



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ALL THE FUN YOU WANT!



GREATER BEVERLY YMCA Summer Camps 2012

Y SUMMER CAMP 2012

Camp plays an important part in the growth and development of youth as they mature into adulthood. At camp, kids realize important life lessons each day as they learn from their surroundings and peers, make friends and try new things. Whatever interest your child has, there is a Y camp, led by caring, trained staff, that will enrich and strengthen their experience. Y Camps help kids grow to become happy, healthy adults with the self-confidence to set and accomplish life goals.

2012 SESSION DATES

1. June 18 – June 22
2. June 25 – June 29
3. July 2 – July 6 (closed July 4)
4. July 9 – July 13
5. July 16 – July 20
6. July 23 – July 27
7. July 30 – August 3
8. August 6 – August 10
9. August 13 – August 17
10. August 20 – August 24
11. August 27 – August 31

Register for 2012 Summer Camps

1. Complete forms in person at the Sterling YMCA or any of our local Ys: Cabot YMCA, Cape Ann YMCA, Ipswich YMCA, Haverhill YMCA, Lynch/van Otterloo YMCA and Salem YMCA
2. Mail your reservation form in to the Sterling YMCA, 254 Essex Street, Beverly, MA 01915
3. Online at www.northshoreymca.org

YMCA Membership

Campers are encouraged to join as a Y member to receive full membership privileges including: reduced camp rates, free open swim time, free open gym time and early registration for all Y programs. Our youth membership is \$168/year or \$14/month on a monthly e-pay draft. For more information on all Y memberships, please visit your local Y or our website at www.northshoreymca.org

Financial Assistance

Y summer camps are for everyone regardless of income. The Y provides financial assistance for families who are unable to pay the full camp fee. Subsidies are available thanks to the generous support of "Y For All" donors and United Way contributions. Visit your local Y or our website at www.northshoreymca.org for a confidential financial assistance application or to make a contribution. Applications for financial assistance should be submitted at least two weeks prior to the start of the camp session to allow for processing.



MEET OUR DIRECTORS



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Camp Registrar



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Sports Director



Lorigan Sudak
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Youth, Family and Camp Director



Andrew Walker
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Health and Wellness Director

Greater Beverly YMCA Childcare

The Y's Children Enrichment Center offers early education and summer programs for children 6 weeks through 5 years. Our classrooms are arranged into learning centers to foster independence, cooperation, problem-solving and planning. Your child will discover and learn through art, literacy and language, mathematics, science and exploration under the guidance of nurturing and knowledgeable teachers. Weekly themes and daily activities are created to challenge and celebrate your child's development. Sample themes at Sterling include wood working, cooking, performing arts and at Cabot include sports. Children play outdoors daily once they enter preschool and swim weekly (included in tuitions.) For more information or to register, please contact Cyndi Stone at the Sterling YMCA at 978.564.3475 or Stacy McHugh at the Cabot YMCA at 978.564.3073.

Camp Chipmunk

Ages: 4 - Entering grade K, (co-ed)

Session Length: One week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24

Time: 9am-4pm

Camp Chipmunk is a great first time camp experience for young children. This camp has a low camper to staff ratio, designed for kids 4-6 years. Campers will enjoy outdoor activities at Sterling Woods and indoor activities at the Sterling YMCA. Children must be potty trained to attend.

2-day fee (T/Th)	Members: \$129 Community: \$163
3-day fee (M/W/F)	Members: \$191 Community: \$226
5-day fee: (M-F)	Members: \$252 Community: \$289

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Lisa Dunbar-Link, 978.564.3485 or dunbarlinkl@northshoreymca.org

Weekly Themes:

June 18 - June 22	Bugs
June 25 - June 29	Camping
July 2 - July 6	4th of July
July 9 - July 13	Water
July 16 - July 20	Olympics
July 23 - July 27	Pirates
July 30 - August 3	Reptiles & Dinosaurs
August 6 - August 10	Food
August 13 - August 17	Superstars & Talent Show
August 20 - August 24	Circus

Camp S.T.A.R. Junior

Ages: 5-8, (co-ed)

Staff to Camper Ratio: 1:2

Session Length: One week

Session Options: 2-day, 3-day or 5-day

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24

Time: 9am-4pm

YMCA Camp S.T.A.R. (Supporting Therapeutic and Accessible Recreation) is a fully-inclusive program for individuals with physical, cognitive, sensory, emotional and/or multiple disabilities. Campers will have fun while participating in drama, arts and crafts, daily swimming, gym and sports. Activities are designed to improve and develop gross and fine motor skills along with social skills in a highly structured environment. An intake meeting with the camp director is mandatory for all first-time campers.

