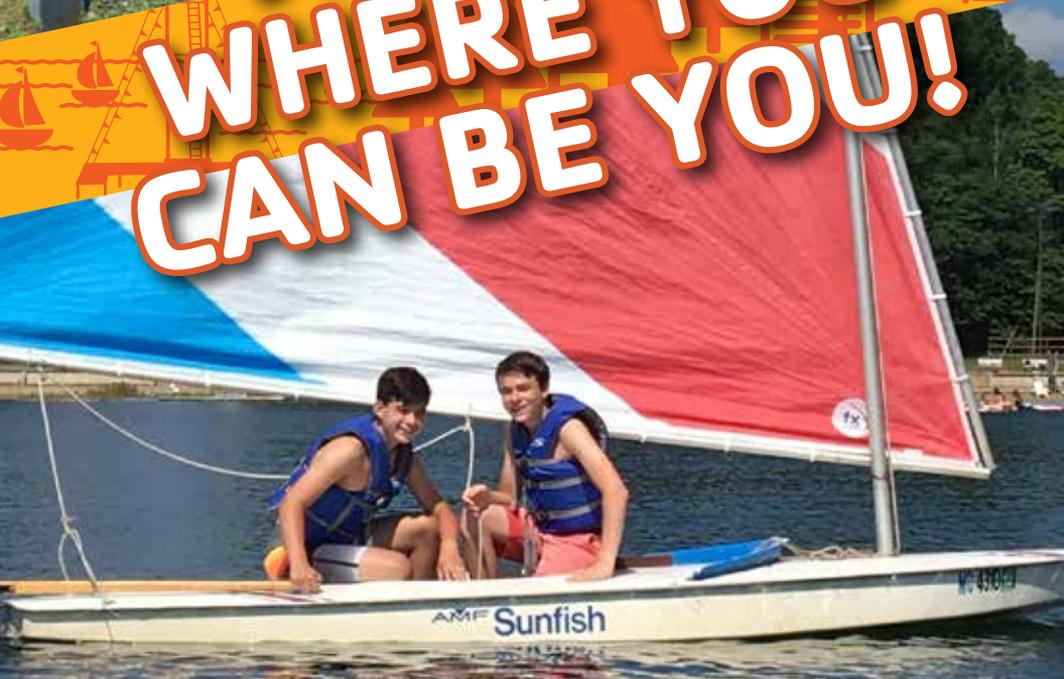




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**A PLACE  
WHERE YOU  
CAN BE YOU!**



**YMCA CAMP EBERHART – 2019 Season**  
10481 Camp Eberhart Rd. Three Rivers, MI 49093  
[ymcacampeberhart.org](http://ymcacampeberhart.org)

# WHAT IS THE GOAL OF A CAMP EXPERIENCE?



**Our Mission:** This is our reason for being. To put Christian principles into practice through programs that build healthy spirit, mind and body for all. The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

- **YOUTH DEVELOPMENT:** Nurturing the potential of every child and teen
- **HEALTHY LIVING:** Improving the nation's health and well-being
- **SOCIAL RESPONSIBILITY:** Giving back and providing support to our neighbors

**Our Core Values:** These values unite us a movement with a common cause. They are the shared beliefs and essential principles that guide our behavior, interactions with each other and decision making.

- **CARING:** Show a sincere concern for others
- **HONESTY:** Be truthful in what you say and do
- **RESPECT:** Follow the golden rule
- **RESPONSIBILITY:** Be accountable for your promises and actions

**Our Commitments:** This is the heart of who we are and what matters most to us.

**INNOVATE:** Seek to understand; brainstorm; prototype; test; refine. Think forward and embrace change. Challenge yourself and challenge assumptions. Think big. View failure as an opportunity to learn.

**DEVELOP PEOPLE:** Recognize and take advantage of strengths, skills and interests. Invest in education, learning, training and knowledge. Create challenges to promote growth. Build passionate teams.

**CONNECT:** Seek partnerships and collaborate with others. Communicate effectively, openly and honestly. Impact others by sharing stories. Listen to understand. Learn about and support those around you.

