

SOAR INTO SUMMER



SUMMER 2022
Registration Begins
JANUARY 17
YMCAAMPLINCOLN.ORG





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REGISTER ONLINE

REGISTRATION OPENS JANUARY 17, 2022 AT YMCACAMPLINCOLN.ORG.

Camp fills fast; don't miss out! Please direct questions to Kristina at 603 642 3361 or kristina@ymcacamplincoln.org. The Y does not turn campers away for inability to pay. Applications for financial assistance are available at ymcacamplincoln.org or may be requested by phone or email.

"My daughter made so many friends and did lots of fun things and she didn't want it to end. She said it felt like home."

Keely, Middlers



"The staff this summer has been amazing - thank you!"
Teddy, voyager and Tim, middler

"We couldn't be more pleased with this being his first camp experience."
Arlin, eagles

Raid Van Keulen, Director of Camping Services



Geof Harris, Assistant Camp Director



Whitney Leyland, Program Director



Kristina Wagnitz, Office Manager



Dear Campers, Parents, and Friends,

Hello from Camp Lincoln! We hope that this finds you all happy and well. Here at camp, we are thrilled to be planning for summer 2022 and look forward to seeing many of you join us for our 96th summer!

The 2021 season was a very successful summer here at camp and felt like a much-needed return of some normalcy for our camp community. We served over 1,500 campers; awarded \$50,000 in scholarships, welcomed back our Eagles and Spec Op campers, hosted in person Family Nights, launched our pontoon boat and heard the return of singing and laughter from our amphitheater.

Our campers were able to experience all the wonders of camp thanks to our dedicated staff, who made the magic of camp come alive! The staff team at Camp Lincoln is diverse and is made up of teachers, parents, college and high school students, and international staff. Many of our staff return year after year to provide the same lifelong memories they were given as a camper. Our staff come together early in the season before campers arrive, to complete a 40+ hour training week - where we ensure camp is ready to be a safe, welcoming and fun environment for all.

Camp Lincoln has a rich history of providing a safe and supportive environment where kids are immersed in nature, unplugged from their screens, and connected in person with their peers and role models. Summer 2022 will be no different and it is vital for all kids right now to have a summer camp experience. We understand the impact the pandemic has had on many families financially and we want to make sure camp is accessible to all. We work hard to ensure that no child is turned away due to financial hardship. Please consider applying for financial assistance if you need support in getting to camp - more information can be found on page 12.

We are excited to be planning towards the return of some special Camp Lincoln traditions for the upcoming summer; campers setting out on overnight excursions with our week long Adventure Trips, older campers choosing their our skill classes, eleven buses rolling in and out each day, and international staff!

Many thanks to you all for the continued support and we hope this program guide will help shape your summer plans for 2022. We cannot wait to have you all return to the shores of Kingston Lake!



In the spirit of camp,
The Camp Lincoln Leadership Team

TRADITIONAL DAY CAMP



HONESTY



CRITTERS

3 or 4 years old (must be 3 years old by June 1, 2022)

\$305/ 1-week session

\$610/ 2-week session

Critters explore the outdoors, develop friendships and learn socialization skills while experiencing traditional camp activities. Critters are not able to participate in pre/post camp offerings. Critters must be toilet trained and able to use the bathroom independently.

1:6 Counselor to Camper Ratio

EAGLES

Entering Kindergarten-grade 2

\$290/ 1-week session

\$580/ 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





MIDLERS

Entering grades 3-5
\$290/ 1-week session
\$580/ 2-week session

Middlers have additional privileges and responsibilities around camp. Each Middler cabin is assigned one period of swimming, an essential camp skill and will participate in 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
\$290/ 1-week session
\$580/ 2-week session

Voyagers are granted additional choices such as paddle boarding and hatchet throwing. Program choices rotate throughout the summer. Voyagers experience added responsibilities around camp and thrive on learning from their counselors.

1:10 Counselor to Camper Ratio

FRIENDSHIP



ONSITE SPECIALTY CAMPS

Entering grades 4-7
\$610/2 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 selections from our traditional camp activities.

1:10 Counselor to Camper ratio.



“Omg he had so much fun. We’ve tried a lot of the local camps and so far this is at the top of his list. We will def be exclusively going to Lincoln next summer!!”

