



2026 Adventure Camp and Teen Extreme

Welcome to our weekly summer day camp! We provide a safe, engaging environment where campers learn new skills, swim, and make friends. Our program fosters confidence and independence by helping children unplug and explore the world.

Safety is our priority. Staff ensure supervision at all times, and campers must remain with their groups. Counselors escort children across campus and on field trips. Please remind your camper to stay with the group and always ask a counselor before leaving.

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Before Camp Care (Pre-Registration Required)

7:15 - 8:30 am Drop off at the Cape Care entrance at the Community Center.

Drop Off

8:30 - 8:45 am Adventure Camp & Teen Extreme

At the front of the High School take a left and pull up to the yellow cones. Campers should be ready to exit the car and check in with counselors upon arrival. If you need to assist your camper, please pull into a parking place and walk them over. If you are dropping your camper off after camp has started, please check in at the Camp Office located inside the lobby area of the High School

Pick Up

3:00 pm Adventure Camp & Teen Extreme (most days)

At the front of the High School, take a left and pull up to the yellow cones. Campers will be ready for pickup. If you need to help your camper into their car seat or seatbelt, please park so we can keep the line moving. Plans for playdates or alternate pick-up need to be arranged before pick-up to avoid confusion during a busy time.

After Camp Care (Pre-Registration Required)

3:00 - 5:30 pm

Before 4:00 pm, pick up at the Cape Care playground. After 4:00 pm, pick up at the High School cafeteria.

Snack Bar

We will have a snack bar this summer with chips, drinks, and small snacks available for purchase. Campers will be allowed to visit the snack bar during lunch to purchase items. **This is optional.**

Adventure Camp Daily Schedule (Grades 1 - 6)

8:45 - 10:15 am

Activities - Outdoor games, gym games, arts & crafts, & swim lessons.

10:15 - 10:30 am

Snack - Bring a snack for your camper.

10:30 am - Noon

Activities - More outdoor games, gym games, arts & crafts, & swim lessons. Adventure Campers will have swimming lessons 1 - 2 times /week, and a choice to free swim in the afternoons.

Noon - 12:30 pm

Lunch - Campers must pack a lunch from home and bring a water bottle.

12:30 - 1:00 pm

Playground time/rest time

1:00 - 2:45 pm

Choice Time - Campers will choose from a variety of activities.

3:00 pm

Dismissal - Campers will be ready for pickup at the front of the High School, take a left and pull up to the yellow cones.

3:00 - 5:30 pm

After Care (pre-registration required) - Pick up at the Cape Care Playground (before 4:00 pm) or at the High School Cafeteria (after 4:00 pm).

Adventure Campers should leave all of their electronics at home and stuffed animals/toys/Pokémon cards. This will avoid tears if the item gets lost or broken.

Please let us know if your camper will be attending an after-camp activity.

Adventure Camp Field Trip & Events (Grades 1 -6)

Staff, counselors, and campers all participate in camp olympics, penny carnival, and talent shows! They are what makes camp special -- they encourage camp spirit, generate excitement, and offer campers something to look forward to.

- Thursdays are field trip days for Adventure Camp. Campers **MUST WEAR** their Camp T-Shirt. If you do not wear your camp shirt on a field trip day, you will be charged **\$20** for an additional shirt.
- Please email [Kelly Phinney](#) if your child will not be attending the field trip.
- [Field Trip/Event Schedule](#)

Teen Extreme Schedule (Grades 7 - 8)

On Tuesdays, campers will remain on campus for sports, arts & crafts, and swim activities.

On Wednesdays and Thursdays, they will go on a field trip to various locations in Maine and New Hampshire. The weekly letter with more specific information on the [Field Trip/Event Schedule](#)
Field trip return times may vary, so please check the pick-up times carefully.

Little Cubs Camp

Please [read](#) parent information for details specific to Little Cubs Camp. If you are dropping off a variety of campers in different locations, please drop off your Little Cubs camper first.

Dismissal Order

1. Parent pick up
2. Kids walking or riding bikes will be dismissed
3. Adventure Campers attending After Care will be walked to the Cape Care playground (by the High School).

Communication

Adventure Camp and Teen Extreme can be reached at 207-408-6807 or [email](#).

Little Cubs Camp, please call the Community Services office at 207-799-2868.

