THE LEGACY OF LEADERSHIP BEGINS HERE

METROWEST YMCA SUMMER DAY CAMP

June 20 - August 26, 2016
For children ages 3-15
WELCOME

OUR MISSION
The MetroWest YMCA is dedicated to providing programs and services that build healthy spirit, mind, and body for all.

OUR VISION
MetroWest YMCA Day Camp’s vision is to inspire self-confidence and self-respect, encourage and support positive growth and development, and create a sense of belonging for all through our core values of caring, honesty, respect, and responsibility.

CAMP COMMUNITY
Fostering friendships is vital to the camp experience. To ensure campers develop meaningful relationships, they are grouped by age and each group participates in frequent teambuilding and leadership activities. We are committed to creating a camp community that promotes healthy friendships amongst all campers and staff.

CELEBRATE ACHIEVEMENT
All campers participate in age-appropriate activities and games which are structured to actively progress on previous built skills. Campers will be introduced to new activities that will help them to build confidence, character, and positive attitudes towards new experiences. We encourage campers to extend themselves beyond their comfort zone in a safe, supportive, and positive environment.

PROFESSIONAL ROLE MODELS
Great staff makes a great camp! Each year we filter through hundreds of applications to pick the right staff to be role models for your campers. We interview, check references, conduct background checks, and require each staff member to attend an extensive training. Staff are trained in the core values of the YMCA and learn how to foster friendships among campers, lead teambuilding activities, oversee group games, facilitate positive conflict resolution, effectively address behavior management concerns, and more! We strive to hire and train the best leaders and role models so they can bring the most amazing camp experience to your camper each and every day!

IMPRESSANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>January 14</td>
<td>Camp Information Night and DVD Presentation</td>
</tr>
<tr>
<td></td>
<td>Outdoor Center - Hayes Lodge 7:00pm</td>
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<tr>
<td>January 18</td>
<td>Camp Registration begins for MetroWest YMCA members</td>
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<tr>
<td>January 21</td>
<td>Summer Resource Fair at Brown Elementary School, Natick, 7:00-8:30pm</td>
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<tr>
<td>January 24</td>
<td>Lincoln-Sudbury Camp Fair – Lincoln –Sudbury High School 11:00am – 2:00pm</td>
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<tr>
<td>February 9</td>
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<td>Outdoor Center – Hayes Lodge 7:00pm</td>
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<td>February 11</td>
<td>Camp Information Night and DVD Presentation</td>
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<td>Framingham Branch Conference Room – 7:00pm</td>
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<tr>
<td>February 15</td>
<td>Camp Registration begins for General Public</td>
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<td>March 2</td>
<td>Camp Information Night and DVD Presentation</td>
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<td>March 3</td>
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<td>Framingham Branch Conference Room – 7:00pm</td>
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<td>March 20</td>
<td>Camp Tour Day 10:00am – 1:00pm</td>
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<td>May 8</td>
<td>Camp Tour Day 10:00am – 1:00pm</td>
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<tr>
<td>June 25</td>
<td>Camp Open House - Meet with the staff 10:00am – 1:00pm</td>
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Gap Week: One Week: June 20-24, 2016
Session 1: One Week: June 27 – July 1, 2016
Session 2: Two Weeks: July 5-15, 2016 (Closed on July 4)
Session 3: Two Weeks: July 18-29, 2016
Session 4: Two Weeks: August 1-12, 2016
Session 5: One Week: August 15-19, 2016
Super Week: One Week: August 22 – 26, 2016
## CAMP AT A GLANCE

<table>
<thead>
<tr>
<th>Activity</th>
<th>CHIPMUNK</th>
<th>SCAMPER</th>
<th>CAMP CAROL</th>
<th>BOBOINK</th>
<th>BOB WHITE</th>
<th>ADVENTURE</th>
<th>ADVENTURE PLUS</th>
<th>DISCOVERY</th>
<th>SPORTS</th>
<th>STEAM CAMPS</th>
<th>ATHLETIC CAMPS</th>
<th>PIONEERS CAMPS</th>
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<tr>
<td><strong>Completed</strong></td>
<td>Ages 3-4</td>
<td>Ages 4 to Pre-K</td>
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<td>Climbing Wall &amp; Tower</td>
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</tbody>
</table>

*For information about our Teen Camps & Programs, check out pages 10-13!*

### Traditional Camps Sample Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:00am</td>
<td>Arrival</td>
</tr>
<tr>
<td>9:00-9:20am</td>
<td>Welcome &amp; Attendance</td>
</tr>
<tr>
<td>9:30-10:20am</td>
<td>Period 1: Archery</td>
</tr>
<tr>
<td>10:30-11:20am</td>
<td>Period 2: Boating</td>
</tr>
<tr>
<td>11:30am-12:10pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:10-1:00pm</td>
<td>Period 3 Instructional/Recreational Swim</td>
</tr>
<tr>
<td>1:10-2:00pm</td>
<td>Period 4 Arts &amp; Crafts</td>
</tr>
<tr>
<td>2:10-3:00pm</td>
<td>Period 5 Challenge Course</td>
</tr>
<tr>
<td>3:00-3:30pm</td>
<td>Unit Time</td>
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<tr>
<td>3:30pm</td>
<td>Flag</td>
</tr>
<tr>
<td>3:45-4:15pm</td>
<td>Dismissal</td>
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</table>

