

CENTRAL LINCOLN COUNTY YMCA

# SUMMER PROGRAMS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SAIL AWAY THIS SUMMER!



Registration begins  
Monday, 2/24, at 8am

REGISTER ONLINE: [clcymca.org](http://clcymca.org)

# INFORMATION

**Online registration begins 8am Monday, Feb. 24 at [www.clcymca.org](http://www.clcymca.org)**

## **FOR REGISTRATION HELP, CONTACT:**

- Specialty & Adventure: [nmenice@clcymca.org](mailto:nmenice@clcymca.org)
- Sailing: [nmenice@clcymca.org](mailto:nmenice@clcymca.org)
- Fitness: [nmenice@clcymca.org](mailto:nmenice@clcymca.org)
- Tennis & Pickleball: [gahlers@clcymca.org](mailto:gahlers@clcymca.org)
- FARMS: [lwicks@clcymca.org](mailto:lwicks@clcymca.org)
- Pre-K: [dsewall@clcymca.org](mailto:dsewall@clcymca.org)

## **YMCA MEMBERSHIP**

Members of the CLC YMCA or Boothbay Region YMCA receive discounted rates on camps. Campers must have an active membership with the Y at the time of registration through the camp season in order to receive the member rate.

## **SUMMER CAMP SCHOLARSHIPS**

Summer camp scholarships are granted to families who need financial support, based on income. Please be sure to apply for scholarships through the Y early, as we grant dollars on a first-come, first-serve basis. For more information about scholarships, email Sam Inman at [sinman@clcymca.org](mailto:sinman@clcymca.org).

## **NEW CANCELLATION POLICY & CHANGES IN PROGRAMS**

### **IF THE Y HAS TO CANCEL:**

Camps are subject to cancellation if minimum enrollment is not reached. Cancellation decisions by YMCA staff will be made 10 days prior to the camp session. Families will not be penalized; campers can either be refunded 100% OR can switch into another age-eligible camp.

### **IF A FAMILY HAS TO CANCEL:**

- Before May: A 100% refund will be made for changes & cancellations.
- May: A 50% refund of total camp fee will be processed for cancellations. There is no fee for changes to another camp.
- June–August: No refund will be given if canceling during the summer months, and a fee of \$100 will be applied for changes in programs, such as switching from one program to another.

## **SICK POLICY**

Symptoms that will send your camper home/should stay home include fever (100.4° F or higher), diarrhea, vomiting, unexplained rash & discharge of eyes/ears. If your child is sick at camp, pick up is required within 1 hour. Child cannot return until symptom-free for 24 hours without medication.

## **PICK-UP/DROP-OFF**

Drop-off for camps begins 15 minutes before the camp is scheduled to begin. Pick-up for camps is at the end of the camp time. There is no before/after care for CLC Camps.

# PAYMENTS

## PAYMENTS

Unless you have set up a payment plan (see below), payments for camps are due 12 weeks prior to the start of each session. If you register after the payment due date, you must either pay in full or set up a payment plan.

**Week of 6/23: Payment due 4/4**

**Week of 6/30: Payment due 4/11**

**Week of 7/7: Payment due 4/18**

**Week of 7/14: Payment due 4/25**

**Week of 7/21: Payment due 5/2**

**Week of 7/28: Payment due 5/9**

**Week of 8/4: Payment due 5/16**

**Week of 8/11: Payment due 5/23**

**Week of 8/18: Payment due 5/30**

## PAYMENT PLANS

To set up a personalized payment plan that offers smaller payments over a longer period of time, please contact Nick Menice at [nmenice@clcymca.org](mailto:nmenice@clcymca.org). All payment plans must be fully paid off prior to the first day of camp.



## CLC YMCA CAMP SCHOLARSHIPS

Many families cannot afford to send their children to camp, but with your support, you can help change that! By contributing to the Camp Scholarship Fund, you can give a child the opportunity to experience the joy of camp this summer.

To donate, simply visit [www.clcymca.org/support](http://www.clcymca.org/support) and click "Donate to Camp Scholarships." You can also contact Director of Development Dorrie Hipschman at [dhipschman@clcymca.org](mailto:dhipschman@clcymca.org) for more information.

