



YMCA  
**CAMP  
LINCOLN**  
EST. 1926



# BE THE TRUE YOU

Summer 2025 – Registration Begins January 20th  
Southern District YMCA • [YMCACAMPLINCOLN.ORG](http://YMCACAMPLINCOLN.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 our principles into practice through programs that build healthy spirit, mind and body for all – regardless of age, gender, sexuality, race, ability, and 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!

Please direct all questions about registration to Kristina at 603-642-3361 or [kristina@ymcacamplincoln.org](mailto:kristina@ymcacamplincoln.org). **Registration opens January 20th!**

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](http://ymcacamplincoln.org) or may be requested by phone or e-mail. See page 11 for more details.

FINANCIAL  
ASSISTANCE  
IS AVAILABLE





## LINCOLN LETTER

Dear Campers, Families, and Friends,

Greetings from the shores of Kingston Lake! The leaves are falling signaling winter but our focus is on the sunshine, laughter, and cheers of summer 2025. Our 99th summer will be the best yet.

The camp experience is so much more than a break from school. Camp provides essential time in the outdoors, away from screens, where campers can truly be themselves to discover their strengths and interests. Campers have the freedom to try new things, develop new skills, and build lasting friendships. Camp encourages campers to interact with others from diverse backgrounds. Together, campers spend their days enjoying physical activity, connecting to nature, expressing creativity through art, and conquering outdoor adventures. Our campers develop resilience, confidence, problem solving, social skills, empathy, teamwork, and independence. The friendships and achievements campers experience at camp have a profound impact on their self-worth that stays with them for a lifetime.

Our supportive environment and strong sense of community is all possible through our incredible staff. Many staff (at least 75%) have grown up here and taken part in our Counselor-in-Training (CIT) program. Staff take part in a minimum of 40-hours of staff training focused on youth development, child abuse prevention, behavior management, specialized program skills, and program delivery. Our staff are role models that campers can look up to and build connections with.

2024 proved to be one of our largest summers ever serving 1,600 campers from 90 towns. We connected families with over \$178,000 in financial assistance in 2024. This is a testament to the care and strength of our community and our investment in providing all our kids with a summer of growth, learning, and self-discovery. Learn more on Page 11.

In the lead up to our 100th summer in 2026, we are excited to announce several projects to upgrade camp for the campers of today and tomorrow. When families arrive at camp this summer, we will have a fully renovated amphitheater, a new bathroom in the Eagles unit, two new Middlers cabins, as well as upgraded gardens overlooking our waterfront.

Thank you for choosing Camp Lincoln and being a part of our community. It is our privilege to serve you. Please reach out to our office with any questions your family has. We cannot wait to be together at camp again soon!

In the spirit of camp,  
**The Camp Leadership Team**



**Dave Lovely-Taillon**  
Director of Camping  
Services  
Summers at Camp  
Lincoln: 19  
Favorite Camp Activity:  
Kayaking



**Mira Siewert**  
Assistant Camp  
Director  
Summers at Camp  
Lincoln: 1  
Favorite Activity:  
Swimming



**Kristina Wagnitz**  
Registration &  
Communication  
Manager  
Summers at Camp  
Lincoln: 19  
Favorite Activity:  
Walking to the Point



**Caleb Hardwick**  
Facilities Coordinator  
Summers at Camp  
Lincoln: 1  
Favorite Activity:  
Diamond Sports





# TRADITIONAL CAMP

## EAGLES

Entering Kindergarten-Grade 2

Eagles travel around camp as a cabin group. In addition to daily swim lessons, campers enjoy activities such as arts & crafts, archery, boating, pottery, sports, and more. Staff encourage fun and learning while building confidence and responsibility. **1:8 counselor to camper ratio.**

## MIDDLERS

Entering Grades 3-5

Middlers have additional privileges and responsibilities around camp. Middlers campers are assigned one period of swim lessons and select from a wide range of activities for their other three periods. Counselors focus on community building, self-awareness, and building friendships. **1:10 Counselor to Camper Ratio**

## VOYAGERS

Entering Grades 6-9

Voyagers are granted additional choices such as paddle boarding and hatchet throwing. Voyagers are able to choose all four activity periods, act as role models for all campers, and thrive learning from their peers and counselors. **1:10 Counselor to Camper Ratio**

**TRADITIONAL CAMP \$387/ 1-week session • \$774/ 2-week session**

## 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
- Basketball
- Boating
- Card Games
- Challenge Course
- Climbing Wall
- Cooking
- Diamond Sports
- Farm
- Fort Building
- Frisbee
- Hatchet Throwing
- High Ropes
- Hiking
- Jewelry
- Live Action Role Play (LARP)
- Nature
- Outdoor Living Skills
- Paddle Boarding
- Soccer
- Swimming
- AND MORE!

