



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER



YMCA Summer Program Guide 2025

**NORTHFIELD AREA
FAMILY YMCA**

Day Camp programs
available for ages 3-15.

Online registration opens:
Northfield Y Members Feb 1, 2025
All Others Feb 8, 2025

northfieldymca.org

INTRODUCTION

Hello YMCA Members and Northfield Community Members!



This summer will mark my third camp season at the Northfield Area Family YMCA. I am so excited to spend another amazing summer with the kids of our community and honored that you entrust your children into our care. Y summer camp serves as many things to many families. It can be a place for kids to be safe while parents are working, somewhere for children to grow and learn more about themselves and their environment, a place to explore new friendships and try a new skill, and so much more! To me, Y summer camp is a place to connect with the kids of our community, and lead camp staff to be a bright and positive guiding force in your children's lives.

I look forward to reconnecting with past years' campers and their families, outdoor activities, screen-free fun, and adding new campers to our Y community! I hope your campers are looking forward to the same things.

I can't wait for the Best. Summer. Ever.

Heidi Wilson
Youth Development Director
heidi@northfieldymca.org



WHY Y CAMP?

Best Summer Ever

The Northfield Area Family YMCA offers day camp opportunities for ages 3–15. YMCA camp programs offer fun and unique experiences that give children and teens the opportunity to have their Best Summer Ever by meeting new friends, exploring nature, discovering new interests, being physically active, and creating memories that last a lifetime.

Why should my kids attend YMCA summer day camp?

PERSONAL GROWTH: While in the welcoming environment of camp, youth are encouraged to learn new skills and develop confidence and independence by taking on new responsibilities and challenges. Camp offers cognitive learning and social-emotional development opportunities for achievement.

FRIENDSHIPS: Amidst the fun of camp games, songs, swimming, and talent shows, campers meet new friends and strengthen existing friendships. The bonds formed at camp are valuable and long-lasting.

HEALTHY FUN: Day camps offer fun, stimulating activities that engage the body and mind, and children learn to value spending time outdoors.

MEMORIES: Summer camp is an unforgettable experience that will give each camper memories and instill camp traditions that will last a lifetime. Youth return to school with plenty of camp stories to share!



KINDER CAMP

PREK-K (AGES 3-6)

Mon-Thurs, 9-11:30a • Drop-off 8:45-9a

Kinder Camp is a 4-day-a-week camp that includes learning about nature, meeting new friends, making art, playing games, singing songs, and so much more! Campers* explore the outdoors to soak up both knowledge and sunshine.

*Campers must be potty trained



A FUN CREATIVE THEME EACH WEEK!

Space Cadets (June 23-26)

Red, White, and Blue Bash (June 30-July 3)

Movin' & Groovin' (July 7-10)

Kinder Sports (July 14-17)

Animal Planet Adventures (July 21-24)

Fairy Tale Fun (July 28-July 31)

Ooey, Goopy, Sticky (Aug 4-7)



4 Half Days
(Mon-Thurs)

Northfield Y Members:

\$90/week

All Others:

\$105/week

PRAIRIE & WOOD CAMP

ENTERING GRADES 1-5

Mon-Fri, 8:30-11:30a • Drop-off 8:15-8:30a

Prairie and Wood (PAW): We are excited to continue our partnership with Carleton College for this half-day nature camp at the Carleton Arboretum. Campers will have the opportunity to learn about the natural world around them while also engaging in games and crafts with friends.



AN EXCITING NATURE THEME EACH WEEK!

Outdoor Explorers (July 7-11)

Bugs & Slugs (July 14-18)

Survival Skills (July 21-25)

Plants and Pollinators (July 28-Aug 1)

Wonders of Water (Aug 4-8)



5 Half Days
(Mon-Fri)

Northfield Y Members:

\$125/week

All Others:

\$145/week



FULL DAY CAMPS

ENTERING GRADES K-6

EXPLORERS CAMP

Entering Grades K-1

Northfield Y Members:

3 days (Tues/Wed/Thurs) \$161/week

4 days (Mon-Thurs) \$203/week

5 days (Mon-Fri) \$235/week

All Others:

3 days (Tues/Wed/Thurs) \$186/week

4 days (Mon-Thurs) \$228/week

5 days (Mon-Fri) \$260/week

Mon-Fri • Program day 9a-4p
7-9a Drop-off • 4-6p Pickup



ADVENTURERS CAMP

Entering Grades 2-3

Northfield Y Members:

3 days (Tues/Wed/Thurs) \$150/week

4 days (Mon-Thurs) \$193/week

5 days (Mon-Fri) \$225/week

All Others:

3 days (Tues/Wed/Thurs) \$175/week

4 days (Mon-Thurs) \$218/week

5 days (Mon-Fri) \$250/week



NAVIGATORS CAMP

Entering Grades 4-6*

Northfield Y Members:

3 days (Tues/Wed/Thurs) \$141/week

4 days (Mon-Thurs) \$183/week

5 days (Mon-Fri) \$215/week

All Others:

3 days (Tues/Wed/Thurs) \$165/week

4 days (Mon-Thurs) \$208/week

5 days (Mon-Fri) \$240/week

* Navigators will enjoy weekly field trips!



BEST SUMMER EVER!

LET'S EXPLORE TOGETHER

Our day camps provide youth with supervised activities that teach the Y's 4 core values of Honesty, Caring, Respect, and Responsibility. Campers have fun while building self-confidence, appreciating teamwork, and gaining independence.

Camp activities allow campers to create arts and crafts, explore science, play sports, go swimming, and appreciate nature. Campers are able to explore creativity, teamwork, and leadership in a wide range of physically active programs that influence lifelong healthy living. Y camp also offers campers positive development experiences and encourages them to forge bonds both with each other and with staff. Camp builds confidence through skill building activities all suited to their age.



WEEKLY THEMES

June 9-13	Sports of All Sorts
June 16-20	Time Travel
June 23-27	Inventors' Workshop
June 30-July 3	Red, White, and Blue Bash
July 7-11	Medieval, Mythical, Magical
July 14-18	Y Gives Back
July 21-25	Animal Planet Adventures
July 28-Aug 1	Mission Impossible
Aug 4-8	Lights-Camera-Action
Aug 11-15	Water World
Aug 18-22	Hometown Heroes
Aug 25-29	Mad Scientist



SWIM MASTERY

EXPLORERS, ADVENTURERS & NAVIGATORS

LEVEL UP YOUR SWIM SKILLS!

Interested in mastering swimming? In this week to week Mastery Program for Explorers, Adventurers & Navigators, campers will learn safety around water skills, swim technique, goal setting, and water activities. Swim Mastery is taught by our trained Y swim instructors.

- Swim Mastery is a camp add-on
- No minimum numbers of weeks required to register
- Counselors will bring campers right to their lessons
 - ◇ Intermediate/Advanced 10-10:45am
 - ◇ Beginners/Intermediate 10:45-11:30am

SWIM MASTERY (Tues/Wed/Thurs)

Northfield Y Members:
\$35/week

All Others:
\$45/week



LEADERSHIP OPPORTUNITIES

GRADES 7 AND UP

Leaders In Training (LIT) Volunteer Program for Teens

June 16–August 22

This leadership program gives individuals entering Grades 7 and 8 the opportunity to give back to the summer camp program and assist our camp counselors. The program's goal is to provide participants a chance to improve their leadership skills and to be an example of the Y's 4 core values - Honesty, Caring, Respect and Responsibility. In addition, LITs develop skills needed to deal effectively with groups of children, organization, safety awareness and motivation. LITs will leave the summer with valuable volunteer experience, leadership skills, and the ability to enjoy the fun of camp...ALL For FREE!! LITs also get to set their own schedules based on their availability throughout the summer!



Best Summer Ever – Best Job Ever!

Now Hiring Summer Camp Staff!

Part-time and Full-time opportunities • Flexible scheduling

Working for the Y is more than just a job. You get to make a difference in people's lives. We offer paid training, safety certifications, competitive wages, a free Y membership and discounts on Y programs.

Must be 16 or older to apply. Applications available online at:
northfieldymca.org/employment

WHAT'S SO GREAT ABOUT Y CAMP?

EVERYTHING!