**LIVE HEALTHY:** Embrace spirit, mind, and body principles. Strive for personal and professional balance. Promote nutritious habits. Lead and encourage a happy, healthy and

**CREATE THE EXPERIENCE:** Transform individuals. Exceed imagination and create surprises. Perform as if you are on the state. Improvise. Be authentic.

**HAVE FUN:** Don't take yourself too seriously. Smile. Be yourself. Find the bright spots and celebrate successes. Be childlike: curious, adventurous and playful.

**Our Guiding Principles:** These are the filters we use to make sure every decision is another step in the right direction.

1. Stay true to our mission and values.
2. Embrace diversity of all kinds.
3. Strengthen our community.
4. Measure results by both social impact and fiscal responsibility.

# BUILDING FRIENDSHIPS

## Camp is all about belonging

Dear Summer Camp Family,

Welcome to YMCA Camp Eberhart! For over 100 years our Camp has provided children with the adventure of a lifetime. We are both excited and honored to serve your family this summer and welcome your child to our community. Our dedicated team of experienced camping professionals have spent the year planning and preparing for a safe, fun & memorable camp experience your camper will never forget. We take pride in the trust that you've given us, and the opportunity to provide your child with a lifetime of skills and experiences.

YMCA Camp Eberhart provides children a home-away-from-home, where they can not only relax from pressures of school, but can simply have fun while engaging in self-improvement. We have a variety of organized activities that campers can choose from to build their own Camp experience. These programs are typically things they wouldn't get a chance to do at home. During each activity, they practice skill development and our counselors teach broader life lessons like: patience, self-confidence, inclusiveness, and optimism. Campers will not only develop more knowledge, skill, and passion for their chosen activities, they will also develop their personal character.

Safety is absolutely our top priority at Camp. Our staff are trained to work with campers through challenging situations as well as to celebrate their successes! We take emotional violence (i.e. bullying) very seriously and we strive to make Camp a safe place for all to be their best and truest selves. Please do not hesitate to contact us if you have any questions at all about our policies or procedures.

We also encourage you to reach out to us with any information that would help us while your child is at YMCA Camp Eberhart: specifically, any special needs your camper might have. Please read through our handbook and take some time to sit with your camper and explore all of the things they can do this summer. If you should have additional questions, please contact us at any time.

If for any reason you need to urgently reach your camper or a staff member during the summer, don't hesitate to call us at (269) 244-5125.

In the spirit of camp,

Katia Martin  
Camp Director



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# PROCEDURES FOR CHECK-IN AND CHECK-OUT

## OVERNIGHT CHECK-IN PROCEDURES

### **STEP 1: Report to Klinger Hall between 2:00 – 4:00 PM EDT!**

To ensure we are fully prepared for your campers arrival, staff will not be able to assist you until 2 PM EST. Families that arrive early will be asked to wait outside of Camp. If you arrive early, we recommend taking a short jaunt up the road to "Corey Lake Orchard" for a fresh apple cider smoothie.

At Klinger hall you will check your child in for Camp, receive your campers cabin assignment, confirm authorized pickups, and turn in any medications you might have (see Health & Safety section). We will also check your camper for head lice, per the Michigan Health Department regulations. Finally, we will take your campers photo & update their account as needed.

### **STEP 2: Set up your bunk!**

After your camper is checked in, it's time to head down to the cabin to set up your camper's bunk and meet the counselors. Picking a bunk is a science. We recommend bunking with someone you have never met before and making a new friend right off the bat. Make sure you speak with your campers counselors & feel free to ask questions.

### **STEP 3: Time to say farewell**

As dramatic as you can make it, in front of as many of their peers as you can, make sure you hug them and send them on their way to have the best week(s) of their lives at Camp!

## WATERFRONT

All campers must complete a swim assessment to ensure safety at our many water based activities. This is done Sunday after check-in with their cabin. A green swimmer demonstrates an ability to stay in the deep end of the swimming area without any significant risk, a yellow swimmer demonstrates beginner's ability at swimming but maybe not the full ability to be safe in the deep end. A red band is for campers who are beginners in the shallower water where our trained lifeguards will keep them safe.

If your camper is a red swimmer we will call you and see if we can make some shifts to their schedule to get them into a swimming period to take swimming lessons.

