



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MYSTIC LAKE



YMCA  
OVERNIGHT  
CAMP



**2023 OVERNIGHT PROGRAMS**

**AGES 6-17**

Overnight Camp • Teen Adventure Camps • Leadership Programs

517.827.9650

[www.mysticlakecamp.org](http://www.mysticlakecamp.org)

# WHY MYSTIC LAKE CAMP?

Since 1926 Mystic Lake YMCA Camp has been providing kids and families with outstanding programs focused on helping them grow. Sessions focus on the character values of honesty, caring, respect and responsibility within each activity. Through our character development we are able to foster social responsibility, self-confidence, friendships, and a sense of belonging during your child's stay with us.

The Staff at Mystic Lake YMCA Camp are highly trained and very committed to the goals of camp. References and previous work experiences are thoroughly reviewed, and criminal background checks and drug screenings are conducted prior to hiring. They are hard working individuals who are dedicated, experienced, responsible, enthusiastic, positive and FUN! All staff members are trained in CPR and First Aid, and specialists have certifications specific to their area of expertise.

**At Mystic Lake YMCA Camp, our goals are centered around helping each child:**

- Learn to lead a more healthy and active lifestyle.
- Learn about social responsibility through environmental stewardship, community living and working with one another in a group setting that builds friendships.
- Develop and learn new skills to help improve their sense of self worth and confidence by creating an accepting environment where all are welcome and everyone belongs.

## CAMP ACTIVITIES

**Waterfront** - Canoeing, Kayaking, water trampoline, fishing, pontoons, and paddle boards

**Athletic field** - 100 yard football field, soccer field, archery, basketball court, sand volleyball court, tetherball, gaga ball, pickleball, archery, and disc golf

**High Adventure** - High ropes, climbing wall, low ropes course and giant swing

**Creative** - Arts and crafts building

**Nature** - Nature Center and hiking trails

## DAILY SCHEDULE

<b>7:00am</b>	<b>Wake up</b>
<b>8:30am</b>	<b>Breakfast</b>
<b>9:00 - 12:00pm</b>	<b>Morning Activities</b>
<b>12:30pm</b>	<b>Lunch</b>
<b>1:30pm</b>	<b>Rest Hour</b>
<b>2:30- 5:30pm</b>	<b>Afternoon Activities</b>
<b>6:00pm</b>	<b>Dinner</b>
<b>7:00pm</b>	<b>Evening Activities</b>
<b>8:30-10:00pm</b>	<b>Lights Out by Age Group</b>

## CABIN GROUPS

Campers are typically divided into four groups while here at Mystic Lake. Typically ages 6-9, 10-11, 12-15 and the oldest teens. Campers spend most of their time with their cabin group but will participate in large group activities with other cabins in their age groups. Available activities will vary by age.

Programs at Mystic Lake  
YMCA Camp are designed to  
help our young people grow  
into responsible adults. Social  
responsibility, self confidence,  
community building and character  
development are at the root of  
all of our programs.



**VISIT OUR WEBSITE TO LEARN MORE:**  
**[mysticlakecamp.org](http://mysticlakecamp.org)**

- **FAQS and Parent Info**
- **Bus Schedule**
- **Staff Bios**
- **Virtual Tour of Camp**
- **Packing List**
- **Group Camping**
- **Parent Handbook**
- **Online Registration**

**CONNECT WITH US!**

**Call camp to set up a tour or to learn more about our programs.**

**We are excited to meet you and your camper!**

**Ricky Wright, Executive Director, [rwright@lansingymca.org](mailto:rwright@lansingymca.org)**

**Amiee Woodrow, Senior Program Director,**

**[awoodrow@lansingymca.org](mailto:awoodrow@lansingymca.org)**

**517.827.9650**

**[Mysticlakecamp.com](http://Mysticlakecamp.com)**

# 2023 MYSTIC LAKE PROGRAM OFFERINGS

		Weeks	1	2	3	4	5	6	7	8	TIER PRICING				
			06/18-06/23	06/25-06/30	07/02-07/07	07/09-07/14	07/16-07/21	07/23-07/28	07/30-08/04	08/06-08/11	TIER A	TIER B	TIER C		
Mystic Experience															
6-15	Mystic Experience				•	•		•	•		•	•	\$700	\$750	\$800
6-15	Two Week Mystic Experience		—					—			—		\$1,400	\$1,500	\$1,600
Speciality Programs															
10-12	Creative Writing							•					\$750	\$800	\$850
12-14	Gone Fishing				•								\$900	\$950	\$1,000
7-16	Camp Starlight				•								Contact Michigan Dylexia Institute		
Leadership Programs															
14-16	Teen Nation								•	•	•	•	\$700	\$750	\$800
15-16	Leader in Training					—							\$1,100	\$1,150	\$1,200
16-17	Counselor in Training		—										\$1,100	\$1,150	\$1,200
Call 517.827.9650 or visit <a href="http://www.mysticlakecamp.org">www.mysticlakecamp.org</a>															

## FEE STRUCTURE

We understand families have differing abilities to pay for camp, so we have instituted a voluntary Three-Tier Fee program. You choose the tier that fits your family budget. All campers receive the same Y experience, no matter what they pay.