If you need to apply for financial aid through the CLC YMCA in Damariscotta, please contact Sam Inman at [sinman@clcymca.org](mailto:sinman@clcymca.org) for assistance.

## WEEK 1: 6/23–6/27

### Tennis & Pickleball/FARMS at the Y Camps

Around the World (9am–3pm) 7

### Adventure Camps

Survival (9am–3pm) 7

### Pre-K Camps

Nature Explorers (9am–4:30pm) 10

### Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

## WEEK 2: 6/30–7/3 (4-day week)

### Tennis & Pickleball Camps

Teen Tennis (12–3pm) 6

Tennis (9am–12pm) 6

### Adventure Camps

Outdoor Adventure (9am–3pm) 7

### Specialty Camps

All Sports (9am–12pm) 8

Y Day (12–3pm) 8

### Pre-K Camps

Ocean Adventures (9am–4:30pm) 10

## WEEK 3: 7/7–7/11

### Tennis & Pickleball Camps

Tennis Full Day (9am–3pm) 6

### Adventure Camps

Coastal Adventure (9am–3pm) 7

### Specialty Camps

Disc Sports (12–3pm) 8

Y Day (9am–12pm) 8

### Pre-K Camps

Dino Days (9am–4:30pm) 10

### Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

## WEEK 4: 7/14–7/18

### Tennis & Pickleball Camps

Tennis (9am–12pm) 6

### FARMS at the Y Camps

FARMS at the Y: Cooking (9am–12pm) 7

### Adventure Camps

Outdoor Adventure (9am–3pm) 7

### Specialty Camps

Art, Create, & More (12–3pm) 8

### Youth Fitness Camps

Boxing Academy (12–3pm) 9

### Pre-K Camps

Space Adventures (9am–4:30pm) 10

### Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

## WEEK 5: 7/21–7/25

### Tennis & Pickleball Camps

Tennis (9am–12pm) 6

### FARMS at the Y Camps

FARMS at the Y: Cooking (9am–12pm) 7

### Adventure Camps

Outdoor Adventure (9am–3pm) 7

### Specialty Camps

Disc Sports (9am–12pm) 8

### Youth Fitness Camps

Ninjas (12–3pm) 9

## Pre-K Camps

Fairy Tales and Fantasy (9am–4:30pm) 10

## Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

## WEEK 6: 7/28–8/1

### Tennis & Pickleball/FARMS at the Y Camps

Around the World (9am–3pm) 7

### Adventure Camps

Coastal Adventure (9am–3pm) 7

### Specialty Camps

Soccer (12–3pm) 8

Create & Build (9am–12pm) 8

## Pre-K Camps

Animal Kingdom (9am–4:30pm) 10

## Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

## WEEK 7: 8/4–8/8

### Tennis & Pickleball Camps

Tennis (9am–12pm) 6

### FARMS at the Y Camps

FARMS at the Y: Junior Chef (9am–12pm) 7

### Adventure Camps

Coastal Adventure (9am–3pm) 7

### Specialty Camps

Art, Create, & More (9am–12pm) 8

### Youth Fitness Camps

Ninjas (12–3pm) 9

## Pre-K Camps

Water Adventures (9am–4:30pm) 11

## Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

## WEEK 8: 8/11–8/15

### Tennis & Pickleball Camps

Tennis (9am–12pm) 6

Pickleball (12–3pm) 6

### FARMS at the Y Camps

FARMS at the Y: Cooking (9am–12pm) 7

### Adventure Camps

Outdoor Adventure (9am–3pm) 7

### Specialty Camps

Wizarding (12–3pm) 9

## Pre-K Camps

Sticky Goopy Fun (9am–4:30pm) 10

## Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

## WEEK 9: 8/18–8/22

### Adventure Camps

Coastal Adventure (9am–3pm) 7

### Specialty Camps

Basketball (9am–12pm) 9

### Youth Fitness Camps

Boxing Academy (12–3pm) 9

## Pre-K Camps

Great Outdoors (9am–4:30pm) 10

## Sailing Camps

Sailing (9am–3pm) 11

Leaders in Training (LIT) Sailing (9am–3pm) 11

# CAMP PROGRAMS

M = Member; NM = Non-Member

REGISTER ONLINE: [clcymca.org](http://clcymca.org)

