



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEP GROWING AND EXPLORING

SUMMER CAMPS 2012

Camp Cabot and Summer Programs
Registration is now open!

Sessions: June 25 – August 24



WALTHAM YMCA
YMCA OF GREATER BOSTON

ymcaboston.org



OUR MISSION

The YMCA of Greater Boston is dedicated to improving the health of mind, body and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.



Registration

To register, stop by the Waltham YMCA, call 781-894-5295 or visit ymcaboston.org

Enrollment Forms

Register now as space fills fast! 2011 was nearly a full camp season all summer long; don't miss out! All forms in the registration packet must be completed and turned in at the time of registration. No registration will be processed if the packet is incomplete. Medical forms, including physical dated within last two years and immunization documentation must be turned in no later than June 1. There will be a \$5 charge for changing sessions after registering.

Payment and Financial Aid

We want all families who are interested in camp to be able to participate this summer. Financial aid is available for all summer camp programs. A \$50 non-refundable deposit is required for each camper for each session registered, for either payment plan. Please contact Jen Weller at 781-894-5295 or jweller@ymcaboston.org before June 1 to apply for financial aid. Please note that camp will be closed on Wednesday, July 4th and there is no prorated rate for that camp week.

Payment Plans

Traditional Payment Plan

Payments in full must be received by Friday, June 1 for sessions 1-5 and by Friday, July 6 for sessions 6-9. Your child will not be able to participate without full payment.

Layaway Payment Plan

Register for camp early and participate in our layaway payment plan. This easy payment option allows you to start paying off your camp fees immediately in small monthly payments rather than paying the entire amount during the summer months.

Extended Day: Pre and Post Camp

Our day camps and summer programs run from 9:00am-4:00pm. Need more time? We offer pre and post camp activities for all camps. Pre and post camp is by session only.

Pre Camp:

7:30-9:00am

\$30 Family Members

\$35 Youth Program Pass

\$40 Non Members

Post Camp:

4:00-6:00pm

\$35 Family Members

\$40 Youth Program Pass

\$45 Non Members

Caboteer Pre Camp:

7:30-9:00am

\$35 Family Members

\$40 Youth Program Pass

\$45 Non Members

Caboteer Post Camp:

4:00-6:00pm

\$40 Family Members

\$45 Youth Program Pass

\$50 Non Members

Drop Off and Pick Up

Children should be dropped off by 9:15am for the start of camp, and picked up no earlier than 3:45pm so they can enjoy the full day camp experience. Drop off or pick up between these times will be done at the Welcome Center at the main building. Photo ID will be required for verification for anyone picking up children at the end of the camp day.

Summer Contact Information

Camp

Caboteers/Pioneers/Cabot

Voyagers/LIT

Sports

Camp Billing/ Financial Assistance Jen Weller

Contact

Rebecca Bleeker

Keri Person

Rebecca Bleeker

Keri Person

Patrick Ferdinand

Jen Weller

Email

rbleeker@ymcaboston.org

kperson@ymcaboston.org

rbleeker@ymcaboston.org

kperson@ymcaboston.org

pferdinand@ymcaboston.org

jweller@ymcaboston.org

Phone

ext. 114

ext. 114

ext. 114

ext. 114

ext. 106

ext. 102

ALL CAMP INFORMATION

“The Waltham YMCA Camp Cabot and Sports Camp are by far the best camps around! I gave my son three different options for summer camps this summer and he didn’t even hesitate when choosing the YMCA.” PARENT OF A CABOT CAMPER

Session Dates

- Session 1 – June 25-29
- Session 2 – July 2-6
- Session 3 – July 9-13
- Session 4 – July 16-20
- Session 5 – July 23-27
- Session 6 – July 30 – August 3
- Session 7 – August 6-10
- Session 8 – August 13-17
- Session 9 – August 20-24

Weekly Camp Themes

- Boston Sports Teams
- Red, White and Blue
- Tacky Wacky
- Color Games
- Olympics
- Pirates
- Wild Wild West
- Superhero
- Wet and Wild