2-day fee:	Members: \$196 Community: \$231
3-day fee :	Members: \$278 Community: \$309
5-day fee:	Members: \$371 Community: \$406

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA

Extended Morning:

2-day	\$20 per week
3-day	\$30 per week
5-day	\$40 per week

Extended Afternoon:

2-day	\$20 per week
3-day	\$30 per week
5-day	\$40 per week

Program Director: Lorigan Sudak, 978.564.3929 or sudakl@northshoreymca.org



Sterling Woods Day Camp

Ages: Entering grade 1-5, (co-ed)

Session Length: One week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

Enroll your child the Sterling Woods Day Camp for a classic day camp experience! Your child will build confidence with our adventure course, learn teamwork with our sports and games, develop swimming skills in our pools, create unique arts & crafts and "think outside of the box" with performing arts. Campers will spend their day bonding with friends under the supervision of excited and energetic Y Camp Staff!

Fee: Members: \$196 Community: \$232

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Mat Beaver, 978.479.2133 or beaverm@northshoreymca.org



2012 Camp Themes

June 18 – 22

Birthday Week

Each day we'll celebrate birthdays from different months. Learn how to say Happy Birthday in different languages. Camp birthday parties will be on Friday, June 22nd.

June 25 – 29

Decades Week & Family Camp Fire

During the week learn different popular songs, art techniques, pop culture and fashions from the different decades of the 50's, 60's, 70's, 80's and 90's. Bring your family around the Sterling Woods camp grounds during our Camp Fire on Thursday, June 28th, 6:30pm-7:30pm.

July 2 – 6

Holiday Week

Celebrate different holidays throughout the week: Monday: Valentine's Day, Tuesday: 4th of July, Wednesday: YMCA CLOSED, Thursday: Christmas, Friday: New Year's Eve dance party/ball drop. On Tuesday, July 3rd, enjoy our annual 4th of July Hot Dog Cookout.

July 9 – 13

Water-O-Rama Week & Beach Trip

Splash, swim and play during daily activities based around the water. *Sterling Woods will go on the first beach trip to Crane Beach in Ipswich on Friday, July 13th.

July 16 – 20

Olympics & Dodgeball Tourney Week

Compete in the Greater Beverly YMCA Olympics, consisting of water and land events. The Dodgeball Tourney will be on Wednesday, July 18th and the Olympics on Friday, July 20th.

July 23 – 27

Gold Rush Week

Take part in one of our most popular weeks of camp! Dress as a pirate and join us on a treasure hunt for gold. *Sterling Woods will have their annual Gold Rush on Friday, July 27th.

July 30 – August 3

Pride Week and Color Wars

Show pride in your camp and camp group, sing songs, make skits and compete against other campers while wearing your group colors for the entire week.

August 6 – 10

Game Show Mania Week & Movie Under the Stars

Showcase your game show abilities in all camp competitions of game shows such as "Minute to Win it", "Deal or No Deal", "Survivor" and "Double Dare," with a Sterling twist. Bring your family for "Movie Under the Stars," and enjoy a flick and pizza on Thursday, August 9th, 6:30pm-8:30pm.

August 13 – 17

Superstar Week & Talent Show

Impersonate your favorite celebrity, test your movie TV show trivia and get practicing on your acting skills. Our 15th Annual Talent Show will be Friday, August 17th!

August 20 – 24

Boston Sports Team Week & Beach Trip

Celebrate one of the four most popular Boston sports teams, show off your sports knowledge, and compete in the themed sport of the day. Monday: Red Sox, Tuesday: Bruins, Wednesday: Patriots, Thursday: Celtics. *Sterling Woods will be go on the last beach trip to Crane Beach in Ipswich on Friday, August 24th.

August 27- 31

Superhero Week

Dress up contests as your favorite superhero, villain, role model, and favorite staff. Each camp will be handing out Camp Superlatives on Thursday, August 30th. *Sterling Woods will be having a cookout lunch on Thursday, August 30th.

*themes may vary for preschool camps

** all special events are weather permitting

LEADERSHIP

Teen Camp

Ages: Entering grades 6-8, (co-ed)

Session Length: One week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6;
7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3;
8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

Teen Camp is designed for middle school students to have fun while cultivating leadership development, personal growth, community service and social development. At this camp, teens will have the chance to experience all that the Sterling YMCA offers!

Fee: Members: \$196 Community: \$232
Deposit: \$50 per person, non-refundable
Location: Douglas Stephens Teen Center
Extended Morning: (7am-9am) \$40 per week
Extended Afternoon: (4pm-6pm) \$40 per week
Program Director: Eric Campbell, 978.564.3481 or campbelle@northshoreymca.org

Sterling Woods

Counselor-In-Training (C.I.T.)

Ages: Entering grades 9-10, (co-ed)

Session Length: Three weeks

Session Dates: 6/25-7/13; 7/16-8/3; 8/6-8/24

Time: 9am-4pm

In addition to the Sterling Woods Day Camp, the Greater Beverly YMCA is home to the long running tradition of the Counselor in Training Program (C.I.T.) In this program, your child will gain the experience and skills needed to become a Y Camp Counselor. In this three week program, C.I.T.'s learn how to work with younger children and apply their education with hands-on experience under the supervision of a Sterling Woods Camp Counselor.

