2019 Summer Day Camps
YMCA of Greater Nashua
Merrimack YMCA | Nashua YMCA | Westwood Park YMCA
YMCA Camp Sargent on Lake Naticook
Welcome to summer at the YMCA of Greater Nashua. With camp programs based on the Y values of caring, honesty, respect, and responsibility, we provide children with a priceless experience in a safe and supportive environment where their safety is our top priority. We provide affordable, quality summer experiences with convenient options such as extended camp hours, transportation, and sibling discounts. Whether you’re considering a traditional day camp or a specialty camp, summer at the Y is filled with excitement, adventure, new friends, lifelong memories, and most of all, discovery!

There are few unique environments as special as camp, where kids become part of a community and form friendships as they learn both how to be more independent and how to contribute to a group as they engage in physical, social, and educational activities every day. Amidst all the fun of swimming, sports activities, archery and creative arts, children develop attitudes that build character and promote leadership. At the Y, we feel that every child should be given the opportunity to experience summer camp. That is why we offer more than 40 camp programs at four different Y locations in the Greater Nashua Area.

YOUR CHILD’S SAFETY
Camper safety is our top priority. The majority of our summer staff come from our before and after school programs, so they may already be familiar faces to your child. All staff receive reference and criminal background checks in addition to undergoing extensive summer camp training. Our counselors develop competencies in team building, character development, conflict resolution, emergency procedures, child abuse awareness and prevention, CPR, first aid, and age appropriate activity planning.

CAMP DIRECTORS AND COUNSELORS
YMCA staff are selected based on their expertise, background, and their strong desire to work with children. Our staff come to work each day motivated to provide your child with a safe and fun experience.

SPECIAL ACCOMMODATIONS
The YMCA of Greater Nashua strives to provide all campers with a safe and positive camp experience. Parent communication is key to the success of each and every camper, so if your child requires extra support, please set up a meeting with the camp director at your local Y prior to registering.

MORE CAMP INFORMATION
Additional information including policies, procedures and the packing list can be found in the Parent Handbook available on our website at www.nmymca.org/welcome-summer-camp.

FINANCIAL ASSISTANCE AVAILABLE
Please contact our friendly day camp registrar at your local branch to inquire about financial assistance opportunities.
MEET OUR CAMP DIRECTORS

Josh Schupack  |  jschupack@nmymca.org
Executive Director of Camping Services
Since 1999, Josh has not missed a summer at camp. For the past 20 years, Josh has been involved with programs ranging from the rustic outdoors, to the basement of an inner city middle school. With a masters in psychology, Josh loves being a commanding force by being a change agent in a child’s life. He believes that there is no better way to have a positive impact on a camper than to give them the opportunity to go to camp. Every summer is a chance to learn something new, take a chance, and make lifelong friends. He can’t wait for you to be part of it!

TIFFANY JOSLIN  |  tjoslin@nmymca.org
Camp Sargent Director
As the Director of the Arts and Camping Service for the YMCA of Greater Nashua in recent years, Tiffany is so excited to be heading back to Camp Sargent, and making her debut as Camp Sargent Director! She started her Camp Sargent career 7 years ago as the program director for Camp Sargent’s Play Acting Camp. Since then she has had an important part in helping the day to day operations of camp, and developing it into one of the top summer camps in the area, as one of our Assistant Camp Directors. She received her B.A. from Keene State College in 2007 in Theater and Dance. Tiffany started her career with the YMCA of Greater Nashua as a dance instructor, and moving onto becoming our Assistant Arts and Humanities director in 2003. She has always had a love for dance and art growing up. She pictured herself moving to New York City to perform after college, and it was not until she started teaching at that Y that she found her true passion. When Tiffany is not at camp she likes to shop, soak up the sun at the beach, read, watch reality TV, and travel. There is nothing in the world she loves more than spending time with her family and friends.

ERIN MITCHELL  |  emitchell@nmymca.org
Courageousness in Teens Camp Director
In 2010, Erin Mitchell began her professional summer camp career with the Boys & Girls Clubs of Raleigh, NC, implementing programs that introduced healthy lifestyles, responsible citizenship and Counselor in Training success. Erin joined the Y movement in 2013 and developed a much greater appreciation for the Y’s influence in the community. Ask Erin why she created the Courageousness in Teens summer program. “I hope to give teens a unique perspective when it comes to preparing for their futures. Our program will teach teens to persevere until they reach their goal!”

LYNNE BOYER  |  lboyer@nmymca.org
Camp Create Director/Executive Director of Youth Development
As the Executive Director of Youth Development, Lynne has worked with youth in many different areas, including camp, for 21 years. Having been a camper herself, Lynne believes in the value of camping and even more so, each child having a caring adult in their lives. Lynne is proud to deliver that impact through her work at the Y.
MEET OUR CAMP DIRECTORS

2019 SUMMER CAMP DIRECTORS

ELIZABETH WITMER | ewitmer@nymymca.org
Young Explorers Camp Director
Elizabeth Witmer joined the Merrimack Y Early Education Center in the fall of 2006 and implemented the Young Explorer’s Camp for our youngest campers the following summer. Each summer Elizabeth and her team of early educators look forward to a fun-filled recreational break from the school year and jump right into a multitude of outdoor play and indoor theme-based activities. Elizabeth has been a child care director for more than twenty years and a teacher prior to that. In her early years as a teacher, many summers were spent working in both day and overnight summer camps where she challenged herself to try new experiences every day. With younger children, she continues to strive to create an enriching summer experience where children can fill their days exploring innovative ways to learn, grow and laugh!

