



**DIVERSITY, EQUITY & INCLUSION**  
We are proud to be a 4-H Safe Space. Our first priority is to create a safe, inclusive space for learning, sharing, and collaboration, welcoming to people from diverse backgrounds, cultures and perspectives. Diversity includes, but is not limited to: race, color, religion, political beliefs, national or ethnic origin, immigration status, sex, gender, gender identity and expression, sexual orientation, age, marital or family status, educational level, learning style, socioeconomic status, physical appearance, body size, protected veterans, and individuals with disabilities. If you have questions, please contact the 4-H Camp Office at campbristolhills@cornell.edu or (585)394-3977 ext 435.

**5-8 Year Olds**  
For our youngest friends, check out Day Camp (going into k-2nd grade) or Sprout Camp (overnight camp for those heading into 1st-3rd grades)!



**8-10 Year Olds**  
Open the door to our most popular camp, Resident Camp for those going into 3rd grade or higher, or look at Progression Camp for those who wish to go home at night.



**We offer a variety of programs for campers 5-16 years old!**  
From day to overnight, to specialty camps, we are here to provide just the right program for you!

# FINDING THE RIGHT FIT!

**10-14 Year Olds**  
This is a great time to look at programs like our Adventure or Animation Camps, as well as Resident and Progression Camps!



**14-16 Year Olds**  
Our older campers, looking for something more involved, should check out the Leader in Training (LIT) or Counselor in Training (CIT) programs!



## NOW HIRING HEROES!

**Are you ready to make a difference?**



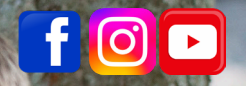
**4-H Camp JOBS**



4-H Camp Bristol Hills is an ACA-Accredited® Camp! This is verification from the American Camp Association® that our camp complies with industry-established standards. These standards are recognized by courts and government regulators as the standards of the camp industry. The ACA accreditation symbolizes excellence and our ongoing commitment to the children we serve. For more information about ACA accreditation, visit: [www.acacamps.org/accreditation](http://www.acacamps.org/accreditation)

**Cornell Cooperative Extension | Ontario County**

## 4-H Camp Bristol Hills



**EARLY BIRD DISCOUNT**  
**REGISTER BY APRIL 15 AND SAVE!**

**OPEN TO ALL INTERESTED YOUTH AGES 5-16!**





## DAY CAMP

*(Campers 5-7 years old by July 1)*

Children have amazing curiosity. This exciting program offers younger children their first taste of 4-H Camp at its finest. Campers are able to improve and develop new skills through nature exploration, games, songs, crafts, and swimming. Of course, campers will have lots of opportunities to make friends too! Day Campers join Resident Campers in the Dining Hall for breakfast and lunch, which 4-H Camp provides. Day Camp operates Monday through Friday from 8:00am to 5:00pm.

## SPROUT CAMP

*(Campers going into 1st-3rd Grades)*

For many families, their child's camp experience may be their first time away from home. Our Sprout Camp is designed as an introduction to overnight camp for campers and their families. This unique 3-day/2-night overnight camp experience is designed specifically for younger campers. It gives them a chance to experience many of the great camp traditions without the fears of being away from home for an entire week. The short-term separation is a good opportunity for parents, too, giving them a chance to practice letting go in a safe, fun, and supervised environment.

## PROGRESSION CAMP

*(Campers going into 3rd Grade or higher)*

Progression Camp is designed for older campers who want to enjoy the camp experience in a day program. These campers do everything the resident campers do, except dinner, evening activities and sleeping in cabins. They participate in morning classes with Resident campers as well as afternoon recreation activities and free swim, before heading home. Campers choose their classes when registering online. Progression Camp runs 8:00am-5:00pm daily, Monday through Friday, and includes breakfast and lunch.



[CAMPBRISTOLHILLS@CORNELL.EDU](mailto:CAMPBRISTOLHILLS@CORNELL.EDU)



## RESIDENT CAMP

*(Campers going into 3rd grade or higher)*

Campers get to choose their morning classes from a wide variety of options, and participate in those activities each morning. In the afternoons, campers participate in a variety of activities that allow them to try something new. Evening programs involve campers in a variety of all-camp activities.

