



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# THE ADVENTURE BEGINS HERE 2020 SUMMER CAMP

YMCA of Greater Nashua

Merrimack YMCA | Nashua YMCA | Westwood Park YMCA | YMCA Camp Sargent on Lake Naticook



# EVERY KID DESERVES CAMP



EVERY KID  
DESERVES CAMP

**Each summer, hundreds of kids attend day camps at the YMCA of Greater Nashua.**

For more than 200 campers, their summer experiences are only made possible because of donor-funded financial assistance. Camp gives them connection, activity, mentors, confidence, resilience and safe spaces while their parents work.

**Camp allows them to be kids.**

However, access to outdoor education and engagement with the natural world is often determined by economic status.

**Help send a kid to camp.  
Your gift will change lives.**

[www.nmymca.org/annualcampaign](http://www.nmymca.org/annualcampaign)



# WELCOME

Welcome to the YMCA of Greater Nashua Summer Camps! Starting with Camp Sargent in 1924, thousands of youth have come to us for an experience that leaves them feeling confident, learning new skills, and making friendships that last a lifetime. Through our core values of Caring, Honesty, Respect, and Responsibility, adventure awaits! We cannot wait for you and your kids to be part of it this summer!

When thinking about our camp experience, the first thing you need to know is that we are a community of people who come together every day to bring out the best in each other. When your camper comes to our camps, they will feel like they belong, as they become part of the Y family. Camp friends are just different from other friends!

At the heart of the camp experience is a building up of confidence through competence. While at camp, your camper will: try things they have never done before, set goals and work to accomplish them, and build skills that can create lifelong interests and pursuits. Through all of those things, our staff will make sure their success is celebrated and their challenges are a moment of learning. By going through these experiences, campers learn the importance of perseverance and translate the skills they have gained back into their life outside of camp.

As you look through this guide, we challenge you to think about the possibilities! What will trying something new look like for your camper? What do they enjoy and want to get better at? What do you want them to learn in their time with us? Away from screens and with caring adult role models, we are ready to help your camper grow all summer long!

From Our Team to Yours,  
The Camp Directors of the YMCA of Greater Nashua

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## MEET OUR CAMP DIRECTORS

# 2020 SUMMER CAMP DIRECTORS



Tiffany Joslin | [tjoslin@nmymca.org](mailto:tjoslin@nmymca.org)  
**Camp Sargent Director**

Tiffany started her Camp Sargent career, in 2012, as the program director for Camp Sargent's Play Acting Camp. Since then she has been an important part of the day to day operations of camp, and developing it into one of the top summer camps in the area, as one of our Assistant Camp Directors. When Tiffany is not at camp she likes to shop, soak up the sun at the beach, read, watch reality TV, and travel. There is nothing in the world she loves more than spending time with her family and friends.



Kristen Capriotti | [kcapriotti@nmymca.org](mailto:kcapriotti@nmymca.org)  
**Camp Create Director**

Kristen has been working in Y Camp since 2000 and is excited to be taking on the position of Camp Create Director. Kristen a Certification in Dance Education as well as an A.A.S in American Sign Language Interpreting and has been teaching dance for over 20 years. She is ready to bring her passion for creativity to your child's summer experience.



Tracy Beauregard | [tbeauregard@nmymca.org](mailto:tbeauregard@nmymca.org)  
**Sports Camp Director**

Tracy has been a commanding force in YMCA sports since the day she walked into the Merrimack YMCA. With experience running program for preschoolers all the way through high school, Tracy understands the importance of balancing strong athletic effort with the teaching of life skills to carry youth beyond their sport. She cannot wait to have campers experience the magic of the Sports Camp at the Westwood Park YMCA.



Odilina Pichardo | [opichardo@nmymca.org](mailto:opichardo@nmymca.org)  
**Accountant/Camp and Childcare Administrator**

Odilina joined the YMCA's Administrative Office's finance team in October of 2018. She started as a junior accountant at the Y and today serves as Camp and Childcare Administrator. If you have any questions about registration, challenges with camp paperwork, or need help setting up payment plans, Odilina is her to help make your camp experience easy. You may have seen her at the Y branches working out in group exercise classes or with her two children who go the Merrimack Y's Early Education Childcare Center.



# 2020 SUMMER CAMP STAFF

Working at Summer Camp is an experience like no other and your camper will be the one to benefit. The Staff at the YMCA of Greater Nashua Camps are among the best you will find anywhere as they adhere to a very high standard of quality programming and camp philosophy:

**Camp should be fun.  
Camp should be meaningful.**

Our staff will be there with your camper every step of the way to ensure a summer like no other. If they are having the best day of their summer, or need some support to pick themselves up. Our camp staff is trained to handle everything with emotional support and complete professionalism. If there is one thing your camper will talk about after their experience, it will be the staff!

## CAMP GENERAL SCHEDULE

7-9am	PRE CAMP (Child must be registered for this.)
8:45-9:15am	Check in on the field (Indoors if inclement weather)
9:15-9:30am	Morning Meeting/Activity
9:30-10am	Morning Snack
10am-Noon	Program Time
12-12:30pm	Lunch
12:30-1pm	Outdoor Group Activities
1-3:30pm	Afternoon Activity Rotation (Most days will include water activity.)
3:30-4pm	Afternoon Snack and Outdoor Play
4-4:15pm.	Dismissal
4-6pm	POST CAMP (Child must be registered for this.)

## GENERAL CAMP SCHEDULE/ WHAT TO PACK

## WHAT TO PACK FOR CAMP

Please make sure your child's name is on all belongings and have them leave any valuables, electronics, cell phones and toys at home. Additionally, all YMCA of Greater Nashua summer camps are nut free for the safety of campers and staff.

