



YMCA of Metro North

Camp Eastman

est. 1957



TORIGIAN FAMILY YMCA

ADVENTURE AWAITS AT SUMMER CAMP

YMCAMETRONORTH.ORG/SUMMER-CAMP

YMCA of Metro North **WELCOME TO CAMP EASTMAN**

ABOUT SUMMER CAMP

YMCA of Metro North Summer Camps are seasonal day camp programs for children ages four to thirteen. 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.

CAMP EASTMAN VISION

At Camp Eastman, the motto is simple: Meet new people and do cool things! YMCA Summer Camps are where kids thrive—getting up, out, and exploring in a fun and supportive environment. Through engaging activities and enriching experiences, camp nurtures achievement, builds lasting friendships, and fosters a true sense of belonging. At the Y, kids gain new skills, make lifelong memories, and grow in ways that set them up for success.

SAFETY AT CAMP EASTMAN

YMCA camps prioritize a safe, healthy environment for children, following health expert and local guidelines for hygiene and sanitation. All camps meet Massachusetts Department of Public Health regulations and are licensed by the Board of Health. Explore our summer camps and safety practices: ymcametronorth.org/summer-camp.

REQUIRED PAPERWORK

All forms and documentation are due at the time of registration. A 2025 camp registration form, most recent physical & immunization record, recent photo, and auto-draft form are mandatory for every camper.



IT PAYS TO BE A MEMBER

A membership at the YMCA of Metro North is a tremendous value! Save up to \$900 on camp this summer when you become a Family Member and maintain your membership through the duration of your camp. A family membership at the YMCA gives you 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!



Scan the QR Code to learn about the membership and join online:
ymcametronorth.org/membership



SUMMER CAMP FOR ALL AGES



CAMP MINI EASTMAN HIGHLIGHTS (AGES 4-6)

- Transitional camp experience designed for the youngest campers to enjoy Camp Eastman's activities in a balanced indoor/outdoor environment.
- Morning routine begins with outdoor arrival followed by an indoor morning ceremony to prepare for the day.
- Age-appropriate activities including swimming, low ropes, nature hikes, team building, and weekly special events.
- Swim lessons twice a week focus on water safety and skill development every Monday and Wednesday during swim time.
- Dedicated staff team with years of camp experience and training.

CAMP EASTMAN HIGHLIGHTS (AGES 7-13)

- Conquer low ropes courses, experience a variety of guided outdoor activities, and test accuracy during archery lessons.
- Weekly in-camp adventure days!
- Field trips may be incorporated into the camp experience for Camp Eastman (ages 7-13).
- Indoor and outdoor pool with a splash pad and seating area.
- Indoor alternative facilities including a full court gymnasium, and classrooms for STEAM activities.
- Weekly camp newsletter with important information and announcements for parents and campers.
- Dedicated staff team with years of camp experience and training.

COUNSELOR IN TRAINING (CIT) HIGHLIGHTS (AGES 14-15)

- Develop leadership, confidence, and communication skills.
- Gain hands-on experience managing campers and responsibilities.
- Training covers camp operations, child development, safety, and team-building.
- Mentored by unit leaders and shadow experienced counselors.
- Encouraged to take on more responsibilities over time.
- Ideal for those who enjoy working with children and want to grow in a dynamic environment.
- Interested teens must apply and be accepted. Scan QR code to apply:



A TYPICAL DAY AT CAMP EASTMAN

Camp kicks off with a morning ceremony featuring songs and the day's schedule, followed by a variety of activities like swimming, field games, arts & crafts, and archery. Each day wraps up with a closing ceremony for announcements and awards. Weekly Adventure Days bring camp-wide events, and themed weeks offer games, projects, and hands-on activities tied to exciting topics.



CAMP EASTMAN WEEKLY RATES

Ages	Family Members	Youth Members	Non-members
Mini Eastman (4-6 years)	\$305	\$335	\$395
Eastman (7-13 years)	\$275	\$310	\$375
CIT (14-15 years)	\$195	\$215	\$235
PM Care 4:00pm-5:30pm	\$40	\$45	\$50

\$30 non-refundable deposit per week is due at registration.