To participate in any of our waterfront activities (BCK, waterskiing or sailing) your camper must be at least a blue swimmer in swimming. For your child's safety we include swimming lessons in all of the swimming activity periods.

## SATURDAY CHECKOUT

**Report to Klinger Hall between 9:30-11:00am EST.**

You may show up at any time between 9:30-11:00am, however you must report to Klinger Hall to sign your camper out first. To assure the safety of your child, please be prepared to present a government-authorized photo ID and that you are listed as an authorized person to pick up your camper.

If picking up your camper late, please let us know in advance! There may be an additional fee. More importantly, we want to assure your child that we know when to expect you.

Campers wishing to extend their stay will be allowed to telephone you for permission early in the week. These phone calls are made in our Camp office with a staff member standing by to verify the arrangements.

# HEALTH AND SAFETY AT YMCA CAMP EBERHART

All prescription medication brought into Camp must be in their original container and must include the camper's full name, dosage amount, delivery times, and any limitation. All medications, including non-prescription vitamins, creams, lotions, aspirin, etc., must be turned in and dispensed by the Camp Health Officer, Nurse, or EMT, as required by Michigan law. Do not repackage drugs or substitute another person's prescription; this is prohibited by Michigan law.

All campers are screened for medical needs during check-in. Occasionally campers do become ill or require other medical attention during the week. We maintain a well-equipped health facility, complete with dispensary, sick bays, and isolation rooms. A certified Health Center Staffer, nurse, or EMT is on call 24 hours a day.

We will check for head lice before campers are allowed to go to their cabins. We follow the same guidelines as school policy for lice. If your child is found with nits, they will be sent home and may return 24 hours after treatment.

In addition to our medical staff, we foster a close relationship with nearby physicians and the local hospital for consultation and emergency service. To provide medical care for your child, we need your SIGNED authorization and ALL INSURANCE NUMBERS which should be completed ONLINE prior to your arrival.

The State of Michigan requires we have signed authorization to treat each child at Camp. If at any time your child requires medical attention offsite or is restricted from normal program participation for more than a few hours, or has a fever over 100 degrees, you will be contacted immediately. Your family accident/ health medical insurance will be billed, and you will be advised of and billed for any other medical expenses such as special medication and/or supplies prescribed by the physician.

The State of Michigan requires that we have on file (from your online registration) a list of individuals that you authorize to take custody of your child in your absence. Give careful thought to your list and be sure to include all parents/guardians. If anything does change during Camp, please email and let our staff know.



# CAMP RULES

**The experience of Camp is one of connecting with peers & creating friendships in a natural setting. To promote the community of Camp, we instruct our campers to live the YMCA Core Values: caring, honesty, respect, and responsibility.**

1. Please leave your cell phones, iPods, other communication devices, or two-way radios at home. Please leave valuable jewelry or watches, expensive clothing, or personal sports equipment at home as well.
2. Camp will not be liable for lost, damaged, or stolen items.
3. Campers may not bring their own vehicles or any animals.
5. Please leave Camp money in the Camp Account. Parents may deposit funds online at any time for program and souvenir purchases as well as snacks and ice cream in your camper's store account. Cash will not be accepted at the Camp Store during the week.
6. YMCA Camp Eberhart is a weapons-, alcohol-, drugs-, and tobacco-free property. Anything deemed inappropriate will be confiscated by the Camp Director.
7. Campers are not allowed to leave Camp without the parent and Camp Director's permission.
8. We take bullying or "hazing" very seriously. We will seek solutions and teachable moments with our campers when we encounter these situations. If safe resolution cannot be achieved we may dismiss a camper to go home early.

Camp serves everyone equally. We are committed to ensuring that all members, campers, guests and program participants are treated with respect irrespective of their race, color, sex, age, religion, national origin, ancestry, sexual orientation, gender identity, disability or any other protected status. All employees must treat members, campers, guests and program participants equally when providing service.

**NEGATIVE BEHAVIOR** – Children and young adults make mistakes. Our staff are carefully trained to work with children in a positive and trusting environment. It is assumed that campers are open to self-improvement and the ideals and expectations of our camping program. Most behavior issues are learning opportunities for the camper. We do everything to help co-parent and help the camper become a better person through the experience.

