



## YMCA CAMP LYNDON

» 117 STOWE RD. SANDWICH MA 02563

## YMCA CAMP BARNSTABLE

» 2245 IYANNOUGH RD. W. BARNSTABLE MA 02668

## YMCA CAMP FALMOUTH

» 113 LAKEVIEW AVE. FALMOUTH MA 02540

## YMCA CAMP HARWICH

» 263 SOUTH ST. HARWICH, MA 02645

## YMCA CAMP FIREFLY

» 117 STOWE RD. SANDWICH MA 02563



**FIND YOUR FRIENDS.  
FIND YOUR FUN.  
FIND YOUR Y.**

For a better us.®

YMCA Cape Cod  
100 Independence Dr. Suite #2  
Hyannis MA 02601  
508 362 6500 [ymcacapecod.org](http://ymcacapecod.org)

THE BEST SUMMER  
**EVER**  
STARTS AT THE  
YMCA CAPE COD

## Dear YMCA Camp Family,

Whether this is your first summer here, or you have been with us for years, we want to welcome you to the YMCA Cape Cod Summer Camps! Our staff are hard at work putting together a fun, safe program filled with new experiences.

As your child takes a break from school, they look forward to spending time with their friends and being outside. Day camp is the perfect opportunity to do both—as well as learn life skills, try new activities, and be part of a community where they can be themselves. Varying daily activities, such as archery, crafts, dance, sports, and swimming, help assure a great camp experience for everyone. With the encouragement and guidance of our trained staff, children will boost confidence, self-esteem, and social skills, all while having fun in a safe environment!

Welcome to the YMCA Cape Cod Camp Family!

Sincerely,  
YMCA Cape Cod Camp Directors

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BARNSTABLE** pg. 15

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LYNDON** pg. 10

**YMCA CAMP  
FIREFLY** pg. 17

Camp Lyndon and Camp Falmouth must comply with the regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

Camp Harwich and Camp Barnstable are each licensed by the Massachusetts Department of Early Education and Care

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WINNERS

AGES  
**5-6**

### WAY IN THE WOODS

Daily experiences and activities help campers add caring, honesty, respect, and responsibility in everything they do!

**ALL CAMPERS MUST HAVE COMPLETED KINDERGARTEN PRIOR TO STARTING CAMP**  
Members: \$382 / Week | Non-Members: \$425 / Week

AGES  
**7-8**

### UNIT 1 - EXPLORERS

Explore the YMCA's core values of honesty, caring, respect, and responsibility. Each week campers will set and achieve new goals, develop confidence, and make friends along the way!

Members: \$382 / Week | Non-Members: \$425 / Week

AGES  
**9-10**

### UNIT 2 - PIONEERS

Campers will step outside the box and expand their comfort zones through activities that foster creativity, imagination, build community, and create positive, life long, memories!

Members: \$382 / Week | Non-Members: \$425 / Week

AGES  
**11-12**

### UNIT 3 - VOYAGERS

Campers develop a sense of community through team building, personal and team challenges, and can select special interest activities, enhancing their day at camp!

Members: \$382 / Week | Non-Members: \$425 / Week

AGES  
**13-14**

### CHALLENGE CAMP

Campers will have the opportunity to 'disconnect' and appreciate the outdoors while learning what it takes to become role models at camp, school, and in their communities.

Members: \$382 / Week | Non-Members: \$425 / Week

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# CAMP PHILOSOPHY

YMCA camps offer a taste of everything! Our camps offer a new experience each week with focuses on STEM, cultural appreciation and the Arts!

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

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

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

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

## CAMP HOURS

EXTENDED AM CARE 7:30AM - 9:00AM

CAMP DAY 9:00AM - 4:00PM

EXTENDED PM CARE 4:00PM - 5:30PM

AM CARE: \$31 / WEEK | PM CARE: \$31 / WEEK

AM & PM CARE \$52 / WEEK

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# MEET THE DIRECTORS!



