EVERY SUMMER HAS A STORY
2021 SUMMER CAMP

YMCA of Greater Nashua
Merrimack YMCA | Nashua YMCA | Westwood Park YMCA | YMCA Camp Sargent on Lake Naticook
EVERY KID DESERVES CAMP

Each summer, hundreds of kids attend day camps at the YMCA of Greater Nashua.

For more than 200 campers, their summer experiences are only made possible because of donor-funded financial assistance. Camp gives them connection, activity, mentors, confidence, resilience and safe spaces while their parents work.

Camp allows them to be kids.

However, access to outdoor education and engagement with the natural world is often determined by economic status.

Help send a kid to camp. Your gift will change lives.

www.nymymca.org/annualcampaign
Welcome to the YMCA of Greater Nashua Summer Camps!

Starting with Camp Sargent in 1924, thousands of youth have come to us for an experience that leaves them feeling confident, learning new skills, and making friendships that last a lifetime. Through our core values of Caring, Honesty, Respect, and Responsibility, adventure awaits! We cannot wait for you and your kids to be part of it this summer!

When thinking about our camp experience, the first thing you need to know is that we are a community of people who come together every day to bring out the best in each other. When your camper comes to our camps, they will feel like they belong, as they become part of the Y family. Camp friends are just different from other friends!

At the heart of the camp experience is a building up of confidence through competence. While at camp, your camper will: try things they have never done before, set goals and work to accomplish them, and build skills that can create lifelong interests and pursuits. Through all of those things, our staff will make sure their success is celebrated and their challenges are a moment of learning. By going through these experiences, campers learn the importance of perseverance and translate the skills they have gained back into their life outside of camp.

As you look through this guide, we challenge you to think about the possibilities! What will trying something new look like for your camper? What do they enjoy and want to get better at? What do you want them to learn in their time with us? Away from screens and with caring adult role models, we are ready to help your camper grow all summer long!

From Our Team to Yours,
The Camp Directors of the YMCA of Greater Nashua
2021 SUMMER CAMP DIRECTORS

Tiffany Joslin | tjoslin@nymymca.org
Camp Sargent Director
Tiffany started her Camp Sargent career, in 2012, as the program director for Camp Sargent’s Play Acting Camp. Since then she has been an important part of 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. 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.

Kristen Capriotti | kcapriotti@nymymca.org
Camp Create Director
Kristen has been working in Y Camp since 2000 and is excited to be taking on the position of Camp Create Director. Kristen a Certification in Dance Education as well as an A.A.S in American Sign Language Interpreting and has been teaching dance for over 20 years. She is ready to bring her passion for creativity to your child’s summer experience.

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.

Meredith Stensaas | mstensaas@nymymca.org
Teen Camp Director
Meredith joined the YMCA of Greater Nashua in 2020 as the Teen Camp Director and Achievement Center Director at Hudson Memorial School. Meredith began her career in the YMCA in 2010. In addition to Meredith’s YMCA career, she has spent many summers lakeside at residential camps across the Northeast at a camper, CIT, counselors, Waterfront Director and Program Coordinator. Outside of the Y Meredith enjoys hiking, playing board games, singing and visiting with family.

Maxx Jimenez | camp@nymymca.org
Accountant/Camp and Childcare Administrator
Niuscairy (Maxx) Jimenez joined our finance team in August of 2020. If you have any questions about registration, challenges with camp paperwork, or need help setting up payment plans, Maxx is here to help make your camp experience easy. Her love for the YMCA started 4 years ago when she worked at the Raritan Bay Area YMCA as a Camp Counselor. She loved this job because she had the opportunity to give back to the community. Before joining the Y, Maxx worked at the Nashua School District as a 21st Century Site Coordinator.
2021 SUMMER CAMP STAFF

Working at Summer Camp is an experience like no other and your camper will be the one to benefit. The staff at the YMCA of Greater Nashua Camps are among the best you will find anywhere as they adhere to a very high standard of quality programming and camp philosophy:

Camp should be fun. Camp should be meaningful.

Our staff will be there with your camper every step of the way to ensure a summer like no other. If they are having the best day of their summer, or need some support to pick themselves up. Our camp staff is trained to handle everything with emotional support and complete professionalism. If there is one thing your camper will talk about after their experience, it will be the staff!

WHAT TO PACK FOR CAMP

CAMP GENERAL SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-9am</td>
<td>PRE CAMP (Child must be registered for this.)</td>
</tr>
<tr>
<td>8:45-9:15am</td>
<td>Check in on the field (Indoors if inclement weather)</td>
</tr>
<tr>
<td>9:15-9:30am</td>
<td>Morning Meeting/Activity</td>
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<tr>
<td>9:30-10am</td>
<td>Morning Snack</td>
</tr>
<tr>
<td>10am-Noon</td>
<td>Program Time</td>
</tr>
<tr>
<td>12-12:30pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30-1pm</td>
<td>Outdoor Group Activities</td>
</tr>
<tr>
<td>1-3:30pm</td>
<td>Afternoon Activity Rotation (Most days will include water activity.)</td>
</tr>
<tr>
<td>3:30-4pm</td>
<td>Afternoon Snack and Outdoor Play</td>
</tr>
<tr>
<td>4-4:15pm</td>
<td>Dismissal</td>
</tr>
<tr>
<td>4-6pm</td>
<td>POST CAMP (Child must be registered for this.)</td>
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</tbody>
</table>

WHAT TO PACK

Please make sure your child’s name is on all belongings and have them leave any valuables, electronics, cell phones and toys at home. Additionally, all YMCA of Greater Nashua summer camps are nut free for the safety of campers and staff.

