

YMCA of Metro North

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 girls and boys 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.ycametronorth.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.ycametronorth.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.ycametronorth.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.ycametronorth.org/support/.

To learn about YMCA Camps and Summer programs please visit:

www.ycametronorth.org/summer-camp/



YMCA of Metro North

GYMNASTICS CAMP



A Typical Day

The YMCA of Metro North Gymnastics Center offers a camp for everybody. Our 6 different day camps include; JR Gymnastics, Gymnastics, Cheer & Tumble, Junior Adventure Warrior, Adventure Warrior and Coaches in Training. All of our camps are held in our state of the art air conditioned facility. At Camp, children will work closely with our dedicated staff team while making new friends, exploring creativity and developing new talents through a wide range of fun and enriching activities.

Junior Gymnastics (ages 4-6)

Spend the week with us learning and perfecting gymnastics skills, enjoying art projects and fun games. Junior campers use the Splash Pad located at the Saugus Family YMCA twice a week. Splash pad days are weather permitting. This camp remains on the Saugus YMCA Campus at all times. Full day option only. (11 one week sessions)

Gymnastics (ages 6-14)

Spend the week with us learning new gymnastics skills and perfecting old ones. Campers will swim at the Saugus Family YMCA twice a week and complete an arts & crafts project once a week. Swim days are weather permitting. This camp remains on the Saugus YMCA Campus at all times. (11 one week sessions)

Cheer & Tumble (ages 7-14)

Learn jumps, stunts, and tumbling skills at our cheer and tumble camp! Campers will swim at the Saugus Family YMCA twice a week and complete an arts & crafts project once a week. Swim days are weather permitting. This camp remains on the Saugus YMCA Campus at all times. (3 one week sessions)

Junior Adventure Warrior (ages 4-6)

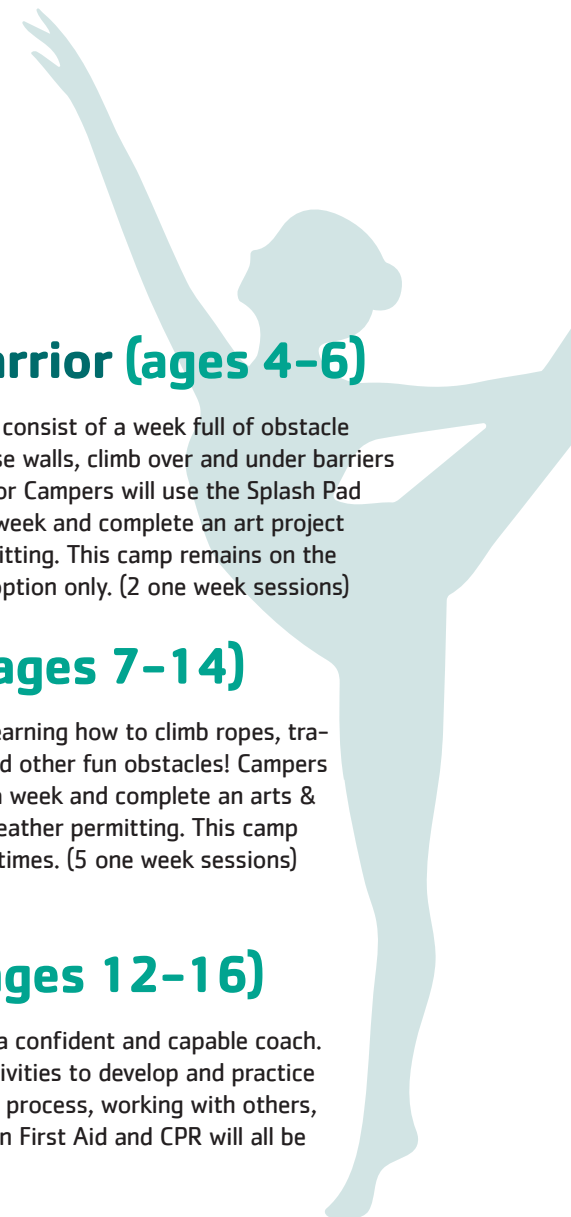
Our new Junior Adventure Warrior Camp will consist of a week full of obstacle courses; learning how to climb ropes, traverse walls, climb over and under barriers and other fun obstacles! Jr. Adventure Warrior Campers will use the Splash Pad located at the Saugus Family YMCA twice a week and complete an art project each day. Splash Pad days are weather permitting. This camp remains on the Saugus YMCA Campus at all times. Full day option only. (2 one week sessions)

Adventure Warrior (ages 7-14)

Join us for a week full of obstacle courses; learning how to climb ropes, traverse walls, climb over and under barriers and other fun obstacles! Campers will swim at the Saugus Family YMCA twice a week and complete an arts & crafts project once a week. Swim days are weather permitting. This camp remains on the Saugus YMCA Campus at all times. (5 one week sessions)

Coach-in-Training (ages 12-16)

This camp will prepare your teen to become a confident and capable coach. Your camper will participate in numerous activities to develop and practice skills needed for a coaching job. The Y hiring process, working with others, proper spotting technique and certification in First Aid and CPR will all be covered. (1 week session)



YMCA of Metro North GYMNASTICS CAMP



Gymnastics Camp 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
Jr. Full Day 4-6 Years	\$255	\$280	\$330
Regular Full Day 6-14 Years	\$230	\$255	\$315
CIT Regular Full Day 12-16 Years	\$175	\$195	\$215

Camp Dates & Hours

11 Weeks | One-week sessions from June 21-September 3.

We are open five days a week from **8:00am through 3:00pm.**

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

Camp Options & Weekly Offerings

Week 1 June 21-25	Jr. Gymnastics Camp	Gymnastics Camp		
Week 2 June 28-July 2	Jr. Gymnastics Camp	Gymnastics Camp		
Week 3 July 6-9	Jr. Gymnastics Camp	Gymnastics Camp	Adventure Warrior	
Week 4 July 12-16	Jr. Gymnastics Camp	Gymnastics Camp	Cheer and Tumble	Jr. Adventure Warrior
Week 5 July 19-23	Jr. Gymnastics Camp	Gymnastics Camp	Adventure Warrior	CIT
Week 6 July 26-30	Jr. Gymnastics Camp	Gymnastics Camp	Cheer and Tumble	
Week 7 August 2-6	Jr. Gymnastics Camp	Gymnastics Camp	Adventure Warrior	
Week 8 August 9-13	Jr. Gymnastics Camp	Gymnastics Camp	Cheer and Tumble	Jr. Adventure Warrior
Week 9 August 16-20	Jr. Gymnastics Camp	Gymnastics Camp	Adventure Warrior	
Week 10 August 23-27	Jr. Gymnastics Camp	Gymnastics Camp	Adventure Warrior	
Week 11 August 30-September 3	Jr. Gymnastics Camp	Gymnastics Camp		



**YMCA Metro North
Gymnastics Center**

**298 B Main Street
Saugus, MA 01906
781-218-7263**