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CAMP BREAKTHROUGH



ADVENTURE
AWAITS



Health
Wellness



2025



**Monday, June 9 to
Friday, August 22, 2025**

PARENT HANDBOOK

BREAKTHROUGH BUTLER

Check us out at: breakthroughbutler.org

CAMP BREAKTHROUGH 25

ABOUT

Our mission: Breakthrough-Butler is a non-profit organization that provides the Butler, PA community a safe space with an uplifting atmosphere for youth to come hangout and take part in a variety of activities. Here they can build healthy relationships and learn invaluable life lessons, all on the path to becoming the best versions of themselves. You are valued. You are always invited!

Our core values are: Promise, Strength, Attitude, Leadership, and Manage ~ otherwise known as “Psalm BTB.” Here is a closer look:

- **Promise** – Love and respect yourself. Respect and care for others. Make the choice to be a part of something bigger than just yourself.
- **Strength** – Embrace who you are. Combat the obstacles that life throws. Stand up and make the right choice.
- **Attitude** – Take the steps to begin and to continue the journey of becoming your best you. Always keep yourself in the game.
- **Leadership** – Being accountable for your own choices. The responsibility of helping others become better. Encourages others.
- **Manage** – Take care of your mind, body, and heart. Embrace your current place, gather the skills, and build towards the future goal.

How Breakthrough-Butler is built different. The Breakthrough. That moment in life where it clicks. Where you find out something new and powerful about yourself. That moment that can start you on the journey to become the best version of yourself. There are so many options in today's world, so many choices that are thrown in our youth's faces. Which path will they take? Rise up and Breakthrough!

There is a powerful value in being a part of something bigger than you:

- Building healthy & lasting relationships
- Embrace who you are & each specific journey of bettering oneself while experiencing life's lessons
- Encourage confidence
- Teaching the skills to build & manage relationships
- Taking the time to support & help each young person grow
- Getting to know everyone that's a part of the BTB family
- To unite & instill pride in the young people of this community



BREAKTHROUGH BUTLER



Hello!

I am Nick Yannotty, the founder of Breakthrough-Butler. Me and my team are a non-profit in Butler that serves youth along with their family and friends by providing:

1. Safe space to embrace who you are, learn life lessons, & build healthy relationships
2. Place of positivity and support
3. Challenge yourself physically, mentally, socially, & personally
4. Honest place that welcomes and values all
5. Promise - Strength - Attitude - Leadership - Manage

