FOLLOW US TO A NEW ADVENTURE

YMCA Camp Duncan
Summer Overnight Camp

Financial Assistance Available

To Register
ymcacampduncan.org
847-546-8086
<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATES</th>
<th>2024 RATES</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Timers Camp</td>
<td>6/16 - 6/21</td>
<td>$750</td>
<td>A traditional, overnight summer camp experience but reserved for ONLY first-time Camp Duncan campers! Fall in love with camp at the same speed as everyone else around you!</td>
</tr>
<tr>
<td>Session 1</td>
<td>6/23 - 6/28</td>
<td>$955</td>
<td>A traditional, overnight summer camp experience. Make friends, try new things, and HAVE FUN!</td>
</tr>
<tr>
<td>Session 2 Mini Session</td>
<td>6/30 - 7/3</td>
<td>$560</td>
<td>A traditional, overnight summer camp experience in 4 days. Enjoy a short week at camp before you celebrate the July 4th holiday!</td>
</tr>
<tr>
<td>Session 3.1 (1 week)</td>
<td>7/7 - 7/12</td>
<td>$955</td>
<td>A traditional, overnight summer camp experience. Make friends, try new things, and HAVE FUN!</td>
</tr>
<tr>
<td>Session 3.2 (2 week)</td>
<td>7/7 - 7/19</td>
<td>$1500</td>
<td>A traditional, overnight summer camp experience for 2 full weeks.</td>
</tr>
<tr>
<td>Session 4</td>
<td>7/28 - 8/2</td>
<td>$955</td>
<td>A traditional, overnight summer camp experience. Make friends, try new things, and HAVE FUN!</td>
</tr>
<tr>
<td>Session 5</td>
<td>8/4 - 8/9</td>
<td>$955</td>
<td>A traditional, overnight summer camp experience. Make friends, try new things, and HAVE FUN!</td>
</tr>
<tr>
<td>Session 5m (Mini Camp)</td>
<td>8/4 - 8/7</td>
<td>$560</td>
<td>A traditional, overnight summer camp experience in 4 days.</td>
</tr>
<tr>
<td>Leaders In Training (LIT)</td>
<td>6/23 - 6/28</td>
<td>$955</td>
<td>For youth aged 15–16 to develop leadership skills while partaking in traditional camp activities.</td>
</tr>
<tr>
<td>Counselors In Training (CIT)</td>
<td>7/7 - 7/19</td>
<td>$1400</td>
<td>For returning campers aged 16–17 who are ready to train for future leadership roles as counselors.</td>
</tr>
</tbody>
</table>
### YMCA Camp Duncan 2024
**Overnight Off-Site Program**

**Dates and Rates**

<table>
<thead>
<tr>
<th>Specialty Camp</th>
<th>Dates</th>
<th>2024 Rates</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>All Gender Backpacking</td>
<td>6/16 - 6/21</td>
<td>$775</td>
<td>For youth ages 13–15 to develop leadership skills through a week-long offsite backpacking trip in the backcountry.</td>
</tr>
<tr>
<td>Boy’s Canoeing 1</td>
<td>6/23 - 6/28</td>
<td>$775</td>
<td>For male-identifying teens (ages 13–15) to develop leadership skills through a week-long offsite canoe trip in the backcountry.</td>
</tr>
<tr>
<td>Indiana Dunes National Park Mini Trip</td>
<td>6/30 - 7/3</td>
<td>$500</td>
<td>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.</td>
</tr>
<tr>
<td>Girl’s Canoeing 1</td>
<td>7/7 - 7/12</td>
<td>$775</td>
<td>For female-identifying teens (ages 15–17) to develop leadership skills through a week-long offsite canoe trip in the backcountry.</td>
</tr>
<tr>
<td>Intro to Adventure</td>
<td>7/7 - 7/12</td>
<td>$800</td>
<td>Camp at basecamp and try out new, adventurous activities each day like hiking, climbing, canoeing, and more. For youth ages 12–14.</td>
</tr>
<tr>
<td>Boy’s Canoeing 2</td>
<td>7/21 - 7/26</td>
<td>$775</td>
<td>For male-identifying teens (ages 15–17) to develop leadership skills through a week-long offsite canoe trip in the backcountry.</td>
</tr>
<tr>
<td>All Gender Music Trip</td>
<td>7/21 - 7/26</td>
<td>$775</td>
<td>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.</td>
</tr>
<tr>
<td>Girl’s Canoeing 2</td>
<td>7/28 - 8/2</td>
<td>$775</td>
<td>For female-identifying teens (ages 13–15) to develop leadership skills through a week-long offsite canoe trip in the backcountry.</td>
</tr>
<tr>
<td>All Gender Backpacking</td>
<td>8/4 - 8/9</td>
<td>$775</td>
<td>For youth ages 15–17 to develop leadership skills through a week-long offsite backpacking trip in the backcountry.</td>
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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 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?

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.”

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

RED CROSS CERTIFIED LIFEGUARDS
Cool off in the pool and boat on the lake under the close watch of lifeguards.

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.

HEALTHY KIDS FOCUS
Dedicated to building healthy, confident, connected, and secure children.

340 ACRES OF FUN
Just an hour from Chicago AND Milwaukee!
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.

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

“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.”
SUMMER OVERNIGHT CAMP PROGRAMS

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.

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.

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.

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.

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
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
- Blobbing*
- Boating*

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

MORE INFO

Swimming
Sports and Games
Arts and Crafts
Climbing tower
Zip Line*
High Ropes*
Archery
Blobbing*
Boating*

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.

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

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.
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