



ENRICHING SUMMER FUN

Summer Camp Catalog



Heritage Park YMCA

333 Roosevelt Ave.
Pawtucket, RI 02860
401-727-7050

MacColl YMCA

32 Breakneck Hill Rd.
Lincoln, RI 02865
401-725-0773

Family YMCA

20 Summer St.
Pawtucket, RI 02860
401-727-7900

Westwood YMCA

2093 Harkney Hill Rd.
Coventry, RI 02816
401-397-7779

Woonsocket YMCA

18 Federal St.
Woonsocket, RI 02895
401-769-0791

Learning Benefits of Camp

Here at the YMCA of Pawtucket we survey our campers to find out what they have learned in the summer. Some favorite quotes from last year:

I LEARNED....

"You don't have to cut in line, because we are all going to the same place"

"How to make friends"

"Not to be shy"

"Patience"

"That people can be very nice"

Camp does more than just keep a child busy. Peg Smith, CEO of ACA states, "Camp is a vital element in a child's total development and it complements the academic skills that are learned in school with experiential based life skills."

According to Robert Ditter², a clinical psychologist who specializes in child and adolescent treatment, camp helps build emotional intelligence and is developed through experience. "Today's camp curriculums," Ditter states, "are designed to teach socialization skills that help a child better cope in the real world."

² Source: <https://www.acacamps.org/press-room/benefits-of-camp/fun>



YMCA of Pawtucket Camps are proud to be accredited by The American Camp Association, the only nationwide organization that accredits children's camps. The ACA Accreditation process is a voluntary commitment by camps to the highest standards of health, safety, and program quality. Our camps are also licensed by the Department of Human Services. By maintaining high program quality standards, we believe that our camp experience enriches lives and changes the world.

Research from the American Camp Association states; "Camp provides children with a community of caring adults who nurture experiential education that results in self-respect and appreciation for human value. All of the outcomes – self-identity, self-worth, self-esteem, leadership, and self-respect – build personal competencies. For years, campers' parents have reported that when their children return home from camp they are more caring, understand the importance of giving, are more equipped to stand up for what they know is right, and are willing to be more responsible. These are the qualities that will help build a successful nation and a civil society. Children are at less risk at camp where they have a sense of community, develop intergenerational relationships, and learn through first-hand experiences. Our YMCA offers several different types of camp experience—all with the same goals and outcomes of conveying simple teachable moments touched by the human spirit. Trained, caring adult role models help children feel loved, capable, and included. Camp helps children grow by providing a supervised, positive environment that has safety as a primary commitment."

Interested in learning more about ACA's research? Visit www.acacamps.org/research/our-research

WELCOME TO SUMMER AT THE Y!



Our YMCA offers several different types of camp experiences, all with the same goals of strengthening community by promoting youth development and healthy living. The YMCA camp experience centers around our four core values of Respect, Responsibility, Honesty and Caring.

We offer outdoor camps and indoor camps and serve preschool age through teens at our five locations located conveniently around the state in Pawtucket, Lincoln, Woonsocket, and Coventry.

Register online or download a camp registration form at www.ymcapawtucket.org.



CAMP TEHANAMOKESSET – MACCOLL YMCA

The MacColl YMCA is located on 125 beautiful wooded acres in Lincoln, RI. The campgrounds feature nature trails, sports fields, outdoor sports courts, two swimming pools and a spray park. Check out our low ropes course where children of diverse abilities can all have a great time playing together. Safety and fun are key components at our camp. Our summer team includes our full-time YMCA Senior Program Director, Camp Directors, Assistant Camp Directors, and year-round site coordinators from our after school programs as well as seasonal staff. In accordance with the Department of Children, Youth & Families (DCYF) and the Department of Human Services (DHS), our staff undergo state/federal background checks and fingerprinting; all are cleared by DCYF to work with children. Specialists such as our swim instructors, lifeguards, low ropes, and archery instructors have current certifications. We provide extensive camp staff training on topics such as team building, behavior management, camp games and character building.

