



YMCA CAMP BENSON

Women's Wellness

WELCOME TO CAMP BENSON!

Dear Guest,

Thank you for choosing to spend your weekend with us here at YMCA Camp Benson! Our goal is to provide every guest with the best possible modern camping experience. Tucked in amongst the rolling hills of northwestern Illinois, YMCA Camp Benson, is the perfect setting for groups and families to connect with one another and the natural world around them. YMCA Camp Benson offers top-notch accommodations, excellent food service and programs tailored to meet every group's needs. Our cabins can accommodate up to 200 guests for overnight retreats.

It is our hope that guide helps you prepare for your amazing weekend and gives you a better idea of what to expect from us at Camp Benson.

Sincerely,
Gwyn Bemis, Camp Director



ABOUT CAMP BENSON

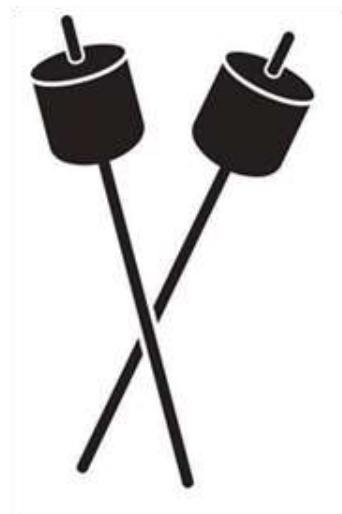
Our 113-acre property located in Mount Carroll, Illinois, 10 miles east of the Mississippi River, is the ideal location for YMCA Camp Benson. The meandering Wakarusa River that winds through camp is perfect for kayaking, tubing and river play. Acres of beautiful deciduous forest offer the picture-perfect setting for outdoor living skills and earth education. Rock climbing and archery are much more enjoyable when done outside in the fresh air. Our state-of-the-art high ropes course and zip line were designed to challenge both campers and adults, all while boosting their confidence.

Our YMCA affiliation means we include the Y's four core values in every aspect of our programming, demonstrating the importance of caring, honesty, respect and responsibility. Our experienced staff and programming promote friendships, positive self-esteem, healthy living and encourage individuality and independence.

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Cabins: YMCA Camp Benson has 14 cabins, 7 in each village, that were all built within the last six years. Each cabin is equipped with a heating/air-conditioning unit, making them comfortable year round. Every cabin contains 15 beds. [There are no restrooms in the cabins.](#)

Bath Houses: Both villages at camp have their own newly remodeled bath house complete with individual showers.

FACILITIES



CAMP POLICIES

1. **Alcohol and tobacco products are PROHIBITED.** YMCA Camp Benson is a “smoke-free environment” and further prohibits the use of alcohol, illegal drugs or substances, and other types of tobacco products, including electronic cigarettes and vaporizers. As a contracted group, you agree NOT to bring any alcoholic beverages, narcotics or any unlawful drugs or substances on to camp property. **SMOKING IS PROHIBITED ON CAMP PROPER.** Smoking will be allowed in the parking lot as long as it is free of other guests.
2. **All vehicles must park in the Parking Lot.** Vehicles are not permitted to drive to the cabins to unload or park. YMCA Camp Benson will make wheelbarrows and carts available to help transport your luggage to the cabins.
3. **Campfire safety.** Designated campfire pits are the **ONLY** locations where camp fires may be built. Constant adult supervision is required in those areas at **ALL** times.
4. **Children must be supervised at all times.** Due to the hilly and forested nature of camp, children must be supervised at all times. Please do not let children wonder around camp unsupervised, as this can be dangerous. YMCA Camp Benson and its staff are not responsible for personal injury to guests.
5. **Keep It PG.** YMCA Camp Benson is dedicated to being an environment where families grow closer together and where children can develop into responsible young adults. Please refrain from swearing and indecent behaviors.
6. **Health services are provided by YMCA Camp Benson Staff.**
 - A holder of current first aid and CPR certification should be a member of your leadership team. You are responsible for your own first aid.
 - If emergency medical help is needed, dial 9-1-1.
 - Emergency transportation must be available at all times and provided by a member of your group.
7. **Firearms, ammunition and other weapons are not permitted at YMCA Camp Benson.**
8. **No Pets.** Guest pets and animals are NOT permitted on the grounds of Camp Benson.

These policies and more are outlined in greater detail in the rental contract signed by your group leader. YMCA Camp Benson reserves the right to dismiss anyone from camp who does not comply with these policies.