### Specialty Camps Sample Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:00am</td>
<td>Arrival</td>
</tr>
<tr>
<td>9:00-9:20am</td>
<td>Welcome &amp; Attendance</td>
</tr>
<tr>
<td>9:30-10:20am</td>
<td>Period 1: Specialty Camp</td>
</tr>
<tr>
<td>10:30-11:20am</td>
<td>Period 2: Specialty Camp</td>
</tr>
<tr>
<td>11:30am-12:10pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:10-1:00pm</td>
<td>Period 3 Recreational Swim</td>
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<tr>
<td>1:10-2:00pm</td>
<td>Period 4 Specialty Camp</td>
</tr>
<tr>
<td>2:10-3:00pm</td>
<td>Period 5 Challenge Course</td>
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<tr>
<td>3:00-3:30pm</td>
<td>Unit Time</td>
</tr>
<tr>
<td>3:30pm</td>
<td>Flag</td>
</tr>
<tr>
<td>3:45-4:15pm</td>
<td>Dismissal</td>
</tr>
</tbody>
</table>
TRADITIONAL CAMPS

The MetroWest YMCA Traditional Day Camps focus on our four core values of caring, honesty, respect, and responsibility. Each day campers participate in traditional activities which are broad-based, co-ed, age-appropriate, and fun for all! Campers preschool through grade six will be engaged in fun-filled activities that promote physical development, social interaction, personal growth, and plenty of imagination! All Traditional Camps have instructional swim Monday-Thursday and recreational swim Monday-Friday.

“My 7 year old was faced with having to join a camp not knowing anyone in her group and she quickly made friends. She learned how to swim which helped her confidence. The counselors were all very nice and friendly. She was exposed to many traditional camp activities like archery, ropes, and canoeing which is very cool!” -Bob O Link Parent
Camp Chipmunk  
**Age: 3–4 years old**  
9:00a.m. - 1:00p.m (Half Day Program)  
Our youngest campers receive the perfect introduction to the camp and group experience during this half day program. Chipmunks will spend their days enhancing their social skills, developing friendships, and exploring the great outdoors. They will participate in a daily recreational swim, engage in group games, and attend traditional camp activities such as arts & crafts and music.  

**Please Note:** Chipmunk campers must be potty trained. Parents must also provide all transportation to and from camp. AM Care is available for Chipmunks in Hopkinton only.

Scamper Camp  
**Age 4–5/Entering Kindergarten**  
The full day camp experience for our young campers is a magical one! Scamper campers get a little taste of everything as they are exposed to the wonders of camp and the outdoors. Each day, Scampers participate in traditional camp activities which include one daily swim block that is both instructional and recreational. You will be amazed by the development of your camper’s social, emotional, and physical wellbeing after their time in Scamper!

Camp Carol  
**Completed Kindergarten**  
After a busy first year of school, come and spend the summer the way it was meant to be; outside with games, activities, friends, and fun! Campers in this program are taught the importance of friendship, teamwork, and community; while gaining their own independence as they discover their varying interests. Camp Carolers engage in traditional camp activities such as canoeing, drama, nature, and music as well as participate in daily instructional and recreational swim.

Camp Bob O Link  
**Completed Grades 1–2**  
Self-confidence and independence are really starting to shine through in our Bob O Link campers during their time at camp. Bob O Link campers put themselves to the test as they work to master different challenges and activities. They will begin to see their improvements and take pride in their skills as they discover what activities they are drawn to. Campers will foster relationships and create memories as they participate in traditional camp activities with a focus on skill development and progression. Bob O Link campers will also engage in both instructional and recreational swim daily.

Bob White Camp  
**Completed Grades 3–4**  
By this age, campers are fully immersed in all that we have to offer at camp. A large emphasis is placed on campers developing skills, building self-confidence, understanding the value of being part of a community, and working together to achieve goals. Campers participate in a variety of traditional camp activities as well as instructional and recreational swim each day that concentrate on the progression and mastering of skills.

Adventure Camp  
**Completed Grades 5–6**  
Adventure campers participate in all of our traditional camp activity areas but at a more advanced level. Sports, canoeing, archery, challenge course, drama, arts & crafts, outdoor skills, and nature are all modified to meet the needs of our older campers’ experiences. Adventure campers are exposed to new and exciting challenges and work together to further develop leadership and problem solving skills as they begin to enter their teen years. With a concentration on teamwork and communication, Adventure campers spend their summer mastering the skills of the activities offered in our traditional camp program, and creating memories and friendships that can last a lifetime.

Sports Camp  
**Completed Grades 1–6**  
Play hard, play fair, play sports! Campers will learn the value of teamwork, sportsmanship, respect, and hard work while being exposed to a variety of sports and skills in our traditional Sports Camp. Our YMCA Staff will instruct campers in an assortment of team sports as well as traditional camp games. The focus is on fun, skills, drills, balance, hand-eye coordination, development of fine and gross motor skills, and sportsmanship. Our Sports campers participate in instructional and recreational swim as well as one traditional camp activity each day.