NAME: Tom Brognano  
ROLE: Sr. Program Dir. of Camp & After School  
FIRST SUMMER AT CAMP: 2005  
FAVORITE CAMP ACTIVITY: Ropes Course!  
ADVICE FOR FIRST TIME CAMPERS: Don't be afraid to try something new!  
EMAIL ADDRESS: tbrognano@ymcacapecod.org

NAME: Jen Watkins  
ROLE: Director, Camp Harwich  
FIRST SUMMER AT CAMP: 2010  
FAVORITE CAMP ACTIVITY: ARTS & CRAFTS!  
ADVICE FOR FIRST TIME CAMPERS: Everyone is nervous on the first day of camp! Even the counselors! By the end of the session you'll have at least one friend!  
EMAIL ADDRESS: jwatkins@ymcacapecod.org



NAME: Omar Vargas  
ROLE: Director, Camp Falmouth  
FIRST SUMMER AT CAMP: 2018  
FAVORITE CAMP ACTIVITY: Sports!!  
ADVICE FOR FIRST TIME CAMPERS: Be kind to everyone and try to make as many friends as you can!  
EMAIL ADDRESS: ovargas@ymcacapecod.org



NAME: SJ McNair  
ROLE: Director, Camp Lyndon  
FIRST SUMMER AT CAMP: 2014  
FAVORITE CAMP ACTIVITY: WORLD CUP!!!  
ADVICE FOR FIRST TIME CAMPERS: You should always remember to be yourself.  
EMAIL ADDRESS: smcnair@ymcacapecod.org

NAME: Amy Kerr  
ROLE: Director, Camp Firefly  
FIRST SUMMER AT CAMP: 2014  
FAVORITE CAMP ACTIVITY: Arts & Crafts, Ropes, and Archery  
ADVICE FOR FIRST TIME CAMPERS: Remember, everyone has had a first day before. Just be yourself!  
EMAIL ADDRESS: amy.campfirefly@gmail.com



# 2024 WEEKLY CAMP CAMP THEMES

	YMCA CAMP LYNDON	YMCA CAMP BARNSTABLE	YMCA CAMP HARWICH	YMCA CAMP FALMOUTH	
	✓	✓	✓	✓	Week 1 June 24-28
	✓	✓	✓	✓	Week 2 July 1-5
	✓	✓	✓	✓	Week 3 July 8-12
	✓	✓	✓	✓	Week 4 July 15-19
	✓	✓	✓	✓	Week 5 July 22-26
	✓	✓	✓	✓	Week 6 July 29-Aug 2
	✓	✓	✓	✓	Week 7 Aug 5-9
	✓	✓	✓		Week 8 Aug 12-16
	✓	✓	SUMMER DOESN'T HAVE TO END!		Week 9 Aug 19-23
	✓	There's still time to try another one of our camps!			Week 10 Aug 26-30

**Camp is for EVERYONE.**

Financial Aid is available for qualifying families.  
To learn more, email [financialassistance@ymcacapecod.org](mailto:financialassistance@ymcacapecod.org)

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# YMCA CAMP LYNDON

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



Available  
Weeks  
1-10!

**TAKE ADVANTAGE OF FREE  
BUS SERVICE TO CAMP LYNDON!**

SERVING: BARNSTABLE, BOURNE, CENTERVILLE, COTUIT, DENNIS, FALMOUTH, HYANNIS, MARSTONS MILLS, MASHPEE, OSTERVILLE, SANDWICH, YARMOUTH.



See page 22 for more info!

**BUS SERVICE IS NOT  
AVAILABLE WEEK 10.**

**TAKE A RIDE ON THE  
CAMP BUS!**

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# TRY A CAMP LYNDON SPECIALTY BLOCK!

