



## WELCOME PACKET

Welcome to North Woods & Pleasant Valley Camps! We're thrilled to have you join us this summer for a week of making memories and building lifelong friendships with our wonderful camp staff, other families from around New England, and special guests from [Roxbury Tenants of Harvard](#) and [Friends and Mentors](#).

As you enjoy your stay, here are a few friendly reminders to help everyone have a great experience:

- **Supervision:** Children should not move around camp independently or be left at camp without a guardian at any time. While teens have more freedom, they still need to be supervised by you, their parents or guardians, to ensure safety and prevent disruptions, especially at night.
- **Noise Levels:** Sound travels easily across the lake, so please be mindful of your volume, especially in the evenings and early mornings. When walking to and from your cabin, speak quietly to respect those who might be resting.
- **Cleanliness:** Let's keep our camp beautiful! We encourage everyone to participate in maintaining the dining halls and common areas. Help prevent litter by cleaning up after yourselves and leaving spaces better than you found them. Restrooms are shared spaces and not located in cabins - please be mindful of the other families utilizing these spaces.
- **Respect and Kindness:** Treat everyone with kindness and respect. A positive attitude goes a long way in making this week a memorable getaway for all.
- **Families may come and go as they please.** We welcome you to maximize your time by participating in all the programs and enjoying all the amenities at camp, however if you join us with your own transportation and wish to leave camp to explore the local region, you are surely welcome to do so as you wish.

We're looking forward to providing you with an enjoyable and relaxing vacation experience. By working together, we can create wonderful memories. Thank you for being part of our camp community! If you have any questions leading up to your stay, please feel free to contact us at [campingservices@ymcaboston.org](mailto:campingservices@ymcaboston.org).

### Our Executive Team

- **Matt Jago & Beth Dales** –Camp Co-Directors

- **Kate Lemay** – Executive Director
- **Catherine Ryan** – Business Manager
- **Nick Bickford** – Facilities Director

### **Useful Information**

- **Wi-Fi:** available in the Great Hall, Mac Hall, and the Roehrig Center.
- **Infirmary:** located at the office. Most basic first aid supplies are available there. There are First Aid kits throughout camp and our staff are available to help you access those if needed. *Huggins Hospital is 6 miles south on route 109 in Wolfeboro for more serious health needs.*
- **Our dining hall bulletin board** is your go-to source for all the exciting programs available for you and your family. Whether you're looking for adventure, relaxation, or fun, there's something here for everyone. Please take a moment to browse the board and plan your daily activities. Our enthusiastic staff is always ready to assist you, so feel free to reach out with any questions or ideas.

### **Monday's arrival schedule**

#### **Check in: 2pm - 5pm**

Check-in will be held in the Barstow Lodge Office located in the middle of the camp between 2pm and 5 pm. During this time, our staff will be leading tours of the camp to help your family get oriented with camp and cabin assignments. We will also have staff at our North Woods waterfront to perform swimming checks. The swimming 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 Monday.*

#### **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.

#### **Opening Campfire: 8:30pm**

Opening campfire is a 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.

## DAILY MEALS

All meals are located in the Great Hall.

**8:00 am -9:00am** – Breakfast

**12:30pm - 1:15pm** - Lunch

**6:00pm - 7:00pm** – Dinner

- **Friday dinner will be a BBQ/cookout at 6:30PM at the Lower Ball Field**

## PROGRAMS

### The Children's Morning Programs

**9:30 am - 12:00 pm – Morning Activities**

- **Cub's** (5-10yrs) – Meet on the Back Porch of Great Hall
- **Loons** (11-14yrs) – Meet on the Great Hall Side 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 the camp and staff.*

9:30am -12:00pm	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cubs</b>	Campfire (s'mores)	Trail Hike	Sandcastle Building	Boat Ride Ragged Island	Slingshot
<b>Loons</b>	Frisbee Golf	Low ropes	Boat Ride Ragged Island	Canoe Adventure	Campfire S'mores

### Morning Adult Program

*Whilst your children are in the children's programs, we are offering adult only classes. You must be 16 or above to participate.*

9:30am -12:00pm	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Only Classes</b>	Horseback	Horseback	Horseback	Tubing	Tubing
	Rifle	Archery	Rifle	Archery	Rifle
	Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts

### Afternoon Activities

We are offering some afternoon programs for you to try out during your stay here. Adults must accompany their children to all activities. There is no minimum age required to participate, however we do have harness size minimums for the zipline (you must fit into a harness to participate) – some smaller children may not be able to participate based on this guideline.

2:00-5:00pm	Tuesday	Wednesday	Thursday	Friday	Saturday
Afternoon Programs for all	Horseback	Horseback	Horseback	Tubing	Tubing
	Archery	Rifle	Zipline	Rifle	Archery
	Arts and Craft	Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts

### Waterfront (Afternoon) 2:00-5:00PM

We are on the beautiful Lake Winnepesaukee, come down and enjoy the lake. Water is only available when there is a lifeguard on duty.

- Paddleboards
- Swimming
- Canoes and Kayaks

### Choose your own adventure (Open-Use Daily)

We welcome families to start their own “pick-up games” at your leisure. We ask you please respect the equipment and facilities and return equipment to their original storage location when you are done utilizing them. These areas are as follows:

- Pickleball/Tennis
- Basketball
- Frisbee golf
- Trail Hiking
- Gaga Ball
- Board Games

### Evening activities

**7:15pm** – Evening activity varies every day, and some days there are two options:

#### Tuesday

- **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.

### **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: 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!

### **Friday: BBQ/Cookout and Kickball Game**

- Join us for a family cookout (at 6:30PM) at the Lower Ball Field. This will be followed by our annual kickball game. Staff vs Campers! Who will win??

### **Saturday: Dance Party**

- Get on your dancing shoes, as we will be turning up the music to celebrate the final night at camp. Staff will be teaching some line dances as we dance the night away.

### **Sunday - Check out day**

Breakfast will be the only meal offered on this day. Check out at your leisure by noon. We hope that you have a great time with your family here at North Woods and Pleasant Valley. If we can do anything to make your stay better at any time, please let us know. We are very flexible and want to make sure we provide something for everyone!