



KEENE FAMILY YMCA SUMMER CAMP

2025 PROGRAM GUIDE



For a better us.®



WELCOME!

Welcome to summer at the Keene Family YMCA! Whether you're considering a traditional day camp or a specialty camp, summer at the Y is always filled with excitement, adventure, new friends, lifelong memories, and most of all fun! Our camp programs are based on the Y's core values of **caring, honesty, respect, and responsibility**, delivered in a safe and supportive environment. We provide affordable, quality summer experiences for children in grades K-12.

There are few experiences as unique and special as camp. At camp, kids become part of a community and form friendships as they learn how to be more independent and contribute to a group. Amidst all the fun of sports, crafts, outdoor adventures, and more, children develop skills that **build character and promote leadership**. At the Y, we believe every child should be given the opportunity to experience the joy of summer camp.

CAMP HOURS

Camp Wakonda: 8am – 5pm

Gymnastics Camp: 9am – 4pm

Specialty Camps: 9am – 4pm, unless otherwise noted

NEW! Before Care

Before Care will be offered from 7:30–9:00 am in the Multipurpose room for campers from any Keene Family YMCA camp. When Before Care closes, the children will be brought to their respective camps.

Before care pricing

Camp Wakonda: \$15/week week (Camp start time 8:00 am)

Specialty & Gymnastics Camp- \$30/week (Camp start time 9:00 am)

Space is limited to 30 campers.

CAMP LOCATION

Camp Wakonda, Specialty Camps and Gymnastics Camps are located at:

Keene Family YMCA
200 Summit Road, Keene

The Y offers an outdoor venue with fields for sports and games. There are also nearby walking trails for exploration and adventures in nature. The indoor spaces include a rock climbing wall, swimming pools, gymnasium, and multi-purpose spaces for rainy-day camp activities.

YOUR CHILD'S SAFETY & WELL-BEING IS OUR TOP PRIORITY.

Our staff are highly trained and highly engaged in all aspects of positive youth development. All Y staff undergo reference and criminal background checks before being hired. Our counselors have competencies in team building, character development, conflict resolution, emergency procedures, child abuse awareness and prevention, First Aid and CPR.



REGISTRATION INFORMATION

Registration is offered on a first come, first served basis. We highly recommend early registration, as space is limited.

Registration has moved online! To register your child for camp, visit keeneymca.org/camp and follow the instructions.

If you are unable to complete your registration online from home, please contact our Welcome Center at (603) 352-6002 to make an appointment with one of our Camp Directors, or our Camp Registrar. They will be happy to assist you!

PLEASE NOTE: Camp registrations are not complete until all required documentation has been submitted. This includes:

- » Health Assessment Record
- » Payment Plan & Authorization
- » Medication Form (if applicable)
- » Allergy Action Plan (if applicable)

HEALTH CARE FORMS & CARE PLANS

Keene Family YMCA uses CampDoc, an electronic, web-based health record system to maximize the health and safety of our campers, and to help streamline the registration process for our families.

You will receive an invitation to set up your camper(s) profile in CampDoc after have completed your camp registration online. Invitations will be sent beginning March 1st. Registration is not complete until all require documents have been submitted.

PAYMENT PLANS

For those who are unable to pay the balance in full at the time of registration, the Y offers flexible payment options. You'll find more details, and the Payment Plan & Authorization form on our website at keeneymca.org/programs-classes/summer-camps.

CHANGES TO YOUR REGISTRATION

A \$10 fee will automatically be charged to your account if, after registering, you require any alteration to your camp selections including but not limited to switching programs or weeks. Changes can be made up to seven days prior to the first day of camp. **No changes can be made after the Monday prior to the first day of camp.**



FINANCIAL ASSISTANCE

The Keene Family YMCA serves people of all ages, backgrounds, abilities and incomes, and strives to make camp fees affordable for all families. Through our Membership for All program and the generous support of our donors, we are able to offer financial assistance to qualifying families. You'll find the application on our website at keeneymca.org/camp, or you can pick one up at our Welcome Center.

Financial assistance applications and supporting documentation must be submitted prior to submitting your camp registration.

If you apply for financial assistance, please note that it is your responsibility to follow up with the Membership Director to ensure that your application is being processed and applied to your camp fees.

