

# Welcome to North Woods and Pleasant Valley Family Camp

We are happy to have you join us this summer. The bulletin board at the dining hall will be an excellent source of information about the programs available to you and your family. There is something for everyone! Please take time to browse the bulletin board when planning your daily activities. Our enthusiastic staff is willing to assist you as needed. Feel free to share any ideas or concerns that you may wish to address. We look forward to providing you with an enjoyable and relaxing vacation experience.

The YMCA of Greater Boston is dedicated to improving the health of mind, body, and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.

Our staff wants you to enjoy your stay at North Woods & Pleasant Valley Family Camp!

**Kate Lemay** – Executive Director  
**Mark Straubel** – Operations Manager  
**Beth Dales** – Family Camp Director  
**Matt Jago** – Family Camp Director

Office Hours: 8 am-Noon; 1-5 pm daily. 2-5 pm Sunday  
Wi-fi is available in Barstow Lodge Office, the Great Hall & Mac Hall.

Most all of our staff is first aid/cpr certified and can help you with basic care. We also have first aid kits in many locations around camp equipped with band aids and other basic supplies. If you need anything else please feel free to come to the office and we will do our best to assist you. If you have an urgent issue Huggins Hospital is 6 miles south on route 109 in Wolfeboro and 911 is always available.

\*When calling 911 our location is: North Woods Camp- 1 North Woods Road Mirror Lake, NH.

## **Sunday's Arrival Schedule:**

### **Check in: 1-5pm**

Check in will be held in the Barstow Lodge Office between 1 and 5 pm. During this time our animated staff will be leading tours of Camp to help your family get oriented. We will also have staff at our North Woods waterfront to perform swim checks. The swim checks are to help insure the safety of your children. They will be asked to show us the ability to do basic strokes.

## **Meals:**

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Sunday	Check In 1:00-5:00pm	(no lunch)	6:00pm
Monday	8:00-9:00am	12:00-1:30pm	6:00pm
Tuesday	8:00-9:00am	12:00-1:30pm	5:30pm
Wednesday	8:00-9:00am	12:00-1:30pm	6:00pm
Thursday	8:00-9:00am	12:00-1:30pm	6:30pm
Friday	8:00-9:00am	12:00-1:30pm	6:00pm
Saturday	8:00-9:00am	Departure	<i>(no dinner)</i>

\*All meals are buffet-style, with the exception of dinner which is sit down family-style.

### **Dinner: 6:00pm (Except Thursday 6:30 Lower Ball Field BBQ)**

Dinner will be in the Great Hall followed by a few general announcements during which all staff and campers will get an opportunity to meet and settle in.

### **Orientation: 7:15pm**

This orientation will give the staff an opportunity to introduce themselves. It is also the perfect time for us to run through the schedule for the week and answer any questions you may have for us.

We will also offer any late arrivals tours after the orientation as long as there is enough light or on Monday.

### **Opening Camp Fire: 8:30pm**

The opening camp fire is great chance for the families and staff to hang out together, chat and get to know one another while enjoying s'mores. Bring your instruments, your singing voices, stories and anything else you would like to share. We hope this helps families and staff to begin building the relationships that make camp a fun and welcoming place to be.

## **Family Camp's Daily Schedule**

<b>8:00 am</b>	<b>Breakfast in the Great Hall</b>
<b>9:00–11:30am</b>	<p><b><u>The Children's programs:</u></b>            These programs are a great chance for the kids to make new friends with other kids their own age while getting the chance to get to know camp and lively staff.            Meeting places:  <b>Busy Bee's</b> (4-6yrs) – Inside the Great Hall  <b>Loons</b> (7-9yrs) – Roehrig Center Porch  <b>Cub's</b> (10-12yrs) – Side Porch of the Great Hall</p>
<b>9:30–11:30am</b>	<p><b>Water Front</b>  <b>Sailing and Windsurf Qualifications:</b> Monday  <b>Water Ski/Tubing:</b> (sign up) All Days  <b>Horseback:</b> (sign up) Monday-Wednesday  <b>Wood shop:</b> Mon, Tues, Thurs &amp; Fri (8yrs + with adult supervision under 10years old)  <b>Rifle:</b> (sign up) All Days (11yrs +)  <b>Archery:</b> (Sign up) All Days  <b>Water Color painting with Kate:</b> Thurs 10</p>
<b>12 noon</b>	<b>Lunch in the Great Hall</b>
<b>2:00–4:30pm</b>	<p><b>Water Ski/Tubing:</b> (sign up) 2-4pm  <b>Horseback:</b> (sign up) Monday-Wednesday  <b>Wood shop:</b> Mon Wed Thurs Fri (8yrs + with adult supervision under 10years old)  <b>Rifle:</b> (11yrs and up) All Days  <b>Archery:</b> (Sign up) Mon Weds            Thurs <b>Hikes:</b> (Sign up) All Days  <b>Ropes:</b> (sign up) See activity chart All Days  <b>Arts and Crafts:</b> (sign up) All Days  <b>Yoga:</b> Tues &amp; Wed 3-4pm at Shang-ri-la</p>
<b>2:00–4:45pm</b>	Waterfront
<b>6:00pm</b>	<b>Dinner (cook out on Thursday is at 6:30)</b>
<b>7:15pm</b>	Evening/Special Activities - Varies every day

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Ropes (meets at Roehrig Center)	Postman & Burma Bridge	Cat Walk/Zip Line	Cat Walk/Zip Line	Climbing Wall	Giant Swing
Evening Activity	Mixer or Movie	Sunset Cruise & Line Dancing or Board Games	Bingo or Dodge Ball	Cookout. Staff vs. Camper Softball Game	Talent Show & Campfire

### **Mixer/Movie:**

Please meet in the Great Hall at 7:15pm for a mixer with the other families and staff members. This evening is a great way to get to know our glittery staff and each other. The evening is B.Y.O.B.


A Movie will be provided for children and anyone who does not want to join in with the mixer. Popcorn and snacks will be provided.

### **Sunset Cruise & Line Dancing or Board Games:**

On Tuesday there will be a boat to Sandy Island where there will be line dancing. This is a very popular activity so sign up quickly. Boat times will be arranged on the day as it depends on interest.

Kids boat 6:30-7:45

Adult boat 8:15- 9:30 (ages 12+)

\*Please bring your dancing shoes. 

If you're not a dancer please join us in Great Hall for some friendly board game competition.

### **Bingo/ Dodge ball:**

Wednesday evening we will be a classic game of Bingo which you are all welcome to attend. There will be some **fabulous prizes** to be won and this year we will be having a cash round with a one dollar buy in.

\*Donations for prizes are always welcome.

For all those campers that do not wish to play Bingo there will be an option of Dodge ball in the Roehrig Center.

**Camper vs Staff Softball Game:**

A family camp favorite between staff and campers and this year we have a fine looking crew for it. This is a fun game of softball which will start at 4:45pm on the Upper Ball Field. This will be followed by a cookout dinner at 6:30 on the Lower Ball Field.

**North Woods Family Camp Talent Show:**

Welcome to the world famous Talent Show. This is a time to show off your skills and talents for everyone to see. Talents can be anything you can think of and everyone is welcome. This is one of our favorite evenings and we look forward to seeing you all there.

**Check Out Day:**

Saturday we will have breakfast at 8am with checkout between 9 and 11am. During checkout the camp store will be open and the water front will be open for one last time.

We hope that you have a great time with your family here at North Woods and Pleasant Valley. If at any time we can do anything to make your stay better please let us know. We are very flexible and want to make sure we provide something for everyone!

