FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR EDUCATION

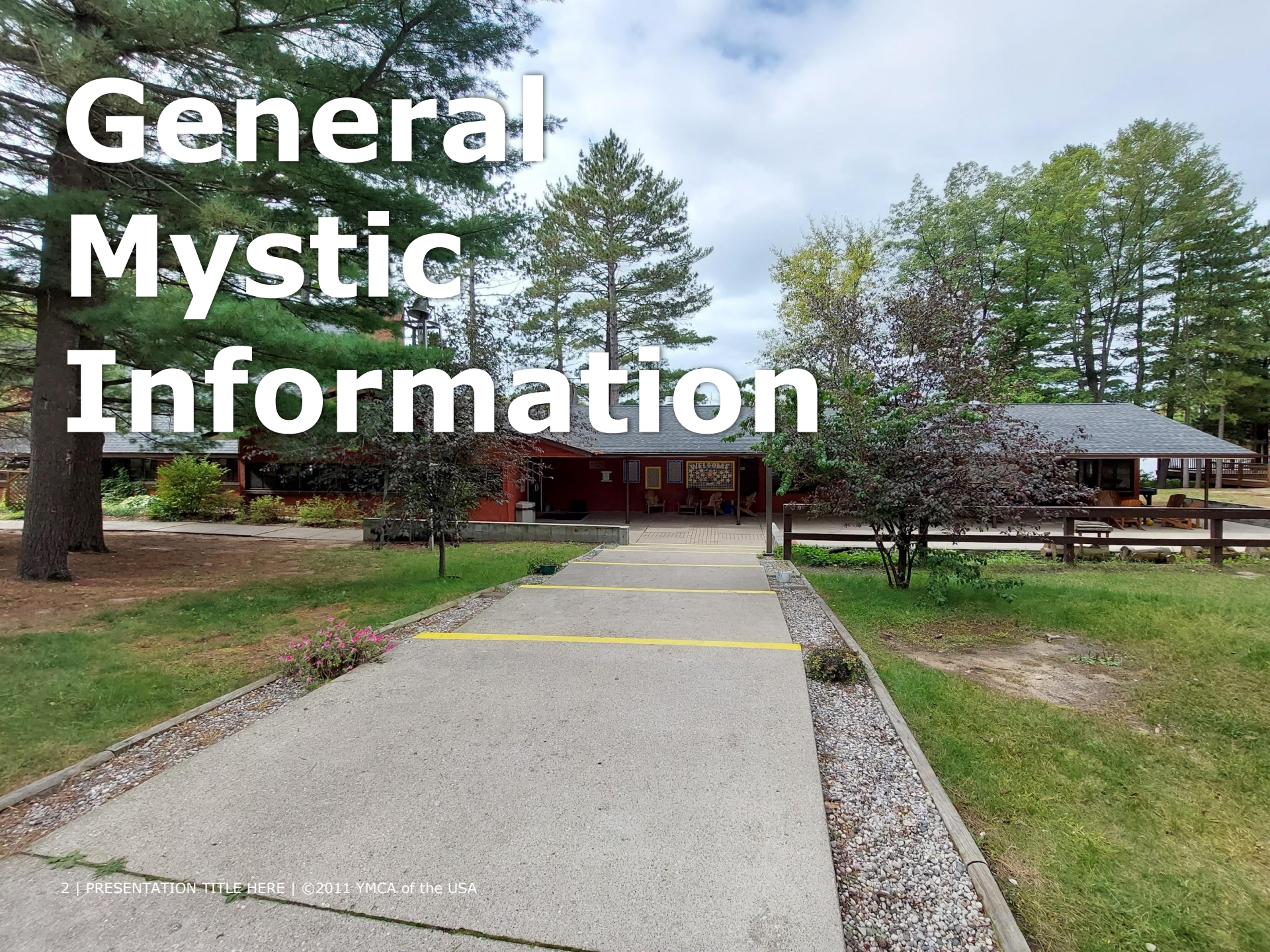
PRESENTATION TOPIC—ALL CAPS

MYSTIC LAKE

September 27, 2022



General Mystic Information



Where is Mystic Lake YMCA Camp located?



