

PLEASANT VALLEY CAMP



**WHERE
ADVENTURE
BEGINS AND
FRIENDSHIPS
LAST
FOREVER**

A MESSAGE FROM THE DIRECTOR...

I'm Beth Dales, also known around camp as Mama B, and I'm thrilled to welcome you to the Pleasant Valley Camp community! We can't wait for you to experience the magic of PVC—a place where lifelong friendships are made, adventures are endless, and every camper becomes part of our extended family.

At PVC, we believe camp is more than just a fun getaway; it's a chance to explore new interests, develop independence, and create cherished memories. Whether it's kayaking on the lake, crafting in the art studio, climbing high on the ropes course, or simply laughing around a campfire, there's something here for everyone.

As Camp Director, my goal is to ensure every camper feels safe, supported, and inspired to try new things. Along with our incredible team of counselors and staff, I'm here to make sure this summer is one you'll always remember.

Feel free to reach out with any questions or if you'd like to learn more about what makes Pleasant Valley Camp so special. We can't wait to see you at camp and share in the joy of an unforgettable summer!



BENEFITS OF CAMP



99%

of campers say PVC helped them

MAKE NEW FRIENDS

Discover the magic of overnight summer camp! Give your child the opportunity to build independence, enhance social skills, stay active in nature, foster creativity and emotional intelligence. Camp is all about resilience, lifelong friendships, cherished memories, leadership, and diverse experiences in a safe, screen-free environment. Don't miss out on the benefits of adventure, confidence, and personal growth for your child.



95%

of campers say PVC helps them feel more

CONFIDENT



98%

of campers say PVC helps them

TRY NEW THINGS



9 OUT OF 10

campers believe PVC helps them become better

LEADERS



MEET OUR STAFF

COUNSELORS ARE HOMEGROWN AND FROM ALL OVER THE WORLD

Our camp takes pride in its exceptional staff, who come from all around the world, bringing a diverse range of skills and knowledge to create an enriching experience for your child. Many of our staff members have grown up at camp, coming through our leadership programs and developing a deep connection to our values and traditions over the years. This blend of long-time camp leaders and international team members ensures a perfect balance of experience, mentorship, and fresh global perspectives. Their passion for working with children, combined with their varied backgrounds, enhances the quality of our programs, providing your child with the very best in guidance, support, and fun. Rest assured, your child will be in the capable hands of a dedicated and culturally diverse staff that makes our camp truly exceptional.



THIS IS WHY...

OUR PROMISE

Your child will be our #1 priority. Everything we do, every decision we make, has your child's safety and well-being in mind.

OUR VALUES

Our community is based on the YMCA pillars of Caring, Honesty, Respect and Responsibility. We use these values in our cabin groups, at meals in the dining hall, and throughout the day.

OUR MISSION

Pleasant Valley Camp is committed to helping youth develop valuable life skills through camping experiences that build healthy bodies, open minds and awakened spirits.

OUR VISION

To be a time and place in people's lives that they look back on and smile. We hope we are a place where people are always happy to arrive, and hesitant to leave.

OUR BELIEF

Pleasant Valley Camp is an inclusive organization. Our doors are open to everyone, from across all dimensions of diversity, creating the opportunity to learn from each other. It is our belief that, in a diverse world, we are stronger when we are inclusive. We have a culture of acceptance and we know that it is our differences that bring us closer together.



WHY PLEASANT VALLEY



DAILY LIFE AT CAMP

CAMP ACTIVITIES

Pleasant Valley Camp believes in offering progressive programming for our campers, giving them something to look forward to as they return each summer. Campers participate in activities with a mix of age group and choose from activities that are geared towards their skill and developmental level. This allows them every opportunity to succeed as they grow, and has proven to keep campers challenged with new and fun options each year. Each camper chooses 6 activities from our program areas.

