

GLUTEN-FREE

CAMP



GF Summer Camp

This gluten free camp is organized by Michigan Capital Celiac/DH Group, Lansing, MI. MCC/DH is working with the YMCA camp to assure the gluten free diet will be strictly followed.

At this co-ed camp, you'll stay overnight! There are 10 kids to a cabin, placed by age and gender.

Dates: August 16 - 21, 2009

Ages: 7 - 14

Camp: Manitou-Lin
1095 N. Briggs Rd.
Middleville, MI 49333

What to Expect

Fun! Fun! Fun! Campers will spend their days in the great outdoors and their nights curled up in bunk beds. Everyday will bring the chance to try something exciting and new.

The afternoon is highlighted by a cool dip into beautiful Barlow Lake. All activities are age appropriate and designed so campers can look forward to new challenging adventures every day. One afternoon a week is dedicated to sheer fun and games centered on Theme of the Week.

Evenings are filled with innovative programs such as Safari Hunts, overnight adventures, and the never forgotten classic, Capture the Flag.



A Typical day at camp

7:45	Wake up and flag raising
8:00	Breakfast
8:30	Chapel for about 15 to 20 min.
9-11:00	Cabin activities
12:00	Lunch
1:00	Rest
2-3:00	All camp swim
3-5:00	Specialty classes*
30 min	Rest and wash before dinner
Evening	Lowering of flag, camp games, camp fire

*You will sign up for specialty classes and learn more about variety of activities, such as, rock climbing, knot tying etc).

Additional Information Contact

Nicole VanZwoll: phone 517-886-5025
glutenfreemichigankidscamp@yahoo.com
Cel-Kids
health.groups.yahoo.com/group/cel-kids
Michigan Capital Celiac/DH Group
micapitalceliacs.atspace.com
Gluten Free Camp at Manitou-Lin
camp@grymca.org
www.campmanitou-lin.org

Registration Information

Registration fee - \$450.00
Last day to register August 3, 2009
Deposit - \$75.00 non-refundable required to reserve space. This deposit will be deducted from the full amount of the camp. Full amount required by August 3, 2009.

Once deposit is received, the registration form, information on activities and list of items to take to camp will mailed to your address.

Please make checks payable to YMCA Camp Manitou-Lin. Send completed Registration Form and Deposit to:
Nicole VanZwoll • 3614 Ridgfield Rd. • Lansing, MI 48906.

Form

Camper's Name: _____

Age at camp: _____

Home Address: _____

Parent/Guardian Name: _____

Phone No.: _____

CSA's
Cel-Kids Network

 **Celiac Sprue**
ASSOCIATION

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MANITOU-LIN