



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER ROCHESTER

YMCA CAMP GORHAM



More than a camp...
a living spirit

Embark on a Lifetime Adventure at YMCA Camp Gorham

Are you ready for an unforgettable summer experience? At YMCA Camp Gorham, we believe in creating lasting memories and fostering personal growth through adventure and community. Our overnight summer camp offers a unique opportunity for your child to explore new horizons, build lifelong friendships and develop essential life skills.

Whether your child is a seasoned camper or new to the experience, we have something special in store. Our engaging programs and activities are designed to cater to a wide range of interests, ensuring that every camper feels included and empowered. From thrilling outdoor adventures to creative activities, there's always something exciting to discover at Camp Gorham.

We're already hard at work preparing for an incredible summer in 2025. Our dedicated staff is working tirelessly to create a safe, fun and enriching environment for all our campers. We're excited to introduce new and exciting programs, while also continuing to offer our classic favorites.

At YMCA Camp Gorham, we are committed to our mission of providing a fantastic summer journey for every camper. Our core values of respect, responsibility, caring, honesty and inclusion guide everything we do. We believe that by fostering these values, we are helping our campers develop into confident, compassionate and well-rounded individuals.

We understand that choosing the right summer camp for your child is an important decision. That's why we encourage you to learn more about the benefits of an overnight summer camp. By providing a safe and supportive environment, we help campers develop independence, a sense of belonging, a profound sense of accomplishment and lasting friendships.

We invite you to join us on this incredible adventure. Register your child for YMCA Camp Gorham today and watch as they embark on a life-changing experience filled with joy, growth and unforgettable memories.




Zach Eigenbrodt
Executive Director



Mission

The YMCA is, and always will be, a place where individuals and families from all walks of life are welcome and where they may learn, grow and thrive – together.

YMCA Camp Gorham provides the opportunity for children from all backgrounds to come together, unplug and connect. Through the camp experience your camper will become more resilient, develop decision-making skills and challenge their comfort level in a structured, safe environment – emerging with a positive sense of self and confidence in “who” they are. The camp experience is proven to enhance social-emotional intelligence through achievement, independence, friendship and belonging.

OPEN HOUSE DATES

VIRTUAL

Dec. 5	6 to 7:30 pm
Feb. 16	1 to 2:30 pm
April 27	1 to 2:30 pm

IN PERSON

May 4	1 to 3:30 pm
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Email campgorham@rochesterymca.org to register.

HOW TO REGISTER

Visit campgorham.org and click “REGISTER TODAY”

Or scan our QR CODE



EXPERIENCE SCHOLARSHIP

Camp Gorham believes every child should have the opportunity to experience camp. Donations to Camp Gorham’s Annual Campaign are used to offset the cost of overnight camp. Scholarships are available on a first-come, first-served basis and are awarded based on income and family circumstances.

Email us at campgorham@rochesterymca.org to inquire.

Two-Week Overnight Camp

Camp Gorham's Two-Week Overnight Program: Fun, Growth and Adventure!

Two-Week Camp: What To Expect

Camp Gorham offers a structured and enriching two-week overnight camp experience designed to foster belonging, independence, achievement and friendship. Here's what you can expect from our program:

- **Two Weeks of Adventure:** Our two-week format allows campers to immerse themselves fully in camp life, building lasting friendships and mastering skills in their chosen specialty tracks. With a variety of activities each day, every camper will have the opportunity to explore and grow.
- **Dynamic Programming:** Our afternoon and evening activities rotate throughout the two weeks, ensuring a fresh and engaging experience every day. From exciting games like Gold Rush, Wells Fargo, and Commando to creative projects like Ham Jam and Carnival, there's always something new to look forward to.
- **Age and Gender Grouping:** Campers are placed in cabins based on their rising grade level and gender, promoting a comfortable and age-appropriate environment for social and personal growth.

Two-Week Sessions

SESSION		EARLY BIRD RATES (NOW THROUGH DEC. 31)	2025 RATES (STARTING JAN. 1)
Session 1	July 6-19	\$2,050	\$2,200
Session 2	July 20-Aug. 2	\$2,050	\$2,200
Session 3	August 3-16	\$2,050	\$2,200

Key Components of a Two-Week Camp Experience:

Opening: Kick off the camp experience with a special introduction to Camp Gorham's community and traditions.

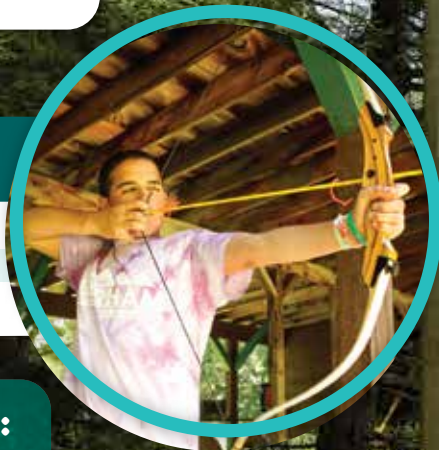
Overnight Camping Trip: Enjoy an adventurous overnight stay at a Camp Gorham lean-to, where campers will connect with nature and each other.