Corporal punishment, denial of food, isolation without supervision, ridicule by staff or campers, excessive exercise or deprivation of sleep are expressly prohibited as means for discipline in our Camp.

If it is necessary for a camper to leave Camp, parents/guardians will be contacted immediately and are responsible for picking up or arranging transportation at their own expense. Any camper dismissed from Camp for disciplinary reasons will forfeit any refund of fees.

# CAMPER'S DAILY SCHEDULE

## TYPICAL DAY AT OVERNIGHT CAMP

7:45 Flag Raising  
8:00 Breakfast/Cabin Clean-up  
9:30 1st Program  
10:45 2nd Program  
12:00 Lunch/Rest hour  
2:00 Open Period  
3:15 3rd Program  
4:30 4th Program  
5:30 Dinner/Open Play  
6:45 Chapel  
7:00 Evening Program  
8:30 Taps  
9:00 Devo  
10:00 Lights out



\*Each cabin has a designated showering time every day where campers will be asked to take a shower.

Most weeks we will run 2 meals back to back. The younger campers eating first, and the older campers eating second. This schedule reflects that with two activities per meal.

Creative and exploratory programs are one of the reasons YMCA Camp Eberhart is so amazing! Make sure you take diligent time to plan out your camper's schedule through your online account before arriving at camp. We believe that these programs present the types of experiences campers do not regularly get at home. We also believe that through these activities campers will learn a skill as well as life skills like self-confidence, patience, grit and encouragement, among others. Most importantly though, campers will have a fun/safe experience! Here are a list of the different programs Camp has to offer. For information on these programs please see our website.

- Archery
- Arts and Crafts
- Astronomy
- Boats Canoes Kayaks
- Drama/Music
- Fishing
- Horses
- Land Sports
- Nature / Outdoor Living Skills
- Paddleboard
- Photography
- Riflery
- Rock Climbing 1
- Rock Climbing 2 (Ages 12+)
- Rocketry
- Sailing
- Snorkeling
- Swimming
- Trail Biking
- Wakeboarding
- Waterskiing

# CAMP STORE



While at Camp, your child will have the opportunity to purchase various items in our Camp Store (Hezekiah's Treasure Chest!). The only time the Camp store accepts cash or cards is on check-in or check-out days. This allows camper to not worry about losing money while enjoying all our activities.

Any money for snacks, souvenirs, and program supplies should be deposited into their Camp Store account which you can access and add funds to through your account login on our webpage. Campers can then draw from this account during their stay.

You can set up their account online to let them overdraw their account, or you can receive an email notification when they have dropped below a certain amount. Money left in a camper's account at the end of their stay can be refunded or donated. Many families donate their account to our Camp Financial Assistance Fund, Project 132, which helps us to fulfill our promise to make Camp open to those who would not otherwise be able to attend. The following items can be purchased at our Camp Store:

**SNACKS** - A maximum of one snack and one beverage can be ordered during Rest Hour, and a maximum of 3 treats can be ordered during Open Program.

**PROGRAM SUPPLIES** - Rocketry, and Arts & Crafts include all the base supplies for these programs. Should your camper wish to purchase an upgraded item they can do so from their store account.

**APPAREL** - Clothing can be purchased during breakfast, lunch, or on weekends during check-in and check-out.

Use this general price list to plan how much to deposit in your camper's store account:

Arts & Crafts \$8 (Tie-dye)

Rockets \$7-\$25

Clothing \$10-\$40

Sweet Snacks/Drinks \$2/each

Healthy Snacks/Drinks \$1/each



## LAUNDRY

Campers who stay for more than one week can have their laundry done if needed. We have a professional Laundry Service that will pick up on Saturday and return laundry the next day on Sunday. This is for a flat fee of \$20.00 that will be charged to your campers account. Bags are provided and usually fit 2 loads of laundry.

# HOW TO KEEP IN TOUCH WITH YOUR CAMPER

## RECEIVING MAIL AND OUR CELL PHONE POLICY

YMCA Camp Eberhart is an unplugged camp and cell phones are not allowed by campushowever if you for any reason wish to speak to your camper, please do not hesitate to call the office line and we will connect you. If your camper asks to call you during the week, we will call you first and ask if that is what you wish before connecting you. Our desire is to create a sense of independence and character development among our campers, but we also firmly believe in working with parents to make sure your child is as comfortable as possible at camp.

