

# Welcome to



Hello.

We are glad that you are thinking about joining us at Camp Lakey Gap. We want you to know that Camp Lakey Gap is a fun and safe place with nice people. Coming to a summer camp may be something new for you. In this story, you will learn what to expect when coming to camp. Hopefully, we get to meet you in real life soon!

Sincerely,  
Camp Lakey Gap Staff

When I first arrive at camp on Sunday, the schedule looks like this:



## **Sign In and get your picture taken**



## **Meet your counselor**

My counselor will be my personal guide at camp. They will stay with me each day and make sure I have everything I need. They will also try to help me learn about the ways I can have fun at camp.



## **Talk with the nurse**

The nurse will ask me some questions and talk to my parents or caregivers about ant medicines. This is not a Dr. appointment and I won't get a shot or anything like that.



## **Unpack at the Group Lodge**

Campers and some counselors stay at the Group Lodge during camp. This is where I will have a bed and keep my clothes and other things I brought.



## **Tell my family "Bye, I'll see you on Friday!"**

My family and caregivers will not stay in the Group Lodge with me. They may go back to my house. This is OK. I will see them on Friday morning at 11 am.



On Sunday, after your parents or caregivers leave, we usually go to the pool first (as long as the weather is clear), then dinner, camp fire, pool, and shower time. At the camp fire we roast marshmallows, make s'mores, and sing scamp songs.





## Typical day at camp...

Counselors pick up campers at the Group Lodge at 8:15 and head to **breakfast at 8:30**. After that the group rotates between **outdoor activities, arts and crafts, snack, and music & motion**



*Each camper has an assigned desk. First they do a school related task, and then they do the craft for the day. Crafts vary according to age and interests.*



*Sometimes Arts and Crafts happens outside. We like to express our inner artists on huge canvases.*



*Music and Motion is an interactive music time. We do stretching, games, instruments, dancing, or whatever the group is interested in!*



*Headphones are available for sensitive ears.*



*Usually, the morning outdoor activity happens at our black top area. We normally start with a group activity, and then campers can go around and try different games with their counselor.*



We usually start with parachute games.



Giant Jenga is one of the games that could be set up for campers and counselors.

Putt-Putt Practice is another station you might see at outdoor activities.



Sometimes, the counselors and campers draw with sidewalk chalk.



“Corn Hole” is a popular game with many of the counselors and campers. Each player tries to throw a bean-bag into a hole.



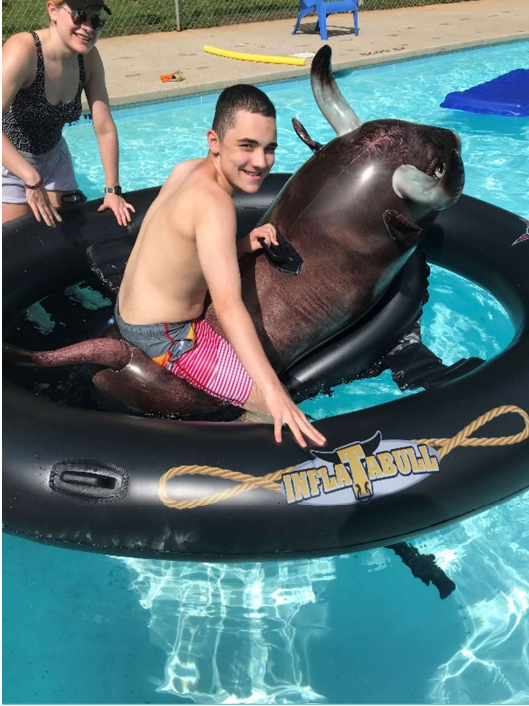
Outdoor Bowling is a unique way to enjoy an activity that lots of people know.





*We go to the pool 3 times a day. We go at 11:00, 4:30, and 7:00. Campers always have loads of fun at the pool with their friends and counselors. We have lifejackets available for campers with a history of seizures, or if you are still learning to swim.*

Sometimes, there are inflatable rafts and other fun toys in the pool.



