



CATCH YOU AT CAMP

YMCA
**CAMP
LINCOLN**
EST. 1926

SUMMER 2021
Registration Begins
JANUARY 18
YMCACAMPLINCOLN.ORG

YMCA CAMP LINCOLN

YMCA Camp Lincoln is a pillar of our community and an important part of the Southern District YMCA family. The YMCA is a 501(c)(3) non-profit organization which provides opportunities for youth development, healthy living and social responsibility in the community by offering:

- Health and wellness programming for all ages at Exeter Area YMCA
- YMCA School Age Child Care at area elementary schools providing before and after school care
- Summer day camp and year-round outdoor education at YMCA Camp Lincoln

Family Members at our Exeter Area YMCA receive a discounted rate of \$10 off a week of all Traditional Camp programs.

CAMPS

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FINANCIAL ASSISTANCE IS AVAILABLE



REGISTER ONLINE

REGISTRATION OPENS JANUARY 18, 2021 AT YMCACAMPLINCOLN.ORG.

Camp fills fast; don't miss out! Please direct questions to Kristina at 603 642 3361 or kristina@ymcacamp.lincoln.org. The Y does not turn campers away for inability to pay. Applications for financial assistance are available at ymcacamp.lincoln.org or may be requested by phone or email.

LINCOLN LETTER



FACILITIES

At YMCA Camp Lincoln, the beauty of nature inspires creativity, instills a sense of adventure, and initiates opportunities for exploration.

- ☀ More than 1 mile of waterfront
- ☀ 2 archery ranges
- ☀ 65 wooded acres
- ☀ 3 sports fields
- ☀ 19 cabins
- ☀ A climbing wall
- ☀ 2 ropes courses (high and low)
- ☀ Covered pavilion, program lodge, and historic dining hall
- ☀ A fully accessible treehouse

LEADERSHIP STAFF

Reid Van Keulen
Director of Camping Services

Geof Harris
Assistant Camp Director

Kristina Wagnitz
Camp Office Manager



[Facebook.com/YMCACampLincoln](https://www.facebook.com/YMCACampLincoln)



[ymcacamplincoln](https://www.instagram.com/ymcacamplincoln)

YMCA CAMP LINCOLN

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Physical: 67 Ball Road
Kingston, NH 03848
Phone: 603 642 3361
Fax: 603 642 4340
[ymcacamplincoln.org](https://www.ymcacamplincoln.org)

Southern District YMCA is a registered 501(c)(3).
Federal Tax ID number is 04-3383996.

Dear Campers, Parents, and Friends,

Greetings from Camp Lincoln! We hope this finds you and your family healthy and well. Here at camp, we are working hard on our 2021 summer plans and do hope that you will join us for a much needed summer at camp.

Our 2020 season may have been the toughest yet in our 94-year history. We faced financial challenges, increased state guidelines, mask wearing, and program changes. However, the hardest part was not being able to serve all our families. Operating at a capacity of only 25% meant that many of our campers and staff were not able to join us this summer. All of our campers and staff are like family and unfortunately, many sacrificed their spot so others who really needed camp could attend. The act of giving up camp for a fellow camper truly represents our four core values here at Camp Lincoln of caring, honesty, respect and responsibility.

There are many traditions that make Camp Lincoln a special place including swimming in the lake, singing in the amphitheater, sitting in the big chair, trying something new, climbing the rock wall and walking the goats, but our summer staff are what make camp traditions come alive!

Most of our staff have grown up attending Camp Lincoln and join the staff team to give campers the experience they were given as campers. Many of them shared the sacrifices of missing camp for 2020 and are more than excited to return to make summer 2021 the best yet.

Looking ahead to 2021, we know kids will need camp connections more than ever and there are more challenges in front of us all. Together we can overcome them to give our kids a summer they need and one they will never forget at Camp Lincoln!

Thank you to all for your continued support, especially during these unprecedented times. We look forward to seeing you all return to the shores of Kingston Lake soon. Please do not hesitate to contact our office if we can answer any questions.

In the spirit of camp,
The Camp Lincoln Leadership Team



Reid, Kristina and Geof



TRADITIONAL DAY CAMP



NURTURING THE POTENTIAL IN EVERY CAMPER

CRITTERS

3 or 4 years old (must be 3 years old by June 1, 2021)
\$280/ 1-week session \$560/ 2-week session

Critters explore the outdoors, develop friendships and learn socialization skills while experiencing traditional camp activities. Critters are not able to participate in pre/post camp offerings. Critters must be toilet trained and able to use the bathroom independently.

