Parent Handbook
YMCA OF GREATER BOSTON OVERNIGHT CAMPS
ON LAKE WINNIPESAUKEE

NORTH WOODS CAMP FOR BOYS &
PLEASANT VALLEY FOR GIRLS

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Mission Statement:
To provide an affordable camping experience through which campers and staff can grow and develop in a supportive family-like community. Camp works to instill a sense of purpose, belonging, and trust in both campers and staff.
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Over two hundred acres of wilderness just south of the White Mountains of New Hampshire is home to our family of summer Camps. Our Camps combine a rich tradition and history with a rustic environment nestled on the shores of Lake Winnipesaukee. As a nonprofit social service agency with a focus on healthy living, youth development, and social responsibility our mission is to create experiences that build healthy mind, body and spirit for all.

Camp is where campers come to sail and swim in clear waters, share fires with friends under the stars, take aim in archery and riflery, clip into the climbing tower and ropes course, and dabble with drama and the arts. Camp is much more than that. Campers and counselors come and work together, develop new skills and build an honest, caring and respectful community where all individuals grow. It is this strong sense of community and family that translates into an unparalleled experience among both campers and counselors alike. The heart of our programing includes stretching to meet mental and physical challenges, gaining confidence and developing teamwork. Our programs incorporate the natural surroundings and require a positive attitude, cooperation and age-appropriate independence.

Active and successful participation in the Camp experience entails the ability to independently, safely and cooperatively:

- Live with similarly aged campers in a cabin and take part in social/play time with the members of the unit
- Exhibit appropriate behavior and control without needing more than the usual amount of individual attention
- Be responsible for personal care and individual health
- Follow and manage a varied individual and group activity schedule and manage free time with minimal supervision
• Maneuver rugged and steep terrain and distances between activities that are part of the natural surroundings
• Understand and respond to group instruction for most of the activities offered at Camp
• Join in group activities that build community, such as singing, campfires, and family-style meals in the dining room
• Act appropriately and diligently in case of an emergency
• Contribute positively to the overall spirit of the camp community

Note From the Director

I am constantly amazed at the power Camp has in shaping the lives of children and families. As child development professionals, we spend all year building a unique growth experience that allows children to gain independence and develop life-long skills. We build this on a foundation of our four core values Caring, Honesty, Respect and Responsibility.

Throughout society today, we read stories of childhood obesity, dependence on electronics, bullying, and a general lack of connection between people. Not at our Camp! We allow kids to reconnect with their natural world, interact with people face to face, and be physically active. Camp offers an unequaled environment to develop well-rounded children who grow to be positive, productive adults.

You’ve made a great choice, in choosing North Woods and Pleasant Valley Camps! Not only is Camp jam packed with fun activities and good friends, but it is a brief respite from the pressures of grades and cliques. Here at Camp, your child is encouraged to be who they truly are in our safe and nurturing community. I know the value of Camp extends well beyond summer and that your child will make memories to last a lifetime!

Sincerely,
Kate Lemay
Executive Director
Camping Services
Klemay@ymcaboston.org
603-941-0782
“North Woods is dedicated to the task of finding for boys a more healthful balance between the unavoidable disciplines of life and the expression of the boys’ free spirit.”
- North Woods YMCA Camp Founder Gilbert H. Roehrig, 1935

North Woods YMCA Camp continues its rich history every summer as it has since 1929. North Woods brings together boys ages 8 to 15 of all races, religions, nationalities, and backgrounds to participate in a summer camp experience rooted in tradition and excellence.

North Woods quality and depth of programming allows each boy to develop new skills and interests while pursuing activities they already enjoy. The Camp day is an exciting blend of six activity periods and free choice times that teach the value of good sportsmanship, self confidence, and learning from individual differences.

