



DISCOVER YOUR STRENGTHS

**Summer 2024
Registration Begins
January 16th**

**Southern District YMCA
YMCAAMPLINCOLN.ORG**

YMCA CAMP LINCOLN

Since 1926, YMCA Camp Lincoln has been providing youth with unparalleled experiences to create lasting friendships and memories. With opportunities for campers ages 5-14, campers grow in confidence and learn to embody our core values of **Honesty, Caring, Respect, and Responsibility.**



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MISSION

Southern District YMCA provides opportunities for youth development, healthy living, and social responsibility in our southern New Hampshire communities. We achieve this by putting Christian principles into practice through programs that build healthy spirit, mind, and body for all – regardless of age, gender, sexuality, race, ability, religion, or income.

LAND ACKNOWLEDGEMENT

Southern District YMCA Camp Lincoln recognizes that we are located within the Ndakina, the traditional and unceded territory and waterways of the W8banaki Nation.

CAMP FILLS FAST – DON'T MISS OUT!

Camp fills fast – don't miss out! Please direct all questions about registration to Kristina at 603-642-3361 or kristina@ymcacamplincoln.org. **Registration opens January 16th!**

YMCA Camp Lincoln is a place for all! We do not turn campers away for inability to pay. Applications for financial assistance are available at ymcacamplincoln.org or may be requested by phone or e-mail. See page 12 for more details.

FINANCIAL
ASSISTANCE
IS AVAILABLE



LINCOLN LETTER

Dear Campers, Parents, and Friends,

Greetings from the shores of Kingston Lake. We all hope this finds your family happy and healthy. The camp Leadership Team is excitedly at work planning the fun for our 98th summer.

We know the days at camp create lifelong memories. Singing at the top of our lungs in amphitheater, laughing uncontrollably with friends, and sharing in the positive, healthy environment. The days at camp are more than being active all day. Surrounded by nature away from screens, camp focuses on building face-to-face relationships. Our community is a place where everyone knows they are valued. Camp Lincoln is the perfect place to grow. Campers are encouraged to explore everything camp has to offer. The days at camp **create friendships, develop self-confidence, and grow independence.**

The joy of camp is all made possible by our incredible staff. Many of our staff have grown up here and taken part in our Counselor in Training (CIT) program. Staff take part in 40-hours of staff training focused on child abuse prevention, behavior management, youth development, problem solving, and program delivery. Most importantly, our caring, enthusiastic staff instill our four core values of **Honesty, Caring, Respect, and Responsibility** in our campers.

Last summer proved to be our second largest summer ever with over 1,700 campers from over 90 towns served.

We are committed to Camp Lincoln being available and safe for everyone in our community. In 2023, we were able to award over \$130,000 in financial assistance. Financial assistance is available to any family in need of support attending camp. More information can be found on page 12.

Please reach out to our office with any questions your family has. Thank you for choosing Camp Lincoln. It is our privilege to serve our community. We look forward to another amazing summer!

In the spirit of camp,
The Camp Leadership Team



Dave Lovely-Taillon
Director of Camping Services
Summers at Camp: 19
Favorite Camp Song: Princess Pat
Favorite Camp Activity: Kayaking



Miles Jensen
Assistant Camp Director
Summers at Camp: 1
Favorite Camp Song:
40 Years on an Iceberg
Favorite Camp Activity:
Fantasy Camp



Kristina Wagnitz
Registration & Communications
Manager
Summers at Camp: 18
Favorite Camp Song: Pirate Song
Favorite Camp Activity:
Walking to the Point



EAGLES

Entering kindergarten-grade 2
\$370/ 1-week session
\$740/ 2-week session

Eagles travel around camp as a group, enjoying activities such as arts and crafts, swimming, archery, boating, pottery, and sports. Staff encourage fun and learning, while building confidence and responsibility.

1:8 Counselor to Camper Ratio

MIDDLERS

Entering grades 3-5
\$370/ 1-week session
\$740/ 2-week session

Middlers have additional privileges and responsibilities around camp. Each Middler cabin is assigned one period of swimming and will select from a wide range of camp activities. Counselors focus on community building, self-awareness and building friendships.

1:10 Counselor to Camper Ratio

VOYAGERS

Entering grades 6-9
\$370/ 1-week session
\$740/ 2-week session

Voyagers are granted additional choices such as paddle boarding and hatchet throwing. Voyagers are able to choose all four activity periods, experience added responsibilities around camp, and thrive learning from their peers and counselors.