Fee: Members: \$330 Community: \$355
Deposit: \$50 per session, non-refundable
Location: Sterling YMCA
Extended Morning: (7am-9am) \$120 per session
Extended Afternoon: (4pm-6pm) \$120 per session
Program Director: Mat Beaver, 978.479.2133 or beaverm@northshoreymca.org

Camp S.T.A.R. Senior

Ages: 8-22, (co-ed)

Session Length: One week

Staff to Camper Ratio: 1:4

Session Options: 2-day, 3-day and 5-day

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6;
7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3;

8/6-8/10; 8/13-8/17; 8/20-8/24

Y Camp S.T.A.R. (Supporting Therapeutic and Accessible Recreation) is a fully-inclusive day camp for individuals with physical, cognitive, sensory, emotional and/or multiple disabilities. Campers will have fun while participating in field trips, drama, arts and crafts, daily swimming, gym and sports. Activities are designed to improve and develop gross and fine motor skills along with social skills in a highly structured environment. We offer a partially or fully inclusive program depending on your child's needs. An intake meeting with the camp director is mandatory for all first-time campers.

2-day fee	Members: \$175 Community: \$211
3-day fee	Members: \$268 Community: \$299
5-day fee	Members: \$376 Community: \$407

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA

Extended Morning:

2-day	\$20 per week
3-day	\$30 per week
5-day	\$40 per week

Extended Afternoon:

2-day	\$20 per week
3-day	\$30 per week
5-day	\$40 per week

Program Director: Lorigan Sudak, 978.564.3929 or sudakl@northshoreymca.org

Art Camp

Ages: Entering grades 1-5, (co-ed)

Session Length: One week

Session Dates: 7/2-7/6 Grades 1-2
7/23-7/27 Grades 3-5

Time: 9am-4pm

Art camp is for kids to experience a full week of intensive artistic fun with paints, clays, drawing, sculpture and more! Each day camp staff will introduce a new art form that kids will use to create masterpieces. Campers will have plenty of time to meet friends in group activities and enjoy swimming three times per week.

Fee: Member: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Hamilton-Wenham Community House

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Mary Ellen Mayo, 978.564.3928 or
mayom@northshoreymca.org



Theatre Camp: Robin Hood

Ages: Entering grades 3-8, (co-ed)

Session Length: Two weeks

Session: 7/16-7/27

Time: 9am-4pm

The Y Theatre Company's Theatre Camp promises to be an experience your child will never forget as they work with our professional theatre team and kids from across the North Shore to create a full-scale production. This camp gives young stars an opportunity to experience the progression of a full scale show. From auditions and casting to blocking and choreography, it all culminates in a final performance to "show off" for friends and family. Come play with us this summer!

Fee: Member: \$475 Community: \$525

Deposit: \$75 per session, non-refundable

Location: Cabot Street YMCA

Extended Morning: (7am-9am) \$80 per session

Extended Afternoon: (4pm-6pm) \$80 per session

Program Director: Kimberly LaCroix, 978.922.0990
x1118 or lacroixk@northshoreymca.org



To sign up for camp
visit our website:
www.northshoreymca.org

CREATIVITY



Science Camp

Ages: Entering grades 3-5, (co-ed)

Session Length: One week

Session Dates: 8/6-8/10

Time: 9am-4pm

Science camp lets campers explore the magic and mysteries of the world around them. With hands-on projects that will wonder and amaze, campers will spend each day trying new things and making new friends, all under the supervision of qualified and knowledgeable staff. This camp will cultivate your love of science and learning in a fun environment!

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Hamilton-Wenham Community House

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Mary Ellen Mayo, 978.564.3928 or mayom@northshoreymca.org

Hogwarts School of Magic

Ages: Entering grades 3-6, (co-ed)

Session Length: One week

Session Dates: 7/9-7/13; 7/16-7/20

Time: 9am-4pm

Based on the Harry Potter book series, this camp will take kids into the world of Hogwarts. We'll sort into houses and enroll in Care of Magical Creatures, Astronomy and Potions, as well as play wizards Chess, and wands-at-the-ready, compete on the Quidditch Team and visit the room of requirement. After all this fun and exploration, we'll take time to discuss the books and explore its characters.

Fee: Members: \$235 Community: 270

Deposit: \$50 per session, non-refundable

Location: Hamilton-Wenham Community House

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Mary Ellen Mayo, 978.564.3928 or mayom@northshoreymca.org

Jedi Training Camp NEW

Ages: Entering grades 2-4, (co-ed)

Session Length: One week

Session Dates: 7/30-8/3

Time: 9am-4pm

Join the rebellion! In this action packed camp we'll discover where science meets science fiction in the world of STAR WARS! Kids will master the art of light-saber battling, tour galaxies, help write the history of the Huts and learn Star Wars trivia. We'll incorporate Lego creation, cartooning and lots of action packed games like Hans Solo Carbonate Tag. Are you a Sith or a Jedi? Find out by joining us.