## SAILING

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

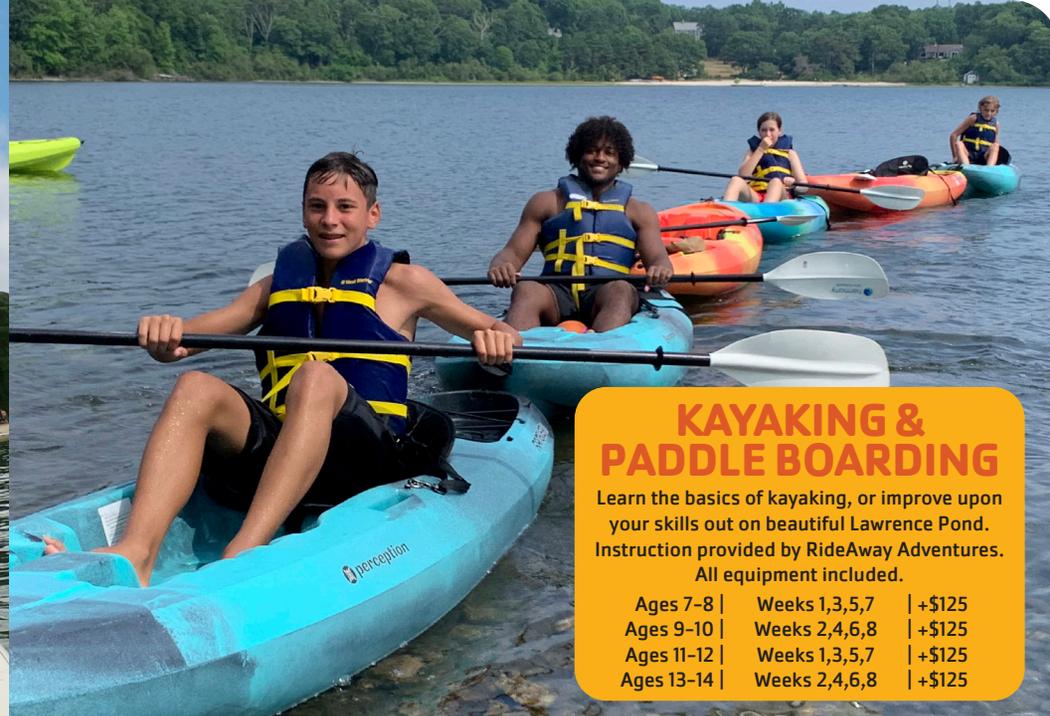
Ages 7-8	Weeks 2,6	+\$125
Ages 9-10	Weeks 3,7	+\$125
Ages 11-12	Weeks 4,8	+\$125
Ages 13-14	Weeks 4,8	+\$125



## KAYAKING & PADDLE BOARDING

Learn the basics of kayaking, or improve upon your skills out on beautiful Lawrence Pond. Instruction provided by RideAway Adventures. All equipment included.

Ages 7-8	Weeks 1,3,5,7	+\$125
Ages 9-10	Weeks 2,4,6,8	+\$125
Ages 11-12	Weeks 1,3,5,7	+\$125
Ages 13-14	Weeks 2,4,6,8	+\$125



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

## HORSEBACK RIDING\*

Ages 5-6	Weeks 1-9	+\$125
Ages 7-8	Weeks 1-9	+\$125
Ages 9-10	Weeks 2,4,6,8	+\$125
Ages 11-14	Weeks 1,3,5,7,9	+\$125

With horses and trainers for all skill levels, this is a perfect opportunity for first timers or equestrians to advance their skills. We teach both hunt and stock seats.

\*Horseback Riding Program will be 1 hour each day.



## COOKING

Learn the basics of cooking and improve your skills in the kitchen! All equipment included. No experience necessary.

Ages 7-8	Weeks 2,6	+\$125
Ages 9-10	Weeks 3,7	+\$125
Ages 11-12	Weeks 4,8	+\$125
Ages 13-14	Weeks 4,8	+\$125



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# YMCA CAMP HARWICH

## AVAILABLE WEEKS 1-8

The fun starts at Camp Harwich this summer! This recreation-style camp includes field trips, sports, and creative arts! Each week will have different activities based on that week's theme.