**Camper Ages & Divisions**
Campers are organized by age into three different sections:
- **Junior Section:** Ages 8 - 11,
- **Trail Section:** Ages 11 - 13,
- **Senior Section:** Ages 13 - 15,

**Camp History**
North Woods was founded in 1929 by Gilbert H. Roehrig and Robert T. P. Storer with just 30 campers. The only buildings that stood during that first summer were the Great Hall, The Nature Museum, The Junior House, and the cabins in the Trail Section – many of which still serve Camp today. Most of the same activities and traditions continue on as well, and while the instruction and facilities have evolved and new programs have begun, the foundation of timeless lessons remain from Roehrig and Storer’s original vision of North Woods.

Whether you come from a long line of North Woodsmen or you are the first in your family, the enjoyment, friendships and excitement of camp will form memories that will last a lifetime.
Since 1969 Pleasant Valley YMCA Camp has provided a friendly, positive and supportive atmosphere for girls ages 8-15. At the core of Pleasant Valley’s rich tradition is the group living experience, being an environment of cooperation while stressing the value and importance of each individual. Campers and staff from around the world join together to create a strong, supportive community of respect, teamwork and self-discovery.

Pleasant Valley provides girls the opportunity to learn and develop new skills, challenge themselves with different activities, and forge lifelong bonds of friendship. Every girl participates in a well-rounded experience that consists of a broad range of activities.

Camper Ages & Divisions
Campers are organized by age into three different villages:
Junior Village: Ages 8 - 10,
Middler Village: Ages 11 - 12,
Senior Village: Ages 13 - 15,

Camp History
Now located on Lake Winnipesaukee, Pleasant Valley YMCA Camp originally started on the shores of Lake Wentworth. In 1989 the Camp was relocated to its current home, adjacent to North Woods YMCA Camp for Boys. Because the new location was larger, the move offered more girls the opportunity to enjoy a superior resident camping experience.

No matter the location, Pleasant Valley continues to provide the perfect environment to learn, develop, and explore with new friends through old traditions, creating a Camp experience your daughter will never forget.
The Camp Experience

Camp Activities
Each session your camper will participate in six instructional activities. Your camper will customize their schedule by choosing activity preferences which are used to match each camper with a schedule according to interest and availability. Our camps offer approximately 30 instructional activities each summer. Campers rotate between activities independently and each camper has their own personal schedule.

We stress quality and depth of programming to allow each child to develop their skills and interests while pursuing activities they already enjoy. Each program’s curriculum is based around the YMCA’s core values - caring, honesty, respect, and responsibility - to teach the value of good sportsmanship, self confidence and learning from individual differences.

Our Staff
Our staff is comprised of young adults and college students who have completed at least one week of specialized training on-site each year. A majority are former NW and PVC campers who have enrolled in our training programs and some are recruited from around the world to join us for the summer. All staff are chosen after a thorough background check and interview for their maturity, commitment to children’s growth and a love of the Camp community and mission. We have two nurses in residence each session and most of the staff are trained in CPR/First Aid, Life Guarding, or both to ensure the safety of our campers at all times.

Camp is year-round education. It is not academic. But your child may learn more in two weeks about themselves than in the remainder of the year.
Application & Fees

• Application is easy. Simply register online at bostony camps.org with a $100 non-refundable deposit per session. (additional optional fees are listed with-in registration)

• Cancellations made prior to April 1st are refundable less the initial non-refundable deposit and 50% tuition. After June 1st, tuition IS NOT refundable except for medical reasons accompanied by a doctor’s note.

• Payments must be made in US Dollars.

• Payment Schedule: Deposit is due upon registration. 50% of balance is due on APRIL 1st. An invoice will be sent to you via email in March and the remaining 50% of your balance is due on JUNE 1st.

• Returned checks are charged a $25 fee.

Before Camp Begins

THINGS YOU NEED TO KNOW BEFORE YOUR CHILD APPLIES TO CAMP

Wait Lists are active and utilized until Camp begins.