- Swimsuit and Towel
- Sunscreen and Bug Repellent
- Refillable Water Bottle
- Closed Toe Shoes
- Healthy Lunch and Two Snacks (non-heatable and nut free, please)
- Extra Pair of Socks

An “I’m Ready to Have Fun” Attitude!
GENERAL INFORMATION

REGISTRATION
Registering for camp only takes a few minor steps. You will be ready for an incredible experience with us in no time.

1. You can register online at nmymca.org/summercamps or by coming into the Welcome Center at any of our locations.

2. When you register, there will be a $25 deposit needed per week of camp registered.

3. You can register up to 11:59pm on the Wednesday before the week of camp your child will be attending.

4. Camp balances must be paid by the Wednesday before a week of camp to ensure enrollment in camp.

5. If you have any questions, you can reach out to any of the camp directors for more information and answers.

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 Create and Sports Camp. 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, Merrimack or Westwood Park YMCA Welcome Centers.

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

COVID-19 CONSCIOUS SUMMER CAMP

Youth development, healthy living and social responsibility are the three main focus areas of our mission. With that in mind, we want you to know that we take the health of your child, family and our overall community very seriously.

To that end, building on what we learned last year, we are planning the safest summer camp possible and will be strictly following all recommended safety guidelines set forth by local health officials and the CDC for this upcoming summer camp season.

More to come when those guidelines are released.
YMCA CAMP SARGENT on Lake Naticook
141 Camp Sargent Road, Merrimack, NH | Camp Director: Tiffany Joslin | tjoslin@nmymca.org

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
Summer FUN (Grades K-8)
A traditional day camp experience. Swimming, boating, archery, nature, arts and crafts, drama, yoga, Gaga, board games, fishing, hiking, songs, scavenger hunts and more, ALL SUMMER LONG!

Kindergarten Price Per Week
YMCA Member: $220
Community Member: $300
Ask about our ½ day option and pricing (9am-1pm).

Grades 1-8 Price Per Week
YMCA Member: $210
Community Member: $275

Since 1924, Camp Sargent has been a place thousands of children and adults have found a community to belong to. At the heart of Camp Sargent is the joy of fun combined with learning and exploration. This all combined with caring adult role models, your camper will have an experience that will last a lifetime.

Camping is about learning new skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn to be more independent. Being guided by the four core values of Caring, Honesty, Respect, and Responsibility, you camper will transform learning a skill into confidence in themselves!
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 Weeks 1 and 12 we have a new theme every day as we celebrate the beginning and 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.)

Week 1                     Week 2
(June 14 -             Pirate Day
June 18)             Wild Animal Wednesday
                      Twinning Thursday
                      Fan Friday

Week 3                     Week 4
Pirate Day                 A Year to Remember
Party In The USA

Week 5                     Week 6
Freaky Friday              Sargent’s Got Talent

Week 7                     Week 8
Olympics                  Escape the Day

Week 9                     Week 10
Disney                     Hawaiian Hullabaloo

Week 11                    Week 12
Welcome to the Jungle     Spirit Week:
(Aug. 30- Sept. 3)         Make Yourself at Home Monday
                          Tourist Tuesday
                          What You Want to be Wednesday
                          Tye Dye Thursday
                          Flashback Friday
Summer Camps
Summer FUN
Grades K-8
Specialty Camps
Grades 1-12
Swim Lessons on Lake Naticook
Ages 6-12
Leaders in Training Program
Grades 9-12

FUN ALL SUMMER LONG  June 14 – September 3

SPECIALTY CAMPS:
YMCA Member: $235  |  Community Member: $300

Digging for Dinos Camp (Grades K-2)
Calling all future paleontologists! Excavate an adventure packed with fossilized FUN! Uncover clues of the past as you embark on a prehistoric dino dig, you will learn about these extinct creatures through fun games, crafts, adventures, and hunts!

Fancy Fairy Camp (Grades K-2)
This camp is perfect for your little fairy. We will dance, read stories, do arts and crafts, and use nature to build our own fairy village. At the end of the week your fairy will have to dress up in their fanciest clothes for a tea party they will never forget. Campers will let their inner fairy shine in the magical and natural environment of Camp Sargent!

Superhero Training Camp (Grades K-2)
Superheroes will receive the training they need to tap their inner superhero potential through the YMCA core values as a base! At the training camp, they will have the chance to create his/her “secret identity,” improve their “super skills”, and make new friends! This is no ordinary camp for ordinary kids: this camp is for HEROES!

NEW! Wild West Camp (Grades K-4)
YEEHAW! Come on down to the Wild Wild West side of Camp Sargent. Cowboys and Cowgirls will have shooting practice on our sling-shot range, go on hunts for gold, and go on some wild adventures!

