

YMCA **CAMP FOSS**

Traditionally A Girls Overnight Camp



Ages 8 – 15

Welcoming 7 year olds to experience the magic
of Overnight Camp during our 4th session!



SUMMER 2027





**Discover the
summer of
a lifetime!**

At camp I can...

CREATE AN EXPERIENCE



UNPLUG. CONNECT.

For over 100 years, YMCA Camp Foss has celebrated every campfire, lake swim, and ropes course challenge – providing the perfect summer escape for youth ages 8 – 15.

Experience the right combination of adventure and discovery. Experience the joy of embracing the simple pleasures of nature while meeting new friends and reconnecting with old. Experience the summer of a lifetime.



CAMP QUALITY PROMISE

YMCA Camp Foss creates a community where all are welcome. Camp builds a healthy spirit, mind, and body in all campers while striving to bring out the potential in each child. Our overnight camps stand behind the quality of our overnight camp programs and welcome feedback from campers and parents at any time:

- Our staff receive extensive, thorough training.
- The YMCA has a distinguished history in camping.
- One of the highest staff retention rates in the state.
- Our camps have been serving youth for more than 100 years.
- A warm and caring environment makes your child feel at home.



BUNK NOTES

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“Camp Foss positively transformed our family. Our daughter faced significant trauma in the year leading up to camp, and we turned to Camp Foss at a critical point in our family’s life. As public school educators, we knew that the values Camp Foss would instill in her could be carried throughout life. But we believed that the cost of camp would be prohibitive. The entire Camp Foss team rallied to grant our daughter a scholarship in the eleventh hour. Though she arrived at camp with considerable nerves, she left with confidence (and an award from her fellow campers). We were overjoyed when we collected our happy, social girl! Spaces dedicated to nurturing kindness, compassion, and confidence in young women are few and far between. Camp Foss is truly a special place. Our daughter spoke breathlessly about the joy she felt with her fellow campers (and a newfound love of Taylor Swift). We can’t wait for her to return, and look forward to paying it forward in the coming years.”

“

“Camp Foss was really fun and independence-building! I went in feeling like I wasn’t going to be able to make friends and I wasn’t going to know anyone. I went out having made a bunch of friends and knowing how to swim! I will definitely go back next year.”

CAMP TEACHES ME NEW THINGS



BEST FRIENDS
can be made **OVERNIGHT**



You can still
be **COOL** and
SING at the
TOP OF YOUR LUNGS

Sometimes
a **WEEK** can
CHANGE your
ENTIRE LIFE



FOUR

The **SUN** shines **BRIGHTER** over
WILLEY POND



CAMP is a **SPECIAL PLACE**
that can stay with you
FOR A LIFETIME

FIVE



At camp I can...

CREATE AN EXPERIENCE

WHAT IS THE DIFFERENCE BETWEEN A ONE AND TWO WEEK CAMPER SESSION?

While a lot of fun happens during just one week of camp, spending more time connecting and bonding with cabin mates, counselors, and other campers is one of the many benefits of a two-week session. Allowing children to bond and connect in their friendship groups allows them to grow their communication, teamwork, and conflict resolution skills more than when they are in a shorter-term program. Many of our activities require extensive time to practice and master skills while also having the exposure to all of what is offered at camp, and have the opportunity to pursue activities they are passionate about. With each camp boasting over 30 activities, without adequate time, it would be impossible for campers to even get to all of the activities we offer, let alone build skills in them.

HOW DO YOU SELECT YOUR STAFF?

We pride ourselves on the talents of our dynamic staff who make our campers feel special and help them make friends. Many staff members are former campers and have spent several years growing through the Counselor-In-Training program. Other staff are selected for their expertise and desire to work with children in the camping environment. We promote diversity by selecting some staff from international placement agencies that draw from highly qualified applicants across the world. We hire for maturity, personal warmth, and leadership skills to give your child an outstanding summer camp experience. Reference and criminal background checks are performed on all staff.

WHAT KIND OF TRAINING DOES YOUR STAFF HAVE?

Camp staff undergo intensive training in topics such as emergency procedures, CPR, first aid, homesickness, team building, age-specific behaviors, character development, bullying awareness, conflict resolution, child abuse prevention, and emergency action readiness.

DO YOU OFFER FINANCIAL ASSISTANCE?