DAILY SCHEDULE

7:30-7:45	Wake Up
7:45-8:00	Line Up
8:00-8:45	Breakfast
8:45-9:00	Clean Up
9:15-10:05	Period 1
10:15-11:05	Period 2
11:15-12:05	Period 3
12:15-12:30	Line Up
12:30-1:15	Lunch
1:15-2:15	Rest Hour
2:30-3:20	Period 4
3:30-4:20	Period 5
4:30-5:20	Period 6
5:20-5:45	Cabin Time
5:45-6:00	Line Up
6:00-6:45	Dinner
7:00-8:30	Evening Period
8:30-9:30	D.I.V.E
9:30	Lights Out



WATER SPORTS

Paddle Boarding . Kayaking .
Canoeing . Water Mats .
Swimming . Sailing .
Water Skiing*



LAND SPORTS

Ball Games .Tennis .
Pickleball . Soccer .
Volleyball



CREATIVE ARTS

Arts and Crafts . Woodshop .
Photo . Drama . Dance .
Environmental Education



SPECIAL SKILLS

Ropes . Rifle . Archery .
Slingshot . Horseback*

TWO WEEK SESSION



2 WEEKS OF FUN



9 ACTIVITY DAYS 4 ALTERNATIVE DAYS



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 Ugly Counselor Contest and Casino Night, 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...

ALTERNATIVE DAYS

1ST MONDAY

- Activity Fair
- Mini Activity Rotation

1ST THURSDAY

- Hobby Day
- Cabin Day

2ND WEDNESDAY

- Hobby Day
- Theme Day



MIDDLE SUNDAY

- Late Wake Up
- Extended Clean Up
- Vespers
- Cabin Photos
- Co-Ed Day
- Sunday Singing
- Movie Night

PICKING ACTIVITIES

THE SESSION SCHEDULE

There are 6 activity periods in a day that will consist of a mix of active, mindful, creative and water based activities. Campers get to choose their own activities that they want and that will be their personalized schedule. Each program has a progression-based curriculum to develop skills and knowledge in each area. These activities will be chosen on the first Monday of camp. Campers will pick their own activities in an activity fair type process. They will get to choose 6 activities, one being swimming. Each camper will be given a slip of paper to sign up for activities.

SUCCESSFUL TIPS

1

SWIMMING IS FIRST

You will have to pick a swim slot first as part of your six choices. You will be given a swim level after your swim check and this will let you know which period you can swim.

2

GET YOUR 1ST CHOICE

All activity classes have a capacity. If you want to do Photo, Sailing, Paddle Boarding or Woodshop go to these first as they fill up fast. Rifle, Archery and Ropes also are very popular, they have more capacity but still fill quickly. After you can go to your other activities with bigger capacities such as Sports, Camp Craft, Arts and Drama.

3

LOCATION OF ACTIVITIES

Think about your movement and where activities are located. Period 1 Archery followed by Period 2 swim, then to Period 3 Soccer, is not ideal as you will have to walk up and down the hill a lot. Maybe try a Lower Camp morning and Upper Camp afternoon or vice versa.

4

TRY SOMETHING NEW

You might not get all your picks but don't be sad, you can try something new. We have seen so many campers fall in love with activities they would never have chosen.

5

JOIN A FRIEND OR NOT

Ask your cabin friends what they are doing before you choose. They might have a set order and you can join them. However, if you love something they are not interested in, make sure you do that! This is your adventure, make the most of it.

6

ALL DONE

After you are done, you will give your schedule to the person at the end of the hall. They will type in your activities and you will get your sheet back at the end of Lunch.



Evening Activities

Evening activities at PVC are designed to create unforgettable memories and strong bonds. Our campers enjoy a variety of themed activities, from full-camp events to smaller, intimate cabin groups and sectional gatherings. Highlights include "Capture the Flag," a camp-wide adventure game that gets everyone moving and strategizing together; exciting Barnyard; We also hold Skit Campfires, where cabins showcase their creativity and humor. Each evening is crafted to foster friendships and create experiences campers will remember for years to come.