Forts, Bridges & Skyscrapers Camp (Grades 1–4)
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 of this camp! Will your structures uphold to the challenge we have in store!

NEW! Silly Science Camp (Grades 1-4)
Your camper will explore their silly side while doing fun science experiments and learning lots of cool new facts. We will be doing super silly science experiments that are cool and easy to do! Campers will love how much fun these make learning!

NEW! Passport to Fun (Grades 1-6)
Come along on a journey you will never forget. Travel the world with your favorite Camp Sargent travel guide to 5 different locations to learn about their cultures, food, and games they play! You will create your own passport, and get it stamped along the way!

Farm Camp (Grades 1-9)
Combining hands-on farm education and sustainable living is what this camp is all about. Campers will interact with animals each day performing chores, learning how to care for them, and understand their importance on a farm. During their time in the camp, each camper will learn about planting, weeding, composting, and harvesting in our vegetable garden.

NEW! Camp Sargent Players – 2 week camp (Grades 3-6)
Lights, Camera, Action! In this two week camp campers will learn all aspects about the theater! They will play theater games, and work on putting on a production of their own at the end of the two week session for family and friends!

Grades 3-4: Peter Pan  Grades 5-6: Aladdin

Harry Potter Camp (Grades 3-6)
Leave Camp Sargent Road and the Muggle world behind us as you transform into a student at Hogwarts’s School of Witchcraft and Wizardry. This camp is a celebration of all things Hogwarts! Wizards will be able to create and taste their very own Hogwarts’ snacks, concoct potions, create spell books, create their own magic wands and robes, and so much more! If your inner wizard is dying to get out, then this camp is right up your Diagon Alley.

Archery Camp (Grades 5-9)
One of the most popular activities at camp, campers will learn proper technique and safety of this sport. Limit 10 Campers per session.

NEW! Fitness in the Forest (Grades 5-9)
Campers will learn the benefits of exercise, while experiencing how fun it can be. Different styles of cardio and new creative ideas for nutritious snacks will be introduced, all while soaking up the natural vitamin D that nature has to offer!
NEW! Myth Busters (Grades 5–9)
Can paper cups support your weight? Can an egg successfully bungee from a tall height to the ground without breaking? Can balloons lift a house off the ground? Come find the answer to some most curious questions by formulating and running experiments to try and disprove some of the most common myths, at Camp Sargents’ Myth Buster camp!

Survivor Camp – 2 week camp (Grades 5–9)
Through both physical and mental challenges, 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, along with skills to survive in the wild! Do you have what it takes to be the ultimate survivor?

NEW! Greater, Further Stronger (Grades 6–9)
Have you ever wanted to swim around Blueberry Island? Find hidden corners of camp? Debate whether pineapples should go on pizza? In this teen-based camp middle schoolers will work through a series of challenges to “Be Greater, Go Further and Be Stronger.” The week will culminate with a camp Triathlon. Are you up for the challenge?

NEW! The Pitch! (Grades 6–9)
Are you looking for a way to leave your mark on Camp Sargent? Now is your chance! Teens will spend the week in a “Shark Tank” style program developing a plan to pitch their ideas to the camp community. Teens will work to plan, budget, and brand and market their idea to add the next best thing to come to Camp Sargent!

NEW! Make Kind Loud (Grades 7–12)
Make Kind Loud gives teens a space to work towards spreading positivity and inspiring others to do the same. Teens will spend the week making positive noise through discussions, random acts of kindness, music, teambuilding activities and a community-based project to spread kindness.

NEW! Make Kind Loud (Grades 7–12)
Make Kind Loud gives teens a space to work towards spreading positivity and inspiring others to do the same. Teens will spend the week making positive noise through discussions, random acts of kindness, music, teambuilding activities and a community-based project to spread kindness.

SWIM LESSONS ON LAKE NATICOOK
Swim lessons are offered at the conclusion of the camp day, for registered Camp Sargent campers (for those weeks). Campers will be taught the fundamentals of proper swim mechanics and aquatic safety. Our goal is that your child leaves 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 without a refund.

Ages 6–8 4:30–5:00pm
Ages 9–12 5:10–5:40pm

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.

YMCA Member: $50/week
Community Member: $100/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.
LEADERS IN TRAINING (LIT) (Grades 9–12)

CAMP DIRECTOR: Meredith Stensaas | mstensaas@nmymca.org

The Camp Sargent Leaders in Training (LIT) program is designed to help teens find their next level of leadership development and community service.

PRICE PER SESSION
YMCA Member: $300
Community Member: $400

SESSION DATES*
• June 21–July 2
• July 19–30
• July 5–16
• Aug 2–13

CAMP HOURS
8:45am – 4:15pm

*Each 1st Friday of the Session we will be meeting at the Nashua YMCA for a day of off-site adventure.

Through the program, our LITs get the opportunity to build positive relationships with each other, learn how to effectively work with youth of all ages, and be an integral part of the Camp Sargent Team. LITs get to be on the ground leaders alongside our staff to create the magic Sargent has to offer. Being an LIT is hard work, but fun work as teens work, learn and grow together.

