For Immediate Release:
January 20, 2016

For More Information Contact:
Jim Hooper, 4-H Camp Bristol Hills
585.394.3977 ext 407
Jah249@cornell.edu

MEDIA ALERT

4-H Camps are a Great Summer Bargain

Last summer more than 5,800 children and teens in New York took a break from televisions and computers to spend a week or two learning about the environment in classes such as fishing and aquatics, participating in outdoor recreational activities such as archery, horseback riding, and ropes/challenge courses and having fun with new friends. More than half will return to the same 4-H Camp this summer. Your child can be part of the fun, too. And it won't break the family's bank account!

"Attending a 4-H Camp is one of the best bargains around," says Tim Davis, the 4-H Program Leader for Cornell Cooperative Extension of Ontario County. 4-H Camp Bristol Hills program cost between $180 and $360 per week with discounts for early registration (Before April 15, 2016) and county residents. 4-H Camps accept all children between the ages of five and sixteen, regardless of membership in 4-H. While the largest age group is ten to twelve year olds, there are a variety of special camps and activities for younger and older youth.

The programs are guided by trained staff, including Cornell Cooperative Extension youth development specialists and professional educators who use the outdoors as a laboratory for teaching young people about the world around them while promoting their own personal development. Young adults over 16 years of age, who are carefully screened and go through an intensive training, serve as cabin counselors and class instructors. Compared to many other out-of-school programs, residential camping is very intensive and involves youth in nearly eighty-five hours of structured and supervised activities weekly. The outdoor environment, peer group experiences and carefully planned program all combine to create a significant educational and developmental experience for youth. It would take nearly

one and a half years in other kinds of youth group programs to equal the quality time spent in one week of residential camp.

4-H camping began in Ontario County in 1925. The camp facilities are located in the beautiful Bristol Hills region and meet the strict certification requirements from the New York State Department of Health. In addition, 4-H Camp Bristol Hills is accredited by the American Camp Association. In a landmark study commissioned by the American Camp Association, Philliber Research Associates concluded that camping benefits youth in the following ways:

- Youth become more confident and experience increased self-esteem
- Youth develop more social skills that help them make new friends
- Youth grow more independent and show more leadership qualities
- Youth become more adventurous and willing to try new things
- Youth act more helpfully and respectfully.

Camp programs are available throughout the summer from July 3– August 12. There will be three open houses at camp this spring, April 16, May 15 and June 5, from 1pm-3pm. Open houses are a great opportunity for perspective campers to come see the property and meet some of the staff, and also for returning campers to learn what's new. Camp staff will be available to talk with families, answer questions and provide activities and guided tours of the camp. Additional information on camp's programs can be found at www.4-HCampBristolHills.org, requesting a brochure by contacting Cornell Cooperative Extension of Ontario County at 585-394-3977 Ext. 435, or visiting their office at 480 North Main Street, Canandaigua.

~ Cornell Cooperative Extension of Ontario County provides equal program and employment opportunities ~

# # #