Making Memories that Last a Lifetime

Merrimack Valley YMCA Camps

Camp Lawrence for Boys &
Camp Nokomis for Girls
Bear Island, Lake Winnipesaukee, NH

Camp Otter Day Camp
for Boys & Girls, Ages 6–14
Road Rangers Travel Day Camp
for Boys & Girls, Ages 10–14
Captain’s Pond, Salem, NH

Family Camp
Bear Island, Lake Winnipesaukee, NH

Lake photo courtesy of Jacob Rome.
About Our Camps

Camp Lawrence, for boys 8-16, and Camp Nokomis, for girls 8-16, are resident camps owned and operated by the Merrimack Valley YMCA. They are located on Bear Island, on New Hampshire’s Lake Winnipesaukee, and are accessible only by boat.

Day Camp Otter, for boys and girls 6-13, is located on Captain’s Pond in Salem, New Hampshire and easily accessible to the Merrimack Valley.

Our Road Rangers Travel Day Camp is an extension of Camp Otter and consists of themed day trips for boys and girls ages 10-14. These trips create opportunities for campers to get involved in activities that may be of special interest to them.

Bear Island Family Camp is a nine-day summer camp experience that takes place at Camp Lawrence on Lake Winnipesaukee after the regular camp season has concluded. Family Camp is the perfect place for family fun and relaxation.

Our camps are operated in accordance to YMCA policies, are accredited by the American Camp Association and are licensed by the state of New Hampshire.

About Our Staff

Our staff is carefully chosen for their leadership skills, compassion, creativity and enthusiasm in working with children. The staff consists of teachers, college and high school students, including previous campers who have completed our two-year Counselor-in-Training program. Every staff member undergoes an extensive background check including a CORI/SORI check and appropriate reference checks. All camp staff attend a one-week training and orientation program. This training includes CPR, First Aid and AED certification; conflict resolution; leadership development and team building; behavior management; emergency procedures as well as program and character development.
Established in 1907, Camp Lawrence is a vital, diverse community of 150 campers and over 65 staff members from around the world. The camp is situated on seventy acres on the southern tip of Bear Island on Lake Winnipesaukee.

**Facilities:**

Program areas include two beautiful, natural beaches and other lakeside swimming areas; three multi-purpose playing fields; tennis and basketball courts; a craft shop; archery and riflery ranges; a primitive outpost; high and low ropes courses and a recreational lodge. The fully-screened, wood-framed camper cabins, that house from eight to twelve boys and two cabin counselors, are clustered by age group. Centrally located to each cabin are modern toilet and shower facilities.

**Health:**

Excellent medical care is provided on-site by two registered nurses. Three well balanced meals are served family-style daily amid the bustling, energetic dining hall atmosphere.
Program/Activities:
The boys choose their schedules from a wide range of athletic, creative and instructional activities. These activities are designed to challenge campers according to their individual needs, and care is taken to provide instruction adjusted to each boy’s age, interest and skill. Although competitive opportunities exist, the emphasis is on fun! Each two-week session includes several traditional, full-camp programs such as Orange & Gray (an all camp Field Day), specially-themed dinners, a traditional 4th of July celebration and Camp Olympics. Nondenominational vesper services are held each Sunday, exploring topics which relate to the core values of the YMCA: caring, honesty, respect and responsibility.

Leadership and Growth:
Selected Senior campers (age 15 and older) may participate in a two-year Counselor-in-Training program. Within this program, young men come to understand the qualities and standards necessary to be an effective leader and instructor. Camp Lawrence offers a well-rounded and creative summer program that reaches far beyond the two to eight weeks that the boys are at camp, creating memories that last a lifetime.
I have been going to camp for six years, and I still love it as much as when I first stepped onto the Island. I like so much about this camp that it is hard to put into words. I like the activities, always new and exciting. I like the counselors, always helpful and ready to have fun.

- Parker Pyle
Camp Lawrence Camper
Activities
• Archery
• Arts and Crafts
• Basketball
• Campcraft
• Canoeing
• Fitness
• Flag Football
• Floor Hockey
• Frisbee
• General Sports
• Kayaking
• Lacrosse
• Ping Pong
• Riflery
• Ropes: High and Low Elements
• Sailing
• Snorkeling
• Soccer
• Swimming
• Tennis
• Waterskiing

Spiritual Growth:
• Campfire
• Cabin Chats
• Morning Thought
• Vespers

And More...
• Banquets
• Hiking Trips
• Socials with Camp Nokomis
• Special Program Days
Since 1952, Camp Nokomis has offered a high quality camp experience for girls. In a nurturing environment, 150 campers are led by a staff of 60.

Facilities:
Camp Nokomis’ forty acres of property includes densely-wooded areas; multi-purpose playing fields; tennis, basketball and volleyball courts; an archery range; a spacious craft shop; a low elements ropes course and climbing wall, a recreational lodge with a fieldstone fireplace and two beaches. The screened, wood-framed camper cabins accommodate between eight and twelve campers, each with two or three counselors. Modern toilet and shower facilities are located near each cabin.