Weekly emails will be sent out on Fridays before the week of camp with information relating to the upcoming week, including field trip details and theme days.

Medication

An Authorization to Dispense Prescription & Non-Prescription [Medication Form](#) must be completed, printed, and provided to the camp desk for us to administer to your child during camp hours.

Medications must be clearly labeled in their original container and provided to us in a ziplock bag with the Medication Form.

Emergency Procedures

Staff and counselors are CPR certified and equipped with a first aid kit to treat any minor accident.

Parents will be contacted immediately if a doctor's attention is required. If immediate medical care is necessary, an ambulance will be called first, and then the parents. If the parents are unable to accompany the child to the nearest emergency room, they will be accompanied by a staff person.

Cancellation Policy

The refund policy for withdrawal from any camp, and before and after camp care, is as follows:

- Withdrawals received on Monday for the following week will receive a 100 % refund, less a processing fee.
- Withdrawals received Tuesday – Thursday for the following week will receive a 50% refund, less a processing fee.
- Withdrawals received on Friday for the following week are non-refundable.
- Online transaction fees are non-refundable.
- Withdrawals due to medical conditions or injuries require a doctor’s note to be considered for a credit for future use or refund.

Reminder: If you need to withdraw from Summer Rec Camp, Specialty Camp, Before Care, and After Care please specify each individual camp(s) you are withdrawing from.

Late Fees

Pick-up from camp is promptly at 3:00 pm. Please call us if you know you are running more than 10 minutes late. At 3:15 pm, a late fee of \$25 will be charged.

Rules & Disciplinary Policy

Please read and review with your child before attending camp.

RESPECT - Treat yourself, fellow campers, counselors, staff, equipment, supplies, facilities, property, and personal belongings with respect. We will not tolerate inappropriate language, behavior, or disrespect.

COMMUNICATION - To ensure your safety and the safety of others, listen carefully to staff and counselor directions, remain with your group at all times, and seek permission to leave your group at any time and for any reason.

RESPONSIBILITY - Campers are expected to conduct themselves in a well-behaved manner. The use of inappropriate language or possession of a dangerous object, weapon, or illegal substance will not be tolerated and should be immediately reported to the counselor or staff.

Offenses include: endangering another person’s well-being, swearing or verbal abuse, leaving campus boundaries, stealing or destruction of property, possession, or use, under the influence of an illegal substance.

Offense Consequences:

- First Offense - Verbal Warning and Counselor Meeting
- Second Offense - Written Notice and Parent/Guardian Notification
- Third Offense - Dismissal (for the day) and Parent/Guardian Pick-up
- Fourth Offense - Camper Suspension (for the remainder of summer without tuition reimbursement)

Stealing, Property Destruction, and Illegal Substances are considered Third/Fourth Offenses. The above consequences are general guidelines and will be administered at the discretion of the administration.

Camper Checklist

Please label all of your child's belongings

This is what your camper will need for camp each day.

- Water bottle**, campers can refill it throughout the day at a watering station. No glass bottles.
- Backpack**, bag, or sac pack to keep all your stuff in. Check the lost and found frequently.
- Sunscreen** (apply before camp). Counselors will remind your child to reapply. Please provide sunscreen, protective gear, ie, a hat, sunglasses, chapstick, etc.,
- Closed-toed shoes** are preferably sneakers. We do a lot of running and sports.
- A **morning snack, lunch, and a drink** are packed in an insulated cooler with an ice pack. Your camper is going to be busy all day and get hungry, so pack a lot of good, healthy food.
- Bathing suit & towel**, and a plastic bag to store when wet. One-piece bathing suits (tankinis covering the waist) for girls. Shoulder-length hair should be tied back or covered with a swim cap. Goggles are fun and optional.
- An **extra change of clothing** just in case. Keep them dry in a plastic bag.
- Appropriate clothing**. No skirts or 'short' shorts. Cover your shoulders and your belly. You will be active and outside unless it's pouring rain or a real scorcher. Y
- Adventure Campers should leave all of their electronics at home and stuffed animals/toys/Pokémon cards. This will avoid tears if the item gets lost, broken, or stolen.
- Teen Extreme campers will be allowed to have cell phones with limited use during snack times and lunch. Community Services are NOT responsible for the safety and wellbeing of these devices.
- Last but not least, a positive attitude and lots of energy.