



YMCA of Metro North

# CAMP MELSTONE

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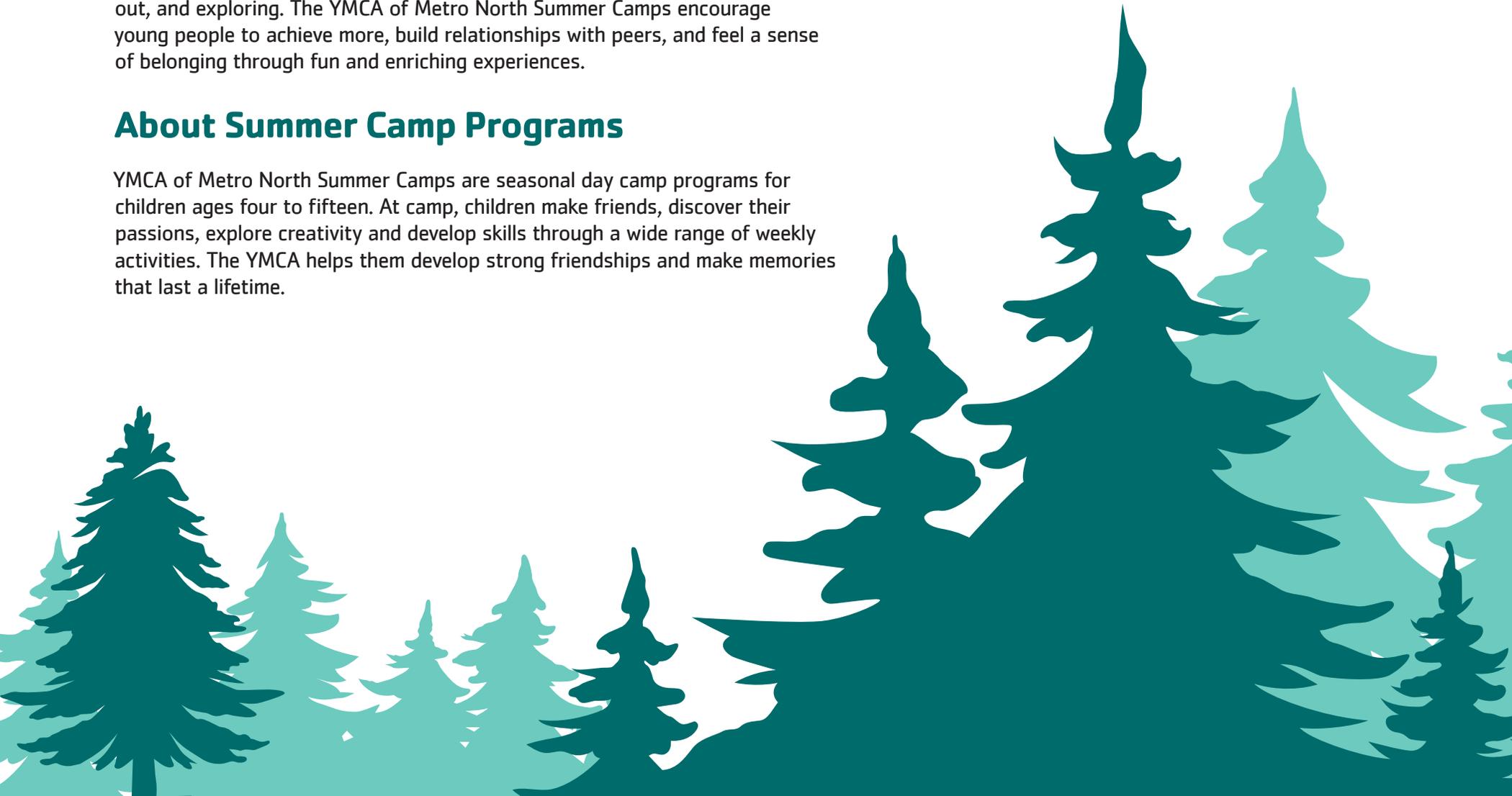
# WELCOME TO SUMMER CAMP



Summer is our favorite season at the Y. We love to see all of our campers get up, out, and exploring. The YMCA of Metro North Summer Camps encourage young people to achieve more, build relationships with peers, and feel a sense of belonging through fun and enriching experiences.

