

YMCA CAMP SEYMOUR

WOMEN'S WELLNESS POLICIES

Camp policies are designed to protect the health and safety of all members of the camp community, and are derived in part from American Camping Association standards. Breaking Camp rules could result in fines, and/or being asked to leave Camp without a refund. All group members must agree to conduct themselves in accordance with YMCA Camp Seymour's written and oral policies:

- **Please respect the environment. Leave natural objects in their homes** so that others may enjoy them—do not take any natural object from the place you find it, especially on the beaches. Do not feed animals. Stay on trails and outside of fenced areas and off walls and other structures.
- **Emergency Procedures:** Participants are instructed to call 911, if necessary, from your personal phone or from one of camp's phones located in the office or in the "Hut". Please then contact camp staff so that we may facilitate their arrival.
- **Emergency – Contact Staff.** Staff are available by radio all day and night when there are guests in camp. There is a radio located on the front desk in the Office and mounted in the counselor room of every cabin. Please follow the posted instructions, and staff will assist you right away.
- **Please dispose of refuse properly.** We actively recycle, and would appreciate group participants recycling as well.
- **Please keep Air Purifiers plugged in and on.** These have been placed in each cabin as an additional health and safety precaution for our guests.
- **Please conserve resources.** Close doors (it keeps the bugs out), close windows (it keeps the cold out) & turn lights, heat and fans off when leaving a room or building.
- **Possession of firearms and/or consumption of alcohol or illegal drugs are prohibited. Smoking and tobacco products are not permitted outdoors or in any facility or building.** At the group leader's request, your camp host may designate an outdoor smoking area for an adult group.
- **Use of personal sports equipment** (including, but not limited to, watercraft, archery equipment, bats, hockey sticks, rock climbing shoes) is permitted at YMCA Camp Seymour, with the understanding that the owners and operators of said equipment are required to follow all camp policies related to the program area involved. Only Camp Seymour's ropes & harnesses are permitted on the climbing wall.
- **For your safety,** please do not enter program areas or facilities (such as Challenge Courses, Climbing Wall, Dock, Pool, Craft Center or Environmental Center) that have not been opened by, or are not under the supervision of, YMCA Camp Seymour staff. Please do not go into the kitchen without the permission of the Dining Services Manager or camp host.
- **The camp noise curfew is 10 p.m. to 7 a.m.** Please respect our neighbors in Glen Cove and other guests. This will also be when we lock all gates and buildings on camp, if you need to leave after these times please discuss with Camp Host at meals.
- **Pets are not permitted in camp.** Working animals, such as Seeing Eye Dogs, are welcome.
- **YMCA Camp Seymour is not responsible for items lost,** stolen or damaged while guests stay in camp. Unclaimed items are kept for 30 days and then donated to local charities. Please call the camp office to report lost or found items.
- **Open flames are not permitted indoors.** Open flames in an outdoor setting must be in a site-approved fire pit or ring. Please ask your camp host before using any open flame (including candles).
- **Personal vehicles are not permitted beyond the upper and lower parking lots** at YMCA Camp Seymour, except by special arrangement, and are to be parked in the upper parking lot while drivers are in residence. We strongly suggest that valuables not be left in vehicles, as break-ins have occurred. Transportation in non-passenger vehicles is prohibited at Camp Seymour.

PACKING LIST

Camp Seymour staff will meet you in the Main Parking Lot between 5:30 PM and 7:00 PM, to assist you with Check in and your luggage drop off. It is about ¼ mile walk to the cabins from the parking lot.