**Swimsuit  
and Towel**

**Refillable  
Water Bottle**

**Healthy Lunch  
and Two Snacks  
(non-heatable and  
nut free, please)**



**Sunscreen and  
Bug Repellent**

**Closed Toe  
Shoes**

**Extra Pair  
of Socks**

**An "I'm Ready to Have Fun" Attitude!**



# GENERAL INFORMATION FOR FAMILIES/PARENTS

## GENERAL INFORMATION

### CAMP WEEKS

Week 1*	June 15-19 (Single Days Available)
Week 2	June 22-26
Week 3	June 29-July 3
Week 4	July 6-10
Week 5	July 13-17
Week 6	July 20-24
Week 7	July 27-31
Week 8	August 3-7
Week 9	August 10-14
Week 10	August 17-21
Week 11*	August 24-28 (Single Days Available)
Week 12*	August 31-Sept. 4 Camp Sargent Only (Single Days Available)

\* Weeks 1, 11 and 12 (single-day weeks): Parents can register for single days these weeks or the full week.

### REGISTRATION

Registering for camp only takes a few minor steps. You will be ready for an incredible experience with us in no time.

1. You can register online at [nymymca.org/camps](http://nymymca.org/camps) or by coming into the Welcome Center at any of our locations.
2. When you register, there will be a \$25 deposit needed per week of camp registered.
3. You can register up to 11:59pm on the Thursday before the week of camp your child will be attending.
4. Camp balances must be paid by the Wednesday before a week of camp to ensure enrollment in camp.
5. If you have any questions, you can reach out to any of the camp directors for more information and answers.

### SIBLING DISCOUNT

The YMCA of Greater Nashua provides a sibling discount for siblings within the same household who sign up for the same camp week in the same camp location: Camp Sargent, Camp Create and Sports Camp. These discounts cannot be used in conjunction with any other discount or promotion and can't be transferred. This discount can only be applied in house at either the Nashua, Merrimack or Westwood Park YMCA Welcome Centers.

1st Child - Full Price  
2nd Sibling - \$10 off  
3rd Sibling - \$15 off

### BUSSING INFORMATION

If you need transportation to get campers to a specific YMCA location for their desired camp we offer a bus route that can pick your child up at any of our locations and then transport them back in the afternoon for easy pickup. \$60 per person per week (Limited space).

#### Morning Route

Stop #1	8:15 AM	Nashua YMCA
Stop #2	8:27 AM	Merrimack YMCA
Stop #3	8:45 AM	Westwood Park YMCA
Stop #4	9:00 AM	Camp Sargent

#### Afternoon Route

Stop #1	4:00 PM	Camp Sargent
Stop #2	4:15 PM	Westwood Park YMCA
Stop #3	4:30 PM	Merrimack YMCA
Stop #4	4:45 PM	Nashua YMCA

The last stop in the morning is Camp Sargent and the bus will leave from Camp Sargent at 4 pm each afternoon. (All times are approximate based on traffic and weather)

NO BUS TRANSPORTATION WEEKS 1, 11 & 12.

Camp Weeks

Registration  
Information

Sibling Discount

Bussing  
Information





# YMCA CAMP SARGENT on Lake Naticook

141 Camp Sargent Road, Merrimack, NH | Camp Director: Tiffany Joslin | [tjoslin@nymca.org](mailto:tjoslin@nymca.org)

## Camp Hours

Camp Day:  
9 AM – 4 PM

## Pre and Post Camp

Camper can be dropped off beginning at 7 AM and picked up by 6 PM. There is one fee for both pre and post care.

## Pre/Post Cost

\$60 per child per week covers both



# YMCA CAMP SARGENT

141 Camp Sargent Road, Merrimack, NH | 603.880.4845

## CAMP SARGENT on Lake Naticook

CAMP DIRECTOR: Tiffany Joslin | [tjoslin@nmyymca.org](mailto:tjoslin@nmyymca.org) | 603.881.7778 | 603.880.4845  
(winter) (summer)

Our 22 acre lake front day camp provides the natural setting for children to forge friendships, memories, & leadership skills that will last a lifetime.

### Summer FUN (Grades K-8)

A traditional day camp experience. Swimming, boating, archery, nature, arts and crafts, drama, yoga, Gaga, board games, fishing, hiking, songs, scavenger hunts and more, ALL SUMMER LONG!

#### Kindergarten Price Per Week

YMCA Family Member: \$206

Community Member: \$336

Ask about our ½ day option and pricing (9am-1pm).

#### Grades 1-8 Price Per Week

YMCA Family Member: \$196

YMCA Youth Member: \$245

Community Member: \$294

Since 1924, Camp Sargent has been a place thousands of children and adults have found a community to belong to. At the heart of Camp Sargent is the joy of fun combined with learning and exploration. This all combined with caring adult role models, your camper will have an experience that will last a lifetime.

Camping is about learning new skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn to be more independent. Being guided by the four core values of Caring, Honesty, Respect, and Responsibility, you camper will transform learning a skill into confidence in themselves!

### Summer Camps

Summer FUN  
Grades K-8

Specialty Camps  
Grades 1-9

Swim Lessons on  
Lake Naticook  
Ages 6-12

Leaders in  
Training Program  
Grades 9-12



**Please Note:**  
Free swim is held mornings and afternoons for campers who choose to swim. Due to the high volume of campers and the limited amount of space for certain activities, not all children will have the opportunity to participate in each activity on a daily basis.

 /ymcacampsargent

Like Us on Facebook for Events,  
Videos, Pictures and Important Updates!