The pool is fun place to hang out with friends.



Sometimes, campers like to hang out on the edge and take a break in the sun.



Pool noodles are usually available for campers to play with.



*After our 11:00 pool we go to lunch at the cafeteria, followed by an hour and a half rest time. Some campers sleep, some play games, and some watch a movie. There are at least 3 staff members in the cabin at nap, and the counselors have that time off. After rest, we head to the Shady Stage or the Rocking Chair Porch for Song Time!*



*Sometimes, guest musicians come and share instruments with us.*



*Sometimes, Jon will bring his guitar.*



*Sometimes, campers help lead songs.*



*Counselors will help their campers learn the words and/or the motions for each song.*



*In the afternoon we rotate through Arts and Crafts and Outdoor Activities. Usually the Outdoor Activity in the afternoon is a hike or creek activity so that we can be in the shade!*



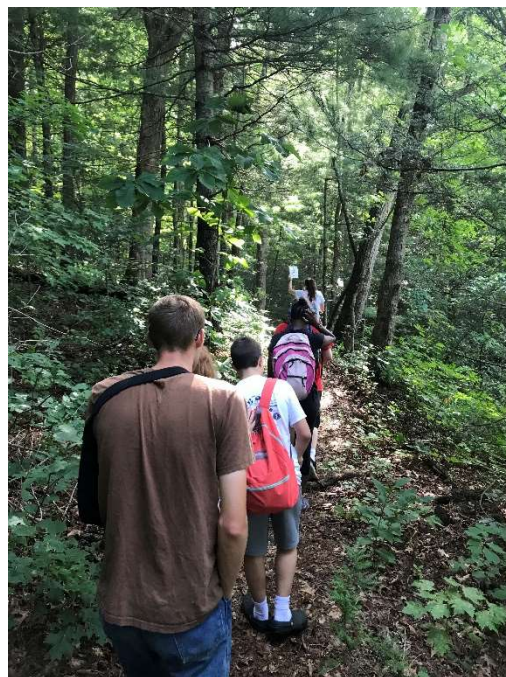
*Arts and crafts can happen outside too!*



*Our chilly mountain creek is a great place to look for critters!*



*If you don't want to catch the critters yourself, you can check out what other folks have found.*



*Christmount has many beautiful trails. We adapt our hikes so that there is a purpose to them, like sensory hikes or scavenger hunts.*



*Our playground has rustic wooden play equipment and garden, and is set in a wooded area with a creek running through it. We use the playground for specific activities, but mostly it is used for a place to go if your camper finishes an activity early or just has a few minutes before the next activity.*



*Beautiful playground*



*Aside from our playground, we have multiple swings set up around camp. These are great for sensory input and to just kill some time between activities.*



*Campers love the cool train and the fastest tunnel slide in North Carolina!*



*After rotating through our afternoon activities we go to the pool at 4:30, dinner at 5:30, and then off to the Special Event of the day. These change daily and are planned according to the age group and to people's interests. They could be waterslide, Black Mountain fire truck, country fair, parade, detective night, Harry Potter night, Tye-dye, etc.*





*On Tuesday, we take a school bus about 5 miles down the road to Camp Rockmont. They let us come and use their beautiful Lake Eden. First we canoe, then we go and swim in the swimming area. They have tubes, a floating trampoline, diving boards, and a great beach front area to build sand castles.*



*On Wednesday, we go to a horse farm called "Harmony through Horses." While we are there, we get to visit with the horses and learn how to brush their coats, lead them, and about how to safely share space with a horse. Sometimes, the horses let us paint on them!*





*On Friday morning, we have breakfast, pack, and then swim. At 10:30, parents, friends, and/or caregivers come for the award ceremony. Then it is time to say good bye!*





*As you can see, we have lots of fun at Camp Lakey Gap. We hope that you can come and enjoy the beautiful Blue Ridge Mountains with us one summer. You might just leave with some great new friends!*

