FIND YOUR SENSE OF WONDER. FIND YOUR Y.

For a better us.®
DEAR YMCA CAMP FAMILY,

Whether this is your first summer here, or you have been with us for years, we want to welcome you to the YMCA Cape Cod summer Camp Program!

The YMCA Camp Staff are hard at work putting together a fun, safe program filled with new experiences. We want to create the #BestSummerEver for every child!

As we continue to navigate the challenges of COVID-19, we want to ensure you that we are doing our best following CDC, Massachusetts Department of Public Health, and Department of Early Education and Care guidelines and regulations surrounding the health and safety of all participants at our camps. More detailed information about our policies and protocols can be found in the parent handbook.

Welcome to the YMCA Cape Cod Camp Family!

Sincerely,
YMCA Camp Staff

UNIT 1 - EXPLORERS AGES 7-8
Explore the YMCA's Core Values of Honesty, Caring, Respect, and Responsibility. Each week campers will set and achieve new goals, develop confidence, and make friends along the way!

Members: $300/Week | Non Members: $375/Week

UNIT 2 - PIONEERS AGES 9-10
Campers will step outside the box and expand their comfort zones through activities that foster creativity, imagination, build community and create positive, life-long memories.

Members: $300/Week | Non Members: $375/Week

UNIT 3 - VOYAGERS AGES 11-12
Campers develop a sense of community through team building, personal and team challenges, and can select special interest activities, enhancing their day at camp!

Members: $300/Week | Non Members: $375/Week

CHALLENGE CAMP AGES 13-14
(CAMP LYNDON ONLY)
Campers will have the opportunity to “disconnect” and appreciate the outdoors while learning what it takes to become role models at camp, school, and their communities.

Members: $300/Week | Non Members: $375/Week

WAY IN THE WOODS AGES 5-6*
*All campers must have completed kindergarten
Daily experiences and activities help campers add caring, honesty, respect, and responsibility in everything they do.

Members: $350/Week | Non Members: $405/Week

Welcome to the YMCA Cape Cod Camp Family!

Sincerely,
YMCA Camp Staff

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

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FINANCIAL ASSISTANCE AVAILABLE
FINANCIALASSISTANCE@YMCACAPECOD.ORG

CAMP UNITS

There’s space for everyone at camp! Age specific groups allow for age appropriate programing and make it extra easy to make friends!
YMCA Camps offer a taste of everything! Our camps offer a new experience each week, with focuses on STEM, cultural appreciation, and the arts.

Today, day camp is more vital than ever. To deliver on the Y’s commitment to nurture the potential of every child and teen, day camp programs now more intentionally foster achievement, relationships, and belonging. Achievement, relationships, and belonging are essential dimensions of well-being that the Y cultivates through day camp.

**ACHIEVEMENT** | Discovering skills. Campers experience achievement when they try different activities, learn what they like, and discover what they are good at.

**RELATIONSHIPS** | Building friendships. Campers have the opportunity to form healthy relationships with other children, caring adults, and role models, which helps them feel good about themselves and learn to get along with others.

**BELONGING** | Finding a place to belong. Campers connect through significant camp traditions and rituals that create a sense of belonging, so they feel included, accepted, and part of a community.

**CAMP HOURS**
- **EXTENDED AM CARE** 7:30 – 9:00 AM
- **CAMP DAY** 9:00 AM – 4:00 PM
- **EXTENDED PM CARE** 4:00 – 5:30 PM

**AM CARE**: $31/WEek | **PM CARE**: $31/WEek
**AM & PM CARE**: $52/WEek

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2022 WEEKLY CAMP THEMES

Join in on all the fun of camp with these great themes for 2022!

<table>
<thead>
<tr>
<th>Theme</th>
<th>Camp Lyndon</th>
<th>Camp Barnstable</th>
<th>Camp Falmouth</th>
<th>Camp Harwich</th>
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Summer doesn’t have to end!
There’s still time to try another one of our camps!

TOM BROGNANO
Senior Program Director- School Age Child Care & Camp
Tom brings over a decade of summer camp experience to the Y where he has been with us for the past 8 years!
Contact Tom with any questions about Camp Lyndon, Camp Harwich, or Camp Barnstable.

STEPHANEE DICKINSON
Program Coordinator- School Age Child Care
Stephanee joined the Y team 3 years ago after working with various youth and family programs for a decade.
Contact Stephanee with any questions about Camp Falmouth or Camp WHOI / MBL.

MEET THE DIRECTORS!

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READY TO TRY SOMETHING NEW?

**HORSEBACK RIDING** AGES 5-14
With horses and trainers for all skill levels, this is a perfect opportunity for first timers or equestrians to advance their skills. We teach both hunt and stock seat.

- **Ages 5-6** | Weeks 1-10 | + $135
- **Ages 7-8** | Weeks 1-10 | + $100
- **Ages 9-10** | Weeks 2, 4, 6, 8, 10 | + $100
- **Ages 11-14** | Weeks 1, 3, 5, 7, 9 | + $100

*Horseback Riding program will be 1 hour each day.

**KAYAKING & PADDLE-BOARDING** AGES 7-14
Learn the basics of kayaking, or improve upon your skills out on beautiful Lawrence Pond.