Laundry is available free on a weekly basis for all campers. Two-week campers will have only one opportunity to do laundry. Please label all of your camper’s clothing so that any misplaced items have a better chance of getting returned. Lost items are kept for two weeks post session, then washed and donated. Camp is not responsible for lost items.

For the Multi-Session Camper

• Optional Holdover is offered between sessions. This program includes meals, laundry and activities.

• Visiting Days are allowed for Multi-Session campers, you certainly may come and visit or take your child off Camp during the middle weekend of their stay. Unfortunately there is no visiting day during each 2 week session.

IMPORTANT FOR ALL APPLICANTS:

Although you are not guaranteed acceptance, applying early greatly increases your chances ... you should get your application in as soon as possible. All applications are registered in date-received order on the appropriate day.

To sign up, send in an application & deposit, and indicate your preferred session(s). Our registrar will call to verify your interest when a spot opens. Your deposit will not be cashed until that time.
Cabin Assignments

Camp is a very special place where independence, self-worth, and life-long friendships are made. Each summer parents make cabin assignment requests so that their child might be placed with a friend, cousin, neighbor, etc.

These requests are not guaranteed but our directors will try our best to accommodate.

Cabin assignments are based primarily upon age and grade, but our staff strives to eliminate cliques which can form when a disproportionate number of campers in one cabin know each other prior to arriving at Camp.

Paperwork

After you register for Camp you will receive an email from us with a link to all paperwork you will need to complete. Paperwork must be complete before your child is dropped off at camp.

Paperwork will take @ 20-45 min. to complete. Check out our PRO TIPS!

Our camp utilizes an online email and picture service. You will find an easy free registration process that will allow you to view current pictures once connected to bunk1. www.bunk1.com
Equipment & Clothing Checklist...

Use this handy checklist to be sure your campers have everything they need when they come to Camp: Check out our Packing PDF.

**BEDDING & LINENS**
- sleeping bag
- 2 blankets
- 2 fitted or single sheets
- pillow & cases
- 2 bath towels
- 2 beach towels

**CLOTHING & GEAR**
- 2-3 swim suits
  - (girls, 1 piece preferred)
- shorts
- T-shirts
- jacket/sweatshirt
- socks
- sneakers (2) (closed toed shoes are important)
- rain boots
- flip-flops for showers
- jeans
- underwear
- pajamas
- raincoat
- mesh laundry bag
- flashlight & batteries
- water bottle (2)

**TOILETRIES**
- soap
- toothpaste & brush
- insect repellent
- sunscreen
- shampoo & conditioner

• **Optional:** sports equipment, instruments, camera & film, books, games, white items to tie-dye, stationery & stamps, fishing tackle, sun glasses and hat.

• Please mark all personal items.

• Clothing should not be new or expensive.

• Please note that Camp is not responsible for lost or stolen items.

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Please ... **NO PHONES!**

Please help your child make new friends and try new activities by leaving the distraction of all digital devices at home. Camp is a time for kids to unplug.

Please **Do Not Bring:**

- Food/Drinks
- Electronics
- Valuables
- Cash
- Weapons
- Fireworks and Explosives
- Skateboards
- Roller Blades
- Bikes
- Hover Boards
- Vape Pens
- E Cigarettes
- Drugs
- Alcohol
- Etc.
• **Check-in:** Campers should arrive between 1 PM and 3 PM. Lunch is not served on check-in day, so please be sure to eat before arriving at Camp. Please call the Camp director if you have a scheduling conflict 603.569.2725.

• **Arriving early** will only increase your wait time. Our staff needs time to prepare for your child during the morning.

• **Swim evaluations, tours, etc. for all cabins will begin by 3:30 PM.** We urge parents to give their children some space to start making new friends at that time.

• **Cabin assignments** will be given out as part of the check-in process on check-in day. Parking is available near your camper’s cabin. Staff and CITs will be available to assist you in this process.

• **When you arrive at Camp,** you will be directed through the check-in process. Please note that we check every camper for lice. Please notify camp prior to arrival about any recent outbreaks.

