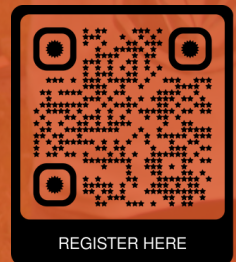


# FOLLOW US TO A NEW ADVENTURE



## YMCA Camp Duncan Summer Overnight Camp

To Register  
[ymcacampduncan.org](http://ymcacampduncan.org)  
847-546-8086



Financial  
Assistance  
Available

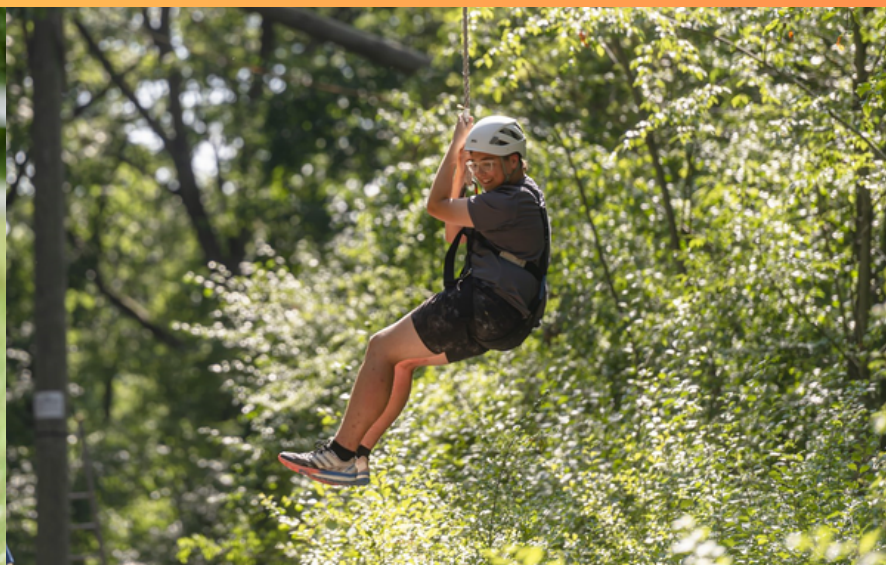




# YMCA CAMP DUNCAN 2024 OVERNIGHT ON-SITE PROGRAM DATES AND RATES

SESSION	DATES	2024 RATES	DESCRIPTION
First Timers Camp	6/16 - 6/21	\$750	A traditional, overnight summer camp experience but reserved for <b>ONLY</b> first-time Camp Duncan campers! Fall in love with camp at the same speed as everyone else around you!
Session 1	6/23 - 6/28	\$955	A traditional, overnight summer camp experience. Make friends, try new things, and <b>HAVE FUN!</b>
Session 2 Mini Session	6/30 - 7/3	\$560	A traditional, overnight summer camp experience in 4 days. Enjoy a short week at camp before you celebrate the July 4th holiday!
Session 3.1 (1 week)	7/7 - 7/12	\$955	A traditional, overnight summer camp experience. Make friends, try new things, and <b>HAVE FUN!</b>
Session 3.2 (2 week)	7/7 - 7/19	\$1500	A traditional, overnight summer camp experience for 2 full weeks.
Session 4	7/28 - 8/2	\$955	A traditional, overnight summer camp experience. Make friends, try new things, and <b>HAVE FUN!</b>
Session 5	8/4 - 8/9	\$955	A traditional, overnight summer camp experience. Make friends, try new things, and <b>HAVE FUN!</b>
Session 5m (Mini Camp)	8/4 - 8/7	\$560	A traditional, overnight summer camp experience in 4 days.

SESSION	DATES	2024 RATES	DESCRIPTION
Leaders In Training (LIT)	6/23 - 6/28	\$955	For youth aged 15-16 to develop leadership skills while partaking in traditional camp activities.
Counselors In Training (CIT)	7/7 - 7/19	\$1400	For returning campers aged 16-17 who are ready to train for future leadership roles as counselors.







# YMCA CAMP DUNCAN 2024

## OVERNIGHT OFF-SITE PROGRAM

### DATES AND RATES

SPECIALTY CAMP	DATES	2024 RATES	DESCRIPTION
All Gender Backpacking	6/16 - 6/21	\$775	For youth ages 13-15 to develop leadership skills through a week-long offsite backpacking trip in the backcountry.
Boy's Canoeing 1	6/23 - 6/28	\$775	For male-identifying teens (ages 13-15) to develop leadership skills through a week-long offsite canoe trip in the backcountry.
Indiana Dunes National Park Mini Trip	6/30 - 7/3	\$500	Not ready for a week of camping? Come try it out for a 3-night adventure! We will visit the Midwest's newest National Park, Indiana Dunes, and enjoy all that Lake Michigan has to offer. For youth ages 14-17.
Girl's Canoeing 1	7/7 - 7/12	\$775	For female-identifying teens (ages 15-17) to develop leadership skills through a week-long offsite canoe trip in the backcountry.
Intro to Adventure	7/7 - 7/12	\$800	Camp at basecamp and try out new, adventurous activities each day like hiking, climbing, canoeing, and more. For youth ages 12-14.
Boy's Canoeing 2	7/21 - 7/26	\$775	For male-identifying teens (ages 15-17) to develop leadership skills through a week-long offsite canoe trip in the backcountry.
All Gender Music Trip	7/21 - 7/26	\$775	Into Music? Camping? Well, we have the adventure for you! Bring your guitar, your voice, or pack your favorite harmonica for this unique adventure! For youth ages 14-17.
Girl's Canoeing 2	7/28 - 8/2	\$775	For female-identifying teens (ages 13-15) to develop leadership skills through a week-long offsite canoe trip in the backcountry.
All Gender Backpacking	8/4 - 8/9	\$775	For youth ages 15-17 to develop leadership skills through a week-long offsite backpacking trip in the backcountry.



