

YMCA CAMP Y-NOAH

OUTDOOR LEARNING CENTER



LODGING OPTIONS

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Leadership Development Center

Knight Lodge & Rousch Lodge

- 2 wings of 12 beds each
- 2 bathrooms with showers in each lodge
- Heated lodges
- Larger beds

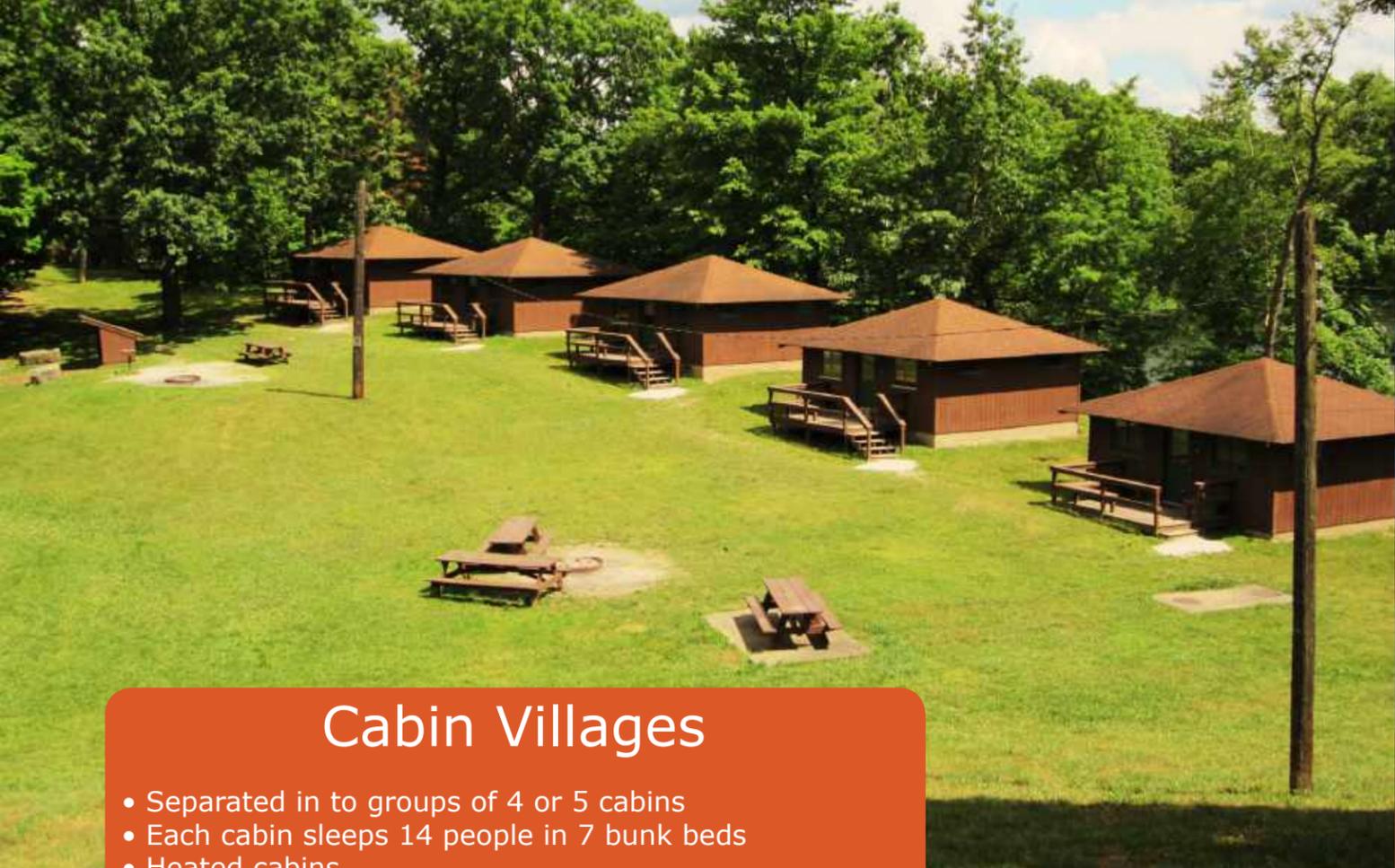


Kresge Lodge

- 2 wings of 18 beds each
- Total 36 Beds
- 2 bathrooms with showers
- Common Room
- Heated lodge