Jesse, Specialty Camper

Mountain Biking

Adventure awaits for all skill levels as our experienced staff lead the campers through a progressive program from bike maintenance and repairs, to trail work, and technical riding on a variety of terrain. We will spend time at camp while also exploring local conservation properties. Grab your helmet and let’s go! Bikes provided, or bring your own.



Kids’ Kitchen

Do you enjoy being creative in the kitchen? Like trying new types of food from different parts of the world? Then join us for a unique cooking experience at camp where you will learn food & knife safety, cooking techniques, and have a chance to participate in “Chopped” camp edition.



Target Sports

Take time to focus on improving your skills in a wide variety of target sports including archery, hatchets, and slingshots. Make your own targets, practice in a variety of locations and complete challenges to progress to the next level.

Pottery

3D creativity abounds in our pottery studio. Join our experienced staff in creating beautiful works of art that will last a lifetime. We will use a variety of techniques over the two weeks to ensure some wonderful take home memories.



Ropes Course Adventure

Calling all adventurers! Do you enjoy exploring high up in the trees and challenging yourself? Join us for this ropes course adventure where you’ll spend half the day pushing your limit on our low and high ropes courses, while working together to accomplish a variety of challenges.

Survivor

Have you ever wondered what it takes to survive in the wilds of NH? Find out at our survivor specialty camp. We will focus on firebuilding, shelter building, water purification, knife safety and much more. This camp includes an optional overnight.

Woodworking

This camp is perfect for creative minds with an eye for detail. Learn the skills you need to accomplish fun and exciting projects to take home. Complete a group project to be used at Camp—past projects have included knock hockey tables, cornhole boards, trebuchet, birdhouses and more.

Magic the Gathering

This is the perfect camp for folks who enjoy role-playing/strategy games, including dungeons and dragons and Magic the Gathering, Risk, etc. No previous experience is required.



Advanced Arts and Crafts

Do you enjoy arts and crafts but want to spend more time focusing on specialized projects such as leather working, candle making, weaving, felting, and jewelry making? Then join us for the next level of creativity.

OFFSITE SPECIALTY CAMPS

Entering grades 5-9
\$680
2-week session

Off-site specialty camps broaden camper experiences beyond YMCA Camp Lincoln. Campers travel by bus from Camp Lincoln each morning to their off-site activity and return to camp before dismissal.

1:7 Counselor to Camper ratio.

TEAM BUILDING

Adventure 101

Spend your days on the road traveling around some of New England's most exciting locations to participate in unique and fun activities. Past activities include surfing, hiking on 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.

Adventure Fishing

New last summer, this camp proved popular with our budding anglers, who enjoyed traveling to different fishing spots each day to test their skill against our native fish population. Ocean trip included. Camp will supply equipment but personal gear is welcome.



ADVENTURE TRIPS



The Maine Event

July 10-15 & August 7-12 • \$750 • Ages 11-15

Join us for an exciting adventure at the only National Park in the the north-east! We will be spending the week exploring beautiful Acadia National Park through rock climbing, mountain biking, hiking and sea kayaking. We will be tenting under the stars at one of the parks campgrounds and cooking over the fire. Grab your gear and let's go.

Rock and River

July 17-22 & August 14-19
\$750 • Ages 11-15

Explore the outdoors through whitewater rafting, rock climbing, and hiking in one of the most unique regions of Maine. Adventure Bound in Caratunk, Maine will serve as our base camp for the week as we bounce around to all the exciting activities while also spending time bonding as a group. This is one of our most popular trips and spots fill fast. [Sign up today!](#)



LITTLE RIVER CAMP

Entering Kindergarten–Grade 5 • \$240/ 1-week session

Little River Camp operates out of the Exeter Area YMCA and 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 to YMCA Camp Lincoln on Tuesday, Wednesday and Thursday afternoons. Drop off and pick up is at Exeter Area YMCA, 56 Linden Street, Exeter. Morning and evening bussing is not provided to and from Little River Camp.

1:10 Counselor to Camper Ratio

SAMPLE ACTIVITIES AT LITTLE RIVER CAMP

Arts and Crafts	Archery (Off-Site)	Nature Crafts
Gaga Dodgeball	Swimming (Off-Site)	Sports
Cooking	Cornhole	KanJam



"Seriously, we can't believe the change in our son in the 3 weeks of being a Jr. CIT. He went from being a mostly grumbly, non-communicative, basement dwelling teenager, to an adult."
- CIT Parent

COUNSELOR-IN-TRAINING



The Camp Lincoln Counselor-in-training program is a long-standing camp tradition and a special teen leadership program that the majority of our Voyager campers transition into once they age out of camp.