## TENNIS & PICKLEBALL CAMPS

### TEEN TENNIS

12–3pm • Ages 15–18 • Week 2

Prepare yourself for your high school season with an emphasis on consistency, strategy, and mental toughness. Players will be differentiated in three courts with a focus on activating the mind, perfecting shots, and making match play decisions. Players need previous tennis experience to participate.

M: \$124 • NM: \$248

### TENNIS

9am–12pm • Ages 4–7 • Week 2

9am–12pm • Ages 8–15 • Weeks 4, 5, 7, 8

Skip, run, and play tennis for the first time in this fun camp for youth. Young players will be introduced to tennis through fun games and movement exercises. Equipment will be provided.

M: \$155 • NM: \$310

### PICKLEBALL

12–3pm • Ages 8–15 • Week 8

Play, learn, and improve your pickleball skills while learning new techniques and strategies. Your child will compete and learn what it means to be on a team with an emphasis on effort, sportsmanship, and respect!

M: \$155 • NM: \$310

### TENNIS FULL DAY

9am–3pm • Ages 8–15 • Week 3

Play, learn, and improve your tennis skills while learning new techniques, strategies, and the importance of sportsmanship. Age-appropriate balls, racquets, and courts designed for them to play tennis successfully will be provided. This full-day camp with fun activities will provide a lunch break halfway through.

M: \$300 • NM: \$600



# FARMS AT THE Y CAMPS

## AROUND THE WORLD

9am–3pm • Ages 8–15 • Weeks 1, 6

Join us for a fun-filled all-day theme-based camp celebrating different countries. Each participant will learn tennis skills, cooking skills, and explore different cultures through arts and crafts. The day will be split up between cooking, crafts, and playing tennis.

M: \$150 • NM: \$300

## FARMS AT THE Y: JUNIOR CHEF

9am–12pm • Ages 8–15 • Week 7

Join FARMS at the Y educators in the challenge of combining cooking skills with thinking on your feet. Participants will work in small groups to develop cooking skills and recipe ideas as they gain confidence to cook in a competition. Final dishes will be judged in various categories, and all will be recognized for their efforts!

M: \$185 • NM: \$370

## FARMS AT THE Y: COOKING

9am–12pm • Ages 8–15 • Weeks 4, 5, 8

Join FARMS at the Y educators in organized kitchen-based activities. Participants will learn everything from cooking skills and knife handling skills to gardening, using the CLC YMCA's teaching kitchen and raised garden beds. All skills are welcome!

M: \$180 • NM: \$360



# ADVENTURE CAMPS

## SURVIVAL

9am–3pm • Ages 7–12 • Week 1

Spend the week exploring all midcoast Maine has to offer. Your child will build forts, cook over a fire, build a shelter, and learn other outdoor survival skills. Campers should come prepared to be outside in all weather.

M: \$210 • NM: \$420

## OUTDOOR ADVENTURE

9am–3pm • Ages 7–12 • Weeks 2, 4, 5, 8

Explore, create, and embark on an adventure! Your child will visit local preserves, hike, swim, and get more comfortable in nature.

Week 2 (4 days): M: \$168 • NM: \$336

Other Weeks (5 days): M: \$210 • NM: \$420

## COASTAL ADVENTURE

9am–3pm • Ages 7–12 • Weeks 3, 6, 7, 9

Make a splash exploring Maine's beautiful coastline! Your child will visit various beaches and coastal parks.

M: \$210 • NM: \$420

# SPECIALTY CAMPS

## ALL SPORTS

9am–12pm • Ages 4–7 • Week 2

Get in the game at All Sports Camp, where campers can try their hand at a variety of sports, from soccer and basketball to tennis and volleyball! Designed for all skill levels, this camp focuses on skill development, teamwork, and sportsmanship in a fun, active environment. It's the ultimate camp experience for young athletes who love to play and stay active.