1:10 Counselor to Camper Ratio



TRADITIONAL DAY CAMP



Seacoast Mental Health

Camp Lincoln is proud to partner with Seacoast Mental Health (SMH) through a grant provided by the NH Department of Education. SMH's staff of Outreach Specialists and licensed Social Workers are on-site daily. SMH staff provide guidance and training to Camp Lincoln staff enabling strong, intentional support for all campers. SMH provides camper readiness programs for those new to camp or those who need a helping hand. Contact the camp office to learn more.

Activities

We offer a wide variety of programming to build confidence in our campers and help them learn new skills. You can find the following activities taking place on a camp day:

- Archery
- Arts and Crafts
- Baseball
- Basketball
- Boating
- Card Games
- Challenge Course
- Climbing Wall
- Cooking
- Farm
- Fort Building
- Frisbee
- Hatchet Throwing
- High Ropes Course
- Hiking
- Hockey
- Jewelry
- Lacrosse
- Live Action Role Play (LARP)
- Mountain Biking
- Nature
- Outdoor Living Skills
- Paddle Boarding
- Pottery
- Soccer
- Swimming
- Woodworking
- Yoga
- AND MORE!

At Camp Lincoln, the beauty of nature inspires creativity, instills a sense of adventure, and initiates opportunities for exploration. Our beautiful facility offers the following:

- 67 wooded acres
- More than 1 mile of waterfront
- 3 sports fields
- 2 archery ranges
- 2 ropes courses (high and low)
- Outdoor climbing wall
- Woodworking and pottery studios
- Hiking trails
- Covered pavilion, program lodge, and historic dining hall
- A fully accessible treehouse

ON-SITE SPECIALTY CAMPS

Entering grades 4-9 • \$755/2-week session

On-site Specialty Camps allow campers to focus on one area of interest for half of each day. The remainder of the day is filled with activities of the camper's choice from traditional camp. On-site Specialty camps are offered by age (4th - 6th, 7th - 9th)

1:10 Counselor to Camper ratio.

Mountain Biking: Grab a bike and hit the trails! Our experienced staff help bring your mountain biking skills to the next level with basic bike maintenance, safe riding techniques, and the opportunity to try a variety of trails around camp and town. Bikes and helmets are provided, or bring your own.

Kids Kitchen: Camp has never been so delicious! Learn kitchen safety, how to read a recipe, and a variety of cooking techniques as you try your hand at making snacks, meals, and treats in the camp kitchen. Share your creations with your family during family night.

Pottery: Spend two weeks in our pottery studio learning to throw bowls, mugs, and vases on our pottery wheels. Interested in building by hand? Build yourself a piggy bank! Learn to glaze and fire your projects, and then bring home your masterpiece.

Woodworking: This progressive program is perfect for woodworking beginners! Start with the basics: learn to measure, cut, sand, hammer and drill. With an emphasis on safety, campers master basic woodworking skills and create a project to take home!

Fantasy: Magic the Gathering: This camp is perfect camp for folks who enjoy playing Magic the Gathering, no experience required as you learn how to play, build a deck, and play in competitive games.

Fantasy: Dungeons and Dragons: Get your swords ready for an extended Dungeons and Dragons campaign with a focus on fleshing out characters that will be used for a live action role playing experience! No previous experience is required.





ON-SITE SPECIALTY CAMPS

Survivor: Learn to survive in the great outdoors. As a survivor, you will learn knot tying, how to build a shelter, all about camp fires and the basics of outdoor survival. Spend a night in your shelter to test your skills!

Jewelry: Looking to create your own style? Join us for this unique, hands-on experience. Work with copper, leather, and macrame to make wearable, hand-crafted jewelry.

Movie Production: Jump behind the camera where you will learn about creating your own masterpiece for the silver screen! Campers will experience writing and producing their own short film, from costume design to getting the film just right, this program has it all for future celebrities.

Theater: Is the next Shakespeare within our midst? Hop on stage for a two-week program where you will design fantastical wardrobes, create a beautiful stage, and star in a play written by YOU! The final show will be performed at Family Night.

OFF-SITE SPECIALTY CAMP

**Entering grades 5-9 • \$845 / 2-week session
Adventure 101**

Spend your days on the road travelling around some of New England's most exciting locations to participate in unique and fun activities. Past activities include surfing, hiking on of NH 52 with a View, escape rooms, indoor climbing, outdoor laser tag, and more. Specific itineraries will be sent out prior to the start of the session.
1:7 Counselor to Camper ratio.