Tracy Beauregard | tbeauregard@nymymca.org
Sports Camp Director
Tracy has been a commanding force in YMCA sports since the day she walked into the Merrimack YMCA. With experience running program for preschoolers all the way through high school, Tracy understands the importance of balancing strong athletic effort with the teaching of life skills to carry youth beyond their sport. She cannot wait to have campers experience the magic of the Sports Camp at the Westwood Park YMCA.

SARAH SUTHERLAND | ssutherland@nymymca.org
Little Investigators Camp Director
For the past 11 years, Sarah has committed herself to education of youth at the Y. She fosters the curiosity and inquisitive nature of every child who comes into her program. Having worked with children of all ages, Sarah strives to find that unique quality in a child that helps them connect to the larger world. Whether through egg drops, food experiments, or dressing up as silly scientist Professor Bug, Sarah will find a way to help your child love learning.

Karen Thomas | kthomas@nymymca.org
Camp and Childcare Administrator
For the past 17 years, Karen has organized chaos in the YMCA world! From Swim Teams to Child Care, Camp to After School, there is not a more supportive person to help you with all the behind the scenes work to ensure you and your camper have the best experience possible at camp. If you have questions about registration, challenges with paperwork, or need help preparing your child’s camp experience, Karen is your person.
GENERAL INFORMATION

REGISTRATION
A $25 non-refundable deposit (per week per camper) is due at registration. You can either pay in full at the time of registration or only pay the $25 non-refundable deposit (per week per camper) at the time of registration and have the balance for each week auto drafted (via a checking account or credit card) at a schedule of your choosing. All balances must be scheduled for final payment by the Saturday before each camp week. Please note, only these two payment options are available. Camp registration will close at 11:59pm on Thursday for the following camp week. No exceptions to this rule will be made. This is to ensure no group has too many campers per counselor and for the safety of your child. For more registration information please refer to the registration procedure/transfers & refunds section of the summer day camp policies agreement. Grade determination based on grade the camper is entering in the fall.

SIBLING DISCOUNT
The YMCA of Greater Nashua provides a sibling discount for siblings within the same household who sign up for the same camp week in the same camp location: Camp Sargent, Camp Nashua, Camp Merrimack or Camp Westwood Park. These discounts cannot be used in conjunction with any other discount or promotion and can’t be transferred. This discount can only be applied in house at either the Nashua or Merrimack YMCA Welcome Center.

1st Child - Full Price
2nd Sibling - $10 off
3rd Sibling - $15 off

CAMPER INFORMATION:
The YMCA of Greater Nashua Day Camps uses a HIPPA compliant online database called PlayerSpace for all information gathering to help us create the best experience possible for your camper. PlayerSpace will allow you to share your child’s most recent Physical and Immunization Record, emergency contacts, authorized pick ups and background information to make sure we know everything we can to support your camper. You will receive an email to set up your PlayerSpace profile soon after you register for camp. You will also be able to communicate with your child’s counselor each week and get updates about camp through the PlayerSpace App during the summer.

CAMP WEEKS

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<tr>
<th>Week</th>
<th>Dates</th>
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<tr>
<td>1*</td>
<td>June 17-21</td>
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<td>2</td>
<td>June 24-28</td>
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<td>3**</td>
<td>July 1-5</td>
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<td>July 22-26</td>
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<td>August 19-23</td>
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<td>August 26-30</td>
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* Weeks 1 and 11 (single-day weeks): Parents can register for single days these weeks or the full week.

** No Camp on Thursday, July 4th: All tuition has been prorated for this week.
**WHAT TO PACK**
- Closed Toe Shoes
- Swimsuit and Towel
- Lunch and Two Snacks (non-heatable, please)
- Refillable water bottle
- Sunscreen and Bug Repellent
- An “I’m ready to have fun” attitude!

**PRE/POST CAMP**
Do you need to drop your camper off early or pick them up at camp later in the afternoon? The YMCA of Greater Nashua offers a pre and post camp option to assist with easing drop-off and pick-up.

**Q: What is it?**
**A:** It’s supervised care for your child before and after camp hours, 7am-9am & 4pm-6pm.

**Q: Where is it?**
**A:** At Camp Sargent. Primarily at front field, basketball court and covered pavilions. At The Nashua, Merrimack and Westwood Park YMCA branches it is primarily in the gym and field.

**Q: How much does this cost?**
**A:** $60 per child per week. (This includes pre AND post care)

**Q: What if my child is doing Pre/Post camp at the Nashua Y but taking the bus to Camp Sargent or Camp Merrimack. Do I still have to pay the $60/week bus fee in addition to the $60/week Pre/Post fee?**
**A:** Yes. The two fees cover two separate staff costs and a large percentage of the bus fee goes towards the cost of renting the bus (i.e.: fuel costs, driver, tolls etc.).

**Q: What if my child just needs one but not the other, can I pay half?**
**A:** Sorry, due to staffing it is one fee for Pre AND Post camp.

**BUSSING INFORMATION**
If you need transportation to get campers to a specific YMCA location for their desired camp we offer a bus route that can pick your child up at any of our locations and then transport them back in the afternoon for easy pickup. $60 per person per week (Limited space).