JUNIOR COUNSELOR-IN-TRAINING

14 years old by June 20, 2022 | \$830/ 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.

SENIOR COUNSELOR-IN-TRAINING

15 years old by June 20, 2022 | 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. Junior CITs are selected and invited back by camp staff to participate in the senior CIT program.



LEADERSHIP

A DAY AT CAMP



7:00 AM PRE-CAMP

*An additional fee.

8:15 AM CAMP BEGINS

8:30AM UNIT TIME



9:35AM PERIOD 1 & 2



11:55 AM LUNCH



12:25 PM FREE TIME

1:35PM PERIOD 3 & 4



3:45PM UNIT TIME



4:30 PM CAMP ENDS



6:00PM POST CAMP ENDS



*An additional fee.

FREQUENTLY ASKED QUESTIONS



Can my child share 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.

Who are the staff at Camp Lincoln?

Camp Lincoln strives to hire staff who are dedicated, enthusiastic, and responsible. Every staff member must pass a background check and reference checks, and be certified in CPR and first aid. Then we spend over 40 hours training them in child development, behavior management, creative age-appropriate programming and problem solving. Our staff range in age from 16 to 45, and include high school students, college students, and recent college graduates. Many are teachers, paraprofessionals and child care professionals. We are here to provide a safe space for every child to feel welcome and have fun!

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?

All of our camp staff are certified in first aid and trained to handle the basics, such as scraped knees and bee stings. Our registered nurse steps in for any injuries that may require additional assistance, 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?

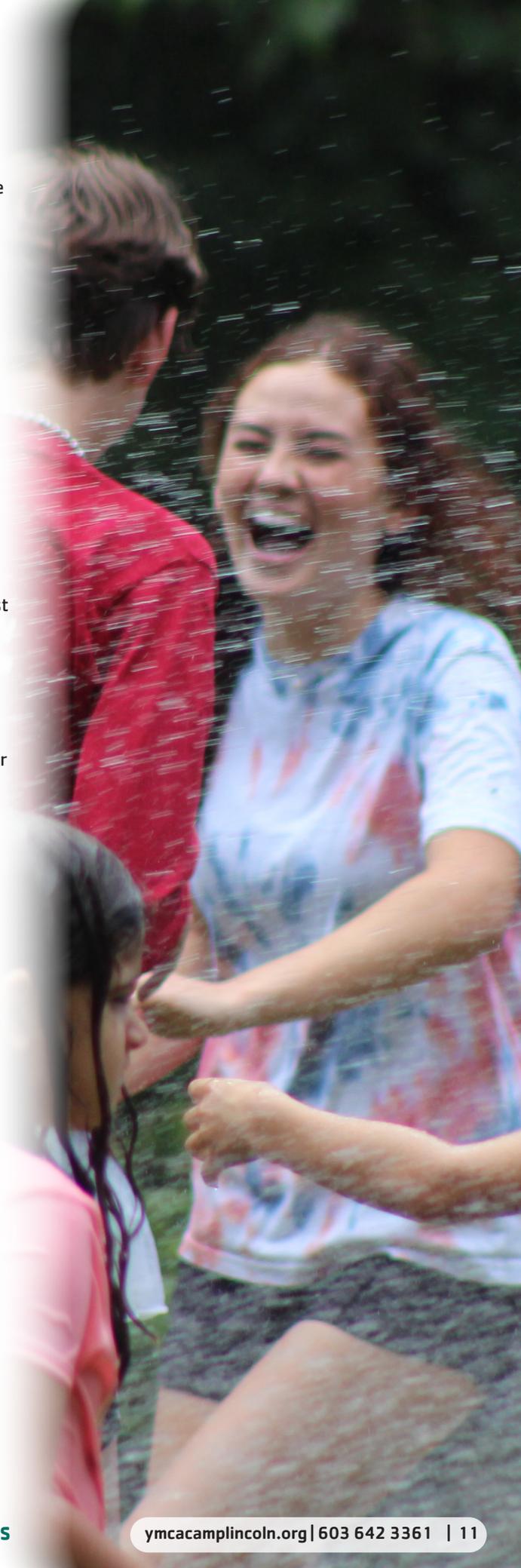
We hope you will! A visit to camp can answer a lot of questions and help you and your camper feel comfortable and confident on the first day. We offer a summer kick-off open house event on Saturday June 4, 2022 for all families to come take a tour of camp, ask questions, and meet our staff. Mark your calendars now!

