# YMCA Camp Hi - Rock (*click*)

## est. 1946




## USA, Summer 2023

# YMCA Camp Hi - Rock (*click*)

**Παράρτημα της Central Connecticut Coast YMCA (est. 1859)**

**https://cccymca.org/about-us/**



# YMCA Camp Hi - Rock (*click*)

Στον παρακάτω σύνδεσμο θα βρείτε πληροφορίες καθώς & φωτογραφικό υλικό

https://bit.ly/3uf9qh1



# YMCA CAMP HI - ROCK



**YMCA Camp Hi-Rock is located in Mount Washington, Massachusetts.**

**Βρίσκεται σε έκταση 1.000 στρεμμάτων, ανάμεσα στα βουνά Berkshire, μέσα στο δάσος, με ιδιωτική λίμνη 90 στρέμματα, σε μία πραγματικά μαγευτική τοποθεσία.**

# YMCA CAMP HI - ROCK



Μπορεί να φιλοξενήσει μέχρι και 320 κατασκηνωτές / περίοδο. Το κάθε σπιτάκι έχει 10 κρεβάτια για τους κατασκηνωτές και 2 για τους Αρχηγούς *(counselors)*, στελέχη άνω των 18 ετών.

Οι χώροι υγιεινής είναι κοινόχρηστοι και βρίσκονται σε ξεχωριστούς χώρους *(ντους & τουαλέτες)*.

06

# LOCATION - PHOTOS













YMCA THESSALONIKI

# Timeline

ΔΙΑΡΚΕΙΑ 15 ΗΜΕΡΕΣ

- 1 ΕΒΔΟΜΑΔΑ
- 2 ΕΒΔΟΜΑΔΕΣ
- *INCLUDING CITY WEEKEND EXPLORE*
  - New York
  - Boston

# Logistics

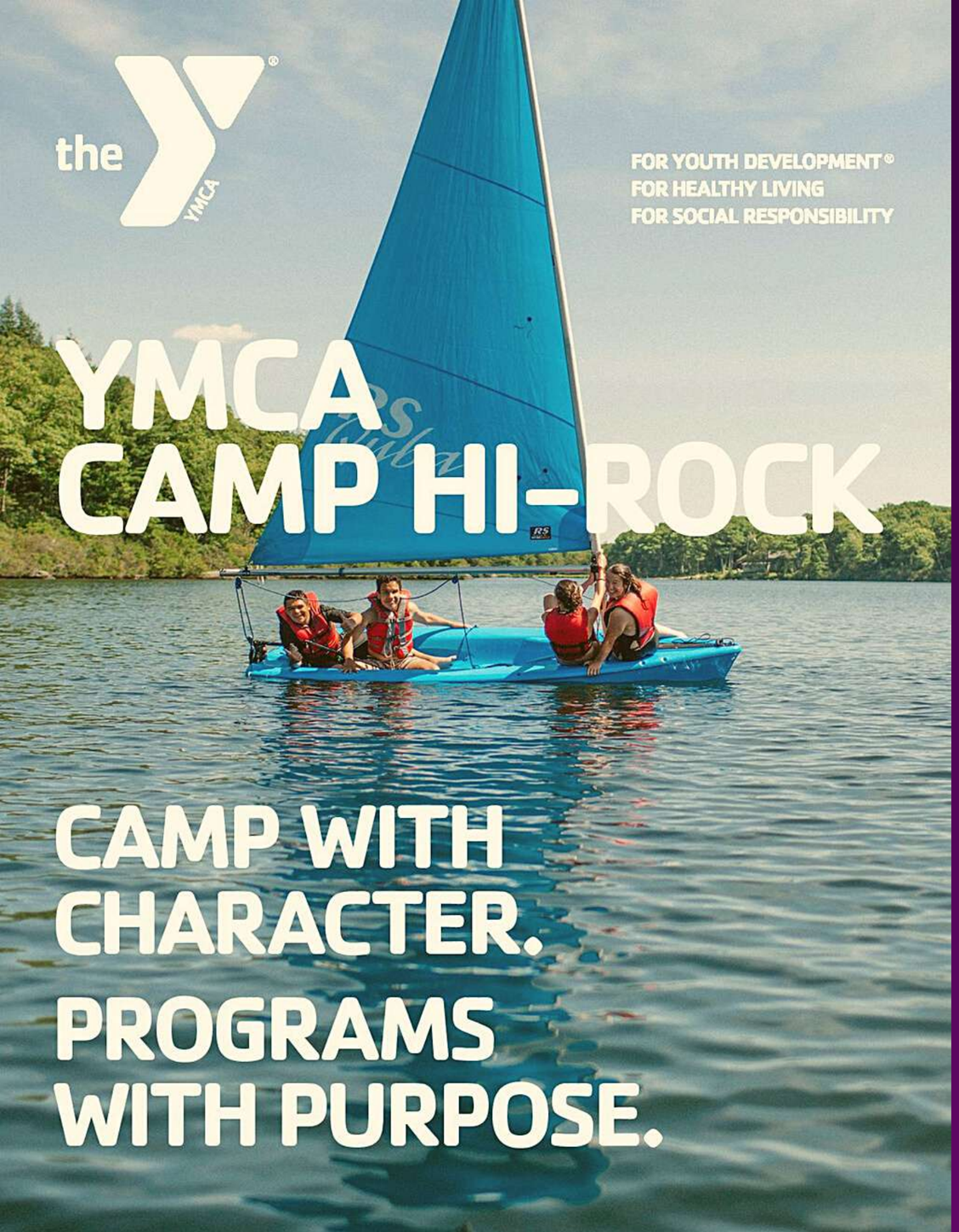
- Ημερομηνίες προγράμματος: 23/07/2023 - 07/08/2023
- Διάρκεια προγράμματος: 15 ημέρες
- Ηλικία κατασκηνωτών: 10 - 16 ετών
- Φύλο κατασκηνωτών: Κορίτσι ή Αγόρι
- Ελάχιστος & Μέγιστος Αριθμός συμμετεχόντων: 4 - 12 άτομα
- Συνοδός: 1 επαγγελματικό στέλεχος εκ μέρους Χ.Α.Ν.Θ.