**Morning Route**
- Stop #1 8:15 AM Nashua YMCA
- Stop #2 8:27 AM Merrimack YMCA
- Stop #3 8:45 AM Westwood Park YMCA
- Stop #4 9:00 AM Camp Sargent

**Afternoon Route**
- Stop #1 4:00 PM Camp Sargent
- Stop #2 4:15 PM Westwood Park YMCA
- Stop #3 4:30 PM Merrimack YMCA
- Stop #4 4:45 PM Nashua YMCA

The last stop in the morning is Camp Sargent and the bus will leave from Camp Sargent at 4 pm each afternoon. (All times are approximate based on traffic and weather) **NO BUS TRANSPORTATION WEEKS 1 & 11.**
YMCA CAMP SARGENT on Lake Naticook
141 Camp Sargent Road, Merrimack, NH | 603.881.7778 (Winter) | 603.880.4845 (Summer)

Camp Hours
Camp Day: 9 AM – 4 PM

Pre and Post Camp
Camper can be dropped off beginning at 7 AM and picked up by 6 PM. There is one fee for both pre and post care.

Pre/Post Cost
$60 per child per week covers both
Located on beautiful Lake Naticook in Merrimack, NH just minutes from the Merrimack, Nashua and Westwood Park Ys, Camp Sargent sits on 22 acres. Since 1924, Camp Sargent has offered the Greater Nashua community a quality day camping program for boys and girls 5–16 years old. Sessions range from one to eleven weeks of traditional camp activities to more involved specialty camps that provide more time for campers to dive deeper into what interests them most. Regardless of the type of camp, camp staff always stress safety and teamwork while working towards each camper building self-confidence and making friends.

At the heart of Camp Sargent is a joy of learning and exploration while having fun and being surrounded by caring role models. Many activities integrate Science, Math and Physical Activity. Though many of the “specialty camps” are designed after the STEAM (Science Technology Engineering Art and Math) core model of learning, we are intentional in that the overall day look and feels like camp, and not a classroom. There’s no such thing as summer learning loss at YMCA Camp Sargent, where igniting curious young minds happens every day!

Camping, like many Y programs, is about learning skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities. Camping teaches self-reliance, a love for nature and the outdoors and the development of attitudes and practices that build character and leadership—all amidst the fun of canoeing, archery, talent shows and meaningful relationships. Y counselors are dedicated to making sure camp is an amazing experience for every camper.

**LICENSING AND ACCREDITATION**

Camp Sargent is accredited by the American Camp Association (ACA). ACA Accreditation is a process during which a camp undergoes a thorough review of its operation—from staff qualifications and training to emergency management—to ensure compliance with more than 300 standards. ACA is the only nationally accrediting body for all types of camps. ACA standards are recognized by courts of law and government regulators as the standards for best practices in camp.

In addition to being ACA accredited, Camp Sargent is licensed by the New Hampshire Department of Environmental Services (DES).

**EXPERIENCED STAFF**

All staff are hired based on prior experience working with school-age children and proven ability to lead a group in a safe and fun environment. Our Staff is CPR and First Aid certified and complete a multi-day orientation which covers various adolescent behavioral issues, small group activities, rainy day activities as well as goals and objectives for camper development. Do you have questions about how Camp Sargent can meet the needs of your child? Contact Camp Director, Tiffany Joslin at 603.689.2662 or tjoslin@nmymca.org.
WHAT TO PACK
• Swimsuit and Towel
• Sunscreen and Bug Repellent
• Closed Toe Shoes
• Extra Pair of Socks
• Lunch and Two Snacks (non-heatable, please)
• Refillable Water Bottle
• An “I’m Ready to Have Fun” Attitude!

CAMP SARGENT GENERAL SCHEDULE
Campers have a variety of options to choose from for their U-PICK* period on a daily basis including free swim, boating, archery, nature, arts & crafts, Yoga, Ga-Ga, playground, board games, fishing, hiking, science experiments, songs, fort building, parachute games, scavenger hunts, sports games, tetherball, “challenge by choice” ropes course and log rolling in the lake!

7-9am  PRE CAMP (Child must be registered for this.)
9:05-9:10am OPENING CEREMONIES
9:15-10am  1st Period
10:15-11am  2nd Period
11:15am-Noon  3rd Period
12-12:45pm  Lunch
1-1:45pm  4th Period* (Gr. 4+ U PICK)
2-2:45pm  5th Period* (Gr. 2-3 U PICK)
3-3:45pm  6th Period* (Gr. K-1 U PICK)
3:45-4pm  CLOSING CEREMONIES
4-6pm  POST CAMP (Child must be registered for this.)

*U-PICK is designed to allow campers to make personal choices based on their hobby, curiosity or general interest. A diverse choice of activities is always offered. All activities are supervised.

FRIDAY THEME DAYS
Every Friday at Camp Sargent is a theme day. We invite our campers to come to camp dressed for the theme of the day. During Week 11 we have a new theme every day as we celebrate the end of summer with our campers. We ask that the campers don’t bring any weapons or inappropriate clothing to camp. (Theme days are subject to change.)

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<thead>
<tr>
<th>Date</th>
<th>Theme</th>
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<tbody>
<tr>
<td>June 21</td>
<td>Pajama Day</td>
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<td>June 28</td>
<td>Superhero Day</td>
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<td>July 5</td>
<td>Party In The USA</td>
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<td>July 12</td>
<td>Wild West Gold Rush</td>
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<td>July 19</td>
<td>Under The Big Top</td>
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<td>July 26</td>
<td>Sargent’s Got Talent</td>
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<td>August 2</td>
<td>Escape The Day</td>
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<td>August 9</td>
<td>Pirate Day</td>
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<td>August 16</td>
<td>Color Wars</td>
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<td>August 23</td>
<td>Hawaiian Hullabaloo</td>
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<td>Week 11</td>
<td>Spirit Week:</td>
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<td>(Aug. 26-30)</td>
<td>Movie Star Monday</td>
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<td>Tropical Tuesday</td>
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<td>Wacky Wednesday</td>
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<td>Tye Dye Thursday</td>
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<td>Fan Friday</td>
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Please Note: Free swim is held mornings and afternoons for campers who choose to swim. Due to the high volume of campers and the limited amount of space for certain activities, not all children will have the opportunity to participate in each activity on a daily basis.
Lil’ Voyagers (Ages 5-K)
For their first time experiencing camp, children will participate in most activities their older counterparts do. All activities are age appropriate and modified for the campers. Camper’s time will be spent in an environment centered around discovery and creativity. Hands-on learning experiences will encourage campers to be independent as well as develop self-esteem, ALL SUMMER LONG!