1:6 Counselor to Camper Ratio

EAGLES

Entering Kindergarten–grade 2
\$275/ 1-week session \$550/ 2-week session

Eagles travel around camp as a group, enjoying activities such as arts and crafts, swimming, archery, boating, pottery, and sports. Staff encourage fun and learning, while building confidence and responsibility.

1:8 Counselor to Camper Ratio

Exeter Area YMCA Family Members rate's for Traditional Camp:
\$265/ 1 -week session
\$530/ 2 -week session

GIVE THE GIFT OF CAMP

You can help campers—like your child, grandchild or neighbor—benefit from the Camp Lincoln experience. No campers have ever been turned away because they were unable to pay. Every penny donated to the Annual Fund stays within the community to provide opportunities for everyone to learn, grow, and thrive. Donate at sdymca.org/donate.





MIDLERS

Entering grades 3-5
\$275/ 1-week session
\$550/ 2-week session

Middlers have additional privileges and responsibilities around camp. Each Middler cabin is assigned one period of swimming, an essential camp skill and will participate in a wide range of camp activities. Counselors focus on community building, self-awareness and building friendships.

1:10 Counselor to Camper Ratio

VOYAGERS

Entering grades 6-9
\$275/ 1-week session
\$550/ 2-week session

Voyagers are granted additional choices such as paddle boarding and hatchet throwing. Program choices rotate throughout the summer. Voyagers experience added responsibilities around camp and thrive on learning from their counselors.

1:10 Counselor to Camper Ratio



FRIENDSHIP

A DAY AT CAMP

CONFIDENCE



SAMPLE ACTIVITIES AT CAMP LINCOLN

- | | |
|------------------|------------------------------|
| Archery | High Ropes Course |
| Arts and Crafts | Hiking |
| Baseball | Jewelry |
| Basketball | Live Action Role Play (LARP) |
| Boating | Nature |
| Challenge Course | Card Games |
| Climbing Wall | Outdoor Living Skills |
| Cooking | Paddle Boarding |
| Fort Building | Soccer |
| Frisbee | Swimming |
| Hatchet Throwing | Woodworking |

PRE AND POST CAMP

Choose the optional pre or post camp for a small additional fee. Our caring staff will supervise campers and provide breakfast and snacks. Add either pre camp or post camp for \$40 per week or both for \$60 per week.

A DAY AT CAMP (subject to change)

PRE-CAMP **7:00-8:15**
Additional, affordable early hours offer a longer day for those who need it. Breakfast is available.

CAMP BEGINS **8:15-8:30**
Arrive and gather in the amphitheater for songs, skits and announcements. Hey Camp Lincoln, how do you feel?

UNIT TIME **8:30-9:25**
Attendance in cabins followed by the pledge, a song, camp capers and play.

PERIOD 1 **9:35-10:35**
PERIOD 2 **10:45-11:45**
LUNCH **11:45-12:25**

FREE TIME **12:25-1:25**
Choose activities like games on the field, cards, gaga dodgeball, or enjoy time with friends.

PERIOD 3 **1:35-2:35**
PERIOD 4 **2:45-3:45**

UNIT TIME **3:45-4:00**
Together, cabin units lower the flag and close out the day.

CAMP ENDS **4:00-4:30**
Camp ends with songs and closing thoughts in the amphitheater before departing by bus or car.

POST CAMP **4:30-6:00**
Additional, affordable late hours offer a longer day for those who need it. A snack is available.

ON-SITE SPECIALTY CAMP

Entering grades 4-7, \$580/ 2-week session

On-site specialty camps allow campers to focus on one area of interest for half of each day. The remainder of the day is filled with selections from our traditional camp activities. **1:10 Counselor to Camper ratio.**

Mountain Biking: Grab a bike and hit the trails! Our experienced staff help bring your mountain biking skills to the next level with basic bike maintenance, safe riding techniques, and the opportunity to try a variety of trails around camp and town. Bikes and helmets are provided, or bring your own.