## About Summer Camp Programs

YMCA of Metro North Summer Camps are seasonal day camp programs for children ages four to fifteen. At camp, children make friends, discover their passions, explore creativity and develop skills through a wide range of weekly activities. The YMCA helps them develop strong friendships and make memories that last a lifetime.



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## It Pays to be a Member

A membership at the YMCA of Metro North is a tremendous value! Save over \$700 on camp this summer when you become a Family Member and maintain your membership through the duration of your Camp registration.

A family membership at the YMCA gives you unlimited access to group exercise classes, gym time, family swim, Child Watch while you work out, access to join the outdoor pool club, discounted rates on programming, and so much more! Join online at [www.ymcametronorth.org/membership/](http://www.ymcametronorth.org/membership/).

## Safety is a Shared Responsibility

YMCA camps have always focused on providing a physically and emotionally safe and healthy environment for children. Following guidelines from health experts and local officials, the YMCA will ensure all components of camp are cleaned and sanitized to meet the highest standards for hygiene and sanitation. YMCA of Metro North camps comply with all regulations of the Massachusetts Department of Public Health and are licensed by the Board of Health. Parents/Guardians may request copies of background checks, health care and discipline policies as well as procedures for filing grievances. Our association offers a wide variety of summer camp experiences. Learn more about safety practices at [www.ymcametronorth.org/summer-camp/](http://www.ymcametronorth.org/summer-camp/).

### Required Paperwork

All forms and documentation are due at the time of registration. A 2021 camp registration form, most recent physical & immunization record, recent photo, and auto-draft form are mandatory for every camper.

## Financial Aid

Financial aid is available through the YMCA's ACCESS program. All financial aid applications are reviewed on a first come, first serve basis. More information including application forms and payment plans are available online at [www.ymcametronorth.org/membership/financial-assistance/](http://www.ymcametronorth.org/membership/financial-assistance/).

## Generosity Breeds Opportunity

Each year the lives of more than 60,000 people are changed for the better by YMCA of Metro North programs and services. It would not be possible for the Y to fulfill its mission without the generosity of our many corporate and individual donors and volunteers. Your support ensures that the YMCA will never have to turn someone away due to an inability to pay. When we work together, we are all better. Consider supporting the Y this season [www.ymcametronorth.org/support/](http://www.ymcametronorth.org/support/).

To learn about YMCA Camps and Summer programs please visit:

[www.ymcametronorth.org/summer-camp/](http://www.ymcametronorth.org/summer-camp/)