Campers are always excited to receive mail and we know you want to keep up with all the exciting things your child is experiencing at Camp. Our counselors make a special effort to encourage campers to write home. If you have a younger or first-time camper with us, consider writing often. Help your kids keep in touch by packing pre-addressed and stamped envelopes. But, please don't worry if your child doesn't write frequently. Usually our campers say, "I was just too busy having fun!"

If you would like to send food or care packages, please send it in a sealable tupperware container. We work very hard to keep squirrels & other "guests" from entering the cabin. Care packages can also be dropped off during check in with the Store in Klinger Hall. Please make sure to add the campers name and date to be delivered. Do not send any food that has peanuts or has been packaged in a peanut facility.

Care Package Ideas: Stuffed animals, water front toys, plain shirt with color markers for cabin mates to sign, glow sticks, clothes to match our themed weeks, hair ties, etc.

YMCA CAMP EBERHART  
(your camper's name)  
10481 Camp Eberhart Road,  
Three Rivers, Michigan 49093

## EMAIL

**Email from parents will be printed and distributed daily at 10 AM EST. To email your camper, visit our web site: [www.ymcacampeberhart.org](http://www.ymcacampeberhart.org) and click the "Register and Manage Account" link and follow steps below. Note: We charge a small fee for emails because in the recent past we have encountered situations where campers were receiving upwards of 50 emails a day. Please understand this small fee is simply to help us conserve resources.**

**Log in to your account and select "View Itineraries"  
Select the camper/session you wish to email  
Select "Send Emails"**

## PHOTOS

We will take hundreds of photos of camp in action every day and post our best shots to our Flickr page. Photos will be updated daily, but sometimes not until later in the evening. Campers can be camera shy so please let the office know if your camper has not been photographed and we will do our best to capture him or her at camp. You can find a link through our website to the photos page or simply type this link into your URL: <https://www.flickr.com/photos/125325701@N07/sets/>

# WHAT ABOUT HOMESICKNESS

Homesickness is a normal part of growing up, and all our counselors are trained to help campers that may be experiencing some anxiety with encouragement, lots of activity, and building new friendships. Parents, please encourage your child by sending friendly letters often. Feel free to call and talk with our Camp Director if you feel concerned about your child. We have found that allowing campers to phone home without consulting the parents first can cause setbacks and further aggravate the issue. We will contact you if there is a serious homesickness issue to help determine the best course of action. Ultimately growing up is a progress and we want to celebrate every step. Sometimes staying the whole week is too much. That's ok. We will work with you to encourage your camper to reach a goal you think is appropriate and make sure they have a ton of fun along the way!

# WHAT SHOULD I PACK

Put your camper's name on **EVERYTHING!**

Please use the CAMPER INVENTORY to record the items your child brings to Camp. This list can be found at the back of this parent packet. We suggest you pack the list in your child's luggage so it can be referred to at the end of the week to ensure all belongings return home.

Clearly mark all belongings with your child's name on them. On Saturdays all unclaimed items are placed in Klinger Hall for parents and campers to check.

Unlabeled and unclaimed items are held in Lost & Found for two weeks before being donated to charity. Contact Camp if you are trying to locate lost items. We will do our best to locate them.

# REFUNDS, RECEIPTS, AND RETURNED CHECKS

All Camp fees and registrations are handled by YMCA Camp Eberhart. When paying the balance of fees, extending a camper's stay, or canceling a registration, please contact us at YMCA Camp Eberhart, not the YMCA of Michiana.

## Refunds

Full refunds may be issued only in cases of medical or family emergency. If a full refund is requested, a signed doctor's note or other proof of family crisis may be required. The \$100.00 per session deposit is non-refundable but may be transferred to a different period up to seven days prior to check-in date.

## Store Refunds

Any remaining money in a store account will be dispersed back to the camper's family upon request or held over as a credit on the camper's account for next Summer. Please consider donating any unused funds to Project 132, our financial assistance fund. This fund helps us to provide Camp to children who would not otherwise have the opportunity to attend Camp.