• **To receive a cabin assignment on check-in,** your camper must have all their paperwork completed. We encourage you to finish your paperwork by April 1st or earlier.
  - Payment in full is due by **June 1st.**

• **If you are missing health or office paperwork you will need to meet with staff in the Todaro Leadership Center to complete any missing forms. PRO TIP**-Bring a printed copy of all your health forms, insurance cards and credit card with you just in case :).

• **If you have medications** you and your camper will meet for a quick check-in regarding dosage with the nurses. All medications must be in their original containers with instructions printed on the bottle. Nurses are also available to answer any of your questions. Check out the PDF about Medications at Camp.

• **We ask that all friends and relatives leave camp no later than 4 PM.**
  
  **PRO TIP**- Arrive at 2 pm, there will not be a long line.
Check-Out

Check-Out Procedures

Saturday
9:00 AM to 11:00 AM

• Park your car near your child’s cabin. Collect your camper and all their gear. Double check the cabin.

• Go to the Todaro Leadership Center
  □ Pick up Medications
  □ Check-out at the store
  □ Check lost and found
  □ Fill out the Camp Eval.
  □ Sign out your camper with the director
  □ Purchase a $10 Annual Campaign Raffle Ticket
  □ Sign-up for next year.

• PRO TIP—Have a gear check list & Check all locations thoroughly before departing camp. If we ship L&F, shipping fees will be charged.

SEE YOU NEXT SUMMER!

Follow the Fun!
@pleasantvalleycamp
@northwoodscamp
@ymca_boston

bostonyncamps.org
Daily Schedule

Our schedule contains 6 activity periods a day one of which is instructional swimming. There is a rest hour to recharge after lunch, a short free swim/cabin time period before dinner where campers can choose their activities and socialize, and an exciting evening activity at the end of everyday. See below for our sample schedule and some explanations of our daily elements:

7:30 am  Wake Up
7:45 – 8:00  Line Up/Flag Raising
8:00 – 8:45  Breakfast
8:45 – 9:15  Clean-Up
9:25 – 10:15  Activity Period #1
10:25 – 11:15  Activity Period #2
11:25 – 12:15  Activity Period #3
12:30 – 1:15  Lunch
1:15 – 2:30  Rest Hour
2:30 – 3:20  Activity Period #4
3:30 – 4:20  Activity Period #5
4:30 – 5:20  Activity Period #6
5:30 – 5:50  Cabin Time
6:00 – 6:15  Line Up/Flag Lowering
6:15 – 7:00  Dinner
7:00 – 9:00  Evening Activity
9:00 – 9:45  D.I.V.E.
What is D.I.V.E?
At the end of each day, each cabin or a group of cabins hosts D.I.V.E (Discussion, Insights, Values & Evaluations), a reflective time for the cabin where the counselors lead a discussion about the day’s events, challenges and concerns for the campers and impart advice to maximize your child’s camp experience. These discussions can be silly, serious or contemplative and are always a highlight for campers.

Swim Lessons
Every camper at North Woods and Pleasant Valley is enrolled into instructional swim lessons for one of their activity periods. They are evaluated and placed in the proper swimming level the first day of camp and work with an instructor throughout the two weeks to improve and strengthen their swimming skills using the proven leveling and techniques of the YMCA.

Athletic Competition
Being in the heart of the Lakes Region of New Hampshire, there are a number of Camps nearby to organize intercamp competitions with. From flag football, archery, soccer and more, intercamp competition is a great way to explore New Hampshire, learn proper sportsmanship, and show off our Camp pride!

Evening Activities and Co-Ed Days
We host creative, interactive and fun Camp-Wide programs every evening. From classic programs like Skit Campfire and Capture the Flag, to unique programs like Underwater Basket Weaving and Escape to North Woods, they are the perfect way to cap off each day.