YMCA Family Member: $200
Community Member: $400
Ask about our ½ day option and pricing (9am–1pm).

Summer FUN (Grades 1–8)
Healthy fun, new friends, adventure and personal growth and memories that last a lifetime. Campers will experience this and more in Camp Sargent’s Summer FUN camp, a traditional day camp experience. Swimming, boating, archery, nature, arts and crafts, drama, yoga, Ga-Gag, board games, fishing, hiking, songs, scavenger hunts and more, ALL SUMMER LONG!

YMCA Family Member: $190
YMCA Youth Member: $285
Community Member: $380

SPECIALTY CAMPS
Please note: Due to the amount of time specialty camps take, your child may not be able to partake in all the daily camp programs. Field trips (on and off site), guest speakers and professional demonstrations are planned (for certain sessions).

Archery Camp
One of the most popular activities at camp, campers will learn proper techniques and safety. Limit 10 campers per session.

NEW! Arts of All Sorts Camp
A mix up of all different types of art: painting, drawing, photography, sculpting and more! This camp is meant for beginner to intermediate skill levels.

Eco-Fit Camp
Campers see just how much fun exercise can be, all within the natural setting of Camp Sargent! We climb and jump over logs and rocks, forest based challenge courses and other fun activities to teach kids about fitness in the outdoors, all while exploring and learning about nature, healthy eating and cooking with fresh produce from our vegetable garden! Like all of our camps, Eco-Fit Camp is open to children of all abilities.

Farm Camp
Combining hands-on farm education and sustainable living is what this camp is all about. Campers will interact with the animals each day performing chores, learning how to care for them and understand their importance on sustainable farms. During their time in this camp, each camper will learn about planting, weeding, composting, and harvesting in our vegetable garden.

Forts, Bridges & Skyscrapers Camp
We’ll look at the natural and man-made world around us, while learning to work individually as well as part of a team. Creativity and problem solving are fostered inside this camp.

Harry Potter Camp
Leave Privet Drive and the Muggle world behind as you transform into a student at Hogwarts’ School of Witchcraft and Wizardry. Harry Potter Camp is a celebration of all things Hogwarts’ Campers will be able to create and taste their very own Hogwarts’ snacks, illustrate their own house crest, concoct potions, create spell books, play Quidditch and much, much more! If your inner wizard is dying to get out, then this camp is right up your Diagon Alley.
NEW! Pandora – The World of Avatar Camp
Fly into the amazing world of Pandora where you will discover the beauty of nature. Complete tasks that an avatar must accomplish to prove your loyalty and connect with a banshee (Dragon), discover what makes bioluminescence glow, study the plants and animals that live at Camp Sargent to gain a further understanding of the environment, create your own Pandora animals, and challenge yourself to be loyal and brave in a world of unknown. Pandora is a riveting camp that will allow you to discover who you are, where your place in the world is and cause you to dive deep into the depths of your imagination.

Survivor Camp (2 week sessions)
Through both physical and mental challenges, on and off Blueberry Island, campers will participate in activities that will push them to dig deep in themselves and trust in their peers to overcome obstacles, both physical and not. Campers will develop self-confidence, independence and leadership in this camp. Like all of our camps, Survivor Camp is open to children of all abilities.

SWIM LESSONS ON LAKE NATICOOK
Week 2 – 9
Swim lessons are offered at the conclusion of the camp day, selected weeks for registered Camp Sargent campers (for those weeks). Campers will be taught the fundamentals of proper swim mechanics and aquatic safety. Our goal for your child is that they leave each class as a more confident swimmer! Limit 6 per class. Pre/Post camp registration also required for applicable weeks. If inclimate weather, classes will be canceled.

Ages 6-8           4:10-4:40pm or 4:50-5:20
Ages 9-12         5:30-6pm

Beginner, intermediate and advanced classes will be offered each time slot. Please see swim level descriptions of what each level equates to if they were to take lessons at the Merrimack or Nashua Y

Y Family Member: $38/week  
Y Youth Member: $57/week  
Community Member: $76/week

Swim Level Descriptions:

Beginner Level:
Beginner level is intended for children who have never had a formal swim lesson and have minimal swim experience.

Intermediate Level
Prerequisite: Completion of Beginner level or approval from the Waterfront Director. Intermediate Level is intended for children who can swim independently without flotation 10 yards and are comfortable submerging his or her face in the water.

Advanced Level
Prerequisite: Completion of Intermediate level or approval from the Waterfront Director. Advance level is intended for children who can swim 25 yards of proper front and back crawl.
CIT PROGRAM Courageousness in Teens (Grades 9–12)

CAMP DIRECTOR: Erin Mitchell | emitchell@nmymca.org

The CIT Program, is the ultimate teen summer program specifically designed to provide teens with quality leadership skills, future career preparation, social emotional learning and community service opportunities centered around our YMCA core values.