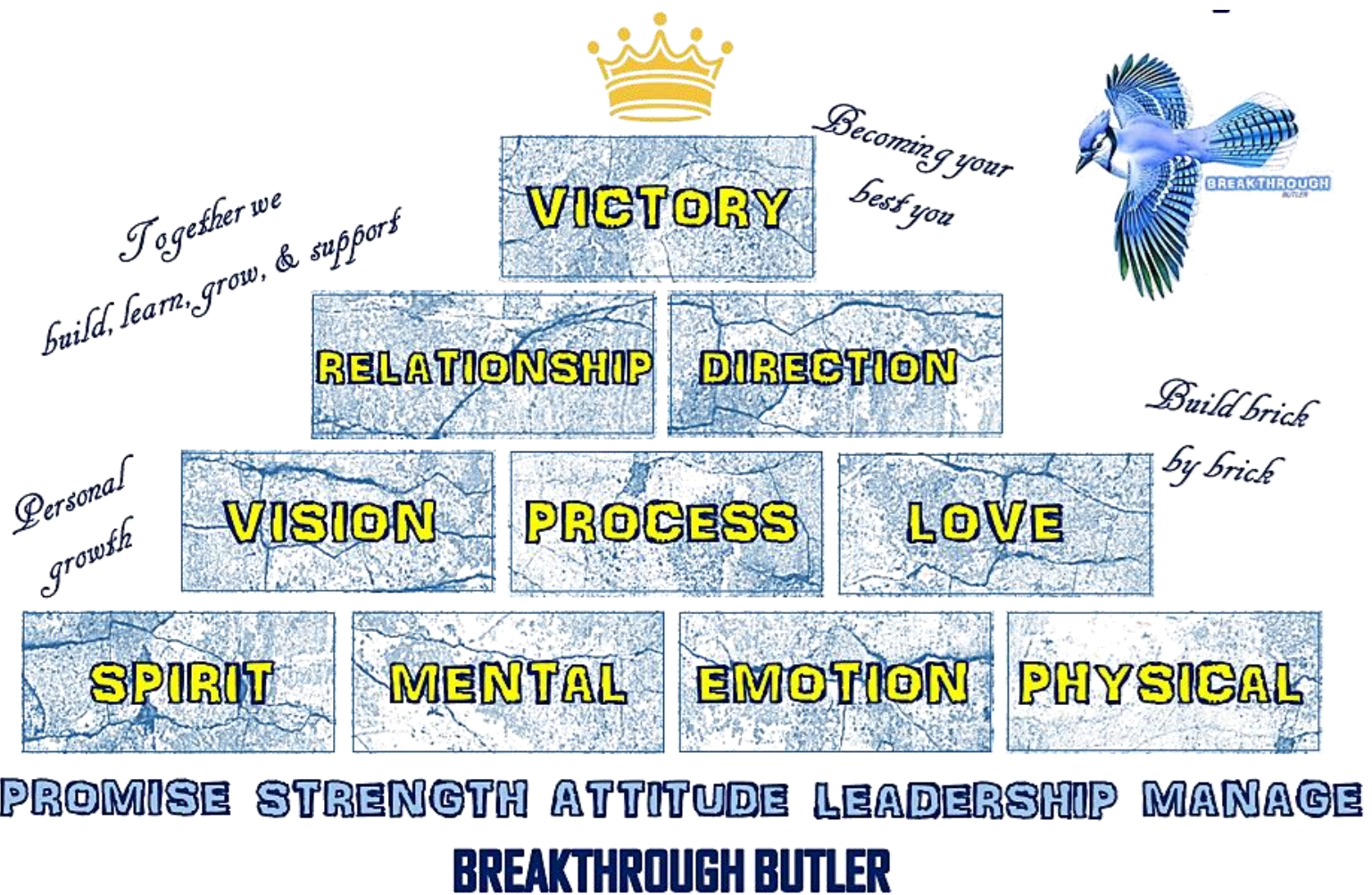
Life is hard. Life is at times unfair. We all at some point face challenges, tough decisions, and obstacles. The choice is yours - push yourself and take on the challenge, or choose easy and give up?



Check us out at: breakthroughbutler.org



Value in Culture & Community



Breaking our pyramid down brick by brick:

- **Personal Growth** comes from working on and building your health – [physically](#), [mentally](#), [emotionally](#), and [spiritually](#) – each day. Being your best you starts here.
- **Build Brick by Brick** is all about building for now, the next phase of life, and the future. Build a [vision](#). Develop and work on the [process](#). Follow your vision with [love](#), which starts with taking care of our health allows us to see clear and be motivated for ourselves and others to succeed.
- **Together we build, learn, grow, & support** comes along the journey. Our [direction](#) flows from the vision and process we take; influencing our choices. [Relationships](#) along the way make it worthwhile and last a lifetime.
- **Becoming Your Best You (BY2)** is when [victory](#) is achieved. Life will have many victories all throughout it. Individual victories are happiness. Group victories are joyous. 😊

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THEME WEEKS

Week 1: Backyard Summer Kickoff! ~ June 9 - 13, 2025

- Kickoff the summer with a week filled with backyard games & other outside challenges!
- Fun ice breakers activities so campers get to know each other and their counselors
- Learn about Promise – Strength – Attitude – Leadership – Manage

Week 2: Space Alien Adventures ~ June 16 - 20, 2025

- Capture an alien as we go to infinity and beyond!
- Explore the galaxy & all the stars have to offer
- Perhaps a certain cowboy & his group of trusted friends will join us at camp this week!?

Week 3: Madagascar ~ June 23 - 27, 2025

- Games & activities inspired by the adventures of Alex, Marty, Melman, Gloria, & the Penguins!
- Focus on the values of loyalty, observation, teamwork, & friendship
- Madagascar art and trivia activities

Week 4: Stars & Stripes ~ June 30 – July 4, 2025 (no camp on July 4)

- Participate in fun red, white, & blue activities to celebrate America's birthday
- Learn some fun about America with trivia and games
- Road trip across America to check out 50 states & national parks!