We have a new camp name! In 2022 we had an official camp naming ceremony led by the Narragansett Indian Tribe. They have named our Camp Tehanamokeset (Tea-ahn-Ah-Moke-set) which means “Place of the Old Ways”, a place of healing, observing, and consideration.

PAWTUCKET FAMILY YMCA

We are excited to announce SEASON THREE OF CAMP PAWTUCKET AT WESTWOOD! Our combo camp offering provides campers with an opportunity to experience the great outdoors while gaining confidence and skills through swimming, archery, arts & crafts, boating, sports, and much more! Campers can socialize while staying active and improving their well-being. Our goal is to provide a unique experience for each camper and broaden their horizons through experiential learning and FUN! We strive to nurture campers in a challenging and supportive environment where their safety and well-being are our priority.

Campers will board buses in Pawtucket and be transported to Camp Westwood in Coventry, RI for a full day of nature, adventure, and excitement! Trained staff that are certified in CPR, First Aid, and summer and child care licensing procedures will accompany your camper for a full day of fun!

HERITAGE PARK YMCA

Heritage Park YMCA has a BrightStars rated quality early childhood education program for children ages 6 weeks to 8 years of age. The facility is outfitted with 20 spacious classrooms as well as indoor and outdoor play spaces. At Heritage Park YMCA, each of our programs provides the latest materials that encourage children to learn at their own pace. Heritage Park is licensed by the Department of Human Services. The camps are approved by the American Camp Association.





WESTWOOD YMCA

The Westwood YMCA in Coventry is open all year as we operate childcare programs during the school year and summer day camp and programs at our family outdoor center on Quidnick Reservoir all summer long. We are excited to be a local charitable non-profit organization supporting the “Nature Principle”. We believe everyone can benefit from more exposure to all nature based activities.

Some of our opportunities:

- Our waterfront is on the beautiful, 300-acre Quidnick Reservoir
- Swim lessons, and all types of water-based activities (kayak, paddle boards, etc.)
- Great fishing!!
- Summer day camp (sports, archery, nature, education and much more!)
- Before and after school enrichment-based care programs at local schools
- Programs for our community (sports, arts, fitness, etc.)
- Special events
- Rentals: lodge and cabins
- 80 acres of woods and fields, trails, low ropes, hardcourts, archery, and picnic areas
- Guest Wi-Fi and hot showers available



WOONSOCKET YMCA

The Woonsocket Y is excited to offer their second year of camp experiences in the city! Youth have a full camp experience utilizing indoor and outdoor spaces. The day focuses on engaging summer learning through hands-on projects, sports, swimming, arts and crafts and fitness fun. We utilize a nature-based curriculum that connects campers to our natural world. The camp provides daily bus transportation to our spacious Camp Tehanamokeset at MacColl YMCA.

Camp provides an early foundation for developing positive impressions about the community and lifelong social and academic skills. We follow our ACA guidelines to “seek and appreciate what is real, genuine, and non-artificial. In seeking those qualities in people as well as in the actual world, we foster understanding of the importance of human connections for survival and of the critical connections to our physical world. Campers realize the need to protect not only one another, but also the environment in which they live. Our intent is to preserve and share that legacy with the next generation.”

Traditional Camps



AGES: ENTERING KINDERGARTEN OR 1ST GRADE

CAMP SCOUTS

Children will participate in all activity areas including, arts and crafts, STEAM, outdoor games, basketball, soccer, archery, and nature throughout the week. Swim included.

Y Members: \$210/week

Community Members: \$260/week

Camper to counselor ratio: 6:1



AGES: ENTERING 2ND OR 3RD GRADE

CAMP ADVENTURERS

Campers will swim, have fun in the pool and learn about swim safety during the week. Campers will go to arts and crafts, nature, archery, and sports.

