



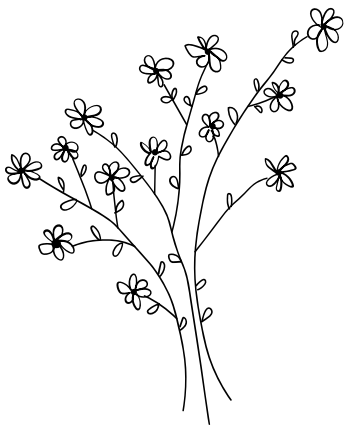
Welcome to Heart-J Adventure Camp!

This handbook includes:

- What to Bring / What NOT to Bring
- Camp Hours
- Where to Meet
- Driving Directions
- Daily Schedule
- Camp Staff
- Contact Info

Find more information and
detailed camp policies online:

www.heartjcenter.org/day-camp



Office Phone: 970-786-2250
Laura's cell phone/text: 970-690-4221

WHAT TO BRING

Backpack: Every camper needs their own backpack sized to hold all personal belongings listed below. If you have more than one child, please pack each child's belongings in their own pack. If you are not able to provide a backpack for your child, please email Laura at laura@heartjcenter.org and we will help.

Lunch and Snacks (two snack times daily): Campers will be very active, so plenty of healthy food will make the day go better! Per State of Colorado childcare rules, Heart-J Center will not be providing food for campers.

Please remember lunch and two snacks every day!

Full bottle of water (20+oz bottle preferred – we will have water stations available for refilling throughout the day)

Clothing for Colorado weather: Sweatshirt or fleece jacket for cool mornings; rain jacket (bring every day even if you think you won't need it).

Running shoes or hiking boots: We'll do lots of outdoor exploration so comfortable **close-toed shoes** with socks are required.

Baseball hat or sun hat

Campers should arrive wearing **Sunscreen** and **Bug Spray** (then pack bottles in a plastic bag in the backpack for re-application if desired).

Please Don't Bring: Phones and electronics, toys, knives, valuables, money.

(Note: Cell phone service on the Ranch is spotty so phones won't work well anyway. Parents/guardians will have direct access to the Heart-J Center office by phone and the office will be in contact with camp instructors via two-way radio.)



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CAMP HOURS

Camp hours are 9:00 to 3:00, Monday through Friday.

Campers may arrive as early as 8:45 AM and must be picked up by 3:15 PM.

If you know you are going to be late for pickup, please phone the Camp office at 970-786-2250. This way we can let your child know when to expect you.



WHERE TO MEET

Morning drop-off and afternoon pick-up are at the Hilltop Parking Lot at Sylvan Dale Ranch

Directions and a link to a map are on the next page.

HOW TO GET TO SYLVAN DALE

Sylvan Dale is 7 miles west of Loveland on US Highway 34 (also called Eisenhower Blvd.).

Take Highway 34 west all the way through Loveland and continue west as the highway winds out of Loveland.

Just before Sylvan Dale, the highway takes an uphill turn to the right and widens with a passing lane. After 1/4 mile, the road returns to one lane and then there's a right hand turn lane (just before the Dam Store).

Use the turn lane to turn right onto County Road 22H, continue straight for about 200 feet, then turn left in front of the stables.

Go down the hill towards the river.

Continue STRAIGHT across the bridge and up the big hill.

At the top of the hill, the road flattens out.

Continue straight and you'll see the Hilltop Parking Lot, a large gravel lot diagonally to your right.

Follow signs to **HILLTOP PARKING LOT** and **DAY CAMP!**

[Google Map and Directions Here](#)

The **Heart-J Center Office** is directly south of the Hilltop Parking Lot. It's at the right end (south end) of a dark brown house. Look for the white door with windows. If you are late for drop off, or need to pick up early or late, come to the Heart-J Center office.



DAILY SCHEDULE

Adventure Camp days will be full of fun activities and exploration. Each week will be different based on the weekly theme.

In general the days will flow like this:

9:00: Drop off at Hilltop Parking Lot

9:00 - 12:00: Activities, Games, and Exploring
(with snack break at 10:15)

12:00 - 12:30: Lunch

12:30 - 1:30: Rest time, free choice playtime, nature journaling

1:30 - 3:00: Activities, Games, and Art (with snack break at 2:45)

4:30: Pick up at Hilltop Parking Lot

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Adventure Camp Staff

Adventure Camp is directed by Heart-J Center's professional education team:

Silas Binkley, PhD (ABD), Director of Programs & Operations: Silas joined HJC in 2018. He has over 20 years of experience leading adventure education-based expeditions and an academic background in sustainability education. Silas is a certified Wilderness First Responder.

Angela Elzer, MS, Youth Programs Coordinator and Day Camp Director: Angela joined HJC in early 2022 and leads our outdoor education program and Nature School, a homeschool enrichment program. She is an energetic teacher and mentor for young people, with a background in geology and sustainability education. Angela is a certified Wilderness First Responder.

Additional camp staff are professional educators with a passion for sharing the outdoors with young people. All staff are provided with thorough training and are required to pass a State of Colorado background check.

Camp is also supported by Laura Armstrong and Carol Johnson who will be in the Heart-J Center office during camp hours and are ready to help you as needed.



We can't wait to see you at Sylvan Dale!