COUNSELOR-IN-TRAINING



A long-standing tradition, the Counselor-in-Training program provides teens the tools to successfully transition from campers to role models and leaders in the community.

JUNIOR COUNSELOR-IN-TRAINING

14 years old by June 17, 2024 \$1,040 / 4-week session

Junior CIT participants take part in team building activities and learn the importance of effective communication skills as they develop the ability to work with peers and children. Junior CITs are integrated into the camp program and get hands-on experience working in cabins, leading activities, and learning from experienced staff and fellow Senior CITs.

SENIOR COUNSELOR-IN-TRAINING

15 years old by June 17, 2024 Invitation only/ 8-week commitment

The Senior CIT program prepares teens with development in character, life skills, and strong leadership values as they continue to understand the role of a camp counselor. Senior CITs apply their training in program areas and leadership tasks throughout camp. They learn to push themselves as they gain confidence, independence, leadership, and a positive outlook. The Senior CIT program puts emphasis on developing leaders, not just at camp, but in our communities as well. Junior CITs are selected and invited back to participate in the Senior CIT program.

CAMP LINCOLN STAFF



YMCA Camp Lincoln is committed to hiring the most qualified and experienced staff to care for our campers.

Many of our staff have grown up at camp, journeying from camper to Counselor-in-Training (CIT), and, finally, to counselor. They know our history, understand each of our traditions, and help to drive and shape our culture.

Each season, we host diverse international staff from a number of different countries. These staff provide campers with a worldview not found elsewhere. We ensure that staff have expertise in youth development and specialized skills. All staff complete 40-hours of training which includes First-Aid / CPR, along with policies and procedures which emphasize health, safety, and youth development.

In addition, all Senior Staff are trained in Youth Mental Health First Aid. Before being hired, all YMCA Camp Lincoln staff undergo background and criminal history checks.

Join our team today!





A DAY AT CAMP

7:00-8:15	Pre-Camp
8:30-8:45	Family Drop Off & Buses Arrive
9:00-9:25	Amphitheater
9:35-10:35	1st Period Activities
10:45-11:45	2nd Period Activities
11:55-12:25	Lunch
12:25-1:25	Free Time
1:35-2:35	3rd Period Activities
2:45-3:45	4th Period Activities
3:45-4:00	Unit Time
4:00-4:15	Amphitheater
4:15-4:30	Family Pick Up & Buses Depart
4:30-6:00	Post-Camp

Eagle campers are assigned their activities. Older campers will select their activities on the first day of camp. Pre & Post Camp available for an additional fee.

PACKING LIST

Please bring the following to camp every day:

- Lunch and snacks
- Refillable water bottle
- Swim suit and towel
- Sunscreen and bug spray
- Closed-toe shoes
- Dress for the weather (raincoat for wet days, extra layers for cool days)
- Sneakers/sturdy shoes are required for the ropes course
- Dress for the weather! (rain coat for wet days, extra layers for cool days)
- A change of clothes

FREQUENTLY ASKED QUESTIONS



Open House
Saturday, June 1, 2024
from 10am to 4pm

Can my child be placed in a cabin with a friend?

While we hope your camper will look forward to making new friends at camp, we do understand that the first day can be a little easier with a friend. When you register for camp, you can request one friend that your camper would like to share a cabin with. Cabin requests must be mutual, and are not guaranteed, but we work hard to honor as many as possible.

Does my child need to know how to swim to come to camp?

Non-swimmers are welcome! Here at Camp Lincoln, we know that swimming is an important life skill. When Eagle and Middler aged campers arrive on their first day, they will take a swim test to determine their ability, and are placed in an appropriate swim lesson group. Each day will include a swim lesson and some free swim time. Swim is optional for Voyager and Specialty campers, and no lessons are provided for their age group.

What do campers do when it rains?

Many of our camp activities will continue in light rain, so make sure your camper dresses for the weather every day! If it is unsafe to be outside, campers will return to their cabins to play games, sing songs, and ride out the storm.

How are medical concerns handled at camp?

Our registered nurse oversees medical concerns at camp. All of our camp staff are certified in first aid and trained to handle the basics, such as scraped knees and bee stings. The nurse manages all medication administration and communicates with parents about any medical concerns throughout the day. Questions about your camper's specific medical needs? Reach out to our camp office any time!

Can I visit camp before summer begins?