Y Members: \$210/week

Community Members: \$260/week

Camper to counselor ratio: 8:1



AGES: ENTERING GRADES 4TH-7TH

CAMP EXPLORERS

Groups will swim and participate in arts and crafts, sports, STEM projects, leadership training, hands-on project based initiatives, and so much more.

Y Members: \$210/week

Community Members: \$260/week

Camper to counselor ratio: 10:1

Specialty Camps



AGES: ENTERING GRADES 2ND-5TH

BUDDY CAMP at MacColl

We welcome children who have intellectual and developmental disabilities and, with additional staff support, they are fully immersed in all daily camp activities. The camp day features fun with same age peers in a fully inclusive environment. Our specially trained staff, new sensory equipment, and quiet spaces ensure a successful experience. The YMCA promotes inclusion for all and we strive to enhance the social interactions amongst children with all abilities.

Y Members: \$210/week

Community Members: \$260/week



AGES: ENTERING GRADES 8TH-10TH

COUNSELORS IN TRAINING (CIT)

The (CIT) program is designed for young teens who have aged out of the traditional camp experience. Participants will learn basic safety, group management, games, camp best practices and how to support the mission of camp. This experience will provide individuals with valuable employment skills, healthy relationships, and opportunities to lead. CITs will be responsible for completing a group "project" of their own choosing. Some previous year examples may include building games for campers, building equipment for camp (i.e. a bridge over a muddy area), and transforming an area of camp for new program space.

2 sessions of 4 weeks each starting week 2 of camp:

\$440 / 4 weeks Y members & Community members welcome

Offered at all camps



AGES: 6-12

RACE 4 CHASE at MacColl and Westwood

The Race 4 Chase program is in our fifth year here at Camp Westwood. The program, now also offered at MacColl camp, was designed by the Chase Michael Anthony Kowalski Foundation (CMAK) in an effort to turn tragedy into triumph. Chase Kowalski's life was taken too soon on December 14, 2012 in the Sandy Hook Elementary School tragedy. Participants take part in a six-week coaching program to teach and improve swim, bike and running skills, culminating in a TRIATHLON. Through a generous grant, there is no charge for this program. With a focus on healthy lifestyles and eating habits, participants will gain a better understanding of taking care of their mind and body. Hours 8:30am-12pm with an option to join regular camp after lunch.

Optional full day Y Member: \$135/week

Community Members: \$160/week

Specialty Camps at Camp Tehanamokeset



AGES: ENTERING GRADES 7TH-9TH

VOYAGERS TRAVEL CAMP

Imagine the excitement as your camper travels up to 4 times a week visiting many new and exciting destinations throughout New England. Team building activities are featured and life long friends are made in this camp. Voyagers wear Y travel shirts daily. They receive 2 shirts and may purchase additional shirts for \$10 each. Extended camp days will be on the camp calendar. All trips are subject to change without notice.

Y Members: \$210/week

Community Members: \$260/week

Specialty camp additional fee \$75/week



AGES: ENTERING GRADES 2ND-7TH

COOKING CAMP

Release your inner chef in our specialty cooking camp! Our recreational, two week, hands-on cooking camp offers delicious, locally inspired, healthy food in a social environment. Not only will you walk away with delicious food, but you acquire new cooking skills as we focus on technique. Our cooking & baking camp introduces children to recipes that they can make themselves. Fruit based sweets, healthy snacks, and much more that your child can create! Campers are divided by age.

Y Members: \$420/two week camp

Community Members : \$520/two week camp

Specialty camp additional fee \$150/session

Weeks 1 & 2: Grades 2nd-3rd

Weeks 3 & 4: Grades 4th-7th

Weeks 5 & 6: Grades 2nd-3rd

Weeks 7 & 8: Grades 4th-7th



AGES: ENTERING GRADES 2ND-7TH

DANCE CAMP

This year we are excited to bring back Dance Camp! Our dance camp allows children to express their creativity through the movement of dance. They will learn dance techniques and improve their coordination and build confidence. Using these skills, the 2-week session will culminate in a dance recital held for fellow campers.