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Hamilton-Wenham Community House

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Mary Ellen Mayo, 978.564.3928 or mayom@northshoreymca.org

Magic Tree House Camp **NEW**

Ages: Entering grades 2-4, (co-ed)

Session Length: One week

Session Dates: 8/13-8/17

Time: 9am-4pm

At Magic Tree House Camp, kids will join Jack and Annie, characters of Mary Pope Osborne's popular books, for a week of daytime adventure! We'll discover the ancient pyramids, pillage with pirates and investigate with the Inuit. This camp will incorporate literature, geography, discovery science and multi-media art. Daily we'll venture to our magic tree house to have book discussions and discover what the day will bring. It will feel as if no time at all has passed. So grab the rope ladder and climb on up before the tree house starts to spin!

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Hamilton-Wenham Community House

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Mary Ellen Mayo, 978.564.3928 or mayom@northshoreymca.org

Holidays with Jack and Annie **NEW**

Ages: Entering grades 2-4, (co-ed)

Session Length: One week

Session Dates: 8/20-8/24

Time: Full Day: 9am-4pm

At Holidays with Jack and Annie Camp, kids will follow Jack and Annie, characters of Mary Pope Osborne's popular books, and discover leprechauns, ghosts of Christmas, haunted castles and celebrate Thanksgiving on Thursday. Daily, we'll explore Jack and Annie's tales, create arts and crafts and swim at Frog Creek. Grab the ladder and climb on up!

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Hamilton-Wenham Community House

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Mary Ellen Mayo, 978.564.3928 or mayom@northshoreymca.org



To sign up for camp
visit our website:
www.northshoreymca.org

Summer Camp Reservation Form

Child's Name: _____ DOB: _____ Grade entering as of Sept. 1, 2012: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent/Guardian Contact: _____ Parent/Guardian Email: _____

Parent/Guardian Phone: _____

Greater Beverly YMCA Camp	6/18-6/22 Session 1	6/25-6/29 Session 2	7/2-7/6 Session 3	7/9-7/13 Session 4	7/16-7/20 Session 5	7/23-7/27 Session 6	7/30-8/3 Session 7	8/6-8/10 Session 8	8/13-8/17 Session 9	8/20-8/24 Session 10	8/27-8/31 Session II	Days (Circle one)
Day Camps												
Camp Chipmunk												M-F
Camp S.T.A.R. Junior												M Tu W Th F
Sterling Woods Day Camp												M-F
Teen Camp												M-F
Sterling Woods C.I.T.												M-F
Camp S.T.A.R. Senior												M Tu W Th F
Arts & Humanities Camps												
Art Camp, Grades 1-2												M-F
Art Camp, Grades 3-5												M-F
Hogwarts School of Magic												M-F
Jedi Training Camp												M-F
Theatre Camp: Robin Hood												M-F
Magic Tree House Camp												M-F
Holidays with Jack & Annie												M-F
Science Camp												M-F
Gymnastics/Dance Camps												
Preschool Dance Camp												M-F
Preschool Gymnastics Camp												M Tu W Th F
Gymnastics Camp												M-F
Gymnastics C.I.T.												M-F
Boys Trampoline & Tumbling												M-F
Cheerleading Camp												M-F
Youth Dance Camp												M-F
Sports/Fitness Camp												
Sports Mania Camp, Grades 1-3												M-F
Sports Mania Camp, Grades 4-6												M-F
Girls Sports Mania												M-F
Boys Basketball Camp												M-F
Flag Football Camp												M-F
Soccer Camp												M-F
Youth Strength & Fitness Camp*												M-F
Adventure Camps												
Adventure Explorers Camp												M-F
Adventure Leaders Camp												M-F
North Shore Survival Camp												M-F
Ocean Adventure Camp												M-F
Mountain Bike Camp												M-F
White Mountain Overnight Camp												M-F
McPherson Skate Camp												M-F
McPherson Scooter Camp												M-F
Aquatics Clinic												
Synchronized Swim Clinic*												M-F
Extended Care Options												
Before Camp Care (When applicable)												M-F
After Camp Care (When applicable)												M-F

* No extended care options available.

General Information

Payment Method	
<input type="checkbox"/> CASH	
<input type="checkbox"/> CHECK (# _____)	
<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa
<input type="checkbox"/> Discover	<input type="checkbox"/> American Express
CREDIT CARD # _____	
Expiration Date: _____	
CID: _____	
Name on Card: _____	
TOTAL DEPOSIT DUE	
# Sessions x \$50 Deposit/Session = \$_____	

Register for 2012 Y Summer Camps

The YMCA of the North Shore offers several convenient ways to register for camps in 2012.

1. Complete your reservation form in person at the Sterling YMCA or any of our local Ys: Cabot YMCA, Cape Ann YMCA, Ipswich YMCA, Haverhill YMCA, Lynch/van Otterloo YMCA and Salem YMCA
2. Mail your reservation form to the Sterling YMCA, 254 Essex Street, Beverly, MA 01915
3. Online at www.northshoreymca.org

If you are registering more than one child for camp, you can photocopy a blank registration form or download registration forms online at www.northshoreymca.org.

Financial Assistance

Y summer camps are for everyone regardless of income. The Y provides financial assistance for families who are unable to pay the full camp fee. Subsidies are available thanks to the generous support of "Y For All" donors and United Way contributions. Visit your local Y or our website at www.northshoreymca.org for a confidential financial assistance application or to make a contribution. Applications for financial assistance should be submitted at least two weeks prior to the start of the camp session to allow for processing.