Discovery Camp  
**Completed Grades 1–6**  
Does your child love science and nature? Then Discovery Camp is for them! Our 122 acres of forest, natural trails, nesting areas, and wetlands are the perfect setting for discovering more about our natural environment and the life within it. Based on a variety of different environmental and outdoor themes, each session is packed with fascinating activities, projects, and games designed to give campers knowledge and appreciation for nature, the environment, and science. Campers will have the opportunity to participate in some of the traditional camp activities such as archery, canoeing, arts and crafts, and instructional and recreational swim each day. Their time in Discovery Camp will also include one field trip during each two-week session.
SPECIALTY CAMPS

The MetroWest YMCA Specialty Camps are designed to give campers a unique experience in a specific area of interest. Campers spend the majority of their day involved in projects, hands-on activities, and games that broaden their understanding and knowledge of the theme of their specialty camp. Each day, campers in specialty camps participate in recreational swim and one traditional camp activity, such as archery, boating, or nature.

*Vouchers and contracted slots are not accepted for specialty camps.

“My older child did a variety of camps and was outside of her comfort zone a bit, which was a great experience for her and allowed her to explore different areas of interest!” - Specialty Camps Parent
**Fort Building***

Session 2 Completed Grades 4–6  
Session 3 Completed Grades 3–5  
Session 4 Completed Grades 4–6  

Spend your days living a wilderness adventure while constructing some of the greatest forts our camp has ever seen! As a group, campers design and plan their fort each session with guidance from our skilled staff about structure and time challenges. Campers learn how to select the wood, tie lashings and knots, use tools safely and properly, and utilize different building techniques with our Fort Building experts. This program exemplifies the power of teamwork! **Please Note:** Your camper will be in the woods. They may be exposed to poison ivy during their session therefore work gloves, long pants, and bug spray are strongly encouraged.

**Trailblazers***

Completed Grades K–2  
One Week Sessions  
June 27–July 1  
August 15–19  

By joining the Trailblazers, your camper will travel and explore every corner of our camp! Their adventurous and inquisitive spirits will be celebrated as we discover more about the world we live in. We will work together to learn basic safety and survival skills needed for the outdoors as well as gain an understanding of the complex ecosystems within our camp environment. Trailblazers will participate in recreational swim and one traditional camp activity daily.

**Junior Farmers***

Completed Grades 1 & 2  
One Week Session  
July 11–15  

Campers will begin their day at camp where they will enjoy a traditional camp morning of activities including recreational swim. Then they will board the bus to Lil’ Folk Farm in Holliston for a farm experience to remember! Junior Farmers will learn all about barnyard animals, including how to safely care, handle, and treat them. Campers will also learn how to lead a pony, llama, and alpaca as well as experience the fun pony and wagon rides have to offer!

**Horseback Riding***

Completed Grades 2–6  
One Week Sessions  
July 18–22, July 25–29, August 1–5, August 8–12  

In collaboration with Lil’ Folk Farm in Holliston we are pleased to provide this wonderful and unique camp experience. Campers will spend the morning at camp participating in traditional camp activities and recreational swim. After lunch, campers will board the bus with their counselors and head to the farm. Once there, campers will have daily riding lessons in small groups with a trained instructor. Campers also have the opportunity to lead a pony, groom and ride a miniature horse, take bareback rides, and learn how to feed, care for, and bathe horses. Lil’ Folk Farm will provide all the campers with an ASTM certified riding helmet during lessons. Participants are required to bring long pants and closed-toe shoes (preferably with a heel, such as a hiking boot) to wear each day.

*Vouchers and contracted slots are not accepted for this program.*
Robotics*
July 25-29 One Week Session
Completed Grades 3–5
Do you like building things, learning how things work, and enjoy problem solving? Then this is the camp for you! Robotics Camp is designed to enhance a camper’s instinctive curiosity about the surrounding world of machines. This camp provides an excellent experiential platform for our campers to participate in engaging, hands-on activities that demonstrate concepts of mechanics, motors, and electronics. Additionally, campers participate in one traditional camp activity and recreational swim each day.

Flight*
July 11-15 One Week Session
Completed Grades 3–7
Flight introduces campers to the various aspects of flight in an active, participatory way. While building a variety of model rockets to launch, the waiting-for-the-glue-to-dry periods are occupied with a variety of experiments demonstrating and explaining Bernoulli’s principle. The campers are continually challenged to make predictions and observations about their work, frequently modifying their plans to achieve their goals. Additionally, campers participate in one traditional camp activity and recreational swim each day.

Engineers*
July 18–22 One Week Session
Completed Grades 4–7
This hands-on physics camp explores the basics of levers, mechanical advantage, potential and kinetic energy, and gravity. The campers will build catapults and problem-solve on how to change the distance, height, and speed at which things can be launched. This is the ultimate camp for engineering enthusiasts! Additionally, campers participate in one traditional camp activity and recreational swim each day.

