

# Camp Hemlocks

Camp Hemlocks offers a traditional camping experience for campers as young as eight and there is no aging out, allowing campers to attend into adulthood.

## **Unique People. Unique Experience.**

Camp Hemlocks is an accessible camp for youth and adults with physical, sensory, intellectual, and developmental disabilities in the scenic woods of Central Connecticut.

Activities include: swimming in our indoor heated pool, boating and fishing on our 22-acre pond, arts and crafts, nature, archery, health and fitness, and a climbing tower.

Camp Hemlocks programming is individually tailored to the needs of each camper to provide them the most enjoyable and successful camping experience possible.

## **The Benefits of Summer Camp**

They extend beyond the exhilarating activities, campfires, and friendship bracelets. Camp is a place to develop confidence. Camp is where social skills flourish. Camp promotes independence. Most importantly, camp is fun! Campers often say that they feel as if they are a part of a family while they are with us.

New activities and customized support encourages campers to try new things and allows even the most seasoned camper an exciting challenge!

## **Personalized Attention**

While at Hemlocks, each camper will receive support with one counselor for every three campers.

A nurse is on duty from 7:00 am to 10:00 pm. There is a nurse on call during overnight hours.

## **Daily Schedule**

7:30 am	Wake up and get ready for the day
8:30 am	Breakfast
9:30 am	Cabin Chores
10:00 am	Arts and Crafts*
11:00 am	Swimming*
12:30 pm	Lunch
1:30 pm	Rest hour
2:30 pm	Nature*
3:30 pm	Climbing Tower*
4:30 pm	Boating & Fishing*
5:30 pm	Quality time
6:00 pm	Dinner
7:30 pm	Evening activity
8:30 pm	Back to cabins to get ready for bed
10:00 pm	Lights out

\*Schedule times and activities are subject to change depending on session themes, weather, etc.



## Is Camp Hemlocks A Good Fit For You? Let's Meet!

To schedule a meeting and camp tour, please contact the Camp Director:

Jillian McCarthy, (860) 228-0393 Ext. 4068 or [Jillian.McCarthy@OakHillCT.org](mailto:Jillian.McCarthy@OakHillCT.org).

*"I came here and it's a blessing... It's filled with love, compassion, adventure. I call Camp Hemlocks not just a place of friendship, I call it family."*

~Jordan



*We are the proud affiliate of Easterseals. For 100 years, Easterseals has served as an indispensable resource for individuals with disabilities, veterans, seniors and their families. Easterseals affiliates in communities nationwide serve 1.5M people through high-quality programs including autism services, early intervention, workforce development, adult day care and more.*

## Consider a Gift to Oak Hill!

Every gift Oak Hill receives makes a difference in the lives of people we serve throughout the state of Connecticut. Donors express their gratitude, honor a loved one, or share a part of themselves with others; the outcome of these gifts are extraordinary.

To donate visit: [OakHillCT.org](http://OakHillCT.org) or mail your gift to **Oak Hill Attn: Development Dept.**  
120 Holcomb Street, Hartford, CT 06112



## contact us

**Website:** [summercamp.oakhillct.org/about-camp-hemlocks/](http://summercamp.oakhillct.org/about-camp-hemlocks/)

**Email:** [CentersConnect@oakhillct.org](mailto:CentersConnect@oakhillct.org)

**Phone:** (860) 769-7005