- **Ages 7-8** | Weeks 1, 3, 5, 7, 9 | + $75
- **Ages 9-10** | Weeks 2, 4, 6, 8, 10 | + $75
- **Ages 11-12** | Weeks 1, 3, 5, 7, 9 | + $75
- **Ages 13-14** | Weeks 2, 4, 6, 8, 10 | + $75

**SAILING** AGES 7-14
Come sail away! This program is designed to teach the basics of sailing. No experience necessary! Students will learn on Sunfish and Phantom boats.

- **Ages 7-8** | Weeks 2, 6 | + $75
- **Ages 9-10** | Weeks 3, 7 | + $75
- **Ages 11-12** | Weeks 4, 8 | + $75
- **Ages 13-14** | Weeks 4, 8 | + $75

**COOKING** AGES 7-14
Learn the basics of cooking and improve upon your skills in the kitchen. All equipment included. No experience necessary.

- **Ages 7-8** | Weeks 2, 6 | + $75
- **Ages 9-10** | Weeks 3, 7 | + $75
- **Ages 11-12** | Weeks 4, 8 | + $75
- **Ages 13-14** | Weeks 4, 8 | + $75

**BUSING AVAILABLE!**

**WEEKS 1-10!**

SERVING: Barnstable, Bourne, Centerville, Cotuit, Dennis, Falmouth, Hyannis, Marstons Mills, Mashpee, Osterville, Sandwich, Yarmouth. See our bus routes on-line!

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YMCA CAMP LYNDON
117 Stowe Rd. Sandwich MA 02563

There’s nothing like a summer at Camp Lyndon! From swimming in the pond, to climbing the ropes course, there’s something for everyone! Every day is broken into activity blocks where campers experience new ways to expand their comfort zones. Activities include: the Challenge Course (high and low ropes), archery, sports, swimming, boating, & creative arts. See you there!

Available Weeks 1-10!

TRY A CAMP LYNDON SPECIALTY BLOCK!

READY TO ADD A NEW ADVENTURE TO YOUR CAMP EXPERIENCE?
Specialty blocks give campers fun and interactive experiences in a chosen area. These programs are designed for campers who are looking for a more in-depth focus on a certain area, whether they are looking to try an activity for the first time or build upon a current passion. Specialty Blocks are led by specialized staff and area experts.

Campers participate in traditional camp activities and programs each day, and spend one activity block in their specialty block activities.
The fun starts at Camp Harwich this summer! This recreation-style camp includes field trips, sports, and creative arts. Each week will have different activities based on that week’s camp theme.

FIELD TRIPS!
Past Camp Harwich field trips have included trips to beautiful Cape Cod beaches, the Buttonwood Park Zoo, the Cape Cod Inflatables Park, & the Whydah Pirate Museum!

Available Weeks 1–7

Available Weeks 1–9

Dive In at Camp Barnstable this summer! This recreation-style camp includes sports, creative arts, and swimming in the Y’s swimming pool! Weekly activities are based on that week’s camp theme.

Available Weeks 1–9

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YMCA CAMP
HARWICH
263 South St. Harwich, MA 02645

YMCA CAMP
BARNSTABLE
2245 Iyannough Rd. W. Barnstable MA 02668

SIGN UP TODAY AT
YMCACAPECOD.ORG/CAMPS
YMCA CAMP FALMOUTH
113 Lakeview Ave. Falmouth MA 02540

AVAILABLE WEEKS 1-7
This recreation-style camp includes field trips, on-site guests, sports, and creative arts. Each week will have different activities based on that week’s camp theme.

FIELD TRIPS!
Camp Falmouth includes off-site field trips! Past Field Trips have included trips to beautiful Cape Cod beaches, the Buttonwood Park Zoo, the Cape Cod Inflatables Park, & the Whydah Pirate Museum!

CAMP AT CAPE COD MUSEUM OF NATURAL HISTORY

SIGN UP TODAY AT YMCACAPECOD.ORG/CAMPS

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Safe, welcoming, inclusive
A welcoming camp environment for youth ages 11-16 self-identifying as LGBTQ+, Camp Firefly operates within Camp Lyndon. It offers a mix of traditional summer camp activities with programs and activities geared towards LGBTQ+ youth, such as opportunities to meet, learn from, and connect with local LGBTQ+ adults.

Available
Weeks 5, 6, 7

YMCA CAMP FIREFLY
117 Stowe Rd. Sandwich MA 02563
Welcome WHOI & MBL Families

Located on the WHOI/MBL Campus, this recreation-style camp serves WHOI / MBL families with field trips, beach trips, sports, and creative arts.

Available Weeks 1-10

Ages 4-12

Ready to jump in? Here’s how to sign up!

Registration has moved on line!

• Start your registration at
camp - YMCA Cape Cod
ymcacapecod.org/camps

• Create a family profile
• Pick your camp programs
• E-Sign or upload waivers
• Select payment method

Ready to Register?!!

Financial Assistance available

Financial Assistance @ YMCA Cape Cod
FIND YOUR SENSE OF WONDER.
FIND YOUR Y.

DAY CAMP REGISTRATION NOW OPEN!
At Y day camp, kids get to discover all the wonders of the outdoors while making friends and forming memories that will last a lifetime.

FIND YOUR Y AT
YMCA Camp Lyndon
YMCA Camp Falmouth
YMCA Camp Barnstable
YMCA Camp Harwich
ENROLL TODAY

YMCACAPECOD.org/camps

For a better us.®