SPECIAL ACCOMMODATIONS

At the Y, we are committed to providing all campers with a safe and positive camp experience. To achieve this, there must be effective communication between camp staff and parents/guardians. **If your child has special needs, or requires special accommodations while at camp, please reach out to the appropriate camp director prior to registering.**

2025 CAMP RATES

Rates vary by camp and can be found under each of the program descriptions. All camps require:

- » \$25 deposit per child for each week of camp
- » \$20 registration fee – one per child

REFUNDS

Refunds, less the deposit, will be issued only to those requesting cancellation more than 30 days prior to the start of camp. No refunds will be given for failure to attend. Exceptions may be considered if attendance is prohibited for medical reasons, in which case, documentation will be required.

DECLINED PAYMENTS

Returned checks and declined credit cards will result in a \$30 fee. This fee is in addition to any fees charged by your bank or credit card company. **All balances are due in full two weeks prior to the start of camp. Campers will not be allowed to attend camp if their account shows a balance due.**



Counselors in Training (CIT)

The Counselors in Training program develops participants into positive role models for younger campers through games and activities that CITs assist with planning for Camp Wakonda. CITs will participate in team building exercises, walking field trips, and volunteer work.

At the conclusion of the program, CITs will receive their Safe Sitter Certification and, upon request, a letter of recommendation that can be used for future employment applications.

This program is limited to 8 participants in grades 6-8.

CIT PROGRAM DATES: July 7-11, 9am-1pm

CAMP DIRECTOR: Sam Hill
shill@keene-ymca.org

CIT PROGRAM
Family Members \$150
Members \$155
Guests \$200



Leaders in Training (LIT)

The Leaders in Training program emphasizes the development of confidence, responsibility and leadership. Program staff will lead LITs in Teen Mental Health First Aid that teaches teens how to identify, understand, and respond to signs of mental health and substance use challenges among their friends and peers. Program staff will also lead LITs in First Aid/CPR/AED training with videos, practice scenarios, and hands on practice with manikins.

At the conclusion of the program, LITs will receive their First Aid/CPR/AED Certifications, TMHFA Certificate, and a letter of recommendation that can be used for college or future employment applications.

This program is limited to 8 participants in grades 9-12.

LIT PROGRAM DATES: July 7-11, 2-5pm

CAMP DIRECTOR: Sam Hill
shill@keene-ymca.org

LIT PROGRAM

Family Members \$100

Members \$105

Guests \$150



SPORTS & ADVENTURE CAMPS

ADVENTURE CAMPS

Adventure Camps are perfect for kids who love the outdoors! Campers will be out and about each week, experiencing and exploring local hiking trails, mountains, beaches, and more. Each day, weather permitting, we will be outside, active, and often offsite on an adventure! Field Trips may include activities such as zip lining, tubing, hiking and more. For each outing, campers will be transported on the YMCA bus.

Week 1: June 23-June 27

YOUTH ADVENTURE (grades 4-5)

Week 6: July 28-August 1

YOUTH ADVENTURE (grades 4-5)

Week 3: July 7-11

TEEN ADVENTURE (grades 6-8)

Week 7: August 4-8

TEEN ADVENTURE (grades 6-8)

Family Members \$290/week | Members \$300/week

Guests \$335/week

SOCCER CAMP

Kick off the fun this summer at our Youth Soccer Camp! Perfect for players of all skill levels, this camp is designed to develop soccer fundamentals, improve athleticism, and foster a love for the game in a fun, supportive environment

WEEK 4: July 14-18 (ages 5-8)

WEEK 5: July 21-25 (ages 9-12)

Family Members \$235/week | Members \$245/week

Community \$275/week

MINI CAMP COMBO SPECIAL!

We will have limited spots available for youth who would like to stay all day and attend both the Lacrosse & Ninja Mini Camps!

FAMILY MEMBERS \$190 | MEMBERS \$200 | GUESTS \$220

CAMP DIRECTOR: JT Updegraff

jtupdegraff@keene-ymca.org

SPORTS & ADVENTURE CAMPS

LACROSSE MINI CAMP

Join us for an exciting and skill-packed Half-Day Lacrosse Camp designed for players of all experience levels! This camp provides a fun, supportive environment where young athletes can learn the fundamentals of lacrosse, develop their skills, and grow their love for the game.

WEEK 2: June 30–July 3 (ages 5–8)

WEEK 8: August 11–14 (ages 9–12)

TIME: 9:00 am–12:30 pm

Family Members \$110/week | Members \$115/week

Community \$150/week

*No camp on July 4th.