As an LIT, your teen will be exposed to and gain experience in the following:

• Team building
• Group Facilitation
• Relationship Building
• Creative Programming
• Positive Youth Development
• Conflict Management and Problem Solving
• Life Skills that will prepare them for the future
• and lots and lots of fun
<table>
<thead>
<tr>
<th>Camp Hours</th>
<th>Pre and Post Camp</th>
<th>Pre/Post Cost</th>
</tr>
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<tbody>
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<td><strong>Camp Day:</strong> 9 AM – 4 PM</td>
<td><strong>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.</strong></td>
<td><strong>$60 per child, per week, covers both</strong></td>
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**MERRIMACK YMCA CAMPS**

6 Henry Clay Drive, Merrimack, NH | Camp Director: Kristen Capriotti | kcapriotti@nymca.org
CAMP CREATE (Grades 1–6)
CAMP DIRECTOR: Kristen Capriotti | kcapriotti@nmymca.org | 603.881.7778

Campers can indulge their creative side through various specialty camps with a focus on the visual and performing arts. Many camps will have a performance or showing at the end of the week to demonstrate what they learned.

Arts of All Sorts Camp (Grades 1–6)
Let your creative side FREE! Arts of All Sorts is the perfect camp for your budding artist. Whether that be in the visual arts, or performing arts. Your camper will get a little bit of everything! Your camper will enjoy acting, dance, music, and the visual arts. Each day has a different focus! This camp will be offered ALL SUMMER LONG!!

Grades 1-6 Price Per Week
YMCA Family Member: $210
Community Member: $275

FRIDAY THEME DAYS
Every Friday at Camp Create is a theme day. We invite our campers to come to camp dressed for the theme of the day. During Weeks 1 and 11 we have a new theme every day as we celebrate the beginning and 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.)

Week 1  (June 14 - June 18)  Spirit Week:
Make Yourself at Home Monday
Tourist Tues
Wild Animal Wednesday
Twinning Thursday
Fan Friday

Week 2  Fashion Flashback
Week 3  Colors of the USA
Week 4  Storybook Summer
Week 5  Celebrate Music
Week 6  Tye Dye
Week 7  Best of Broadway
Week 8  Art of Animation
Week 9  Outer Space
Week 10  Going to Hollywood
Week 11  (Aug. 30- Sept. 3)  Spirit Week:
Magical Monday
Totally Crazy Tuesday
What You Want to be Wednesday
Hoedown Throw Down Thursday
Flashback Friday
FUN ALL SUMMER LONG  June 14 – September 3

SPECIALTY CAMPS:
YMCA Member: $235 | Community Member: $300

Skips and Scribbles Camp (Grades 1–2)
Skips and Scribbles allows campers to use their creativity and their muscles all in one class! Art class will explore a variety of art materials and creative ideas to excite the imagination then off to the dance studio to explore their creativity through movement. This class is a great way to challenge your child’s brain and body.

Beyond Brushes Camp (Grades 1–4)
Come think outside the brush! Campers will create painting projects using various tools and learn to explore the world of art with anything and everything...except a paintbrush. At the end of the week, we will host an art show for family and friends to enjoy!

Dance Mania Camp (Grades 1–4)
Come dance with us! Campers will spend the day learning different styles of dance including ballet, hip hop, jazz, creative movement, and line dances. Students will learn choreography, make up dances of their own, and put on a small performance for family and friends at the end of the week!

Flip and Float Camp (Grades 1–4)
Campers will spend time in Tumble Town working on basic tumbling progressions and doing fun obstacle courses, then cool off in the pool for some extra swim time!

Greatest Show on Earth Camp (Grades 1–4)
Come be a part of the Greatest Show on Earth, the circus! Campers will explore all different parts of the circus from juggling and acrobatics, to being a clown and balancing acts. We will also learn about other parts of the show like the costuming and music. At the end of the week, campers will put all our new skills together and create their very own Camp Create Circus Show.

Acting and Improv Camp (Grades 1–6)
Give your imagination a blast of spontaneity! Improvisation works to increase a child’s observation and concentration skills while freeing their imaginations! Campers will learn the basic rules of improvisation and then put them to use playing performance games.

Brixology Camp (Grades 1–6)
This camp will be centered on playing and building with Legos each day and create awesome Lego Art! Campers will be given projects/tasks to accomplish with Legos to create and build! We will take pictures of each sculpture and make an album to display at the end of the week.

Creative Cooks Camp (Grades 1–6)
Come create fun and tasty snacks while using art concepts like colors, patterns, and shapes. Campers will try new foods, practice math, follow directions, learn about nutrition basics, and develop safety techniques all while making something delicious!

Music Makers Camp (Grades 1–6)
This upbeat camp teaches Broadway-style jazz choreography and show-stopping stage presence with a focus on learning acting and song-and-dance numbers from a variety of musical productions.
Dance and Dive Camp (Grades 5-6)
Campers will spend part of their day in the dance studio learning different styles of dance like ballet, jazz, lyrical, hip-hop, musical theater dance, and line dances, then they will cool off with some extra swim time in the pool. Students will learn choreography, make up dances of their own, and put on a small performance for family and friends at the end of the week!