Diverse Activities: Participate in up to six different activity areas, offering a wide range of options from sports to arts to outdoor skills.

The Gorham Games: Engage in our signature camp-wide event that fosters teamwork, friendly competition and plenty of fun.

Closing Banquet and Campfire: Conclude the session with a festive closing banquet and a memorable campfire, celebrating the friendships and achievements of the past two weeks.

Our program is thoughtfully designed to ensure a well-rounded and memorable camp experience. We look forward to welcoming your camper to Camp Gorham for a summer of growth, adventure and fun!



One-Week Overnight Camp

Camp Gorham's One-Week Overnight Program: A Perfect Introduction to Camp Life

One-Week Camp: What To Expect

Our one-week program is a fantastic way for campers to experience the magic of Camp Gorham and decide if they'd like to return for a longer stay. We look forward to welcoming your camper for a week filled with fun, friendship and exploration!

- **A Week of Fun and Discovery:** Our one-week program is designed to give campers a taste of camp life, with a variety of activities and experiences packed into their stay. This option is ideal for those looking to explore camp while enjoying a full range of activities. One-week campers participate in activities along with our two-week campers.
- **Special Highlights:**
 - Session "A" Campers:** Enjoy a memorable opening campfire that sets the tone for the week and creates lasting camp traditions.
 - Session "B" Campers:** Participate in the exciting Gorham Games, a camp-wide event that encourages teamwork and friendly competition, followed by a closing campfire to celebrate the week's adventures.
- Depending on availability, one-week campers may have the opportunity to extend their stay for an additional week, allowing them to continue their camp experience and dive deeper into the activities and friendships they've started to build.

VILLAGE DESCRIPTIONS

- Adirondack Village:**
Female-identifying campers entering grades 2-6
- Big Moose Village:**
Male-identifying campers entering grades 2-6
- Frontier Village:**
Female-identifying campers entering grades 7-10
- Lumberjack Village:**
Male-identifying campers entering grades 7-10

One-Week Sessions

SESSION	EARLY BIRD RATES (NOW THROUGH DEC 31)	2025 RATES (STARTING JAN. 1)
Session 1 Week A July 6-12	\$1,200	\$1,300
Session 1 Week B July 13-19	\$1,200	\$1,300
Session 2 Week A July 20-26	\$1,200	\$1,300
Session 2 Week B July 27-Aug. 2	\$1,200	\$1,300
Session 3 Week A Aug. 3-9	\$1,200	\$1,300
Session 3 Week B Aug. 10-16	\$1,200	\$1,300

A Day in the Life of a Gorham Camper

Sample Schedule

7 am	Golden Horseshoe & Polar Bear Plunge
7:45 am	Flagpole
8 am	Breakfast
9 am to Noon	Specialty Tracks
12:30 pm	GameZone
1 pm	Lunch, followed by Siesta
2-5 pm	Afternoon Activity Blocks Each village has a waterfront block and a cabin-time block
5 pm	GameZone
5:30 pm	Dinner
6 pm	Coliseum
7 pm	Evening Program
9 pm	Bedtime

Gorham Games

Imagine the sights and sounds of 150 campers dressed in red, blue, green or yellow while they sing, cheer and shout for their Village. That's how the Gorham Games begin! After cheer-off at Coliseum, campers head to the A-Field for the final showdown – often a game of 4-way capture the flag - to earn the title of their session's Gorham Games Champion. The winning village is revealed at Closing Campfire, and the village's name is immortalized on a plaque hung in the Dining Hall.

Specialty Tracks – Land, Water, Creative

Camp Gorham has so much to offer during activity blocks! Campers choose between land, water and creative activities to fill their schedules. Examples of land-based activities include mountain biking, rock climbing, archery and wilderness skills. Water tracks include boating, splash-a-palooza, standup paddleboarding and fishing. Creative tracks include arts & crafts, the Dart and photography.