## Cash Receipts

PLEASE DO NOT HAND CASH TO ANY STAFF MEMBER who is not prepared to give you a written receipt. Only cash transactions verified by official receipts will be honored for refunds.

## Returned Checks

# SEE HOW YOUR CAMPER IS DOING DURING THE WEEK



## Stay Up-to-Date

Want to check in and see how much fun your child is having? Like us on Facebook! In case of emergency, we will also be using Facebook as a way to communicate to parents immediately about the safety of your child (our first priority.)

[www.facebook.com/ymcacampeberhart](https://www.facebook.com/ymcacampeberhart)

Want to check out all the photos of the week of Camp? Our Flickr page can be accessed on our website ([ymcacampeberhart.org](http://ymcacampeberhart.org)) by selecting "Camp Photos" on the left side of the page. Then select "click here to go to our Flickr account." All photos are free to download.

<https://www.flickr.com/photos/125325701@N07/sets/>



## CHECK YOUR EMAIL

We want to hear about your camper's Camp experience. After check-out, you will receive a parent evaluation via email. Please go through this with your child and return it to us so that we can make our programs and services even better.



# SUMMER BUCKET LIST

Share this bucket list with your kids to inspire them to get the most out of their Camp experience. Then when they get home, ask about their list and what they accomplished.

- Make a friend for life
- Participate in a program you have never done before
- Reach proficiency in a program
- Jump off of Coop's Tower
- Meet counselors from three different countries
- Learn how YMCA Camp Eberhart started
- Hit a bulls-eye in archery
- Sail a sailboat
- Ride a horse
- Roast a s'more
- Swim the diamond
- Jump the wake on a wakeboard
- Learn a greater appreciation for nature
- Earn a rag in the ragers program
- Write a handwritten letter home
- Sleep under the stars
- Learn about others around a campfire
- Sing a song
- Show off your best dance moves
- Provide input into the future of YMCA Camp Eberhart

Reserve your spot for 2020 - we will fill up fast! You can reserve it online at [ymcacampeberhart.org](http://ymcacampeberhart.org).

We are very excited to meet you and your camper! If we can help in any way, please let us know.



# INVENTORY OF PERSONAL BELONGING

Camper's Name:

PACKED		RETURNED
Bedding	Twin Blankets or Sleeping Bag	
Bedding	2x Twin Sheets	
Bedding	Pillow	
Bathroom Items	Hand Soap and Container	
Bathroom Items	General toiletries: Toothbrush, Toothpaste, floss	
Bathroom Items	Shampoo and/or Conditioner	
Bathroom Items	Hairbrush and Comb	
Bathroom Items	5 Towels – 2 Hand, 2 Bath, 1 Beach	
Bathroom Items	2 Washcloths	
Clothing	2 Pairs of Long Pants	
Clothing	4-6 Pairs of Shorts	
Clothing	8 Sets of Underwear	
Clothing	6 Short-Sleeve Shirts	
Clothing	2 Summer jacket, Sweater , or Sweatshirt	
Clothing	Pajamas or Nightshirts	
Clothing	2 Swimsuits (one piece)	
Clothing	Boots, Tennis Shoes, Sandals	
Clothing	1 Hat or Cap	
Clothing	1 Raincoat or Poncho	
Miscellaneous	1 Headlamp or Flashlight with Extra Batteries	
Miscellaneous	Sunscreen/Insect Repellent (non-aerosol)	
Miscellaneous	Water Bottle	
Miscellaneous	Trunk or Rubbermaid Tubs	
Miscellaneous	Laundry Bag for dirty laundry	
Miscellaneous	Teddy bear	
Miscellaneous	Backpack	
Optional	Stamped and pre-addressed envelope with stationary and pens/pencils for letters home	
Optional	Books to read	
Optional	Sunglasses	
Optional	Disposable camera	