We believe that every child should have the opportunity to experience overnight camp. Thanks to generous donations from our supporters including Y families, camp alumni and friends, funds are available for families who may not be able to afford a camping experience for their child. While we don't have unlimited funds, we do our best to help all families that apply for assistance. Following the application process, approved funds are applied toward camp session fees. Applications are available online. For more information, contact Scott Townes at stownes@graniteymca.org or 603.232.8642.

CAN MY CHILD CALL OR EMAIL HOME?

Parents are welcome to contact the camp office at any time with questions or concerns. In general, we strive to promote independence and group unity in campers by discouraging telephone contact during camp sessions. The camp staff will contact the parent/guardian if a camper is having trouble adjusting to camp life or if there are health concerns. Parents may write letters and send care packages via USPS or send one way communication letters through our online Bunk1 program. Children are given opportunities to write letters home throughout the session.

ARE YOUR OVERNIGHT CAMPS ACA ACCREDITED?

Camps Mi-Te-Na and Foss are proud to be accredited by the American Camp Association (ACA). Developed exclusively for the camp industry, this nationally recognized program focuses on program quality and health and safety issues, and requires us to review every facet of our operations. Our staff training, program and facility safety, food services, and health care all meet their rugged standards and your high expectations. Mi-Te-Na and Foss are proud to voluntarily submit to this independent appraisal, and have been accredited with superior marks. We maintain the highest ACA and state of New Hampshire health and safety standards.



QUESTIONS?

Visit us at
campfoss.org

YMCA CAMP FOSS

Located in Strafford, NH • Girls, 8 – 15 years



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“We have been very excited to see how much our granddaughter LOVES her experiences at Camp Foss. This was her 4th year and says she’s going again next year.”

“

“Camp Foss was exactly what my 14-year-old daughter needed at the end of a long school year. She had such a great time and made so many new friends. Fantastic experience!”

“

“My child thrived and came back positive and confident. She had an awesome time and the counselors had a lasting impact. A++.”

Nestled on 275 wooded acres between Parker and Evans Mountains in Strafford, New Hampshire, Camp Foss offers the perfect setting for exploration and personal growth. Our trained staff guide campers in developing athletic, artistic, and team-building skills while discovering their potential and the joy of camp life. Camp Foss provides a safe, clean, and secure environment with exciting activities rain or shine. Girls form friendships, take healthy risks, and grow into confident, independent young women. Highlights include our recreation hall for evening programs, talent shows, and socials; the private shores of Willey Pond for swimming and boating; and a variety of activity areas—tennis courts, archery range, soccer field, climbing tower, challenge courses, dance studio, and arts & crafts lodge. Our experienced kitchen team serves nutritious, kid-approved meals to keep campers energized. Join us for a summer of friendship, fun, and unforgettable memories at Camp Foss for girls!



SESSIONS

FULL SUMMER EXPERIENCE

June 27 – August 21

ONE MONTH EXPERIENCE

A June 27 – July 24

B July 11 – August 7

C July 25 – August 21

TWO WEEK EXPERIENCE

1 June 27 – July 10

2 July 11 – July 24

3 July 25 – August 7

4 August 8 – August 21*

ONE WEEK EXPERIENCE

1A June 27 – July 3

1B July 4 – July 10

2A July 11 – July 17

2B July 18 – July 24

3A July 25 – July 31

3B August 1 – August 7

4A August 8 – August 14*

4B August 15 – August 21*

COUNSELOR-IN-TRAINING

June 25 – July 24

July 23 – August 21

YMCA CAMP FOSS

Camper Activities

Through activities, we coach sportsmanship, courage, healthy risk-taking, independence, goal setting, flexibility, responsibility, and self-discovery. We aim to nurture the potential of every camper.

Some activities are restricted by age or swimming ability. Camp has more activities than a camper can visit in a session. Due to factors such as age, weather, program choices, popularity, and availability, your camper will have an active week, but will not do every activity listed below. There will always be something to look forward to during their next summer at camp.

WATERFRONT

canoeing	kayaking	swim lessons
inflatables	paddleboards	

RECREATION

basketball	Parkourse	softball
field hockey	pickleball	tennis
four square	soccer	volleyball

HOBBIES

archery	Climbing Tower	Parkourse
arts & crafts	Dance	Performing Arts
boating	High & Low Ropes	Target Sports



QUESTIONS?