9505 West Ludington Drive
Lake, MI 48632
(517) 827-9650

Mystic Lake Grounds

- 600+ acres of private woodland
- 90 acre private lake
- Vast amounts of plant and animal life
- 6 Different Ecosystems







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Mystic Staff

- Good Character (National Background Check completed)
- Positive Professional Role Models
- Certified Lifeguards
- All staff trained in CPR/First Aid/AED
- Responsible, Respectful, Honest, and Caring Individuals
- Active and engaged with campers!
- Executive Director has worked at Mystic Lake 22 years and is a former camper.









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Foodservice

- Family style meals
- WMLC Entertainment
- Healthy food options



Our Program Philosophy

Our programs are designed to help kids in making friends, learning new skills, and having fun in a safe and welcoming environment.

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Cabins at Mystic

North Cabins

- Capacity of 28
- Two wings attached by a day room
- Bathrooms attached to each wing
- Heat available
- In sight of main lodge



South Forts

- Capacity of 16
- Single room
- Separate bath house
- Heat available
- In sight of main lodge



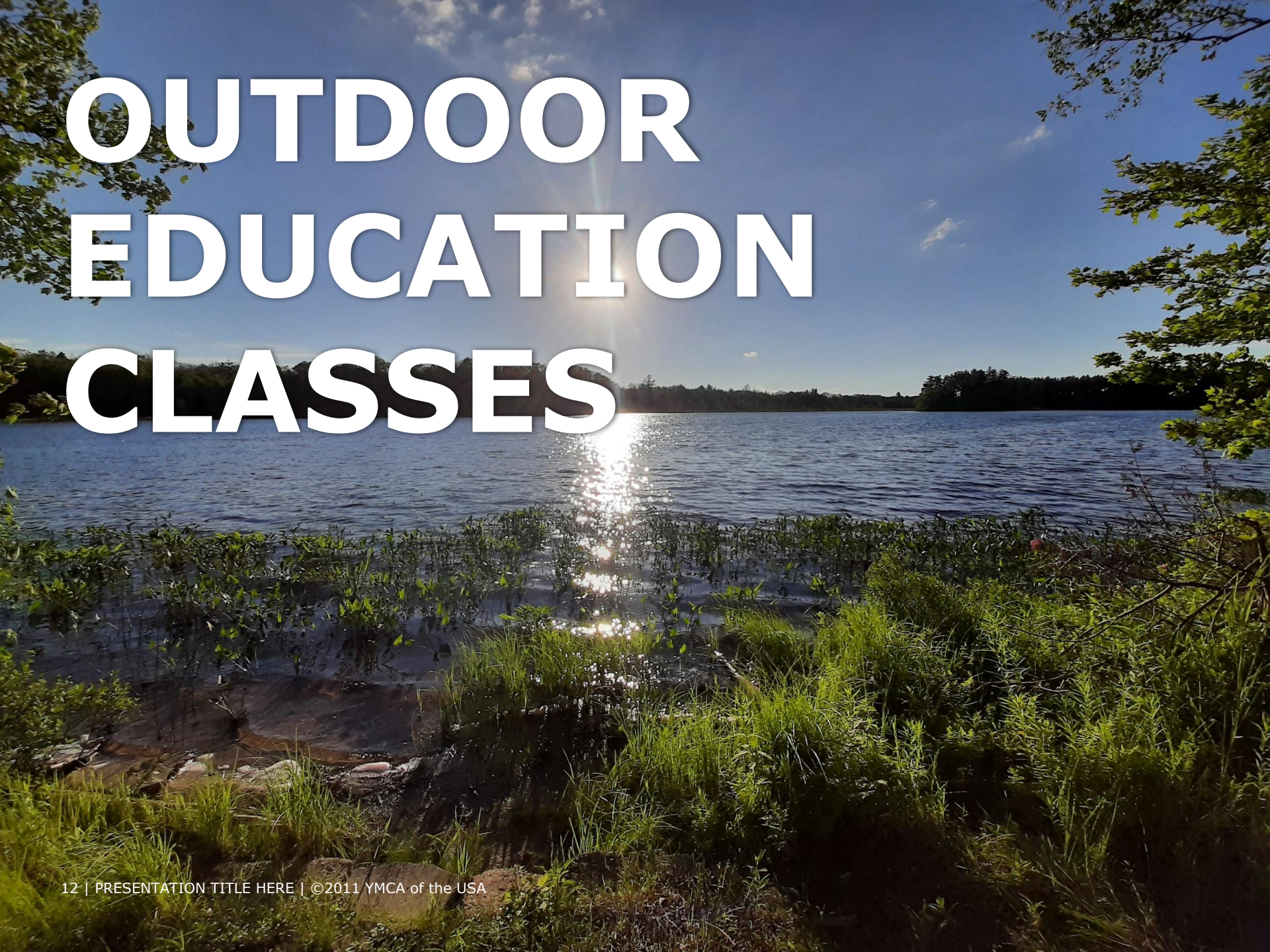


Mystic Village

- Capacity of 12
- Single room
- Separate bath house
- Heat available






OUTDOOR
EDUCATION
CLASSES

Animal Survival

From camouflage to eyesight to fur. Students will discover how different animals have adapted to the harsh environments they live in.







Archery

Instructors will teach students the basic of archery. They will learn how to properly use a bow, play the sport, and techniques that will help them to achieve a bull's-eye.









Arts and Crafts

