



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CREATING EXPLORING DISCOVERING ALL SUMMER

CAMP LOWE 2012
Montachusett Regional YMCA

A Camp Lowe Summer

Camp Lowe offers an exciting summer to remember! Our location and staff are simply the best, hands down!



- Acres of woodlands and fields
- Waterfront with docks
- Arts and crafts
- Athletic fields
- Tennis and basketball courts
- Junior baseball field
- Spacious recreation hall with changing area and restrooms
- Boathouse with canoes and sailboats
- Tetherball
- Picnic area

THIS CAMP MUST COMPLY WITH REGULATIONS SET BY THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH, LANCASTER BOARD OF HEALTH AND THE AMERICAN CAMPING ASSOCIATION.

YMCA Camp Lowe 2012 Sessions

Fort Pond, Lancaster MA

For boys and girls ages 5 to 14

Must have completed Kindergarten

THE YMCA RESERVES THE RIGHT TO USE CAMP PHOTOS OF CAMPER FOR PROMOTIONAL PURPOSES.

Session 1: June 18- June 22

Session 2: June 25 – June 29

Session 3: July 2 – July 6

Session 4: July 9 – July 13

Session 5: July 16 – July 20

Session 6: July 23 – July 27

Session 7: July 30 – August 3

Session 8: August 6 – August 10

Session 9: August 13 – August 17

Registration Information

Deposit: \$50 Non-refundable deposit per child, per session.

Final payments must be made 3 weeks prior to each session.

Registration Fee: One \$20 Non-refundable registration fee per child.

Extended Day Program fees

Camp Lowe offers morning and afternoon extended day programs for campers of working parents.

YMCA AM Extended Day: \$40 a session / 6:30am – 8:00am - bussed to camp

Includes transportation to Camp from YMCA

YMCA PM Extended is not available.

Camp AM Extended Day: \$30 a session / 6:30am – 8:30am

Camp PM Extended Day: \$30 a session / 4:00pm – 5:30pm

Camp Hours are 8:30 to 4:00pm

Registration Begins April 2nd

Current Physical Exam and Immunization Record Required.

Early bird prices and registrations accepted through March 16th.

Sibling discounts available, call 978-343-4847 x. 208 or x. 216 for details

Transportation Fees

1st child: \$25 per session. 2nd child: half price

Parent Drop off - No Charge / PM Parent Pick UP -No Charge

Bus Routes				
Times are subject to change. Please arrive 10 minutes early. PARENT MUST ALWAYS ACCOMPANY CHILD AT THE BUS STOP.				
AM	Stop	Pick Up/Drop Off Location	City	PM
8:00	1	Reingold Elementary	Fitchburg	4:15
7:40	2	Academy School (Academy St. Top of Prichard St. Steps)	Fitchburg	4:25
7:30	3	Mt. Wachusett College (Faculty Parking Lot B)	Gardner	4:45
8:15	4	Doyle Field (Priest St. - near tennis courts)	Leominster	4:45
8:00	5	Lunenburg High	Lunenburg	4:30
8:10	6	Bull Run Restaurant (Rt. 2A)	Shirley	4:15
7:45	7	Westminster Library (Bacon St.)	Westminster	4:30
All buses arrive at Camp Lowe by 8:30				

FINANCIAL ASSISTANCE and scholarships available, Call **Laurie Sleeper, at: 978-343-4847 X 208**, for more information.

Applications for financial assistance are accepted through May 25, 2012.
**We accept Childcare Vouchers.*

For all other information, please contact **Lenny A. Rivera**
Off Season: 978-343-4847 x 216
Summer: 978-537-8477
Lrivera@montymca.org

Camp Lowe Open House

Saturday, June 2nd 12:00pm – 3:00pm

Please join us for guided tours and refreshments.

See our campground and chat with our staff about the upcoming summer season's programs.

The Camp Day

Each day your camper will participate in a wide variety of activities scheduled by the camp staff. Daily activities may include swim instruction, recreational swim, arts & crafts, nature studies, boating, hiking, sports, archery, games and outdoor cooking. Special event days and rainy day activities are scheduled as needed.

