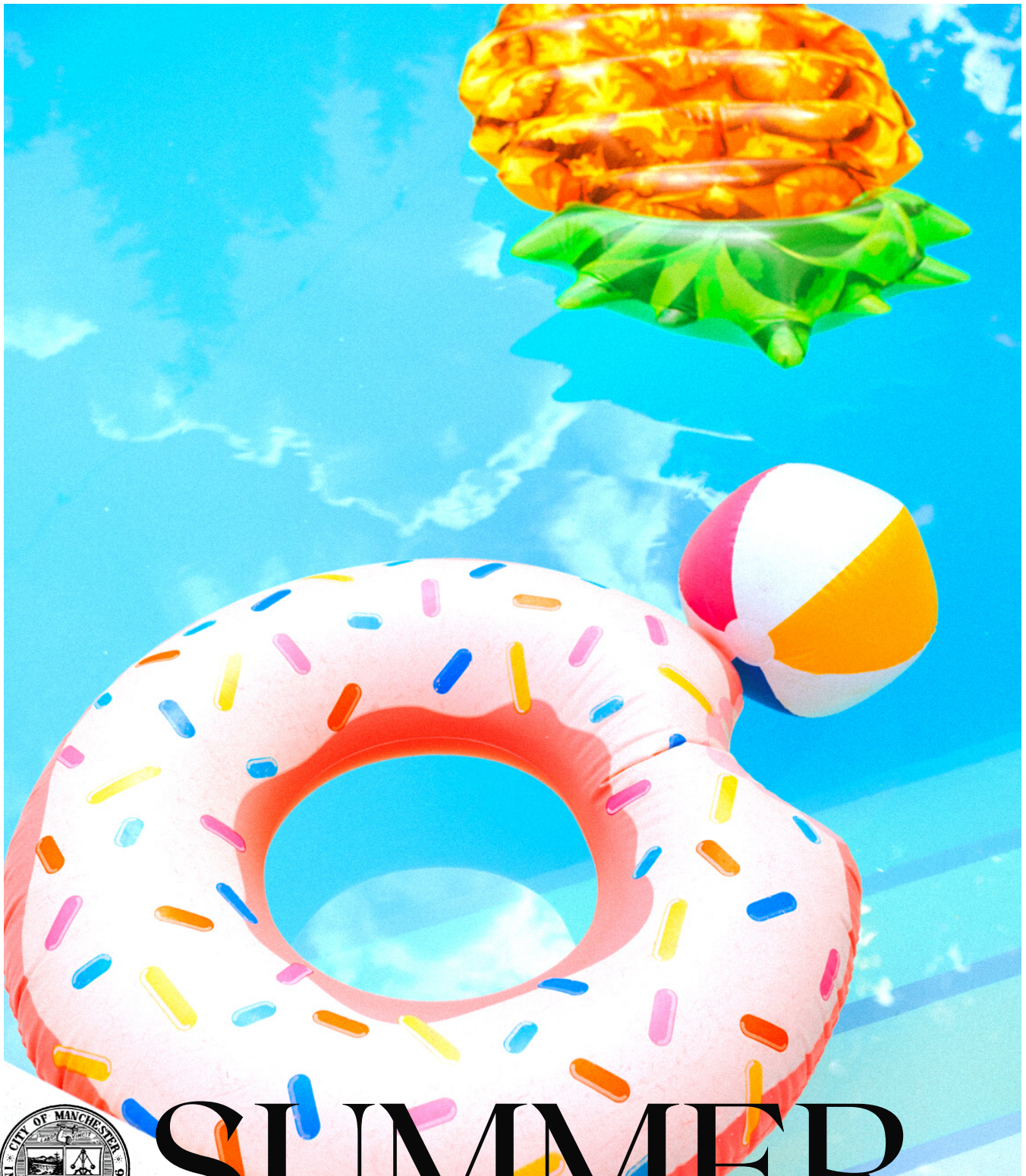


CAMPS | ACTIVITIES | FUN



# SUMMER

## FAMILY FUN GUIDE 2023

Developed by the City of Manchester Health Department  
<http://www.manchesternh.gov/Departments/Health>

