

YMCA

CAMP MI-TE-NA

Traditionally A Boys Overnight Camp



Ages 8 – 15

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



SUMMER 2027



www.campfoss.org | www.graniteymca.org

**Discover the
summer of
a lifetime!**



At camp I can...

CREATE AN EXPERIENCE



UNPLUG. CONNECT.

For over 110 years, YMCA Camp Mi-Te-Na 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 peace. 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 Mi-Te-Na 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

“

“He loved it and wants to come back next year. Thanks for making his time there wonderful.”

“

“I was so relieved that no electronics were permitted; not even during down time in the cabins.”

“

“Our son had another magical time at Mi-Te-Na. Can't thank you and the rest of the Mi-Te-Na staff enough for another summer full of memories he'll have for a lifetime. He was happy to see us, but sad to leave. He had wonderful things to share about every single person and experience at camp this year. The counselors and staff that we interacted with all seemed genuinely invested and enthusiastic about camp and the kids- I don't know how you manage to gather such incredible people every year. We are so grateful!”

CAMP TEACHES ME NEW THINGS



BEST FRIENDS
can be made **OVERNIGHT**

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

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

The **SUN** **shines** **BRIGHTER** over
HALFMOON LAKE



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



At camp I can... **FEEL AT HOME**

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, Enrollment Coordinator, 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 bunk notes through our online Bunkl 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 campmitena.org





“

“We were impressed with Mi-Te-Na from our registration and communication with directors, to the Open House and drop off and pick ups. Everyone was engaged, friendly, and knew what was going on. Communication and frequency was appropriate and clear. Our son loved his first camp experience. We are extremely pleased at the entire experience. Thank you!”

“

“What an amazing experience meeting cabin leaders who come from all over the world!”

“

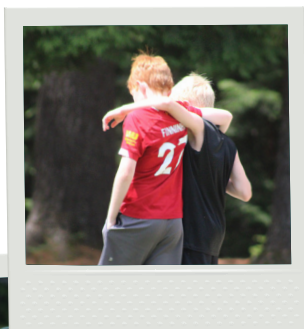
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YMCA CAMP MI-TE-NA

Located in Alton, NH • Boys, 8 – 15 years

Spanning 60 wooded acres in peaceful Alton, New Hampshire, Camp Mi-Te-Na is a friendly outdoor community that extends nearly one-half mile along the shores of Halfmoon Lake. Our camp features 19 cabins, a spacious dining hall where we share meals family style, a recreation hall for evening programs, a complete medical infirmary, three shower facilities, and a variety of activity buildings to hold time-tested programs to keep your child entertained and educated. Camp Mi-Te-Na is a proud home to a complex challenge course, including a climbing tower, zip line, jumbo swing, and more high and low ropes courses!

We offer outdoor basketball courts, tennis courts, a baseball field, a soccer field, a football field, a volleyball court, and an outdoor hockey rink in order to provide a wide variety of exciting sports activities for our campers to try. We have a creative arts program, outdoor living skills, and target sports of riflery, archery, and tomahawk throwing. We also have paintball – an exciting, fast-paced, action-packed sport for campers 13 years and older. Join us for a summer of fun your camper will never forget at Camp Mi-Te-Na.



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 MI-TE-NA

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	Paddleboards	Water Inflatables
Fishing	Sailing	Water Skiing
Kayaking	Swim Lessons	Water Tubing

RECREATION

Basketball	Floorball	Rugby
Cricket	Four Square	Soccer
Disc Golf	Frisbee	Tennis
Dodgeball	Lacrosse	Volleyball
Flag Football		

HOBBIES

Archery	High Ropes Course	Shelter Building
Creative arts	Low Ropes Course	Tomahawk Throwing
Environmental Education	*Paintball (must be 13 years old)	Woodworking
Fire Building	Riflery	Zip Line



QUESTIONS?

Visit us at campmitena.org

8:00
AM

BREAKFAST

9:25
AM

MORNING ACTIVITIES



12:15
PM

LUNCH

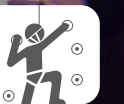
1:10
PM

CABIN TIME



2:15
PM

AFTERNOON ACTIVITIES



4:10
PM

GENERAL SWIM



5:25
PM

DINNER

7:10
PM

EVENING ACTIVITIES



9:00
PM

LIGHTS OUT

At camp I can... MEET LIFELONG FRIENDS



THE ULTIMATE EXPERIENCE

QUESTIONS?

Visit us at campmitena.org



YMCA Camp Mi-Te-Na believes in providing campers with a full and well rounded overnight camp experience. Our programs combine freedom of activity choice with the structure of a balanced and coordinated schedule. Activities are tailored to each camper's age and skill level which allows them to develop skills at their own pace.

MORNING ACTIVITIES

consist of three 50 minute program periods of instruction in Sportsfield, Waterfront, and Hobbies activity areas. This is the perfect opportunity for campers to explore the different activities that camp has to offer.

AFTERNOON ACTIVITIES

are split out into two 50 minute free choice activity periods. Typically campers choose from 12 different activities giving campers the chance to mold their own camp experience and practice decision making skills. General swim and open time allows campers to have fun in a less structured, but still supervised environment. Whether participating in a game of water basketball, enjoying time boating, or challenging each other to a 4-square pick up game, campers are developing relationships and making memories.

EVENING ACTIVITY

is the most popular event of the day. It is usually a camp wide theme event creatively planned by the dedicated camp staff. Examples include Human Scavenger Hunt, Mi-Te-Na Mudder, Ultimate Frisbee Night, and so much more. Session specific program schedules are posted two weeks prior to the start of each camp session to provide campers with an insight as to what exciting adventures await them.

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, 2026)

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. There are four sessions for the LIT program, each with a capacity of 10 campers per session.

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



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 campmitena.org



2026 SPECIAL EVENTS

NEW THIS YEAR!



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!

FAMILY CAMP WEEKEND

September 3 - 6, 2027

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

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 SISTER CAMP YMCA CAMP FOSS

Traditionally a Girls Overnight Camp • Ages 8-15
Welcoming 7 year olds during our 4th session!



WWW.CAMPFOSS.ORG

At camp I can...
MAKE NEW MEMORIES



CAMP MI-TE-NA

65 YMCA Road
Alton, NH 03809
603.776.3000

www.campmitena.org | www.graniteymca.org



THE GRANITE YMCA