Kid's Kitchen: Camp has never been so delicious! Learn kitchen safety, how to read a recipe, and a variety of cooking techniques as you try your hand at making snacks, meals and treats in the camp kitchen. Take home a recipe book so you can share your creations with your family.

Target Sports: Archery is one of our most popular camp activities. This newly designed camp will incorporate archery along with our new hatchet throwing and slingshot ranges to satisfy your quest to hit the bullseye!

Survivor: Learn to survive in the great outdoors. As a survivor, you will learn knot tying, how to build a shelter and survival raft, all about camp fires and the basics of outdoor survival.

Pottery: Spend two weeks in our pottery studio learning to throw bowls, mugs and vases on our pottery wheels. Interested in building by hand? Build yourself a piggy bank! Learn to glaze and fire your projects, and then bring home your masterpiece.

Adventure Boating: Explore Kingston Lake on kayaks and canoes. This camp includes basic paddling instruction, water rescue practice, and the opportunity to design and build your own boat. Strap on your lifejacket and get ready for fun!

Woodworking: This progressive program is perfect for wood-working beginners! Start with the basics: learn to measure, cut, sand, hammer and drill. With an emphasis on safety, campers master basic woodworking skills and create a project to take home!

Ropes Course Adventure: Experience all that our low and high rope courses have to offer here at Camp Lincoln. Spend half the day exploring our 18 different ropes course elements, learning knot tying skills, gaining confidence in climbing, swinging on our giant swing and working together on team belay. Are you up to the challenge of mastering our ropes course?

OFF-SITE SPECIALTY CAMP

Entering grades 5-9 \$640/ 2-week session

Off-site specialty camps broaden camper experiences beyond YMCA Camp Lincoln. Campers travel by bus from Camp Lincoln each morning to their off-site activity and return to camp before dismissal. **1:7 Counselor to Camper ratio.**

Adventure 101:

It's a different adventure every day! Travel outside of camp for the full day and explore the world around us. From surfing to hiking, from paddling to escape rooms, it's a little bit of everything and a whole lot of fun! Itineraries will be provided at the start of each session.

Seacoast Creations:

Discover the next level of craftsmanship! Join us as we travel the seacoast area to meet local artists, visit museums, and create works of art. Try your hand at glass blowing (weather permitting), traditional wooden boat building and more. Create and explore with us!

Adventure Fishing:

One of our most popular camp activities has become a specialty camp! Try your hand at fishing in different bodies of water around the seacoast area, from ship and shore. Expand your knowledge of types of fish, fishing gear and techniques.



TEAM BUILDING

WHERE TALENTS ARE DISCOVERED AND NURTURED

LEADERSHIP



COUNSELOR-IN-TRAINING

WHERE LEADERS EMERGE AND GROW

JUNIOR COUNSELOR-IN-TRAINING

14 years old by June 20, 2021

\$795/4-week session

Junior CIT participants take part in team building activities and learn the importance of effective communication skills as they develop the ability to work with peers and children. Junior CITs are integrated into the camp program and receive hands-on experience working in cabins, leading activities, and learning from Senior CITs and counselors.

SENIOR COUNSELOR-IN-TRAINING

15 years old by June 20, 2021

Invitation only/8-week commitment

The Senior CIT program prepares teens with development in character, problem solving skills and leadership as they continue to understand the role of a camp counselor. Senior CITs apply their training in program areas and leadership tasks throughout camp. They learn to push themselves as they gain confidence, independence and a sense of responsibility. Junior CITs are selected and invited back by camp staff to participate in the Senior CIT program.





@EXETER AREA YMCA

A DAY AT CAMP (subject to change)

PRE-CAMP 7:00-8:15
Additional, affordable early hours offer a longer day for those who need it. Breakfast is available.



DROP OFF 8:00-8:15
Campers check in at Exeter Area YMCA with staff



CAMP OPENING 8:15-8:45
Gather in the horseshoe for songs, skits, opening thought and announcements



ACTIVITY 1 9:00-10:15

ACTIVITY 2 10:30-11:45

LUNCH 11:45-12:30



FREE TIME 12:30-1:15
Choose to play activities in the field, cards, gaga dodgeball or just relaxing with friends

ALL CAMP ACTIVITY/ SPECIAL PROGRAM 1:30-3:30

Monday & Friday: Participate in all camp activities, like scavenger hunts, water activities, team games, adventure hikes and much more!