# Director's Note

*Our annual "Summer Family Fun Guide" provides affordable, accessible summer activities for young people across the City of Manchester*



**Have you ever wondered why the City of Manchester Health Department produces a summer activity guide?** According to the Centers for Disease Control and Prevention, providing young people opportunities for fun, physical activity, good nutrition, and social support from trusted peers and mentors is critical to overall physical, mental, and emotional wellbeing. We hope this guide provides summer resources for you or your young person to "handle stress well through physical activity and healthy thinking, relate to others by encouraging social interactions and emotional awareness, and make healthy choices about how they eat and play." (CDC, 2022)

## **How should you use this guide?**

Please note that transportation, meals, and residential options for camps and activities may not be included unless specifically mentioned. All dates and locations listed in this guide are subject to change, and should be verified directly with each program. Parents/Guardians can also learn how to apply for child care and summer camp assistance by visiting the NH EASY Gateway to Services web page: [www.nheasy.nh.gov](http://www.nheasy.nh.gov)

We wish you a happy and healthy summer,

A handwritten signature in blue ink that reads "Anna Thomas".

ANNA J. THOMAS  
Public Health Director, City of Manchester Health Department



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# Career Exploration

## **NH Fire Academy: Camp Fully Involved**

*Contact:* <https://www.campfullyinvolved.com/application.html> or email [info@campfullyinvolved.com](mailto:info@campfullyinvolved.com)

*Location:* 222 Sheep Davis Road, Concord NH

*Description:* Camp for young women to experience fire service. Hands-on opportunity for women considering a career in the fire or emergency medical services. Camp runs July 30 - August 4 with 16-24 cadets accepted.

*Eligibility:* Young women, ages 14-20

*Pricing:* \$400

## **Manchester Community Resource Center: Summer Youth Employment Program**

*Contact:* <https://www.mcrctnh.com/summer-youth-program.html> or call 603-647-8967

*Location:* 434 Lake Ave, Manchester, NH 03103

*Description:* A six week employment and training program combining 6 hours per week of instructor-led basic academics, team building exercises, leadership skills training and job readiness skills training with 18 hours per week of job skills training. A city beautification component also included.

*Eligibility:* Youth ages 15-24

*Pricing:* Free (participants receive payment)

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# Arts & Music

## **Currier Museum of Art**

*Contact:* [www.currier.org/art-center](http://www.currier.org/art-center) or call 603-518-4922

*Location:* 150 Ash St, Manchester, NH 03104

*Description:* Week-long art camp experiences from June-August that expose children to a wide variety of multimedia art activities, while also giving them unique opportunities to experience galleries, historic collections, and special exhibitions.

*Eligibility:* Ages 6 to 14

*Pricing:* \$315-\$350 a week. Scholarships are available.

## **Manchester Community Music School**

*Contact:* [mcmusicschool.org](http://mcmusicschool.org), [info@mcmusicschool.org](mailto:info@mcmusicschool.org) or call 603-644-4548

*Location:* 2291 Elm St, Manchester, NH 03104

*Description:* Two, week-long music exploration sessions. Young people will play musical games and expand their musical knowledge. Camps run July 31-August 4 and August 7-11. Maximum of 25 students in each session.

*Pricing:* \$225 a week. Scholarships are available.

## **Palace Theatre (Forever Emma Studios)**

*Contact:* <https://palacetheatre.org/pyt/pyt-camp/> or call 603-668-5588

*Location:* 516 Pine Street Manchester, NH 03101

*Description:* 6 unique camp sessions, with the opportunity to stage and perform in a variety of fun musicals and shows. Camps run various dates, June-August.

*Pricing:* \$250-\$499 a session. Scholarships are available.

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# Food Programs

## **Salvation Army Kids Cafe**

*Contact:* <https://nne.salvationarmy.org/manchester/kids-cafe> or call 603-627-7013

*Location:* 121 Cedar St, Manchester, NH 03101

*Description:* Warm, nutritious evening meal provided for children during the week. Recreational activities before and after the meal are also provided.