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## A Typical Day

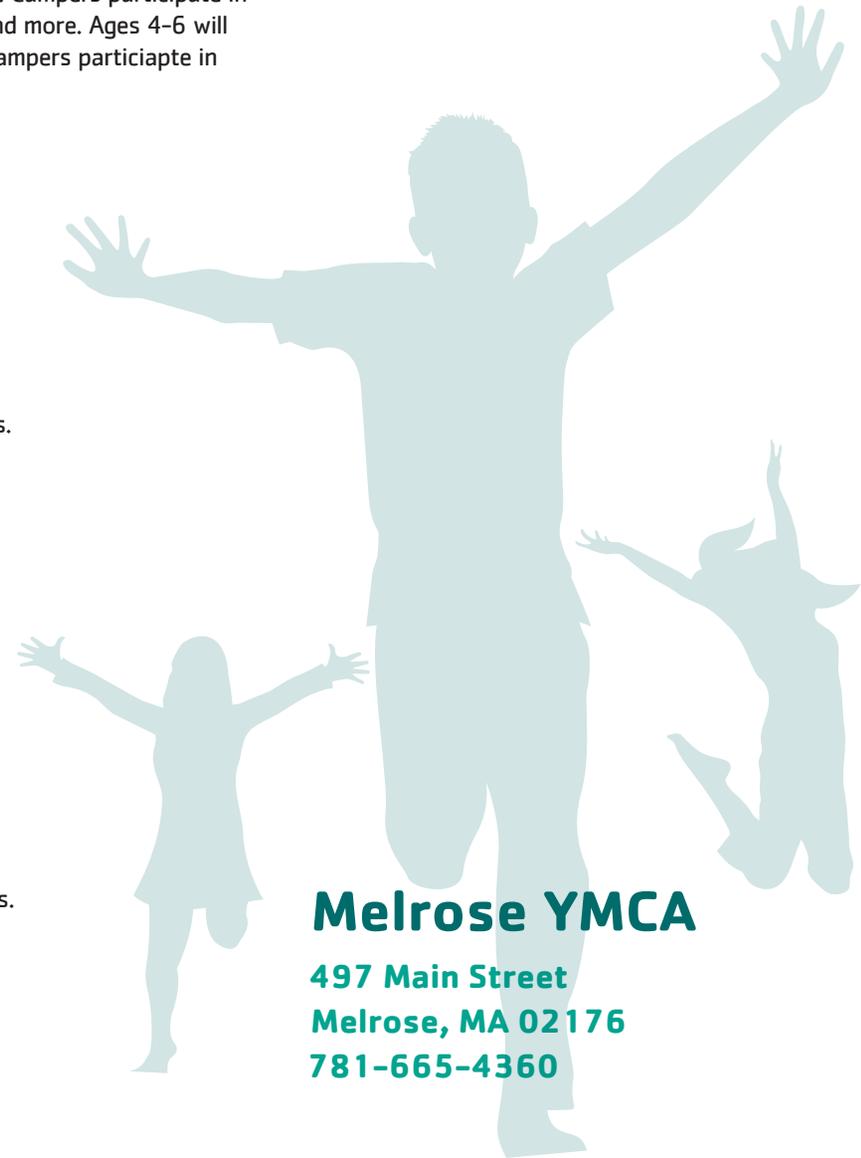
Sports, games, arts and crafts, social responsibility and fun all on-site at the Melrose Family YMCA! Campers participate in activities, both indoor and outdoor; from swimming, gym games, creative arts, nature, adventure and more. Ages 4-6 will partake in fun and exciting adventure days each week. Adventure Days are held each week where campers participate in fun and exciting on-site activities.

## Mini Melstone Highlights (ages 4-6)

- Small ratio of 1 counselor per 5 children.
- Weekly sports classes with Coach Alex.
- Swimming activities at the YMCA pool.
- Weekly on-site adventure days.
- Weekly health and wellness classes including cooking, Zumba and much more!
- Weekly camp newsletters with important information and announcements for parents and campers.
- Dedicated staff team with years of camp experience and extensive training.
- Children must be fully potty trained.

## Camp Melstone Highlights (ages 7-13)

- Weekly Sports classes with Coach Alex.
- Swimming activities at the YMCA pool.
- Weekly on-site adventure days.
- Weekly Health and Wellness classes with Personal Trainer Josh Brown.
- Cooking, Zumba, Tabata, science experiments and much more!
- Organized outdoor games at Washington Park.
- Weekly camp newsletters with important information and announcements for parents and campers.



**Melrose YMCA**

497 Main Street  
Melrose, MA 02176  
781-665-4360

# YMCA of Metro North CAMP MELSTONE



## Camp Melstone Vision

Camp Melstone intentionally fosters achievement, relationships, and belonging through fun, safe, and enriching experiences at day camp. We help children build skills, develop strong friendships and feel like they are part of something great.

## Camp Melstone Goals

- Deliver a summer full of rewarding experiences to campers of all ages.
- Ignite a passion for physical activity and appreciation for the great outdoors.
- Encourage campers to try new experiences.
- Give campers the opportunity to belong in a safe and supportive environment.
- Inspire socially responsible campers ready to give back to the community.

## Camp Melstone Weekly Rates

\$30 non-refundable deposit per week is due at registration  
Sibling discount 15% off for second child

Ages	Family Members	Youth Members	Non Members
Mini Melstone 4-6 Years	\$265	\$285	\$330
7-13 Years	\$235	\$260	\$315