Tuesday, Wednesday, and Thursday: Take a bus to Camp Lincoln for swimming and other camp activities.

Wednesday is Theme Day at Camp!
Don't forget to dress up and be prepared for some fun, themed activities! This information will be emailed to you the week before the session.



CAMP CLOSING 3:30-4:00
Camp ends with songs and closing thoughts. Parents pick up at Exeter Area YMCA.

POST CAMP 4:00-6:00
Additional, affordable late hours offer a longer day for those who need it.

ENTERING KINDERGARTEN – GRADE 5 \$220/ 1-WEEK SESSION

Little River Camp operates out of the Exeter Area YMCA and is open to children entering kindergarten through fifth grade. In these one-week sessions, staff focus on helping campers explore new experiences and develop friendships. Campers spend time in an engaging, day-camp program at Exeter Area YMCA with field trips to YMCA Camp Lincoln! Drop off and pick up is at Exeter Area YMCA, 56 Linden Street, Exeter. Morning and evening bussing is not provided to and from Little River Camp. **1:9 Counselor to Camper Ratio**

SAMPLE ACTIVITIES AT LITTLE RIVER CAMP

- | | |
|--------------------|---------------------|
| Arts and Crafts | Cooking |
| Gaga Dodgeball | Swimming (Off-Site) |
| Sports | Jewelry Making |
| Cornhole | Nature Walks |
| Kan Jam | Orienteering |
| Archery (Off-Site) | Fort Building |
| Nature Crafts | Climbing (Off-Site) |

LITTLE RIVER CAMP

FREQUENTLY ASKED QUESTIONS



What are camp's COVID safety policies?

In 2020, we worked closely with the American Camp Association and the state of NH to follow all CDC recommendations, guidelines provided by the Governor's task force, and best practices for summer camps in our region. We will continue to monitor the situation, and follow the newest, most up-to-date guidance available in 2021. Because this situation can change from month to month, we will release our 2021 COVID procedures in the spring, before camp begins. You can find our 2020 policies for reference on our website.

Can my child be placed in a cabin with a friend?

While we hope your child will look forward to making new friends at camp, we do understand that the first day can be a little easier with a familiar face. Campers can request to be placed in the same cabin with a friend in the same age group. We cannot guarantee placement requests, but we will honor as many mutual requests as possible. This process might be a bit more challenging in 2021, depending on what our COVID safety guidelines look like by summer. So please be prepared to be flexible, and make new friends at camp!

What do campers do when it rains?

Camp Lincoln happens daily, rain or shine! Activities will continue to be held outdoors in the rain, so please send your camper with appropriate clothing. In the event of thunder, lightning, or severe weather, campers will seek shelter indoors and play games as a group.

Is there a camp nurse?

At Camp Lincoln, we do have a registered nurse on site every day at camp. They will administer any medications a camper might need, be available in case of emergency, and manage our COVID procedures and policies. All of our camp staff are also certified in First Aid and CPR.

How does camp handle nut allergies?

We are not a nut free facility. We do provide nut free areas at lunch that campers can choose to sit at if they are more comfortable there.

Can my child attend part time?

The Camp Lincoln program is designed to be a two-week experience. Camp operates in two-week sessions, Monday through Friday, 8:30 am to 4:30 pm. We do not offer any part time enrollment options.

How do you keep parents informed about camp?

Once you register for camp, you will receive a parent handbook via email. Throughout the spring, you will receive monthly emails from camp, with general information and reminders about upcoming deadlines. Shortly before camp begins, we will offer an open house for new families to tour camp, meet the staff and ask questions. While your camper attends camp, you will receive a daily email including pictures from the day, and information about the week at camp. You are always welcome to find additional information on our website or Facebook page, or call camp directly.



GROUP RENTALS

Camp Lincoln provides the perfect backdrop to celebrate any event! Whether you are looking for a rustic New England wedding, a location for a corporate rental or a place to celebrate a birthday, we are certain that Camp will provide a unique location for your special day! Our team will be happy to give you a tour and work with you to plan your perfect event. Please email Geof Harris (geof@ymcacampincoln.org) for more information about booking a group rental.



SUMMER PLANNING GUIDE

SUMMER CAMP REGISTRATION BEGINS JANUARY 18!

SUMMER KICK OFF!