# YMCA CAMP SARGENT

141 Camp Sargent Road, Merrimack, NH | 603.880.4845

## FRIDAY THEME DAYS

Every Friday at Camp Sargent is a theme day. We invite our campers to come to camp dressed for the theme of the day. During Week 12 we have a new theme every day as we celebrate the end of summer with our campers. We ask that the campers don't bring any weapons or inappropriate clothing to camp. (Theme days are subject to change.)

June 19	Spirit Week
June 26	Pirate Day
July 3	Party In The USA
July 10	A Year to Remember
July 17	Freaky Friday
July 24	Sargent's Got Talent
July 31	Olympics
August 7	Escape the Day
August 14	Disney
August 21	Hawaiian Hullabaloo
August 28	Welcome to the Jungle
Week 12 (Aug. 31- Sept. 4)	Spirit Week: Movie Star Monday Tropical Tuesday Wacky Wednesday Tye Dye Thursday Fan Friday

## Summer Camps

**Summer FUN**  
Grades K-8

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## FUN ALL SUMMER LONG June 15 – September 4

### SPECIALTY CAMPS:

**YMCA Family Member: \$225 | YMCA Youth Member: \$282 | Community Member: \$338**

**Please note:** Due to the amount of time specialty camps take, your child may not be able to partake in all the daily camp programs. Field trips (on and off site), guest speakers and professional demonstrations are planned (for certain sessions).

#### Archery Camp (Grades 5-9)

One of the most popular activities at camp, campers will learn proper technique and safety of this sport. Limit 10 Campers per session.

#### Arts of All Sorts Camp (Grades 1-4)

A mash up of all different types of art techniques in one CAMP! You will become a master artist developing skills in painting, drawing, sculpting, and more while learning about different artist who have paved the way of art.

#### NEW! Digging for Dinos Camp (Grades K-2)

Calling all future paleontologists! Excavate an adventure packed with fossilized FUN! Uncover clues of the past as you embark on a prehistoric dino dig, you will learn about these extinct creatures through fun games, crafts, adventures, and hunts!

#### NEW! Fancy Fairy Camp (Grades 1-2)

This camp is perfect for your little fairy. We will dance, read stories, do arts and crafts, and use nature to build our own fairy village. At the end of the week your fairy will have to dress up in their fanciest clothes for a tea party they will never forget. Campers will let their inner Fairy shine in the magical and natural environment of Camp Sargent!

#### Farm Camp (Grades 1-9)

Combining hands-on farm education and sustainable living is what this camp is all about. Campers will interact with animals each day performing chores, learning how to care for them, and understand their importance on a farm. During their time in the camp, each camper will learn about planting, weeding, composting, and harvesting in our vegetable garden.

#### Forts, Bridges & Skyscrapers Camp (Grades 1-4)

We'll look at the natural and man-made world around us, while learning to work individually as well as part of a team. Creativity and problem solving are fostered inside of this camp! Will your structures uphold to the challenge we have in store!

#### NEW! H2O Academy (Grades 3-9)

Come splish and splash with us! In this water based camp you will learn important water skills such as paddling 101, safety around water, water exercise, and challenges. You will then test those skills by exploring the beautiful lake Naticook, in the different vessels Camp Sargent Pier has to offer!

#### Harry Potter Camp (Grades 3-6)

Leave Camp Sargent Road and the Muggle world behind us as you transform into a student at Hogwarts' School of Witchcraft and Wizardry. This camp is a celebration of all things Hogwarts! Wizards will be able to create and taste their very own Hogwarts' snacks, concoct potions, create spell books, create their own magic wands and capes, and so much more! If your inner wizard is dying to get out, then this camp is right up your Diagon Alley.

#### NEW! Photography Camp (Grades 5-9)

Aspiring photographers will learn composition as well as the importance of light when taking a photograph. They will be able to practice and edit throughout the week. Campers will travel all around camp Sargent taking photos of nature, camp wide events, and get in on the action at some of our program areas! Must provide own digital camera.

#### NEW! Sports of All Sorts Camp (Grades 1-9)

Our enthusiastic and experienced counselors guide this multi-sport camp to provide a safe and fun environment for kids to play sports, work as a team, and build self-confidence! They will enjoy sports they already know, as well as try new activities, such as flag football, wiffle ball, soccer, basketball, kickball, volleyball, and some new games with a twist. This is the perfect camp for your sports fan!



### Summer Camps

Summer FUN  
Grades K-8

Specialty Camps  
Grades 1-9

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Training Program  
Grades 9-12



# YMCA CAMP SARGENT

141 Camp Sargent Road, Merrimack, NH | 603.880.4845

## NEW! Superhero Training Camp (Grades K-2)

Superheroes will receive the training they need to tap their inner superhero potential through the YMCA core values as a base! At the training camp, they will have the chance to create his/her "secret identity," improve their "super skills", and make new friends! This is no ordinary camp for ordinary kids: this camp is for HEROES!

## Survivor Camp – 2 week camp (Grades 5-9)

Through both physical and mental challenges, campers will participate in activities that will push them to dig deep in themselves and trust in their peers to overcome obstacles, both physical and not. Campers will develop self-confidence, independence, and leadership in this camp, along with skills to survive in the wild! Do you have what it takes to be the ultimate survivor?



## SWIM LESSONS ON LAKE NATICOOK

### Week 2 – 10

Swim lessons are offered at the conclusion of the camp day, selected weeks for registered Camp Sargent campers (for those weeks). Campers will be taught the fundamentals of proper swim mechanics and aquatic safety. Our goal for your child is that they leave each class as a more confident swimmer! Limit 6 per class. Pre/Post camp registration also required for applicable weeks. If inclement weather, classes will be canceled without a refund.