## Camp Melstone Themes

2021	Weekly Themes	Special Events	Dress Up Days (Thursdays)
<b>Week 1</b> June 21-25	Carnival Week	Carnival Games	Neon/Crazy Wear
<b>Week 2</b> June 28-July 2	Party in the USA!	Y's Got Talent	Red, White & Blue
<b>Week 3</b> July 6-9	All About Sports	Dodgeball Tournament	Favorite Sports Jersey
<b>Week 4</b> July 12-16	All Around the World	Olympic Events	Wear Your Favorite Country's Colors
<b>Week 5</b> July 19-23	Under the Sea	Submarine/Underwater Mural	Beach Wear
<b>Week 6</b> July 26-30	STEAM	Science Fair	Future Career
<b>Week 7</b> August 2-6	Creative Creations	Art Gallery	Tie Dye & Bright Colors
<b>Week 8</b> August 9-13	Wacky Week	Minute to Win it Game Show	Inside Out/Mismatched Attire
<b>Week 9</b> August 16-20	Amazing Race	Scavenger Hunt	80's Workout Wear
<b>Week 10</b> August 23-27	Spish Splash Week	Water Games and Sprinkles	Crazy Hair Day

### Virtual Information Sessions:

**Tue, February 16:** 5:30pm – 6:30pm  
**Sat, March 20:** 1:00pm – 2:00pm  
**Thu, April 22:** 5:30pm – 6:30pm  
**Sat, May 8:** 1:00pm – 2:00pm



Register for Virtual Information Sessions by scanning your phone's camera here.

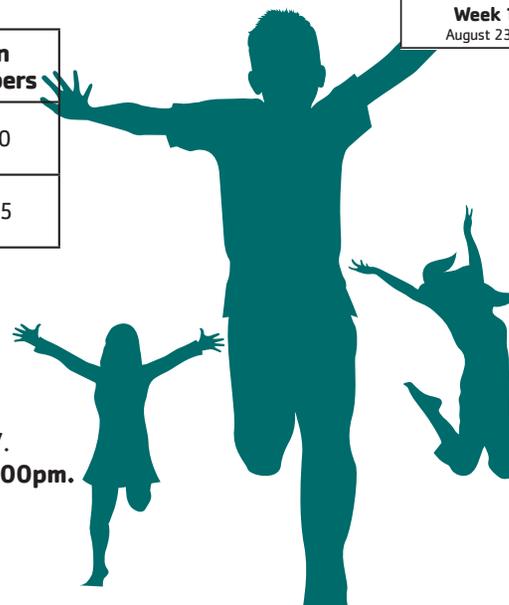
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## Camp Dates & Hours

**10 Weeks** | One-week sessions from June 21–August 27.  
 We are open five days a week from **8:00am through 4:00pm.**

**\*Camp is closed on Monday, July 5**



# YMCA of Metro North CAMP MELSTONE



## Camp Sessions

**Session 1 (June 21–June 25): Carnival Week**– Join us as we kick off another great summer; celebrate our differences, begin new friendships and experience fun and exciting carnival games!

**Session 2 (June 28–July 2): Party in the USA!** – Celebrate America during this red, white and blue packed week. Campers will enjoy Olympic-inspired games and historical discoveries this week, while learning about the USA and what makes us great.

**Session 3 (July 6–July 9): All About Sports**– “Put me in coach, I’m ready to play”. We’re celebrating the history of sports in New England! We will focus on sport specific games, positive sportsmanship all while having fun at camp!

**Session 4 (July 12–July 16): Around the World**– Travel the world in 5 days, without leaving Melrose! Campers will do just that while learning and having fun with a new culture and place each day this week.

**Session 5 (July 19 –July 23): Under the Sea**– Join us for a week of tropical adventures. Beach theme activities and adventures will provide our campers with a fun in the sun week.

**Session 6 (July 26–July 30): STEAM**– Interested in Science, Technology, Engineering, Arts and Math? This week of activities involve hands on interactive projects introducing students to STEAM projects.

**Session 7 (August 2–August 6): Creative Creations**– This week will be filled with exciting camp-style experiments and exploration. Learning this week may be MESSY & WILD but it’s guaranteed to be FUN!

**Session 8 (August 9–August 13): Wacky Week**– This fun-filled week is loaded with silly and goofy activities! Notable wacky adventures include science experiments, scavenger hunts and talent show. A special emphasis is placed on fun, laughter, and participation during this week.

**Session 9 (August 16–August 20): Amazing Race**– A week of fun adventures include scavenger hunts, relay races and much more! Campers and staff will be split into teams and compete against one another in activities and challenges to earn Camp Melstone’s Top Spot!

**Session 10 (August 23–August 27): Splish Splash Week** – Campers will splash around all day for another week filled with water games, activities, and lots of swimming!

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