Saturday, June 5 • 10:00 am – 4:00 pm

Join us to meet our leadership staff, tour camp, ask questions and have your camper familiarized with camp before their first day!

COMMUNITY NIGHTS

June 22, July 27, August 24

6:00 pm – 8:00 pm

WINTERFEST 2021

Winterfest! Bring your sleds and skates and join us for these FREE events from 9:00 am-Noon! Enjoy a morning of snowshoeing, sledding and skating, then warm up around the campfire to enjoy great conversation and delicious hot chocolate. We hope to see you at camp! **Winterfest dates will be announced once snow has fallen. Dates will be sent via email and social media.**

	June 21-25	June 28-July 9	July 12-23	July 26-August 6	August 9-20	August 23-27
TRADITIONAL DAY CAMP						
Ages 3-4	Critters 1	Critters 2	Critters 3	Critters 4	Critters 5	Critters 6
Grades K-5	Little River Camp 1	Little River Camp 2 Little River Camp 3	Little River Camp 4 Little River Camp 5	Little River Camp 6 Little River Camp 7	Little River Camp 8 Little River Camp 9	Little River Camp 10
Grades K-9	Traditional Camp Session 1	Traditional Camp Session 2	Traditional Camp Session 3	Traditional Camp Session 4	Traditional Camp Session 5	Traditional Camp Session 6
SPECIALTY CAMPS						
Grades 4-7	On-Site	Mountain Biking	Mountain Biking	Mountain Biking	Mountain Biking	
		Kids Kitchen	Kids Kitchen	Kids Kitchen	Kids Kitchen	
		Pottery	Pottery	Survivor	Survivor	
		Target Sports	High Ropes	Woodworking	Adventure Boating	
Grades 5-9	Off-Site	Adventure 101-A	Adventure 101-A	Adventure 101-A	Adventure 101-A	
		Adventure 101-B	Adventure 101-B	Adventure 101-B	Adventure 101-B	
		Seacoast Creations	Adventure 101-C	Adventure Fishing	Seacoast Creations	
JUNIOR COUNSELOR-IN-TRAINING						
Age 14		Jr CIT Session 1		Jr CIT Session 2		

Bus Schedule

LOCATION	PICK UP	DROP OFF
RABBIT		
Stratham	Stratham Hill Park	7:30 AM 5:30 PM
Stratham	Timberland	8:00 AM 5:00 PM
TURTLE		
Windham	111 Park & Ride	7:45 AM 5:10 PM
GIRAFFE		
Londonderry	High School	7:30 AM 5:30 PM
Derry	Marion Gerrish Center	7:45 AM 5:15 PM
Hampstead	Route 121 Park & Ride	8:10 AM 4:50 PM
ELEPHANT		
North Hampton	Shaw's Plaza	7:30 AM 5:30 PM
Hampton	Hampton Academy	7:45 AM 5:15 PM
Seabrook	TBD	8:00 AM 5:00 PM

LOCATION	PICK UP	DROP OFF
LION		
Merrimac	Sweetsir School	7:30 AM 5:40 PM
Plaistow	Westville Road Park & Ride	7:50 AM 5:15 PM
Newton	Newton Memorial School	8:10 AM 4:50 PM
BEAR		
Salisbury	Cinemagic	7:40 AM 5:20 PM
Amesbury	Middle School	8:00 AM 5:00 PM
FROG		
Newfields	Elementary School	7:40 AM 5:20 PM
Epping	125 Park & Ride	8:10 AM 4:50 PM
MONKEY		
Brentwood	Swasey School	8:10 AM 4:45 PM
Exeter	YMCA Lower Lot	7:50 AM 5:00 PM

There is a fee of \$15 per week to ride the bus.

YMCA CAMP LINCOLN



YMCA Camp Lincoln
P.O. Box 729
67 Ball Road
Kingston, NH 03848

ADDRESS CORRECTION REQUESTED.

**FINANCIAL
ASSISTANCE
IS AVAILABLE**



NON-PROFIT ORG.
U.S. POSTAGE
PAID
RAM COMPANIES



YMCA Camp Lincoln is committed to environmental responsibility. By using online registration, email and printing sparingly with recycled paper, we can all reduce our carbon footprint.

94 YEARS OF TRADITION



**SUMMER CAMP REGISTRATION
BEGINS JANUARY 18!
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YMCACAMPLINCOLN.ORG**