Create a craft to take home to remember your camp trip! Paint a picture, create a bead buddy or bracelet, or craft your very own camp spirit.

Crafts vary by age and group size.







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Bird Adaptations

Webbed feet, talons, and feathers oh my! Take a deep dive into the adaptations of birds across the US. Learn about habitats, food sources, and migration patterns.







Bog Hike

Students will discover the local ecosystem known as a bog. They will learn what makes a bog different from other wetlands and some defining characteristics that make this body of water so unique.





Canoeing

Students will be taught canoeing safety and paddling techniques before setting out on Mystic Lake. Traverse an obstacle course, race friends, or explore the shores while you float.





Fishing

Try your hand at catching the big bass known as Oscar or the 30 foot pike that swims in the lake. Students will be equipped with the knowledge of how to use a fishing pole, remove a fish, and stay safe. Then they will be given the opportunity to fish for Oscar.





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Four Core

Mystic Lake Camp focuses on four core values: honesty, caring, respect and responsibility. Students will work on recognizing these qualities in their group mates and learning how to use the four core values in their communities.

Insect Safari

Go on a bug search through the fields and forests of Mystic. Look under logs, near trees, or in stumps and make observations about the critters you find.

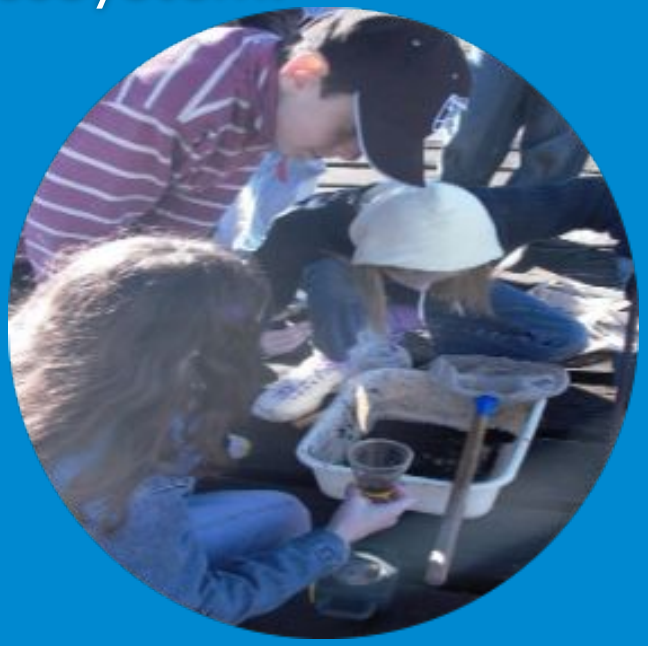






Pond Study

Students explore the aquatic world of mystic lake with pond dippers to discover the variety of insects and amphibians living there. Individual specimens will be studied to observe the role they play in an aquatic ecosystem.







