



# YMCA OF METRO NORTH CAMP MELSTONE



**MELROSE FAMILY YMCA**

**ADVENTURE AWAITS**

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





# WELCOME TO SUMMER CAMP

## CAMP MELSTONE

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.







# THE VISION

CAMP MELSTONE

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.



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# YMCA of Metro North CAMP MELSTONE

## A TYPICAL DAY

Sports, games, arts and crafts, social responsibility, and fun are all on-site at the Melrose Family YMCA! Camp begins with a morning assembly, a spirited meeting to get campers excited for the day! Here we sing songs and make special announcements. Campers move on to many activities, both indoor and outdoor; from swimming, gym games, creative arts, nature, adventure, and more. Campers will partake in fun and exciting adventure days each week.

## CAMP 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 7-11)

- Weekly Sports classes with Coach Alex
- Swimming activities at the YMCA pool.
- Weekly on-site adventure days.
- Weekly Health and Wellness Classes
- 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.
- Dedicated staff team with years of camp experience and extensive training.

## CAMP MELSTONE LEADERS HIGHLIGHTS (AGES 12-14)

- Weekly Community Service Projects
- Weekly camp newsletters with important information and announcements for parents and campers.
- Swimming activities at the YMCA pool.
- Weekly designated meeting times with the Camp Director
- Weekly opportunities exploring the Melrose community.
- Mentor opportunities with Mini Melstone campers.
- Organized outdoor games at Washington Park.
- Develop and assist in camp curriculum for younger campers.
- Engage as a team member and serve as an actual role model.
- Develop strong and meaningful relationships with positive interactions with camp counselors, peers and campers.





# YMCA of Metro North CAMP MELSTONE



## CAMP SESSIONS (ONE WEEK PER SESSION)

**Session 1 (June 17-June 21):** 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 24-June 28):** 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 1-July 3):** 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 8-July 12):** 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 15 -July 19):** Holiday Week- Join us for a week of holiday celebrations. We will explore a variety of holiday traditions throughout the week.

**Session 6 (July 22-July 26):** Splish Splash Week - Campers will splash around all day for another week filled with water games, activities, and lots of swimming!

**Session 7 (July 29-August 2):** 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 5-August 9):** Wacky Week- This fun-filled week is loaded with silly and goofy activities! A special emphasis is placed on fun, laughter, and participation during this week.

**Session 9 (August 12-August 16): STEAM-** Interested in Science, Technology, Engineering, Arts and Math. This week of activities involve hands on interactive projects introducing students to STEAM projects.

**Session 10 (August 19-August 23):** Super Heros Assemble- A week of challenges and tasks for your kids to solve in order to save the day! In doing so kids will design a super hero mask that is sure to transform every kid into a superhero.





# YMCA of Metro North CAMP MELSTONE

## 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
<b>Mini Melstone</b> 4-6 Years	\$295	\$325	\$385
<b>Melstone</b> 7-13 Years	\$265	\$300	\$365
<b>Melstone Leaders</b> 12-14 Years	\$265	\$300	\$365

## CAMP DATES & HOURS

**10 Weeks** | One-week sessions from June 17–August 23.

Camp runs for ten, one-week sessions

We are open five days a week from **8:00am through 4:00pm**

**\*Camp is closed on Wednesday, June 19th, and Thursday, July 4th, and Friday July 5th**

All membership upgrades must be purchased before May 15, 2024 for family and youth member pricing. Camp rates will not be adjusted after May 15, 2024.

### Information Sessions

Tue, February 20: 1:00pm–2:00pm | Sat, March 16: 1:00pm–2:00pm

### Virtual

Thur, April 18: 5:30pm–6:30pm | Sat, May 4: 1:00pm–2:00pm

### Summer Camp Enrollment

**Member:** January 8, 2024 | **Non-Member:** February 12, 2024

## Melstone Camp Themes

2024	Weekly Themes	Dress Up Days	Special Events
<b>Week 1</b> June 17-21	Carnival Week	Neon/Crazy Wear	Carnival Games
<b>Week 2</b> June 24-June 28	Party in the USA!	Red, White & Blue	Tie Dye
<b>Week 3</b> July 1-3	All About Sports	Favorite Sports Jersey	Dodgeball Tournament
<b>Week 4</b> July 8-12	Around the World	Wear Your Favorite Country's Colors	Olympic Events
<b>Week 5</b> July 15-19	Holiday Week	Halloween Costumes	Wrap a Counselor Contest
<b>Week 6</b> July 22-26	Splish-Splash	CrAZy Hair Day	Water Games and Sprinklers
<b>Week 7</b> July 29-August 2	Creative Creations	Tie Dye & Bright Colors	Art Gallery
<b>Week 8</b> August 5-9	Wacky Week	Inside Out/Mismatched Attire	Minute to Win it Games
<b>Week 9</b> August 12-16	STEAM	Future Career	Science Fair
<b>Week 10</b> August 19-23	Super Heroes Assemble	Favorite Super Hero Outfit	Scavenger Hunt

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**MELROSE FAMILY YMCA**

497 Main St. Melrose, MA 02176 | 781-665-4360

YMCA of Metro North

# REGISTER FOR SUMMER CAMP

## 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 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 2024 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/camp-online-application/](http://www.ymcametronorth.org/camp-online-application/).



## GIVE THE GIFT OF CAMP

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/)







# 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-YMCA (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



## COMMITTED TO YOUTH DEVELOPMENT

The YMCA is committed to nurturing the potential of every child and teen. From cradle to career, young people are encouraged to lead inspired, successful lives. From camp to child care to afterschool activities to sports and more, the Y offers holistic programming that enhances, protects and nurtures the unique development journey of every child and teen.

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**YMCA of METRO NORTH SUMMER CAMPS  
LYNN | MELROSE | PEABODY | SAUGUS**

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