Arts Camp: Apprentice*
June 27–July 1 One Week Session
July 5–8 One Week Session
Completed Grades 1–3
Your camper’s inner artist will be drawn out during this week of art education with a focus on a variety of artists and art forms, including: sculpture, papier-mâché, painting, self-portraits, collages, and many more! Your camper will imagine, design, and create one-of-a-kind masterpieces while developing an understanding and appreciation for the world of art. Campers will enjoy a dip in the pool during recreational swim in addition to visiting one of our traditional camp activities every day.

Arts Camp: Masters*
July 11–15 August 15–19 One Week Sessions
Completed Grades 4–6
The campers will channel their inner artist and express themselves throughout the week of this art education camp! They will focus on several significant artists and art forms that have influenced societies for centuries while challenging themselves to imagine, design, and create pieces of their own! They will explore the works of artists such as Pablo Picasso, Andy Warhol, Leonardo da Vinci, Claude Monet, Frida Kahlo, Salvador Dali, Vincent van Gogh and Jackson Pollock-just to name a few! Each day campers will enjoy a dip in the pool during recreational swim as well as participate in one traditional camp activity.

Movie Making: LEGO FLIX*
June 27–July 1 One Week Session
Completed Grades 4–7
In collaboration with IncrediFlix, this brand new camp brings movie making and Legos together! Campers will have the chance to create unique and incredible Lego worlds which they will bring to life in Lego Stop-Motion Animated Flix! Campers will create a Lego set with characters for a movie that they will oversee from start to finish! Each camper’s movie will be professionally edited and downloadable within a month after camp ends. Each day campers will enjoy a dip in the pool during recreational swim as well as participate in one traditional camp activity.

Movie Making: LIVE ACTION*
June 27–July 1 One Week Session
Completed Grades 4–7
Under the guidance of both YMCA and IncrediFlix staff, this brand new camp gives campers an opportunity to have a blast making their very own movie! Campers will be guided through the Hollywood process as they brainstorm a plot, scout a location, create props and costumes, act, and direct in a collaborative movie that will have audiences applauding everywhere! The movie will be professionally edited and downloadable within a month after camp ends. Each day campers will enjoy a dip in the pool during recreational swim as well as participate in one traditional camp activity.

*Vouchers and contracted slots are not accepted for this program.
Lego Apprentice*
August 1–5 One Week Session
Completed Grades 1–3
Lego Apprentice campers will challenge themselves to imagine, design, and create incredible Lego projects from robots to race cars! The camp is a unique program, oriented around skill and youth development led by our own in-house team of skilled instructors. Campers will also participate in recreational swim and one traditional camp activity each day. Please note: campers do not get to keep their Lego creations, we will be sure to take plenty of pictures!

Lego Journeyman*
June 27–July 1 One Week Session
August 8–12 One Week Session
Completed Grades 3–5
Let your imagination and creativity drive awesome new projects including moving machines, robots, race cars, tanks and a whole lot more! The camp is a unique program, oriented around skill and youth development led by our own in-house team of skilled instructors. Campers will also participate in free swim and one traditional camp activity each day. Please note: campers do not get to keep their Lego creations, we will be sure to take plenty of pictures!

Little Scientist*
July 5–8 One Week Session
Completed Grades 1–2
Little Scientist campers will use the outdoors as their laboratory in this fun, new camp! Each day will be filled with the examination of our natural surroundings while exploring different concepts through hands-on activities. Campers can look forward to fun and engaging projects that range from building an erupting volcano to creating earth-quake safe structures! Little Scientists will participate in recreational swim and one traditional camp activity every day.

BookWorm Buddies*
July 5–8 One Week Session
Completed Grades 2–3
This brand new camp gives campers an opportunity to spend a week exploring literature in the great outdoors! Each morning campers will find the perfect spot to settle into before diving into their daily themed books! After reading together as a group or individually, campers will then participate in activities that relate to what they have read. They will create illustrations, craft puppets for a puppet show, sculpt a favorite character, or experiment with the concepts that were explored in the text. BookWorm Buddies will also participate in recreational swim and one traditional camp activity every day.

BookWorm Brigade*
August 15–19 One Week Session
Completed Grades 4–5
This new camp unites the great outdoors with great pieces of literature! Each morning campers will hike to a comfortable and quiet spot on camp to read some of their favorite books both individually and as a group. Their imaginations will stretch to the corners of their minds as they create projects, books, plays and art that align to the stories they have read. BookWorm Brigade campers will also participate in recreational swim and one traditional camp activity every day.

Hip Hop Dance*
Session 4 August 1-12 Completed Grades 3–5
Bring your dancing shoes and dance the session away in this fun camp! Each camper will learn and practice dance concepts, techniques, and moves to today’s Top 40 Hits. Campers will work on individual and group routines, offering their own ideas to the choreography that will be used in their final hip hop performance that they will showcase on the final day of the session for their families and friends to see!