**M: \$104 • NM: \$208**

## SOCCER

12–3pm • Ages 7–12 • Week 6

Score big this summer at Soccer Camp, where players of all skill levels can sharpen their techniques, master strategies, and build teamwork on the field! With engaging drills, exciting scrimmages, and expert coaching, campers will grow their love for the game while having tons of fun. Get ready to kick, pass, and play your way to an amazing camp experience!

**M: \$130 • NM: \$260**

## DISC SPORTS

12–3pm • Ages 8–12 • Weeks 3, 5

Join us for a summer full of fun, skill-building, and exciting disc sports like ultimate frisbee, disc golf, and freestyle tricks! Whether you're a beginner or a seasoned player, you'll enjoy honing your skills, making friends, and enjoying the great outdoors. Get ready for an unforgettable camp experience filled with energy and teamwork!

**M: \$130 • NM: \$260**

## ART, CREATE, & MORE

9am–12pm • Ages 7–12 • Weeks 4, 7

Express your creativity by painting, drawing, sketching, building, and engaging with new friends in the community. Campers create various masterpieces using many art forms. All materials are included.

**M: \$130 • NM: \$260**

## Y DAY

9am–12pm • Ages 4–7 • Week 2

9am–12pm • Ages 8–12 • Week 3

Discover all the fun and excitement the Y has to offer! From sports and games to creative arts and outdoor adventures, campers will explore a variety of activities that make the Y unique. It's the perfect way to try new things, make friends, and create lasting memories!

**Week 2 (4 days): M: \$104 • NM: \$208**

**Week 3 (5 days): M: \$130 • NM: \$260**

## CREATE & BUILD

9am–12pm • Ages 7–12 • Week 6

Unleash your creativity and hands-on skills! Campers will dive into exciting projects, from crafting imaginative designs to constructing cool creations, using a mix of art, engineering, and teamwork. This camp is perfect for young innovators ready to bring their ideas to life while having fun and making new friends.

**M: \$130 • NM: \$260**



## WIZARDING

12–3pm • Ages 8–15 • Week 8

Experience the magic at Wizarding Camp, where young witches and wizards dive into a world of imagination and wonder! Campers will enjoy creative activities, team challenges, and themed adventures inspired by wizarding tales. It's a spellbinding week of fun, friendship, and enchantment!

M: \$130 • NM: \$260

## BASKETBALL

9am–12pm • Ages 7–12 • Week 9

Take your game to the next level! Players of all skill levels will build confidence, improve techniques, and enjoy the excitement of the sport. With fun drills, team activities, and expert coaching, campers will grow their love for basketball while making new friends! Get ready for a week of hoops, hustle, and fun.

M: \$130 • NM: \$260



# ● ● ● YOUTH FITNESS CAMPS ● ● ●



## BOXING ACADEMY

12–3pm • Ages 7–13 • Weeks 4, 9

Join our fitness-inspired camp that teaches your child how to exert their energy in a productive way. Your child will learn basics and advance their technique and footwork while building their confidence.

M: \$155 • NM: \$310

## NINJAS

12–3pm • Ages 7–13 • Weeks 5, 7

Build strength, agility and self-confidence! Your child will rotate through stations where they are coached on how to conquer obstacles and participate in timed course and circuit training.

M: \$155 • NM: \$310

# PRE-K CAMPS

## NATURE EXPLORERS

9am–4:30pm • Age 4 • Week 1

This fun and interactive introduction to the wonders of the natural world focuses on sensory experiences, basic nature concepts, nature trail exploration, and simple outdoor activities that foster curiosity.

M/NM: \$220

## OCEAN ADVENTURES

9am–4:30pm • Age 4 • Week 2

This exciting camp invites young explorers to embark on a thrilling journey beneath the waves, where they'll learn about marine life and the wonders of the sea in a safe, engaging, and hands-on environment.

M/NM: \$176

## DINO DAYS

9am–4:30pm • Age 4 • Week 3

This exciting, hands-on camp is perfect for preschoolers eager to discover the wonders of dinosaurs through fun activities, crafts, and imaginative play.

