



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WHERE ADVENTURE BEGINS

Overnight Camp  
**YMCA CAMP SILVER BEACH**





CSB is the place to be! Counselors and campers from all over journey to YMCA Camp Silver Beach each summer to make memories and friendships that last a lifetime. Set on 151 acres on the scenic Chesapeake Bay, you will experience water and land activities that will encourage and challenge you along the way. These include swimming, sailing, boating, climbing, zipping, skating, arts, science, drama and more. What dog tag awards will you earn?

Campers enjoy fun-filled events including cabin nights, talent shows, ice cream socials, camp fires, House days and more. Will you be in House Fire Fly, Blue Crab, Pine or Osprey?

As the summer season approaches the staff and I are working to enrich your Chesapeake Bay adventure by providing several new specialty camps. These programs were piloted in 2017 and are intended to provide a new experience for our tenured campers in grade 6 and up. These specialty camps will allow campers to gain a greater focus and knowledge base in programs like sailing, motor boating, lifeguarding and culinary arts. If it's an entirely new experience you're after try one of our Expedition camps. Does your camper like to go hiking and participate in white water rafting, paddle boarding or kayaking and sleeping in tents? Then our expedition camps are the programs for them. What adventure will your camper choose? Where will it lead them?

I can't wait to welcome you to camp!

Danny Vestal, Executive Director

## **YMCA CAMP SILVER BEACH— DREAM DESTINATION ON VIRGINIA'S EASTERN SHORE**

At YMCA Camp Silver Beach, everything's included—all your favorite foods, all your favorite sports and even all your favorite colors (if you like green trees, blue water and golden sunsets, that is). Located on Virginia's Eastern Shore, YMCA Camp Silver Beach is 151 amazing acres filled with forests, trees and wetlands and is surrounded by the seriously beautiful Chesapeake Bay. This is true paradise—and best of all, it's just for kids and teens (and, okay, some pretty awesome counselors, lifeguards and instructors too).





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## WATER WATER EVERYWHERE

You name the water sport, we'll name you ten more: paddle boarding, sailing, water skiing, banana boating, kneeboarding, wakeboarding—hey, we could keep this up all day.

Speaking of all day, you'll find eagle-eyed CSB lifeguards on duty at all times. They know how to make it fun and keep it safe. After all, each one undergoes hours of training and practice with the nation's premiere water safety organization—that's right: the Y.

**After enjoying all the Chesapeake Bay has to offer will you be looking for a nice, lazy day by the pool?**

Okay, but good luck just lounging around when there's a big water volleyball game going on and they're yelling for you to join in, or your friend's knees are knocking as she gets ready for her first 90-foot slide down Wet Willie, or the spray park is calling your name under the sultry summer sun. You can relax later. For now, you've got two magnificent pools and a heart-thumping water slide calling your name.



**"Camp Silver Beach to me is like a whole new world. A world where all you're concerned about is staying on the banana boat and what's for lunch. It's an escape."**

**—Sarah, age 14**



## REACH NEW HEIGHTS

You're always up for a challenge, right? Imagine a climb straight up to the sky and then soaring across the heart of camp. That's our Alpine Tower adventure with giant swing and zip line! Not to worry, our counselors have their feet on the ground and know just what to do to encourage you and keep you safe. Safety always comes first—you'll be outfitted in safety gear by our certified guides and instructed on basics from helmet to harness. At YMCA Camp Silver Beach, you'll develop trust and discover just how easy it is to handle life's little ups and downs when we're all in it together.

## DISCOVER

We're wild about wildlife at YMCA Camp Silver Beach. You'll love discovering nature's hidden treasures in the water and woods. In fact, everything at camp is about discovery. Picture yourself tie-dying a tee. Taking up karate. Trying your hand at a new skill like archery. And, of course, talking about your awesome day over s'mores around the campfire.



Show off your kick flips  
and learn some new tricks  
at Olliewood Skate Park.





## TAKE ADVENTURE TO THE NEXT LEVEL

CSB Expedition Camps give rising 8th–11th graders the opportunity to find new adventures. Campers will spend most of their week off site hiking, camping, and building relationships through outdoor adventures. All gear will be provided.

### ROCK & RAFT

The New River Gorge in West Virginia provides many opportunities for outdoor adventure including hiking, climbing and white water rafting. Each day will be a different adventure as campers get to sample much of what the area has to offer. This is a great trip for campers who want to push themselves and want to try several different activities.

### COASTAL TREK

Campers will travel to North Carolina, an area with lots of flat easy trails, allowing campers to focus on using their skills and spend a day kayaking on the back bays. Campers looking to learn outdoor skills or get an introduction to outdoor adventure will enjoy this trip.