OUTDOOR SPACES



Cabin Villages

- Separated in to groups of 4 or 5 cabins
- Each cabin sleeps 14 people in 7 bunk beds
- Heated cabins
- All cabin villages have a shared communal bath house within a close walk



Outdoor Spaces

With over 250 acres of property, we have a wide variety of outdoor spaces available for your event. These spaces are perfect for running around or gathering a large group.

- Activity Field A
- Activity Field B
- Activity Field C
- Tennis/Basketball Courts
- LDC Courtyard
- Main Camp Fire Ring
- LDC Camp Fire Ring
- Day Camp Pavilion
- Bucey Chapel

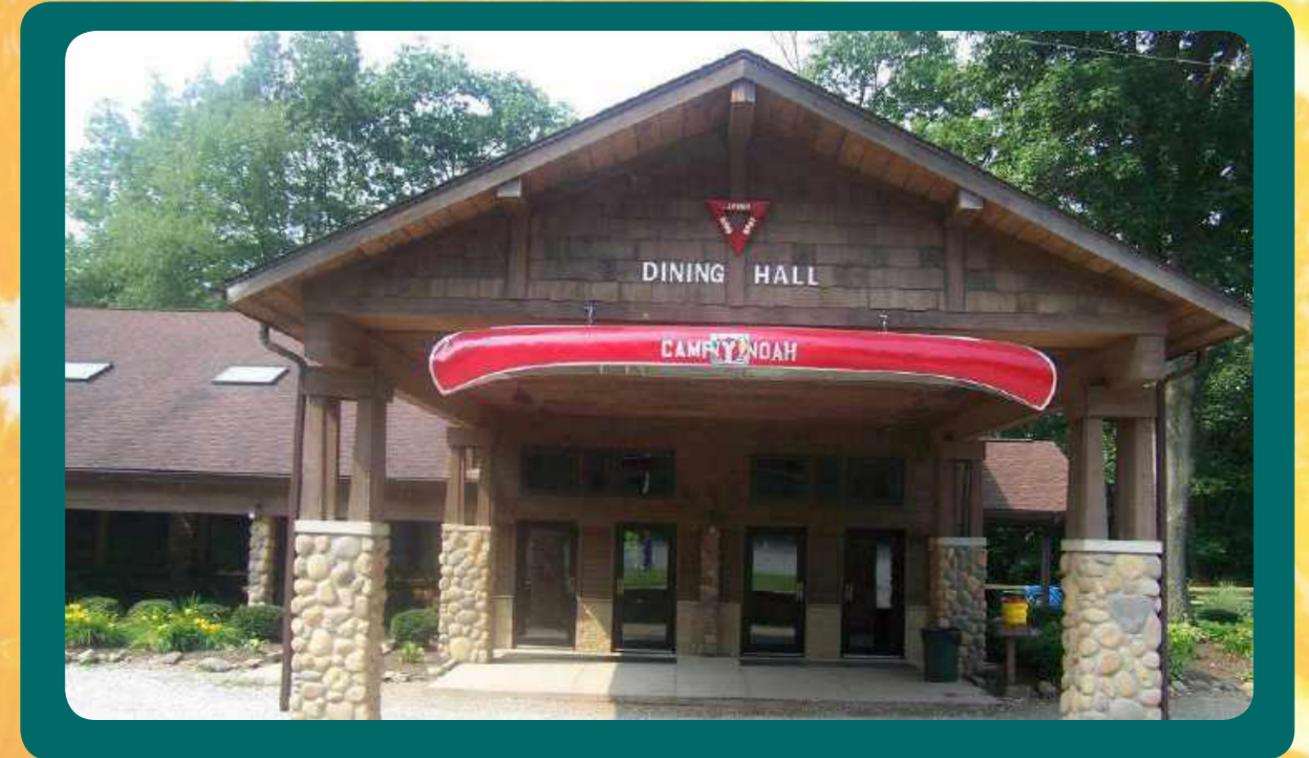


- Cedar Crest**
4 cabins, 14 beds each – sleeps 56 total
- Lakeview**
5 cabins, 14 beds each – sleeps 70 total
- Pinegrove**
5 cabins, 14 beds each – sleeps 70 total
- Orchard**
5 cabins, 14 beds each – sleeps 70 total
- Powertown**
5 cabins, 14 beds each – sleeps 70 total



INDOOR SPACES

FOOD SERVICES



Indoor Open Spaces

Here at YMCA Camp Y-Noah we know that your group does not stop during inclement weather. Take advantage of our indoor spaces and keep your group's team building and leadership development going all year long!

- Dining Hall
- Kastner Lodge
- Arts & Crafts Room
- Kresge Common Room
- Griffin Lodge
- Equestrian Center Class Room



Food Services

Camp Y-Noah offers year round food service. All of our meals are served family style or buffet. The Dining Hall comfortably sits approximately 200 guests per meal. For groups over 200 we can offer each meal in shifts if necessary. Our menu selections have been tailored to campers and customers of all ages.

- Accommodates all dietary needs
- Gluten Free
- Vegetarian & Vegan
- Lactose Intolerance
- Religious Dietary Restrictions
- Nut Free Facility



LEADERSHIP



Camp Y-Noah's leadership programs can be custom designed to achieve goals specific to your group's individual needs.

- **Team Initiatives** – participants will be actively engaged in activities will challenge the group to work cohesively, put trust in others, communicate, develop leadership, and think creatively to solve a problem. Afterward they will discuss the initiatives in a group debrief.