Lunch

Each camper should bring a large, wholesome lunch to camp that is carefully wrapped and placed in a strong lunchbox. Please mark your camper's name on all lunches. Water is always plentiful and available to campers throughout the day. You may wish to send in extra snacks as well. Please keep in mind that food cannot be heated or refrigerated. If a child does not have a lunch, parents will be called to bring a lunch for them.

★CIT Program

Ages: 15

Counselor in Training \$300

CIT Session: July 9- July 27 (Application and Interview process required)

Contact Lenny A. Rivera for more information.



Designed for fifteen year olds who enjoy working with children and being outside. During the summer you can develop your leadership skills under our supervision, become First-Aid and CPR certified, learn boating safety and more. Successful completion of this 3-week program qualifies a CIT to assist counselors for the remainder of the summer.

★ Basic Camp

Ages: 7-14 \$175 / Session

Available all sessions



Our Most Popular Choice!

Camp Lowe offers a variety of activities including daily Swim Lessons, Recreational Swim, Crafts, Nature Studies, Hiking, Boating, as well as plenty of field games and activities offered in a non-competitive and fun environment. A great all around solution for active children of any age.

This program is great for all ages. Each group consists of children the same age headed by a senior counselor, junior counselors and CIT's.

★ Sports Camp

Ages 9-14 \$175/Session Everyone Plays, Everyone Wins!

Available all sessions



Sports Camp Schedule

Session 1: Multi-Sport
Session 2: Basketball
Session 3: Baseball
Session 4: Soccer
Session 5: Multi-Sport
Session 6: Basketball
Session 7: Baseball
Session 8: Soccer
Session 9: Multi-Sport

Our introductory sports camp focuses on the fundamentals of the game including safety, skills, sportsmanship, and physical conditioning in a non-competitive environment. Sports camp is great for novices and intermediates or anyone who wants to have fun! Multi-Sports week is comprised of a variety of games and activities such as flag football, street hockey, kickball, hiking, capture the flag, volleyball, basketball, baseball, soccer, and more! We will begin each day with warm-ups and stretches followed by a short morning jog through camp. Good sportsmanship is expected of everyone both on and off the field.

Sports campers still participate in daily swim lessons as well as recreational swim.

★ Young Explorer's Camp

Ages 5-6 \$175/Session

Available all sessions

This exciting and educational program for children ages 5-6 will focus on science and nature activities, including ecology studies, environmental awareness, wacky experiments, nature crafts, and more! Campers will also take part in swimming and boating. This is a great opportunity for young campers to learn about the world around them while having fun.



★ Theatre Camp

Ages 9-14 \$200/Session

Theatre Camp – Sessions 3, 5, 7 & 9



Children in the Theatre Camp will write, produce, design sets and perform in plays. This is a fun, hands on learning experience for anyone who has ever expressed an interest in acting or simply wants to try something new and fun.

Children in Theatre camp will still enjoy all the other camp activities such as swimming, arts & crafts, and Free Choice. Enrollment is limited. Don't be left out!

★Cheering Camp

Ages 9-14 \$200/Session

Cheering Camp – Sessions 2, 4, 6 & 8

Children in cheering camp will learn all of the basics of cheerleading. This will include stunting, tumbling, jumping and dancing. This is a great opportunity for campers to learn the basics of cheering while having fun.



★Karate Camp

Ages 9-14 \$200/Session

Karate Camp – Sessions 1, 3, 5, 7 & 9

Have fun, stretch, get in touch with your inner tiger! Students will learn the basics of Kindai Inazuma Ryu Tai Jutsu. This means you will learn punches, kicks, blocks, footwork, and self defense techniques! To enroll in this program the student must have a positive “can do” attitude, and be willing to learn the ways of the Martial Arts! This is a non-competitive module; the student will only be “challenging” themselves to do their best, and to keep up with the Sensei!



★Camp Hollywood

Ages 9-14 \$200/Session

Sessions 2, 4, 6 & 8

Lights, Camera, Action! This summer your child will have the chance to become a star. Campers will develop, write, act, film and create their very own short films. At the end of every session your child will be seen on the “silver screen” acting, singing and dancing their way to fame. Creative and theatrical minds wanted.