PRICE PER SESSION
Y Family Member: $220
Y Youth/Teen Member: $330
Community Member: $440

SESSION DATES
• June 24–July 5 (pro-rated)
• July 8–19
• July 22–Aug 2
• Aug 5–16

Teens engage in self-reflecting activities specifically designed to benefit their future while aiming to positively impact the youth of Camp Sargent and their local community.

Under the guidance of YMCA staff, CIT participants will be supported by youth development professionals while learning how to create and implement fun youth activities and games such as athletics, personal hobbies/interests, crafts, as well as traditional outdoor camp skills such as swimming and archery.

When the teens have a break in their schedule, they will be able to participate in a mentoring program where YMCA staff will connect CIT participants with area business professionals to work together on their professional goals as well as the character strengths needed to be a leader in their respective fields.

If you are thinking this camp sounds like a great way to connect your teen with others, have opportunities to make new friends, increase the number of positive role models in your teen’s life, all while making a difference in their community, then this camp is for your teen.

To participate in CIT camp, teens will submit a one page essay to the Camp Director stating how he/she displays the YMCA core values of caring, honesty, respect and responsibility. Please send via email to emitchell@nmymca.org by Friday June 7, 2019.

WHAT TO PACK
• Lunch and Two Snacks (non-heatable, please)
• Refillable Water Bottle
• Swimsuit and Towel
• Sunscreen and Bug Repellent
• Closed Toe Shoes
• Extra Pair of Socks
• An Optimistic Attitude!
Camp Hours
Camp Day: 9 AM - 4 PM

Pre and Post Camp
Camper can be dropped off beginning at 7 AM and picked up by 6 PM. There is one fee for both pre and post care.

Pre/Post Cost
$60 per child per week covers both

MERRIMACK YMCA CAMPS
6 Henry Clay Drive, Merrimack, NH | 603.881.7778
CAMP CREATE (Grades 1–6)

CAMP DIRECTOR: Lynne Boyer | lboyer@nymymca.org | 603.881.7778

Campers can indulge in their creative side through various specialty camps with a focus on the visual and performing arts. Activities will be centered on the camp’s offering each week during a two hour program time in the morning. In the afternoon all camps will participate in traditional day camp activities such as swimming in our indoor pool, arts and crafts, outdoor play and more. Many of the camps will have a performance or showing at the end of the week.

All camp staff are hired based on prior experience working with youth and leading groups and are trained in youth development, behavior management and are required to be First Aid and CPR certified.

Acting 101 (Grades 4–6)
Campers will learn different aspects of acting and theater through improv activities, scene play and dialogue work.

Broadway Kids (Grades 1–3)
Campers will learn how to sing, dance and act in a scene from a Broadway show.

Camp Crafts (Grades 1–3)
Remember the fun crafts you learned in camp? In this camp we’ll be revisiting the age-old camp crafts that are still popular today such as gimp, dreamcatchers, fortune tellers, etc.

Camp Create Sampler—Single Days Available
We offer individual days for Week 1 and 11 due to the local school schedules.

Winter Camps
Camp Create
Grades 1–6
Young Explorers
Ages 3–5

WHAT TO PACK
- Swimsuit and Towel
- Sunscreen and Bug Repellent
- Closed Toe Shoes
- Extra Pair of Socks
- Lunch and Two Snacks (non-heatable, please)
- Refillable Water Bottle
- An “I’m Ready to Have Fun” Attitude!

CAMP CREATE GENERAL SCHEDULE
7–9am   PRE CAMP (Child must be registered for this.)
8:45–9:15am Check in on the field (Indoors if inclement weather)
9:15–9:30am Morning Meeting/Activity
9:30–10am Morning Snack
10am–Noon Program Time
12–12:30pm Lunch
12:30–1pm Outdoor Group Activities
1–3:30pm Afternoon Activity Rotation (Most days will include water activity.)
3:30–4pm Afternoon Snack and Outdoor Play
4–4:15pm Dismissal
4–6pm POST CAMP (Child must be registered for this.)
Circus Camp (Grades 1–3)
If your child has ever wanted to run away with the circus, this is the camp for them! Campers will experience the circus by engaging in circus activities and developing one of their own to share with parents.

Creative Writing (Grades 4–6)
Using different writing techniques campers will be able to discover their inner writer and create stories, poems and other writing examples.

Hip Hop (Grades 1–3, 4–6)
Campers will learn and dance hip hop throughout this camp.

Lego Builders (Grades 1–3)
This camp will be centered on playing and building with Legos with each day having one or two given projects to accomplish.

Lyrical Dance (Grades 1–3, 4–6)
Lyrical dance is a unique form that combines qualities from both ballet and jazz.

Painting (Grades 1–3, 4–6)
Your camper’s inner artist will shine in this camp by touching upon many different aspects of painting such as watercolors, acrylics and more!

Paper Crafts (Grades 1–3)
Campers will learn different aspects of making paper crafts such as origami, cool paper airplanes and other fun activities.

Princess at the Ballet (Grades 1–3)
Little princesses will love this camp where they will learn basic ballet steps as well as be treated like a real princess by making tutus and crowns!

Printmaking (Grades 4–6)
Printmaking is the process of making artworks by printing, normally on paper. Printmaking normally covers only the process of creating prints that have an element of originality, rather than just being a photographic reproduction of a painting and campers will be making their own stamps and printing them on paper.

Photography (Grades 4–6)
Aspiring photographers will learn composition as well as the importance of light when taking a photograph. They will be able to practice and edit throughout the week. Please provide one digital camera per camper.