- **Adventure Race** – Small teams will conquer challenges spread across our 250 acres. Each team receives a map & necessary supplies. Each conquered challenge will earn the team points. Some require mental strength while others require physical strength. This activity encourages leadership, communication, teamwork and organization.

- **Low Ropes Challenge Course** – a sort of obstacle course where each element will require groups to problem solve, trust, and communicate effectively in order to overcome the trial.

- **Communities** - Participants will experience a simulation of living in a mock city. Experiencing the privileges and discriminations that typical community members face on a daily basis.

- **True Colors**- Each of us has a different and unique personality; however, there are commonalities that we share. True Colors is an attempt to identify various personality styles and label them with colors. The belief is that with increased understanding of ourselves and others that conflict will decrease. Once you learn your color and that of your fellow co-workers/students, you will have a better understanding of why they behave the way they do!



HIGH ADVENTURES



The high adventure activities are great for pushing participants to reach limits they never thought they could achieve. (some activities may be an additional cost)

- **High Ropes Challenge Course** – a series of obstacles that are raised off the ground; some are team-based and others focus more on the individual.

- **Climbing Wall** - participants will have the opportunity to climb Y-Noah's 30 foot tall outdoor climbing wall.

- **Zip Line** – from atop the climbing tower, participants will zip on our 100 foot line.

- **Alpine Tower** – a vertical obstacle course that will challenge campers to conquer fears, encourage each other, and persevere to get to the top.

- **Giant Swing** – participants will work together to hoist up their group members up, so that the each individual will get an opportunity to swing along a 100 foot arc. *requires 1 hour for every 10 campers participate in the swing

OUTDOOR EDUCATION

Archery

Campers learn the fundamentals of archery, identify the parts of the bow and arrow, proper shooting technique and shooting protocols. Learn the science behind drawing the bow and releasing the arrow. Instructors teach proper grip, stance and aim alignment.