# 2024 THEMES!

Each session, campers are encouraged to join our team in celebrating the week's theme!

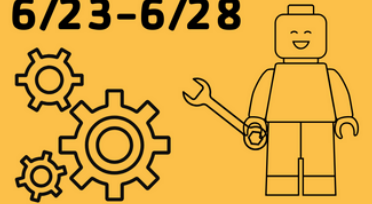
First Timers Camp: 6/16-6/21

**OUTDOOR  
ADVENTURE**



Session 1: 6/23-6/28

**INNOVATION  
STATION**



Session 2: 6/30-7/3

**RED, WHITE,  
BLUE, & YOU!**



Session 3.1: 7/7-7/12



**OLYMPICS**

**AROUND THE WORLD**



Session 3.2: 7/7-7/19

Session 4: 7/28-8/2

**CORE  
COLOR  
CLASH**



Session 5: 8/4-8/9



**WILD  
WATER  
WEEK**

Session 5 MINI: 8/4-8/7



# WHY CAMP DUNCAN?

## RED CROSS CERTIFIED LIFEGUARDS

Cool off in the pool and boat on the lake under the close watch of lifeguards.

## FINANCIAL ASSISTANCE AVAILABLE

We believe every child should have the opportunity to experience Y camp regardless of their financial situation.

## INCLUSION

The YMCA of Metropolitan Chicago invites persons with differing abilities to enjoy Y programs and facilities. If you require a reasonable modification to enjoy any of our programs, please answer the request question on the registration form. A member of our Inclusion Team will then contact you. Any questions that you may have can also be sent to [inclusion@ymcachicago.org](mailto:inclusion@ymcachicago.org).

## HEALTHY KIDS FOCUS

Dedicated to building healthy, confident, connected, and secure children.

## 340 ACRES OF FUN

Just an hour from Chicago AND Milwaukee!



## PROFESSIONALLY TRAINED STAFF

Our caring counselors are professional role models, thoroughly trained over two full weeks to create a healthy, safe environment for your camper to learn and grow.

## THE CHOICE IS YOURS

Opportunities each week for campers to try something new and if interested focus and develop skills in that area.

## ACA ACCREDITED

The American Camping Association sets the standards of safe and quality programs. We are proud to be accredited by this organization, exceeding the highest standards. In 2023 our rigorous visit resulted in a 100% score.



"My son can't say enough great things about YMCA Camp Duncan. He told me after camp this year that camp just keeps getting better."





# WHAT DOES A DAY OF CAMP LOOK LIKE?

- > 7:30am Wake Up
- > 8:00am Raise Flag/Set Tables
- > 8:15am Breakfast
- > 9:15am Cabin Clean Up
- > 9:45am Land Activity Period 1
- > 10:45am Land Activity Period 2
- > 11:45am Set Tables/Meet at the Flagpole
- > 12:00pm Lunch
- > 1:00pm Rest Period
- > 2:00pm Water Activity Period 1
- > 3:30pm Water Activity Period 2
- > 5:15pm Set Tables/Flag-lowering
- > 5:30pm Dinner
- > 7:00pm Evening Program
- > 8:15pm Snack
- > 8:30pm Showers / Get Ready for Bed
- > 9:15pm Cabin Chats
- > 10:00pm Lights Out

\*\*Teen schedule may vary.

“I was a bit nervous sending my daughter to YMCA Camp Duncan for her first camp experience. When we arrived the first day, the butterflies went away due to the way camp is run. Everyone was so helpful, friendly, and the camp is very clean.”



## EVENING PROGRAMS

- Sunday – Opening Campfire
- Monday – Cabin and Unit Games
- Tuesday – All Camp Activity / Game
- Wednesday – All Camp Activity / Game
- Thursday – Closing Campfire and Camp Dance





# SUMMER OVERNIGHT CAMP PROGRAMS

## HOW MANY COUNSELORS WILL MY CAMPER HAVE?

ACA CAMPER:STAFF RATIO

6-8 YEARS OLD - 1:6

9-14 YEARS OLD - 1:8

15-17 YEARS OLD - 1:10

## FIRST TIMERS CAMP

AGES 7-12, ONE-WEEK SESSIONS

Ready to try overnight camp? This camp removes the pressure of expert campers so there's just a bunch of kids learning and growing together! Campers begin to experience the magic of camp as they enjoy activities in a physically and emotionally safe atmosphere! This camp is designed to meet the unique social, emotional, and intellectual needs of a younger camper.