GROUP RESPONSIBILITY

Adult Supervision and Responsibilities: Adults and chaperones are a vital part of group programming and their assistance is greatly appreciated! Providing an adequate number of responsible adults and group supervision are the group's responsibility. As stated in the Camp Policies section, children are at no time to be left unsupervised by an adult.

We ask that adult guests/chaperones be prepared to assist with the following during their stay:

- Supervision and behavior management during activities.
- Supervise participants in their cabins and at meals.
- Coordination of cabin clean-up.
- Following safety policies and procedures.
- Supervise free-time activities.
- Notify camp staff of any facility issues

Clean-Up & Check-Out: As your stay draws to a close, we ask that you help us maintain a clean camp facility. Please plan time into your schedule on the final day to have your group help clean the cabins and outdoor areas that your group used.

- Groups are expected to sweep their cabins and check under all the bunks for personal items and trash.
- Before checking out of a cabin all lights should be shut off, windows and doors should be closed, and the heater/air-conditioning unit should be turned off.
- Trash bags should be closed and left by the cabin mailbox so they can be collected by our maintenance staff.
- All fires must be put out before the group departs.
- Please report any damages or maintenance issues to the Camp Director before leaving.
- If you get home and realize that you have left something behind, please call us at 815-244-8722 or email our Camp Director at gwyn@ymcacampbenison.org. We will make it a priority to find the item and return it to you.

CONTACT INFORMATION

Physical Address

16355 Scenic Palisades Rd.
8723
Mount Carroll, IL 61053

Phone Number

815-244-8722

Fax Number

815-244-

YMCA Camp Benson Professional Staff

Gwyn Bemis | Camp Director | gwyn@ymcacampbenison.org

For Emergencies

Dial 9-1-1

WHAT TO PACK

Clothing

Please bring old, durable clothing that can get dirty. Closed toed shoes are required for all camp activities. We will run most activities even if it is raining so please pack accordingly. It is recommended that all personal items be marked. Camp Benson is not responsible for damaged or lost personal items.

Bedding and Toiletries

Sleeping Bag

Extra sheet or lightweight covering

Toothbrush and toothpaste

*all bunks are Twin sized

Pillow and pillow case

Towels and washcloths (2)

Personal toiletry items

Other

Water Bottle

Insect Repellant

Yoga Mat

Flashlight and Batteries

Sunscreen

ACTIVITIES

Twilight Zone & Hammocking

Slide down our 50ft. tube slides known as the 'Twilight Zone'. Race to see who can make it to the bottom first then relax in Hammock Village along the beautiful Wakarusa River and take in the many sounds of summer at YCB.

Archery & Slingshots

Visit our Target Sports range and take a shot at trying both archery and sling shots. Learn the skills of a marksman than try out some fun challenges with your family!

Grotto Hike

Want to hike out further into YCB's 113 acres? Join us on a hike to the beautiful waterfalls of The Grotto. You have the option of doing an out and back hike to where the Grotto feeds into the Wakarusa River, or if you bring water shoes you can hike up the waterfalls themselves on the extended loop hike. Either choice provides beautiful views and a hiking adventure!

Gentle Yoga

Hatha yoga practice uses breathing, yoga poses, and meditation. It increases flexibility, muscle strength and tone, improves breathing and helps to relax you mind by bringing harmony between mind and body.

Mantra Card Workshop

This workshop will guide attendees through as we create our own set of Mantra cards. This will consist of painting, stamping, and drawing to create an inspirational card deck that can be used daily or placed in homes as a reminder of our worth and those promises we create for ourselves. With this, a talk on mantras and using them in our everyday life. This will take around 1-1.5 hours to complete. Each attendee will leave with a set of handmade mantra cards! Attendees can bring special rocks, stones, or mementos-beads, etc if they want!

Art Journaling Workshop

This workshop guides attendees through the benefits of journaling and combining art and emotions to create a safe space to process and release all that we pick up in the everyday. Using a variety of media, cut paper, magazines, paint, etc, we will collectively spend time creating art journal spreads in our own journal. This workshop will take between 1-2 hours. Attendees will need to bring their own journal, or handmade journals can be purchased.

Mala Necklace Making

Workshop designed to guide attendees through the significance of creating with intention and creating something special for themselves. This workshop can take from 1-2 hours and attendees will learn about the history of malas, the significance behind each stone, and implementing intentionality into our everyday lives. Each attendee will leave with a hand knotted Mala necklace!

Sign Making With Rustic Roots

Participants will be able to choose a design from 4-5 options and paint their own 10x10 sign with the guided help of Rustic Roots. You will be provided all materials and a stencil guide.

