

Welcome to North Woods & 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!

Our executive team

- **Kate Lemay** – Executive Director
- **Catherine Ryan** – Business Manager
- **Nick Bickford** – Facilities Director
- **Matt Jago & Beth Dales** – Family Camp Co-Directors

Useful information

- **WiFi:** available in the office and the Great Hall.
- **Infirmary:** located at the office. Most basic first aid supplies are available there.

Huggins Hospital is 6 miles south on route 109 in Wolfeboro for more serious health needs.

Sunday's arrival schedule

Check in: 1:30pm - 5pm

Check in will be held in the Barstow Lodge Office between 1:30pm and 5 pm. During this time, our 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 ensure the safety of your children. They will be asked to show us the ability to do basic strokes.

We will not be serving lunch on Sunday!

Dinner: 6pm

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 if there is enough light, otherwise they will be held on Monday.

Opening Campfire: 8:30pm

The opening campfire is great chance for 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 Daily Schedule

8:00am – Breakfast in the Great Hall

9:15am - 11:45am – Morning Activities

The children's programs:

- **Busy Bee's** (4-6yrs) – Meet inside the Great Hall
- **Cub's** (7-9yrs) – Meet on the Roehrig Center Porch
- **Loons** (10-12yrs) – Meet on the Great Hall Side Porch
- **Teens** (13 and up) – Meet on the Great Hall Main Porch

These programs are a great chance for the kids to make friends with other kids their own age while getting the chance to get to know camp and staff.

Waterfront activities:

- **Waterski/Tubing** – Sign up!
- **Canoe & Kayak**

Other activities:

- **Horseback** – Sign up!
- **Woodshop** – 8yrs and up
- **Hikes** – Sign up!
- **Rifle** – 11yrs and up, sign up!
- **Archery** – Sign up!
- **Yoga** – TBA

12:30pm – Lunch in the Great Hall

2:00pm - 4:45pm – Afternoon Activities

Waterfront activities:

- **Waterski/Tubing** – Sign up!
- **Canoe & Kayak**

Other activities:

- **Arts & Crafts** – See chart below, sign up!
- **Hikes** – Sign up!
- **Rifle** – 11yrs and up, sign up!
- **Ropes** – See chart below, sign up!
- **Archery** – Sign up!

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Ropes	Postman/ Burma	Catwalk/ zipline	Giant Ladder/ Multi-vines	Rockwall	Giant Swing
Arts & Crafts	Clay making	Friendship Bracelets	Dream Catches	Tie Dye	Origami

6:00pm – Dinner in the Great Hall

- Tuesday dinner will be at 5:30pm
- Thursday dinner will be a cookout at 6:30pm

7:15pm – Evening Activity (varies every day, see below)

Evening activities

The evening activity varies every day, and some days there are two options:

Monday:

- **Option 1 – Mixer:** Please meet in the Great Hall at 7:15 for a mixer with the other families and staff members. This evening is a great way to get to know our staff and each other. The evening is **B.Y.O.B.**
- **Option 2 – Movie:** A Movie will be provided for children and anyone who does not want to join in with the mixer. The movie will be voted on by the group. Popcorn and snacks will be provided.

Tuesday:

- **Option 1 – Sunset Cruise & Line Dancing:** 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. 50 People per Boat

Please bring your dancing shoes!

6:45 First Boat

8:15 Second Boat if need

- **Option 2 – Board Games:** We will also be playing board games in the Great Hall.

Wednesday:

- **Option 1 – Bingo:** We will be having a good old game of Bingo which you are all welcome to attend. There will be some fabulous prizes to be won. Donations for prizes are always welcome!
- **Option 2 – Dodgeball:** There will also be the option to play dodgeball in the Roehrig Center.

Thursday:

- **Softball game:** A big 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**. This will be followed by a cookout dinner at the upper ball field.

Dinner will be a little later and will be announced later that day due to the game.

Friday: 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 10am. During checkout, the camp store will be open, and the waterfront will be open for the 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!