



Camp PBJ Incline



I wasn't feeling inspired by camp themes this year...which inspired a Choose Your Own Adventure summer. Day 1 will be filled with "Miss Becca's faves" and the kids will brainstorm activities they'd like to see later in the week. Watch out for dinosaurs, unicorns, doctors, and pirates at Camp PBJ.

Our character building jelly all summer will be finding our strengths, working on skills that need improvement, and embracing failure #beautifuloops ☺. I'm excited to play this summer!

~Miss Becca



TCF Location (Monday, Friday) *Tahoe's Connection for Families*

Location-

TCF is located on the north shore of Lake Tahoe. You can enter the lower level through the play area around the back of the building. [761 Northwood Blvd, Incline Village NV 89450](#)

Parking-

There is parking in the front of TCF on Northwood as well as behind the building.

Before Class-

Campers can leave belongings in a cubby and remove shoes.

If you need to drop off late or pick up early please text Becca @ 720-202-8057



BaseCamp Location (Tuesday)

Before Camp-

You can follow the signs for the BaseCamp front desk (2nd floor of Whitney Peak Hotel) where you will **fill out the BaseCamp waiver**. They will direct you to the Granite yoga room (large grey room on your right as you come up the escalator) where kids can play until everyone arrives.

Location-

The gym is located on the 2nd floor of the Whitney Peak Hotel. You can enter through the brown BaseCamp door (looks like an emergency exit!) on the North side of the building to take the escalator, or through the hotel lobby to take the elevator. [255 N Virginia St, Reno NV 89501](#)

Parking-

The Whitney Peak garage is on **Plaza** Between Virginia and Center. Bring your ticket inside to validate. There is also ample street parking near the hotel. [50 E Plaza St, Reno NV 89501](#)

Parking During Events-

When S. Virginia St. closes for markets or events you can still access the free parking garage. The signs will say street closed, business access only. You are accessing the business.

- From the North (80) you can take Lake St and a right on Plaza after the flying bus statue.
- From the South you can take Center St (one way) and a left on center.





Incline Recreation Center (Thursday)

*Hike Day on Wednesday instead of Thursday on 4th of July Week

Before Camp-

We will meet on the rocks near the North-East corner of the rec center parking lot at 9:00 AM and 12:00 PM. Please meet full day campers on the rec center pool deck at 3:00 PM.

Campers can place hike/food backpacks in the AM wagon and swim bags in the PM wagon (full day campers only)

Water shoes/sandals are recommended for the hiking field trip in addition to sneakers.

Location-

[980 Incline Way, Incline Village NV 89450](#)

What to Bring to Camp

NUT FREE Food-

Campers will need to pack a good sized snack and/or lunch. Camps are NUT FREE (not just peanut). Please pack a water bottle with your camper's name on it. *If there are no nut allergies during your week this rule may be relaxed for the Reno camps only. Incline camp location is a nut free facility.

Clothing-

- Children should wear comfortable clothing and be ready to move. If a skirt/dress/costume is the attire of the day, please try to bring shorts or leggings to be worn underneath. Superheroes and princesses are always welcome in the gym but tripping hazards may be modified.
- You can pack a change of clothes if you would like. Some activities are messy. We recommend play clothes that allow easy movement. Large T Shirts will be provided for particularly "colorful" art. You can also bring a smock if you prefer your child not wear community clothing.
- We will be outside for a portion of each day. Please pack sunscreen, hats, sun protective clothes as needed.

Climbing + Yoga Gear-

Children can bring their own climbing shoes/harness and yoga mat if they would like. Rental gear is also provided at no additional cost.

Schedule

Each day will follow the same general schedule with modifications for extended activities, etc. If your child has difficulty with transitions, please ask for a picture schedule that you can go over at home.

Monday, Friday at TCF-

- Exploration stations, yoga class, group games/relays, camper designed obstacle course, low key games/coloring, breathing/meditation exercises, outdoor free play, snack (brought from home)
- Everyone participates in 30 minutes of yoga and 15 minutes of group games. Outside of these times, campers can choose from at least 2 activities. Some kids prefer to run and jump all day while others get crafty

Tuesday at BaseCamp Reno-

- Activities include: Indoor rock climbing, yoga class, group games/relays, breathing/meditation, camper designed obstacle course, makerspace, process art projects, low key games/coloring, lunch/snacks (brought from home).

Thursday Morning Outside Incline Recreation Center-

- In the morning we will take a hike along the creek with lots of time to stop and smell the flowers. We'll judge the length of the actual hike based on energy, but there will be breaks for snack, log balancing, rock scrambling, and bug investigating.
- Buggy Becky guest hosts to lead kids in a nature hike, water sampling and aquatic insect observations.

Thursday Afternoon Swimming at Incline Rec-

- Counselors will be in the water with campers. Swim platforms will be set up to create shorter distances for swimmers depending on ability. Total water time is 30-90 minutes depending on interest.

Daily Goals

Day 1

- **Climb:** Safety
- **Yoga:** Sun Salutations
- **Character:** Persistence

Day 2

- **Hike:** Eco-tivities
- **Yoga:** Mindful Attention
- **Character:** Positive Self Affirmations

Day 3

- **Climb:** Route Reading
- **Yoga:** Breathwork
- **Character:** It's Ok to Make Mistakes

Day 4

- **Climb:** Footwork
- **Yoga:** Partner Poses
- **Character:** Supporting Others