Week 5: A Bug's Life ~ July 7 - 11, 2025

- We all have a role to play, display yours during our camp-wide challenges!
- Bug trivia, bingo, & more to explore these cool, wide-eyed, winged creatures
- Just like the movie – Ant, Grasshopper, or the Flick's rag-tag crew – who wins!?

Week 6: Gladiator Games ~ July 14 - 18, 2025

- The Odyssey of the Ancient Gladiator Games
- Campers will build social skills while working with new teammates in various challenges
- We take a look at Ancient Rome, Greece, & the Colosseum

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THEME WEEKS

Week 7: Sea Safari ~ July 21 - 25, 2025

- Take a dive into the sea & find all there is to explore
- Venture to Jellyfish Fields to try and catch some jellyfish!
- Water Wars with a colorful twist

Week 8: Angry Birds ~ July 28 – August 1, 2025

- The classic flock of birds are back in action with whacky outdoor games for camp!
- Challenge yourself to never give up, be resourceful, & to try new things during the week!
- We will spend some time learning about more traditional birds too

Week 9: Brain Games & the Great Race ~ August 4 - 8, 2025

- Who will solve the most riddles and brain teasers throughout the week!?
- Learn about mental and emotional health
- Games & races to test the smartest muscle while working out all the other ones!

Week 10: Tornado Rush ~ August 11 - 15, 2025

- A week of fun games & competitions mixed with some local history of Butler sports
- Tornado team-building activities
- A possible visit from Tuffy the Tornado!

Week 11: Be Your Best You ~ August 18 - 22, 2025

- What is one thing you want to learn during the 2025-26 school year?
- A surprise challenge throughout the week!
- Build on “Be Your Best You” and our summer send-off

* Parents will be notified of the plans entering that week of camp via email newsletter communication!

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BE ACTIVE

Throughout the summer Camp Breakthrough implements a focus on being active. This gets implemented in three areas: sports, free play, and swim. Being physically active aides mental and emotional health, confidence, and creates room for relationship building. The power of getting up and moving!

1. Sports ~ This is when various sports and gym class games will be played and led by our counselors. Campers will be able to play games they like, learn new ones, or give a game a try. Through sports teamwork is encouraged, which builds on our culture of being the best you through growing your own skills but by helping and cheering on others. We will also focus on different sports and game structures during each of our weekly themes!
2. Free Play ~ There will be multiple times throughout the day where campers will have room for structured free play. This is when campers can play simple games i.e. tag, sharks and minnows, red light – green light, or pick-up games of football or basketball, etc. The time in-between drop-off and our morning welcome and the time from after snack until parent pick-up are the daily allotted times for free play. Counselors will supervise to ensure a positive and safe environment is maintained. Free play is the athletic version of creativity and allows campers to work as a group and be creative, all while having fun and being active.
3. Swim/Water Time ~ Our goal is to arrange swimming time at a local pool. In addition, or the event things do not connect, Breakthrough counselors will run water games and activities outdoors to incorporate this into our summer curriculum. Breakthrough counselors supervise, interact, and swim with their respective groups when we do go swimming!



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WELLNESS

A major focus of Breakthrough-Butler is on mental and emotional health.

- ❖ **Mental health** ~ Part of the ability to understand and handle our moods, psychological and social well-being, and how we handle situations. Also affects how we relate to other people, how we think, feel, act, and the choices we make.
 - Positive environments, helping others, learning skills and knowledge, connecting with others, physical activity, and building healthy relationships are all ways to improve and/or maintain a healthier state of mind.
 - The brain is a muscle, so just like our bodies we must work it like one (Brain Gains).
 - Meditation is a great and easy way to work your brain.
- ❖ **Emotional health** ~ Part of the ability to understand and handle our moods, personal and social situations. Plays a role in our social well-being by measuring the quality of our experiences. Affects how we relate to other people, how feelings are expressed, thoughts, actions, and words. This is an extension of mental health that is a direct reflection of how a person can be at their best, or make the best decision, in any situation.
 - Being able to identify your own emotions, understand their value, and learn how to express them is on the path to becoming the best you.
 - Tips to improve emotional health: Identify, build on, and live on personal strengths. Learning to see the positive in any situation and build on resiliency. Positive self-talk and self-imagery. Take time for you. Build a solid circle of friends.
 - Meditation is a way to central your being and recognize emotions.
- ❖ Positive Mental and Emotional Health propels people to:
 - Cope with the changes and stresses in life
 - Develop, build, and realize their full potential
 - Increase in self-confidence, motivation, and productivity
 - Make meaningful contributions to their communities and their peers