Health:
Outstanding medical care is provided on-site by two registered nurses. Tasty and balanced meals are served family-style accompanied by lots of conversation and lively camp songs.
Program/Activities:
Camp Nokomis’ program embraces each girl’s individual abilities and needs yet remains sensitive to her age and interests. Her schedule, which includes athletic and creative activities, also offers unscheduled times when a variety of other activities may be pursued. Competitive opportunities do exist, but the emphasis is always on personal growth and enjoyment. Instructional programs are taught by trained and properly certified staff.

To add variety to the camp experience, special events are planned throughout the summer. Nightly evening programs are innovative and typically involve the entire camp. Nondenominational chapel services are held each Sunday, exploring topics which relate to the core values of the YMCA: caring, honesty, respect and responsibility. Fostering an appreciation of the natural world and offering activities that boost self-esteem and encourage respect for others, camp provides an assortment of athletic and creative activities that challenge each camper to develop her skills and to value the skills and talents of her peers.

Leadership and Growth:
Selected Senior campers, minimum age of 15, participate in a two-year Counselor-in-Training program. Within this program, future staff members study child development, learn to teach activities and manage a cabin, and develop first-rate leadership skills.
Regular Daily Schedule
Camp Nokomis

7:45AM: Reveille
8:10AM: Flag Raising/Thought for the Day
8:15AM: Breakfast
8:45AM: Cabin Clean-Up
9:20AM: First Instructional Period
10:20AM: Second Instructional Period
11:20AM: Third Instructional Period
12:30PM: Lunch
1:30PM: Rest Hour
2:20PM: Fourth Instructional Period
3:20PM: Fifth Instructional Period
4:30PM: Free Swim/Free Time
5:00PM: P. D. P. (Pre-Dinner Program)
6:00PM: Dinner
6:45PM: Early Evening Boating/Free Time
7:45PM: Evening Program
9:00PM: Junior Taps
9:30PM: Senior Taps

Thoughts about Camp

I am so thrilled that Annie has learned about sailing and waterskiing as well as some of life’s bigger lessons like leadership roles and being kind to all. We are so lucky to have found Camp Nokomis.

- Sherrie McCarthy
  Camp Nokomis Parent

CAMP NOKOMIS FOR GIRLS
Activities
• Archery
• Babysitting (Certification)
• Basketball
• Campcraft
• Canoeing
• Ceramics
• Copper Enameling
• Dance
• Dramatics (Month Program)
• General Crafts
• Improvisation/Storytelling
• Kayaking
• Leathercraft
• Outdoor Education
• Photography
• Ropes: Low Elements
• Rowing
• Sailing
• Silvercraft (Seniors only)
• Soccer
• Swimming
• Synchronized Swimming
• Tennis
• Volleyball
• Waterskiing
• Windsurfing

Spiritual Growth:
• Cabin Chats
• Campfire
• Chapel
• Thought for the Day

And More...
• Banquets
• Hiking Trips
• Socials with Camp Lawrence
• Special Program Days
The Cabin Communities:
Although Camp Otter is a day camp, our program is similar, in many ways, to the resident camp experience. Campers are separated into cabins by gender and age. There are six girls’ cabins and six boys’ cabins. Our unique setting also gives our campers a chance to “just be themselves.” In each cabin, two counselors and one or two C.I.T.s (Counselors-in-Training) supervise about twenty campers.

Our Core Values:
As a YMCA camp, we seek to instill the values of caring, honesty, respect, and responsibility in every camp program and special activity. Our programs are set in a non-competitive atmosphere where the emphasis is on fun, not on winning or on being number one.

Friends for Life:
The effort to instill Y values results in many strong friendships which develop at camp. The staff, CITs, and campers truly care for one another, and this shows in everything they do. Friendships formed at camp withstand the school months apart and grow stronger with each summer. Many Camp Otter alumni are friends decades after spending their summers on Captain’s Pond.

Wooded Wonderland:
Set on a 90-acre natural pond, Camp Otter is located on 16 acres of forested and protected wetlands. We can promote outdoor education, explore new and exciting habitats and be as loud as we want in our quiet, private woods! Close to major highways, Camp Otter is accessible to the Merrimack Valley while still offering a rare setting for appreciation of the great outdoors.