**Please Remember to Clearly Label Your Camper's Belongings!**

F J  
 N P  
 R Y J J  
 G I V Y  
 G F N F Z J  
 T T W A L Y  
 X B R G P B E V  
 N Y L A N S S R  
 L J A Q B I I K U Y  
 E J P T P J L M J S  
 S C L A M U G W B M P O  
 G Y O T M G R M D L I H  
 A F S B U K E I E D B A W K  
 R R M E A R C H E R Y U Z S  
 K O T O N G P C V Y D S I I I P  
 X A Y R C G N I L E K R O N S N  
 L B K O E H K Y I E C R A I A Q S G  
 O T R T S A I B P H S D S P X C F D  
 I L U Y O F I Y Q S F S U C A O A X Y Z  
 H Z D G M Q N R W A A Y I O A I W S D I  
 F I U E F X J E S L I A R T F H M L Q C A V  
 R E M M U S O W X O S X Q I C P E P B E T U  
 U M Y L N A I R T S E U Q E F Y O N E F O R B O  
 C M D Y O P Y U E R U T N E V D A B G R I A C X  
 V M T R A H R E B E O A S T R O N O M Y A T R T R R  
 N K G X X X P H O T O G R A P H Y I I L L I G E S N  
 P N R E  
 Z X G W  
 Y S I K  
 Q R Y F

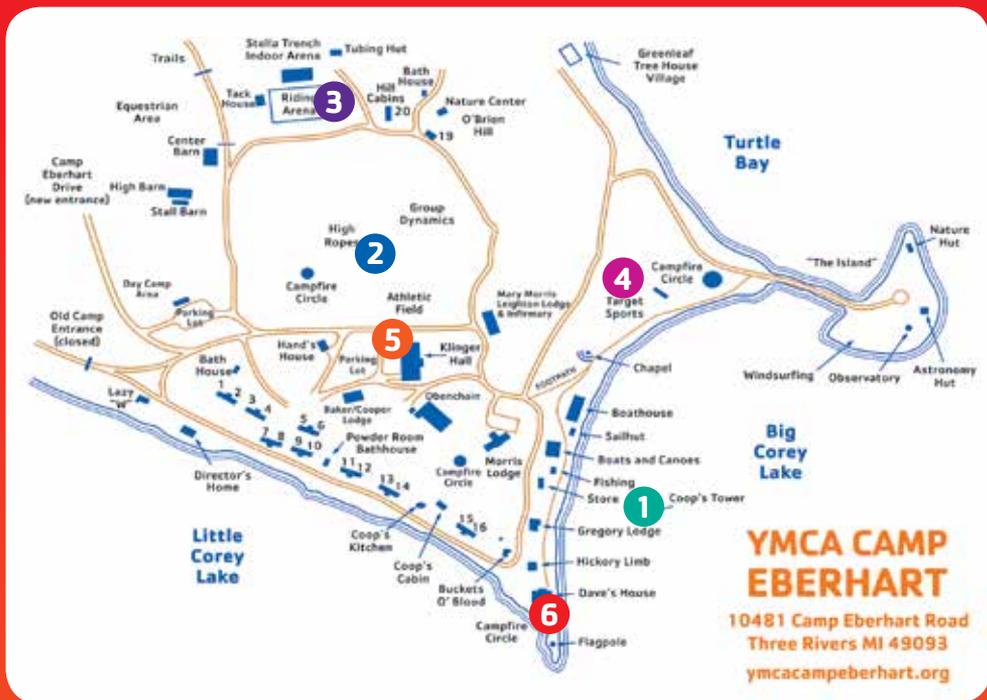
# WORD SEARCH PUZZLE

EBERHART  
 ADVENTURE  
 ASTRONOMY  
 TRAILBLAZING  
 RIFLERY  
 SUMMER

TREEHOUSE  
 CAMPFIRE  
 TRAILS  
 SWIMMING  
 SNORKELING  
 SAILBOAT

OBENCHAIN  
 SMORES  
 FISHING  
 PHOTOGRAPHY  
 EQUESTRIAN  
 NATURE

# CAMP MAP



When scheduling your campers week, keep in mind the following times.



1

8 min



2



3

6 min



4



5

5 min



6



## **YMCA CAMP EBERHART**

**10481 Camp Eberhart Road  
Three Rivers, Michigan 49093  
(269) 244-5125**

**[ymcacampeberhart.org](http://ymcacampeberhart.org)  
[facebook.com/ymcacampeberhart](https://www.facebook.com/ymcacampeberhart)**