Pottery (Grades 1–3, 4–6)
Campers will learn how to mold and paint clay to make their own creations during this week.

Sing It Out (Grades 1–3, 4–6)
During this camp participants will learn musical techniques, diction and proper posture through group and solo singing.

Textile and Wearable Arts (Grades 4–6)
Crafty campers will create their own pieces to wear using different textiles and learning how to hand and machine sew.

Theater Kids (Grades 1–3)
The younger version of Acting 101, this camp will allow campers to learn about the theater through improv games and scene work.

Tumbling (Grades 1–3)
Campers will practice beginner tumbling and gymnastic skills.

Wearable Arts (Grades 1–3)
Campers will create masterpieces they can wear using techniques such as tie dye and duct tape.
YOUNG EXPLORERS CAMP (Ages 3–5)
CAMP DIRECTOR: Elizabeth Witmer | ewitmer@nmymca.org | 603.881.7778

A fun-filled, recreational camp based in the Merrimack Y Early Education Center. Each week centers on a unique theme, with a special event to wrap-up the week every Friday.

Week 1: (June 17–21)
Child Care Only

Week 2: (June 24–28)
Sea, Sand, and Sun
Who’s ready for some fun in the sun? And who doesn’t love the outdoors in the summer time? Let’s kick off our Young Explorer’s Camp with one of our favorite themes... sure to inspire smiles... Sea you soon!

Week 3: (July 1–5)
Party in the USA
What would the 4th of July be without a parade? Red, white and blue crafts and lots of good ole’ Americana games will hi-light this week.

Week 4: (July 8–12)
Walk on the Wild (Animal) Side
The farm! The Zoo! This week encompasses animals of all shapes, sizes, and colors; from the tiny Etruscan Shrew to the gigantic African Elephant. We’ll wrap up the week with a visit from our very own farm.

Week 5: (July 15–19)
Magical Friends and Fairies
Once upon a time... And happily, ever after! Everything from magic wands to unicorns; a uniquely real and playful week is in store for all campers. Bring your imagination, and a pinch of fairy dust.

Week 6: (July 22–26)
Who are the People in Our Neighborhood?
People that we meet each day! Our community is filled with superheroes; police officers, fire fighters, even the dentist is a cavity-fighting-caped-crusader! This week we focus on Superheroes of all shapes and sizes, from near and far!

Week 7: (July 29–Aug 2)
We’re Moovin’ and Groovin’
Head-shoulders, knees and toes, knees and toes. Head-shoulders... We all know how the song goes. This week campers will explore the many ways to move our bodies. Don’t forget your dancing shoes as we end the week with a dance-off.

Week 8: (August 5–9)
Buggin’ Out
Did you know insects have three parts? Why do spiders have eight legs? During bug week, we will explore the answers to these questions and many more. Spiders, beetles, and butterflies, oh my!

Week 9: (August 12–16)
We Dig Dinosaurs!
66 million years ago Dinosaurs roamed the planet. For just one week they return to the Y, just in time to spark the young explorer’s imagination. Curiosity soars as we learn about the mighty Tyrannosaurus Rex, and the friendly leaf-eaters; the triceratops.

Week 10: (August 19–23)
It's Been Real; it’s Been Fun!
And now we celebrate; camp is done. This week is all about fun! There is a different theme each day to keep you on your toes.

Monday: Color Me Crazy!
Tuesday: Sports Extravaganza
Wednesday: Wacky-Wonderful and Twinning
Thursday: Hawaiian Hullabaloo
Friday: Pirate and Princess Day
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<th><strong>Camp Hours</strong></th>
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LITTLE INVESTIGATORS CAMP (Ages 3–5)

CAMP DIRECTOR: Sarah Sutherland | ssutherland@nmymca.org | 603.882.2011

This is where the fun begins and learning never ends! Let your child explore the Y way.

**Week 2 (June 24–28)**
**Shark Camp**
Sharks are amazing creatures, and children love learning about them! This week we will dive into the deep ocean, where the sharks dwell!

**Week 3 (July 1–5)**
**Dinosaur Discovery Camp**
Prorated: Family Members-$ 90.00 and Community Members-$100
Topics include paleontology, dinosaur identification, Triassic, Jurassic, and Cretaceous periods, habitats, herbivores, omnivores and carnivores. This week is a hit, don’t miss out!

**Week 4 (July 8–12)**
**Pirate Camp**
Aaaargh! Does your child love pirates? Children will sail the ocean blue, search for buried treasure and find their own deserted island! Don’t miss the fun!

**Week 5 (July 15–19)**
**Little Campers**
Does your preschooler love to go camping? This week, they won’t need to travel to the woods to have the same camping fun! S’mores, hiking, relay races and a scavenger hunt are just a few things your child can look forward to!

**Week 6 (July 22–26)**
**Bees, Beetles and Butterflies Camp**
This week is all about bugs! Caterpillars in the classroom will turn to butterflies before our eyes! Other topics will include ants with a live ant farm, arachnids, worms, beetles and more!

**Week 7 (July 29–Aug 2)**
**Disney Discovery Camp**
From Moana to Bell, Aladdin and the Lion King, we will explore all things Disney. Don’t miss the magic!

**Week 8 (August 5–9)**
**Nature Lovers Camp**
This week we will take advantage of Mine Falls Park, located right in our Y’s front yard. Activities include scavenger hunts, wildlife exploration, and animal track identification using different media and tools to make the experience one your camper will remember!