Survival

This class will touch on the basics of outdoor survival, encouraging campers to understand the basic needs of human survival, and how they can be addressed outside in the elements; shelter building, living skills, emergency preparation, fire building and basic first aid.

B.B's

Riflery is a popular sport and challenge for campers who want to test their concentration and patience at the Heyburn Range. Staff will teach basic terminology of an air rifle, proper shooting technique, and safety protocols when handling a firearm. Campers learn how to focus on their target and block out distractions as accuracy is essential at the range.

Orienteering

In this class campers will learn how to properly use a compass, shoot a bearing and count paces. Using the skills they learned they will then compete in a head-to-head orienteering race across camp.

Canoeing

Campers will learn the basic terminology of a canoe and paddle, proper paddling technique, and safety protocols in and around a boat. They will then have an opportunity to propel their watercraft across our 20 acre private Lake Noah and compete in canoeing challenges under the supervision of a lifeguard.



Creepy Crawlers

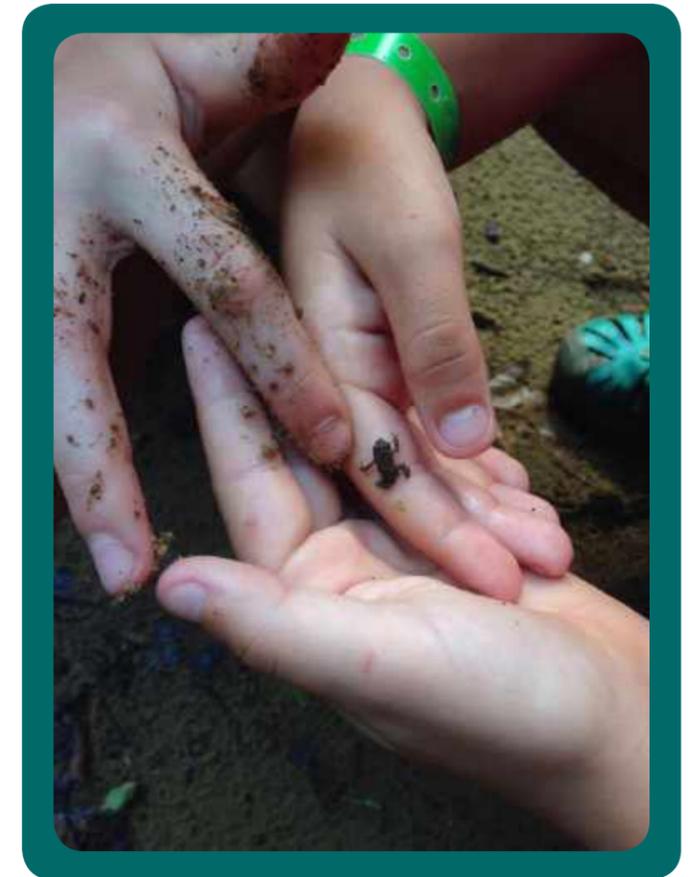
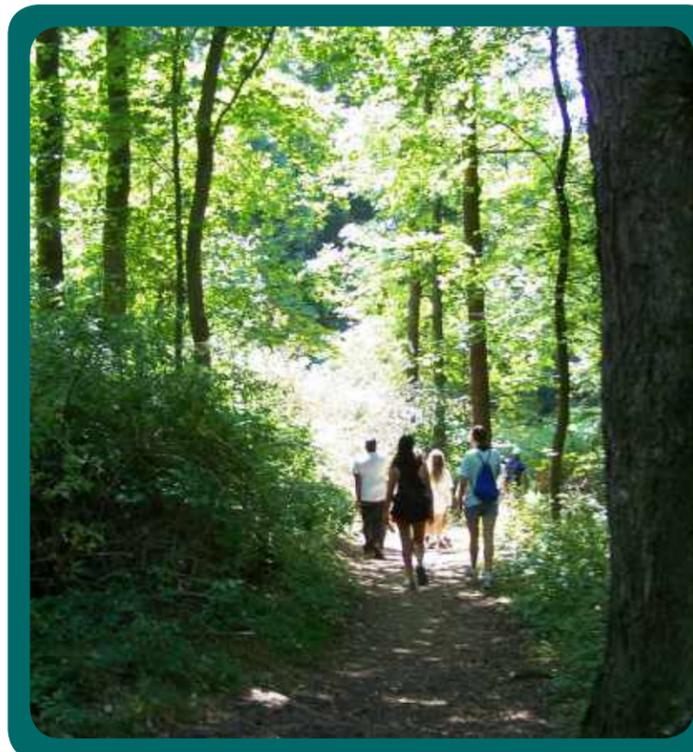
Campers discuss the parts of an insect and various adaptations for survival, then create and present their own insect following the guidelines. Recommend for ages 12 & under **STEM**