Y Members: \$420/ 2 weeks

Community: \$520/ 2 weeks

Specialty camp additional fee \$75

Weeks 1 & 2: Grades 4th-7th

Weeks 3 & 4: Grades 2nd-3rd



AGES: GRADES 2-7

BASKETBALL CAMP

Campers progress their skills during these basketball camps. Sign up is for two weeks at a time. We focus on teaching the skills our players need to be successful in their seasons. Players will improve ball skills like dribbling, passing, and shooting. They will learn court dynamics such as strategy, defensive movements, and game play mechanics. Campers are separated by age group.

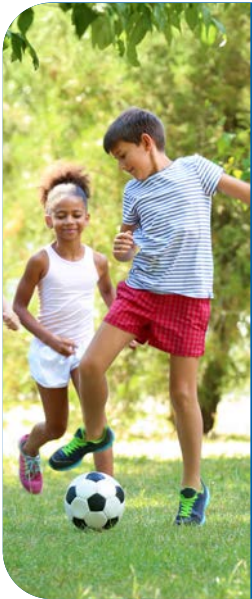
Y Members: \$420/two week camp

Community Members: \$520/two week camp

Specialty camp additional fee \$75

Weeks 1 & 2: Grades 4th-7th

Weeks 3 & 4: Grades 2nd-3rd



AGES: GRADES 2-7

SPORTS MEDLEY

Our new sports specialty camp will be offered weeks 5-8! This camp will be held in 2-weeks sessions separated by age. Campers will participate and build skills in a variety of sports. Campers will learn about different sports, the rules, sportsmanship, gain skills and create team building with friends.

Y Members: \$420/two week camp

Community Members: \$520/two week camp

Specialty camp additional fee \$75

Weeks 5 & 6: Grades 4th-7th

Weeks 7 & 8: Grades 2nd-3rd

Why Outdoor Day Camp?

Being outside makes you healthier! Get back to nature.

There is more and more literature about the positive effects of getting kids outside and active. From general health and well-being to specific health and vision benefits to excellent opportunities for socialization – it is important to get kids back in nature and help limit screen time. That is our goal here at Y Camp!

80%

Of kids ages 8 to 12 say contact with nature makes them more creative, happy, healthy, and smart

90%

Of vitamin D can be obtained from casual exposure to sunlight

Zzz

Spending time in green space improves your sleep

5-15

Minutes in nature helps lower blood pressure, heart rate, and cortisol pressure (which is your stress hormone)



Combat nearsightedness by being outside in natural light and away from close work and screen time

20%

Improved memory after walking through nature¹

¹ 2008 study at the Univ. of Michigan gave study participants a rigorous memory test before taking them for a walk. One part of the group then walked down a busy street and one part walked through an arboretum. The test was readministered and the group that walked through the arboretum scored nearly 20% higher.

NEW! YMCA Outdoor Memberships

Kicking off this year's summer

Looking for some healthy fun? You can participate in tons of outdoor activities by joining the 'Y without Walls' at either one of our beautiful outdoor venues.

WESTWOOD YMCA

The Westwood YMCA located at 2093 Harkney Hill Road in Coventry is not your traditional brick and mortar recreational facility. It consists of 80-acres of preserved woodlands and the pristine Quidnick Reservoir Lake, featuring roughly 300 acres of fresh water surface area, making it Rhode Island's premiere outdoor recreational resource center. This outdoor haven provides members with a place to go swimming, boating, camping, hiking, fishing, kayaking, and sailing. You can join in weekly boot camp classes and try your hand at the new mini-golf course!

Westwood YMCA 401-397-7779

Register online www.ymcapawtucket.org.

Westwood Family Outdoor Membership: \$250
Individual: \$99

Beachfront opens on weekends starting Memorial Day and during the week starting June 20th.