Greater Beverly YMCA camps comply with the regulations of and are licensed by the Massachusetts Department of Public Health.

All families have the right to ask about Greater Beverly YMCA Camp Staff background checks (CORIS).

Parent	Complete Subsidy Information
<input type="checkbox"/>	Childcare Voucher
<input type="checkbox"/>	Income Eligible
<input type="checkbox"/>	3rd Party
<input type="checkbox"/>	Financial Assistance
<input type="checkbox"/>	Other

Greater Beverly YMCA Camp Locations

Sterling YMCA
254 Essex Street
Beverly MA 01915
P: 978.927.6855
F: 978.927.6530

Douglas Stephens Teen Center
254 Essex Street
Beverly MA 01915
P: 978.927.6855
F: 978.927.6530

Hamilton Wenham Community House
284 Bay Road
South Hamilton MA
P: 978.468.1114

Cabot Street YMCA
245 Cabot Street
Beverly MA 01915
P: 978.922.0990
F: 978.922.7602

Myles McPherson Youth Center
4 McPherson Drive
Beverly MA 01915
P: 978.921.6061
F: 978.921.6070

Sterling YMCA Enrichment Center
254 Essex Street
Beverly MA 01915
P: 978.927.6855
F: 978.927.6530

Preschool Dance Camp

Ages: 3.5-5, (co-ed)

Session Length: One week

Session Dates: 7/16-7/20; 7/23-7/27; 8/6-8/10

Time: 9am-4pm

In Preschool Dance Camp, your child is daily given ballet, jazz, hip hop and tap lessons as well as a second dance that integrates our themes. Young dancers can use their energy to play, make friends, develop body awareness, create arts and crafts and gain confidence in the swimming pool. Time outdoors is scheduled as well. Ballet slippers and tap shoes are encouraged but not required. In place of dance shoes, children should bring clean, indoor sneakers. Dancers will perform every Friday at 3:30pm in a mini-recital in the dance studio.

July 16-20 **Angelina Ballerina & The Carnival of the Animals Week**

Read from the books of Angelina Ballerina's adventures, learn mouse stretches and create our own ballerina dances. Each day we'll explore the animals, instruments and music of Camille Saint-Saëns' Carnival of the Animals. We'll create animal masks, dance with stuffed animals, and play musical instruments. On Friday we'll have a Carnival of Dance at 3:30pm.

July 23-27 **Pirates, Princesses & Treasure Hunt Week**

Dress as pirates and princesses, create your own Dance Treasure Maps, hunt for lost diamonds, learn about the stories of Pirate Grace, The Ship of Bones, and The Captain's Goose! Decorate your own princess tiara and color pages from The Little Mermaid, Beauty and the Beast and The Sleeping Beauty.

August 6-10 **The Nutcracker Ballet & Sweets from Around the World Week**

Dress up as your favorite Nutcracker fairy, soldier or king, learn about foreign countries through character dances and making dance maps, explore the imaginary Land of the Sweets and Confection Grove and taste sugar plums and sample tea from China!

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA Dance Studio

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Lorigan Sudak, 978.564.3929 or sudakl@northshoreymca.org

Preschool Gymnastics Camp

Ages: 3-6, (co-ed)

Session Length: One week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

In Preschool Gymnastics Camp, your child will enjoy a full day of climbing, swinging and jumping in our newly renovated gymnastics center. A typical day includes fun-filled activities such as arts and crafts, swimming onsite and games. Our enthusiastic counselors will help your child learn gymnastics and create lasting memories and friendships. Campers will perform every Friday at 3:15pm during our Gym Show. Friends and family are encouraged to attend. Please pack your child's sneakers, plenty to drink, snacks, lunch, swim suit and towel (all labeled).

2-day fee	Members: \$95
	Community: \$130
3-day fee	Members: \$145
	Community: \$180
5-day fee	Members: \$235
	Community: \$270

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA Gymnastics Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Jeanee Gonet, 978.564.3916 or gonetj@northshoreymca.org



Boys Trampoline & Tumbling **NEW**

Ages: Entering grades 1-7, (boys)

Session Length: One week

Session Dates: 7/9-7/13; 7/23-7/27; 8/6-8/10; 8/20-8/24

Time: 9am-4pm

In Boys Trampoline & Tumbling Camp, your child will learn how to jump, flip and soar on the trampoline; practice handstands, cartwheels and round-offs on our new 80 foot rod floor; swim and participate in adventure activities, arts and crafts and games daily. Campers will perform every Friday at 3:15pm during our Gym Show. Friends and family are encouraged to attend. Please pack your child's sneakers, plenty to drink, snacks, lunch, swim suit and towel (all labeled).