**Week 9 (August 12–16)**
**Water Wonderland Camp**
Description: If your child likes to get wet this is the camp week to choose! Water fun outside and water experiments inside will make this camp a blast! Experiments this week include fishing for ice cubes, sink or float and fun activities with solids, liquids and gases.

**Week 10 (August 19–23)**
**Book and Buffet Camp**
Each day your child will listen to a story and make a yummy treat to go with our book. Don’t miss this learning opportunity for your child; this week will have a strong emphasis on literacy!

**WHAT TO PACK**
- Extra Change of Clothes
- Water Bottle with Child’s Name
- Sunscreen
- Socks and Sneakers
- Bathing Suit, Towel and Flip Flops on Thursdays
- Peanut and Tree Nut Free Snack and Lunch

**PRICE PER WEEK:**
YMCA Family Member: $145
Community Member: $160

Camp Hours: 9am – 1 pm
Children must be potty trained to attend camp. No before or after care offered. Children will swim on Thursday each week 10–11am.

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**Shark Camp**
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Each day your child will listen to a story and make a yummy treat to go with our book. Don’t miss this learning opportunity for your child; this week will have a strong emphasis on literacy!
Camp Hours

Camp Day: 9 AM – 4 PM

Pre and Post Camp

Camper can be dropped off beginning at 7 AM and picked up by 6 PM. There is one fee for both pre and post care.

Pre/Post Cost

$60 per child per week covers both
SPORTS CAMP (Grades 1–8)

CAMP DIRECTOR: Tracy Beauregard | tbeauregard@nmymca.org | 603.881.7778

YMCA Sports Camps focus on individual skill development as well as the team ideals of sportsmanship and camaraderie. These week long sessions are designed to accommodate both playful and serious young sports fans. As campers grow and learn each activity, they can increase their skill level. We give them incentives to continue to achieve throughout their camp experience, gaining more advanced skills, and having a ball along the way. Though it’s stressed all week, we cover the importance of teamwork and perseverance through fun group games and ice breakers each Monday to kick off the camp week. Each Friday will end with tournament style competition and award ceremonies centered on the Y’s core values of Caring, Respect, Responsibility and Honesty.

How Do I Choose the Right Camp For My Child’s Age?

- **Rookies**: Entering Grades 1-2
- **Juniors**: Entering Grades 3-4
- **Minors**: Entering Grades 5-6
- **Majors**: Entering Grades 7-8

See page 27 for ½ day Majors options.

Can My Child Bring His/Her Own Sports Equipment to His/Her Sports Camp?

Yes, but please make sure to clearly label everything. The YMCA is not responsible for any lost, broken or stolen personal property.

The Staff

All staff have multiple years of experience working with a variety of adolescent’s skill sets in sports and otherwise. Our staff participate in a pre-camp training which include team-building skills, YMCA child abuse prevention, small group management, emergency procedures, character development, behavior management, special needs and basic first-aid and CPR. We take pride in the high expectations we set for our camp staff and evaluate them and the programs throughout the summer.

The Facility

Only five years old, our newest addition to the YMCA of Greater Nashua, an indoor sports facility which is fully equipped with 4 immaculate, regulation size basketball/volleyball courts, 5,000 square foot functional training space with the latest sports and conditioning equipment and a 16,000 square foot indoor turf field which will be sub dividable into 4 fields. In addition to the 40,000+ square foot indoor space, campers will be given time for instruction, game time and lunch outside, as well as water fun games to cool off on those hot summer days!
SPECIALTY CAMPS

All Ball
Team handball, wiffle ball, spikeball, bocce ball, kickball, pickleball, dodgeball and four square are just some of the games we’ll be playing – If it involves a ball and FUN, we play it!

All-Star Sports Sampler
Single Days Available
We offer individual days as well as full week care for weeks 1 and 11 due to the local school schedules.

This is the perfect camp for children who just love to play sports. Staff will organize teams based on age and ability.

Mon: March Madness
This day is filled with Basketball but our own version of the annual collegiate tournament.

Tues: No Tackle Tuesday
Flag Football is a safer alternative to tackle football and the only body parts heard hitting each other will be fist bumps and high fives!

Wed: World Cup Wednesday
Soccer, soccer and more soccer!

Thurs: Throw Back Thursday
From backyards to school yard recess these games are always fun to play, bocce ball, corn hole, kickball and badminton! We will play a couple of these.

Fri: Wiffle Ball World Series
This plastic version of baseball is a fan favorite of all ages.

Around the World Sports
Did you know that cricket is the second most popular sport in the world behind Soccer? Many sports are important to the country it’s played in or significant to its culture. In addition to cricket, campers will learn the origin, rules and play badminton, pickleball, bocce ball, golf and even non-contact rugby!

Badminton
Campers will learn the fundamentals of badminton, the fastest growing racquet sport in the world, including technical skills, footwork, the rules of the game, and etiquette.

Basketball
WE INVENTED THE SPORT! If you’re a beginner at basketball or want to fine tune your skills, this camp is for you! Dribbling, passing and shooting is taught as well as game play situations all while emphasizing fun, sportsmanship and teamwork in a positive environment.

Fall Sports Conditioning
This camp focuses on the development of speed, agility, and vertical leap that contributes to relevant athletic performance to help each athlete into their best shape going into fall sports season! A portion of this camp will focus on nutrition and the importance of treating our bodies with the care and attention it needs to compete at a high level!
SOCCER/FUTSAL Combo Camp  
**presented by In the Net Sports Academy**

In The Net Sports Academy has partnered with the YMCA to offer a Soccer/Futsal Training Camp! Campers will work on both their soccer and futsal skills. Led by experienced, professional staff, training will focus on player’s individual skill development through specific ball drills as well as help gain team tactical awareness. This unique style of training will allow each child to experience the joy of playing soccer, in addition to learning all the different areas of the game in a safe, fun environment.

