

OUR PROGRAMS EXPLAINED

Overnight Camps 1 NIGHT

Overnight Camps depart on a Saturday morning and return on a Sunday afternoon - this is a great way to experience camp for the first time. Enjoy a mix of adventure-based activities, time outdoors as well as a chance to spend time with friends old and new.

Weekend Camps 2 NIGHTS

Weekend Camps depart on a Friday evening and return on a Sunday afternoon - a perfect weekend away. Enjoy a mix of adventure-based activities, time outdoors as well as a chance to spend time with friends old and new.

School Holiday Camps 3 NIGHTS

School Holiday Camps vary from 3 to 4 days duration. These camps may run during the week or on a weekend during the school holiday period.

Y Retreats 2-3 NIGHTS

Y Retreats are unique weekends away for people of all abilities. These camps are best suited for campers with 1:3 and 1:5 support needs, 18 years and over.

Small Group Camps 2-3 NIGHTS

Our new **Small Group Camps** provide the same adventurous, fun camping experience as our adult and all-age camps but with fewer participants. These camps deliver a more intimate experience for campers 18 years old and over.

Departure Location:

Our programs depart from the Y Space/Leisure City, Shop 7/41 Miller Street, Epping VIC, 3076. Alternate regional pick-up locations may be available.

What's Included:

All program costs include transport (to and from the camp), all meals, activities, accommodation and support.

What to Bring:

Our programs will involve you being outdoors, so make sure you pack appropriate clothing and footwear (for all weather conditions). Bedding is **not included**, you will need to bring your own pillow and sleeping bag/doona on Overnight, Weekend and School Holiday Camps. Our Camp Information Pack explains it all.

Did you know...

Research conducted by the Murdoch Children's Research Institute in 2016/17 shows that participating in camps:

- decreases anxiety
- increases efficacy (the ability to get things done)
- increases connection with peers
- increases connection with school