BEDDING:

- _____ Sleeping Bag
- _____ Pillow
- _____ Sheet (optional: for small twin-size mattress)

CLOTHING:

- _____ Waterproof Raingear with hood or hat
- _____ 2 pair of shoes (including Waterproof Boots or old pair of shoes that can get wet)
- _____ Pajamas
- _____ Daily change of socks and undergarments
- _____ Heavy and light shirts
- _____ Warm jacket and sweater
- _____ 2-3 pairs of long pants (add shorts in warm weather)
- _____ Gloves (nice for canoeing) and hat
- _____ Plastic bag for dirty clothes

TOILETRIES:

- _____ Toothbrush and toothpaste
- _____ Soap and shampoo
- _____ Brush or comb
- _____ Washcloth and towel
- _____ Flip-flops for showering

EQUIPMENT:

- _____ Water bottle
- _____ Flashlight
- _____ Yoga mat (optional)

RECOMMENDED:

- _____ Sunscreen
- _____ Earplugs
- _____ Camera
- _____ Books and journal
- _____ Money for a massage or the Camp Store

DON'T BRING:

- Matches or fireworks
- Jewelry or valuables
- Pets
- Weapons (knives, guns, etc.)
- Alcohol or Drugs

SCHEDULE

FRIDAY

5:30 PM-7:00 PM – Check-in in the Main Parking Lot
7:00 PM-8:00 PM – Opening Activity in Rich Lodge (Yoga)
8:00 PM – Campfire, Board Games, Coffee/Tea/Cocoa
11:00 PM – Gates Lock

SATURDAY

7:00 AM- Morning Coffee Walk
7:30 AM- Exercise Class
8:30 AM – Breakfast
9:30 AM-10:45 AM – Session 1
11:00 AM-12:15 PM – Session 2
12:30 PM – Lunch
1:30 PM-2:45 PM – Session 3
3:00 PM-4:15 PM – Session 4
4:30 PM-5:45 PM – Session 5
6:00 PM – Dinner
7:00 PM-9:00 PM – Evening Activity
9:00 PM-11:00 PM – Board Games

SUNDAY

7:00 AM- Morning Coffee Walk
8:30-10:00 AM – Brunch
10:00 AM-11:00 AM – Session 6
11:00 AM-12:00 AM – Session 7
11:30 AM-12:30 PM – Clean Cabins, Check-out
12:30 PM – Departure

CLASS SESSIONS MAY INCLUDE

Canoe/Kayaking
Crafts
ZUMBA
Yoga
Climbing Wall
Archery
Cardio Classes
Strength Training
Guided Hikes
Challenge/Adventure Course

DIRECTIONS TO YMCA CAMP SEYMOUR

To YMCA Camp Seymour from Seattle / Tacoma

Take I-5 south to Tacoma and then take the Highway 16 Exit west toward Bremerton. Cross the Narrows Bridge and continue past the Gig Harbor exits. Pass the Burnham Drive / Rosedale exit and at the top of the hill take the next exit to Purdy, Key Center and Highway 302.

At the first stoplight in Purdy, turn left and cross the Purdy spit. Camp is approximately 7.5 miles from this intersection. Follow Highway 302 toward Key Center. After approximately 5.5 miles, Highway 302 will veer off to the right at a stoplight. Do NOT follow it. Continue straight through the stoplight, and drive for ¼ mile to the next 4-way intersection. There is a YMCA Camp Seymour sign on the right indicating a left turn. Turn left onto 134th Avenue. If you miss the turn, you will see a Shell gas station on the left side of the road.

134th Avenue becomes Cramer Road shortly after the left turn. Follow Cramer Road approximately 2 miles to a "Y" intersection with Thomas Road, where you will see a "YMCA Camp Seymour" sign.

Turn left onto Thomas Road and then immediately right into the YMCA Camp Seymour upper parking lot. Park at the end of the parking lot by the small shelter. Our staff will be there to greet you and get you checked in.

For our guests or those with mobility issues, continue past Thomas Road on Cramer Road and take the next left hand turn into our day-use, paved parking lot, before the bridge at the end of the cove.

To YMCA Camp Seymour from Olympia

Take Highway 101 northwest toward Shelton. Take the Highway 3 exit toward Shelton/Bremerton. Travel on Highway 3 through Shelton. Shortly after the town of Allyn, turn right off highway 3 and onto Highway 302 going east. Continue on Highway 302 until it comes to a stop at a 'T' intersection with the Key Peninsula Highway. Turn right onto the Key Peninsula Highway and go ¼ mile to a four-way intersection. There is a YMCA Camp Seymour sign on your right, which indicates a left turn. Turn left onto 134th Avenue.

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