Ages 6-8 4:10-4:40pm or 4:50-5:20  
Ages 9-12 5:30-6pm

Beginner, intermediate and advanced classes will be offered each time slot. Please see swim level descriptions of what each level equates to if they were to take lessons at the Merrimack or Nashua

**Y Family Member: \$38/week**  
**Y Youth Member: \$57/week**  
**Community Member: \$76/week**

## Swim Level Descriptions:

### Beginner level:

Beginner level is intended for children who have never had a formal swim lesson and have minimal swim experience.

### Intermediate Level

Prerequisite: Completion of Beginner level or approval from the Waterfront Director. Intermediate Level is intended for children who can swim independently without flotation 10 yards and are comfortable submerging his or her face in the water.

### Advanced Level

Prerequisite: Completion of Intermediate level or approval from the Waterfront Director. Advance level is intended for children who can swim 25 yards of proper front and back crawl.

## Summer Camps

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Grades 9-12

# YMCA CAMP SARGENT

141 Camp Sargent Road, Merrimack, NH | 603.880.4845

## LEADERS IN TRAINING (LIT) (Grades 9-12)

CAMP DIRECTOR: Tiffany Joslin | [tjoslin@nmymca.org](mailto:tjoslin@nmymca.org)

The Camp Sargent Leaders in Training (LIT) program is designed to help teens find their next level of leadership development and community service. through this programs, our LITs get the opportunity to build positive relationships with each other, learn how to effectively work with youth of all ages, and be an integral part of the Camp Sargent Team. LITs get to be on the ground leaders alongside our staff to create the magic Sargent has to offer.

### PRICE PER SESSION

Y Family Member: \$220

Y Youth/Teen Member :\$330

Community Member: \$440

### SESSION DATES

• June 22-July 3

• July 6-17

• July 20-31

• Aug 3-14

The LIT program is a selective program. We ask that participants apply for the program and submit applications to the Camp Sargent Director, Tiffany Joslin. You will then be contact about the ability to register for the program if we believe it is a good fit. Being an LIT is hard work, but fun work, so we want to make sure your teen is ready for it!

**Applications can be found on our website at: [nmymca.org/camps/camp-sargent/](http://nmymca.org/camps/camp-sargent/)**

As an LIT, your teen will be exposed to and gain experience in the following:

- Team building
- Group Facilitation
- Relationship Building
- Creative Programming
- Positive Youth Development
- Conflict Management and Problem Solving
- Life Skills that will prepare them for the future
- and lots and lots of fun



### Summer Camps

Summer FUN  
Grades K-8

Specialty Camps  
Grades 1-9

Swim Lessons on  
Lake Naticook  
Ages 6-12

Leaders in  
Training Program  
Grades 9-12





# MERRIMACK YMCA CAMPS

6 Henry Clay Drive, Merrimack, NH | Camp Director: Kristen Capriotti | [kcapriotti@nymymca.org](mailto:kcapriotti@nymymca.org)

## Camp Hours

Camp Day:  
9 AM – 4 PM

## Pre and Post Camp

Camper can be dropped off beginning at 7 AM and picked up by 6 PM. There is one fee for both pre and post care.

## Pre/Post Cost

\$60 per child per week covers both

## CAMP CREATE (Grades 1-6)

**CAMP DIRECTOR:** Kristen Capriotti | kcapriotti@nmymca.org | 603.881.7778

Campers can indulge their creative side through various specialty camps with a focus on the visual and performing arts. Many camps will have a performance or showing at the end of the week to demonstrate what they learned.

**Camp Create Sampler**—Single Days Available  
We offer individual days for Week 1 and 11 due to the local school schedules.

### Week 1

#### Grades 1-3

Mon: Dance  
(Jazz/Ballet)  
Tues: Lego Art  
Wed: Dance  
(Lyrical/Hip Hop)  
Thurs: Cooking  
Fri: Let's Get Messy

#### Grades 4-6

Mon: Dance  
(Jazz/Ballet)  
Tues: Wearable Art  
Wed: Dance  
(Lyrical/Hip Hop)  
Thurs: Comic Book Art  
Fri: Cooking

### Week 11

#### Grades 1-3

Mon: Slime Time  
Tues: Tumbling  
Wed: Create-a-Dance  
Thurs: Canvas Painting  
Fri: Wearable Art

#### Grades 4-6

Mon: Create-a-Dance  
Tues: Canvas Painting  
Wed: Tumbling  
Thurs: Creative Writing  
Fri: Comic Book Art

### Acting 101 - 2 week camp (Grades 4-6)

The first step to understanding what acting is all about! In this fun and supportive environment, campers will learn different aspects of acting and theater through improv activities, scene-play dialogue work, and set design. This 2-week camp will end with a final informal performance open to family and friends.

### Ballet Dance (Grades 1-3)

Campers will learn proper ballet terminology and technique. Ballet camp will include stretches, barre work, center work, across the floor, and choreography. Campers will also get the opportunity to do some FUN ballet crafts! Small performance of your dancers' hard work at the end of the week

### Brix-ology (Grades 1-6)

This camp will be centered on playing and building with Legos each day and create awesome Lego Art! Campers will be given 2 projects/tasks to accomplish with Legos to create and build! We will take pictures of each sculpture and make an album to display at the end of the week.

### Cooking Kids (Grades 1-6)

It's never too early to get into the kitchen! Campers will try new foods, practice math, follow directions, learn about nutrition basics, and develop safety techniques all while making something delicious! They will even get the chance to take part in our chopped challenge!

### Dance Sampler (Grades 1-6)

Just like our popular class, this camp will give your dancer a chance to discover their favorite dance style. Each day your dancer will get to try a variety of different dance techniques. They will learn different moves in ballet, jazz, hip-hop, acro, and lyrical. Students will learn choreography, make up dances of their own, and put on a small performance for family and friends at the end of the week!