Ecology Hike

Lets take a hike! Campers will gain hands-on experience in nature through hiking and observing. They will also gain an understanding of how plants and animals interact in nature. Throughout our journey along lake and wooded trails we identify producers and consumers, various biomes, and the impact of humans on nature. **STEM**

Egg Drop

Campers will learn about Newton's 3 Laws of Motion as they participate in this exciting small group activity where they will build a capsule to protect an egg to drop from varying heights. Students will use math and science skills to decide which materials to "purchase" to build their capsules. **STEM**



Tree ID

Trees are essential to life on earth. In this class, you will learn how to identify our local tree species. You'll be guided through the woods and learn identification techniques by shape, color and placement. This program is not available in winter months. **STEM**

Engineering Challenge

Campers design and create a free standing structure with limited resources and a variety of materials. **STEM**

Outdoor Cooking

Campers develop their skills by learning how to build a fire and cook over it. Campers receive lessons in outdoor cooking safety, cooking techniques, and the essentials for making healthy snacks and scrumptious meals in the great outdoors.

EVENING PROGRAMMING



Camp Fires

Always a camp favorite, campfires are a great time full of singing, dancing, skits, jokes, and stories. A campfire at Y-Noah is something you will never forget, and it is a great way to end your stay. We won't forget the s'mores!

Dutch Auction

This evening activity involves short challenges, skits, quick thinking, knowledge based questions, and the participants having a whole lot of fun.

Talent Show

Let your inner performer shine at the Camp Talent Show. Find your moment in the spotlight with activities like a lipsync challenge, dance off, improv skits, and talent show.

Night Hike

Join our staff as they lead a moonlit stroll long the trails. We may hear some bumps in the night, but have no fear...it's probably just a deer. Howling coyotes, hooting owls, and other nocturnal sounds will provide an out-of-the-ordinary hiking experience.



EQUESTRIAN PROGRAMS



Trail Rides

This session is great for those who want to get a glimpse of the best views at the beautiful YMCA Y-Noah. Saddle up for a staff-led walking trail ride around our lovely property. We will provide trail safe horses, friendly knowledgeable guides and safety briefing for each group. Ages 8+

Equine Science

Equine Science provides a good mix of riding lesson and horsemanship. Campers will mount their horse for a traditional arena lesson, learning the basics of horseback riding. Then rotate to a ground horsemanship station to discuss equine biology, grooming and care. Ages 8+

Pony Rides

A perfect option for our younger visitors. Pony rides are hand led in the indoor/outdoor arena by our staff and volunteers. Parents are welcome to walk along side their child.

Note- All riders must be under 220 lbs



SERVICE PROJECTS

We value each and every volunteer who offers their time, talents, and energy to support and strengthen the life-changing programs offered at YMCA Camp Y-Noah. We truly could not do our work without your help. We offer a variety of service projects and volunteer opportunities to our community members.



We love service groups!



- Painting
- Gardening
- Carpentry Projects
- Electrical
- Power Washing
- Trail Maintenance

Donation Wish List

[www.akronymca.org/
campynoah/about/wish_list/](http://www.akronymca.org/campynoah/about/wish_list/)



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