



YMCA CAMP DUNCAN 2026 TEEN ADVENTURE PROGRAMS GUIDE



PROGRAM 1:
6/14 - 6/19

PROGRAM 2:
7/5 - 7/10

PROGRAM 3:
7/19 - 7/24

PROGRAM 4:
7/26 - 7/31



ADVENTURE AWAITS AT YMCA CAMP DUNCAN!

JUST ONE HOUR FROM CHICAGO, ROCKFORD, AND MILWAUKEE, YMCA CAMP DUNCAN HAS OFFERED SUMMER ADVENTURES FOR YOUTH FOR MORE THAN 100 YEARS. WITH OUR MISSION OF PROVIDING A SAFE, FUN, EDUCATIONAL, AND TRANSFORMATIVE EXPERIENCE FOR ALL CAMPERS, OUR STAFF ARE COMMITTED TO INSTILLING VALUES IN TODAY'S YOUTH FOCUSING ON THE FOLLOWING CORE VALUES: CARE, HONESTY, RESPECT, AND RESPONSIBILITY.

Our team is devoted to building stronger campers and helping them become the best version of themselves. Our staff are dedicated to working with youth, and each of our counselors is carefully selected based on their commitment to youth mentorship and positive development. Camp Duncan staff are thoroughly trained to create a healthy, safe environment for your camper to learn and grow; all staff are trained in health and safety procedures, including first aid and CPR certifications. Red Cross-certified lifeguards are on duty during all waterfront and pool activities, and a health officer is on site during all camp sessions.

YMCA Camp Duncan's 340 acres on Fish lake is accredited by the American Camp Association, which sets the standards for safe and quality programs. We hope that your camper is able to join us for an unforgettable summer of exploration and fun this season!

If you have any questions about YMCA Camp Duncan, we would love to hear from you! You can call us at 847-546-8086 or email campduncan@ymcachicago.org.

TEEN ADVENTURE PROGRAM OPTIONS



PROGRAM 1: ADVENTURE SAMPLER

JUNE 14-19, 2026 | AGES 13-17 | \$1,135

Kick off the summer with a high-energy week packed with variety, challenge, and fun! This program is designed as the ultimate adventure sampler giving campers a taste of hiking, water adventures, and classic camp activities.

Campers will take on a scenic mountain hike in a nearby range, trekking to lakes surrounded by incredible views. Campers will also enjoy a relaxing and fun day which may include canoeing, kayaking, swimming, tubing, and paddleboarding both at camp, and in the area.

One full day will be spent right at camp, diving into outdoor-focused favorites like the rock wall, high ropes course, archery, slingshots, canoeing, and pool time. To wrap up the week, campers will head to a waterpark in the Chicagoland area for a day of water slides, wave pools, and nonstop excitement.

Campers will be dropped off and picked up at Camp Duncan. Campers may spend one night camping at a local campground. The rest of the week, campers will be sleeping in tents on the Camp Duncan property.

PROGRAM 2: VERTICAL ADVENTURE

JULY 5-10, 2026 | AGES 13-17 | \$1,135

Get ready for an unforgettable week of climbing adventure at Devil's Lake State Park! Campers will spend the week camping in one of Wisconsin's most scenic state parks, surrounded by towering quartzite cliffs, wooded trails, and breathtaking lake views.

During this immersive experience, campers will work with professional climbing guides, learn foundational climbing skills and safety techniques, experience top-rope climbing on natural rock routes, try their hand at bouldering and movement challenges, and explore miles of beautiful hiking trails and scenic overlooks.

This week blends outdoor adventure, skill-building, teamwork, and confidence growth in an incredible, natural setting. Whether campers are brand new to climbing or ready to challenge themselves on real rock, our Vertical Adventure program offers a powerful opportunity to rise to new heights, together!

Campers will be dropped off and picked up at Camp Duncan. Campers will spend three nights camping at Devil's Lake State Park, with the first and last night stay occurring at Camp Duncan.