Resident Campers continue the fun overnight in our rustic cabins. The cabin experience is what truly sets Resident Camp apart from day camps! Bedtime is an important part of the camp tradition, because campers are fully immersed in the Camp experience. This is what allows campers to develop a sense of independence that only comes from being away from parents for a few days. Many of our campers develop friendships with their cabin mates that last a lifetime!

## ANIMATION CAMP

*(Campers going into 6th Grade or higher)*

Grab your pencils and get to your light boards, it's time to animate! Through Animation Camp, campers will learn the underlying principles of animation as well as having the opportunity to create their own short animated videos through hand-drawn or stop-motion methods.

Animation Campers enjoy an uninterrupted three-hour block each morning, devoted to animation. Once classes are completed for the day, they finish their day as a Resident Camper including all meals, afternoon activities, free swim, evening programs, and staying overnight in the cabins!



## ADVENTURE CAMP

*(Open to campers going into 6th grade or higher)*

Adventure Campers work in groups through a series of challenges ranging from fun and exciting field games and problem-solving initiatives to the thrills of the high ropes course.

While engaging in a "challenge by choice" philosophy, campers will develop group problem-solving, communication and human-relation skills. Campers also participate in other selected camp activities, swim in our pool, and enjoy specially designed evening programs. Here is a great chance to meet new friends while participating in exciting activities. Adventure Camp runs Sunday through Thursday.

## LEADER IN TRAINING (LIT)

*(Open to campers 14-15 years old by July 1)*

Some people believe that good leaders are born but at Bristol Hills we know leadership skills are learned and honed through experience and reflection. The Leader in Training (LIT) program is built around this philosophy. Campers in this program form a close bond with their peers throughout the week as they explore essential life skills that will help them develop as a leader. LIT workshops will include focused sessions on service to others, presenting to a group, teamwork, problem solving, planning, self reflection, and professional development.

The LIT program is great for any young adult who is thinking about joining the workforce soon. It can also be a precursor for the Counselor in Training (CIT) Program, offered to campers who are 15-16 years of age.

## COUNSELOR IN TRAINING

*(Open to campers 15-16 years old by July 1)*

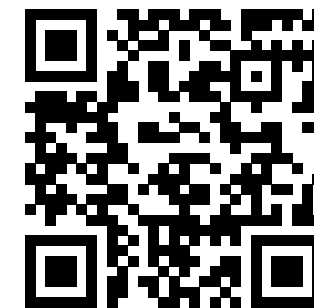
This two-week program covers all aspects of a counselor's job, and is supported with workshops with many of the leadership staff at Camp. These include counseling techniques, communication, and leadership,

as well as providing opportunities for CITs to develop strong bonds with their peers and younger campers as they prepare for employment in the workforce and perhaps even as a counselor at 4-H Camp Bristol Hills!

The first week provides CITs daily workshops and hands on opportunities with campers to use the information covered in the workshops. The second week is even more hands on as CITs spend more time working directly with campers with the support of camp staff!

The CIT program is an intense, immersive program. CIT's will work directly with campers, shadowing counselors during classes and other activities, and in cabins. Guided experiences with Camp leadership staff are scheduled throughout the day. Campers successfully completing the CIT program this summer will be invited to apply for Staff positions next year!

**SCAN ME!**



## NEXT STEPS?

For program schedules, fees, sample menus, camp store opportunities, and much more information on these programs, scan the QR code above to visit us online at [www.4-HCampBristolHills.org](http://www.4-HCampBristolHills.org)! Applications are first come, first served, so register today!

Interested in financial support for any of our programs? We have a generous campership program! Contact the office to learn more!



**(585)394-3977 EXT 435**

**[WWW.4-HCAMPBRISTOLHILLS.ORG](http://WWW.4-HCAMPBRISTOLHILLS.ORG)**