Master Monets Camp (Grades 5-6)
Campers will spend each day exploring all kinds of music including musical techniques, diction and proper posture through group singing, along with music concepts and rhythms through movement and even creating their own instruments. A small concert will be given at the end of the week!

Fun All Summer Long June 14 – September 3

Specialty Camps:
YMCA Member: $235  |  Community Member: $300

Game Creators Camp (Grades 3-6)
Do you love playing games? Our Game Creators will get to spend the week not only creating, but playing their very own board games, field games, card games, and anything else they can imagine.

Cartoon Creations Camp (Grades 5-6)
Love cartoons? Campers will learn to draw faces and figures, develop their own characters and sharpen their skills while they learn the secrets used by their favorite master cartoonists. The class explores many different styles such as superheroes, comic book, manga, anime, Disney etc. At the end of the week, we will host an art show for family and friends to enjoy!

Cheer Camp (Grades 5-6)
Cheerleading develops strength, flexibility, spunk and power. In cheer camp, campers will focus on cheerleading skills like jumps, tumbling, cheer and dance routines, chants, and conditioning in a safe, fun environment. At the end of the week, our cheerleaders will perform a routine for family and friends to enjoy!
Preschool Camp

A weekly fun-filled summer camp program for kids ages 3–5. Let your child have the best summer ever at the YMCA!

Pre/Post Cost
No before or after care offered.

NASHUA YMCA CAMPS
24 Stadium Drive, Nashua, NH | Camp Director: Sarah Sutherland | ssutherland@nmymca.org

Camp Hours
Camp Day: 9 AM - 1 PM
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 with a fun-filled, recreational program.

Week 2 (June 21-25)
**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!

Week 3 (June 28 – July 2)
**Invention Convention Camp**
Using S.T.E.A.M. curriculum, preschoolers are encouraged and supported in designing and creating things like bridges, parachutes, catapults and more!

Week 4 (July 5-9)
**Dinosaur Discovery Camp**
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 5 (July 12-16)
**Food and Fun Camp**
Straight from the YUSA’s Food and Fun Curriculum, children will learn about healthy eating habits with different themes each day. Each theme will include a cooking lesson and physical activity for FUN extended learning experiences!

Week 6 (July 19-23)
**Lil’ Green Thumbs Camp**
We are diving into a veggie garden this week! Our days will be filled with vegetable identification, learning about the life cycle of our favorite flowers and plants, planting seeds, tending our garden and harvesting our very own vegetables!

Week 7 (July 26-30)
**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 8 (August 2-6)
**Diggin’ with Dinosaurs Camp**
Back by popular demand! We’re adding another full week of dinosaur camp this year! This week’s topics will include fossils, volcanoes, how they cared for their young, their hunting habits and footprint identification!

Week 9 (August 9-13)
**Outdoor Discovery 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 10 (August 16-20)
**Water Wonderland Camp**
If your child likes to get wet and play in the eater, 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!

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

PRICE PER WEEK:
YMCA Member: $152
Community Member: $165
Camp Hours: 9am – 1 pm
Children must be potty trained to attend camp. No before or after care offered. Children will swim once per week.

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

PRICE PER WEEK:
YMCA Member: $152
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Camp Hours: 9am – 1 pm
Children must be potty trained to attend camp. No before or after care offered. Children will swim once per week.
LITTLE INVESTIGATORS CAMP
(Ages 3-5)
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 CAMPS
Tennis Camps at the Merrimack YMCA: 6 Henry Clay Drive, Merrimack, NH
All Other Sports Camps at the Westwood Park YMCA: 90 Northwest Blvd, Nashua NH
Camp Director: Tracy Beauregard | tbeauregard@nmymca.org
SPORTS CAMP (Grades 1–10/Ages 5–15)
CAMP DIRECTOR: Tracy Beauregard | tbeauregard@nmymca.org | 603.402.2258

YMCA Sports Camp is a perfect destination for every child who enjoys playing sports and being active. Sports Camp introduces and emphasizes the fundamentals of sports. From skills to drills, to the importance of teamwork, Sports Camp provides a fun and supportive environment for athletes of all skill levels. Whether your camper is new to sports, a seasoned vet, or somewhere in-between, YMCA Sports Camp is a perfect choice for your young athlete.

**All Ball Camp**
(Grades 1–6)
Play like a pro this summer! All Ball is the perfect camp for the child who wants a little bit of everything when it comes to sports. Throughout each day, All Ball campers will enjoy playing an array of sports and games while also diving deep into the week’s core sport theme. Tournaments in the core sport will be held on Fridays!

**Grades 1–6 Price Per Week**
YMCA Family Member: $210
Community Member: $275

**CORE SPORTS THEMES:**
- Week 1: Sports Sampler
- Week 2: Turf Sports
- Week 3: Court Sports
- Week 4: Net Sports
- Week 5: Recess Games
- Week 6: Around the World
- Week 7: YMCA Olympiad
- Week 8: Court Sports
- Week 9: Turf Sports
- Week 10: Recess Games
- Week 11: Sports Sampler

**Court Sports**
Hit the courts with these great sports! Campers will build skills and have friendly competition in sports like basketball, volleyball, pickleball, Nuke’em, futsal, and more!