Visit us at
campfoss.org

8:00
AM

BREAKFAST

9:00
AM

MORNING ACTIVITIES



12:30
PM

LUNCH

1:15
PM

CABIN TIME

2:15
PM

CAMPER CHOICE PERIODS



4:15
PM

GENERAL SWIM

5:30
PM

DINNER

7:15
PM

EVENING PROGRAM



9:30
PM

LIGHTS OUT



At camp I can...

MEET LIFELONG FRIENDS



THE ULTIMATE EXPERIENCE

QUESTIONS?

Visit us at
campfoss.org

YMCA Camp Foss designs camp programs that focus on fun and adventure while providing campers with a full and well rounded overnight camp experience. The staff come up with creative and out of the box activities and themes tailored to each campers age and skill level allowing them to develop skills at their own pace.

MORNING ACTIVITIES

Morning activities consist of three one hour long program periods of skill development in recreation, hobbies, and waterfront activities. Traveling to program areas within cabin groups, campers are able to explore all that camp has to offer.

AFTERNOON ACTIVITIES

Afternoon Activities are split into two 60 minute free choice activity periods. Campers will get to choose from a wide variety of specialty activities giving campers the ability to mold their own camp experience while learning to think, act, and choose for themselves.

EVENING ACTIVITIES

Evening activities vary each day and include surprise programming that vary from camp wide events to specialized cabin group activities. These activities promote teamwork, cooperation, and leadership. Examples include carnival nights, movies under the stars, s'more making, and tie dye. Session specific program themes are posted two weeks prior to the start of each camp session to help families pack accordingly.

RELATIONSHIPS GROW AT CAMP



CAMPFIRE
TALKS



CABIN TIME

MEETING YOUR
NEW BEST FRIEND



LAUGHTER



INSIDE JOKES



MEMORIES



COMMUNICATION



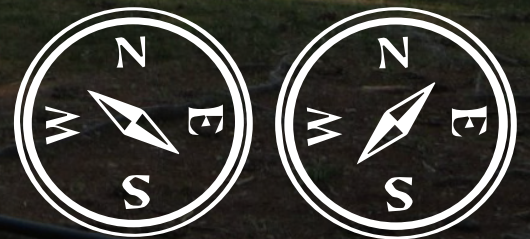
TEAMWORK



DISCOVERY



BONDS OVER
SHARED
EXPERIENCES



EXPLORATION

At camp I can...

BECOME A LEADER

The camp environment provides a unique opportunity for youth to build leadership skills. The goals of the CIT program are to teach the general skills of leadership that can be used at school, home and community (not just at camp). Both programs give our oldest campers age-appropriate challenges that build their skills, confidence and capacity for working with people of all ages.

COUNSELOR IN TRAINING

Ages: 15 & 16 years
(Must be 15 prior to May 1, 2027)

This four week program includes workshop trainings in areas of personal development, decision making techniques, group work skills, and program leadership. We invite all who meet the age qualification to apply with the understanding that this is a competitive process. There are two sessions of CIT's with a capacity of 12 CIT's per session.

SESSION	DATES
1	June 25 - July 24
2	July 23 - August 21

LEADER IN TRAINING

The **Leadership in Training (LIT)** Cabin is designed for our oldest campers who are attending a two-week session. While in this cabin, campers will build strong team skills, learn what it will take to be a good role model, and get the chance to thoroughly experience camp's activities.

SESSION	DATES
1	June 27 - July 10
2	July 11 - July 24
3	July 25 - August 7
4	August 8 - August 21



QUESTIONS?

Visit us at
campfoss.org

PROGRAM FEES & INFORMATION

PRICING STRUCTURE

Registration for Summer 2027 opens October 1, 2026.

FULL SUMMER EXPERIENCE

There is a \$800 deposit required.

[CLICK TO REGISTER](#)

SESSION	DATES	TUITION
1	June 27 – August 21	\$10,450

ONE MONTH EXPERIENCE

There is a \$400 deposit required.

[CLICK TO REGISTER](#)

SESSION	DATES	TUITION
A	June 27 – July 24	\$5,400
B	July 11 – August 7	\$5,400
C	July 25 – August 21	\$5,400

TWO WEEK EXPERIENCE

There is a \$200 deposit required.