★Sailing Camp

Ages 10-14 \$220/Session

Sessions 3, 5, 7 & 9

Limit one session per camper

Camp Lowe offers a beginners course in sailing using Sunfish sailboats on beautiful Fort Pond. Our instructors hold certifications by U.S. Sailing, as well as Lifeguard certifications by the American Red Cross.



Learn to sail! Campers in the sailing program will learn small craft sailing techniques, knots and water safety. To enroll in this program, campers must pass a swim test and be between the ages of ten and fourteen.

Archery *Included in basic and specialty camps*

Children Ages 9 – 14 will be able to participate in Archery with their groups 1 to 2 times per week

Archery – Sessions 2, 4, 6 & 8

Our Certified instructor will focus on providing campers with a strong introduction to the sport. Campers will learn to safely handle and maintain archery equipment. Campers will also learn and practice steps of proper shooting form. Equipment will be provided by camp, we ask that campers do not bring their own.



Waterfront

All campers are expected to partake in instructional swim every day unless they have written permission from home. Campers are constantly supervised during all swim times by American Red Cross or YMCA certified lifeguards and the YMCA camp counselors.

Swim tests are given on the first day of camp each session to determine your child's swimming ability. Your child will then take part in instructional swim and recreational swim based on his or her abilities within marked boundaries for each level.



Camp Lowe participates in the buddy system as an additional safety precaution on the waterfront. The counselors will assign your child with a child of similar swim ability in that group. They are to alert the nearest staff person should the other child need assistance. The lifeguards also clear the water every fifteen minutes so that the counselors can double-check the buddies.

Family Nights

Come meet with our staff and enjoy an evening of swimming, boating, and s'mores around the camp fire. This is a great way to share the Camp Lowe experience with your child. Games, prizes, fun and more!!

Family Night Dates and Times...

July 12, 2012 - 6:00pm – 8:00pm

August 9, 2012 - 6:00pm – 8:00pm



Camp Lowe Directions

From Route 2 East:

Lancaster/Lunenburg Exit #35- Right on Rt. 70, over bridge, next Right onto Fort Pond Road.

From Route 2 West:

Lancaster/Lunenburg Exit #35- Right off exit, next Right onto Fort Pond Road.

Camp Lowe is 1/2 mile on left.



Our goal is simple; provide a safe, fun and rewarding experience for children ages 5-14. We offer *low staff to child ratios*, 1:5 for ages 5-6 and 1:8 for 7-14 year-olds! Our staff consists of dedicated, caring individuals that have a genuine interest in helping children and enjoy the outdoors. We employ teachers, college students, and high-school students as administrators, counselors, and specialists committed to providing the best experience we can offer. We focus on the four character development values of the YMCA: Caring, Honesty, Respect and Responsibility. First Aid, CPR, & AED certified personnel are on site to oversee your child's health and safety. Camp Lowe is proudly accredited by the American Camping Association; this program has been developed exclusively for the camp industry to insure program quality and the health and safety of campers.

We are an Equal Opportunity Employer. Applicants for all job opportunities are welcome and will be considered without regard to race, color, religion, national origin, sex, age, sexual orientation, physical or mental disability, or any other basis protected by state, federal, or local legislation concerning equal opportunity employment.



Hiring Requirements

- Camp Lowe job application
- 3 letters of reference from persons who can vouch for your ability to work with children, moral and ethical values, and ability to work in a multi-cultural program, as well as why the YMCA should consider you for the position of a Camp Counselor.
- Personal interview with Camp Lowe Director
- All employees and volunteers must complete a CORI (Criminal Offender Record Information) and SORI (Sexual Offender Record Information) and meet the criteria thereof for working with children.
- Minimum Age is 16
- A current Physical Exam and Immunization record must be on file prior to beginning employment per order of the Lancaster Board of Health.



Staff Trainings / Certifications

- It is mandatory for all staff and volunteers to attend all training focusing on child abuse prevention, supervision of campers, policies, procedures, and Camp Lowe/YMCA staff Code of Conduct.
- All staff are required to have a current CPR, First Aid and AED certification.

*Camp Lowe will provide CPR, First Aid and AED trainings before the start of camp.



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