SAFE

- Staff complete week-long training in behavioral guidance, bullying prevention, and social-emotional curriculum planning to ensure campers feel safe and welcome at camp
- Staff certified in American Red Cross First Aid/CPR/AED and Child Abuse Prevention
- The Northfield Area Family YMCA is accredited by Praesidium, the leader in abuse risk management

AFFORDABLE

- Free before and after care
- Scholarships available - information at the Member Services desk
- Reduced rates for Northfield Y Members

INTENTIONAL

- Low staff-to-camper ratio gives kids the individual attention they deserve
- Our camps focus on Y core values of Honesty, Caring, Respect, and Responsibility

MEMORABLE

- Y Camp is screen-free. Campers stay engaged throughout the day with outdoor activities, games, crafts, literacy activities and fun camp themes.
- Navigator Campers will take weekly field trips on Wednesdays. Field trip destinations change week to week.

WHAT SHOULD CAMPERS BRING EACH DAY?

- Labeled water bottle
- Sunscreen labeled with your child's name (spray is preferred)
- Bug spray labeled with your child's name
- Tennis shoes are required and must always be worn at camp
- A light jacket or sweatshirt for a change in weather
- A bag or backpack to keep their things together

Full Day Campers Only:

- Nutritious lunch
- Swimsuit and towel
- Bag for wet swimsuit/clothes

**PLEASE LABEL ALL ITEMS WITH YOUR CAMPER'S FULL NAME

Please do not send your camper with:

- Toys
- Electronics
- Stuffed animals
- Water flavors
- Candy
- Other personal items

PAYMENTS & REGISTRATION

POLICIES AND PROCEDURES

WEEKLY AUTO PAYMENTS

- A \$10 late fee (non-refundable) will be charged to all accounts with payments received after the due date. If you need to set up a specialized payment plan, please contact: Rachel at 507-650-4357 or rachel@northfieldymca.org

NON-REFUNDABLE DEPOSIT

- A non-refundable \$20 deposit is due for each week of camp at the time of registration. For example, if a camper is registered for 12 weeks of camp, a deposit of \$240 will be taken at the time of registration on the credit/debit card or bank information you provide. This deposit will be applied to the child's weekly draft.

CANCELLATIONS

- All cancellations must be submitted by noon on Sunday two weeks prior to the camp week. Cancellations submitted after noon on Sunday two weeks prior to the camp week will not receive any refund or credit.
- For each week that is cancelled, the \$20 deposit will be forfeited.
- To submit cancellation requests, please complete the cancellation form on our website: northfieldymca.org

SCHEDULE CHANGES

- All change requests must be submitted by noon on Sunday two weeks prior to the camp week. Change requests submitted after noon on Sunday two weeks prior to the camp week will not receive any refund or credit.
- To submit change requests, please complete the form on our website: northfieldymca.org

PROGRAM SCHOLARSHIPS

- Scholarships are available for all YMCA day camps. Application forms are available on our website or at the Member Services desk at the Y. Please note: scholarship applications must be submitted prior to camp registration to receive program discounts. For more information, contact: Suzanne at 507-650-4373 or suzanne@northfieldymca.org

SPECIAL EVENTS

VALENTINE'S MASQUERADE BALL

**FRIDAY, FEB 14
6:30PM-8:30PM**

**NORTHFIELD Y MEMBERS \$10
ALL OTHERS \$15
AGES 2 AND UNDER - FREE**

Our Valentine's Masquerade Ball will feature a DJ, dancing, snacks, crafts, and so much more. Everyone is welcome - grandparents, parents, kids and friends! Dress your best and don't forget your creative masquerade masks!



TIES & Tiaras

Join us for a night full of fun
with food, drinks, crafts, photos,
and plenty of dancing!

\$40 PER COUPLE

\$10 PER ADDITIONAL CHILD

**FRIDAY, JUNE 13
6:30PM-8:30PM**

FATHER *Daughter* BALL

A NIGHT TO REMEMBER



SUPER SWIM LESSONS

AGES 6 MONTHS – 12 YEARS

ACCELERATE YOUR SWIMMING SKILLS WITH OUR SUPER SWIM LESSONS!

This weeklong program condenses an 8-week session into five consecutive days of immersive training. Participants benefit from daily practice, allowing for continuous improvement and retention of water safety and swimming techniques.