## TRADITIONAL OVERNIGHT CAMP

AGES 7-15, 1/2, ONE, OR TWO WEEK SESSIONS

YMCA Camp Duncan provides a welcoming atmosphere and sense of belonging where every child is included. Our camp setting and supportive community celebrate each camper's diverse differences. Our unique programs allow a balance for each camper the independence to choose their activities every day and the structure of scheduled activity rotations.

## BOLD GOLD ADVENTURES

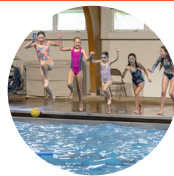
AGES 13-17, ONE- OR TWO-WEEK SESSIONS

BOLD & GOLD is a program that will guide campers to find their strength in the community around them and in the outdoors. Whether it's flying down whitewater rapids, backpacking remote trails, or paddling on scenic Midwest rivers, campers have the opportunity to explore the beauty of nature, overcome challenges, try new things, and create lifelong friendships.

## INTRO TO ADVENTURE

AGES 12-14, ONE WEEK SESSIONS

Interested in trying some new adventures? Our Intro to Adventure camps give campers the opportunity to try out activities like rock climbing, hiking, canoeing, and more each day of the week. They'll get a small snippet of what the adventure activities are all about. Campers camp in tents at our BOLD GOLD site on Camp Duncan property!



## LEADERS IN TRAINING

AGES 15-16, ONE WEEK SESSION

This program is designed for teens ages 15-16 to develop the skills they'll need to grow into effective leaders. During the one-week program, teens work on team building, leadership, problem-solving, and camp skills through group work experiences and adventure activities. LITs also take part in traditional camp activities!

## COUNSELOR IN TRAINING

AGES 16-17, TWO-WEEK SESSION

Is your teen interested in having fun at camp and learning what becoming a camp counselor at YMCA Camp Duncan might be like? The CIT program is for teens ready for future leadership roles as summer camp counselors. This advanced program is designed for 16 and 17-year-olds who have previously attended YMCA Camp Duncan or another YMCA camp.



# MORE INFO



## ACTIVITIES OFFERED

Our activities promote confidence, cooperation, and best of all, are loads of fun!

- Swimming
- Sports and Games
- Arts and Crafts
- Climbing tower
- Zip Line\*
- High Ropes\*
- Archery
- Blobbering\*
- Boating\*

\*According to the camper's age and/or swimming ability.

## CAMP FOOD SERVICE

Nutritious meals are an essential part of camp. Camp Duncan meals are consistently rated highly by our campers. Our dedicated kitchen staff provides kid-friendly meals and offer a wide range of options. All meals are included in the registration fee. In addition, our Food Service department can make reasonable accommodations for food allergies and special dietary needs so long as they are requested ahead of time.



## PERSONAL CAMP TOURS

We welcome you to visit camp for a tour! We are available most days of the week, however, reservations are required for these tours.

Please contact the Camp Office at 847-546-8086 for more details

## VIRTUAL AND IN PERSON OPEN HOUSES

Join us for a virtual Q&A every other Monday at 6PM starting in January. Stay tuned to our Facebook or reach out to the office for a link!

-OR-

Come visit us in person! Meet some staff, see the property, and ask ALL the questions!

Sunday, March 3, 2024 @ Camp Duncan - 1:00-4:00 pm  
Sunday, March 24, 2024 @ Camp Duncan - 1:00-4:00pm  
Sunday, April 21, 2024 @ Camp Duncan - 1:00-4:00 pm





# REGISTRATION INFORMATION



A non-refundable admin fee/deposit of \$150 per week per camper is due at the time of registration. The deposit will go toward the total payment of the camp week.

- Balance of camp fees are due by four weeks ahead of the check in day for your child's camp session.
- Refunds for camp and specialty camps are only made if your child is ill and has a doctor's note to accompany the request. We will first try to move your camper's registration to another open week.
- Your camper's parent packet will be sent with your confirmation. All forms must be submitted before your camper's first day of camp

## FINANCIAL ASSISTANCE

YMCA Camp Duncan will provide programs to families regardless of their ability to pay. Camp Duncan works with several resources to help meet the needs of all families who want to attend summer camp.

- Applications are available by calling the camp office at 847.546.8086. The application can be emailed or mailed.
- Once all monies are allocated families will be notified.
- A deposit is required to hold your child's spot even if you are awarded a full or partial scholarship
- If you do not qualify you will receive a notification
- Funds are limited and are available on a first come first serve basis

BOLD and GOLD trips have significant financial assistance available



**IF YOU HAVE ANY QUESTIONS ABOUT YMCA CAMP DUNCAN OR OUR PROGRAMS, PLEASE CONTACT US. WE'D LOVE TO HEAR FROM YOU!**

**YMCA Camp Duncan**

**32405 N U.S. Highway 12, Ingleside, IL 60041**

**847-546-8086**

**campduncan@ymcachicago.org**

**ymcacampduncan.org**