



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Camp Linwood MacDonald

Parents Guide

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Summer 2026

"AT TOWER"
In Honor of
ANNE & TONY THORNTON
For Their dedicated service.
2003-2006

Camp Linwood MacDonald

Our Mission

“We believe that summer camp is the most effective catalyst for child development in our world today.”

At Camp Linwood MacDonald, we exist to ensure that every camper, regardless of background, has the opportunity to experience joy, belonging, and personal growth in a place where they are truly seen and supported.

Our Values

Caring

- Show compassion for others and appreciate each other’s accomplishments.

Honesty

- Be truthful in what you say and do. Earn trust and demonstrate fairness in your decisions.

Respect

- Treat others the way you would want to be treated. Be considerate, open-minded, and nonjudgemental

Responsibility

- Take responsibility for your actions and be a steward of the grounds, green spaces, and wildlife.

Our Program

Our camp program is designed to support skill development at every level, from beginner to advanced. Activities are structured with clear progression so campers can build confidence, strengthen existing abilities, and challenge themselves at a pace that feels appropriate. Staff differentiate instruction to meet campers where they are, providing extra guidance for those learning new skills and advanced opportunities for those ready to stretch further. Throughout the summer, we encourage effort, persistence, and personal growth, helping each camper experience success while discovering new strengths.

Overnight Camp

Frequently Asked Questions

How are Campers Supervised?

Campers are supervised at all times by trained counselors. Staffing is maintained at a 1:5 ratio. Staff provide leadership and support throughout the day during activities and remain in cabins overnight to ensure safety. See pg. 8-10

What happens if my child gets sick or injured?

Our health staff evaluates and treats minor illnesses or injuries on-site. Parents are contacted if a camper requires more than routine care, is not feeling well for an extended period, or needs off-site medical attention. See pg. 8-10

How do you handle homesickness?

Homesickness is a normal part of the camp experience, especially at the beginning. Our staff are trained to support campers with encouragement, structure, and positive engagement.

What if my child has food allergies or dietary restrictions?

We accommodate most dietary restrictions, including no pork, vegetarian, and vegan. Families should provide detailed information on the health form so our team can plan appropriately.

How can I communicate with my child?

Send them mail in advance or email camp and we will deliver them printouts. See pg. 10.

Will my child be with their sibling or friend?

Campers participate together in many activities, including meals, swim, and campfire. Cabins are assigned by age and gender, though siblings who are close in age and gender may bunk together. Campers can also choose different activities than their siblings based on their interests.

1 Week Program

Ages 7-14

- June 28th - July 3rd
- July 5th - July 10th
- July 26th - August 31st
- August 2nd - August 7th

2026 Pricing

\$690 per week

*\$45 deposit

3 Week CIT Program

Ages 15-17

- July 19th - August 7th

2026 Pricing

\$300 for full 3 weeks

Financial Scholarship

Every child deserves the chance to experience summer camp regardless of a family's ability to pay.

Does my child qualify?

We offer sliding-scale scholarships based on income, family size, and demonstrated need. If you feel your family could benefit from financial assistance, we encourage you to apply.

Core Value Award

These Scholarships are awarded to selected students in the YMCA of Newark service area who demonstrate the YMCA's core values of Caring, Honesty, Respect, and Responsibility.

Overnight Camp

Daily Schedule

7:15 – 8:00	Wake Up
8:00 – 8:45	Breakfast
9:00 – 10:00	Coaching Period 1
10:15 – 11:15	Coaching Period 2
11:30 – 12:30	Choice Period
12:30 – 1:15	Lunch
1:30 – 2:00	Cabin Clean-Up
2:00 – 2:30	Stop, Drop, Read
2:45 – 3:45	Swim or Arts
4:00 – 4:15	Change
4:30 – 5:30	Cabin Choice
5:30 – 6:15	Dinner
6:30 – 7:15	Field Games
7:15 – 8:15	Evening Activity
8:30 – 9:00	Campfire
9:15 – 10:00	Snack & Showers
10:00	Lights Out

Camp Activities

High Ropes:

- Zipline
- Climbing Tower
- Flying Squirrel
- Leap of Faith
- Giant's Ladder
- Pirate's Crossing
- Challenge Course