**What is Futsal?** Derived from Soccer, Futsal is played on a hard court, 5 players per team using a ball that is weighted and smaller than a standard soccer ball.

Monday-Thursday 9am-12pm  
Week 2: June 24-27  
Week 6: July 22-25  
**PRICE:** $155

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**Flag Football**  
Flag football is for boys and girls new to the sport of football as well as those not quite ready for tackle football. This camp is geared toward those youth who want to learn how to play the sport, brush up on the rules, tactics, and skills, and improve their game and most importantly – HAVE FUN!

**Fitness Sampler**  
This camp is a great Introduction to the gym! From weightlifting to Yoga to sit-ups/pushups to jogging, campers, guided by our fitness staff will teach them proper age appropriate technique to ensure full body performance and recovery. A few key benefits of exercise include; building self-esteem, weight loss, reduction of anxiety and a healthy and natural release of energy, positive and/or negative! No prior experience necessary.

**Soccer**  
Each player is given the same opportunity to grow, learn, and develop their skills through the game of soccer. Players will learn the fundamentals of the sport and engage in competition in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship.

**Volleyball**  
YUP, WE INVENTED THIS ONE, TOO!  
The basics of serving, passing, setting and hitting will be taught while building character and having fun!

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**WHAT TO PACK**

- Swimsuit and Towel  
- Sunscreen and Bug Repellent  
- Closed Toe Shoes  
- Extra Pair of Socks  
- Lunch and Two Snacks (non-heatable, please)  
- Refillable Water Bottle  
- An “I’m Ready to Have Fun” Attitude!
**SPECIALTY CAMP SCHEDULES**

A listing of all of our specialty camps by location and age range

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<thead>
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### SPECIALTY CAMPS SCHEDULE

Weeks noted with a □ are the weeks available for that camp. FM= Family Membership, YM= Youth Membership, CM= Community Member or Non Y Member. Our camp days run from 9 a.m. – 4 p.m. See page 2 for pre/post camp. Grade determination based on the grade the camper is entering in Fall 2018. ^ Weeks 1 and 11 are single day weeks. * Pro-Rated for the holiday.

**Camp Sargent on Lake Naticook** *(Camp descriptions on pages 10-12)*

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<tr>
<th>Camp Name</th>
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Camps for ages 3-5 can be found on page 16 (Merrimack YMCA – Little Explorers) and page 18 (Nashua YMCA – Little Investigators).
## Camp Create at the Merrimack YMCA
(Camp descriptions on pages 14-15)

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**SPECIALTY CAMPS SCHEDULE**

Weeks noted with a □ are the weeks available for that camp. FM= Family Membership, YM= Youth Membership, CM= Community Member or Non Y Member. Our camp days run from 9 a.m. - 4 p.m. See page 2 for pre/post camp. Grade determination based on the grade the camper is entering in Fall 2018. ^ Weeks 1 and 11 are single day weeks. * Pro-Rated for the holiday.

**Sports Camps at the Westwood Park YMCA** *(Camp descriptions on pages 21-22)*

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## Sports Camps at the Westwood Park YMCA (Camp descriptions on pages 21-22)

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CAMP SARGENT EVENTS

Family FUN Night
Wednesday, August 14, 6-8pm
This is a wonderful chance to be a camper all over again while sharing this unique experience with your child! Do you want to come to the family night but your child takes the bus home or gets picked up after camp? Don’t worry, for this event, post camp (4-6pm) is provided for free to parents that want to meet their child at camp for the family nights. Join us for FREE food and fun!

Summertime Carnival and Family Fun Day
Saturday, July 20, 11am-3pm
Join us for a Summertime Carnival and family fun day! FUN for the whole family! BBQ lunches, petting zoo, face painting and bounce houses are just a few of the activities! Admission is free. Lunch, concessions and activities cost a small fee. Proceeds to benefit YMCA Camp Sargent’s Camp Improvement Fund and our association’s competitive dance Team, “In Motion”.

Open House
Saturday, May 18, 1-3pm
Saturday, June 15, 1-3pm
Senior staff as well as the director will be on hand for tours and to answer all your questions about your child’s experience at Camp Sargent. If this doesn’t fit your schedule just let us know and we’ll happily accommodate you.

YMCA FRIDAY NIGHT LIVE

July 19 – Summer Kickoff (Camp Sargent)
Join us for the official kick-off to our Summer Friday Night Live event series. Explore all that Camp Sargent has to offer including boating and swimming. Enjoy classic cook-out fare for dinner with s’mores for dessert!

July 26 – Family Field Day (Merrimack Y)
Enjoy a variety of classic games on Merrimack’s sprawling lawn. Bring your swim suit for some water fun too! Healthy snacks will be available.

August 2 – Safari Night (Merrimack Y)
Watch out for lions! Go on a safari right here in Merrimack. We’ll have lots of crafts, games and wild snacks for you to enjoy.

August 9 – Puppet Performance (Merrimack Y)
Watch the fantastic fantasy story of Sir George and the Dragon brought to life by Pumpernickel Puppets!

August 16 – Night of Magic (Camp Sargent)
Make your own wand, and learn some spells from our favorite magician! Magical snacks will be provided.

August 23 – Pirate Party (Merrimack Y)
Come dressed in your best eye-patch and peg leg for this pirate themed bash. Bring your swimsuit for some water fun. Seven-seas themed crafts and snacks will be available.