



# THE Summer You'll Never Forget **PLACE**

No Place Like *This Place*™

**SIGN UP  
TODAY**



 **CAMP EASTMAN**  
est. 1957 

*Torigian Family YMCA*

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

# 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.

## CAMP EASTMAN 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.

## 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](http://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 \$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!

## 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](http://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 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)	\$314	\$345	\$407
Eastman (7-13 years)	\$283	\$319	\$386
CIT (14-15 years)	\$195	\$215	\$235
PM Care 4:00pm-5:30pm	\$40	\$45	\$50

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

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

### REGISTRATION OPENS

Monday, January 12: For Members

Monday, February 16: For Non-Members

### CAMP DATES & HOURS

June 15<sup>th</sup> – August 28<sup>th</sup>

Camp Eastman, Mini Eastman, and CIT program run for 11, one-week sessions. We are open five days a week from 8:00am – 4:00pm. Morning drop off runs from 7:45am – 8:45am. Regular day pick up runs from 3:30pm – 4:15pm. Extended PM care must be picked up by 5:30pm.

\*Camp is closed on Friday, June 19<sup>th</sup> and Friday, July 3<sup>rd</sup>.

### VIRTUAL INFO SESSIONS

Wed, February 11<sup>th</sup>: 10:30am – 11:30am

Thu, March 12<sup>th</sup>: 10:30am – 11:30am

\* Contact the Camp Directors for a personal Camp Tour:  
[CampEastman@metronorthymca.org](mailto:CampEastman@metronorthymca.org)

### FAMILY CAMP NIGHT

Thu, May 21<sup>st</sup>: 6:00pm-8:00pm



CAMP ACCESS APPLICATION



CAMP INQUIRY FORM

# WEEKLY CAMP THEMES

2026	WEEKLY THEMES	DRESS UP (TUESDAY)	SPECIAL EVENTS
Week 1 (June 15-18)	SPORTS PALOOZA WEEK	Dress up as your favorite athlete	The Eastman Title Belt Games
Week 2 (June 22-26)	ANIMAL PLANET WEEK	Dress up as your favorite animal	Farm Animals at Camp Eastman
Week 3 (June 29-July 2)	PARTY IN THE USA WEEK	Wear your Best USA attire	Camp Eastman Got Talent
Week 4 (July 6-10)	PIRATES WEEK	Dress up like a pirate	Buccaneer Bash: Quest for the Gold
Week 5 (July 13-17)	OLYMPICS WEEK	Wear your country's colors	Olympic Events
Week 6 (July 20-24)	WILD & WET WEEK	Wear your neon colors	Water Park Attractions
Week 7 (July 27-31)	RODEO WEEK	Dress like a cowboy/cowgirls	The Wrangler Games & SKITS!
Week 8 (August 3-7)	SURVIVOR WEEK	Wear your team's colors	Survive Camp Eastman
Week 9 (August 10-14)	VICE IS NICE WEEK	Retro 80's Theme!	Obstacle Courses
Week 10 (August 17-21)	SUPERHERO WEEK	Dress up as your favorite superhero	SKITS!!
Week 11 (August 24-28)	EASTMAN FLASHBACK WEEK	Wear your favorite Camp Eastman Gear!	Treadwell's Ice Cream Party

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. 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



## GYMNASICS 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

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](http://www.ymcametronorth.org/support).



SCAN TO GIVE