Aquatics:

- Lake Swim
- Canoeing
- Kayaking
- Stand-up Paddleboard

Nature:

- Fishing
- Trail Hikes
- Pond Ecology
- Fire Building

Target Sports:

- Compound Archery
- Recurve Archery
- Hatchet Throwing (age 11+)
- Archery Golf

Sports:

- Soccer
- Basketball
- Volleyball
- Gaga Ball
- 9 Square
- Field Games

Arts & Crafts:

- Tie-Dye
- Bracelet Making
- Nature Art
- Painting

Overnight Camp

Benefits & Outcomes

Overnight camp helps kids grow, make friends, and gain confidence, all while having fun outdoors. They learn independence, teamwork, and new skills in a safe, supportive environment, creating memories and life lessons that last far beyond summer.

Points of Growth

- Explore new hobbies and activities
- Learn responsibility and life skills
- Build resilience through fun challenges
- Grow empathy and social awareness
- Spark curiosity and a love for learning

Skill Progression

Camp Linwood MacDonald's overnight camp program rewards beginners with success and challenges experienced campers through its varying program levels.

Levels of Program

Every camp activity has multiple levels of challenges for campers to progress through. Campers must demonstrate both knowledge of the activity and proficiency in the related skills to advance.

There are 3 levels to complete for each activity:

- **Spark**
 - Hands-on introduction to an activity.
- **Flame**
 - Master the basics and begin more advanced techniques.
- **Torch**
 - Truly advanced in both knowledge and skill competency.



Overnight Camp

1 Week Packing List

Clothing

- Shirts (5-7)
- Shorts (5-7)
- Sweatshirts (1-2)
- Long pants (1-2)
- Socks (5-7)
- Underwear (5-7)
- Swimsuit (1-2)
- Jacket
- Hat
- Sneakers (2)
- Shower sandals

Bedding

- Pillow & pillowcase
- Twin-size fitted sheet & top sheet OR sleeping bag

Bathroom

- Towels (1-2)
- Washcloths (1-2)
- Body wash
- Shampoo
- Deodorant
- Toothbrush & toothpaste
- Other personal toiletries (facecleaner, hair ties, contact solution, etc.)

Miscellaneous

- Refillable water bottle
- Sunscreen
- Bug repellent
- Flashlight
- Prescription medication

Optional

- Disposable camera
- Stamp, envelope and address, to write home

Pro Parent Tip

Labeling your camper's belongings with their last name helps make sure they don't leave anything behind!

Not Permitted at Camp

- Electronics
- Cellphones
- Toys
- Money
- Candy, gum, & other food items
- Fireworks
- Guns, knives, weapons
- Non-prescription drugs
- Alcoholic beverages
- Tobacco products
- Vaping products



Any items in violation of the above standards will be confiscated, held in the camp office, and returned to the parent at the end of the week.

Lost & Found

Found items will be kept on property for 2 weeks before being donated to local shelters or charities. Contact the camp office for missing items.

Camp Linwood MacDonald

Facilities

Our cabins are semi-modern and include electricity, air conditioning, plumbing, and heating

Rooke Lodge



Percy Smith Lodge

Camp Linwood MacDonald

HEALTH & SAFETY

The health, safety, and well-being of every camper is our highest priority. Our trained staff, medical team, and clear safety procedures ensure that campers are supported physically, emotionally, and medically throughout their time at camp.

Health Services

A licensed camp nurse is on-site to provide routine care, administer medications, and respond to illness or injury. The nurse works in coordination with our consulting physician to support camper health needs. A doctor's office is located approximately twenty minutes from camp. In the event of an emergency, we use Newton Medical Center, which is also about twenty minutes away.

At check-in, all campers are screened for signs of contagious illness or conditions as required by law. The nurse will review each child's health form and may ask for clarification. This is also a good opportunity for parents to meet the health care staff and discuss any special concerns, medical needs, or recent illnesses.

Medications

For the safety of all campers:

- All medications must be turned in to the nurse on opening day.
- **Do not pack medication in your child's bags.**
- This includes prescription medications, over-the-counter medications, and vitamins.
- Prescription medication must be in the original container labeled with the child's name and proper administration directions.