We hope you will! A visit to camp can answer a lot of questions, and help you and your camper feel comfortable and confident on the first day. We offer a summer kick-off open house event on Saturday June 1, 2024 for all families to come take a tour of camp, ask questions, and meet our staff. Mark your calendars now!

CAMP IS FOR ALL

Need help paying for camp?

YMCA Camp Lincoln is a special place for our campers, but also can feel out of reach for some of our families. We work hard to make sure that camp is financially accessible for all.



Here are a few ways we can help:

- Set up a unique payment plan to break up your camp payments over time.
- Financial assistance is provided with no application needed for current participants in the #areuin? program.
- Over 100 families receive over \$50,000 in financial assistance each summer through our own assistance program. If camp seems out of reach, please apply!

Want to help others?

The Southern District YMCA is a non-profit 501(c)(3) organization dedicated to providing high quality programs for our community, regardless of ability to pay.



Donations to our annual support campaign are the lifeblood of our organization, and enable us to open our doors to all campers.

If camp is important to your family, and you would like to support camper scholarships for others, you can donate any time using the QR code above.

Your support makes a difference, and directly supports programming for participants of all ages.

Family Resources

Financial assistance is available through these outside organizations for campers in our community.

- **#areuin?** – Camp Lincoln provides financial assistance to participants in the #areuin? program without the need for additional applications.
- **Connor's Climb** – Provides scholarships for at-risk youth attending camp.
- **Derry Community Fund/Marion Gerrish Community Center** – Along with Camp Lincoln, identifies and provides scholarships and transportation to low-income families in Derry to attend camp.
- **ReKINDling Curiosity** – NH Department of Education program to provide scholarships to attend camp.

Partnerships

- **Atkinson Women's Civic Club** – Provides scholarships for two campers from Atkinson to attend camp.
- **Easterseals** – Individuals with disabilities have the opportunity to give back by volunteering at camp throughout the summer.
- **Seacoast Family Promise** – Identifies families in transition who can receive financial assistance to attend camp, allowing parents to work.
- **UNH Nursing** – The next generation of nurses put their skills into action while learning from our experienced health services staff.



SUMMER PLANNING GUIDE

	June 17-21	June 24-July 5	July 8-19	July 22-August 2	August 5-16	August 19-23
TRADITIONAL DAY CAMPS						
Grades K-9	Traditional Camp Session 1	Traditional Camp Session 2	Traditional Camp Session 3	Traditional Camp Session 4	Traditional Camp Session 5	Traditional Camp Session 6
Grades 4-9	On-Site Specialty Camps	Mountain Biking	Mountain Biking	Mountain Biking	Mountain Biking	
		Kids Kitchen	Kids Kitchen	Kids Kitchen	Kids Kitchen	
		Woodworking	Pottery	Woodworking	Pottery	
		Fantasy: Dungeons & Dragons	Survivor	Fantasy: Magic The Gathering	Survivor	
		Jewelry	Theater	Jewelry	Movie Production	
SPECIALTY CAMPS						
Grades 5-9	Off-Site Specialty Camps	Adventure 101	Adventure 101	Adventure 101	Adventure 101	
JUNIOR COUNSELOR-IN-TRAINING						
Age 14		Jr CIT Session 1		Jr CIT Session 2		

BUS SCHEDULE

RABBIT		AM	PM
Stratham	Memorial School	7:30	5:15
Stratham	Stratham Hill Park	7:45	5:00
TURTLE			
Windham	Rte.111 Park & Ride	7:45	4:45
GIRAFFE			
Londonderry	High School	7:20	5:45
Derry	Marion Gerrish Ctr.	7:35	5:30
Hampstead	Rte. 121 Park & Ride	8:00	4:45

ELEPHANT		AM	PM
North Hampton	Shaw's Plaza	7:30	5:30
Hampton	Hampton Academy	7:45	5:15
Seabrook	Market Basket*	8:00	5:00
LION			
Merrimac, MA	Sweetsir School	7:30	5:40
Plaistow	Market Basket	7:50	5:15
Newton	Memorial School	8:10	4:50
BEAR			
Salisbury, MA	Cinemagic	7:45	5:10
FROG			
Newfields	Elementary School	7:40	5:20
Epping	Walmart	8:10	4:50

* Market Basket at 838 Lafayette Road, Seabrook

ALLIGATOR		AM	PM
Amesbury	Middle School	7:30	5:15
East Kingston	Pound School	8:00	4:45
MONKEY			
Stratham	Timberland	7:40	5:15
Brentwood	Swasey School	8:10	4:50
MOOSE			
Exeter	YMCA	8:00	4:50
ZEBRA [SESSIONS 2-5 ONLY]			
Windham	Crossing Life Church	7:30	5:10
Windham	Route 111 Park & Ride	7:45	4:45

Add pre or post camp for \$50 per week
or both for \$80 per week.