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







## A DAY AT CAMP

7:00-8:15	Pre-Camp
8:30-8:45	Family Drop Off & Buses Arrive
9:10-9:25	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
3:45-4:05	Unit Time
4:05-4:15	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. There is no fee to ride a bus. 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
- A change of clothes



## ON-SITE SPECIALTY CAMPS

Entering grades 4-9  
\$820/ 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 our traditional camp.

On-site Specialty Camps are offered in the first and second halves of the day and are divided by grade (4th-6th, 7th-9th). 1:10 Counselor to Camper ratio.



Mountain Biking



Kids Kitchen



Pottery



Woodworking



Survivor



Theater



Jewelry



LARP



Dungeons  
and Dragons



The Art Zone



Eco Discovery



Sports





## OFF-SITE SPECIALTY CAMP



### Explorers I

#### Entering grades 5-9 • \$900/2 Week Session

Formally known as Adventure 101, Explorers go out on a field trip every day! Get on the road and travel to some of New England's most exciting locations for fun and unique activities. Past activities include surfing, hiking one of the "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.

### Explorers II

#### Entering grades 6-9 • \$945/2 Week Session

The next step in Explorers combines on site and off-site days focusing outdoor adventure activities such as hiking and paddling. Campers learn skills onsite before venturing off-site throughout the week to greater adventures. Campers gain appreciation for nature, teamwork, resiliency, and self-confidence. Campers participate in an on-site overnight the first week of the program and graduate to an off-site overnight camping trip to conclude the program! 1:6 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 16, 2025 \$1,150 / 4-week session**

Junior CIT participants take part in a training week that mirrors our staff training focusing on team building, effective communication skills, and working with children. Junior CITs integrate into the camp program and get hands-on experience working with campers, leading activities, and learning from experienced staff and fellow Senior CITs.

### **SENIOR COUNSELOR-IN-TRAINING**

**15 years old by June 16, 2025 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 to gain confidence, independence, leadership, and positive outlook. The Senior CIT program emphasizes developing leaders, not just at camp, but in our communities as well. All applicants must apply and be accepted to participate in the Senior CIT program. Applications are available on our website.



## CAMP LINCOLN STAFF



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

Many staff have grown up at camp, journeying from camper to Counselor-in-Training (CIT) to counselor. They know our history, understand our traditions, and help to drive and shape our culture. We invest in our staff so they can invest in your camper. All staff complete a minimum 40-hours of training which focuses on health, safety, and youth development. In addition, staff earn nationally recognized certifications to lead specialty activities. All staff are certified in First Aid/CPR. Each summer, we host diverse international staff from around the world. These staff provide campers with a worldview not found elsewhere.

Senior Staff are trained in Youth Mental Health First Aid and attend annual camping conferences. All to ensure that YMCA Camp Lincoln staff are the best in camping. Before hiring, all YMCA Camp Lincoln staff undergo background checks and criminal history checks.



**Join our team today!**  
**We are hiring year-round!**



## FREQUENTLY ASKED QUESTIONS

**OPEN HOUSE**  
**Sat., May 31, 2025**  
**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. We are not able to place large groups of friends together.

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

Swimmers of all levels are welcome! Here at Camp Lincoln, we know that swimming is an important life skill. Our waterfront staff consists of Red Cross certified Lifeguards and Water Safety Instructors. All swimmers must complete a skill evaluation and are given a wrist band indicating the swim areas that are safe for their skill level. These wrist bands must be worn throughout their time at camp. Eagles and Middlers are placed in an appropriate swim lesson level following the skill evaluation. Each day will include a swim lesson and free swim. Swim is optional for Voyager and Specialty campers, no lessons are provided for their age groups.

### 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 and EMT oversee 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 an open house event on Saturday May 31, 2025 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.
- Upwards of \$115,000 in financial assistance provided to over 100 families 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.

## 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.
- **Marion Gerrish Community Center**  
Along with Camp Lincoln, identifies and provides scholarships and transportation to low-income families in Derry to attend camp.
- **National Alliance on Mental Illness (NAMI)**  
Partnered with YMCA Camp Lincoln to host a Suicide Prevention Youth Leader Training program.
- **Seacoast Family Promise**  
Identifies families in transition who can receive financial assistance to attend camp, allowing parents to work.





# YEAR ROUND PROGRAMS

## Outdoor Education

Let us host you and your students here at camp! For over 25 years, Camp Lincoln has hosted local schools for a hands-on outdoor education experience. Students enjoy teambuilding activities, high ropes, archery, boating, environmental education, and more! Camp Lincoln meets the goals of each school group and provides an experience where students can challenge themselves, bond as a group, grow respect for the natural world, and develop their leadership and teamwork skills. Partner with us this school year!