Sports of all Sorts

From basketball to kickball, students will learn different sports and get active. Students will play multiple sports in order to learn the rules and learn how different sports are played.







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STEM

Based on the goals of your classroom we can create the right activity for you. Some STEM projects have included toothpick bridges, Oobleck, race car launchers and more.





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Team Building

Communication, cooperation, and leadership are just some of the skills students will learn at our challenge course. Working through obstacles to accomplish a task as a team is the main focus of this class. Obstacles may include 'Broken Bridges', 'All-Aboard', or 'The Birthday L





Wilderness Survival

Learn how to make fire, build shelters, find food, filter water and apply basic first aid. This class will help students learn survival techniques that will better equip them to survive in a wilderness situation if they ever find themselves lost in the great unknown.







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ADVENTURE
PROGRAMMING

Giant Swing

The Giant Swing is a 30 foot tall, adrenaline pumping experience. This is an activity that will push students to expand their comfort zone. Students will work together to pull their classmate to their desired height, and with a self-release ripcord, the student bravely releases themselves and enjoys the experience of swinging through the air.

Additional Cost: $15.00 per student





High Ropes

Ascend to the tree tops to conquer the high ropes course. Students will be encouraged to step out of their comfort zone for this unique experience. They will be able to take on a variety of challenges such as the 'Cargo Net', 'Wild Woozy' and 'Rope Bridge'.

Double class period
Additional Cost: $15.00 per student





Rock Climbing

Our 40 foot rock wall challenges students to step out of their comfort zone. Each student will set a goal, whether it is 5 feet or 40 feet, and the instructor will work with them to achieve their goal. Students will also learn different techniques to improve their climbing skills.

Additional Cost: $10.00 per student






OPEN
CHOICE
ACTIVITIES

Athletic Field

Show off your athletic skills in a variety of sports including:

- Gaga Ball
- Soccer
- Volleyball
- Tetherball
- Carpetball
- Basketball





Unleash your creativity by making a number of crafts including:

- Bead buddies
- Painting
- Bracelets
- Camp Spirit
- Drawing

Arts & Crafts

Fishing

Test your angling skills by hooking one of Mystic's many varieties of fish including:

- Pike
- Bluegill
- Sunfish
- Bass
- Catfish





Camp Store

Mystic's trading post has all of your souvenir needs

- Water Bottles
- Trading Cards
- Clothing
- Hats
- Pins and Bracelets





Check out the Know Place treehouse and take home your very own book from camp

- Variety of books
- Appropriate for ages 6-16
- Reading porch
- Benches

Library

EVENING ACTIVITIES



Campfire

Be transported to many faraway places while your Mystic Lake counselors act out your favorite skits. There may be water, there may be bears but most of all, there will be laughter and fun!





Skit Night

Work with your cabin to create a skit that will be performed for your entire class on the coveted Mystic stage.





Predator Vs. Prey

Students will learn about the food chain and how organisms survive. Students will assume the role of an animal and must find food, water, and shelter before they are attacked by the predators.



