



**2019 CAMPER ACTIVITY SIGN UP SHEET - CAMP NOKOMIS**

NAME \_\_\_\_\_

UNIT :  Junior  Middler  Senior

Check sessions for which you are registered:

First Session  Second Session  Third Session  Fourth Session

**PLEASE READ INFORMATION ON THE BACK BEFORE FILLING IN SCHEDULE CHOICES**

		Activities	
Session 1	Session 2	(Choose Five, Number in Order of Choice)	Session 3 Session 4
		Archery	
		Basketball	
		Campcraft	
		Canoeing *	
		Ceramics @	
		Copper Enameling @	
		Dance	
		Dramatics (Month Program)	
		General Crafts @	
		Improvisation	
		Kayaking *	
		Leathercraft @	
		Nature	
		Photography	
		Ropes Course (Middlers/Seniors)	
		Rowing	
		Sailing *	
		Silvercraft (Seniors only) @	
		Soccer	
		Tennis	
		Volleyball (Middlers/Seniors)	
		Water Skiing *	
		Windsurfing *	
		Woodworking @	

@ Choose only two of these crafts activities at a time.

\* These activities require completion of the Swimming Qualification Test.

Campers may make changes at camp if there is space in the activity they want and they have tried the activity for two days.

**FOR SENIORS ONLY:** We believe that as campers get older it is important to wisely use unscheduled time. Thus, Senior campers, with parental permission, may select a free period in lieu of a fourth activity or of instructional swim. **To substitute a “free” for Instructional Swim, the campers must have passed into Camp Nokomis Level Five swimming and a parent must have signed the release below.**

I give my senior daughter permission to schedule a free period instead of the following:

Fourth Activity or  Instructional Swim (Have passed Nokomis Level Four)

\_\_\_\_\_  
PARENT SIGNATURE



## CAMPER ACTIVITY SELECTION INFORMATION

Camp Nokomis campers are scheduled for four activities daily plus instructional swimming. Our daily schedule contains five activity periods, three periods in the morning and two in the afternoon. Class schedules are arranged before the campers arrive at camp. We date these sheets when we receive them and schedule them in the order in which they are received. Some activities have a limited camper capacity. Therefore, to guarantee your choices it is important to return this sheet promptly.

We require swimming classes in part to guarantee that each camper receives some planned exercise each day. We limit the number of craft choices for the same reason. Please help your child to make a balanced activity selection.

### INSTRUCTIONS:

1. Put the camper's name at the top of the sheet and check the appropriate unit group:  
**Juniors:** Entering grades 3-6  
**Middlers:** Entering grades 7-8  
**Seniors:** Entering grades 9 and above
2. Select **five** activities and **number** them in order of choice, (#1 being the first choice). Provide choices for each camp session which you expect to attend. Campers will be scheduled for **four** of these activities plus Instructional Swim.
3. During each camp session, long term campers will have the opportunity to request changes in their schedule for the next two week session. After classes begin, a camper may request a change after two classes if she discovers she would prefer a different choice. These late changes are dependent on class space availability.
4. To learn outdoor living skills, consider campcraft (cooking, woodsmanship, etc.) or nature (the study and enjoyment of the natural world).
5. Photography classes are designed to teach darkroom procedures and basic digital skills, not just picture taking per se. We provide the cameras, film, and computer.
6. Trips are offered each camp period. They are announced at the start of each camp period. Campers sign up for them at the time. Tie shoes are required. Sneakers are acceptable.

### BEFORE JUNE 14<sup>TH</sup> RETURN FORM BY MAIL OR EMAIL TO:

Camp Nokomis  
Merrimack Valley YMCA  
360 Merrimack Street, Suite 270  
Lawrence, MA 01843  
RE: Activity Sheet

[campinfo@mvymca.org](mailto:campinfo@mvymca.org) with the subject line  
"Camp Nokomis Activity Sheet"

### AFTER JUNE 15<sup>th</sup>, MAIL DIRECTLY TO CAMP OR EMAIL TO:

Camp Nokomis  
80 Bear Island  
Laconia, NH 03246

[campnokomis@mvymca.org](mailto:campnokomis@mvymca.org) with the subject line  
"Camp Nokomis Activity Sheet"

### SWIMMING QUALIFICATION FOR WATERSKIING, CANOEING/KAYAKING, SAILING AND WINDSURFING

To qualify you must be able to do the following swimming progressions: *Jump into deep water and swim 100 yards without using any of the back strokes, tread water for 10 minutes, swim 100 yards or more using any recognizable stroke (one length may be on the back).* Although this swim is not timed, campers may not stop and rest.

This check-in progression review is administered on the day campers arrive, weather permitting. There are also opportunities for a repeat of the review process when it seems appropriate.