***Sibling discount 15% off for second child.**

Financial Aid is available through the YMCA's ACCESS program on a first-come, first-served basis. For details and applications, visit: ymcаметronorth.org/camp-online-application.

CAMP DATES & HOURS

June 16th-August 22nd

Camp Eastman, Mini Eastman and CIT program run for ten, one-week sessions. We are open five days a week from 8:00am-4:00pm. Morning drop off runs from 7:45am-8:30am. Regular day pick up runs from 3:30pm- 4:15pm. Extended PM care must be picked up by 5:30pm.

***Camp is closed on Thursday, June 19th and Friday, July 4th.**

**Modified camp hours on Thursday, July 3:
7:45am-4:00pm (NO PM CARE)**

REGISTRATION OPENS

Mon, January 13: YMCA of Metro North Members
Mon, February 17: For Non-Members

VIRTUAL INFO SESSIONS

Thu, February 13: 10:30am-11:30am
Wed, March 19: 10:30am-11:30am

** Contact the Camp Directors for a personal Camp Tour!*

FAMILY CAMP NIGHT

Thu, May 22: 6:00pm-8:00pm

WEEKLY CAMP THEMES

Each week offers a fresh, exciting theme packed with fun activities, new challenges, and creative adventures. From sports and science to art and outdoor exploration, there's something for every camper to love. Check out what we have in store this summer and give your child an experience to remember!

2025	WEEKLY THEMES	DRESS UP TUESDAY	SPECIAL EVENT
Week 1 (June 16-20)	ALOHA SUMMER	Tropical theme	LUAU
Week 2 (June 23-27)	SAFARI WEEK	Dress up as your favorite animal	Farm Animals
Week 3 (June 30-July 3)	PARTY IN THE USA	Wear you best USA attire	Talent Show
Week 4 (July 7-11)	OLYMPICS WEEK	Wear your country's colors	Olympic Events
Week 5 (July 14-18)	DISNEY WEEK	Dress up as your favorite Disney character	SKITS!
Week 6 (July 21-25)	SPLISH SPLASH WEEK	Wear neon colors	Water Attractions
Week 7 (July 28-August 1)	SURVIVOR WEEK	Wear your team colors	Survive Camp
Week 8 (August 4-8)	CARNIVAL WEEK	Dress up as a clown	Carnival & SKITS!
Week 9 (August 11-15)	RETRO WEEK	80's or 90's theme attire	Obstacle Course
Week 10 (August 18-22)	SUMMER SEND OFF	Wear your favorite Camp Eastman gear	Treadwell's Ice Cream Party



YMCA of Metro North

SUMMER CAMPS



CAMP DISCOVERY

Demakes Family YMCA
40 Neptune Blvd.
Lynn, MA 01902
781-842-8811



CAMP EASTMAN

Torigian Family YMCA
259 Lynnfield Street
Peabody, MA 01960
978-977-9622



CAMP HILLSIDE

Saugus Family YMCA
298 Main Street
Saugus, MA 01906
781-233-9622



CAMP MELSTONE

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



GYMNASTICS CAMP

Gymnastics Center - Saugus
298B Main Street
Saugus, MA 01906
781-233-9622

**To learn about YMCA Camp and
Summer Programs, Scan the QR Code:**



GIVE THE GIFT OF CAMP



SCAN TO GIVE

Every year, YMCA of Metro North programs and services positively impact more than 75,000 lives. This is made possible by the incredible generosity of our donors and volunteers. Your contributions help ensure that everyone in our community can access life-changing experiences at the Y. Together, we create opportunities and build stronger futures. Consider supporting the Y this camp season and ensure every child has access to a summer filled with fun and adventure. To learn more about supporting YMCA Camp and Summer Programs, visit: www.ymcametronorth.org/support.