Special Themes and Events:
Each week offers campers new challenges and experiences. This creates an environment which welcomes new campers yet stays fresh and exciting for campers who participate in all for eleven weeks.
CAMP OTTER ACTIVITIES

A taste of what your camper may experience in a week at camp

Aquatics
Instructional and Recreational Swimming, Canoeing, Kayaking, Rowing, Fishing, Water Volleyball, Water Relays and Games

Arts and Crafts
Painting, Drawing, Decoupage, Comic Books, Tie-Dying, Mosaics, Ceramics, Gimp and String Crafting

Challenge Course
Ice breakers & Initiatives, Teambuilding Games, Low & High Ropes Course

Free Choice
Different and unique programming that changes weekly. Some camper favorites include Marsh March, Tiger Ball, Fun with Food, Disc Golf, Tennis Baseball, Advanced Gimp, Mural Painting, Water Games, Dancing

Sports Program
Dodgeball, Basketball, Volleyball, Soccer, Baseball, Street Hockey, Four Square, Playground Games, Chalk Art, Capture the Flag, Gaga

Targets
Archery, Action Archery, Riflery (campers 10 or older)

Overnight Opportunities
Every summer, Camp Otter offers a chance to sample the resident camp experience. There are four overnights per summer, assigned by gender and age. Campers will be introduced to overnight camping through various night activities, games and songs. All campers interested in attending an overnight must be registered for the week of their cabin’s overnight. Please refer to the registration form for overnight dates.

Counselor-in-Training Program
Our CIT program is an integral component of our summer camp. The goal is to help teens develop into positive leaders within the YMCA and also in the greater community. Teens will organize projects, experience exciting outdoor adventures and gain valuable knowledge on what it means to be a leader. This selected group is an important part of the future at Camp Otter.
Our travel camps create opportunities for campers to get involved in a particular activity that is of interest to them. These trips are created with the goal to help increase a camper’s self-esteem, improve communication skills, promote working in a group setting, increase decision-making skills and discover or strengthen personal values. Campers will experience new challenges, gain new skills, create strong friendships and above all have FUN!!

Each of the weeks will involve themed day trips that are fun, challenging and adventure-filled learning experiences. A sense of adventure, a drive to be challenged and a quest for excitement is necessary!

Themes may include Saddle Up, Surf Camp, Cooking Camp, Adventure Camp and more.

Please note: Camp Otter lifeguards accompany each trip in which the campers will be swimming or participating in water-based activity.

See our registration form for this year’s themes and check out our website for details about these exciting programs.
SEASONAL PROGRAMS AT CAMP OTTER

Camp Otter is not only home to our Day Camp and Road Rangers Travel Day Camp programs but also a setting for other exciting programs for teens, youth, families and individuals.

Spring:
• Work Days
• Camp Reunions
• Classes & Clubs Rentals

Summer:
• Corporate Rentals
• Family Nights
• Birthday Party Rentals

Fall:
• Fall Clean-Up Day
• Classes & Club Rentals

Teambuilding Retreats
Looking for a way to get your employees, youth group, or students to work together better as a group? Camp Otter can help with teambuilding and challenge course programs. We use different group games and challenges as well as our high and low ropes courses to help build group dynamics. Contact us for more details.

Family Events
At Camp Otter, we believe that the family unit is an important part of a successful camp experience. We offer Family Nights each summer. Family Nights are a great opportunity to see what your child experiences during his/her day at camp, meet his/her counselors and camp friends, enjoy a family-style cookout and participate in activities like swimming, crafts and archery.
Bear Island Family Camp is a nine-day summer camp experience. Situated on over 70 acres of Bear Island on Lake Winnipesaukee, Family Camp is the perfect place for family fun and relaxation. Nestled amongst tall pines, the screened, wood-framed camper cabins make for a charming home away from home. Camp offers a full camp experience to all family members. You can participate in as many activities as you wish. There are special events for kids only, for teens only, and for adults only too.

Programs
Program facilities include two beautiful sandy beaches (one facing east for the morning sun, one facing west for the afternoon), multipurpose playing fields, a recreation lodge, and miles of wonderful walking trails. Instruction and supervision are provided in all activity areas. Our day and evening programs have been developed to provide wide appeal for all ages. Group and individual activities are scheduled throughout the day and participants may choose from these events and activities. We also offer special Family Camp programs.

Dining
The Family Camp food is top rate! Each day starts off with a drop-in breakfast between 7:30AM and 9:30AM. Coffee is available all day beginning at 6:00AM. Sandwiches, salad bar, & soup are typical family style lunch meals. Supper is a wonderful family style meal, just like the one you have at home every night. The evening meal is also the time to celebrate the day’s anniversaries and birthdays.
Merrimack Valley YMCA
Camping Services Branch
101 Amesbury Street, 4th Floor
Lawrence, Massachusetts 01840
http://camp.mvymca.org/
campinfo@mvymca.org
978-975-1330

Camping Services Office - Open Year Round. Monday - Friday, 9:00AM to 5:00PM EST. Call this office to register your child(ren) for camp.

Camp Nokomis for Girls
(Memorial Day - Labor Day)
via U.S. Mailboat
Laconia, NH 03246
603-279-4918 (phone)

Camp Lawrence for Boys & Family Camp
(Memorial Day - Labor Day)
via U.S. Mailboat
Laconia, NH 03246
603-279-6488 (phone)

Day Camp Otter & Road Rangers
(Camp season only)
66 Hooker Farm Road
Salem, NH 03079
603-893-4911 (phone)

Scan this QR code to visit our camp website!

Photo courtesy of Jacob Rome