### Hip Hop Dance (Grades 1-6)

Campers will learn the basics of hip-hop dance like rhythm, coordination, and balance through age-appropriate movements set to fun upbeat music. At the end of the week, we will host a small showcase of your dancer's hard work!

### Irish Step (Grades 1-6)

This camp is an introduction to Irish Dance technique and basic soft shoe movements focusing on balance and musicality. Campers will learn basic movements, counting the beats and having fun while Irish dancing! We will host a small performance at the end of the week!







# MERRIMACK YMCA CAMPS

6 Henry Clay Drive, Merrimack, NH | 603.881.7778

## Summer Camps

### Camp Create Grades 1-6

#### **Lyrical Dance (Grades 1-6)**

Lyrical is a fusion of ballet and jazz, with expressive motions that tell a story. Campers will learn lyrical technique along with how to express emotion through movement.

#### **Master Monets (Grades 1-6)**

Your kids will become mini master artists right before your eyes. Each day we will talk about new artists and re-create their technique. Before you know it you will have a mini master artist on your hands. At the end of the week, we will host an art show for family and friends to enjoy!

#### **Musical Theater (Grades 1-3)**

This upbeat camp teaches Broadway-style jazz choreography and show-stopping stage presence with a focus on learning acting and song-and-dance numbers from a variety of musical productions.

#### **Painting (Grades 1-6)**

Ready set paint! During this class, campers will navigate through the world of paint. Playing with watercolor, color mixing and homemade paints. Everything your camper will need to know about painting will be learned in this camp! We will end the week with an art show to display all of our masterpieces.

#### **Paper Craft (Grades 1-3)**

Campers will learn different aspects of making paper crafts such as origami, cool paper airplanes and other fun activities.

#### **Pottery (Grades 1-6)**

Your young artist will explore new textures by using clay and different clay tools to make wonderful masterpieces they can bring home. Campers will not only be using clay throughout this class, using different kinds of materials to create all different sculptures that they can take home and enjoy.

#### **Sewing 101 (Grades 4-6)**

Crafty campers will create their own pieces to wear using different textiles and learning how to hand and machine sew. Join us at the end of the week for our mini-fashion show.

#### **Silly Science (Grades 1-6)**

Your camper will explore their silly side while doing fun science experiments and learning lots of cool new facts. We will be doing super silly science experiments that are cool and easy to do! Campers will love how much fun these make learning!

#### **Sing it out (Grades 1-3)**

During this camp participants will learn musical techniques, diction and proper posture through group and solo singing. A small concert will be given at the end of the week!

#### **Story Book Art (Grades 4-6)**

Campers get to explore their imaginations by making their very own book. We will use multiple materials and learn different ways on how to make a book while creating their own story and illustrations. Campers will get to read their stories to other campers, and showcase their work in a meet the author night on the last day!

#### **Theater Improv (Grades 1-3)**

Give your imagination a blast of spontaneity! Improvisation works to increase a child's observation and concentration skills while freeing their imaginations! Campers will learn the basic rules of improvisation and then put them to use playing performance games.

#### **Tumbling (Grades 1-6)**

Campers will work on basic tumbling progressions like forward rolls, backward rolls, handstands, handstand drills, cartwheels, and round-offs.

#### **Watercolors (Grades 1-3)**

Campers will learn different techniques on making different patterns with fun everyday items and watercolor paint. They will even learn about what brush can make what kind of line with their watercolors.

#### **Wearable Art (Grades 1-3)**

What's better than making art you can wear! Campers will create masterpieces they can wear using different techniques and materials, such as tie-dye and duct tape, to make clothing, jewelry and so much more! We will end the week with a mini fashion show to display our masterpieces!



# YMCA PRESCHOOL SUMMER PROGRAMS

Fun-filled, recreational programs based out of our Nashua YMCA and the Merrimack Y Early Education Center. Each week centers on a unique theme, with lots of creativity built in. View options on our web site at [www.nmymca.org/camps](http://www.nmymca.org/camps).



YMCA preschool  
summer programs  
are available all  
summer long at our  
Nashua YMCA and  
Merrimack YMCA.







# SPORTS CAMPS

Tennis Camps at the Merrimack YMCA: 6 Henry Clay Drive, Merrimack, NH

All Other Sports Camps at the Westwood Park YMCA: 90 Northwest Blvd, Nashua NH

Camp Director: Tracy Beauregard | [tbeauregard@nymymca.org](mailto:tbeauregard@nymymca.org)

## Camp Hours

Camp Day:  
9 AM – 4 PM

## Pre and Post Camp

Camper can be dropped off beginning at 7 AM and picked up by 6 PM. There is one fee for both pre and post care.

## Pre/Post Cost

\$60 per child per week covers both



# SPORTS CAMPS

Westwood Park YMCA: 90 Northwest Blvd, Nashua, NH | 603.402.2258  
Merrimack YMCA: 6 Henry Clay Drive, Merrimack, NH | 603.881.7778

## Summer Camps

Sport Camps  
Grades 1-6

Training Camp  
Grades 6-12

## SPORTS CAMP (Grades 1-12)

CAMP DIRECTOR: Tracy Beauregard | tbeauregard@nymymca.org | 603.881.7778

YMCA Sports Camp is a perfect destination for every child who enjoys playing sports and being active. Sports Camp introduces and emphasizes the fundamentals of sports. From skills to drills, to the importance of teamwork, Sports Camp provides a fun and supportive environment for athletes of all skill levels. Whether your camper is new to sports, a seasoned vet, or somewhere in-between, YMCA Sports Camp is a perfect choice for your young athlete.

### All Ball Camp (Grades 1-6)

Play like a pro this summer! All Ball is the perfect camp for the child who wants a little bit of everything when it comes to sports. Throughout each day, All Ball campers will enjoy playing an array of sports and games while also diving deep into the week's core sport theme. Tournaments in the core sport will be held on Fridays!

