

JUNIOR COUNSELORS: AGES 15–17

12 DAYS AND 10 NIGHTS AT MILL HOLLOW. A FEW HOURS OFF-SITE FOR BOATING AT NEARBY RESERVOIR

The JC program is the perfect next step for campers who want to take a bigger role at camp and explore becoming a camp counselor. Junior Counselors spend two weeks at Mill Hollow. During the first week, they build skills in group leadership, behavior management, and activity planning while still enjoying all the fun of camp. In week two, JCs who are ready are paired with a cabin group to gain hands-on experience alongside camp counselors. Whether leading songs, helping with games, or supporting campers, JCs develop confidence in their childcare and leadership abilities while helping create camp magic for everyone.

SAMPLE 2ND WEEK SCHEDULE

7:30 AM Wake Up

8:00 AM Morning Mindfulness

8:15 AM Breakfast

9:00 AM Assist Counselors Through Activities and with Campers

12:00 PM Lunch and Chores

1:00 PM Rest Hour

2:00 PM Free Time and Snack

3:00 PM Mentorship

4:00 PM Lead Cabin Activity

5:00 PM Dinner

6:30 PM Evening Programs

8:30 PM Evening Routine and TAPS

10:00 PM Lights Out





PLEASE NOTE: Junior Counselors are not guaranteed a placement in a cabin. JCs will need to show maturity to enjoy that aspect of the program.



TEEN LEADERSHIP CAMP OUT ADD-ON

Teen leaders, like JCs, may return home between program weeks or join an optional weekend campout with YMCA staff and fellow teen leaders. From Friday evening to Sunday morning, participants enjoy camping, campfires, boating, games, and time to relax before returning to YMCA Mill Hollow ready for the final week of their program.

PACKING FOR THE JC PROGRAM

CLOTHING
-5 T-Shirts
-2 UV Protective Shirts
-3 Long Sleeve Shirts
-5 Pairs of Shorts
-3 Pairs of Pants
-12 Pairs of Underwear
-7 Pairs of Socks for Day Use
-A Few Pairs of Warm Socks for Sleeping
-1 Set of Pajamas
-1 Sweater / Hoodie / Jacket
-1 Raincoat
-Sun Hat / Baseball Hat
-Sunglasses
-Swimsuit and Beach Towel
-Warm Hat and Light Gloves
-1 or 2 Sets of Base Layer Thermals
-Sneakers

Bedding
-Twin-Size Fitted Sheet
-Sleeping Bag or Comforter
-Pillow
-Blanket for Evening Programs

PIEASE NOTE: Because of camp's elevation, the weather changes quickly and the UV is more intense. Layers and sun protection are a big deal.

BATHROOM
-Toiletry Bag / Shower Caddy
-Toothbrush and Toothpaste
-Body Wash / Soap
-Shampoo / Conditioner
-Bath Towel
-Lotion
-Menstrual Hygiene Items
-Shower Shoes (i.e. Flip Flops)
-Sunscreen
-Bug Spray
-Deodorant
-Hairbrush and Hair Ties

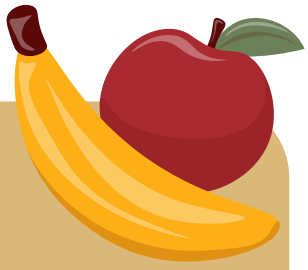
MUST HAVE
-Water Bottle

NICE TO HAVE / OPTIONAL
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed Envelopes
-Book or Journal
-Returning Campers Only: Dog Tag Necklace
-Fishing Pole and Tackle

NEED TO BORROW SOMETHING FROM THE LIST OR HAVE A QUESTION? NO WORRIES! JUST SEND CALI AN EMAIL! CGURNICKI@YMCAUTAH.ORG



SAMPLE MENU FOR THE JC PROGRAM



SUNDAY
DINNER: Spaghetti & Meatballs, Broccoli, Garlic Bread

MONDAY
BREAKFAST: Pancakes, Scrambled Eggs, Bacon
LUNCH: Corn Dogs, Potato Wedges, Jell-O Cups
DINNER: Orange Chicken, Rice, Steamed Veggies

TUESDAY
BREAKFAST: Biscuits & Gravy, Potatoes, Scrambled Eggs
LUNCH: Sub Sandwiches, Potato Chips
DINNER: Chicken & Cheese Enchiladas, Mexican Rice, Corn

WEDNESDAY
BREAKFAST: Waffles, Sausage Links, Scrambled Eggs
LUNCH: Chicken Tenders, Waffle Fries, Roasted Broccoli
DINNER: Beef Stir Fry with Veggies, Egg Rolls, Rice

THURSDAY
BREAKFAST: Croissant Breakfast Sandwiches, Hash Browns
LUNCH: Cheese or Pepperoni Pizza, Salad Mix
DINNER: Baked Ziti, Chicken Breast, Green Beans, Roll

FRIDAY
BREAKFAST: French Toast, Sausage, Granola, Yogurt
LUNCH: Cheeseburgers, French Fries

MENU ITEMS ARE SUBJECT TO CHANGE BASED ON SUPPLIER INVENTORY. ALTERNATIVES ARE AVAILABLE TO MEET ANY DIETARY NEEDS.

IN ADDITON TO WHAT IS SEEN ON THE MENU, EVERY MEAL AT CAMP IS SERVED WITH A FRESH FRUIT BASKET AND MILK. DINNER HAS A FRESH VEGETABLE BASKET IF VEGGIES ARE NOT LISTED ON THE MENU. THROUGHOUT THE DAY, WATER AND JUICE OR GATORADE IS AVAILABLE.