YEAR ROUND PROGRAMS

Outdoor Education

Textbooks share information with children, but a hands-on outdoor education experience at Camp Lincoln brings science to life. In partnership with schools, Camp Lincoln facilitates growth in awareness, understanding, appreciation and respect of our natural world. Students can enjoy trail-based learning, emotional growth on the challenge course and hands-on science activities, which act as a springboard for further exploration in and out of the classroom.

Group Rentals

Camp Lincoln provides the perfect backdrop to celebrate any event! Whether you are looking for a rustic New England wedding, a location for a corporate rental or a place to celebrate a birthday, we are certain that Camp will provide a unique location for your special day! Our team will be happy to give you a tour and work with you to plan your perfect event.

Vacation Camps

What's more fun than school vacation? School vacation at camp! When school is out, we offer full-day programming for youth in grades K-8. Enjoy all your favorite camp activities plus winter activities such as sledding, skating, and more. Y programs allow children to explore and learn beyond school in a safe and fun environment.

For more information please contact:

Miles Jensen miles@ymcacamplincoln.org

Stay Involved All Year Long

Alumni Day

Campers and staff of all generations reunite at camp to celebrate our connection to this special place. Join us on September 28th, 2024 for this special day of enjoying your favorite camp activities, seeing old friends, and creating new memories.

Camp Clean Up Days

Volunteerism is essential to our strength in the community. Please join us this spring and fall to help get camp ready and then close camp down for the winter. Perfect for alumni, families, and community groups.

Community Nights

Held seasonally each spring and fall, Community Nights are free and open to the public. Community Nights run from 6:00-8:00pm and include dinner and many camp activities such as high ropes, boating, and archery. Join us on May 10th and Sept. 20th.

SOUTHERN DISTRICT YMCA

The Southern District YMCA is comprised of the Exeter Area YMCA, School Age Childcare, and Camp Lincoln. All three entities work towards honoring our mission to provide opportunities for youth development, healthy living, and social responsibility in our southern New Hampshire community. We achieve this by putting our principles into practice through programs that build healthy spirit mind and body for all regardless of age, gender, sexuality, race, ability, religion, or income.

EXETER AREA YMCA

The Exeter Area YMCA is a 33,000 square foot multi-generational health and wellness center. The facility includes: a full gym, indoor track, wellness center (Cardio/Weights), three group fitness studios, locker rooms with rentals, and babysitting services (for family members 6 months – 10 years while caregiver uses facility). The Exeter Area YMCA offers classes ranging from indoor cycling, pick-up basketball, yoga, Zumba, and boot camp. As with all Y programs, financial assistance is available for those in need.



SCHOOL AGE CHILDCARE

With more than 300 children enrolled across 10 different before and after school locations, School Age Childcare programs provide families with quality and affordable care. Families can rest assured knowing their children are safe, happy, getting at least 30 minutes of physical exercise, participating in a daily enrichment activity, and eating a healthy snack! Please refer to our website to see more information about our current program offerings. Serving Brentwood, Danville, East Kingston, Exeter, Fremont, Hampstead, Hampton, Kensington, Kingston, Newton, and Stratham.

Contact Nicole at nicole@sdymca.org with any questions or visit sdymca.org/school-age-child-care for registration information.

LITTLE RIVER CAMP

Little River Camp is open to children entering kindergarten through fifth grade. In these one-week sessions, staff focus on helping campers explore new experiences and develop friendships. Campers spend time in an engaging, day-camp program at Exeter Area YMCA with field trips Tuesday – Thursday. Pre- and Post-camp is available each day.



YMCA Camp Lincoln
P.O. Box 729
67 Ball Road
Kingston, NH 03848

**FINANCIAL
ASSISTANCE
IS AVAILABLE**



NON-PROFIT ORG.
U.S. POSTAGE
PAID
RAM COMPANIES



YMCA Camp Lincoln is committed to environmental responsibility. By using online registration, email and printing sparingly with recycled paper, we can all reduce our carbon footprint.

FRIENDSHIP OPEN HOUSE JUNE 1 • 10AM to 4PM

SUMMER CAMP REGISTRATION BEGINS JANUARY 16!
REGISTER ONLINE YMCACAMP.LINCOLN.ORG