



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**GLUTEN FREE SUMMER CAMP
SESSION OPTION
AT FLAT ROCK RIVER YMCA CAMP
June 14—June 20, 2015
www.flatrockymca.org**



SOME ACTIVITY CHOICES INCLUDE

**Arts & Crafts, Alpine Tower, Archery,
Basketball, Canoeing, Dance, Fishing,
Kayaking, Mountain Biking, Ziplining,
Outdoor Skills, Riflery, Rock Climbing,
Swimming, Horseback Riding**

Every child deserves the chance to go to camp, and their gluten-free diet shouldn't stand in their way! Flat Rock can accommodate children with dietary restrictions during any session, but have put together some special meals and options for an integrated camp for gluten-free children from ages 7-17. Flat Rock works to instill the values of Caring, Honesty, Respect, and Responsibility in all our campers and staff through everything we do. Campers are grouped according to age and live in cabins with 7 to 9 other campers and two counselors. Campers choose from a wide range of activities that foster friendships and provide outdoor fun. Campers learn to make individual and group decisions with the help of their friends and their counselors. Daily activities are designed to instill values, promote independence and sharpen skills, all in a safe, and healthy environment. Trained staff will ensure gluten-free food is prepared properly and can accommodate other dietary restrictions upon request.

**SAVE \$50 BY ENTERING
THE PROMO CODE
GLUTENFREE
DURING ONLINE
REGISTRATION
www.flatrockymca.org**

Questions About Camp: Call 765-525-6730

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