Drama Camp*
Session 2 July 5–15 Completed Grades 5–7
Session 3 July 18–29 Completed Grades 3–5
Lights, camera, action! Drama Camp is for all budding actors and actresses. Learn to create a set, write a script, and enhance your acting skills under the guidance of our YMCA camp staff and the talented Joey Talbert, a professional storyteller. Campers will enhance their craft through improvisation and dramatic games. At the end of each session families and friends are invited to see their campers perform their original scripts. Drama campers participate in recreational swim every day.
We have found that once campers enter their teen years they want a different type of camp experience. The MetroWest YMCA Day Camp is proud to offer teen camps and programs that differ from the everyday traditional camp experience. Our teen campers benefit from having more independence, tackling greater challenges, and seizing opportunities to take risks, set goals, and step outside of their comfort zones. It is our goal to provide teens the opportunity to develop leadership skills regardless of the program they participate in.

**Teen Camp Sample Schedule**

- 8:30-9:00am: Arrival
- 9:00-9:20am: Welcome & Attendance
- 9:30-10:20am: Period 1: Adventure Time
- 10:30-11:20am: Period 2: Adventure Time
- 11:30am-12:10pm: Lunch
- 12:10-1:00pm: Period 3: Recreational Swim
- 1:10-2:00pm: Period 4: Arts & Crafts
- 2:10-3:00pm: Period 5: Challenge Course
- 3:00-3:30pm: Unit Time
- 3:30pm: Flag
- 3:45-4:00pm: Dismissal

*On The Road Camp Schedule Varies*

**Teen Camp Activities**

Activities will vary based on camp program enrolled in:
- Canoeing
- Fishing
- Arts and Crafts
- Nature
- Drama
- Outdoor Skills
- Challenge Course (High and Low Ropes)
- Recreational Swim
- Archery
- Sports
- Community Service
- Field Trips
**Adventure Plus**  
**Completed Grades 7 & 8**

As the oldest campers on camp, Adventure Plus exemplifies what camp pride and spirit are all about. Campers in this program will spend a significant amount of their days at camp strengthening their communication and team building skills by working together both on and off the challenge course. Additionally, they will work as a team and participate in community service projects that positively impact the lives of others as well as go on an adventurous field trip during each two-week session. Our teens won’t feel like they are in a day camp, but more like they are spending their days with friends in a supportive, safe, and positive atmosphere with fun and energetic role models.

**On the Road**  
**Completed Grades 7–9**

Get ready for a new adventure every day! This program is for teens who want to get out of town and take part in the fun adventures our region has to offer. The first day of each session is spent at camp where campers get to know one another while spending time on the challenge course. The rest of the session is spent On The Road where campers participate in daily field trips, including one community service project each session.

"She has been going to camp for years & has a number of camp friends that she looks forward to seeing in the summer. She stated to me that she likes having friends at camp because she can be herself; at school she feels she has to be more guarded. I'm thrilled that she still agrees to go & looks forward to it each year."

- Teen Camp Parent

**Teen Program Benefits:**

- Develop leadership skills
- Enhance communication, collaboration, teamwork, and problem-solving skills
- Exposure to new and challenging experiences
- Gain self-confidence, self-esteem, and self-respect
- Cultivate an appreciation for nature and the outdoors
- Create meaningful friendships and memories that last a lifetime
IN-TRAINING CORPS
Completed Grades 6 through 9

The In-Training Corps (ITC) program goal is for teens to develop leadership skills and work with younger campers while experiencing what it’s like to work in the summer day camp environment. Our ITC programs focus on developing strong leaders through training, discussion, observation, practice and mentoring.

Training Program Benefits:

- Have fun serving as role models by making an impact in the lives of our campers.
- Create friendships that last a lifetime while you are mentored by professional YMCA role models.
- Develop skills in communication, conflict resolution, problem solving, child development, behavior management, planning, preparing, and leading activities with children of all ages.
- Walk away with a strong work ethic that can apply to any leadership experience.
- Earn community service hours that fulfill graduation requirements, help with college applications, scholarships and more.
- Become CPR and First Aid Certified.
In-Training Corps Programs

Leader-In-Training (LIT)
Completed Grades 6 or 7
3 Week Session July 5 – July 22
3 Week Session July 25 – August 12

The LIT (Leader-In-Training) program is designed to build leaders both at camp and within their community. At the core of the program is their own personal growth and development in leading others, learning different roles within a team, project planning, and communication with others. LITs will participate in a number of activities that are aimed at building their own unique leadership skills; team building, values sessions, positive role modeling and problem solving. They will be with our In-Training Corps Directors throughout their camp day for the 3-week session. LITs are not directly assigned to groups with other campers like CITs but will instead assist specialists in leading a few activities.

Eligibility:
• Completed Grades 6 or 7
• Complete and submit an LIT Program Application
• Commit to the full 3-week program
• Have a desire to learn, grow and work together with others in a small teen community.

Counselor-In-Training (CIT)
Completed Grades 8 & 9
Training: June 27 – July 1
Choose 5 of the 7 Weeks of: July 5 – August 19

The CIT (Counselor-In-Training) program is for the teen who truly wants to be an effective part of a working team and leadership community. CITs will attend a one-week training program the week of June 27 (required) with our In-Training Corps Directors. After the training week they will attend their selected 5+ weeks of camp in various roles; assisting counselors in camper groups, guiding campers in activities with the assistance of Activity Specialists, and other activities as assigned. The In-Training Corps Directors will connect with CITs throughout their summer giving guidance and feedback, written evaluations, and support. The valuable experience gained in the CIT program is often used on college entrance essays, for community service, and future employment in the community. Outstanding CITs may be selected by the Camp Director to return as Cadets once they are 15 years old and considered for employment as counselors once they turn 16.