[CLICK TO REGISTER](#)

SESSION	DATES	TUITION
1	June 27 – July 10	\$2,775
2	July 11 – July 24	\$2,775
3	July 25 – August 7	\$2,775
4	August 8 – August 21*	\$2,775

ONE WEEK EXPERIENCE

There is a \$100 deposit required.

[CLICK TO REGISTER](#)

SESSION	DATES	TUITION
1A	June 27 – July 3	\$1,650
1B	July 4 – July 10	\$1,650
2A	July 11 – July 17	\$1,650
2B	July 18 – July 24	\$1,650
3A	July 25 – July 31	\$1,650
3B	August 1 – August 7	\$1,650
4A	August 8 – August 14*	\$1,650
4B	August 15 – August 21*	\$1,650



Financial assistance is available to ensure that every child is given the opportunity to experience the summer of a lifetime!

[CONTACT US](#)

to learn more about our financial assistance options or contact our registrar at 603.232.8642.

QUESTIONS?

Visit us at
campfoss.org

2027 SPECIAL EVENTS

ANNUAL OPEN HOUSE

May 15, 2027

10:00 AM - 1:00 PM

Hosted at: Camp Mi-Te-Na

This special weekend invites Day Campers to take their first leap into Overnight Camp fun. Enjoy campfires, challenge courses, and adventure-filled days with friends old and new. It's the perfect mix of first-time excitement and returning camper spirit - one unforgettable weekend of memories, confidence, and connection!

STARTER CAMP

May 29 - 31, 2026

6:00 PM - 1:00 PM

This experience combines the fun from both Camp Foss and Camp Mi-Te-Na in one incredible Fall weekend. This event is designed for day campers to experience overnight camp for the first time or for current campers to come back out for one final experience. Activities will include, campfires, arts and crafts, high ropes, archery, sports activities and more.

PRICING

WEEKEND ADVENTURE
Per Person Price
RATE
\$350

FAMILY CAMP WEEKEND

September 4 - 7, 2026

6:00 PM - 9:00 AM

Join us for a weekend to reconnect with your family in a relaxing outdoor atmosphere. This is the perfect opportunity to strengthen family bonds and discover the magic that overnight camp has to offer. Enjoy a weekend of adventure with the whole family filled with a variety of activities.

Cabin pricing includes activities, meals, and lodging for up to 6 people per cabin. There will be an added fee for additional guests.

PRICING

WEEKEND ADVENTURE
Per Cabin Price
RATE
\$1,100

NEW THIS YEAR!

THE LONGER YOU STAY THE MORE YOU PLAY!

Each extra week means more adventures, memories, and exclusive perks!

FULL SUMMER:

The ultimate camp experience!

- 8 Campfires
 - 8 Specialty Activities
 - 4 Socials with Camp Mi-Te-Na
 - 3 Intersession Out of Camp Trips
 - T-Shirt
 - 1 Personalized Camper Sweatshirt
 - \$50 Store Credit
 - 1 Full Day Out of Camp Excursion
- Save \$1,100!**

ONE MONTH:

Go all in for a month of memories!

- 4 Campfires
 - 4 Specialty Activities
 - 2 Socials with Camp Mi-Te-Na
 - 1 Intersession Out of Camp Trip
 - 50 Sign-up Opportunities
 - 2 T-Shirts (exclusive 4-week camper)
 - 1 Water Bottle
- Save \$350!**

TWO WEEKS:

Double your fun and friendships!

- 2 Campfires
- 2 Specialty Activities
- 25 Sign-up Opportunities
- 1 Social with Camp Foss
- T-Shirt

ONE WEEK:

Get a taste of camp fun!

- 1 campfire
- 1 specialty activity
- 8-10 sign up opportunities
- 1 T-Shirt



DISCOVER OUR BROTHER CAMP YMCA CAMP MI-TE-NA

Traditionally a Boys Overnight Camp • Ages 8-15

Welcoming 7 year olds during our 4th session!



WWW.CAMPMITENA.ORG



At camp I can...

MAKE NEW MEMORIES

YMCA CAMP FOSS

242 Willey Pond Road
Strafford, NH 03884
603.269.3800

www.campfoss.org | www.graniteymca.org



THE GRANITE YMCA