#### CORE SPORTS THEMES:

Week 1: Sports Sampler  
Week 2: Rookie of the Year  
Week 3: World Cup  
Week 4: Final Four  
Week 5: Super Bowl  
Week 6: YMCA Olympiad  
Week 7: Bump It!  
Week 8: Premier League  
Week 9: Hoop it Up  
Week 10: Wide World of Sports  
Week 11: Sports Sampler

#### DAILY SPORTS CAMP SCHEDULE:

9:00 am Huddle Up  
9:30 am Play On  
10:15 am Hydrate!  
10:30 am Core Sport Skills  
11:15 am Core Sport Game  
12:00 pm Refuel – Lunch  
1:00 pm Fielder's Choice  
1:45 pm Hydrate!  
2:00 pm Sports Period 1  
3:00 pm Sports Period 2  
3:45 pm Huddle Up

### ALL-STAR SPECIALTY CAMPS (Grades 1-6)

For athletes who want to spend more time honing their skills and focusing on a specific sport. Local high school and college athletes and coaches help develop campers' talent and passion for the game. Each day will focus on skill development, strategy, game play and, most importantly, fun!

#### Basketball Camp

Weeks 3, 6 and 10

#### Tennis Camp

(9 am - Noon, Merrimack YMCA)  
Week 5

#### Flag Football Camp

Weeks 4 and 9

#### Volleyball Camp

Weeks 5 and 8

#### Soccer Camp

in Partnership with  
In the Net Sports Academy  
Weeks 2 and 7



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## TRAINING CAMPS (Grades 6-12)

Get ready for your Middle and High School fall sports seasons with these high intensity camps designed to help you stand out at tryouts this summer! Professional coaches and trainers will help with your skill development and physical fitness as you prepare for the best season of your career. Whether it is sport specific or conditioning programs, go back to your Volleyball, Football, Cross Country, Soccer, Golf, Cheer and Field Hockey seasons ready to shine.

Camps run Monday-Thursday from 6-8 pm. Campers will be separated into age groups

## Strength and Conditioning Camp

Work with a YMCA Personal Trainer to build strength, endurance and flexibility to help you on the field and reduce the likelihood of injury and – Improve overall body control and develop quicker reaction times along with better balance and coordination. Camp will consist of two days of speed and agility and two days of strength and conditioning.

## Summer Camps

Sport Camps  
Grades 1-8

Training Camp  
Grades 6-12

# SPECIALTY CAMPS SCHEDULE

Weeks noted with a ☐ are the weeks available for that camp. FM= Family Membership, YM= Youth Membership, CM= Community Member or Non Y Member. Our camp days run from 9 AM - 4 PM. Grade determination based on the grade the camper is entering in Fall 2020. ^ Weeks 1 and 12 are single day weeks.

## Camp Sargent on Lake Naticook *(Camp descriptions on pages 10-12)*

Camp Name	Grade	Price	Wk 1^ 6/15-6/19	Wk 2 6/22-6/26	Wk 3 6/29-7/3	Wk 4 7/6-7/10	Wk 5 7/13-7/17	Wk 6 7/20-7/24	Wk 7 7/27-7/31	Wk 8 8/3-8/7	Wk 9 8/10-8/14	Wk 10 8/17-8/21	Wk 11 8/24-8/28	Wk 12^ 8/31-9/4
Entering Grades K-4														
Digging for Dinos Camp	K	FM-\$225 YM-\$282 CM-\$338				<input type="checkbox"/>			<input type="checkbox"/>					
Fancy Fairy Camp	K				<input type="checkbox"/>		<input type="checkbox"/>							
Superhero Training Camp	K			<input type="checkbox"/>				<input type="checkbox"/>						
Arts of All Sorts Camp	1-2						<input type="checkbox"/>							
Digging for Dinos Camp	1-2										<input type="checkbox"/>			
Fancy Fairy Camp	1-2										<input type="checkbox"/>		<input type="checkbox"/>	
Farm Camp	1-2								<input type="checkbox"/>				<input type="checkbox"/>	
Forts, Bridges and Skyscrapers Camp	1-2			<input type="checkbox"/>		<input type="checkbox"/>								
Sports of All Sorts Camp	1-2				<input type="checkbox"/>									
Superhero Training Camp	1-2									<input type="checkbox"/>				
Arts of All Sorts Camp	3-4												<input type="checkbox"/>	
Farm Camp	3-4			<input type="checkbox"/>						<input type="checkbox"/>				
Forts, Bridges and Skyscrapers Camp	3-4									<input type="checkbox"/>				
H2O Academy	3-4						<input type="checkbox"/>						<input type="checkbox"/>	
Harry Potter Camp	3-4				<input type="checkbox"/>	<input type="checkbox"/>						<input type="checkbox"/>		
Sports of All Sorts Camp	3-4							<input type="checkbox"/>						
Entering Grades 5-9														
Archery Camp	5-6	FM-\$225 YM-\$282 CM-\$338							<input type="checkbox"/>				<input type="checkbox"/>	
Farm Camp	5-6										<input type="checkbox"/>			
Harry Potter Camp	5-6			<input type="checkbox"/>										
H2O Academy	5-6						<input type="checkbox"/>			<input type="checkbox"/>				
Photography Camp	5-6							<input type="checkbox"/>						
Sports of All Sorts Camp	5-6											<input type="checkbox"/>		
Survivor Camp (2 Week Session)	5-6	FM-\$450 YM-\$562 CM-\$675			<input type="checkbox"/>									