Co-Ed days are held on the middle Sunday of each session and bring with it a unique program schedule for the whole camp. Whether we are splashing around for Water Carnival, Winning Gold at the Olympics or defending camp from Invading Spirits during Nature’s Wrath Co-Ed days are always a highlight for campers and staff.
Letters... how to get them to Camp

Letters to your camper should be mailed to:

**US MAIL:**
North Woods YMCA Camp
Cabin Name- Camper Name
PO Box 230
Mirror Lake, NH 03853

Pleasant Valley YMCA Camp
Cabin Name- Camper Name
PO Box 465
Mirror Lake, NH 03853

To ensure you receive mail from your camper, we suggest that you provide several pre-addressed, stamped envelopes for your child.

**Package Policy**

We are a Package Free Camp!

**Bunk1 Partnership**

We work closely with Bunk1.com as a way for you to contact your child during their time at camp along with an online database of hundreds of pictures of North Woods and Pleasant Valley campers taken throughout the session. Sign up at check in to check out what your child is doing while here at camp.

**WATER-SKI & HORSEBACK**

Additional Fee Programs

Horseback is taught in Western Riding style. Campers need only bring long pants and sturdy shoes, all other equipment provided.

Water-ski programs Our lessons are progressive and facilitated by certified lifeguards. Participants must be a 3 swim level or above.

Please note that there are no refunds for these programs when lessons are cancelled due to inclement weather.
Activity Areas
This list gives some of our most popular activities offered year after year. Some activities are offered by interest or skill level, others by age. Campers will choose up to five activities they are interested in along with an assigned swim class and a custom schedule will be designed accordingly.

- Archery
- Arts & Crafts
- Basketball
- Board Games
- Campcraft
- Canoe and Kayak
- D&D
- Dance
- Drama
- Frisbee
- Flag Football
- Horseback
- Photography
- Riflery
- Ropes
- Rugby
- Sailing
- Soccer
- Swimming
- Tennis
- Waterski
- Windsurfing
- Woodshop
- Yoga

Behavior & Dismissal Policy
At North Woods and Pleasant Valley, the mental, physical and emotional safety of campers and staff is a cornerstone of what we do. We believe the partnership between Camp, parents, and campers is vital to a safe and rewarding summer for everyone involved.

We want to insure that all parties share a common understanding about Camp’s rules and camper expectations. Any violation of camps rules or culture will result in disciplinary action. Direct threats of physical harm to self or others, use of tobacco, drugs, or alcohol are grounds for immediate dismissal.

North Woods and Pleasant Valley staff takes every situation extremely seriously, and address them as they arise. If the Director needs to call home about a behavior problem, they will, together with the parent, discuss action to resolve the matter. Following this, an inability to follow Camp rules and YMCA core values may result in a camper being sent home without refund. The parent would be responsible to pick up their child from Camp immediately.
While Your Child Is At Camp

Some Important Information on Homesickness ...

Homesickness is a normal occurrence whether a child is away from home for the first or fifteenth time. Most children, early in their camping session, show some symptoms related to “homesickness”. Our counselors receive detailed training in dealing with homesick children. However, for both your child’s and our counselor’s success, we depend upon your cooperation. Please do not encourage your child to call home while at camp, as there are no phones available for campers to use. It is not surprising to receive a letter early in a session in which your child sounds distressed. Feel free to contact us immediately. We will follow-up with your child and his/her counselor. Please do not arrive at camp unannounced or arrange a deal in which if your child is unhappy they can come home. It may worsen the homesickness for your child and spread these concerns to others. It is helpful to either send a letter before your child arrives at Camp or leave it at the office on drop-off day so that your child has mail right away. It is great if this letter helps to inspire confidence in your child. For example, “We are so proud of you for going to Camp. We know that you will have a great time at all of your activities. I know you may miss home, but two weeks is not very long and we can’t wait to hear stories of all the fun you had and new friends you made. We want you to have fun, make friends and we’ll see you soon.”

Homesick parents make homesick campers; we need your support to provide your child with the best possible experience.