*Pricing:* Free

## **Southern NH Services**

*Contact:* <https://www.snhs.org/services/summer-food-service-program> or call 603-668-8010

*Description:* Helping kids stay connected to nutrition all summer long by providing free breakfast, lunch, and dinner meals throughout Manchester. Visit the website for the full list of 2023 dates, times and locations.

*Eligibility:* Any youth age 18 years and younger

*Pricing:* Free

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# Science & Technology

## Manchester School of Technology Career and Technology Education Camp

*Contact:* <https://mst.mansd.org/o/mst/article/1066524> or call 603-624-6490

*Location:* 100 Gerald Connors Circle Manchester, NH 03103

*Description:* Project based camp exposing young people to fields including game design, video production, carpentry, aviation, fire science, EMT, cosmetology, and criminal justice. Transportation and lunch are provided. Camp runs June 26th-June 29th.

*Eligibility:* Students in 6th and 7th grade

*Pricing:* Free

## SEE Science Center

*Contact:* <https://www.snhs.org/services/summer-food-service-program> or call 603-624-6444

*Description:* One week science camps July-August, packed with fun hands-on science exploration on various topics. Unique camp experiences help campers build remotely operated vehicles, create science videos, create a stop-motion films using LEGO® bricks & Minifigures, learn crime scene investigation and much more!

*Eligibility:* Ages 8-14

*Pricing:* \$100 for EBT/SNAP Cardholders, \$285-\$300 all others

## University of New Hampshire Tech Camps (Durham) & EXCELL in STEM (Manchester)

*Contact:* <https://ceps.unh.edu/outreach/tech-camp/programs> (Durham)

<https://manchester.unh.edu/research/stem-discovery-lab/stem-programs-youth> (Manchester)

*Description:* Hands-on learning in science, technology, engineering and mathematics for all levels of experience. Dynamic, project-based format that emphasizes experiential learning, creative thinking and problem solving. Camps run various weeks in July.

*Eligibility:* Youth in grades 5-12

*Pricing:* \$700 a day, or \$1350 for sleep-away. Sponsorships may be available.

*\*both the **Dinah Whipple STEAM Academy** featuring an immersive experience into science, technology, engineering, the arts, mathematics and the Black experience, as well **EXCELL in STEM Camp** for English Language Learners are both free for campers.*

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# Sports & Recreation

## Drop-In Sports Skills Programs

*Location:* Memorial High School Field (Football) West High School Field (Field Hockey)

*Description:* Skills and drills for young people provided Monday evenings, June-August.

*Eligibility:* Incoming 9th-12th graders (Football). Grades 2-8 (Field Hockey).

*Pricing:* Free

## Manchester Parks and Recreation

*Contact:* [www.manchesternh.gov/Departments/Parks-and-Recreation](http://www.manchesternh.gov/Departments/Parks-and-Recreation) or call 603-624-6444

*Location:* Various

*Description:* Parks & Recreation is offering tons of activities, including Storywalks, Fun in the Sun Day Camp, Arts in the Park and much more! Sports courts and playground structures open throughout the summer.

*Eligibility:* No age restriction, with the exception of Fun in the Sun (ages 6-12)

*Pricing:* Free

## Manchester Police Athletic League

*Contact:* <https://www.manchesterpoliceathleticleague.org/programs/vacation-programs/> or call 603-626-0211

*Location:* 409 Beech Street, Manchester, NH 03103

*Description:* Free summer athletic, educational and enrichment programs. Youth receive support and encouragement from positive adult role models as coaches and mentors.

*Eligibility:* Ages 5+

*Pricing:* Free

## Safari Youth Club Summer Soccer Camp

*Contact:* <https://www.safariyouthclub.com/sports>

*Description:* Supporting refugee and immigrant youth and their families by providing academic support, sports, and arts opportunities. Starting in June, activities include indoor & outdoor soccer, basketball, fitness training, mentoring, and much more!