## Camp Sargent on Lake Naticook (Camp descriptions on pages 10-12)

Camp Name	Grade	Price	Wk 1^ 6/15-6/19	Wk 2 6/22-6/26	Wk 3 6/29-7/3	Wk 4 7/6-7/10	Wk 5 7/13-7/17	Wk 6 7/20-7/24	Wk 7 7/27-7/31	Wk 8 8/3-8/7	Wk 9 8/10-8/14	Wk 10 8/17-8/21	Wk 11 8/24-8/28	Wk 12^ 8/31-9/4
Entering Grades 5-9														
Archery Camp	7-9	FM-\$225 YM-\$282 CM-\$338		<input type="checkbox"/>						<input type="checkbox"/>				
Farm Camp	7-9						<input type="checkbox"/>							
H2O Academy	7-9				<input type="checkbox"/>						<input type="checkbox"/>			
Photography Camp	7-9											<input type="checkbox"/>		
Sports of All Sorts Camp	7-9					<input type="checkbox"/>								
Survivor Camp (2 Week Session)	7-9	FM-\$450 YM-\$562 CM-\$675						<input type="checkbox"/>						
Entering Grades 9-12														
Leaders in Training (2 Week Session)	9-12	FM-\$220 YM-\$330 CM-\$440		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>				

## Camp Create at the Merrimack YMCA (Camp descriptions on pages 14-15)

Camp Name	Grade	Price	Wk 1^ 6/15-6/19	Wk 2 6/22-6/26	Wk 3 6/29-7/3	Wk 4 7/6-7/10	Wk 5 7/13-7/17	Wk 6 7/20-7/24	Wk 7 7/27-7/31	Wk 8 8/3-8/7	Wk 9 8/10-8/14	Wk 10 8/17-8/21	Wk 11^ 8/24-8/28
Entering Grades 1-3													
Arts Sampler	1-3	Single Day Options Available	<input type="checkbox"/>	Only Available Weeks 1 and 11. See page 14 for description. FM-\$39 per day; YM-\$49 per day; CM-\$59 per day									<input type="checkbox"/>
Ballet Dance Camp	1-3	FM-\$196 YM-\$245 CM-\$294			<input type="checkbox"/>								
Brix-ology Camp	1-3			<input type="checkbox"/>									
Cooking Kids Camp	1-3									<input type="checkbox"/>			
Dance Sampler Camp	1-3										<input type="checkbox"/>		
Hip Hop Dance Camp	1-3					<input type="checkbox"/>							
Irish Step Dance Camp	1-3							<input type="checkbox"/>					
Lyrical Dance Camp	1-3						<input type="checkbox"/>						
Master Monets Camp	1-3											<input type="checkbox"/>	
Musical Theater Camp	1-3									<input type="checkbox"/>			
Painting Camp	1-3				<input type="checkbox"/>								
Paper Craft Camp	1-3								<input type="checkbox"/>				

# SPECIALTY CAMPS SCHEDULE

Weeks noted with a ☐ are the weeks available for that camp. FM= Family Membership, YM= Youth Membership, CM= Community Member or Non Y Member. Our camp days run from 9 AM - 4 PM. Grade determination based on the grade the camper is entering in Fall 2020. ^ Weeks 1 and 12 are single day weeks.

## Camp Create at the Merrimack YMCA *(Camp descriptions on pages 14-15)*

Camp Name	Grade	Price	Wk 1^ 6/15- 6/19	Wk 2 6/22- 6/26	Wk 3 6/29- 7/3	Wk 4 7/6- 7/10	Wk 5 7/13- 7/17	Wk 6 7/20- 7/24	Wk 7 7/27- 7/31	Wk 8 8/3- 8/7	Wk 9 8/10- 8/14	Wk 10 8/17- 8/21	Wk 11^ 8/24- 8/28
Entering Grades 1-3 <i>continued</i>													
Pottery Camp	1-3	FM-\$196 YM-\$245 CM-\$294				<input type="checkbox"/>							
Silly Science Camp	1-3											<input type="checkbox"/>	
Sing it Out Camp	1-3								<input type="checkbox"/>				
Theater Improv Camp	1-3								<input type="checkbox"/>				
Tumbling Camp	1-3						<input type="checkbox"/>						
Water Colors Camp	1-3										<input type="checkbox"/>		
Wearable Art Camp	1-3			<input type="checkbox"/>									
Entering Grades 4-6													
Arts Sampler	4-6	Single Day Options Available	<input type="checkbox"/>	Only Available Weeks 1 and 11. See page 14 for description. FM-\$39 per day; YM-\$49 per day; CM-\$59 per day									
Brix-ology Camp	4-6	FM-\$196 YM-\$245 CM-\$294										<input type="checkbox"/>	
Cooking Chefs Camp	4-6										<input type="checkbox"/>		
Dance Sampler	4-6											<input type="checkbox"/>	
Hip Hop Dance Camp	4-6							<input type="checkbox"/>					
Irish Step Camp	4-6			<input type="checkbox"/>									
Lyrical Dance Camp	4-6								<input type="checkbox"/>				
Master Monets Camp	4-6						<input type="checkbox"/>						
Painting Camp	4-6							<input type="checkbox"/>					
Pottery Camp	4-6									<input type="checkbox"/>			
Sewing 101 Camp	4-6				<input type="checkbox"/>								
Silly Science Camp	4-6									<input type="checkbox"/>			
Sing it Out	4-6										<input type="checkbox"/>		
Story Book Art Camp	4-6								<input type="checkbox"/>				
Tumbling Camp	4-6						<input type="checkbox"/>						
Acting 101 Camp (2 Week Session)	4-6	FM-\$392 YM-\$490 CM-\$588			<input type="checkbox"/>								



# SPECIALTY CAMPS SCHEDULE

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## Sports Camps at the Westwood Park YMCA *(Camp descriptions on pages 18–19)*