MACCOLL YMCA

All full facility members have the opportunity to register for summer fun at MacColl's 126-acre campus that includes two outdoor pools, a spray park, basketball, pickleball, and volleyball courts. Kids will enjoy our multiple playgrounds, especially the brand new structure that is welcoming to youth with diverse abilities. Your family can go on hiking trails and enjoy playing horseshoes and our new Disc Golf Course. There are multiple fields, a picnic grove area with tables and weekly family activities like scavenger hunts, outdoor fitness challenges, dance parties and arts & crafts. Fish in our pond or fly some kites across our softball field. Want to host a small event? Tents, fields and pool time are all available for rentals. No matter what your family enjoys, there is something for everyone at MacColl located on 32 Breakneck Hill Road in Lincoln.

MacColl YMCA 401-725-0773

Register online www.ymcapawtucket.org.

Members Only Registration

Family: \$50

Individual: \$25

Pools, Spray Park, and Outdoor Café open for weekends on Memorial Day and during the week starting June 20th.



General Camp Information

What to Bring to Camp

Swimsuit, towel and bag for wet items

Change of clothes

Sneakers

Hand Sanitizer

Watershoes
(optional)



Mask

Refillable water bottle

Snack and lunch

A Smile!

Sunblock/Bug Spray
Apply before attending camp each morning

What to Leave at Home

All electronics, cell phones and toys. The YMCA will not be responsible for lost or stolen items.

General Information

Our Commitment to Inclusion

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect, and responsibility— they guide everything we do.

The YMCA is committed to ensuring that everyone has the opportunity to benefit from YMCA membership and programs. To that end, this Y provides financial assistance for those who may not be able to afford the full cost of programs and services. We offer an income-based rate scale to reduce joining, monthly and/or program fees for eligible individuals, making the Y accessible to individuals and families at all income levels.

Camp Registration Information

Fees and Payments

Payment in full is due at time of registration unless a credit card or draft agreement is in place as a payment plan. All payments of fees in a payment plan will then be charged 10 days prior to the start of each week of camp and these fees are non-refundable.



Specialty Fees

Specialty camp fees are non-refundable and non-transferable and drafted weekly with payment unless paid in full at time of registration.

Pick Up and Drop Offs

Children will be dropped off and picked up by parent or guardian. At time of registration, parents are required to designate authorized individuals permitted to pick up their child. All changes must be requested in person. Transportation notices the day of will need to be communicated by 12pm.

Sibling Discount

Second child discount - 15% off camp fee

Financial Assistance

Due to the generosity of many donors, the YMCA provides full and partial camp scholarships for any and all families with financial difficulties. Application forms are available at your branch and online.

Cancellation / Refund / Switch or Change Weeks Policy

After June 1st, a two-week written notice is required to CHANGE, SWITCH WEEKS, SWITCH CAMP TYPE OR CANCEL participation in any week of camp. A \$50 change / cancellation fee will be charged for any changes made after June 1st. If the notice is less than two weeks the full rate is due.

Refunds may be given for medical reasons. A doctor's note is required.

Registration is for the entire week / We do not allow partial payment for any camp weeks.

Dates and Holidays

Refer to each camp page for the specific dates and times of camps. A confirmation letter will be sent after the registration and payment forms have been processed. Beginning June 15th, the registration deadline will be 6:00pm on Friday, 10 days prior to the start of the upcoming week. No day camp on July 4th for Independence Day or August 14th for Victory Day, fees for that week are not pro-rated.

THERE ARE 3 WAYS TO REGISTER:

BRING TO:
YMCA Office

MAIL TO:
YMCA
8 Summer Street
Pawtucket, RI 02860

ONLINE:
www.ymcapawtucket.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mission Statement

To put Christian principles into practice through programs that build character and promote a healthy spirit, mind and body for all.

Visit us online at www.ymcapawtucket.org