PROGRAM 3: BACKPACK & BEYOND

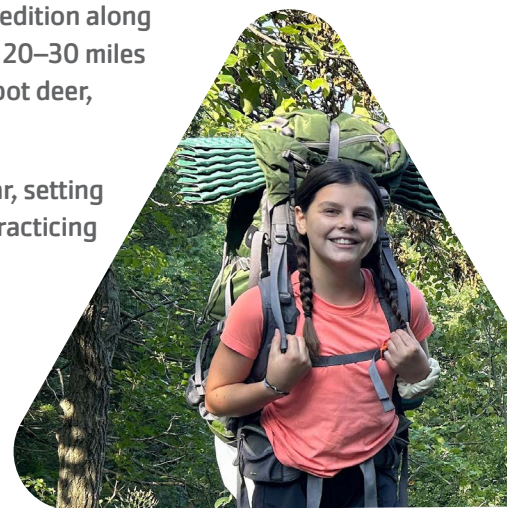
JULY 19–24, 2026 | AGES 13–17 | \$1,135

This program takes campers deep into the wilderness with an immersive Backpacking Expedition along the Ice Age Trail in Wisconsin. Over three nights, campers hike the trails, covering roughly 20–30 miles through hills, forests, prairies, wetlands, and scenic overlooks. Along the way, they may spot deer, sandhill cranes, and other local wildlife.

Campers will gain hands-on outdoor skills including carrying and managing their own gear, setting up and breaking down campsites, cooking meals over the fire, filtering water safely, and practicing Leave No Trace principles!

This week emphasizes endurance, teamwork, navigation, and wilderness skills, giving campers a true backcountry experience.

Campers will be dropped off and picked up at Camp Duncan. Campers will spend three nights camping on the trail, with the first and last night stay occurring at Camp Duncan.



PROGRAM 4: AQUA ADVENTURE

JULY 26–31, 2026 | AGES 13–17 | \$1,135

Dive into a week full of sun, waves, and outdoor adventure with our Aqua Adventure program! Campers will spend three nights camping right on the beach in Wisconsin, enjoying a mix of skill-building, fun, and connection.

Highlights of the week include surf or wakeboard lessons on Lake Michigan, beach and group activities, and a kayak or canoe excursion. Campers will learn the basics of surfing, water safety, and practice catching waves with guidance from skilled instructors. Campers will also swim, relax, and play games like beach volleyball, spikeball, frisbee, sandcastle building, relays, and team challenges — all designed to build teamwork and connection. Finally, campers will paddle along the Milwaukee surrounding rivers practicing paddling techniques, river safety, and exploring the city from the water.

This program combines water sports, beach fun, and group bonding for an unforgettable experience. Campers will improve their skills, make new friends, and enjoy the beauty of Wisconsin's lakeshore and rivers!

ADDITIONAL INFORMATION

REGISTRATION

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 four weeks ahead of the check-in day for your child's camp session. Fees are non-refundable after payment due date. If your camper becomes ill a doctor's note is required to accompany the request for refund. We will first try to move your camper's registration to another open week. All forms must be submitted before your camper's first day of camp.

FINANCIAL ASSISTANCE

We believe every child should have the opportunity to experience camp regardless of their financial situation. Camp Duncan works with several resources to help meet the needs of as many families who want to attend summer camp as possible.

2026 applications are available beginning the first week of January 2026 and can be initiated by calling the camp office at 847-546-8086 or emailing campduncan@ymcachicago.org. Once 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 be notified. Funds are limited and are available on a first come first serve basis.

FOOD SERVICE

Nutritious meals are an important part of camp. Three meals and at least two daily snacks are provided for trips. Campers will haul and cook their own food, and there will be trail-friendly options. Our food service department can also make reasonable accommodations for food allergies and special dietary needs as long as they are requested ahead of time in registration documentation.

TRANSPORTATION

Camp Duncan is conveniently located one hour north of Chicago, one hour south of Milwaukee, and 30 minutes west of Gurnee — making it easy for parents to drop off and pick up their child at camp.

If you are unable to drive to Camp Duncan, we now offer a pick-up option! Our staff will pick up and drop off campers at the Fox Lake station on the Metra Milwaukee District North (MD-N) line. The Fox Lake station is a 10-minute drive from Camp Duncan. Families (including parents!) can take the train together on drop-off and pick-up days. For more information about this transportation option, please contact our camp team at campduncan@ymcachicago.org.

For offsite travel, participants will be transported in a minibus that is driven by trained YMCA staff members.

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 have can be sent to inclusion@ymcachicago.org.



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