TIER A is our historically subsidized rate and does not reflect the true cost of operating summer camp programs.

TIER B is our partially subsidized fee for those who can pay a little more but still cannot afford the actual cost of camp.

TIER C accounts for the true costs of camp including wear and tear of buildings and grounds.

**FINANCIAL ASSISTANCE:** A financial aid scholarship application is available on our website.

**REGISTRATION FEE:** A nonrefundable registration fee of \$100 is included in the camp fee and is required per session per child. The registration fee must accompany your camper registration.

**BUS TRANSPORTATION:** Bus seats are limited. \$30 to Camp and \$30 from Camp.

# MYSTIC LAKE YMCA OVERNIGHT CAMP



# CAMP DESCRIPTIONS

**MYSTIC EXPERIENCE** MYSTIC EXPERIENCE (AGES 6-15) The Mystic Experience program is where your child's camping traditions begin and continue year after year! Campers are placed in their cabin groups with children in the same age range and enjoy age-appropriate activities such as swimming, boating, archery, and crafts. Each child will have the opportunity to make great friends, learn new skills, meet positive role models, and leave our program with a higher level of confidence, maturity, and understanding of our four core values - honesty, caring, respect, and responsibility.  
Sessions Offered: 1, 2, 3, 4, 5, 6, 7, 8

**TWO WEEK MYSTIC EXPERIENCE** (AGES 6-15) For some campers, one week just isn't enough! Campers registered for our two-week Mystic Experience will remain on camp over the weekend between their two registered sessions and participate in camp activities. Campers are placed in their cabin groups with children in the same age range and enjoy age-appropriate activities such as swimming, boating, archery, and crafts. Each child will have the opportunity to make great friends, learn new skills, meet positive role models, and leave our program with a higher level of confidence, maturity, and understanding of our four core values - honesty, caring, respect, and responsibility. Session Offered: 1&2, 5&6, 7&8

## TEEN AND LEADERSHIP

**TEEN NATION** (Ages 14-16) This coed teen camp has been created to give teens a place to make new friends, try new activities, and have opportunities for overall growth while staying active outdoors with campers their own age. Campers follow the same basic schedule as Mystic Experience while having the opportunity to assist in completing their schedule with activities tailored to older campers such as Bruno's Swing and the high ropes course.  
Sessions Offered: 5, 6, 7, 8

**LEADERS IN TRAINING** (Ages 15-16) Our two-week Leader In Training (LIT) program will introduce teens to the dynamics of leadership and teamwork. LITs will focus on small-group facilitation skills, leadership styles, communication skills, and the YMCA four core values of caring, respect, responsibility, and honesty. LITs will have opportunities to practice their new leadership skills by leading activities within their group and the camp community. LITs will stay on camp over the weekend of their two-week program.  
Session Offered: 3 & 4

**COUNSELOR IN TRAINING** (Ages 16-17) Our two-week Counselor In Training (CIT) program provides a unique learning opportunity for campers who aspire to become camp counselors or future leaders. CITs will focus on communication skills, coaching and encouraging others, leading activities, and expectations of them as future leaders. CITs will stay on camp over the weekend of their two-week program. CITs that successfully complete the two weeks of the program will be invited back to do a live-in week later in the summer to practice their new skills as they shadow and assist counselors with an assigned cabin group.  
Session Offered 1 & 2

## SPECIALITY

**GONE FISHING** (Ages 12-14) Anglers will spend their morning, afternoons, and evenings fishing in Mystic Lake. Campers will learn about different species of fish, strategies to get the biggest catch and take a half-day charter on Lake Michigan to hook giant salmon, steelhead, and lake trout. Campers will also enjoy traditional activities and will get to fry up some of their catch, while also bringing some home if they have success on their charter. This is one of our most popular programs, and space is very limited. Register early.  
Session Offered: 2

**WRITE ON! CREATIVE WRITING CAMP** (Ages 10-12) Let your imagination run wild and the words flow! Sharpen your creative writing skills as you learn about writing hooks that catch your readers' attention, creating believable characters and settings to keep them reading, using dialogue to move your story along, and dynamic endings that will make them eager to read more. Publish your work and share with your cabin mates!  
Session Offered: 5

**CAMP STARLIGHT** (Ages 7-16) Camp Starlight is presented in collaboration with the Michigan Dyslexia Institute (MDI) for children with dyslexia. Camp Starlight campers get to participate in traditional camp activities, but with a unique twist. Children with dyslexia have the opportunity to connect in a positive, safe environment, while they experience highly engaging and informative interactive activities that expand their understanding and acceptance of being dyslexic. Many campers return year after year and develop lifelong friendships. An experienced staff, special speakers, fun and educational programs, and a beautiful location are the ingredients for an outstanding week at Camp Starlight. The MDI staff will carry out this program with the assistance of the Mystic Lake camp staff.  
Session Offered: 1