## FIELD TRIPS!

Past Camp Harwich field trips have included trips to beautiful Cape Cod beaches, the Buttonwood Park Zoo, Camp Lyndon and more! Where should we go this summer?



## AVAILABLE WEEKS 1-9

Dive into Camp Barnstable this summer! This recreation-style camp includes sports, creative arts, and swimming in the Y's swimming pool! Each week will have different activities based on that week's theme.

## FIELD TRIPS!

Past Camp Barnstable field trips have included trips to beautiful Cape Cod beaches, the Buttonwood Park Zoo, Camp Lyndon and more! Where should we go this summer?



# YMCA CAMP BARNSTABLE

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# YMCA CAMP FALMOUTH

## AVAILABLE WEEKS 1-7

The fun starts at Camp Falmouth this summer! This recreation-style camp includes field trips, sports, and creative arts! Each week will have different activities based on that week's theme.



## FIELD TRIPS!

Past Camp Falmouth Field Trips have included trips to beautiful Cape Cod beaches, the Buttonwood Park Zoo, the Cape Cod Inflatables Park, Camp Lyndon and more! Where should we go this summer?



Look at all the fun we had last year!

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## AVAILABLE WEEKS 6 & 7

## SAFE, WELCOMING, INCLUSIVE

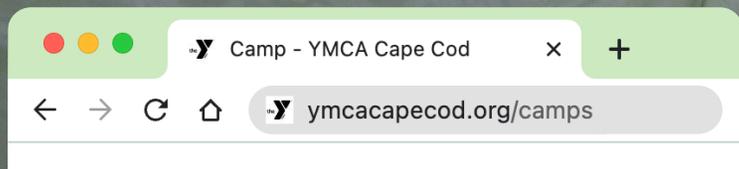
A welcoming camp environment for youth ages 11-16 who self identify as LGBTQIA+, Camp Firefly operates within Camp Lyndon. It offers a mix of traditional summer camp activities with programs and activities geared towards LGBTQIA+ Youth. Opportunities include meeting and learning from local LGBTQIA+ adults, discussing common issues, and just having a safe place for campers to be themselves.



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# READY TO REGISTER?

DIGITAL REGISTRATION DOESN'T NEED TO BE CONFUSING!



Follow these steps for an easy and simple registration process.

DID YOUR FAMILY SIGN UP FOR CAMP WITH US LAST SUMMER?

YES

NO

click this

click this

RETURNING FAMILIES

NEW CAMP FAMILIES

YOU'LL NEED A LOT OF ENERGY FOR CAMP!

Make sure you have a good lunch!

Camp lunch is available through the YMCA Cape Cod's Food Service for \$25 and can be added to any week when registering.



## CAMP LUNCH



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# YMCA CAMP T-SHIRTS!

## CAPE WIDE CAMP TEE



AVAILABLE IN  
YOUTH SIZES: XS-XL  
ADULT SIZES: S-5XL

\$15



## TYE-DYE ALL CAPE CAMP TEE



AVAILABLE IN  
YOUTH SIZES: S-XL  
ADULT SIZES: S-3XL

\$25



## CAMP LYNDON TEE



AVAILABLE IN  
YOUTH SIZES: XS-XL  
ADULT SIZES: S-5XL

\$15

Looking to take the excitement of summer camp back to school with you in the fall? Then make sure to grab one of our new camp t-shirts while you enroll for camp this summer!

T-Shirts can be purchased online when registering a child for summer camp. They are listed as an "enrollment Extra" and can be found in the same area where you select AM/PM extended day care.

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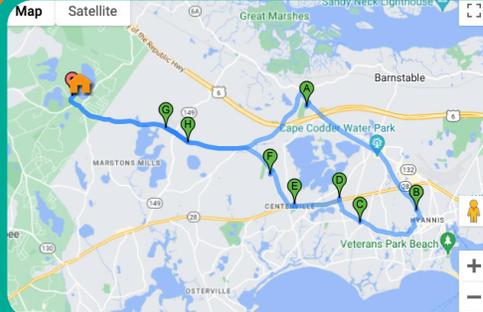
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# FREE CAMP BUS SERVICE

**DID YOU KNOW THE Y OFFERS FREE BUS SERVICE TO CAMP LYNDON?**

**The nearest stop might be closer than you think!**

You can see more detail, and the specific address of each stop when registering.



