



Are You Ready
for Adventure?



SUMMER CAMP

HANDBOOK

SEASON 2025

SANFORD-SPRINGVALE YMCA
1 EMILE LEVASSEUR DRIVE SPRINGVALE, MAINE 04083

Scan here for more
info on our summer
camp programs!



SUMMER DAY CAMP PROGRAMS

PROGRAM PHILOSOPHY

At YMCA Camp Marland & Mini Marland, we create a summer experience where kids grow in body, mind, and spirit. Guided by the YMCA's core values—Caring, Honesty, Respect, and Responsibility—our programs inspire confidence, build character, and encourage friendships. Campers develop new skills through dynamic activities and hands-on experiences, embrace healthy lifestyles, and strengthen connections with family and community. Whether in small groups or camp-wide adventures, every moment is designed to challenge, empower, and spark joy.

HOURS OF OPERATION

Hours of Operation: 6:00 am-6:00 pm

7:00 am-5:30 pm at Bunganut Lake

Before and After Care is provided for Camp Marland and Mini Marland.

ENROLLMENT

The Sanford-Springvale YMCA offers two summer camp programs, Big Marland for campers entering 2nd-7th grade and Mini Marland for campers entering kindergarten and first grade.

Mini Marland runs Monday through Friday from 6 AM to 6 PM at the YMCA, providing a full day of fun, learning, and adventure.

Big Marland is located at Bunganut Lake in Lyman, Maine. Parents who wish to drop their children off at the lake are welcome to do so starting at 7 A.M.. Otherwise, drop-off can take place at the YMCA as early as 6 A.M.

Camp Marland Fee Structure

Full-Time Camp Experience: (4-5 Days)

\$220.00 Member Rate \$225.00 Non-Member Rate

Part-Time Camp Experience: (3 Days)

\$160.00 Member Rate \$165.00 Non-Member Rate

NOTE: TWO WEEKS' NOTICE TO WITHDRAW THE CHILD FROM SUMMER CAMP MUST BE GIVEN TO THE YMCA IN WRITING, OR YOU WILL BE CHARGED ACCORDINGLY.

Extended absences from the program MUST be coordinated with the Youth Development Administrator, Michelle Hunter.

mhunter@sanfordymca.org

PROGRAM FEATURES

Summer camp at the Y is more than just fun—it's a place where kids build skills, develop character, and form lasting friendships. In this unique environment, campers gain independence, learn teamwork, and grow into a strong, supportive community. Through hands-on experiences, they develop resilience, leadership, and a lifelong appreciation for nature and the outdoors.

What to Bring to Camp: (Please label everything with first and last name)

- 2-3 Healthy Snacks
- Re-Usable Water Bottle
- Sunscreen Spray and Bug Spray
- Bathing Suit and Towel (plastic bag for wet clothes)
- Extra Change of Clothes

- Backpack
- Closed-Toe Shoes

What To Leave at Home:

- Electronic Equipment (phones, tablets, headphones, etc.)
- Toys (playing/trading cards, stuffed animals, water guns, fidget spinners, etc.)
- Spray Aerosols and Pesticides
- Open Toed Shoes
- Knives, Weapons
- Drugs, Alcohol, and Any Tobacco Products
- Candy, Gum, Lollipops, etc.

Sunscreen Protection

We strongly recommend applying sunscreen to your child each morning before camp. Campers should bring a labeled bottle of sunscreen daily—spray is preferred for easy application with counselor assistance. Throughout the day, counselors will remind campers to reapply. To ensure safety and prevent sharing, please label all sunscreen bottles, especially for children with skin sensitivities.

MEALS

The Sanford School Nutrition Program partners with our summer camps to provide breakfast and lunch for campers. Families can sign up weekly for meal services. If you opt out, please send your child with breakfast and lunch each day.

Parents should pack two healthy snacks each day for morning and afternoon snack times. All meals and snacks must be nutritious and ready to eat, as we do not have refrigeration or heating facilities. We recommend using ice packs to keep food fresh.

SWIMMING POLICY

Camp staff actively supervise and accompany campers at all swimming sites, ensuring a safe and structured environment. Before entering the water, staff review all lake or pool rules with campers. We maintain proper staff-to-camper ratios, enforce a strict buddy system, and conduct regular headcounts alongside certified lifeguards, who are always on duty during swim times. Counselors provide additional supervision, and some may swim with their groups. If you prefer your child not to participate in swimming activities, please inform the Camp Director, Jordan Godin, in advance.

Email - jgodin@sanfordymca.org

On the first day of camp, all campers take a swim test to assess their skill level: non-swimmer/beginner, shallow-water swimmer, or deep-water swimmer. Campers can retest weekly with our lifeguards to advance their classification.