**Net Sports**
Set up the nets and prepare for fun! This camp will focus on games and activities that require campers to get an object over a net using various creative techniques. Games include foot volleyball, balloon tennis, badminton, volleyball, ping pong, and other variations of classic net sports.

**Recess Games**
Did you miss out on recess this year? Join us for some awesome recess games to make up for time lost! Campers will enjoy playing traditional recess games like kickball, four square, dodgeball, gagaball, noodle tag, and many other classics.

**Sports Around the World**
Didn’t get the chance to travel this year? We will bring sports from around the world to you this summer! “Travel” around the world and experience native sports from a number of different countries. Italy’s Bocce Ball, Canada’s turf hockey, Australian rules flag football, Denmark’s team handball, and Uruguay’s futsal.

**Turf Sports**
The focus this week will be on sports and activities that can be played on our indoor turf field! Games this week will include soccer, turf hockey, flag football, lacrosse, dodgeball, kickball, spikeball, and much much more!

**YMCA Olympiad**
Light the torch and celebrate the Summer Olympics with us! Campers will have their own mini version of the summer games as they participate in some of the summer Olympic sports. Sports include basketball, archery, baseball (wiffleball), badminton, volleyball, soccer, golf, etc. Campers will end the week with a closing ceremony, and one lucky “country” will walk away as gold medalists.
FUN ALL SUMMER LONG  June 14 – September 3

SPORTS SPECIALTY FOCUS CAMPS:
Specialty camps are designed for those campers who are serious and committed to their sports. Campers will spend time developing the skills necessary to become successful within their sport. Local coaches, high school, and college athletes will help to grow camper’s passion and love for sport through player development, skill building activities, strategy, team play, and a focus on fun!

BASEBALL/SOFTBALL CAMPS
Jr. Diamond Baseball Camp (Ages 6-9)
Get introduced to America’s past time with this beginner level baseball camp! Join our coaches as we explore the many fun ways to learn about this great sport. This camp will focus on beginner level skill progression, and each afternoon will conclude with fun game play incorporating the day’s skills.

Diamond Baseball Camp (Ages 9-12)
Develop your fundamentals, and build your skills on a 60-foot diamond. Geared towards the more serious baseball players, campers will have a ball as they work on proper fielding techniques, the basics, and more advanced approaches to hitting, base running, strategy, team play and more. Skills, drills, games, and friendly competition make this summer camp a home run! This camp will be held off-site.

Fast Pitch Softball Camp (Ages 9-12)
A diamond is a girl’s best friend! Get on the field with us as we work on fielding fundamentals, hitting techniques, baserunning, pitching, and catching. Campers will work with coaches to become more confident, and comfortable on the field in both practice and game settings. This camp will be held off-site.

Upper Diamond Baseball Clinic (Ages 13-15)
For the serious baseball players out there. Work and develop the skills necessary to become an impact player at the next level. This camp will take place on a 90-foot diamond and campers will learn about the strategies behind baserunning, defense, positioning, and hitting. This camp will be held off-site.

BASKETBALL CAMPS
Celtics Camps Presented By New Balance (Ages 9-14)
Celtics Camps presented by New Balance offer opportunities for co-ed players at all levels to develop their skills both on and off the basketball court. We are excited to be at the Westwood Park YMCA June 21 – 25!

Shooting Stars Basketball Camp (Ages 6-14)
Take your shot with this fun basketball camp. Campers will have the opportunity to learn about all aspects of the game including dribbling, passing, shooting, defense, in game strategy, and of course teamwork. Here is your chance to have a lot of fun, while making big improvements to your game. Get on the court, and make the play with Shooting Stars Basketball Camp.
DAILY SPORTS CAMP SCHEDULE
7-9am PRE CAMP (Child must be registered for this.)
9:00 am Huddle Up
9:30 am Play On
10:15 am Hydrate!
10:30 am Core Sport Skills
11:15 am Core Sport Game
12:00 pm Refuel – Lunch
1:00 pm Fielder’s Choice
1:45 pm Hydrate!
2:00 pm Sports Period 1
3:00 pm Sports Period 2
3:45 pm Huddle Up
4-4:15pm Dismissal
4-6pm POST CAMP (Child must be registered for this.)

FOOTBALL CAMPS
Touchdown Flag Football Camp (Ages 7-13)
Dominate the gridiron as campers build on skills to become better quarterbacks, receivers, running backs, and defenders. Skill specific drills, positional play, and friendly competition, will take campers to the next level every time they step on the field.

LACROSSE CAMPS
Lax Attack Boys Lacrosse Camp (Ages 9-14)
Step on the field with confidence this season as campers develop and fine tune their skills on ground ball pickups, shooting, passing, agility, and teamwork. Learn all about this fun, and fast-paced game while developing a skillset destined for success.

Power Lax Girls Lacrosse Camp (Ages 9-14)
Improve your lacrosse game with this lacrosse camp as you work on ground balls, cradling, passing, catching and shooting. The end of each session will wrap up with a scrimmage focusing on the concepts of offense and defense.

RUNNING/FITNESS CAMPS
XC Run and Dunk Camp (Ages 9-12)
Work on your cardio endurance with this cross country running camp. Utilizing the beautiful trails of Mines Falls Park, campers will work on timed runs, distance runs, sprints, core exercises, and much more. Camp days will conclude with a refreshing dunk in the Nashua YMCA swimming pool.

