



175^{YEAR}
ANNIVERSARY

THE Summer You'll *Never Forget* PLACE

No Place Like This Place™

**SIGN UP
TODAY**



CAMP DISCOVERY

Demakes Family YMCA

► ymcametronorth.org/summer-camp

YMCA of Metro North

WELCOME TO CAMP DISCOVERY

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 DISCOVERY VISION

Camp means something different to every camper who attends. At the core of what camp is, however, are campers and staff who have laughed, played, developed friendships, built confidence, learned new skills, and created memories that last a lifetime. Our programs celebrate the value of each individual and challenge campers and staff to be all that they can be.

CAMP DISCOVERY GOALS

- Deliver a summer full of rewarding experiences to campers of all ages.
- Ignite a passion for physical activity and appreciation for each other.
- 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.

SAFETY AT CAMP

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.

IT PAYS TO BE A MEMBER

A membership at the YMCA of Metro North is a tremendous value! Save up to \$500 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!

REQUIRED PAPERWORK

All forms and documentation are due at the time of registration. A 2026 camp registration form, most recent physical & immunization record, recent photo, and auto-draft form are mandatory for every camper.



Scan the QR Code
to learn more or join online:
ymcametronorth.org/membership



SUMMER CAMP FOR ALL AGES



Each week will feature a themed rotation of Open Swim, Adventure Zone, Gardening, and Music activities. This summer, we will kick off our Healthy Habits Challenge, designed to encourage positive routines for campers of all ages. Camp families will receive a weekly newsletter highlighting our adventures and keeping you connected throughout the week.

CAMP DISCOVERY “SKIPPERS” HIGHLIGHTS (AGES 4-6)

- Our youngest campers are guided by counselors at a ratio of 1:5.
- Activities are designed to help foster independence, increase spatial awareness, and encourage imaginative play.
- Use of the small pool.
- Children must be fully potty trained to attend camp.

CAMP DISCOVERY “SAILORS” HIGHLIGHTS (AGES 7-10)

- Children ages 7-10 will focus on positivity and teamwork, activities that require fine motor skills, and how to use logic and reasoning.
- Activities will include scavenger hunts, acting and basic cooking and food preparation.

CAMP DISCOVERY “CAPTAINS” HIGHLIGHTS (AGES 11-13)

- Challenge campers to be phone-free this summer.
- Focus on healthy peer relationships, motivation, and body positivity.
- Leadership Club: How to become a mentor and when to ask for help.

A TYPICAL DAY AT CAMP DISCOVERY

We start every day with a smile and an open mind, asking ourselves: what will we discover today? Campers wake up their bodies through physical movement and sports, then fuel up with breakfast—often sourced from our rooftop garden. We engage curious minds with STEM experiments, musical adventures, and creative activities, while also building strength and confidence in the Adventure Zone. And, of course, no summer camp experience would be complete without swimming.



CAMP DISCOVERY WEEKLY RATES

Ages	Family Members	Youth Members	Non-members
Skippers (4-6 years)	\$285	\$315	\$375
Sailors & Captains (7-13 years)	\$255	\$290	\$355
*PM Care 4:00pm-5:30pm	\$40	\$45	\$50

SIBLING DISCOUNT 15% OFF FOR SECOND CHILD!

\$75 non-refundable deposit per week is due at registration.
Note there is a 6 week cancellation notice.

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

REGISTRATION OPENS

Monday, January 12: For Members
Monday, February 16: For Non-Members

CAMP DATES & HOURS

July 6th – August 28th
Camp Discovery runs for eight, one-week sessions. We are open five days a week from 8:00am – 4:00pm.
*PM Care runs from 4:00pm – 5:30pm.

CAMP INFO SESSIONS

Thu, March 19th: 5:30pm – 8:30pm

* Contact the Camp Directors for a personal Camp Tour!

CAMP ACCESS
APPLICATION



CAMP INQUIRY
FORM



WEEKLY CAMP THEMES

2026	THEME	DESCRIPTION	DRESS UP TUESDAY
Week 1 (July 6–10)	WORLD CUP WONDERS	Celebrate the global success of football while learning about the cultures and countries participating in this year's tournament.	Wear your favorite player's jersey or show your support for your country.
Week 2 (July 13–17)	WE CAN BE HEROES!	Superheroes may inspire us, but everyday heroes are the ones who help and protect us each day such as firefighters, doctors, EMTs, and teachers, of course.	Come dressed as your favorite hero!
Week 3 (July 20–24)	BRIGHT LIGHTS OF BROADWAY	Campers will explore set and costume design, learn the basics of storyboarding, and choose a scene to act at our Summer Talent Show.	Come dressed as your favorite movie character.
Week 4 (July 27–31)	ISLAND TIME!	Campers will explore the tropics as we celebrate these vibrant and unique locales.	Wear clothing in bright, fruit-inspired colors.
Week 5 (August 3–7)	SHARKS NEED FRIENDS TOO	The ocean is a BIG place, and it's hard to make friends when everyone thinks you want to eat them.	Dress in ALL BLUE.
Week 6 (August 10–14)	WILD WILD WEST	What lies west of Boston? West of the Mississippi? Who used to live there? (Hint: dinosaurs!)	Wear anything western.
Week 7 (August 17–21)	DOMO ARIGATO, MR. ROBOTO!	This week, campers will celebrate the inventors, scientists, and thinkers who help make the modern world work.	Come dressed as your favorite innovator or robot.
Week 8 (August 24–28)	LYNN-LYMPICS	Camp vs. Camp competitions, trivia challenges, and our Summer Talent Show.	Wear your camp pride!

EXPLORE YOUR CREATIVITY EVERY WEEK!

Each week offers a fresh, exciting theme packed with fun activities, new challenges, and creative adventures. Check out what we have in store this summer and give your child a summer they'll never forget!



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:



SCAN TO GIVE

GIVE THE GIFT OF CAMP

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.ycametronorth.org/support.