What do I need to send with my child each day?

- Dress for the weather – Shorts, sweatshirts, raincoats, boots – this is New England, the weather can surprise you!
- Closed-toe shoes – Crocs are okay, sneakers are better.
- Refillable water bottle – Fill it up throughout the day to stay hydrated.
- Change of clothes- In case of bathroom issues, or a sudden rain storm.
- Lunch and snacks – A healthy lunch and at least two snacks.
- Sunscreen and bug spray – Put them on in the morning, reapply throughout the day.

“My children are not adventurous by nature and to see them excited to spend time outdoors is a testament to the positive environment you have created at the camp.”

Sofia and Elena, Eagles



FINANCIAL SUPPORT & GIVING

“Thank you so much for a wonderful two weeks. Corinne had a blast and it was so good for her! The staff is fantastic. We look forward to next year!”
Corrine, specialty



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. Reach out to our camp office to discuss options.
- 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!



**FINANCIAL
ASSISTANCE**

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.

Throughout the year, we offer many opportunities for giving through fundraising events at Camp Lincoln and the Exeter Area YMCA. But donations from our camp families are welcome any time! If camp is important to your family, and you would like to support camper scholarships for others, you can easily donate by scanning this link code.



TO DONATE

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

SUMMER PLANNING GUIDE 2022

SUMMER CAMP REGISTRATION BEGINS JANUARY 17!

	June 20-24	June 27-July 8	July 11-22	July 25-August 5	August 8-19	August 22-26
TRADITIONAL DAY CAMP						
Ages 3-4	Critters 1	Critters 2	Critters 3	Critters 4	Critters 5	Critters 6
Grades K-5	Little River	Little River Camp 2	Little River Camp 3	Little River Camp 4	Little River Camp 5	Little River Camp 6
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
SPECIALTY CAMPS						
Grades 4-7	On-Site Specialty Camps	Mountain Biking	Mountain Biking	Mountain Biking	Mountain Biking	
		Kids Kitchen	Kids Kitchen	Kids Kitchen	Kids Kitchen	
		Target Sports	Survivor	Target Sports	Survivor	
		Pottery	Pottery	Woodworking	Boating	
		High Ropes	High Ropes	Magic the Gathering	Advanced Arts & Crafts	
Grades 5-9	Off-Site Specialty Camps	Adventure 101-A	Adventure 101	Adventure 101-A	Adventure 101	
		Adventure 101-B	Fishing	Adventure 101-B	Fishing	
JUNIOR COUNSELOR-IN-TRAINING						
Age 14		Jr CIT Session 1		Jr CIT Session 2		
OVERNIGHT ADVENTURE TRIPS						
Ages 11-15			Maine Event	Rock and River		

Bus Schedule

LOCATION	PICK UP	DROP OFF
RABBIT BUS		
	AM	PM
Stratham Memorial School	7:30	5:15
Stratham Stratham Hill Park	7:45	5:00
TURTLE BUS		
Windham 111 Park & Ride	7:45	4:45
GIRAFFE BUS		
Londonderry High School	7:20	5:45
Derry Marion Gerrish Center	7:35	5:30
Hampstead Route 121 Park & Ride	8:00	4:45
ELEPHANT BUS		
North Hampton Shaw's Plaza	7:30	5:30
Hampton Hampton Academy	7:45	5:15
Seabrook BJ's	8:00	5:00
LION BUS		
Merrimac Sweetsir School	7:30	5:40
Plaistow Market Basket	7:50	5:15
Newton Newton Memorial School	8:10	4:50
BEAR BUS		
Salisbury Cinemagic	7:45	5:10

LOCATION	PICK UP	DROP OFF
FROG BUS		
	AM	PM
Newfields Elementary School	7:40	5:20
Epping 125 Park & Ride	8:10	4:50
ALLIGATOR BUS		
Amesbury Middle School	7:30	5:15
East Kingston Old Town Hall	8:00	4:45
MONKEY BUS		
Stratham Timberland	7:40	5:15
Brentwood Swasey School	8:10	4:50
MOOSE BUS		
Exeter YMCA	8:00	4:50
ZEBRA BUS		
Windham Crossing Life Church	7:30	5:20
Windham Route 111 Park & Ride	7:45	5:00

There is a fee of \$15 per week to ride the bus.