SESSION SCHEDULE



Pleasant Valley Camp

SUMMER CAMP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/7 Campers Arrive Opening Ceremony	7/8 First Monday Choose Your Activities PM: Mini Schedules 4-way Capture the Flag	7/9 Regular Day Activities Wacky Shoe Lunch Cabin Activity	7/10 Regular Day Activities Safari Lunch Lipsync Battle	7/11 Late Wake-up AM: Cabin Day Stuffy Lunch PM: Hobby Day Village Night	7/12 Regular Day Activities Laundry Day Tacky Tourist Lunch L.L.T CASINO NIGHT	7/13 Regular Day Activities Letter Dinner Sport Team Lunch Underwater Basket Weaving
7/14 Late Wake-up AM: Vespers NATURE'S WRATH Co-Ed Day Movie Night	7/15 Regular Day Activities Monochrome Lunch Village Night CIT	7/16 Regular Day Activities Under the Sea Lunch Counselor Hunt	7/17 Late Wake-up AM: Hobby Day Barbie THEME DAY Social	7/18 Regular Day Activities CRAZY Hat Lunch Art Walk Drama Play	7/19 Regular Day Activities Awards Day Taylor Swift Awards Final Campfire	7/20 See you next summer campers

SESSION EXAMPLE

SUMMER



FACILITIES



CABIN NUMBERS
5 - 11 CAMPERS
2 - 3 STAFF
Electricity Free



BATH HOUSES
Private Outdoor & Indoor Showers
Communal Handwashing Space
Electricity and Hot Water
All Cleaned Daily





Cabin Assignments

Camp is a truly special place where campers develop independence, build self-confidence, and form lifelong friendships. Each summer, parents have the option to submit cabin assignment requests, such as pairing their child with a friend, cousin, or neighbor. While we cannot guarantee these requests, our directors make every effort to accommodate them.

Cabin assignments are primarily determined by age and grade to ensure a balanced and enjoyable experience for all. Our staff also works thoughtfully to minimize cliques, fostering a welcoming and inclusive environment for every camper, regardless of whether they arrive with familiar faces or meet new friends at camp.



Camper Ages and Sections

Junior Village: Ages 8 - 10

Middler Village: Ages 11 - 12

Senior Village: Ages 13 - 15

Leaders in Training (LITs) 15

Counselors in Training (CITs) 16



CABIN LIFE



DINING HALL



Family-Style Meals

At PVC, mealtime is a cherished tradition centered around family-style dining. Each meal, a designated camper serves as the "server," responsible for gathering food for everyone at their table. This communal practice fosters a sense of shared responsibility while promoting teamwork and cooperation. Beyond enjoying delicious meals, campers develop leadership skills, build connections, and strengthen the spirit of camaraderie that makes camp so special.



Dietary Restrictions

At PVC, we prioritize the health and safety of our campers by maintaining a nut-free environment. We also offer a variety of meal options to meet diverse dietary needs, including gluten-free, vegetarian, and vegan choices. Additionally, we are committed to accommodating other allergies or intolerances, ensuring that every camper has access to safe and delicious meals at each dining experience.

Table Assignments

Campers at Pleasant Valley Camp are assigned a table groups. This aims to foster connections and providing opportunities for campers to acquaint themselves with others throughout the camp. The diverse mix of age groups within these table settings not only promotes camaraderie but also cultivates a sense of leadership among campers.



MEAL OPTIONS

Breakfast

- Pancakes
- French Toast
- Eggs
- Home Fries
- Waffles
- Cereal
- Fresh Fruit
- Bagels



Lunch

- Chicken Nuggets
- Burgers
- Quesadillas
- Grilled Cheese
- Tacos
- Salad Bar
- Cold Cuts
- Pulled Pork
- Sloppy Joeys
- French Fries



Dinner

- Turkey Dinner
- Pizza
- Fried Chicken
- Meat Loaf
- Stir Fry
- Salad Bar
- BBQ Meal
- Spaghetti
- Stuffed Shells
- Dessert