Muscle Up Fitness Camps (Ages 13-17)
Work with a YMCA Personal Trainer to build strength, endurance and flexibility to help you on the court or the field and reduce the likelihood of injury. Camp will consist of two days of speed and agility training, along with two days of strength and conditioning. Limit 10 campers per session.

SOCCER CAMPS
Soccer/Futsal Camp with In The Net Sports Academy (Ages 5-14)
Presented in partnership with In The Net Sports Academy, individual foot skills, shooting, passing and defending will be the main focus with small sided games and scrimmages incorporated daily to work on the newly learned skills. Campers will also develop skills to better their positional play, and find strategies to handle the speed of play. Campers are guaranteed to walk away having fun and feeling better with the ball at their feet.
**SPORTS CAMPS**

**Westwood Park YMCA:** 90 Northwest Blvd, Nashua, NH | 603.402.2258

**Merrimack YMCA:** 6 Henry Clay Drive, Merrimack, NH | 603.881.7778

**SUMMER CAMPS**

**All Ball Sports**

Camp Grades 1-8

**Specialty Camps**

Ages 5-15

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**TENNIS CAMPS**

**Ace Tennis Camp (Ages 6-17)**

Get in the swing of things as campers work with our tennis professional on their forehand, backhand, serves, and volleys. This camp is perfect for all levels, and will focus on the basic fundamentals, while also fine tuning your skills. Campers will be split into groups based off their age, ability, and prior playing experience. Limit 16 campers per session. *This camp takes place at the Merrimack YMCA location.*

**VOLLEYBALL CAMPS**

**Beginners: Point Setter Volleyball Camp (Ages 8-13)**


Bump, pass, set, and pike your way to a great summer workout! Campers will notice the improvement as they work on their fundamentals, and develop proper technique to serve, pass, block, and hit.

**Celtics Camps Presented by New Balance (Ages 9-14)**

Celtics Camps focus on the fundamentals and centered around a mentality of teaching the whole camper, focusing on morality and character rather than the sheer goal of winning. One of the Celtics Camps trademarks is the “Thought of the Day” in which we praise the virtues of good character and integrity, often focusing on self-discipline, perseverance and personal responsibility. Celtics Camps develop players at all levels—elementary, middle school and high school. Our professional staff of educators/coaches and Celtic legends will provide a structured learning experience which will further improve the individual players skills. Players will be exposed to a combination of high-level game situation drills that will further improve their physical and mental game.

**JUNE 21-25**

YMCA Member: $350 | Community Member: $450

Register at www.celtics.com/camps
SPECIALTY CAMPS SCHEDULE

Weeks noted with a □ are the weeks available for that camp. YM = YMCA Member and CM = Community Member or Non Y Member. Our camp days run from 9 AM - 4 PM. Grade determination based on the grade the camper is entering in Fall 2021. ^Weeks 1, 11 and 12 (Camp Sargent Only) are single day weeks.

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

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**Entering Grades K–4**

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**Entering Grades 5–6**

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

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<td>Harry Potter Camp</td>
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<td>NEW Myth Busters Camp</td>
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<td>NEW Passport to Fun Camp</td>
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<td>NEW Camp Sargent Players</td>
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<td>(2 Week Session)</td>
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<td>Survivor Camp (2 Week Session)</td>
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### Camp Create at the Merrimack YMCA (Camp descriptions on pages 14-15)

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### Camp Create at the Merrimack YMCA (Camp descriptions on pages 14-15)

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<td>Flip and Float Camp</td>
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<td>Greatest Show On Earth Camp</td>
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<tr>
<td>Beyond Brushes Camp</td>
<td>3-4</td>
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<td>Brixology Camp</td>
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<td>Creative Cooks Camp</td>
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<tr>
<td>Dance Mania Camp</td>
<td>3-4</td>
<td>YM-$235</td>
<td>CM-$300</td>
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<tr>
<td>Flip and Float Camp</td>
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<tr>
<td>Game Creators Camp</td>
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<tr>
<td>Greatest Show On Earth Camp</td>
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<tr>
<td>Music Makers Camp</td>
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### Camp Enter Grades 5-6

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Grade</th>
<th>Price</th>
<th>Entering Grades 5-6</th>
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<tbody>
<tr>
<td>Acting and Improv Camp</td>
<td>5-6</td>
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<tr>
<td>Brixology Camp</td>
<td>5-6</td>
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<tr>
<td>Cartoon Creations Camp</td>
<td>5-6</td>
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<tr>
<td>Cheer Camp</td>
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<tr>
<td>Creative Cooks Camp</td>
<td>5-6</td>
<td>YM-$235</td>
<td>CM-$300</td>
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<tr>
<td>Dance and Dive Camp</td>
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<tr>
<td>Game Creators Camp</td>
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<tr>
<td>Master Monets Camp</td>
<td>5-6</td>
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<tr>
<td>Music Makers Camp</td>
<td>5-6</td>
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</table>