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA Gymnastics Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Jeanee Gonet, 978.564.3916 or gonetj@northshoreymca.org



Gymnastics Camp

Ages: Entering grades 1-7, (co-ed)

Session Length: One week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

Gymnastics Camp is an indoor/outdoor camp that includes games, swimming and either hip hop dance or adventure activities on the Sterling campus. Your child will perform every Friday at 3:15pm during our Gym Show. Friends and family are encouraged to attend. Please pack your child's sneakers, plenty to drink, snacks, lunch, swim suit and towel (all labeled).

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA Gymnastics Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Jeanee Gonet, 978.564.3916 or gonetj@northshoreymca.org

Cheerleading Camp

Ages: Entering grades 1-8, (co-ed)

Session Length: One week

Session Dates: 6/25-6/29; 7/2-7/6; 7/16-7/20; 7/30-8/3; 8/13-8/17; 8/27-8/31

Time: 9am-4pm

Cheerleading Camp is perfect for the beginner to advanced cheerleader. A typical day is packed full of activities such as stunting, jump technique, dance and tumbling on our new 80 foot rod strip. Campers will also play group games, swim in our pool and learn a new cheer routine each week. This routine will be performed every Friday at 3:15pm during our Gym Show. Friends and family are encouraged to attend. Please pack your child's sneakers, plenty to drink, snacks, lunch, swim suit and towel (all labeled).

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA Gymnastics Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Jeanee Gonet, 978.564.3916 or gonetj@northshoreymca.org

To sign up for camp
visit our website:
www.northshoreymca.org

Youth Dance Camp

Ages: Entering grades 1-4, (co-ed)

Session Length: One Week

Session Dates: 7/9-7/13; 7/30-8/3; 8/13-8/17

Time: 9am-4pm

In Youth Dance Camp, your child is given daily ballet, jazz, hip hop, tap and musical theatre dance lessons as well as a second daily dance that integrates our themes. Campers also create Dance Diaries, make arts and crafts, and gain confidence in the swimming pool. Time outdoors is scheduled as well. Ballet slippers and tap shoes are encouraged but not required. In place of dance shoes, children should bring clean, indoor sneakers. Dancers will perform every Friday at 3:30pm in the dance studio.

July 9-13

The Muppets Dance Week

July 30-August 3

The Urban Nutcracker & Sweets from around the World Week

August 13-17

70's, 80's, 90's & Talent Show Week

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA Dance Studio

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

**Program Director: Lorigan Sudak, 978.564.3929
or sudakl@northshoreymca.org**



Gymnastics Counselor-in-Training (C.I.T)

Ages: Entering grades 8-9, (co-ed)

Session Length: Three weeks

Session Dates: 6/25-7/13; 7/16-8/3; 8/6-8/24

Time: 9am-4pm

This program will be similar to our Sterling Woods C.I.T. Program, but the C.I.T. will work directly with a gymnastics camp counselor. This camp is perfect for individuals who have come to gymnastics camp in the past and for those who have a desire to be a gymnastics camp counselor. C.I.T.'s will work along the side of a gymnastics camp counselor, assisting them with daily gymnastics events, games and swimming. C.I.T.'s will also be able to participate in daily open gymnastics time and swim time, so don't forget to pack your swim suit and towel!

Fee: Members: \$330 Community: \$355

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA Gymnastics Center

Extended Morning: (7am-9am) \$120 per session

Extended Afternoon: (4pm-6pm) \$120 per session



TEAMWORK

Sports Mania Camp

Ages: Entering grades 1-6, (co-ed)

Session Length: One week

Session Dates:

Grades 1-3: 6/18-6/22; 7/2-7/6; 7/16-7/20;
7/23-7/27; 7/30-8/3; 8/20-8/24

Grades 4-6: 6/25-6/29; 7/9-7/13; 8/13-8/17;
8/27-8/31

Time: 9am-4pm

Campers will play two sports each day including non-traditional sports (kickball, flag football, ultimate frisbee, whiffle ball, dodgeball) and traditional sports (soccer, basketball, floor hockey and lacrosse). Fun competitions throughout the day will introduce basic skills and rules of these games as well as teamwork and sportsmanship. Campers will have the opportunity to swim in the Sterling YMCA pool. Equipment will be provided but campers are free to bring their own.

Fee: Members: \$216 Community: \$251

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Casey Sudak, 978.564.3482 or sudakc@northshoreymca.org

Girls Sports Mania Camp NEW

Ages: Entering grades 3-5

Session Length: One Week

Session Date: 7/23-7/27

Time: 9am-4pm

Girls Sports Mania Camp is a fun-filled learning experience in both traditional sports (softball, soccer, basketball, lacrosse) and non-traditional sports (kickball, flag football, whiffle ball, dodgeball). Fun competitions throughout the day will introduce basic skills and rules of these games and emphasis will be placed on teamwork and sportsmanship. Campers will also have the opportunity to swim in the Sterling YMCA pool.

Fee: Members: \$216 Community: \$251

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Casey Sudak, 978.564.3482 or sudakc@northshoreymca.org

Boys Basketball Camp

Ages: Entering grades 3-7

Session Length: One week

Session Dates: 8/6-8/10

Time: 9am-4pm

Basketball Camp is packed with fun! Campers will learn the fundamentals of basketball in morning drill station activities. They will also have opportunities to participate in competitions each day, including 2-on-2 and 3-on-3, and play skill building games. Players will learn the proper techniques for shooting, passing, and good defense as well as the importance of teamwork, sportsmanship, cooperation and leadership. Guest speakers will be a part of the schedule and will include players, coaches and officials from local high schools and colleges. Players will finish their day with full-court games against other campers. Campers will have the ability to swim in the Sterling YMCA pool.