NINJA MINI CAMP

Unleash your inner ninja at our action-packed Half Day Ninja Camp! This exciting camp is perfect for kids who love adventure, challenges, and high-energy fun. Designed to build strength, agility, and confidence, our ninja camp offers a unique blend of physical activities and teamwork exercises in a safe and supportive environment.

WEEK 2: June 30–July 3 (ages 5–8)

WEEK 8: August 11–14 (ages 9–12)

TIME: 12:30–4:00 pm

Family Members \$110/week | Members \$115/week

Community \$150/week

CAMP DIRECTOR: JT Updegraff
jtupdegraff@keene-ymca.org

SPECIALTY CAMPS

TEEN EXCURSION CAMP (grades 6-8)

Everyday is a new excursion to a new place or a past favorite! Campers can pick and choose what excursions they want to participate in. We encourage all campers to come daily with a bagged snack, lunch, water bottle, sunscreen, and whatever else they may need for the day and trip they pick! Prices will vary by day.

WEEK 2: June 30-July 3

STEM CAMP (grades 4-6)

STEM stands for science, technology, engineering, and math. This camp is an educational program designed to provide campers with hands-on experience in these disciplines. STEM Camp offers a unique learning environment where campers can explore, experiment, and engage with various STEM concepts. Activities will include circuit building, working with solar energy, Lego building challenges, and building waterproof cardboard boats to test out! This camp is focused solely on STEM and is intended for youth who enjoy just that!

WEEK 4: July 14-18 | 9:00 am-1:00 pm

Family Members \$150 | Members \$155 | Guests \$200

ART CAMP (grades 4-6)

Campers will be given the opportunity to explore different art and crafts mediums throughout the week. Some mediums campers will be working with are fluid art pours, resin art jewelry, infusible ink designs, sculpting with polymer clay, and much more! This camp is focused on the arts and is intended for youth who enjoy just that!

WEEK 7: August 4-8 | 9:00 am-1:00 pm

Family Members \$150 | Members \$155 | Guests \$200

CAMP DIRECTOR: Sam Hill
shill@keene-ymca.org

SPECIALTY CAMPS

PRIDE CAMP (ages 11-18)

At the Y we believe every camper is an individual and has the right and opportunity to be authentically themselves. We encourage youth who are a part of the LGBTQIA2S+ community to join us in a small camp setting with town trips, art projects, rock climbing, connection, and much more.

WEEK 6: July 28-August 1 | 9:00 am-1:00 pm

Cost: \$100 per person

CHILL SKATE CLINIC (ages 11-18)

Ride. Inspire. Lead. We are partnering with the Chill Foundation again this summer to bring you this incredible positive youth development program. Chill inspires youth to overcome challenges through board sports – building resiliency through targeted lessons and challenging physical activities. All gear and services necessary to participate are included in the fee.

Date and time to be announced.

Cost: \$60 per person



CAMP DIRECTOR: Sam Hill
shill@keene-ymca.org

CAMP WAKONDA

Camp Wakonda is a traditional day camp that offers a variety of weekly themes throughout the summer. Each day your camper will be engaged through active group games, STEM projects, creative arts and team-building exercises. Camp programming is intentional in its effort to build self-esteem and positive relationships amongst campers.

At Camp Wakonda your child will find their home away from home. Daily team huddles bring campers together to build trust, respect, and a sense of social responsibility. We weave the Y's four core values of Respect, Responsibility, Honesty and Caring into everything we do. Whether your child attends for one week, or all eight, they will have a unique experience and create memories and friendships that will last a lifetime!

Campers will be grouped by grade, and together each group will engage in age-appropriate activities throughout the day. Groupings are subject to change to ensure the best experience for all campers.

Chickadees & Hummingbirds (Entering grades K-1)
Blue Jays, Robins & Purple Finches (Entering grades 2, 3 & 4)
Blackbirds (Entering grade 5)

CAMP DIRECTOR: Jami Daigle
jdaigle@keene-ymca.org



RATES & DATES

Week 1: June 23–June 27
Y OLYMPICS

Week 2: June 30–July 3*
BACKYARD PALOOZA

Week 3: July 7–11
OOEY GOOEY MAD SCIENCE

Week 4: July 14–18
WAKONDA SPIRIT

Week 5: July 21–25
AROUND THE WORLD

Week 6: July 28–August 1
UNDER THE BIG TOP

Week 7: August 4–8
SUPERHERO

Week 8: August 11–15
COLOR WARS

Week 9: August 18–22
WACKY WAKONDA
(Mini-Camp, max 30 campers)

*Prorated week – there is no camp on July 4th:

Visit keeneymca.org/camp for more details about Camp Wakonda and our weekly themes for 2025!