Note: Weeks noted with a □ are the weeks available for that camp. YM = YMCA Member and CM = Community Member or Non Y Member. Our camp days run from 9 AM – 4 PM. Grade determination based on the grade the camper is entering in Fall 2021. ^Weeks 1 and 11 are single day weeks.
## SPECIALTY CAMPS SCHEDULE

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### Sports Camps at the Westwood Park YMCA (Camp descriptions on pages 18-19)

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Grade</th>
<th>Days/Time</th>
<th>Price</th>
<th>Wk 1^</th>
<th>Wk 2</th>
<th>Wk 3</th>
<th>Wk 4</th>
<th>Wk 5</th>
<th>Wk 6</th>
<th>Wk 7</th>
<th>Wk 8</th>
<th>Wk 9</th>
<th>Wk 10</th>
<th>Wk 11^</th>
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<tbody>
<tr>
<td><strong>All Ball Camp</strong></td>
<td>1-6</td>
<td>Mon-Fri 9am-4pm</td>
<td>YM-$210 CM-$275</td>
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<tr>
<td><strong>Jr. Diamond Baseball Camp</strong></td>
<td>6-9</td>
<td>Mon-Fri 9am-4pm</td>
<td>YM-$235 CM-$300</td>
<td>❏</td>
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<tr>
<td><strong>Diamond Baseball Camp</strong></td>
<td>9-12</td>
<td>Mon-Fri 9am-2pm</td>
<td>YM-$235 CM-$300</td>
<td>❏</td>
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<tr>
<td><strong>Fast Pitch Softball Camp</strong></td>
<td>9-12</td>
<td>Mon-Fri 9am-2pm</td>
<td>YM-$235 CM-$300</td>
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<tr>
<td><strong>Upper Diamond Baseball Camp</strong></td>
<td>13-15</td>
<td>Mon-Fri 9am-2pm</td>
<td>YM-$235 CM-$300</td>
<td>❏</td>
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<tr>
<td><strong>Shooting Stars Basketball Camp</strong></td>
<td>6-14</td>
<td>Mon-Fri 9am-4pm</td>
<td>YM-$235 CM-$300</td>
<td>❏</td>
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<tr>
<td><strong>Celtics Camps Presented by New Balance</strong></td>
<td>9-14</td>
<td>Mon-Fri 8:30am-3pm</td>
<td>YM-$350 CM-$450</td>
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<tr>
<td><strong>Touchdown Flag Football Camp</strong></td>
<td>7-13</td>
<td>Mon-Fri 9am-4pm</td>
<td>YM-$235 CM-$300</td>
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<tr>
<td><strong>Lax Attack Boys Lacrosse Camp</strong></td>
<td>9-14</td>
<td>Mon-Fri 1pm-4pm</td>
<td>YM-$195 CM-$225</td>
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<td><strong>Power Lax Girls Lacrosse Camp</strong></td>
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<tr>
<td><strong>XC Run and Dunk Camp</strong></td>
<td>9-12</td>
<td>Tue-Thur 9am-12pm</td>
<td>YM-$90 CM-$125</td>
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<tr>
<td><strong>Muscle Up Fitness Camp</strong></td>
<td>13-17</td>
<td>Mon-Thur 10am-12pm</td>
<td>YM-$135 CM-$165</td>
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<tr>
<td><strong>Soccer/Futsal Camp with In the Net Sports Academy</strong></td>
<td>5-14</td>
<td>Mon-Thur 9am-12pm</td>
<td>YM-$180 CM-$220</td>
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<tr>
<td><strong>Ace Tennis Camp</strong></td>
<td>6-9</td>
<td>Mon-Thur 9am-12pm</td>
<td>YM-$145 CM-$170</td>
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<tr>
<td><strong>Ace Tennis Camp</strong></td>
<td>9-12</td>
<td>Mon-Thur 9am-12pm</td>
<td>YM-$145 CM-$170</td>
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<tr>
<td><strong>Ace Tennis Camp</strong></td>
<td>13-17</td>
<td>Mon-Thur 9am-12pm</td>
<td>YM-$145 CM-$170</td>
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<tr>
<td><strong>Point Setter Volleyball Camp</strong> (Beginner)</td>
<td>8-13</td>
<td>Mon-Fri 9am-4pm</td>
<td>YM-$235 CM-$300</td>
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<tr>
<td><strong>Volleyball Camp with Dig Deep (Beg./Int.)</strong></td>
<td>11-13</td>
<td>Mon-Fri 9am-2pm</td>
<td>YM-$235 CM-$300</td>
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*Registration for Celtics Camps open in March at www.celtics.com/camps
YMCA Members: Email Tracy Beauregard at tbeauregard@nmymca.org and we’ll send you a discount code when registration opens.

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ENJOY THE BENEFITS OF MEMBERSHIP ALL SUMMER LONG!

JOIN THE YMCA BETWEEN FEBRUARY 13-28 AND PAY NO JOIN FEES OR DUES UNTIL MARCH 1ST*
SAVE UP TO $512 ON 12 WEEKS OF CAMP**

USE CODE “CAMP2021” TO RECEIVE PROMOTION (OFFER VALID BETWEEN FEB. 13-28)

*must retain membership for entire camp season to receive total pricing benefit
**savings may vary based on membership type