoll on Sunday, August 8<sup>th</sup>. The Triathlon is open to anyone, but if you attend Triathlon Camp you do not have to pay the registration fee.

**Q: Does Triathlon Training take swim lessons?**

**A:** Triathlon Campers do not receive the traditional swim lesson during the same period every day. They do however, receive specialized instruction from their counselor and swim team instructors from the YMCA.



# Rocketry

4-7 grade



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**Q: What does my child need for Rocketry?**

**A:** Campers should bring athletic clothing with closed toe sneakers. Traditional camp supplies should include: a backpack with a hat, water bottle, sunscreen, bug spray, bathing suit and towel. All items brought to camp should be labeled.

**Q: When does my child participate in Rocketry?**

**A:** Most Rocketry activities will be led in the morning between 9:30 – 12:30. However, based on the daily schedule and activities some activities might run over to the afternoon.

**Q: What will my child do when doing Rocketry?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Rocketry campers will do activities designed to teach elementary physics, propulsion, opposing forces, and other sciences. A large portion of their time will be devoted to making and improving model rockets.

**Q: Are there any special activities for Rocketry?**

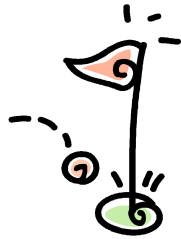
**A:** In the past there have been parents, who are also rocket enthusiasts, who have been willing to come in and show off a variety of specialized rockets. We aim to have the same participation or some sort of demonstration every summer.

**Q: Does Rocketry take swim lessons?**

**A:** Unfortunately, Rocketry takes place during the swim lesson periods in the morning. Campers do however receive free swim in the afternoon.

**Q: What does Rocketry do in the afternoon?**

**A:** As with all specialty camps, when they are not participating in rocketry they will be involved with general camp activities like archery, ropes, nature, and other counselor planned events.



## Golf

4-9 grade



**Q: What does my child need for Golf?**

**A:** Campers should bring athletic clothing appropriate for golfing (closed toe sneakers), polo shirt and nice shorts are preferred, but take into consideration that campers will be spending the afternoon at camp so new clothes are not necessary. Campers should bring their own clubs but they are not necessary. Indian Springs can provide clubs for campers who do not have their own.

**Q: When does my child participate in Golf?**

**A:** Campers travel to the golf course in the morning between 9:30 – 12:30; they then return to camp to eat lunch.

**Q: What will my child do when doing Golf?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Golf campers will spend the first part of the morning in instruction. The youth coordinators at the course will instruct the campers in the basics of the game: rules, etiquette, grip, and swing. The remainder of the time will be spent on the course and in skill based games and activities.

**Q: Do Golf campers get time on the course everyday?**

**A:** Golfers try to get on the course everyday; however, because we are partnering with a public course this is not always possible. When not on the course campers participate in fun skill building games.

**Q: Do Golf campers have to bring their clubs everyday?**

**A:** We encourage golf campers to bring their clubs with them on the first day of the session and leave them in our locked building at night until they bring them home with them on the last day of the session.

**Q: Does Golf take swim lessons?**

**A:** Unfortunately, Golf takes place during the swim lesson periods in the morning. Campers do however receive free swim in the afternoon.

**Q: What does Golf do in the afternoon?**

**A:** As with all specialty camps, when they are not participating in Golf they will be involved with general camp activities like archery, ropes, nature, and other counselor planned events.



## Wilderness

7-11 grade



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**Q: What does my child need for Wilderness?**

**A:** Campers should wear athletic clothes, sneakers or hiking shoes, and weather appropriate attire along with traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel. Campers also need to have their permission slips signed and returned before they leave camp grounds.

**Q: When does my child participate in Wilderness activities?**

**A:** Specific wilderness activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing Wilderness activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. Through a variety of games and activities campers will learn knot tying, camp site skills (shelter building, fire starting), orienteering, basic first aid, and situational survival.

**Q: Does Wilderness take swim lessons?**

**A:** Wilderness does not take swim lessons, but they do have free swim available in the afternoon.

**Q: Does Wilderness have any special events?**

**A:** Wilderness has two overnights. On the first Thursday of the session campers will sleep outside in shelters (or tents) built at Camp Ingersoll. The second overnight is held on the second Thursday of the session. Campers are bused to the Gillette Castle ferry landing at around 12:00pm. They then canoe half a mile down the river and Camp for the night on Seldons Neck Island. Campers paddle back up the river on Friday and are back at camp by 1:00pm.

**Q: How can I be assured my child is safe on the Connecticut River?**

**A:** Campers will be traveling with counselors holding certifications in life guarding and boating. Counselors will also teach their campers basic rowing and rescue skills before they leave for their trip. Campers are required to wear a life jacket at all times.

**Q: How will my child eat while on the overnight and the day after?**

**A:** On the overnights Camp Ingersoll will provide dinner, breakfast, and lunch (most likely subway) the following day.

**Q: What does my child need to bring for the overnight on the CT River?**

**A:** You will receive a mailing prior to the start of the sessions; the basics are: pillow, sleeping bag, change of clothes (rain jacket, sweatshirt, hat), sunscreen, flashlight, toothpaste with accompanying brush, bug spray and water.



# Film Making

7-11 grade



Inspiring friendships and developing  
skills with valued role models

**Q: What does my child need for Film Making?**

**A:** Campers should wear athletic clothes, and closed toed sneakers along with traditional camp supplies: a backpack with a water bottle, sunscreen, bug spray, bathing suit and towel.

**Q: When does my child participate in Film Making activities?**

**A:** Specific Film activities will be led in the morning between 9:30 – 12:30, with the possibility of extending needed activities in the afternoon.

**Q: What will my child do when doing Film Making activities?**

**A:** At YMCA Camp Ingersoll we emphasize participation and fun. All campers will participate in all aspects of film making. Campers will be led through brainstorming, storyboarding, script writing, filming, and editing. At the end of the 4 week session campers will have created one movie, generally between 15-25 minutes and a couple of smaller projects; i.e. commercials.

**Q: Does Film Making take swim lessons?**

**A:** Film Making does not take swim lessons, but they do have free swim available in the afternoon.

**Q: What equipment is used for Film Camp?**

**A:** When we started Film Camp we made a commitment to buying quality programs and equipment. We use a Cannon GL-2 mini-dv camcorder and two Mac Books. To edit and create a finished product we use Final Cut Express, Garage Band, Live Type, and many others.

**Q: Does my child need to be computer savvy to be in Film Camp?**

**A:** We will teach you all you need to know to be successful in this camp. The majority of film camp time is spent learning and actively participating in using all the equipment. With the expanded session campers will have plenty of time to practice and refine their skills.

**Q: Does Film Making have any special events?**

**A:** At the end of the 4 week session film camp will have a premiere. All tribes can come into the long house to enjoy and take part in all the hard work spent creating a movie.