* Theme weeks are subject to change *

**Camp will
be closed on
Wednesday,
July 4**

Camp Facts

- For all camps parents must provide child’s lunch (with icepack), snacks and water each day.
- Please note that due to severe allergies we are a nut free camp.
- Every camper should also bring: towel, bathing suit, sunscreen, backpack, refillable water bottle, sneakers or closed toed shoes, sweatshirt/raingear (as needed, bug repellent, extra snacks [especially for pre and post campers]). Please make sure everything is labeled.
- Providing sunscreen is the responsibility of the camper’s family. Please send your child with sunscreen applied in the morning. Counselors will assist in re-application of sunscreen throughout the day.
- Please note that our camp is primarily an outdoor camp program. Although indoor shelter is available for small portions of the day and during severe weather, the majority of the camp day is spent outdoors.
- Pioneers, Camp Cabot and full day Caboteers enjoy swim lessons each morning in our outdoor pool. Certified lifeguards closely monitor the pool while trained swim instructors work with campers to improve swim skills. Swim instruction may be cancelled due to inclement weather or special event schedule conflicts. (No swim lessons for half day Caboteers, Sports or Voyagers).
- All camps participate in a free swim period each day at the outdoor pool. Each water slide has guidelines, as to camper size and swim level.
- The Waltham YMCA Aquatics Department administers swim tests to new campers at the start of each camp session.

Staff

Our spirited, caring and dedicated staff bring enthusiasm and excitement to camp and make the summer camp experience unforgettable. All staff hold current certifications in CPR and First Aid and maintain appropriate credentials and licensing for their area of expertise. All staff undergo background checks (CORI and SORI) processed through the State of Massachusetts. Staff to camper ratios for Caboteers & Pioneers is 1:5, Sports Camp Rookies/Voyagers 1:8. Sports Camp Champions/Camp Cabot/L.I.T.s is 1:10.

Family Night Event

Thursday, August 2, 5:30 – 7:30pm: for all camps: Caboteers, Pioneers, Cabot, Sports, Voyagers & L.I.T.s!
Camp will be open for you and your entire family. Come to camp and enjoy swimming in our outdoor pool, archery at our range, arts and crafts, or an active sports game with their favorite camp counselors. Hot-dogs, hamburgers, and beverages will be available for purchase. Weather permitting.

MEET THE CAMP DIRECTORS

“I can not say enough about the counselors—they were great role models. My son would come home everyday and talk about how he wants to go to college like the counselors and he wants to work hard and be good at basketball like the counselors.”

PARENT OF A CABOT CAMPER



Welcome Friends and Families,

My name is Rebecca Bleeker and this summer will be my sixth summer as the Director of the Camp Cabot, Pioneer and the Caboteer summer programs. I began my camp career ten summers ago as a camp counselor at a YMCA camp in Connecticut. It was then that I learned that there is nothing I'd rather do in the summer than spend time at camp helping children form new friendships, build confidence and values, and create unforgettable memories. As the director of these programs, I am committed to providing your family with safe and high quality camps led by “professional role models”. Each year I hand select our staff

members based on their attitude, experience, and ability to demonstrate the positive values of caring, honesty, respect and responsibility. This summer I am very proud to say that we have a large number of “super star veteran” camp staff that are eager and excited to spend another summer here at YMCA Camp Cabot. If you have any questions or concerns about your child's upcoming camp experience please don't hesitate to contact me.

Rebecca Bleeker, Senior Program Director – Caboteer, Pioneers, Cabot, Voyager & L.I.T. Director

Hello,

My name is Keri Person. I am excited to introduce myself as the Assistant Director of Waltham YMCA summer camps! During the school year I am the Assistant Out of School Time Director here at Waltham, as well as the site director for the Stanley Elementary After School Program. Twelve years ago I became a camp counselor at the Saugus YMCA and have been working at camp ever since. This will be my sixth summer here at Camp Cabot and I am eager to meet all the new and returning campers.



Keri Person, Assistant Program Director – Caboteer, Pioneers, Cabot, Voyager & L.I.T. Director



Hello,

My name is Pat Ferdinand, Sports & Family Director, supervising YMCA Sports and Voyagers camps. For the past 11 years, I have been part of the Waltham YMCA's sports camp. We have continued to develop and have earned the reputation of being one of the top sports teaching camps in the northeast. We offer our campers a safe environment, well planned programs and excellent athletic coaches. The highly successful sports electives at camp are a chance to try new skills, build on current and to put a fresh spin on the traditional sports camp day. We focus on sportsmanship, teamwork and skill improvement.