## GARFIELD BUS

**Towns served:**

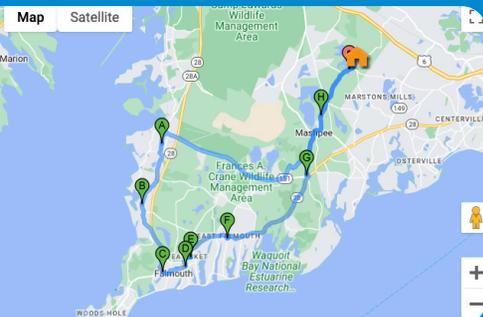
- Hyannis
- Centerville
- Marstons Mills





**Towns served:**

- Falmouth
- Mashpee
- Cotuit

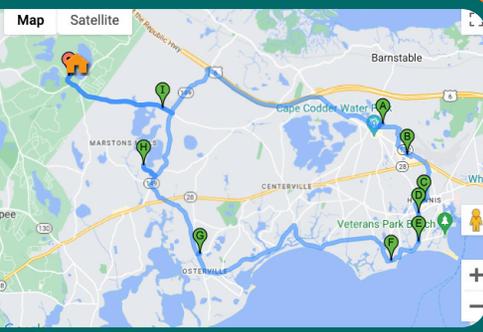


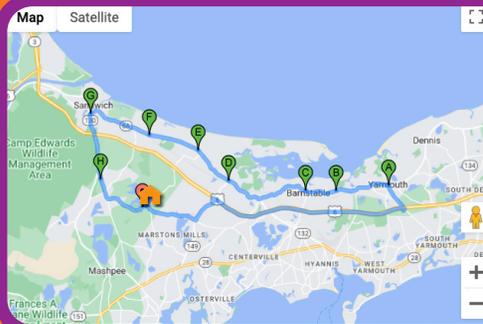
## SKUNK BUS

**Towns served:**

- Hyannis
- Centerville
- Osterville
- Marstons Mills



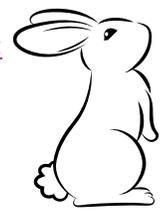


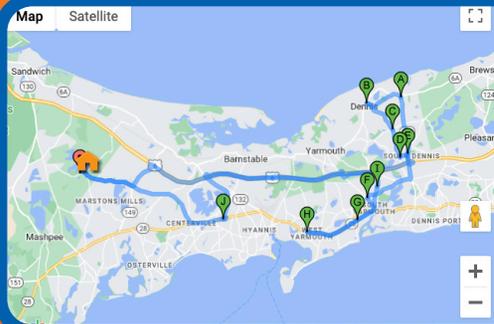


## RABBIT BUS

**Towns served:**

- Yarmouth
- Barnstable
- Sandwich





## OWL BUS

**Towns served:**

- Dennis
- Yarmouth
- Hyannis

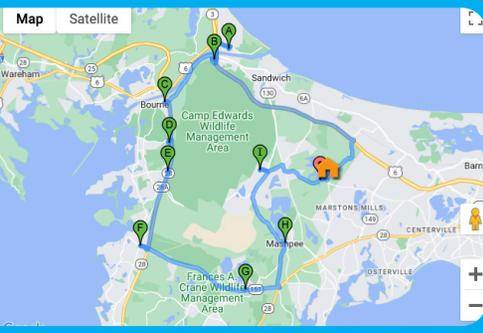


## GOAT BUS

**Towns served:**

- Bourne
- Falmouth
- Mashpee
- Sandwich





**BUS SERVICE IS NOT AVAILABLE WEEK 10.**

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