



YMCA CAMP DUNCAN

2023 PROGRAM SESSIONS





“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.”

THE SUMMER OF A LIFETIME STARTS HERE!

For more than 100 years, children and teens have spent their summers at YMCA Camp Duncan, learning new skills, building lasting friendships, and having the summers of their lives in a safe and caring environment. From our personalized programming approach to our stunning 340 acres of woodlands, nature trails, and lakeside setting, YMCA Camp Duncan has endless opportunities for campers to unplug, learn, laugh, and make memories that last a lifetime.

Accredited by the American Camp Association (ACA), our experienced staff ensure that the health and safety of our campers are our top priorities. All of our staff are college-age or older, certified in first aid, CPR, and water safety, and are dedicated to healthy youth development. Our full-time directors supervise, oversee, and provide training for the camp’s entire staff to ensure the best summer experience. We also have a health officer who lives onsite.

Located just 50 miles outside of Chicago, Illinois, YMCA Camp Duncan offers endless possibilities for the adventurer in your life: with a 48-foot climbing tower, five-station high ropes course, indoor pool, sports, and water sports (canoeing, kayaking, and paddleboarding), campers definitely won’t run out of exciting ways to challenge themselves. And because of YMCA Camp Duncan’s welcoming, inclusive atmosphere, every child and teen who sets foot on our camp grounds will feel like they belong.

A DAY AT CAMP**

- > 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 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

EVENING PROGRAM

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

**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."



SUMMER PROGRAM OPTIONS

TRADITIONAL SUMMER OVERNIGHT CAMP

AGES 7-15, 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 each camper the independence to choose their activities every day.

Some of our most popular activities include

- > Swimming
- > Arts and Crafts
- > Archery
- > Photography and Media
- > Guitar and Music
- > Sports
- > Paddleboarding
- > Canoeing
- > Kayaking
- > Blobbing
- > High Ropes
- > Climbing Tower
- > Outdoor Cooking
- > Zipline
- > Outdoor Living Skills
- > Slingshot Paintball

SUMMER OVERNIGHT MINI CAMP

AGES 7-13, SUNDAY PM - WEDNESDAY AM

This is the perfect starter session for the first-time camper! This half-week program is the ideal introduction to overnight camping. Campers will get a taste of traditional camp activities while making new friends, all without the commitment of being away from home for the entire week. Campers will have the opportunity to extend their mini-session and stay for the entire week with parent approval.

COUNSELORS IN TRAINING (CIT)

AGES 16-17, TWO-WEEK SESSION

Is your teen interested in making a difference and becoming a camp counselor at YMCA Camp Duncan? Counselors in Training (CIT) is a program 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 for at least one summer.

LEADERS IN TRAINING (LIT)

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!





SUMMER PROGRAM OPTIONS (CONTINUED)

BOLD/GOLD ADVENTURES

AGES 13-17

Outdoor Leadership Development is a transformative teen leadership program participants experience in an outdoor wilderness environment. Commonly called “BOLD/GOLD” (Boys/Girls Outdoor Leadership Development), the program is divided into culturally diverse camper groups ages 13-17 who participate in physical, cognitive, and social-emotional outdoor activities challenges, alongside adventure and teamwork. Trips spend a full week camping in the backcountry accessed by backpacking or by canoe, depending on the trip. All of the elements of this intentionally designed program help teens develop friendships, learn new skills, and foster a sense of belonging. BOLD/GOLD is a nationally recognized program only offered at 12 locations across the US, Camp Duncan being one.

WHITewater ADVENTURE TRIP

AGES 13-17

Prepare to get REALLY wet on this adventure trip! Throughout the week campers will explore some of the oldest and most famous rafting spots in the Midwest and Southeast to practice their skills as a team tackling those whitewater rapids. Campers will spend Sunday afternoon and Monday at camp working on their team building, camping, and basic water skills before departing to explore and raft rivers in four states! Trips are designed to bring together young high school students from all different walks of life to grow and learn together in a fun and challenging way. There is no experience needed for these trips – just an adventurous spirit, and readiness to explore Mother Nature’s natural rollercoaster.

INTRO TO ADVENTURE

AGES 11-15

Not quite ready for a full week or two of adventure across the Midwest? Did you know that the Camp Duncan location is perfectly positioned for adventure day trips? Join us while we test a little of this and a little of that. Campers will camp out at our Adventure Programs site and will do trips out of camp most days. Trips may include rock climbing, canoeing the Nippersink, Hiking the Volo Bog, and more! The key to this week is the old phrase, “you never know until you try!”