Eligibility:
• Completed Grades 8 or 9
• Complete and submit a CIT Program Application
• Complete an in-person interview
• Completing the LIT program is not required
• Commit to the full week of training (6/27 – 7/1)
• Commit to at least 5 of the 7 program weeks
• Have a strong desire to guide and be engaged with campers, act as a role model, and invested in leading others.

See what families are saying about our staff:
“The important values that are the foundation of the YMCA as an organization appeared to be woven throughout the camp in various ways such as: the counselors, the staff, hosting family nights, building confidence through new experiences, treating each other well, charitable giving, etc. As a parent, I really appreciated the positivity, high energy, caring and warmth of the counselors…they play such a critical role in it being a great experience!”

By joining our In-Training Corps Programs you will be an essential member of our team and become a professional role model to our campers!
EXTENDED DAY PROGRAMS & TRANSPORTATION

The standard camp day is 9:00am to 4:00pm daily. Camper drop-off is from 8:30am to 9:00am and camper pick-up is from 3:45pm to 4:15pm. Camper pick up and drop off takes place at our Hayes Lodge. You will be required to sign your camper in and out each day with Photo ID or provided Express Pass (mailed in June).

Please note: Extended Day Programs are required to be paid in full at the time of registration.

Hopkinton Extended Day:
AM Care: $46 single-week session/$92 2-week session
PM Care: $46 single-week session/$92 2-week session
Drop Off begins at 7am
Pick-Up by 6pm

Framingham Extended Day (Includes transportation between Framingham and Hopkinton):
AM Care: $50 single-week session/$98 2-week session
PM Care: $50 Single-week session/$98 2-week session
Drop Off begins at 7am (Bus leaves at 8:20am)
Pick-Up by 6pm (Bus arrives at 4:40pm)

Please note that we cannot accommodate requests for any changes in daily pick-up or drop off sites. Extended Care is structured differently from the regular camp day but campers still get to choose from a number of activities.

Transportation
We have restructured our bus routes to reduce the amount of time campers spend on the bus. As such, a bus stop you may have frequented before may have been moved to another location very near to it. If you have any questions about a location for the bus stop, please refer to our 2016 Bus Routes Map - scan the QR code to the right or visit this link
http://www.metrowestymca.org/summercamp/mwysummerdaycamp/transportation/

Please Note: Bus Transportation is required to be paid in full at the time of registration.

RED BUS (FRAMINGHAM)
RED-1 Walsh Middle School 8:00/4:45
RED-2 BJ's Parking Lot (Whittier St) 8:15/4:25
RED-3 MW YMCA Day Camp 8:45/4:00

ORANGE BUS (MILLIS/MEDWAY/HOPKINTON)
ORG-1 Black Cow, Rt 109 (Millis) 8:00/4:45
ORG-2 Anne's Market (Medway) 8:10/4:35
ORG-3 World Gym Milford (Old Kmart) 8:20/4:25
ORG-4 Hopkinton High School 8:35/4:10
ORG-5 MW YMCA Day Camp 8:45/4:00

YELLOW BUS (MARLBORO/SOUTHBORO/HOPKINTON)
YEL-1 Jaworek School 8:00/4:50
YEL-2 Woodward School (S.boro) 8:15/4:35
YEL-3 Carbone's Restaurant 8:25/4:25
YEL-4 Center School (Hopkinton) 8:30/4:10
YEL-5 MW YMCA Day Camp 8:40/4:00

GREEN BUS (FRAMINGHAM/ASHLAND)
GR-1 Hemenway School 8:00/5:00
GR-2 Genzyme (Mountain Rd) 8:20/4:40
GR-3 Salem End/Cherry Oca Ln. 8:30/4:25
GR-4 Front Street Lot (Ashland Ctr) 8:40/4:10
GR-5 MW YMCA Day Camp 8:50/4:00

BLUE BUS (SUDBURY/FRAMINGHAM/ASHLAND)
BLU-1 Peter Noyes School (Sudbury) 8:00/5:00
BLU-2 Loring School (Sudbury) 8:10/4:45
BLU-3 Mary Stapleton School (F’ham) 8:20/4:35
BLU-4 Big Lots, Rt. 126 (Ashland) 8:40/4:15
BLU-5 MW YMCA Day Camp 8:55/4:00

PURPLE BUS (FRAMINGHAM)
PUR-1 McCarthy School 8:30/4:25
PUR-2 Barbieri School 8:40/4:15
PUR-3 MW YMCA Day Camp 8:55/4:00

PINK BUS (NATICK/SHERBORN/HOLLISTON)
PINK-1 Wilson Middle (Natick) 8:00/4:45
PINK-2 Dug Pond Next to Natick High 8:15/4:30
PINK-3 Sherborn Public Library 8:25/4:20
PINK-4 Holliston Historical Society 8:35/4:10
PINK-5 MW YMCA Day Camp 8:45/4:00