Tips and Suggestions

1. Do as much preparation ahead of time, WITH YOUR CAMPER, as possible.
2. Check out this [Summer Camp Handbook](#), great for new parents.
3. Buy labels and label everything! An alternative option is to use a sharpie. Black or silver for darker clothing.
4. A trunk or duffle bag is recommended as the cabins have no storage/closet space.
5. Use Packing cubes to help keep clothing organized and sorted.
6. Create a checklist of all packed items, review it with your camper, post it in their trunk to help all items return home.
7. Everything Summer Camps is a website with all the overnight camp essentials you could need. We partner with them to offer you discounts. The North Woods Camp Code is: trail537NW. The Pleasant Valley Camp Code is trail539PV.

Please Note:

- All medication, even over-the-counter meds, must be in original packaging and turned in to the Health Center Team at Check-In.
- We are an electronic free camp. All electronics brought to camp will be held in the camp office till checkout.
- Non-smart watches are allowed but not needed.



WHO YOU NEED TO KNOW

CABIN COUNSELOR

Your cabin counselors should be a resource to use when you are feeling homesick, actually sick, or in the event that you are having trouble with another camper. Counselors should be seen as the substitute parental figure to help you navigate through everything at camp. They may resource other camp staff to help as well.



VILLAGE LEADER

Your Village Leaders are in charge of the whole village that you are staying in. If you are having problems with your staff, another camper or any problems that you don't feel comfortable telling your Cabin Counselors, they are here for you.



CAMP NURSES

The Nurses are another great resource for campers. We all know a great nurse, maybe from school or at your doctor's office. Our nurses take the role of keeping you cared for very seriously. But, a lot of campers forget they are a great resource to use when/if something needs to be discussed that may be personal or private. The nurse team is there to help and want to support you in times you need them.



CAMPER LIAISON

The Camper Liaison's role is to support campers when they are having a hard time at camp. They will be there to listen, help mediate conversations, help you problem solve and also as a source to communicate the happenings at camp to the parents of campers.



LEADERS

LAUNDRY

Laundry at Camp:

Camp provides the option for every camper to have their laundry done on the first Friday of each session. Campers staying multiple, consecutive sessions, will have the option to put laundry in on the second Friday of the session.

Laundry is done off site, locally, by our maintenance crew. It is taken early in the morning and returned to camp that afternoon. They take one large laundry bag from each cabin and wash them separately.

The key to successfully participating in our laundry service is to label EVERYTHING. Campers and counselors will sort through their laundry bag once returned and having names on items is essential, even on each sock.

Please consider initials in sharpie on all items. Use silver sharpie for items of darker color.

If your child has an allergy to laundry detergent please notify your camp director and plan on providing a safe detergent for their items to be laundered in separately. Our counselors will need to do this individual bag on their own time so please be considerate and only use this resource if absolutely necessary.



Please, label all of your child's belongings!

Bedding:

- Sheets for standard twin/single bed
- Pillow
- Lightweight blanket (or a sleeping bag)
- Sleeping bag for overnight trips and colder nights

Clothing:

- Short-sleeved shirts 8-14
- Long sleeve shirts 1-3
- Shorts 6-14
- Comfy pants/leggings 2-4
- Sweatshirts 2-4
- Swimsuits 4
- PJs 3-4 sets
- Underwear 8-15 pairs
- Bras
- Socks 8-15 pairs
- Raincoat & rain boots
- Lightweight jacket
- A nice-ish or fun outfit for the social and final night dinner
- Close-toed shoes/sturdy sneakers 1-2 pairs
- Crocs or closed-toed sandals
- Boots and long pants if signed up for horseback

Toiletries:

- Bath towels 2-3
- Shower caddy w/ shampoo, conditioner, body wash/soap, toothbrush & toothpaste, floss
- Other toiletries: hair elastics, hairbrush, deodorant, detangler spray, moisturizer, skin care, tampons/pads, razors, wax for braces, retainer (if needed)

