

North Woods & Pleasant Valley Camps

Family Camp Welcome Packet

We are so glad you are joining us for a week of connection, fun, and time together on Lake Winnepesaukee.

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

We hope this packet helps your family feel prepared, relaxed, and excited for the week ahead.

Helpful Reminders

- **Supervision:** Children should not move around camp independently or be left at camp without a parent or guardian. Teens may have a bit more freedom, but they must still be supervised, especially in the evenings.
- **Noise Levels:** Sound carries easily across the lake. Please be mindful of volume in the evenings and early mornings, especially when walking to and from cabins.
- **Cleanliness:** Please help keep camp beautiful by cleaning up after yourselves and leaving shared spaces better than you found them. Restrooms are shared and are not located in cabins.
- **Respect and Kindness:** We ask everyone to treat one another with kindness and respect. A positive attitude goes a long way in making this week special for all.
- **Coming and Going:** Families are welcome to come and go as needed during their stay. We hope you will take full advantage of camp programs and amenities, but if you have your own transportation and would like to explore the area, you are welcome to do so.

If you have any questions before your stay, please contact campingservices@ymcaboston.org.

Executive Team

- Matt Jago and Beth Dales, Camp Co-Directors
- Kate Lemay, Executive Director
- Catherine Ryan, Business Manager
- Nick Bickford, Facilities Director

Useful Information

- Wi-Fi is available in the Great Hall, Mac Hall, and the Roehrig Center.
- The infirmary is located at the office. Most basic first aid supplies are available there, and first aid kits are located throughout camp.
- For more serious medical needs, Huggins Hospital is about 6 miles south on Route 109 in Wolfeboro.
- The dining hall bulletin board is your go-to source for daily programs and updates for your family.

Monday Arrival Schedule

Check-In | 2:00 pm to 5:00 pm

Check-in will take place in the Barstow Lodge Office, located in the middle of camp. During this time, staff will offer tours to help your family get oriented and settled into your cabin assignment. Staff will also be at the North Woods waterfront to complete swim checks for children. Lunch is not served on Monday.

Dinner | 6:00 pm

Dinner will be in the Great Hall, followed by a few general announcements as families and staff settle in.

Orientation | 7:15 pm

This is a chance for our staff to introduce themselves, review the schedule for the week, and answer questions. If there is enough daylight, we will also offer tours for late-arriving families after orientation.

Opening Campfire | 8:30 pm

Join us for a relaxed evening of songs, stories, conversation, and s'mores. Bring instruments, singing voices, or anything else you would like to share.

Daily Meals

All meals are served in the Great Hall.

Breakfast	8:00 am to 9:00 am
Lunch	12:30 pm to 1:15 pm
Dinner	6:00 pm to 7:00 pm
Wednesday Special Dinner	BBQ/cookout at 6:30 pm at the Lower Ball Field

Programs

The information below reflects our current draft plan. Activities and details may change.

Children's Morning Programs | 9:30 am to 12:00 pm

These morning groups give children a chance to make friends, get to know camp, and enjoy age-appropriate adventures with staff.

- Cubs, ages 5 to 10. Meet on the back porch of the Great Hall.
- Loons, ages 11 to 14. Meet on the side porch of the Great Hall.

Group	Tuesday	Wednesday	Thursday
Cubs	Campfire and s'mores	Trail hike and slingshot	Boat ride to Ragged Island
Loons	Frisbee golf and campfire with s'mores	Boat ride to Ragged Island	Low ropes

Morning Adult Program | 9:30 am to 12:00 pm

While children are in morning programs, adults ages 16 and older are welcome to participate in the following classes.

Program	Tuesday	Wednesday	Thursday
Horseback	Horseback	Horseback	Horseback
Rifle / Archery	Rifle	Archery	Rifle
Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts
Tubing	Tubing	Tubing	Tubing

Afternoon Activities | 2:00 pm to 5:00 pm

Adults must accompany their children to all afternoon activities. There is no minimum age to participate, though some smaller children may not be able to join the zipline if they do not fit safely in a harness.

Program	Tuesday	Wednesday	Thursday
Horseback	Horseback	Horseback	Horseback
Archery and Rifle	Archery and Rifle	Archery and Rifle	Archery and Rifle
Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts
Tubing / Zipline	Tubing	Tubing	Zipline

Waterfront | 2:00 pm to 5:00 pm

Come enjoy beautiful Lake Winnepesaukee. Waterfront activities are available only when a lifeguard is on duty.

- Paddleboards
- Swimming
- Canoes and kayaks

Choose Your Own Adventure | Open Use Daily

Families are welcome to start their own pick-up games and enjoy camp during open-use times. Please respect the equipment and facilities and return all items to their original storage locations when you are finished.

- Pickleball and tennis
- Basketball
- Frisbee golf
- Trail hiking
- Gaga ball
- Board games

Evening Activities | 7:15 pm

Evening activities vary by day, and some nights include two options.

Monday

- **Orientation:** This is a chance for our staff to introduce themselves, review the schedule for the week, and answer questions. If there is enough daylight, we will also offer tours for late-arriving families after orientation.
- **Opening Campfire | 8:30 pm:** Join us for a relaxed evening of songs, stories, conversation, and s'mores. Bring instruments, singing voices, or anything else you would like to share.

Tuesday

- **Mixer:** Please meet in the Great Hall at 7:15 pm for a mixer with other families and staff. It is a great way to get to know one another. This evening is BYOB.
- **Movie:** A movie will be offered for children and for anyone who prefers a quieter evening. The group will vote on the movie, and popcorn and snacks will be provided.

Wednesday

- **Bingo:** Join us for a classic game of bingo with some fabulous prizes. Donations for prizes are always welcome.
- **Dodgeball:** There will also be an option to play dodgeball in the Roehrig Center.

Thursday

- **Family Cookout and Kickball:** Join us for a family cookout at 6:30 pm at the Lower Ball Field, followed by our annual kickball game: staff versus campers.
- **Talent Show:** Our world-famous talent show is a chance for everyone to share skills, talents, and creativity. All are welcome to participate or cheer others on.

Friday Check-Out

Breakfast is the only meal offered on Friday. Check-out is by 10:00 am. We hope your family has a wonderful stay at North Woods and Pleasant Valley, and if there is anything we can do during your time here to make your experience even better, please let us know.