Homesickness ... and Cellphones?

It may be your instinct to send a cellphone to Camp with your child to alleviate homesickness. Our experience indicates exactly the opposite. Talking to parents regularly brings up memories of home, and actually increases homesickness. This not only impacts your child, but the children around them.

In addition, cellphones being present at Camp reduces the in person connections that your child will make during Camp, and hinders their ability to make new friends. Camp is really about getting away from day-to-day technology, and getting to know new friends face to face. Staff members are authorized to confiscate cell phones and return them upon checkout.
Meals

Campers eat meals family-style with a mixed group of staff and all aged campers. The Camp food service staff prepares the meals and second helpings are always available.

In addition, the dining hall is open during the day if a camper desires a piece of fruit to hold them over until mealtime.

Campers take turns with setting, serving and clearing tables, creating great helpful habits.

We can accommodate some food allergies, each considered on a case-by-case basis. Please contact the office for details.

Frequently Given Answers ...

- Telephones either cell or land-based, are not available for camper use. Any cell phone found will be brought to the office for safekeeping until check-out.

- E-mail is not accessible to campers.

- Snacks We do not allow food in cabins as it attracts animals. Any food sent to camp will not be given to your child, to control squirrels, etc. in cabins.

- Tipping the staff is discouraged, but we do have a “staff appreciation” budget for pizza parties, etc. If you wish to show your appreciation, stop by the camp office.
Camp Health Policies

HEALTH FORMS — HEALTH INSURANCE
DRUGS & PHARMACEUTICALS — ACCIDENTS & ILLNESS

Your child’s health and safety is our #1 Priority!

• Completed health forms must be signed by your physician within 1 year prior to camp. Physical exams must be no more than 2 years old. Any camper coming to Camp without properly signed forms will not be allowed to remain. If needed, please sign the epi-pen/inhaler release and have it signed by a doctor. If possible we request completed health forms by April 1st.

• All campers with pre-existing conditions such as allergies, chronic ear and/or throat infections, asthma, etc. must bring necessary medication in sufficient quantity for camper’s stay. We ask that all medication be properly labeled in its original container with complete doctor’s instructions for dispensing. For safety reasons, any medication not properly labeled WILL NOT be administered.

• Campers are responsible for going to the infirmary or dining hall for their medication.

• Our Nurses stock over-the-counter drugs, please DO NOT send these with your child as it makes a lot of extra work for our staff. Thank you for your cooperation.

• Pharmaceutical charges incurred by a camper while at Camp are the responsibility of the parent. We will contact you in the event that we need to purchase any medication for your child.

• Your personal health insurance is the insurance in effect while your child is in Camp.

• All dental problems, including orthodontic appliances, are the parents’ responsibility.

• If a camper is unable to participate in activities for more than 24 hours due to illness, we will call you and arrangements may be made for your child to return home.

• All parents will be notified of a serious accident or illness of their camper.

• Head Lice Policy: If a camper shows signs of head lice they will be immediately isolated from other campers, and all clothing and bedding will be packed and bagged. The parent/guardian will be notified, and your child must be picked up that day. Campers may return to camp once they have been nit free for seven days, as documented by a physician, nurse practitioner, physician assistant or county health department nurse. If your camper is unable to return to camp, the family may request a partial refund. Prevention is the key. Please discourage your child from sharing hair brushes, combs, headbands, scarves, hats or any other items that may come in contact with another person’s head and/or hair. For more information about head lice prevention, please visit www.headlice.org.
DIRECTIONS:

From the South:
• Travel Route 93 N to Concord, NH, to Exit 15 at 393/4/202/East.
• Travel approximately 8 miles from the exit to the Epsom circle.
• Travel ¾ way around the circle onto Rte. 28 N towards Alton.
• Follow approximately 21 miles to the next circle; head towards Wolfeboro.
• Remain on 28N for 9 miles to Wolfeboro.