Your child's health form must include instructions for administering any necessary medications. Our medical staff can administer over-the-counter products with parent permission and instructions. Medication that does not meet these requirements cannot be accepted or administered.

Parents are welcome to contact the nurse with any questions about their child's health care or medication needs.

Camp Linwood MacDonald

HEALTH & SAFETY (Continued)

First Aid & Emergency Preparedness

All camp staff are trained in CPR, First Aid, and the use of an AED in accordance with Red Cross guidelines. Lifeguards are Red Cross certified and participate in regular drills to maintain strong and focused response skills.

Staff complete pre-season training in emergency procedures, and camper safety so they are prepared to respond quickly and appropriately to injuries, illness, or unexpected situations.

Food Allergies & Dietary Needs

We take food allergies and dietary restrictions seriously. Please include detailed and up-to-date information on your child's health form so our staff and kitchen team can plan accordingly. The health staff and counselors are informed of campers with allergies and are trained to recognize and respond to allergic reactions. Camp Linwood MacDonald is a nut-free facility.

Hydration & Heat Safety

Campers are encouraged to drink water frequently throughout the day, especially during warm weather and active periods. Staff schedule regular water breaks, monitor campers for signs of overheating, and adjust activities when necessary to keep everyone safe and comfortable.

Sun Protection

Camp is an outdoor environment, so sun safety is part of our daily routine; we recommend that all campers arrive with sunscreen. Staff remind campers to reapply throughout the day, particularly before swimming and extended outdoor activities. Hats and refillable water bottles are strongly encouraged.

Tick & Bug Prevention

Because camp includes hiking and nature activities, staff remind campers to use insect repellent and assist with tick checks after time in wooded areas. Sending labeled insect repellent with your child is strongly recommended.

Camp Linwood MacDonald

HEALTH & SAFETY (Continued)

Homesickness & Emotional Well-Being

Homesickness is a normal part of being away from home, especially for younger and first-time campers. Our staff are trained to help campers build coping skills, confidence, and independence as they adjust to camp life. With encouragement and support, most campers quickly feel comfortable and proud of their growth. We encourage parents to remain positive and supportive, allowing their child the opportunity to succeed.

Parent Communication

If a camper becomes ill, injured, or requires medical attention beyond routine care, parents/guardians will be contacted promptly. Minor first-aid needs are treated and monitored on-site. If off-site medical care is necessary, we will notify you as soon as possible and keep you informed.

Staff & Supervision

Camp Linwood MacDonald employs approximately 30 seasonal staff who provide 24-hour supervision and leadership. Campers are supervised at approximately a 1:5 ratio. Staff are hired in accordance with YMCA of the USA and American Camp Association standards. They undergo state and federal criminal background checks, sex offender registry checks, reference checks, and drug testing. Together, our trained staff and health professionals create a safe, supportive environment where campers can grow with confidence.

KEEPING IN TOUCH

Mail (Incoming & Outgoing)

Letters are important at camp, and we encourage your family to write often. Address all mail as follows:

CHILD'S FIRST AND LAST NAME
Camp Linwood MacDonald YMCA
1 Flatbrook Road
Sandyston, NJ 07826

Email (Incoming Only)

You may choose to send your camper an E-mail, which are printed out and delivered to campers daily.

All emails can be sent to:

linwoodmacdonald@newarkymca.org



Linwood Camp MacDonald

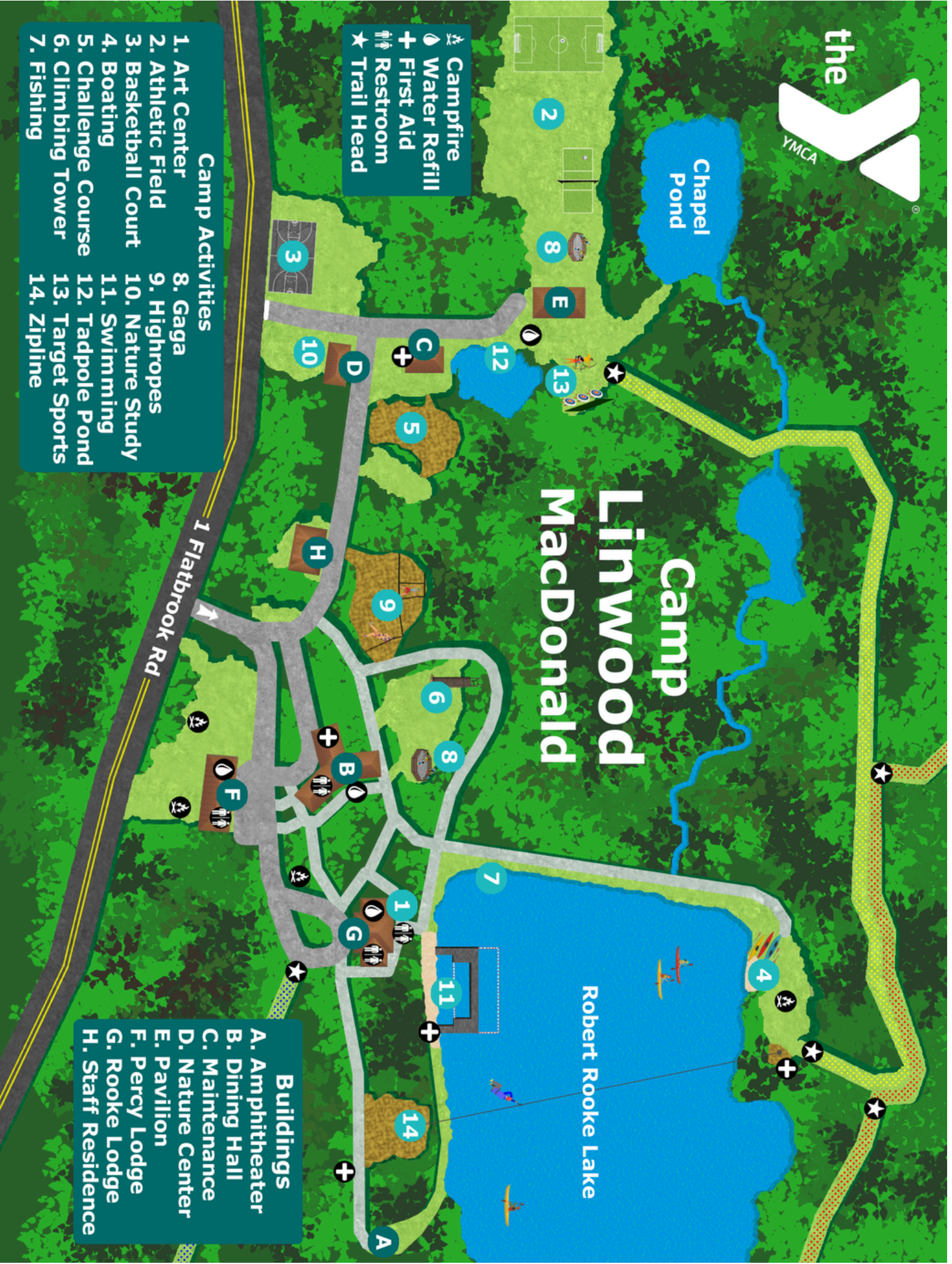
Robert Rooke Lake

1 Flatbrook Rd

- Campfire
- Water Refill
- First Aid
- Restroom
- Trail Head

- 1. Art Center
- 2. Athletic Field
- 3. Basketball Court
- 4. Boating
- 5. Challenge Course
- 6. Climbing Tower
- 7. Fishing
- 8. Gaga
- 9. Highropes
- 10. Nature Study
- 11. Swimming
- 12. Tadpole Pond
- 13. Target Sports
- 14. Zipline

- A. Amphitheater
- B. Dining Hall
- C. Maintenance
- D. Nature Center
- E. Pavilion
- F. Percy Lodge
- G. Rooke Lodge
- H. Staff Residence





Camp Linwood MacDonald
YMCA of Newark & Vicinity
1 Flatbrook Road
Sandyston, NJ 07826

Camp Linwood MacDonald

Overnight Camp

Boys & Girls, ages 7-14

Counselor-In-Training

Boys & Girls, ages 15-17

**BE INSPIRED
BY NATURE**

**SIGN UP
TODAY**



camplinwoodmacdonald.org
linwoodmacdonald@newarkymca.org
(973) 948-7090



**SUMMER
2026**