

**FIND YOUR
SENSE OF WONDER.
FIND YOUR Y.**



**YMCA Camp Duncan Overnight Camp
2025 Program Guide**

At Y overnight camp, kids get to explore the wonders of nature while discovering hidden talents and passions they never knew they had.

For a better us.®

» TO REGISTER
ymcacampduncan.org



AT A GLANCE



YMCA CAMP DUNCAN 2025 OVERNIGHT DATES AND RATES

TRADITIONAL CAMP PROGRAMS	SESSION	DATES	RATE	AGE	THEME
	First Timers Camp	6/15 - 6/20	\$900	7-12	Superhero
	Session 1	6/22 - 6/27	\$1080	7-15	Wild Water
	Session 2 (Mini Session)	6/29 - 7/2	\$640	7-16	Around the World <i>in four days</i>
	Session 3 (2 week)	7/6 - 7/18	\$1900	7-16	Camp Duncan Safari
	Session 3.2	7/13 - 7/18	\$1080	7-15	SPACE EXPLORERS
	Session 4	7/27 - 8/1	\$1080	7-15	Core Color CLASH
	Session 5m (Mini Camp)	8/3 - 8/6	\$640	7-15	OUTDOOR ADVENTURE
	Session 5	8/3 - 8/8	\$1080	7-15	

TEEN PROGRAMS	SESSION	DATES	RATE	AGE	DESCRIPTION
	Leaders in Training (LIT)	6/22 - 6/27	\$1080	15-16	For youth aged 15-16 to develop leadership skills while partaking in traditional camp activities.
	Counselors in Training (CIT)	7/6 - 7/18	\$1800	16-17	For returning campers aged 16-17 who are ready to train for future leadership roles as counselors.
	Intro to Adventure (Mini)	6/29 - 7/2	\$640	13-16	Camp in tents at basecamp and try out new, adventurous activities each day like hiking, climbing, canoeing, and more.
	Backpacking Adventure	7/20 - 7/25	\$900	13-17	For teens to develop leadership skills through a week-long offsite backpacking trip in the backcountry.
Canoeing Adventure	7/27 - 8/1	\$900	13-17	For teens to develop leadership skills through a week-long offsite canoe trip in the backcountry.	



A CLOSER LOOK

First Timers Camp

AGES 7-12, JUNE 15 - 20

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 first time camper.

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 including the independence to choose activities every day and the structure of scheduled activity rotations.

Leaders In Training

AGES 15-16, JUNE 22 - 27

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!

Counselors In Training

AGES 16-17, JULY 6 - 18

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. They will spend their first week learning skills and participating in traditional camp activities, and the second week living in a cabin with younger campers getting a feel for everything being a counselor entails.

Intro To Adventure

AGES 13-16, JUNE 29 - July 2

Interested in trying some new adventures? Our Intro to Adventure camps give campers the opportunity to try out activities like rock climbing, backpacking, 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!

Canoe/Backpack Adventures

AGES 13-17, ONE 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



ADDITIONAL INFORMATION

Activities Offered

Our activities promote confidence, cooperation, and best of all, are loads of fun!

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

*According to the camper's age, swimming ability, and weather conditions.

Inclusion at Camp

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.



See Camp Duncan

Meet some staff, see the property, and ask ALL the questions, at our spring open houses!

In person open houses:

- Sunday, March 9, 2025 1:00-4:00 pm
- Sunday, April 27, 2025 1:00-4:00 pm

Virtual open house:

- Sunday, April 6, 2025 2:00pm

If you aren't able to make it to an open house opportunity and are interested in learning more about camp, check out a virtual tour [here!](#)

Food Service

Nutritious meals are an essential part of camp. Our dedicated kitchen staff provides 3, kid-friendly, family style meals a day plus an evening snack. 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 in registration documentation.



IF YOU HAVE ANY QUESTIONS ABOUT YMCA CAMP DUNCAN WE'D LOVE TO HEAR FROM YOU!
32405 N.U.S. Highway 12, Ingleside, IL 60041 847-546-8086 campduncan@ymcachicago.org



WHY CAMP DUNCAN?

Just 1 hour from both Chicago and Milwaukee, youth have been spending their summers at YMCA Camp Duncan for over 100 years. With our mission of providing a safe, fun, educational, and transformative experience for all campers, we are committed to instilling values in today's youth focusing on the YMCAs four core values of caring, 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. They are thoroughly trained over two full weeks 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 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!

847-546-8086

campduncan@ymcachicago.org

A Day At Camp

- > 7:00am Wake Up
- > 8:00am Flag ceremony
- > 8:15am Breakfast
- > 9:15am Cabin Clean Up
- > 9:45am Land Activity 1
- > 10:45am Land Activity 2
- > 12:00pm Lunch
- > 1:00pm Rest Period
- > 2:00pm Pool
- > 3:00pm Boating
- > 4:00pm Camp Store
- > 5:15pm Flag ceremony
- > 5:30pm Dinner
- > 7:00pm Evening Program
- > 8:15pm Snack
- > 8:30pm Showers
- > 9:15pm Cabin Chats
- > 10:00pm Lights Out

*daily schedule subject to change

**Teen schedule may vary.

"This is such a special place with outstanding staff and beautiful facilities."

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 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.
- Your camper's family information packet will be sent via email with your confirmation.
- 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.

- Applications are available by calling the camp office at 847.546.8086, or emailing campduncan@ymcachicago.org beginning mid January 2025
- 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



REGISTER TODAY!
ymcacampduncan.org