From the West:
• Travel Route 89 to 93 North.
• Take Exit 15E to Route 4 East.
• Follow the signs to Route 28 North towards Wolfeboro.

To Camp from Wolfeboro:
• In Wolfeboro, 28 N veers off to the right. DO NOT FOLLOW 28N, but at the Junction of 109, continue straight on the main road through the center of Wolfeboro. You should now be traveling on 109 N.
• Follow approximately 5.5 miles to camp.
• 4 miles outside of Wolfeboro, you will pass the Libby Museum on your right (camp is exactly 2 miles from this building), and shortly thereafter you will pass Tuftonboro Neck Rd. on your left.
• Look for a white sign and Northwoods Road on the left.
• Turn left onto Northwoods Road and proceed past the farmhouse/ Todaro Leadership Center; this is our winter office. Bear to the right at the fork to go to our main camp office during the summer months, Barstow Lodge (our Summer Office) is down the hill on your left.
**Surveys ...**

will be filled out at the end of each session by both Camper and Parent. Please let us know what you think—both good and bad—so we can improve for next summer.

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**A Note On Facebook, Instagram, YouTube etc.**

We know that kids today have plenty of social media accounts and use it to connect with family and friends. It is the Camp’s position however to discourage camper-staff interactions on such platforms.

If your child speaks to you regularly regarding this issue, please explain that staff members “need their own space” during their time away from Camp and that they are not ignoring or avoiding your camper.

We also encourage parents to talk to their children about social media usage, and research their own children’s internet activities so they can stay “in the loop”.

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**Lost and Found**

We donate all items left at Camp to a local charity. Due to the number of requests, we cannot mail lost and found items. Make certain to look in the cabin and the TLC lawn for your child’s belongings.

**PRO TIP:** Label all the items you have packed for your child and send clothing that they have had for a while so they are easy for your child to recognize.

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**Surveys ...**
North Woods & Pleasant Valley Camps are committed to the mission of the YMCA, our campers, and our staff. A particularly special element of the community of North Woods and Pleasant Valley is the number of campers who progress through our leadership training program to become strong members of our staff team. We’re proud of the ways in which these programs are designed to guide participants into becoming stronger leaders both inside and outside of camp, and help those participants gain life skills for camp, college and future careers.

Our leadership program are application based and designed for members of our camp community who are between 15 and 17 years of age. Space in these programs is limited, but we invite every age appropriate and committed camper to apply.

Campers who will turn 15 before June 1st are invited to apply to our LIT (Leaders in Training) program. Participants in this program are campers who begin to learn leadership through regular training sessions and unique opportunities to specialize in classes they’re passionate about, plan group activities and learn information about how camp operates.

Sixteen year olds are encouraged to participate in our CIT (counselor in training) program. CIT’s gain more in depth experience working with campers, learning to teach activities, and leading groups of various sizes and ages. CIT’s will continue to participate in leadership training sessions while gaining
hands on experience in the day to day operations of camp. Each CIT will be evaluated throughout their time in the program, these evaluations help CIT’s identify if they are interested in continuing at camp as a counselor and help camp identify their readiness to do so.

We request that families seriously discuss the expectations of the CIT and LIT programs before applying. Our programs are designed to support participants who care about growing into stronger leaders and future counselors—because of this we maintain higher behavior standards for leadership program participants than for regular campers. We invite fifteen year olds unsure of their interest in our leadership program to return to camp as non LIT campers.

For more information visit our website at www.bostonycamps.org and select the register menu for your camp.
We are proud to be certified by The American Camp Association

We meet the highest standards set by the YMCA of the U.S.A. and the American Camp Association. North Woods and Pleasant Valley YMCA Camps proudly display the American Camp Association symbol of accreditation. The accreditation process involves extensive preparation of written documentation, such as risk management, food safety and staff hiring procedures, and an on site observation visit performed by a team of specially trained camp professionals.

For more information on our Refer-A-Friend Program, visit us at www.bostonycamps.org