Lessons are 40 minutes long and run Monday through Friday. Lessons will be divided into individual stages. To learn what stage your child should be in, please see our Aquatics page on our website northfieldymca.org.

Parent/Child A&B

Northfield Y Members \$25
All Others \$38

Stages 1–6

Northfield Y Members \$35
All Others \$53

Session 1 June 23–27

Parent/Child A&B
4:30–5:10p

Pre-K Stages 1–3
5:15–5:55p

School Age Stages 2–4
6:00–6:40p

Session 2 Jul 14–18

Pre-K Stage 1–3
4:30–5:10p

School Age Stages 1–3
5:15–5:55p

School Age Stages 4–6
6:00–6:40p



Session 3 Jul 28–Aug 1

Parent/Child A&B
4:30–5:10p

Pre-K Stages 1–3
5:15–5:55p

School Age Stages 2–4
6:00–6:40p

Session 4 Aug 11–15

Parent/Child A&B
4:30–5:10p

Pre-K Stages 1–3
5:15–5:55p

School Age Stages 2–4
6:00–6:40p

PRIVATE SWIM LESSONS

All Ages • By Appointment Only

Individual or Group options | 4 – 30 Minute Session Packages

Private swimming lessons offer personalized instruction tailored to individual goals, whether you're a beginner looking to build confidence in the water or an advanced athlete targeting performance improvements. With one-on-one attention from an experienced instructor, you can receive immediate feedback, overcome specific challenges, and progress at your own pace, all in a comfortable and focused environment. The group option is for up to 2 people.

Individual Rates:

30-Minute Sessions

4 Sessions: \$100–\$125 per person

Group Rates:

30-Minute Sessions

4 Sessions: \$60–\$85 per person

Visit northfieldymca.org for additional information.

Y KIDS TRI

AGES 6-14

Saturday June 21 • 9am
Northfield Y Members \$35
All Others \$45

We are excited to announce that the Y Kids Tri will be at the YMCA this year!

**REGISTER
BY JUNE 1
TO SAVE \$10
AND GUARANTEE
A T-SHIRT ON
RACE DAY!**

The Y Kids Tri is a fun, non-competitive triathlon that's all about getting kids excited to set goals and stay healthy.

Participants will experience a morning of encouragement and a sense of accomplishment when they complete this swim, bike, and run event.

No experience necessary!



PEAK PERFORMANCE CAMP

AGES 13-18

June 9-Aug 6
Mondays & Wednesdays 12:30-2pm
Northfield Y Members \$200 (Membership required for this program)

*Not a member yet? Stop in at the Member Services desk and have your \$75 joiner's fee waived with program registration.

Led by our certified personal trainers, participants will focus on improving speed, agility, strength, and endurance using specialized training equipment and techniques. This program significantly reduces injury risks, quickens recovery, and increases power and endurance through personalized progression tracking and rigorous physical challenges. Aimed at developing both physical and mental skills necessary for elite performance, this training camp prepares athletes to excel year-round. Join us to transform into a stronger, more resilient athlete.



POLICIES & PROCEDURES

Payments

- All programming payments are due at the time of registration.
- If you are in need of financial assistance for a program, please complete a scholarship application prior to registration. For additional information regarding scholarship options, please contact Suzanne at suzanne@northfieldymca.org.

Cancellations

- All program cancellations must be made at least one week prior to program start date to receive a full refund.
- If the YMCA cancels a program due to low registration or unforeseen circumstances, you will be refunded in full for your program registration.
- Refunds will not be given for weather cancellations or days missed by the participant.
- To cancel a program registration, please email Rachel at rachel@northfieldymca.org.

MEMBERSHIP INFO

Start your membership today to enjoy:

- Newly remodeled Wellness Center with cardio and strength equipment
- Open Gym & Pool
- Over 30 Group Exercise classes each week
- Child Watch for kids on active household memberships
- Specialty rates on programs and summer camp
- Optional 24/7 Access
- Nationwide Access to participating YMCAs

Financial assistance is available for all membership types. Visit northfieldymca.org for current pricing, scholarship information, and information regarding insurance-based memberships.

Stop in anytime for a tour!





NORTHFIELD AREA FAMILY YMCA

1501 Honeylocust Drive
Northfield, MN 55057
507-645-0088 • northfieldymca.org



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