



# Carlisle Family YMCA

## Camping Services

*Creating lifelong experiences, daily.*



### Parent Information Sheet

### Rock and Beach Tour (7/26-7/30, 2010)

**Reminder: This camp is for 5 days so pack accordingly for spending the night!**

#### What to Bring:

- Appropriate Clothes for the trip
- Sleeping Bag/Pillow
- Towel (2)
- Washcloth
- Toiletries
- Swimsuit
- 2 pairs of shoes (one must be sneakers)
- Sweatshirt
- Sunscreen
- Flashlight
- Batteries
- Garbage Bag
- Hat or Visor
- Rain Gear
- Reading or Writing Material  
(pre-address and stamp all envelopes at home)

**We strongly suggest  
that your child's  
name is on all items**

#### Please Do Not Bring Any of the Following:

- Radios/MP3 Players/IPODS
- Candy & Snacks
- Hand held gaming devices
- Portable TVs
- Pocket knives
- Money
- Matches/Lighters

**We cannot guarantee the return of such items and they defeat some of the programming goals of camp. If campers bring in any of these items, their counselors will hold them until the end of the session.**

#### Drop Off & Pick-Up Times

Drop-Off  
Monday 10am-11am

Estimated Pick-up between  
7pm and 8pm Friday

Parents drop-off and pick-up  
children at Camp Thompson

#### Contact Information

##### Program Info:

Justin Rose  
Camp Thompson Director  
243-2525 ext 226

##### Registration Info:

Jeannie Ball  
Camp Registrar  
243-2525 ext 228

#### Program Overview:

For the Rock and Beach Expedition we will be undertaking a rock climbing adventure for the first two days. Starting with the Alpine Tower then moving to Sheaffer Rocks. We will then make a trip to Annapolis Rocks in Maryland. Each climbing experience will be guided by our certified staff. Once we finish our climbing trips, we will be ready to begin our beach tour. We will start at Rehobeth Beach in Delaware, make our way to Ocean City, Maryland and finish at Assateague Island in Virginia. During each stop you will experience crabbing, fishing, and body boarding. There will be beach front camp fires and many other activities. This trip will be a perfect mix of relaxation, adventure and independence for your teen. This program's drop-off and pick up location will be at Camp Thompson **not** the YMCA.