## Group Rentals

Camp Lincoln provides the perfect backdrop to celebrate any event. Our team will be happy to give you a tour and work with you to plan your perfect event. We are certain that Camp will provide a unique location for your special day!

- ◆ Community Events
- ◆ Weddings
- ◆ Family Reunions
- ◆ Birthday Parties
- ◆ Corporate Retreats
- ◆ Sports Teams

## Vacation Camps

Elevate your school vacation by spending it at camp! When school is out, we offer full-day programming for youth in grades K-8. Enjoy all your favorite camp activities, plus seasonal activities such as sledding, skating, and more. Vacation camps allow children to explore and learn beyond school in a safe and fun environment.

**For more information please contact:**  
**Mira Siewert | [mira@ymcacamplincn.org](mailto:mira@ymcacamplincn.org)**





## GET INVOLVED

**Celebrating 100 Years in 2026  
SAVE THE DATE!  
July 24-26, 2026  
Centennial Celebrations**



### **Paddle Plunge April 5th**

Join us for one of the best days of the year! The Paddle Plunge is our largest annual fundraiser to support scholarships for our campers. You can support the event one of three ways: form a team to fundraise and take the plunge, give a gift to a team, or join us the day of the event to cheer everyone on! Learn more about getting involved here:



### **Alumni Day September 27th**

Reunite at camp with campers and staff of all generations to celebrate our connection to this special place. Join us for a fun day of enjoying your favorite camp activities, seeing old friends, and creating new memories.

### **Camp Clean Up Days May 3rd & October 25th**

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

### **Community Nights May 23rd & September 19th**

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 select activities such as boating, archery, and high ropes.



## SUMMER PLANNING GUIDE

	June 16-20	June 23-July 4	July 7-18	July 21-August 1	August 4-15	August 18-22
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
SPECIALTY CAMPS						
Onsite Grades 4-9	Mountain Biking	Mountain Biking	Mountain Biking	Sports		
	Kids Kitchen	Kids Kitchen	Kids Kitchen	Kids Kitchen		
	Woodworking	Pottery	Woodworking	Pottery		
	Dungeons & Dragons	Survivor	LARP	Survivor		
	The Art Zone	Theater	Eco Discovery	Jewelry		
Offsite Grades 5-9	Explorers I	Explorers I	Explorers I	Explorers I		
Offsite Grades 6-9		Explorers II		Explorers II		
JUNIOR COUNSELOR-IN-TRAINING						
Age 14	June 23-July 18		July 21-August 15			
	Jr CIT 1		Jr CIT 2			

## BUS SCHEDULE

Many of our bus routes have changed stop times and locations. Please read carefully!

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			
Derry	Marion Gerrish Ctr.	7:30	5:35
Hampstead	Rte. 121 Park & Ride	7:55	4:45
Danville	Baptist Church	8:20	4:40

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

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
* Market Basket at 838 Lafayette Road, Seabrook			
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

ALLIGATOR		AM	PM
Amesbury	High School	7:30	5:15
East Kingston	Pound School	8:00	4:45
MONKEY			
Stratham	Timberland	7:35	5:20
Brentwood	Swasey School	8:05	4:55
Kingston	Bakie School	8:15	4:40
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



## 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, and locker rooms. Babysitting services are available for family members 6-months to 10 years while caregiver uses the facility. The Exeter Area YMCA offers indoor cycling, basketball, pickleball, yoga, Zumba, and Les Mills classes (in-person and virtual). As with all Y programs, financial assistance is available for those in need.



### SCHOOL AGE CHILDCARE

With more than 300 children enrolled across 8 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, Exeter, Hampstead, Hampton, Kensington, Kingston, Newton, and Stratham.

Contact Nicole at [nicolef@sdymca.org](mailto:nicolef@sdymca.org) with any questions or visit [sdymca.org/school-age-childcare](http://sdymca.org/school-age-childcare) 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 a variety of STEM and exercise-based activities at Exeter Area YMCA and participating in three weekly field trips! Pre and Post Camp is available daily.





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



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.

**FINANCIAL  
ASSISTANCE  
IS AVAILABLE**



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

# YMCA CAMP LINCOLN OPEN HOUSE MAY 31 • 10AM to 4PM

**SUMMER CAMP REGISTRATION BEGINS JANUARY 20TH!  
REGISTER ONLINE AT [WWW.YMCACAMP.LINCOLN.ORG](http://WWW.YMCACAMP.LINCOLN.ORG)**