ADD-ONS/EXTRAS

HORSEBACK RIDING

For an extra fee, your camper will have the opportunity to go on a horseback trail ride at Chain ‘O Lakes State Park once during their camp session! Campers will be transported and helmets will be provided. Campers must wear long pants (not capris) and closed-toed shoes (preferably with a heel) to ride. Horseback Riding is dependent on local vendor availability and access.

FAMILY CAMP

CAMPERS OF ALL AGES, THREE-DAY SESSION

Bring the entire family for an extended, fun-filled weekend! Bond over boating, fishing, family games, high ropes, climbing tower, campfires, blob jumping, and much more. Unplug together while you enjoy the outdoors without the hassle of cooking or cell phones. Families will stay in cabins with one or more family units per cabin.

Families are responsible for their transportation to and from camp. Please call the Camp Office at 847-546-8086 for more information and a Family Camp registration form.

2023 YMCA CAMP DUNCAN SUMMER SESSION DATES AND RATES

SESSION	DATES	CHECK-IN	CHECK-OUT	RATE
Session 1	6/25-6/30	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$950
Session 2	7/2-7/7	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$950
Session 3 (2 weeks)	7/9-7/21	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$1,500
Session 4	7/30-8/4	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$950
Session 5	8/6-8/11	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$950
Mini Camp	8/6-8/9	SUNDAY, 2:30PM	WEDNESDAY, 9:30AM	\$560

SPECIALTY CAMP	DATES	CHECK-IN	CHECK-OUT	RATE
Leaders in Training	7/2-7/7	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$920
Counselors in Training (2 weeks)	7/9-7/21	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$1,200
BOLD Backpacking	6/18-6/23	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$700
BOLD Canoeing	7/30-8/4	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$700
GOLD Canoeing	6/25-6/30	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$700
GOLD Backpacking	8/6-8/11	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$700
Whitewater Adventure (2 weeks)	7/9-7/21	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$1,700
Intro to Adventure	8/13-8/18	SUNDAY, 2:30PM	FRIDAY, 2:30PM	\$800

BOLD and GOLD Programs have significant financial assistance available.

VISIT CAMP DUNCAN

PERSONAL CAMP TOURS

We welcome you to visit camp for a tour. We are available most days of the week, and reservations are required for these tours. Please contact the Camp Office at 847-546-8086 for more details.

ONLINE WEBINARS AND OPEN HOUSES

In these webinars, you will learn more about the YMCA Camp Duncan experience, hear our staff talk about the benefits of an overnight camp, and have the opportunity to ask any questions you may have. [Register for a webinar](#) or visit our [website](#) for more information.

Wednesday, February 15, 2023, 5pm-6:30pm (virtual)

Sunday, March 5th, 2023, 1pm-4pm (in person)

Sunday, April 23rd, 2023, 1pm-4pm (in person)



ADDITIONAL INFORMATION

REGISTRATION

Our camp registration is almost entirely online, helping us keep camper information centralized and streamlining your registration experience for future years.

Simply hop onto our website and select “Register Now.” You’ll be able to register for an account or log in, select the camp session desired, fill out each page, and submit an administrative fee (included in the total camp fee) for each chosen session. This online registration is available at ymcacampduncan.org.

OUR PARENT GUIDE

Our 2023 Parent Guide contains essential information to prepare you and your child for camp. The guide includes detailed information regarding our facilities, camp procedures, health & safety policies, packing lists, etc. and will be available in early 2023.

FINANCIAL ASSISTANCE

Camp is for all. Our goal is to ensure that no camper ever misses a camp experience due to financial limitations. Financial assistance is available, subject to program capacity and demonstrated need, without regard to gender, income, faith, ability, sexual orientation or cultural background. For more information, contact 847-546-8086.

FOOD SERVICE

Nutritious meals are an essential part of camp. Camp Duncan meals are consistently rated very highly by our campers. Our dedicated kitchen staff provide 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.

INCLUSION

YMCA Camp Duncan and the YMCA of Metropolitan Chicago believe that everyone, regardless of gender, income, faith, ability, sexual orientation or cultural background, has the right to live life to its fullest and enjoy the Y’s programs and facilities. Moreover, the principles of diversity, equity, and inclusion inform every aspect of our Camp and Association—including staff hiring and training, strategic planning, program offerings, and more. We are committed to deepening our work in this area to ensure that every segment of society feels welcome and supported by the Y. If you require a modification due to a differing ability to participate in any of our programs, please [contact our Inclusion Team](#) at the time of enrollment, and make sure to select the request on your enrollment paperwork so that a member of our Inclusion team can reach out to you. Keep in mind that ALL ARE WELCOME—we just want to be prepared and ensure we can accommodate needs.



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

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