Patrick Ferdinand, Sports & Family Director

CABOTEERS

Directors: Rebecca Bleeker – rbleeker@ymcaboston.org – 781-894-5295 x114

Keri Person – kperson@ymcaboston.org

Ages 3-4 years old – Children must be toilet trained

About Caboteers

- Traditional camp activities include arts and crafts, nature, sing-alongs, trail walks, drama sports and field games, swimming in our outdoor kiddie pool, and snack and story time.
- Full day participants receive a daily 30 minute swim lesson
- Campers receive lots of personal attention with a ratio of one counselor for every five campers.
- Participation in weekly themes and camp wide events
- A half day option is available which runs from 9:00am-12:30pm
- All campers should bring a light morning and afternoon snack. Full day campers must bring a lunch. Please do not send your child with any peanut products.
- Pre-post camp is available for an additional fee.

Prices

	<u>Family Member</u>	<u>Youth Program Pass</u>	<u>Non-Member</u>
Caboteers Full Day (9am-4pm)	\$283	\$299	\$315
Caboteers 1/2 Day (9am-12:30pm)	\$168	\$183	\$200

Daily Schedule

9:00-9:30am	Drop off in field, welcome activity
9:30-10:00am	Sports and field activity
10:00-10:30am	Snack
10:30-11:00am	Nature activity
11:00am-12:00pm	Free swim in our outdoor pool
12:00-12:30pm	Lunch (Pick up for ½ day program)
12:30-1:30pm	Rest/nap in the Y building
1:30-2:00pm	Arts and crafts activity
2:00-2:30pm	Swim lesson
2:30-3:00pm	Snack and story
3:00-3:30pm	Drama activity
3:30-4:00pm	Pack up and closing activity in the field

“The counselors were very friendly and competent. Our daughter really looked forward to her time there—it was very important to me that she was excited about her first camp experience”
PARENT OF A CABOTEER CAMPER



PIONEERS



Directors: Rebecca Bleeker – rbleeker@ymcaboston.org – 781-894-5295 x114

Keri Person – kpersion@ymcaboston.org

Grades: Entering Kindergarten – First Grade

About Pioneers

- Small group size-fifteen children per group
- Camper-staff ratio of 5:1
- Daily swimming lessons and free swim in our outdoor pool
- Campers will participate in structured activities with a focus on fun and learning new skills
- Program includes a rotation of arts and crafts, field games, archery, drama and environmental activities on a daily basis, led by counselors who specialize in these fields
- Each session every camper will walk away with a beaded bracelet symbolizing their acts of YMCA character values of caring, respect, honesty and responsibility

Prices

	<u>Family Member</u>	<u>Youth Program Pass</u>	<u>Non-Member</u>
Pioneers (9am-4pm)	\$236	\$252	\$278

Daily Schedule

9:00-9:10am	Group meeting welcome activity/snack
9:10-9:20am	Camp wide opening ceremony
9:20-10:05am	Arts and crafts
10:05-10:50am	Swimming lessons
10:50-11:35am	Nature activity
11:35am-12:30pm	Lunch/rest time
12:30-1:20pm	Free swim
1:20-2:05pm	Sports and field games
2:05-2:50pm	Archery lesson
2:50-3:30pm	Whole group Pioneers activity
3:30-3:45pm	Camp wide clean up
3:45-4:00pm	Small group time and character development

“This was his first year and he loved it! The counselors were awesome. He can’t wait to go back!”

PARENT OF A PIONEER CAMPER

CAMP CABOT

“Prior to camp she was very anxious because she is not a swimmer. Her confidence in the water increased a lot.”

PARENT OF A CABOT CAMPER

Directors: Rebecca Bleeker – rbleeker@ymcaboston.org – 781-894-5295 x114

Keri Person – kperson@ymcaboston.org

Grades: Entering Grades 2-5

Camp Cabot offers

- A camper staff ratio of 10:1
- Daily swim lessons and a free swim period in our outdoor pool
- The ability for campers to choose and design their own schedule based on a number of different activity options including, but not limited to jewelry making, fort building, ultimate frisbee, dance, water volleyball, archery, lacrosse, trust games and skit performances.
- Options for campers to spend time and build relationships with numerous different counselors. Each Cabot camper will have a “home base” group and counselor that they will check in with during the morning, lunch, swimming lessons, and the end of the camp day but they will rotate to different counselors and groups throughout the day.