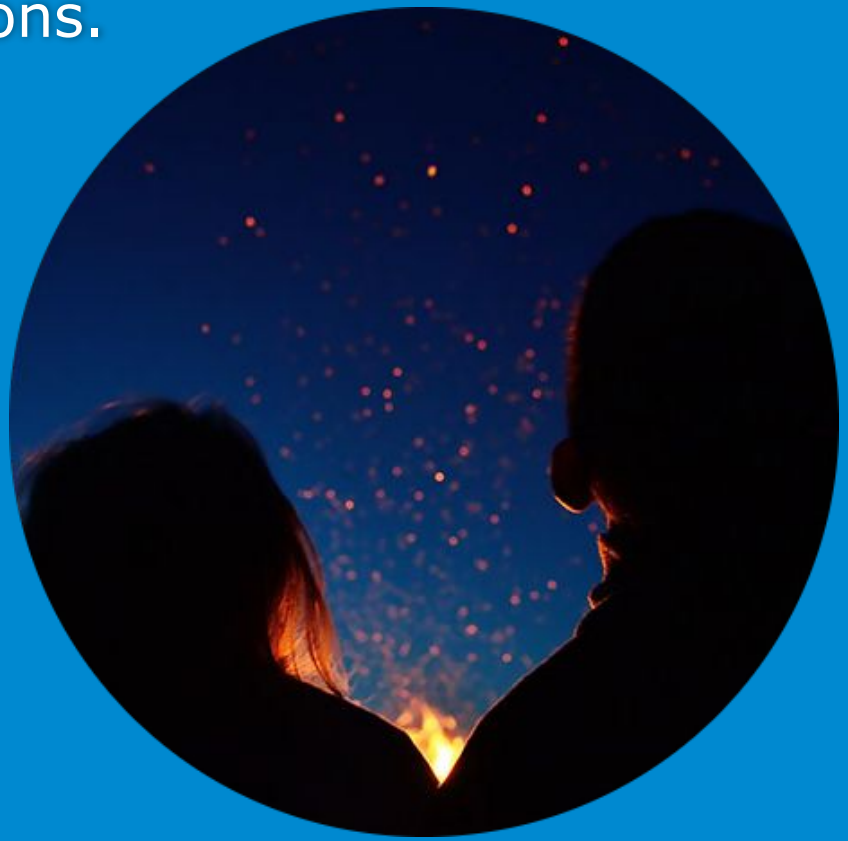
Dutch Auction

It is not Dutch or an auction, but it sure is a fun time. Students use their imagination and creativity to display items or situations that range from a ‘pink elephant’ to ‘shingling a dog house with pancakes’ using the items that they have in hand.

Night Hikes and Stargazing

Students will heighten their awareness of the night time with a variety of activities such as ‘Bat/Moth’, and ‘Cones and Rods’. They will also be able to discover the night sky and observe different constellations.





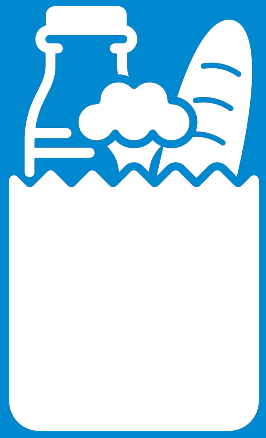
Closing Thoughts

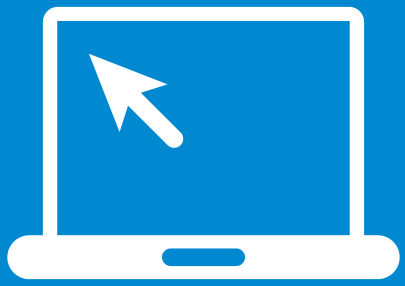
Packing List

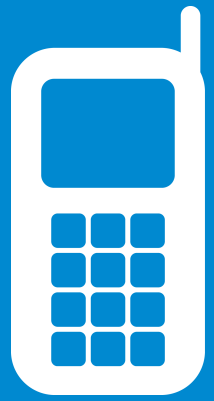
- Pillow and Sleeping Bag, twin fitted sheet
- Soap, Shampoo, Deodorant, Toothpaste/Brush
- Bug Spray (non-aerosol)
- Sunscreen
- Tennis Shoes (2 Pairs)
- 1 Change of Clothes for each Day
- Jacket and a Sweatshirt
- Rain gear
- Flashlight with batteries (optional)
- Towels and washcloths
- Dirty Laundry Bag
- Extra garbage bag for storage of bedding during the trip back home
- Disposable Camera

What to leave at home

- iPods, Cell Phones, or other Electronics
- Any and all weapons
- Snacks or foods







Medications

- Please bring all medications in original bottles with names and dosages on them
- Medications should be given to the school staff prior to arrival at camp.
- No one may keep medications with them except for emergency medications such as inhalers or epi-pens.

Camp Letters

Want to send a letter? Follow the format below to make sure your mail reaches its destination!



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Questions or Concerns

If you have any questions feel free to contact the camp office at:
(517) 827-9650
www.mysticlakecamp.com

or email Amiee at
awoodrow@lansingymca.org

THANK YOU

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