Other Necessities:

- Beach towels 2-3
- Water bottle 1-2
- Flashlight and spare batteries
- Headlamp/Book light
- Sunscreen and non-aerosol bug spray
- Stationary set/Postcards with pre-stamped & addressed w/pens

Other Recommendations:

- Small battery fan with extra batteries
- Bunk Lighting
- Mattress Topper for comfort
- Costume/Dress Up ideas
- Stuffed animals or any special blanket for sleeping
- Fidget toys, if needed
- Books for reading, coloring/activity books/markers, playing cards
- Spare glasses, if you have them
- Hat
- Goggles
- Polaroid or Disposable Camera & film



PACKING LIST

LOYALTY PROGRAM

When referring, a friend means more than ever before!

It's as simple as 1, 2, 3...

1. Recruit Friends
2. Complete Our Referral Form
3. Enjoy These Benefits!

[CLICK HERE to Submit Your Referrals](#)
Or Use QR Code:



TIER 1: RED

Refer 1 camper

- Camp Bucks**
\$10 to the camp store for each new camper referred
- Cash Back**
\$50 credit per referral for you in the fall
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**

[CLICK HERE to Redeem Your YMCA Discount](#)
Or Use QR Code:



TIER 2: GREEN

Refer 2-4 campers

- Camp Bucks**
\$15 to the camp store for each new camper referred
- Cash Back**
Up to \$200 Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**

TIER 3: BLUE

Refer 5-7 campers

- Camp Bucks**
\$20 to the camp store for each new camper referred
- Cash Back**
Up to \$350 Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**
- Fast Pass Pick-up/Drop-off**

TIER 4: YELLOW

Refer 8+ campers

- Camp Bucks**
\$25 to the camp store for each new camper referred
- Cash Back**
Up to \$400+ Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**
- Fast Pass Pick-up/Drop-off**
- Pizza Party**

Guidelines:

Friends must be NEW to either camp North Woods OR Pleasant Valley. Your benefits grow with every referral, accumulate over time, and there is NO MAXIMUM to credits per year!

Summer Questions?

Information about registration, payment, scholarships, paperwork, add-ons, refer-a friend/bunk requests, medical, transportation, check-in and check-out, packing, etc.



Just email us at:
campingservices@ymcaboston.org



Call our camp office:
603.569.2725

Handy Dandy Sheet

At drop off (both for on-site drop off and bus families), you will receive a document that we call our "Handy Dandy" which has all the phone numbers and contact information you will need while your child is at camp.



We are using an amazing MOBILE APP Campanion!



Need help with Campanion:
Call 303-444-2267

"Help with all your pre-camp paperwork, and give you updates and photos of your child right to your phone!"

To get started, follow these simple steps:

1. Download the CAMPANION APP on your cell phone.
2. Use your CampInTouch Account email address and password to log in. (if you need help identifying this information, email us at campingservices@ymcaboston.org)
3. Complete forms online and upload completed paperwork right in the app!
4. Upload a photo of your child, which enables the app to send you photos during camp.
5. Ensure you have push notification enabled within your phone settings so you can receive important updates from camp all year long!