Camp Name	Grade	Price	Wk 1^ 6/15– 6/19	Wk 2 6/22– 6/26	Wk 3 6/29– 7/3	Wk 4 7/6– 7/10	Wk 5 7/13– 7/17	Wk 6 7/20– 7/24	Wk 7 7/27– 7/31	Wk 8 8/3– 8/7	Wk 9 8/10– 8/14	Wk 10 8/17– 8/21	Wk 11^ 8/24– 8/28
Junior Varsity – Entering Grades 1–3													
Sports Sampler	1–3	Single Day Options Available	<input type="checkbox"/>	Only Available Weeks 1 and 11. See page 18 for description. FM-\$39 per day; YM-\$49 per day; CM-\$59 per day									<input type="checkbox"/>
All Ball Camp	1–3	FM-\$196 YM-\$245 CM-\$294		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basketball Camp	1–3				<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	
Flag Football Camp	1–3					<input type="checkbox"/>					<input type="checkbox"/>		
Soccer Camp	1–3			<input type="checkbox"/>					<input type="checkbox"/>				
Tennis Camp 9 am to Noon (Merrimack YMCA)	1–3	FM-\$98 YM-\$123 CM-\$147					<input type="checkbox"/>						
Volleyball Camp	1–3	FM-\$196 YM-\$245 CM-\$294					<input type="checkbox"/>			<input type="checkbox"/>			
Varsity – Entering Grades 4–6													
Sports Sampler	4–6	Single Day Options Available	<input type="checkbox"/>	Only Available Weeks 1 and 11. See page 18 for description. FM-\$39 per day; YM-\$49 per day; CM-\$59 per day									<input type="checkbox"/>
All Ball Camp	4–6	FM-\$196 YM-\$245 CM-\$294		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basketball Camp	4–6				<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	
Flag Football Camp	4–6					<input type="checkbox"/>					<input type="checkbox"/>		
Soccer Camp	4–6			<input type="checkbox"/>					<input type="checkbox"/>				
Tennis Camp 9 am to Noon (Merrimack YMCA)	4–6	FM-\$98 YM-\$123 CM-\$147					<input type="checkbox"/>						
Volleyball Camp	4–6	FM-\$196 YM-\$245 CM-\$294					<input type="checkbox"/>			<input type="checkbox"/>			
Training Camp – Entering Grades 6–8 Camps run Monday–Thursday from 6–8 pm. Campers will be separated into age groups.													
Strength and Conditioning Camp	6–8	FM-\$98 YM-\$123 CM-\$147					<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Training Camp – Entering Grades 9–12 Camps run Monday–Thursday from 6–8 pm. Campers will be separated into age groups.													
Strength and Conditioning Camp	9–12	FM-\$98 YM-\$123 CM-\$147				<input type="checkbox"/>		<input type="checkbox"/>					

# MARK YOUR CALENDARS

## CAMP SARGENT EVENTS

### Family FUN Night

**Wednesday, August 5, 6-8pm**

This is a wonderful chance to be a camper all over again while sharing this unique experience with your child! Do you want to come to the family night but your child takes the bus home or gets picked up after camp? Don't worry, for this event, post camp (4-6pm) is provided for free to parents that want to meet their child at camp for the family nights. Join us for FREE food and fun!

### Summertime Carnival and Family Fun Day

**Saturday, July 25, 11am-3pm**

Join us for a Summertime Carnival and family fun day! FUN for the whole family! BBQ lunches, petting zoo, face painting and bounce houses are just a few of the activities! Admission is free. Lunch, concessions and activities cost a small fee. Proceeds to benefit YMCA Camp Sargent's Camp Improvement Fund and our associations competitive dance Team, "In Motion".

### Open House

**Saturday, May 16, 3-5pm**

**Saturday, June 6, 11am-1pm**

Senior staff as well as the director will be on hand for tours and to answer all your questions about your child's experience at Camp Sargent. If this doesn't fit your schedule just let us know and we'll happily accommodate you.

## YMCA FRIDAY NIGHT LIVE

The YMCA of Greater Nashua is excited about getting our community to gather for fun and fellowship. We invite the Greater Nashua community to join us for Friday night fun throughout the summer. We'll be hosting FREE, family-friendly, events at our Westwood Park Y and YMCA Camp Sargent.

### Summer Kickoff Event Scheduled for July 24

Join us for the official kick-off to our Summer Friday Night Live event series. Explore all that Camp Sargent has to offer including boating and swimming. Enjoy classic cook-out fare for dinner with s'mores for dessert!

**Stay tuned to our Facebook pages and web site for further details on upcoming Friday Night Live happenings throughout the 2020 summer season.**

Other scheduled Friday Night Live dates include: July 31, August 7, August 14 and August 21.

## YMCA ADVENTURE GUIDES

Family Adventure Guide events help families spend more quality time together. Join us for an activity each month that promotes family bonding through hands-on activities. You're sure to make lasting memories and maybe learn something new!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF GREATER NASHUA

### Camp Sargent

141 Camp Sargent Road  
Merrimack, NH 03054  
P: 603.880.4845  
[www.campsargent.org](http://www.campsargent.org)

### Merrimack YMCA

6 Henry Clay Drive  
Merrimack, NH 03054  
P: 603.881.7778  
[www.nmymca.org](http://www.nmymca.org)

### Nashua YMCA

24 Stadium Drive  
Nashua, NH 03062  
P: 603.882.2011  
[www.nmymca.org](http://www.nmymca.org)

### Westwood Park YMCA

90 Northwest Boulevard  
Nashua, NH 03063  
P: 603.402.2258  
[www.nmymca.org](http://www.nmymca.org)