Prices

	<u>Family Member</u>	<u>Youth Program Pass</u>	<u>Non-Member</u>
Camp Cabot (9am-4pm)	\$225	\$241	\$267

Sample Daily Schedule

9:00-9:10am	Group meeting welcome activity/snack
9:10-9:20am	Camp wide opening ceremony
9:20-10:05am	Choice activity #1
10:05-10:50am	Choice activity #2
10:50-11:35am	Swimming lessons
11:35am-12:30pm	Choice activity #3
12:30-1:20pm	Lunch
1:20-2:05pm	Free swim
2:05-2:50pm	Choice activity #4
2:50-3:30pm	Choice activity #5
3:30-3:45pm	Camp wide clean up
3:45-4:00pm	Group time

“My son has learned so much about teamwork, friendship and community”

PARENT OF A CABOT CAMPER



SPORTS CAMP

Director: Patrick Ferdinand – pferdinand@ymcaboston.org – 781-894-5295 x106

Grades: Rookies: Entering Grades 1-3; Champions: Entering Grades 4-6

About Sports Camp

- Staff camper ratio of 1:8 Rookies, 1:10 Champions
- Each week campers will focus on one sport, developing the building blocks for lifelong learning, play and participation in each sport.
- Campers hone skills while focusing on the positive values of caring, honesty, respect and responsibility.
- Camper builds healthy physical habits and skills in a non-competitive environment.
- Campers enjoy recreational swim and use of the water slides.
- Opportunities for campers to put their skills to use in practice activities, games and scrimmages.
- Good sportsmanship and teamwork will be the focus helping campers to foster a strong sense of team and group participation.
- Elective program for Champions programs – campers choose their afternoon schedule based on their interests.
- Rookie participants will have the option of taking an elective swim lesson, Tues-Fri only.

Prices

	<u>Family Member</u>	<u>Youth Program Pass</u>	<u>Non-Member</u>
Sports Camp (9am-4pm)	\$225	\$241	\$267

Session Dates

Session 1 – June 25-29

Session 2 – July 2-6

Session 3 – July 9-13

Session 4 – July 16-20

Session 5 – July 23-27

Session 6 – July 30 – August 3

Session 7 – August 6-10

Session 8 – August 13-17

Session 9 – August 20-24

Rookies

Basketball

Soccer

Sampler

Baseball

Flag Football

Hockey

Soccer

Baseball

Basketball

Champions

Sampler

Baseball

Basketball

Flag Football

Soccer

Baseball

Volleyball

Basketball

Lacrosse



“In the sports camp, they teach the kids the skills and techniques they need to learn how to play each sport... he got a better overall instruction and coaching for basketball than he did at the other camp he went to. Pat and his team really teach the kids the fundamentals that they will need to play basketball when they get to middle school and high school.”

PARENT OF SPORTS CAMPER

SPORTS CAMP



Sample Rookies/Champions Daily Schedule

9:00-9:20am	Group meeting / attendance/ opening events
9:20-10:00am	Stretching / introduce & practice skills concept 1
10:00-10:40am	Small sided games / snack
10:40-11:10am	Scrimmaging
11:10am-12:00pm	Skill development drills / group games
12:00-12:30pm	Lunch
12:30-1:15pm	Free swim time
1:15-1:30pm	Conditioning & agility drills
1:30-2:00pm	Introduce skill concept 2 / practice & develop skills
2:00-3:15pm	Implement skills in small sided games / electives*
3:15-3:30pm	Big group game / electives
3:30-3:45pm	Closing thoughts, review and pickup

Sports Camp Electives* *Subject to change weekly	Champions Only		Rookies Only
2:00-2:45pm	Rock Climbing	Archery	Swim Lessons (Tues-Fri only)
2:45-3:30pm	Sports Journalism	Sports Conditioning	

Teen Basketball Camps

9:00am-4:00pm

Girls High School Camp: July 16 – 20

Girls Middle School Camp: July 23 – 27

Boys Middle School Camp: July 30 – August 3

Players will work with Watertown High School girls varsity basketball coach, Patrick Ferdinand, and his experienced coaching staff to focus on basketball skills, concepts and athletic training.

VOYAGERS



“My son Kevin attended one of the first weeks and during that time asked if he could go every week of the summer. He thought this was the coolest camp ever because they did new and interesting things every day. He also liked that he could go swimming after the kids returned to camp every day. After returning from paintballing he exclaimed: ‘this camp rocks, mom!’”

