THE AVERAGE AMERICAN KID SPENDS PER DAY

- 270 minutes watching TV
- 82 minutes on the phone
- 80 minutes playing video games
- 27 minutes on the computer
- 4 minutes playing outside

PERSONAL GROWTH
American Camping Association research reports that kids who attended overnight camp have significant growth in:

- Confidence and self-esteem
- Social skills and making friends
- Independence
- Leadership
- Environmental awareness
- Adventure and exploration
- Values and decision making

RECORD CAMPING YEAR

- Nearly 1,100 campers
- 50% returning campers

SERVING ALL

- Over 245 donors came together to provide
- 150 campers over
- $60,600 in financial assistance

KEEPING RELEVANT
AMAZING NEW ADVENTURE CAMPING PROGRAM

YMCA CAMP MILL HOLLOW For Youth 12-17

- Backpacking fundamentals
- Outdoor cooking
- “Leave No Trace” principles
- Team building and challenge activities
- Astronomy
- Hiking
- Photography/Media
- Overnight Backpacking
TYPES OF CAMPS

- Traditional Camps: 4
- Specialty Camps: 2
- Horse Camps: 6
- Leadership Camps: 3

15 Different Options

SERVING KIDS AGES 6–17

NUMBER OF CAMPERS BY TYPE

- Traditional: 893
- Specialty: 33
- Horse: 226
- Leadership: 33

EXPOSURE TO THE OUTDOORS CAN REDUCE STRESS LEVELS IN CHILDREN AS MUCH AS 28%

POPULAR OUTDOOR ACTIVITIES

- Horse Back Riding
- Archery
- Circus Skills
- Nature Walks
- Survival Skills

BROADENING HORIZONS

6 Countries were represented by Counselors at Camp

- 96% of parents said that Camp provided positive staff and adult role models for their youth

STORY OF IMPACT

Birken arrived at Camp Roger ready to learn, make friends, and have fun. His counselors were immediately impressed by his maturity and his willingness to jump in and help. They also noted that Birken quickly set the tone of caring and respect among his fellow campers. He not only enthusiastically tried new things himself, he also helped encourage others to try new things and celebrated their successes with them. The campers in Birken’s cabin voted him “Values Camper” this year because of his outstanding demonstration of our four core values - Caring, Honesty, Respect, and Responsibility.

PARENT COMMENTS

- 97% said that Camp
- Provided their youth with a safe and secure environment
- Helped their youth build confidence

95% said that Camp helped their youth be open to new experiences

JOIN OUR EFFORTS

Learn how to help kids reach their full potential in your community. ymcautah.org/camp

The Y. For a better us.