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ARTS

Each week of camp will feature various themes. Throughout summer we will have various art projects and craft activities. Campers, in activities led by Breakthrough counselors, will explore different kinds of art with the room of stretching their creativity. Some of the areas of art we will incorporate throughout the summer are:

- Drawing
- Painting
- Portrait art
- Bead and necklace creations
- Photography
- Poetry
- Collage creations
- Musical activities

Expression through art is in part of the journey to letting the best version of themselves shine forward. Our goal is to give each camper the room to be creative while learning and exploring art in all its different forms. Through this common bonds will be developed, while much more will be learned about each other and oneself in addition to the craft at hand.



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COMMUNITY

Another one of our pillars at Breakthrough-Butler is taking community. I like to say, “Take care of you, your friends and family, others, and this community.” How do we define this?

1. Take care of you: It starts here by valuing yourself. Positive self-care, taking time to enjoy things that you like, being proud of who you are the major vehicles of mental and emotional well-being. Taking the time to get up and move/exercise is how we better our own physical health. But this also is learning, growing, and being open to building on these areas, personally and socially. Being your best you, can be something very small or big, or just being consistent each day. It starts here.
2. Take care of your friends and family: Talk ~ about the parts of your day, ask about others' day, and be an active listener. Naturally people crave relationships. Nurture the ones you have and help them grow as you grow. An incredible secret of life is when we help or support our friends and family, it makes us feel better and usually allows us to build in our own way.
3. Take care of others: We do not have to be close friends with everyone, but we need to respect everyone. Respect differences without being judgmental.
4. Take care of your community: Have pride in where you live and come from! This means keeping your surroundings clean, not breaking things, and even helping to improve it! Build a culture of valuing Butler, PA and things will turn upward. Make good choices 😊

Remember our five cores? Promise, Strength, Attitude, Leadership, and Manage all are found in my phrase of “Take care of you, your friends and family, others, and this community.” The **promise** to better yourself, support other people, and value your community. Living these out daily requires **strength** and the **attitude** to push forward, which on some days is just getting up and putting a smile on! Part of being a **leader** is valuing yourself, let alone your own personal growth. Great leaders push and value the success of those around them and others. **Manage** yourself, your role in other relationships, and how you take care of the space you are in is the last part of the puzzle ~ literally as it all circles back around to connect to ultimately a better you!

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DAILY SCHEDULE

Camp runs weekly, Monday through Fridays from Monday, June 9 to Friday, August 22, 2025.

Here is a tentative layout of our daily schedule at Camp Breakthrough:

- 6:45am to 8:30am = Arrival of campers, check-in, & free gym play
 - Supplemental breakfast items are available for each camper
- 8:30am to 9:00am = Our Morning Pump-Up Meeting for the whole camp
 - Discuss the day's plans and share a moment of positive motivation
 - Build the culture among campers with a short camp-wide activity
- 9:00am to 11:30am = Morning Activities
 - Each age group has an assigned order of activities that their counselors will lead them on throughout each day
 - Would include swim time for various groups (based on our schedule with a local pool)
- 11:30am to 12:15pm = Camp-wide Lunch
 - The entire camp will enjoy their packed lunch with friends
 - Time to cool-off and relax either outside or inside
- 12:15pm to 3:00pm = Afternoon Games and Activities
 - Each age group will resume an assigned order of activities that their counselors will lead them on throughout each afternoon
 - Would include swim time for various groups (based on our schedule with Alameda)
- 3:00pm to 3:30pm = Snack and "Camp Gather Around"
 - Serve snack to every camper, we will have an opportunity to share/build together
- 3:30 to 5:30pm = Free Play and Parent Pick-up
 - Supervised free play for all campers as we wind down the day & parents arrive for pick-up

*** On Field trip or Camp Adventure days, there will be a schedule applicable for that specific day***