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Casey Sudak, 978.564.3482 or sudakc@northshoreymca.org



Flag Football Camp **NEW**

Ages: Entering grades 3-5, (co-ed)

Session Length: One Week

Session Dates: 7/30-8/3

Time: 9am-4pm

Campers will learn the exciting game of flag football while enjoying some fun and friendly competition. Each day will include skills and drills focusing on passing, receiving, running, flag pulling and general strategy. Players will also be able to participate in competitions and games. Throughout the camp, emphasis will be placed on teamwork and sportsmanship. Campers will also have the ability to swim in the Sterling YMCA pool.

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Casey Sudak, 978.564.3482 or sudakc@northshoreymca.org

Soccer Camp

Ages: Entering grades 2-4, (co-ed)

Session Length: One week

Session Dates: 7/9-7/13

Time: 9am-4pm

Campers will have fun while learning the fundamentals of soccer including kicking, trapping, shooting, passing and throw-ins. Each day will include drill stations focusing on important skills of the game, as well as fun games and competitions. Throughout the camp, emphasis will be placed on teamwork and sportsmanship and incorporate the values of respect, responsibility, caring and honesty. Campers will have the opportunity to swim in the Sterling YMCA pool. Each day will end with a game to experience the thrill of game situations.

Fee: Members: \$235 Community: \$270

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Casey Sudak, 978.564.3482 or sudakc@northshoreymca.org

Youth Strength & Fitness Camp

Ages: Entering grades 6-8, (co-ed)

Session Length: One week

Session Date: 7/16-7/20

Time: 9am-4pm

Youth Strength & Fitness Camp brings together the best of Sterling YMCA's Aquatics, Health and Wellness and Group Exercise staff for a week of fun and fitness. These five days of swimming, team games, running, jumping, interactive menu planning and healthy eating instruction will foster education through interaction with our specialized staff. The camp will include multiple group/semi-private personal training sessions with our certified personal trainers as well as a fitness assessment. By weeks' end the campers will be able to efficiently and safely utilize the Sterling YMCA's Keiser, Nautilus, cardiovascular equipment and even more for a complete continued fitness experience.

Fees: Members: \$260 Community: \$303

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA

Program Director: Andrew Walker, 978.564.3486 or walkera@northshoreymca.org



To sign up for camp
visit our website:
www.northshoreymca.org

ADVENTURE

Adventure Explorers

Ages: Entering grades 3-5, (co-ed)

Session Length: One Week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

Adventure Explorers will challenge you on our awesome adventure course, receive structured archery and climbing lessons, attempt mind-boggling initiative games, and explore our camp's natural surroundings. Our activities are designed to help campers build confidence, increase self-awareness and esteem, improve communication and teamwork with peers!

Fee: Members: \$265 Community: \$299

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Matthew Chmielewski, 978.564.3476 or chmielewskim@northshoreymca.org

Adventure Leaders

Ages: Entering grades 6-9, (co-ed)

Session Length: One Week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

Adventure Leaders is the next installment in our exciting Adventure Camp Program. You will learn how to lead activities including creating scavenger hunts, archery and climbing instruction, shelter building, canoe safety, initiative games and much more! Our activities are designed to help campers build confidence, increase self-awareness and esteem, improve communication and teamwork with peers!

Fee: Members: \$265 Community: \$299

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Matthew Chmielewski, 978.564.3476 or chmielewskim@northshoreymca.org

Ocean Adventure Camp

Ages: Entering grades 3-8, (co-ed)

Session Length: One Week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6; 7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3; 8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

Throughout the summer campers will snorkel, tide pool, kayak, build a survival raft, swim, and enjoy endless ocean theme games and initiatives. This camp is perfect for those who enjoy salty water as we travel off-site to local beaches every Monday through Thursday. Campers will also visit local attractions each Friday, such as the Cape Ann Whale Watch, the Seacoast Science Center, and the New England Aquarium. A finalized trip schedule will be made available online by April 1st. Some field trips will run beyond the normal camp and/or posted hours.

Fee: Members: \$290 Community: \$325

Deposit: \$50 per session, non-refundable

Location: Douglas Stephens Teen Center

Extended Morning: (7am-9am) \$40 per week

Extended Afternoon: (4pm-6pm) \$40 per week

Program Director: Matthew Chmielewski, 978.564.3476 or chmielewskim@northshoreymca.org



North Shore Survival Camp

Ages: Entering grades 4-8, (co-ed)

Session Length: One Week

Session Dates: 6/18-6/22; 7/2-7/6; 7/16-7/20;
7/30-8/3; 8/6-8/10; 8/20-8/24

Time: 9am-4pm

North Shore Survival Camp is perfect for those who love the great outdoors! Each week, campers will participate in outdoor survival exercises and fun games that are both mentally and physically challenging. In addition to archery, low and high-ropes challenges, and swimming, these campers will also have the opportunity to build shelters or rafts, kayak at Lynch Park, embark on awesome adventure field trips, and participate in an overnight each Thursday night. The overnight portion of this camp will be located on-site, or at another of the North Shore YMCAs camp properties.