LIME BUS (NATICK)
LIME-1 Ben Hem School (Natick) 8:00/4:45
LIME-2 MW YMCA Day Camp 8:30/4:00

BROWN BUS (Natick)
BRN-1 Brown School (Natick) 8:00/4:45
BRN-2 MW YMCA Day Camp 8:30/4:00

GREY BUS (HOPKINTON)
GREY-1 EMC Helipad (82 South St) 8:00/4:15
GREY-3 MW YMCA Day Camp 8:15/4:00
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LET’S GET STARTED!
Registration begins:
Members - Monday January 18, 2016
Non-members - Monday February 15, 2016

TWO EASY WAYS TO REGISTER:
Online  Go to www.metrowestymca.org & click on the “Camp Registration” tab.
In Person  Visit us at either of our branches in Hopkinton or Framingham

PAYMENT OPTIONS
All options will require a $25 deposit per week ($50/two-week session) at time of registration. All AM/PM Care and Transportation options must be paid in full at the time of registration
1) May 15 Deadline – Pay your remaining balance no later than May 15. Payment plans are available; please contact your corresponding business office for more details.
2) Monthly Payments – If selected, the Y will automatically charge your debit/credit on the 15th of the month prior to the start of your camp sessions. All camps with a start date in June will be due May 15, all sessions in July will be due June 15, and all sessions in August are due July 15. You can select this option during online registration.

YOUR CAMP ACCOUNT (CAMPDOC)
The MetroWest YMCA continues its partnership with CampDoc; a secure online service that brings ease and convenience to completing your child’s additional registration information, uploading health records/physical exams and much more. You will receive an email from CampDoc within two weeks of registration with information and instructions on how to complete the indicated forms. If your child was a camper here last year, your information has been saved in CampDoc and you will only have to make sure that your information is current and up to date. All CampDoc information is due 3 weeks prior to the start of your first session. After the 3 week deadline, all information must be provided at the time of registration; including but not limited to physicals/immunizations, medication authorizations, allergy plans, etc. Registrations will not be considered complete and children will not be able to attend until all forms and documents are provided.

PAYMENT AND CANCELLATION POLICY
1) Families will be immediately charged a non-refundable deposit of $25 per week per child.
2) Prior to April 1, you may transfer your deposit to other camp programs. After April 1, deposits are non-transferrable. Remaining fees may be refunded less deposit.
3) Cancellations must be made prior to May 15 to receive a full refund less deposit. After May 15 there will be no refunds, credits or money transfers of any kind for withdrawal, failure to attend registered sessions, or partial attendance.
4) A YMCA credit or refund less deposit will be issued if a participant is unable to attend camp due to a prolonged illness/injury lasting 3 days or more. This request must be made prior to the end of the camps session and must be accompanied by a doctor’s note.
5) All requests for changes to my child’s camp registration must be done in writing via email or letter to the correct camp office. Changes require a 2 week notice and not considered completed until confirmed in writing from the camp office.
6) All previous Y balances must be paid prior to camp registration. If any Y past due balance is unpaid, your child’s spot in camp will be forfeited and they will not be able to attend. There will be no refunds, credits or pro-rating for missed days.
7) Families who have registered at our member rate must keep their membership active from time of registration through the end of the month their children are participating in camp. Memberships may not be placed on hold.
8) All information collected is kept securely by the YMCA. Credit/Debit card information is not accessible by YMCA staff and is kept in a secure system.
9) There will be a $10 late pick up fee per child for the first 10 minutes late. You will be charged $5 for every 5 minutes after.
10) If your child is on a waitlist we will contact you if an opening is available. Full tuition will be due at the time of enrollment. Waitlists are monitored regularly.

VOUCHER AND CONTRACTED SLOTS
If your child is currently on a voucher/contracted slot at the MetroWest YMCA or previously had a summer only voucher for the MetroWest YMCA, you will be contacted by our business office. Deposit is not required. If you have a voucher outside of the MetroWest Y, the voucher must be provided at the time of registration for the deposit to be waived or you are responsible for leaving a $25 deposit per session per child.
**REGISTRATION CHECKLIST**

- Plan Your Camp Weeks using chart on page 15
- Use space below to write in dates and codes
- Decide to register in person or online
- If new to online - set up your MetroWest YMCA online account
- Credit/Debit Card or Check for Deposit
- Go Online www.metrowestymca.org & Click on Camp Registration Tab

**After Registration:**
Watch for CampDoc email to complete your camper’s online account and upload health forms and additional information.

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<th>Session Date:</th>
<th>Program ID &amp; Session Code (SC):</th>
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<td><strong>Example</strong> Scamper Camp</td>
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<td>AM Care Hopk</td>
<td>Session 1 -June 27-July 1</td>
<td>04450-10</td>
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*If registering in person, please plan ahead and use this chart. Thank you*
Family Fun Nights

Bring the whole Family to experience camp!
Family Fun Nights happen one night during each session and allow families to take part in camp games and activities with their camper. Each session is a different theme, mixed in with a few camp favorites!

Family Fun Night is also the perfect opportunity for you to meet some of our fabulous staff who spend their days with your campers. Family Fun Nights are open to all campers and their families.