Sound Healing

Sound healing is applying the frequencies of sound to the body and mind of a person with the intention of bringing them into a state of harmony and wellbeing. By playing the Quartz Crystal Bowls tuned to different music notes which correspond to energy centers or chakras in the body. You will experience the healing sounds to release various energies being held within your energetic field. The result can be physically, emotionally, mentally and spiritually healing. Sound healing can be used to transport a person into a deep meditative state.

Friday, March 31st

5:00- 8:00 pm Check in/ Move in
7:00-8:00 pm Yoga with Kassie in the pavilion
8:00 – 8:30 pm Fire Release Exercise with Ciara in Amphitheatre
8:30- 10:00 pm Snacks, Hot Cocoa Bar, Social time & Games in the Dining Hall

Saturday, April 1st

9:00 am Breakfast

10:00- 11:45 am **Activity Block #1**
 Zip line- Sign-up sheet in Dining Hall
 Illuminate Space candle making workshop in Dining Hall \$30 fee
 Mantra Card Workshop in the green Arts & Crafts Building in Sunset Village
 Mobility/Lacrosse Ball Session in Dining Hall Back Porch
 Self Defense Class in Pavilion
 Movement Meditation in Dave Digs

12:00 pm Lunch

1:00-2:30 pm **Activity Block #2**
 Zip line –Sign-up sheet in Dining Hall
 Art Journaling Workshop – in the green Arts & Crafts building through Sunset Village
 *BRING YOUR OWN JOURNAL OR PURCHASE IN CLASS
 Self Defense Class in Pavilion
 Lundstrom’s Succulent Make & Take \$15 Fee in Dining Hall
 Jess Walters Massage \$20 for 20 minutes sign up in Dining Hall – Kickapoo Cabin
 UOI Boutique items for sale in Dining Hall

1:00-1:45 pm Trail Running
1:45-2:30 pm Trail Running

2:45-4:15 pm **Activity Block #3**
 Jess Walters Massage \$20 for 20 minutes sign up in Dining Hall – Kickapoo Cabin
 Reflexology with Kassie \$20 Fee for 30 minutes Dining Hall Porch
 Mala Necklace Making \$30 Fee in the green Arts & Crafts building through Sunset Village
 Rustic Roots – Sign making \$20 Fee per sign in Dining Hall
 UOI Boutique items for sale in Dining Hall
 Archery – Target Sports down the hill past Arts & Craft Lodge
2:45 – 3:30 pm Sherry Dewalt- Nutrition Talk-“What is Good Nutrition?”
3:30-4:15 pm Sherry Dewalt –Nutrition Talk- “What is a Plant Based Diet?”

4:30-6:00 pm **Activity Block #4**
 Jess Walters Massage \$20 for 20 minutes sign up in Dining Hall – Kickapoo Cabin
 Climbing Tower- in Athletic Field
 UOI Boutique items for sale in Dining Hall

4:30-5:10 pm Pound Fitness Class-in Pavilion
5:15-6:00 pm Kickboxing Fitness Class – in Pavilion

6:30 pm Dinner
7:30 pm Keynote Speaker: Morgan Johnson in Dining Hall

8:00 pm **Camp Fire and S'mores** in the amphitheater (Dining Hall inclement weather)
8:30-10pm **Social Time & Games** in the Dining Hall

Sunday, April 2nd

9:00- 9:30 am **Breakfast**
9:30 – 11:00 am **Twilight Zone** by the bathhouse in Sunrise Village
 Sound Healing – bring a blanket/yoga mat with you – in Dining Hall
 Yoga with Kassie – Pavilion
11:00 am - 12:00 pm **Check out**

Schedule is subject to change and is weather dependent

Dining Hall open until 10:00 pm for Wi-Fi, restrooms and board games.

***For paid add on workshops/activities please plan on paying with cash or venmo and signing up in advance on Friday night at check in.**

DIRECTIONS TO CAMP BENSON

YMCA Camp Benson
16355 Scenic Palisades Rd.
Mount Carroll, IL 61053

From Chicago: Take I-88 West until you reach the exit for I-39 N/US-51 N to Rockford. Follow I-39 N/US-51 N for 7 miles and take Exit 104 toward I-64 W. Follow I-64 W for 36 miles through the towns of Oregon and Mt. Morris. Then you will turn onto US-52 W which will lead you into Mount Carroll. Turn right onto South Mill Rd. and follow for 1 mile. Then turn left onto W. Benton Street, which turns into Scenic Palisades Rd. The entrance to camp located 1 mile down the road on the right hand side.