Fee: Members: \$290 Community: \$325
Deposit: \$50 per session, non-refundable
Location: Douglas Stephens Teen Center
Extended Morning: (7am-9am) \$40 per week
Extended Afternoon: (4pm-6pm) \$40 per week
Program Director: Matthew Chmielewski,
978.564.3476 or chmielewskim@northshoreymca.org

White Mountains Overnight NEW Adventure

Ages: Entering grades 6-9, (co-ed)

Session Length: One Week

Session Dates: 8/13-8/17

Session Time: 9am-4pm

This new camp option is geared towards those looking for an amazing outdoor adventure! Campers will enjoy beautiful mountain hikes, a full-day canoe excursion, and outdoor recreation. Campers will spend one night at the Y's Camp Tricklin' Falls, and 3 nights in the White Mountains. Participants will explore the Lost River Gorge Caves, Franconia Notch trails, and hike some of New England's most scenic peaks, and more. All meals included. This camp is limited to 8 campers, and will be supervised by two senior camp staff.

Fee: Members: \$450 Community: \$500
Deposit: \$50 per session, non-refundable
Location: Douglas Stephens Teen Center
Program Director: Matthew Chmielewski,
978.564.3476 or chmielewskim@northshoreymca.org



Mountain Bike Camp

Ages: Entering grades 6-9, (co-ed)

Session Length: One Week

Session Dates: 6/18-6/22; 6/25-6/29; 7/2-7/6;
7/9-7/13; 7/16-7/20; 7/23-7/27; 7/30-8/3;
8/6-8/10; 8/13-8/17; 8/20-8/24; 8/27-8/31

Time: 9am-4pm

This summer, bike camp participants will ride local trails to area attractions, learning riding techniques, trail etiquette, riding safety, bike maintenance and of course have fun. Campers will be able to ride different terrains each week on trails at Bradley Palmer State Park. Campers will need to provide their own helmet and a mountain bike with at least seven gears.

Fee: Members: \$290 Community: \$325
Deposit: \$50 per session, non-refundable
Location: Douglas Stephens Teen Center
Extended Morning: (7am-9am) \$40 per week
Extended Afternoon: (4pm-6pm) \$40 per week
Program Director: Matthew Chmielewski,
978.564.3476 or chmielewskim@northshoreymca.org

McPherson Skate Camp

Ages: Entering grades 3-8, (co-ed)

Session Length: One week

Session Dates: 7/9-7/13; 7/16-7/20; 7/30-8/3; 8/6-8/10; 8/13-8/17

Time: 8am-12pm

Skaters will learn basic skills from standing and pumping to more advanced skills such as ground and ramp tricks. Skaters will be able to track their progress through our goal setting system done daily at the start of the camp day. Every Thursday campers can compete in a series of events in the annual "Y Games." Every Friday skaters will travel to another local park to show off their skills! Along with your official camp T-shirt, skaters will get their very own skate deck! All activities scheduled for outdoors are weather permitting.

Fee: Members: \$155 Community: \$180

Deposit: \$50 per session, non-refundable

Location: Myles McPherson Youth Center

Program Director: Eric Campbell, 978.564.3481 or campbelle@northshoreymca.org

McPherson Scooter Camp NEW

Ages: Entering grades 3-8, (co-ed)

Session Length: One week

Session Dates: 7/23-7/27; 8/20-8/24

Time: 8am-12pm

Scooters will learn basic tricks such as bunny hops, jayhops, bar spins, manies and more. Also scooters will get the chance to drop in on our ramps and elements. Every Thursday scooters will compete the "Y Scoot Games," a chance to show off their skills to fellow scooters, friends and family! On Fridays, we'll hit the road to local parks to show off our skills. To go with your official camp T-shirt, scooters will get their very own scooter part!

Fee: Members: \$180 Community: \$210

Deposit: \$50 per session, non-refundable

Location: Myles McPherson Youth Center

Program Director: Eric Campbell, 978.564.3481 or campbelle@northshoreymca.org

Synchronized Swim Clinic

Ages: Entering grades 1-9, (co-ed)

Session Length: Four days

Session Dates: 8/20-8/23

Time: 10:30am-12:30pm

Explore a beautiful Olympic sport that combines aquatic athletics with the artistry of dance and gymnastics. The clinic will provide development instruction in basic synchro skills including eggbeater, verticals, sculling and ballet legs. Swimmers will enjoy making new friends as they work together to perform a high energy routine. Beginners are welcome!

Fee: Members: \$130 Community: \$180

Deposit: \$50 per session, non-refundable

Location: Sterling YMCA

Program Director: Carol Meyer, 978.564.3904 or meyer@northshoreymca.org





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