# Logistics

## Κόστος συμμετοχής: 3.900€

**Στην τιμή συμπεριλαμβάνεται:**

1. Αεροπορικό εισιτήριο
2. Ασφάλεια ταξιδιού
3. Κόστος ESTA
4. Διαμονή και σίτιση στην κατασκήνωση
5. Συμμετοχή στο κατασκηνωτικό πρόγραμμα & στις δραστηριότητες
6. Μετακίνηση από & προς το αεροδρόμιο στις Η.Π.Α.
7. Δύο (2) ημερήσιες εξορμήσεις στην Νέα Υόρκη και στην Βοστώνη



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# YMCA CAMP HI-ROCK

## CAMP WITH CHARACTER. PROGRAMS WITH PURPOSE.

YMCA THESSALONIKI

### Building Friendships

We have a primary emphasis on friendship building. In our supportive atmosphere, campers learn to live together within a community governed by the character values of caring, honesty, respect and responsibility. Experiences are managed in such a way that relationship building skills are taught and reinforced at every opportunity. As a result, campers form friendships that often last well beyond the summer, and gain the lasting self-confidence that comes with their newfound interpersonal skills.

### For All

At Hi-Rock, campers live with, learn from and develop lifelong friendships with people whose backgrounds and experiences differ greatly from their own. Our goal is to make camp a place where campers feel comfortable being their unique selves. We celebrate our diverse camp community and welcome all to the Hi-Rock family.

### PROGRAMS WITH PURPOSE

- Adv. Swimming**
- Air Riflery (BB guns)
- Archery
- Arts & Crafts
- Basketball
- Canoeing
- Cooking
- Creative Writing
- Dance
- Digital Photography
- Drama
- Fishing
- Fitness
- Flag Football
- Frisbee Games
- Gaga Ball
- Gardening
- High Ropes Course*
- Hiking
- Horsemanship
- Juggling
- Kayaking**
- Kickball
- Low Ropes Course
- Orienteering
- Outdoor Living Skills
- Overnight Camping
- Rock Climbing
- Row Boating
- Sailing**
- Science Exploration
- Soccer
- Softball
- Stand-Up Paddle Boarding**
- Swimming
- Tennis
- Ukulele
- Voice
- Volleyball
- Wakeboarding**
- Waterskiing**
- ...and more!

* High ropes participants must be 12 years old or over.
** Some aquatic activities require an advanced swim level.

### "My Camp"

Campers quickly begin referring individually to Hi-Rock as "my camp" and indeed it will be just that. For many, their relationship with Hi-Rock and the ownership they feel for camp will last a lifetime. The sense of belonging is powerful and enduring. Once a Hi-Rocker, always a Hi-Rocker!