VOYAGERS PARENT

**Voyagers Coordinator: Rebecca Bleeker – rbleeker@ymcaboston.org – 781-894-5295 x114
Keri Person – kperson@ymcaboston.org**

Voyagers: Grades 6-8

About Voyagers

- Staff to camper ratio 8:1
- Campers will participate in a daily trip which may include, but are not limited to paintball, kayaking, Water Country, white water rafting, Singing Beach, Codzilla, trapeze school, indoor rock climbing, whale watch, Coco Key Water Resort, and sailing on the Charles River.
- Most days include a morning team building activity, lunch, and free swim at the outdoor pool. There are no swim lessons with the Voyagers program.
- Activities and trips are designed for fun, and to build leadership and teambuilding skills with a focus on the core values of caring, honesty, respect and responsibility.
- Transportation is YMCA vans with 7D licensed staff drivers. Some trips may include public transportation including MBTA.

Prices

	<u>Family Member</u>	<u>Teen Member</u>	<u>Non-Member</u>
Voyagers (9am-4pm)	\$240	\$257	\$315

LEADERS IN TRAINING (L.I.T. PROGRAM)

Leaders in Training Program (L.I.T.): Grades 7-11

Candidates will be selected by interview. Please contact Rebecca Bleeker at 781-894-5295 to schedule an interview.

About L.I.T. Program

- Staff to L.I.T. ratio: 10:1
- Designed for teens who are both interested in becoming camp counselors in the future and/or becoming strong leaders in their community.
- Concentrates on leadership training, team building, skill development, decision making, community service, personal growth and confidence building.
- Has a strong focus on developing work ethic, professionalism, and employment skills.
- Campers will split their time between attending skill development training sessions lead by the YMCA L.I.T. coordinator and participating in “hands on” leadership experience working with groups of younger campers and YMCA counselors.
- L.I.T.s will have the opportunity to work with some of the following camp groups: Caboteers, Pioneers, Cabot, Sports Camp, and lifeguards/swim instructors.
- L.I.T.s will assist in leading and running camp wide theme day activities.
- All participants are invited to attend (free of additional cost) first aid and CPR training sessions and test to receive their certificate.
- An L.I.T. training session will take place in June to prepare participants for upcoming L.I.T. camp experience.
- This is a great opportunity for future leaders and responsible teens.

Prices

	<u>Family Member</u>	<u>Teen Member</u>	<u>Non-Member</u>
L.I.T.s (9am-4pm)	\$160	\$175	\$200

Teen Leaders Club

This club is designed to enhance the personal growth, social skills, and sense of responsibility in teens in order to develop leaders who will be a positive force in their communities. Leaders Club meets once a week for games, teambuilding activities, service projects, discussions, and occasional fun trips! Leaders also attend overnights and weekend long retreats at other Ys that have Leaders Clubs, giving the teens a chance to meet other Teen Leaders throughout MA and the surrounding states. Leaders meet at the Y on Tuesday nights during the school year from 6-7:30pm. This program is free for all teens.

Teen Night

The week isn't over yet! Spend your Friday nights this summer from 6:30pm-9:00pm with your friends at the YMCA. Participate in events such as Basketball, Swimming, Movies and more!
FREE to members and \$2.00 for non-members

LIFELONG MEMORIES ARE MADE AT CAMP

- NORTHWOODS FOR BOYS
- PLEASANT VALLEY FOR GIRLS



YMCA OF GREATER BOSTON OVERNIGHT CAMPS

Meet us at your Y!
Check website for details.

bostonycamps.org
603-569-2725



WALTHAM YMCA
YMCA OF GREATER BOSTON
725 LEXINGTON STREET
WALTHAM, MA 02452
T: 781-894-5295



OPEN HOUSE / PARENT INFORMATION SESSIONS

January 21: 11:00am – 1:00pm

March 3: 10:00am – 3:00pm

May 12: 11:00am – 1:00pm

Applications and enrollment packets available
online at ymcaboston.org/waltham

ALL WALTHAM YMCA SUMMER CAMP PROGRAMS ARE LICENSED BY
THE DEPARTMENT OF PUBLIC HEALTH AND MEET THE MANDATES OF
THE YMCA AND THE AMERICAN CAMPING ASSOCIATION.



[Facebook.com/WalthamYMCA](https://www.facebook.com/WalthamYMCA)