Session 1: Wednesday, June 29, Scavenger Hunt
Session 2: Friday, July 15, Banana Olympics
Session 3: Friday, July 29, Penny Carnival
Session 4: Wednesday, August 10, Sports of All Sorts
Session 5: Wednesday, August 17, Camp Fire Talent Show
Super Week: Wednesday, August 24, Dinner & Drive In

Fun Fridays

Fun Friday is the Friday that falls in the middle of our two week sessions! It is a break from the scheduled day of traditional activities and filled with games and activities that are planned by the Unit Leader. It is a chance for the campers to get to play with all of their friends they have in their unit. Each Fun Friday is different! Your campers will love coming home and telling you all about their day!

2016 Camp Themes

On Friday, at the end of every session we end our time together with a Theme Day!
Themes in the past have included Disney Day, Under the Sea Day, Pirate Day, International Day and much more. Campers and staff alike get into the spirit of theme days by dressing up and bringing forward their most creative costuming for this fun day. Participating in the dress up is encouraged but not mandatory. We just love seeing everyone’s Camp Spirit!

Super Week

Super Week is the last week of camp: August 22-26, 2016
Super week is the blend of our traditional camp and our specialty camps. Our Super Week’s theme is Color Games! During this week our entire camp, campers and staff, celebrate their teams by dressing up in their teams corresponding colors: Blue, Red, Yellow and Green. Games and Activities will be part of this week long competition. For the first three days of camp, campers will participate in traditional camp activities each morning and then take part in Color Games event each afternoon. The last two days are full of games and activities allowing the teams to really bond and cheer each other on! This is a week that your campers will be talking about for sure. Finish the summer with a bang and come to Super Week!
*There are NO Swim Lessons during Super Week, only Recreational Swim.*
REGISTRATION INFO
Registration begins:
Members - Monday January 18, 2016
Non-members - Monday February 15, 2016
* New for 2016 - online Registration begins at 7am

POLICIES FOR SPLITTING OR COMBINING PROGRAMS
Please note that we do not split our two week camp sessions.

Combining of programs is allowed only for participants who register for any of our one week specialty camp programs. These participants are allowed to add on the additional week of traditional camp within the same two week session that their one week program falls for an additional fee.

When registering for busing or extended day you are also registering for the entire session. If you are attending only one week in specialty camp during a two week session your fee will be half of the entire session fee. Busing cannot be added for an individual day. Note that there is no extra busing cost for transportation to or from Framingham extended day programs.

FINANCIAL ASSISTANCE
Within its available resources, the MetroWest YMCA will provide summer camp and membership regardless of a family’s ability to pay. Partial financial assistance through our ASSIST program will be awarded to those who can demonstrate their inability to pay the full fee. Funds are secured by volunteers during the YMCA’s Annual Campaign. Visit member services or download an application online.

METROWEST YMCA MEMBERSHIP
Camp Fees  To receive the member rate for camp sessions, your child must have an active membership with the MetroWest YMCA at the Framingham Branch or the Family Outdoor Center through August 31, 2016. Memberships that are canceled prior to this date will be charged the non-member rate. There are several options for membership for your child:

MetroWest YMCA Family Member:  If you have a Family Membership through the Framingham Branch your camper will receive the member rates on camp. NEW for 2016, all MetroWest YMCA Family Members also have full access to the Family Outdoor Center’s Family Membership including the Swim Club. Contact our branches for rates and benefits.

Family Outdoor Center Family Membership: NEW! If you only plan to use Hopkinton’s Family Outdoor Center then this is the best option for you. In addition to including membership rates for summer camp, this membership allows two adults and any children under the age of 26 in the household to access our Family Swim Club and other activities throughout the year including Open Climb, family events, trail use, and so much more! $25/mo or $300 Annually with a $25 Joiners Fee. Register in person at either branch.

MetroWest YMCA Youth/Teen Membership:
Your child will have member benefits at our facility in Framingham including the pool, gymnasium, and game room and member rates for all programs at both the Framingham and Family Outdoor Center branch’s. FOC Family Swim Club and FOC Member Benefits are not included.

CAMPS HOURS/TRANSPORTATION
The standard camp day is 9:00am-4:00pm daily. Camper drop-off is from 8:30-9:00am and camper pick-up takes place from 3:45-4:15pm at Hayes Lodge.

Busing is available from 12 towns in the MetroWest area for an additional fee. Designated stops and schedules are located on Page 14 of this brochure.

CONTACT US!
Contact the MetroWest YMCA Summer Day Camp at anytime.
Office Hours are 8am-5pm

Camp Staff
Kelley Ratcliffe Camp Director
KMRatcliffe@metrowestymca.org

Scott Umbel, Branch Executive Director
SUmbel@metrowestymca.org

Kelly Boccia, Business Manager & Camp Registrar
KBoccia@metrowestymca.org

The Camp is located at the
METROWEST YMCA  FAMILY OUTDOOR CENTER
45 East Street, Hopkinton, MA 01748
508-435-9345
Member Registration: January 18, 2016
Non-member registration: February 15, 2016