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

YEAR ROUND AT CAMP



Monthly Homeschool Program

Held Wednesdays and Thursdays every other week from September–May for homeschool students between the ages of 5–12. The program runs from 9–4pm and covers themes such as Lake Ecology, Forest Ecology, Teambuilding, Problem Solving, Outdoor Living Skills, Migration, Hibernation, and much more.

Teen Homeschool Program

With a focus on communication, teambuilding, leadership and fun, this program is offered every other Friday from September–May for homeschool students between the ages of 12–16

Outdoor Education Programs

For over 30 years Camp Lincoln has been offering quality outdoor education programs to local schools, companies and organizations. We custom design programs for each group with a focus on meeting their goals and expectations. We offer half day (5 hour) and full day (8 hour) programs for groups as small as 15 all the way up to 250. Typical activities include: High Ropes Course, Low Ropes Course, Initiatives and group games, boating, archery, orienteering.

Camp Rental and Birthday Parties

Planning a small birthday party or looking for a fun venue for a company outing? Camp Lincoln is setup and prepared to offer an affordable and easy environment for all events.

Weddings

Our beautiful facilities are the perfect place to tie the knot. We offer several wedding packages to meet the needs of all interested parties. The relaxed atmosphere allows for a fun experience for all.

Winterfest

Winter in New England is a special time; at YMCA Camp Lincoln, we celebrate the season with Winterfest. Bring your sleds and skates and join us for these FREE Saturday morning programs! Enjoy a morning of snowshoeing, sledding, and skating, then warm up around the campfire with delicious hot chocolate!

Vacation Camps

When school is out for holidays, we offer full-day programming for youth in grades K–5. Y programs allow children to explore and learn beyond school in a safe and fun environment. Our programming is open to all children regardless of whether they attend a YMCA School Age Child Care program.

Leaders Club

Middle school students will learn leadership and communication skills in this weekly group. Challenge yourself to become more organized, find your own voice and prepare for the transition to high school. Participants will have the opportunity to lead group discussions, plan activities and try new things. Together, we will explore activities such as public speaking, STEM, team building, problem solving, outdoor education and more.

Community Nights

Join the fun at YMCA Camp Lincoln during free Community Nights. Once a month throughout the summer, YMCA Camp Lincoln is open to everyone in the community to enjoy summer activities like swimming, kayaking or canoeing, gaga ball and more! After you and your family have worked up an appetite, you can relax around the campfire and enjoy a grilled dinner and s'mores. Community Nights are free and open to everyone.

Indigenous People's Day Family Camp

Join us on the shores of Kingston Lake for a weekend full of your favorite camp activities. Reconnect with your family as we enjoy boating, archery, the ropes course, arts and crafts and hiking. We will also continue our family camp traditions, such as the pumpkin stroll, polar plunge, and kickball game. All meals will be provided. Registration is limited, and required in advance. Registrants will receive additional information, packing list and a schedule the week before the event.





The Southern District YMCA is comprised of the Exeter Area YMCA, School Age Child Care, 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 Christian principles into practice through programs that build health, spirit, mind, and body for all regardless of age, gender, sexuality, race, ability, religion, or income.



CAMP LINCOLN

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:

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

SCHOOL AGE CHILD CARE

Serving children throughout our communities in up to 12 different locations, School Age Child Care 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, and eating a healthy snack! Please refer to our website to see more information about our current program offerings.

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 child watch center (for family members 6 months – 6 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. All Camp Lincoln Families Receive a no Join Fee Discount off of membership. Please use promo code CampLMem.



YMCA Camp Lincoln
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Kingston, NH 03848

ADDRESS CORRECTION REQUESTED.

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**FINANCIAL
ASSISTANCE
IS AVAILABLE**



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.



KICKSTART YOUR SUMMER

**SUMMER CAMP REGISTRATION
BEGINS JANUARY 17!**

**REGISTER ONLINE
YMCAAMPLINCOLN.ORG**