Physical address:
1 Northwoods Camp
Rd. Mirror Lake, NH
03853



Mailing address: PO Box 10 Mirror Lake, NH 03853



camp office: 603.569.2725



CampingServices@ymcaboston.org

CONNECT WITH US

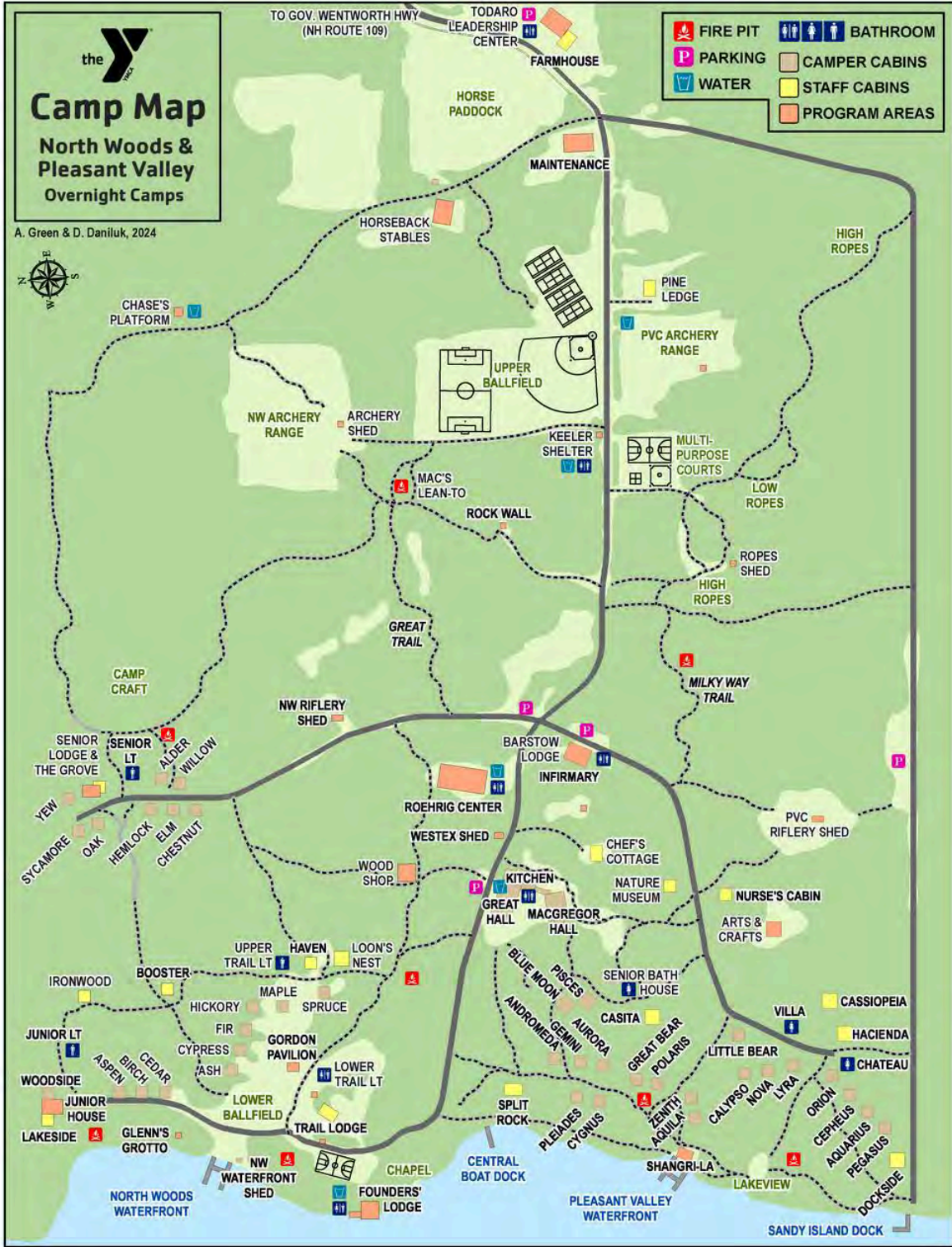


the **Y**
Camp Map
 North Woods & Pleasant Valley
 Overnight Camps

A. Green & D. Daniluk, 2024



- FIRE PIT
- BATHROOM
- PARKING
- CAMPER CABINS
- WATER
- STAFF CABINS
- PROGRAM AREAS



**TOUR US
 VIRTUALLY!**

[CAMPS.YMCABOSTON.ORG/
 VIRTUAL-TOUR/](https://camps.ymcaboston.org/virtual-tour/)

**Pleasant Valley
 YMCA Overnight Camps**
 P.O. Box 10
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 603.569.2725

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<https://ymcaboston.org/camps/>