### BLUE RIDGE HIKE

After leaving CSB, campers will be in the back country testing their skills at primitive sites for the week. Under the guidance of our staff, campers will push themselves and, in the process, gain a new appreciation for the natural beauty surrounding their excursion.



## SPECIALIZE YOUR EXPERIENCE

Rising 6th to 11th grade—spend four half days of your camp session learning and growing in your chosen activity.

### CULINARY

From chopping and measuring to sautéing and serving, learn to create impressive meals!

### LIFEGUARD

Learn rescue techniques and earn your certification in First Aid and CPR. Campers 14+ will earn the Y-Aquatic Safety Assistant certification!



## SPECIALIZE YOUR EXPERIENCE

### SKI SCHOOL

Spend half a day learning to knee board, wake board or water ski. This is a great introduction to water sports.

### SAILING

Sailing lessons in the classroom and on the water will prepare you to sail your own boat.

### WATER SPORTS

Enjoy a week of water-skiing, knee boarding and wakeboarding. This is a great option for campers to build on their ski school experience.

### BOATING

After learning the rules of the waterway, get behind the wheel and earn a Virginia Boaters License!





## GET MORE OUT OF CSB

### TWO WEEK CAMP

Rising 6th–9th Graders stay with the same counselors and cottage mates for a deeper camp experience. There are more sunsets, more activities and more skill development during our two-week sessions. Most importantly, you'll have more time to forge bonds of friendship that are the heart of YMCA Camp Silver Beach.

## TEENS LEADERSHIP EXPERIENCES

### TEEN ADVENTURE CAMP

Rising 9th–11th graders come together for three weeks of adventure and fun, while forming their own community here at camp. Teen Adventure Camp combines elements of leadership training, community service and personal growth.

### LEADERSHIP DEVELOPMENT

Rising Juniors spend three weeks developing leadership skills through hands-on workshops, a hiking trip and working alongside counselors. This is a great program for campers wanting to one day work as a counselor at CSB.

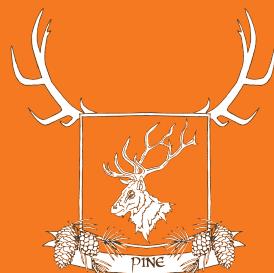




## TRADITION

Our House Tradition gives the campers, new or returning, young or old, a sense of belonging here at CSB that will continue throughout their camping years. Our houses, Osprey, Firefly, Pine and Blue Crab, all have their own spirit. This unique set-up provides leadership opportunities for the older kids, and a chance for children of all ages and backgrounds to build relationships that can last a lifetime.

**"After my experience at Camp Silver Beach, I plan on finding a Food Bank near my home so I can get a chance to give back to the needy."** —Josh, age 11





## A SNAPSHOT OF YOUR DAY

7:30am	Rise and Shine	2:30–5:30pm	More Fun Land & Water Activities
8:00am	Breakfast	6:00pm	Supper
8:45am	Raise the Flag; Pledge of Allegiance & Morning Assembly	6:45–7:45pm	An Incredibly Cool Activity
9:00am–Noon	Fun Land & Water Activities	7:45–8:45pm	Let the Show Begin!
12:30pm	Lunch	8:50–9:30pm	Cabin Chatter and Devotions
1:30–2:30pm	Chillin'	9:30pm	Sweet Dreams

## FOLLOW THE LEADER

That's easy when they're the well-trained, well-traveled YMCA Camp Silver Beach counselors. Our energetic staff includes Coast Guard and US Sailing-trained counselors, international counselors and college students.

Thanks to our 4 to 1 camper to staff ratio, there's always someone there to lend a hand or an ear.

## STAY SAFE

Have no fear, mom and dad; the CSB Health Center is on call 24/7. Fully licensed nurses and doctors are always on hand to mend the bumps and bruises.

## SIGN ON

Friends, fun activities, waterfront dining, air-conditioned cottages, an evening by the bonfire—right about now you're asking yourself,

### “Where do I sign up?”

Visit [CampSilverBeach.org](http://CampSilverBeach.org) to learn more about YMCA Camp Silver Beach and meet the directors. View camp through our eyes and watch our video. Registration is easy. Camp application, session dates, medical forms, directions, a list of what to bring and more are all at your fingertips. Space is limited; register today!

## PROJECT 365

Project 365 is YMCA Camp Silver Beach's mission to ensure no child is ever denied the golden experience of a fun-filled week of summer camp due to his or her financial situation. To apply for assistance, or help give a child a summer to remember, visit [campsilverbeach.org](http://campsilverbeach.org) and click the Financial Assistance link in the Overnight Summer Camp tab.



Virginia  
*is for Lovers*







### YMCA CAMP SILVER BEACH

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YMCA Camp Silver Beach is part of the YMCA of South Hampton Roads, whose mission is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.