NEW! Before Care

Before care will be offered from 7:30–9:00 am in the Multipurpose room. Campers from any Keene Family YMCA camp. When Before Care closes, the children will be brought to their respective camps.

Before care pricing

Camp Wakonda: \$15/week week (Camp start time 8:00 am)

Specialty & Gymnastics Camp– \$30/week (Camp start time 9:00 am)

Space is limited to 30 campers.

FAMILY MEMBERS \$210/week

MEMBERS \$225/week

COMMUNITY \$256/week

GYMNASTICS CAMPS

The gymnastics program at the Y offers three different camps in our Gymnastics Center for children entering grades 1-6, each with a different focus. There are options for those who are just beginning in the sport, for experienced gymnasts interested in advancing their skills, and everyone in between. We use a positive and enthusiastic approach to help campers build strength, balance, and self-confidence.

GYMNASTICS & MORE

Experience a little bit of everything the Y has to offer! Campers will play in the gymnastics area, enjoy water activities including the pool and Sprinklers and create arts & crafts, with plenty of time spent outdoors as well.

OBSTACLE CHALLENGES & MORE

Campers will challenge themselves to conquer timed obstacle courses and navigate through agility tracks while learning techniques like safety rolls and falls in our Gymnastics area. They will collaborate to design and build their own creative challenges, incorporating balance beams, tunnels, climbing elements, and problem-solving tasks. In addition to these activities, campers will enjoy water play in the pool and Sprinkler, arts & crafts, reading, and outdoor time for a well-rounded, active experience.

GYMNASTICS SKILLS CAMP

This camp is designed for seasoned gymnasts looking to improve their skill base in our gymnastics facility. Campers will have the chance to build their strength and flexibility while enjoying the company of other gymnasts. Campers will be grouped by skill level and will rotate through the events each day. We'll also enjoy water activities including the pool and sprinkler, reading, arts & crafts and outdoor time. At the end of each week, campers will perform their newly improved or developed skills for friends and family.

RATES & DATES

Week 1: June 23-27
GYMNASTICS & MORE

Week 2: June 30-July 3*
OBSTACLES & MORE

Week 3: July 7-11
GYMNASTICS SKILLS CAMP

Week 5: July 21-25
GYMNASTICS & MORE

Week 6: July 28-August 1
OBSTACLES & MORE

Week 7: August 4-8
GYMNASTICS SKILLS CAMP

Week 8: August 11-15
GYMNASTICS & MORE

*Prorated Week - there is no camp on July 4th or during Week 4.

CAMP DIRECTOR: Sara Johnson
sjohnson@keene-ymca.org



GYMNASTICS & MORE CAMP

Family Members \$240/week | Members \$250 | Community \$285/week

GYMNASTICS SKILLS | OBSTACLES & MORE

Family Members \$245/week | Members \$255 | Community \$290/week

KINDER CAMP | Entering Kindergarten

This camp is designed to fill the gap between summer and the start of the school year, and provides a flexible transition between summer and Kindergarten. Kinder Camp runs during the last week of summer break, as per the SAU29 academic calendar.

RATES & DATES

DATES: To Be Announced

Family Members \$45/day | Members \$47/day | Community \$50/day



CAMP DIRECTORS

CAMP WAKONDA & KINDER CAMP

Jami Daigle

jdaigle@keene-ymca.org

SPECIALTY CAMPS & CIT/LIT PROGRAMS

Sam Hill

shill@keene-ymca.org

ADVENTURE & SPORTS CAMPS

JT Updegraff

jtupdegraff@keeneymca.org

GYMNASTICS CAMPS

Sara Johnson

sjohnson@keene-ymca.org

CAMP REGISTRAR

Angela Lynch

alynch@keene-ymca.org

KEENE FAMILY YMCA WELCOME CENTER

603.352.6002



 **Enroll today!**



KEENE FAMILY YMCA
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