M/NM: \$220

## SPACE ADVENTURE

9am–4:30pm • Age 4 • Week 4

In this exciting camp, your little explorer will embark on a journey through the stars! Your child will blast off into a world of imagination and discovery, learning all about planets, rockets, and outer space.

M/NM: \$220

## FAIRY TALES AND FANTASY

9am–4:30pm • Age 4 • Week 5

Embark on a magical journey through stories, games, and creative activities. Every day, children will be immersed in a world of make-believe, where they can become brave knights, kind princesses, adventurous wizards, or even curious fairies.

M/NM: \$220

## ANIMAL KINGDOM

9am–4:30pm • Age 4 • Week 6

Get ready to explore the world of animals in a safe, fun, and exciting environment. Each day will be an adventure as we learn about different animals, their homes, and what makes them special.

M/NM: \$220

## STICKY GOOEY FUN

9am–4:30pm • Age 4 • Week 8

Children will dive into a world of safe, sensory-rich activities that engage their hands, minds, and imaginations. From making squishy slime to creating oozing, gooey art projects, every day promises sticky surprises!

M/NM: \$220

## GREAT OUTDOORS

9am–4:30pm • Age 4 • Week 9

A magical adventure designed for preschoolers to explore nature, ignite their imagination, and build lasting friendships! Our camp is all about creating a fun, safe, and educational environment for young children to experience the joys of the great outdoors.

M/NM: \$220

## WATER ADVENTURES

9am–4:30pm • Age 4 • Week 7

Campers will make a big splash in this water-themed camp. It's all about cool, refreshing fun, from sprinklers to water balloon toss!

M/NM: \$220

# SAILING CAMPS

## SAILING

9am–3pm • Ages 8–15 • Weeks 1, 3–9

Learn the fundamentals of sailing, seamanship, and water safety during this week-long camp with Director Jaja Martin. Your child will learn a lifetime of skills and knowledge in our fleet of 420 dinghies while making new friends and connections. Our staff are experienced instructors who have been through the CLC YMCA Sailing Camp themselves. Sailing Camp is held in Round Pond, ME. Transportation from the Y is not provided.

M: \$330 • NM: \$660

## LEADERS IN TRAINING (LIT) SAILING

9am–3pm • Ages 14+ • Weeks 1, 3–9  
DIRECTOR PRE-APPROVAL REQUIRED

Join Director Jaja Martin and other camp staff in exploring Round Pond Harbor. Interested LITs must email Jaja at [jajamartin1@gmail.com](mailto:jajamartin1@gmail.com) to get approval, then register by calling the Y (207-563-9622) or emailing Summer Camp Director Nick Menice at [nmenice@clcymca.org](mailto:nmenice@clcymca.org). Transportation from the Y is not provided.

M: \$310 • NM: \$620





## CLC YMCA Reduced-rate Membership Sliding Scale

Annual Income	Fee to Join	Fee Type	Family (2 adults + dependents)	Adult (26–64)	Young Adult (19–25)	Youth (0–18)	Senior (65+)
\$58k or more	\$65	Annual	\$986	\$727	\$452	\$325	\$636
		Monthly	\$83	\$61	\$38	\$27	\$54
\$48–58k	\$52	Monthly	\$66	\$49	\$30	\$22	\$43
\$38–48k	\$49	Monthly	\$62	\$46	\$29	\$20	\$40
\$18–28k	\$46	Monthly	\$58	\$43	\$27	\$19	\$37
\$18k or less	\$39	Monthly	\$50	\$37	\$23	\$16	\$32

A 3% discount is offered to members who pay by EFT, cash, or check. To receive this discount on your monthly draft, payment must be made by EFT.



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 PO Box 787  
 Damariscotta, ME 04543  
 (207) 563-9622

Monday–Friday: 5am–8pm • Saturday: 7am–4pm  
 Sunday: 9am–1pm (closed Sundays from Memorial Day weekend through Indigenous Peoples' Day)  
[membership@clcymca.org](mailto:membership@clcymca.org)