# CAMPING ACTIVITIES

1. Adv. Swimming**
2. Air Riflery (BB guns)
3. Archery
4. Arts & Crafts
5. Basketball
6. Canoeing
7. Cooking
8. Creative Writing
9. Dance
10. Digital Photography
11. Drama
12. Fishing
13. Fitness
14. Flag Football
15. Frisbee Games
16. Gaga Ball
17. Gardening
18. High Ropes Course*
19. Hiking
20. Horsemanship
21. Juggling
22. Kayaking**
23. Kickball
24. Low Ropes Course
25. Orienteering
26. Outdoor Living
27. Skills
28. Overnight Camping
29. Rock Climbing
30. Row Boating
31. Sailing**
32. Science Exploration
33. Soccer
34. Softball
35. Tennis
36. Boarding**
37. Swimming
38. Stand-Up Paddle
39. Ukulele
40. Voice
41. Volleyball
42. Wakeboarding**
43. Waterskiing**

*...and more!*

**High ropes participants must be 12 years old or over.*

*** Some aquatic activities require an advanced swim level.*

# ACTIVITIES - PHOTOS













# ACTIVITIES - PHOTOS













# Daily Scedule

7:15 Wake-up Call
7:45 Flag Raising
8:00 Breakfast
8:30 Kapers (Cabin/Unit clean-up)
9:10 First Coaching Period
10:10 Second Coaching Period
11:10 Cabin/Unit Activities
12:00 Lunch
1:00 Siesta
2:00 Third Coaching Period
3:00 Fourth Coaching Period
4:00 General Swim and free time
5:15 Staff Swim and Unit time
5:50 Flag Lowering
6:00 Dinner
7:00 Evening Program
8:00 Lower Unit Cabin Chat
8:30 Lower Unit Lights Out / Middle Unit Cabin Chat
9:00 Middle Unit Lights Out /Upper Unit Cabin Chat
10:00 Upper Unit Lights Out

# YMCA CAMP HI - ROCK

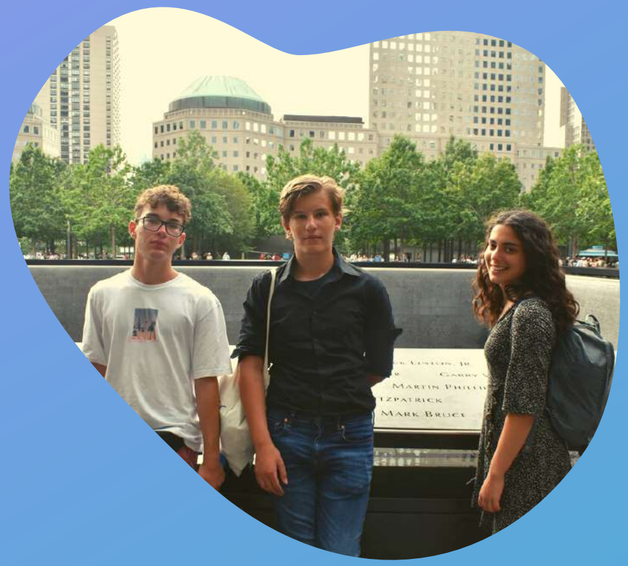
https://youtu.be/aV6fCm18Tuo

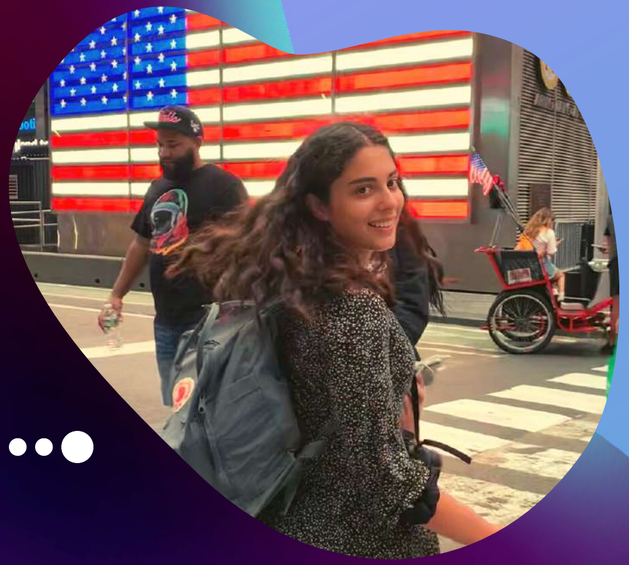


# SUMMER 2022 - PHOTOS











# SUMMER 2022 - PHOTOS













# Στόχοι:

1. Κατασκηνωτική εμπειρία
2. Ανάπτυξη προσωπικών δεξιοτήτων
3. Διαπολιτισμική εκπαίδευση
4. Ανταλλαγή κουλτούρας και καλών πρακτικών
5. Εκμάθηση γλώσσας

# YMCA Camp Hi Rock

**YMCA Camp Hi - Rock is accredited by the American Camp Association *(διαπίστευση)*.**

**https://www.acacamps.org/**



# More Information



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Τρόπος ζωής για μια ζωή