Overnight

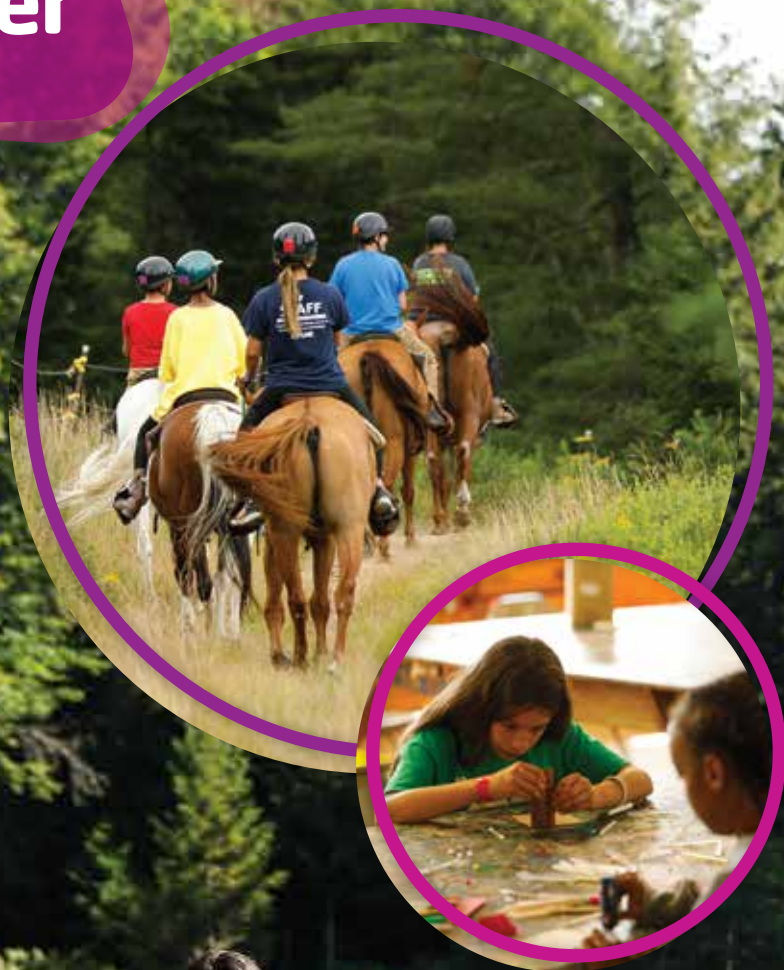
What's better than an overnight camping trip? An overnight camping trip with your best camp friends! Campers in our two-week sessions hike or paddle to a Camp Gorham lean-to site for an evening under the stars. Campers sleep in tents, cook dinner over the campfire and enjoy an Adirondack summer night.

Horseback Riding & Water Skiing Add-Ons

Add-ons available for our One- and Two-Week Overnight Campers for \$300.

Horseback Riding (ages 10 & up): Campers will begin with riding lessons, building to a trail ride on one of our many horse trails. Groups are created based on ability level to maximize the lesson for all campers.

Water Skiing (ages 10 & up): Our experienced instructors will tailor their approach to the level of your camper, ensuring they get a memorable and meaningful waterski adventure.



Adirondack Wilderness Explorers/ CIT

The Adirondack Wilderness Explorers

program offers a perfect blend of skill development, adventure and personal growth, providing teens with an unforgettable experience in the great outdoors. Over two weeks at Camp Gorham, participants will discover the beauty and thrill of the Adirondacks while developing essential outdoor skills.

Week One: Foundations and Exploration

Skill Building: Campers will engage in a range of exciting activities, including rock climbing, archery and arts & crafts. They will also learn practical skills such as backpack packing, tent setup and fire-starting.

Exploration: Participants will explore Camp Gorham's expansive 1,500-acre property by mountain bike, canoe and on foot, gaining hands-on experience in navigating diverse terrains and environments.

Week Two: The Ultimate Backpacking Challenge

Backpacking Trip: The highlight of the program is a three-day backpacking adventure, where campers will apply their newly acquired skills in a real-world setting. This journey challenges them to test their abilities, foster teamwork and deepen their connection with nature.

It's not all time spent in the woods for our Adirondack Wilderness Explorers campers, though. Our Adirondack Wilderness Explorers are part of our Leadership Village, which includes our Counselors-in-Training. Together, this village demonstrates what it means to be a leader at Camp Gorham by tackling a service project and leading an evening program for the rest of Camp.

The Adirondack Wilderness Explorers

SESSION	EARLY BIRD RATES (NOW THROUGH DEC 31)	2025 RATES (STARTING JAN. 1)
AWE 1 July 6-19	\$2,050	\$2,200
AWE 2 July 20-Aug. 2	\$2,050	\$2,200

Counselor-in-Training

SESSION	APPLICATIONS NOW OPEN
CIT July 6-26	\$2,200

Non-Member Fee: \$125

Camp Gorham's Counselor-in-Training (CIT) Program:

Leadership and Fun for 16-Year-Olds

Camp Gorham's CIT program is designed for 16-year-olds entering 11th grade who are eager to develop leadership skills while enjoying a memorable camp experience. This program offers a unique blend of training, community service and camaraderie.

What to Expect:

- **Leadership Training:** CITs will engage in comprehensive counselor training, learning essential skills such as group management, effective communication and conflict resolution.
- **Community Service:** Participants will have the rewarding opportunity to give back through service projects, making a positive impact on the camp community.
- **In-Cabin Experience:** CITs will bond with fellow trainees during their in-cabin experience, creating lasting friendships and a supportive network.
- **Program Benefits:** By the end of the CIT program, participants will have gained valuable insights into working with kids and have developed skills that are applicable both at camp and in everyday life.

REGISTRATION INFORMATION:

CIT application is now open!

We encourage you to secure your spot early for this enriching and fun-filled opportunity!

We look forward to welcoming aspiring leaders to Camp Gorham for a transformative summer experience!