*Eligibility:* Ages 6+

*Pricing:* Free

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# Summer Fun



## **BRING IT!**

*Contact:* <https://bringitafterschool.org/>

*Location:* 112 Reservoir Avenue, Manchester, NH, 03104

*Description:* Enrichment programs that empower and support the academic and overall well-being of young people with an emphasis on refugee and immigrant youth. Academics, career exploration, dance, fitness, and soccer programming offered.

*Eligibility:* Youth grades 4-12

*Pricing:* Free

## **Boys and Girls Club**

*Contact:* [https://mbgcnh.org/programs/summer\\_programs/](https://mbgcnh.org/programs/summer_programs/) or call 603-625-5982

*Location:* Various

*Description:* Weekly summer programs and camps available for children entering kindergarten through grade 12. Activities like water games, arts and crafts, field trips, competitions and recreation time provided in Manchester and Bedford, June-August.

*Eligibility:* Youth grades K-12

*Pricing:* \$150-\$185 per week. Scholarships are available.

## **Girls At Work**

*Contact:* <https://girlswork.org/programs/summer-camps/> or call 603-345-0392

*Location:* 200 Bedford Street Manchester, NH 03101

*Description:* Week summer learning for campers, with skill building that includes how to safely use power tools. Campers will build a variety of take-home wood projects, as well as a larger project that will be donated to a local non profit.

*Eligibility:* Girls ages 8-14.

*Pricing:* \$300 per week. Scholarships are available.

## **Girls Inc.**

*Contact:* <https://girlsincnewhampshire.org/programs/> or call 603-623-1117

*Location:* 340 Varney Street, Manchester, New Hampshire, 03102

*Description:* Daily activities include a wide variety of educational and recreational activities developed around the theme weeks, including: Swimming, Arts & Crafts, Hiking, STEM, Games & Sports, Outdoor Adventure, Special Events, and Nature Study. Camps begin June 26th.

*Eligibility:* Girls entering grades K-7

*Pricing:* \$175. Sliding fee scales, financial assistance and scholarships are available.



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# Summer Fun

## **Manchester City Library**

*Contact:* [www.manchesterlibrary.org](http://www.manchesterlibrary.org) or call 603-624-6550.

*Location:* 405 Pine St Manchester, NH 03104 (City Library) 76 North Main St, Manchester, NH 03102 (West Side Branch)

*Description:* Readers of all ages will explore fun and exciting events all summer long. Activities include summer reading programs, Storywalks in the Park and much more. The Bookmobile could also be rolling into a space near you very soon!

*Eligibility:* All ages

*Pricing:* Free

## **Manchester Office of Youth Services**

*Contact:* [ManchesterNH.gov/youth](http://ManchesterNH.gov/youth) or call 603-624-6470

*Location:* 76 North Main St, Manchester, NH 03102 (Inside the West Side Library Branch)

*Description:* Summer drop-in style athletic and enrichment programs beginning in July. All participants will need a signed permission slip prior to participating. For more information, please visit [Facebook.com/OYSManchester](https://Facebook.com/OYSManchester).

*Eligibility:* Youth in middle or high school

*Pricing:* Free

## **Roca Kidz Club**

*Contact:* <https://www.rocakidzclub.com/>

*Location:* 140 Wilson St Manchester, NH 03103 and 222 Cedar St, Manchester, NH 03103

*Description:* Weekly youth programs and activities in an environment of fun, faith, and intentional mentorship. An evening meal is also provided.

*Eligibility:* Youth ages 5+

*Pricing:* Free

## **Southern NH University-Center for New Americans**

*Contact:* <https://ywcanh.org/center-for-new-americans/> or call 603-345-0392

*Location:* 200 Bedford Street Manchester, NH 03101

*Description:* Enrichment programs that empower and support the wellbeing of young people with an emphasis on refugee and immigrant students. Fun, sports, activities, snacks, and more offered. For dates and more information, please email [centerfornewamericans@snhu.edu](mailto:centerfornewamericans@snhu.edu).

*Eligibility:* Youth ages 6+

*Pricing:* Free

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# Summer Fun

## YMCA

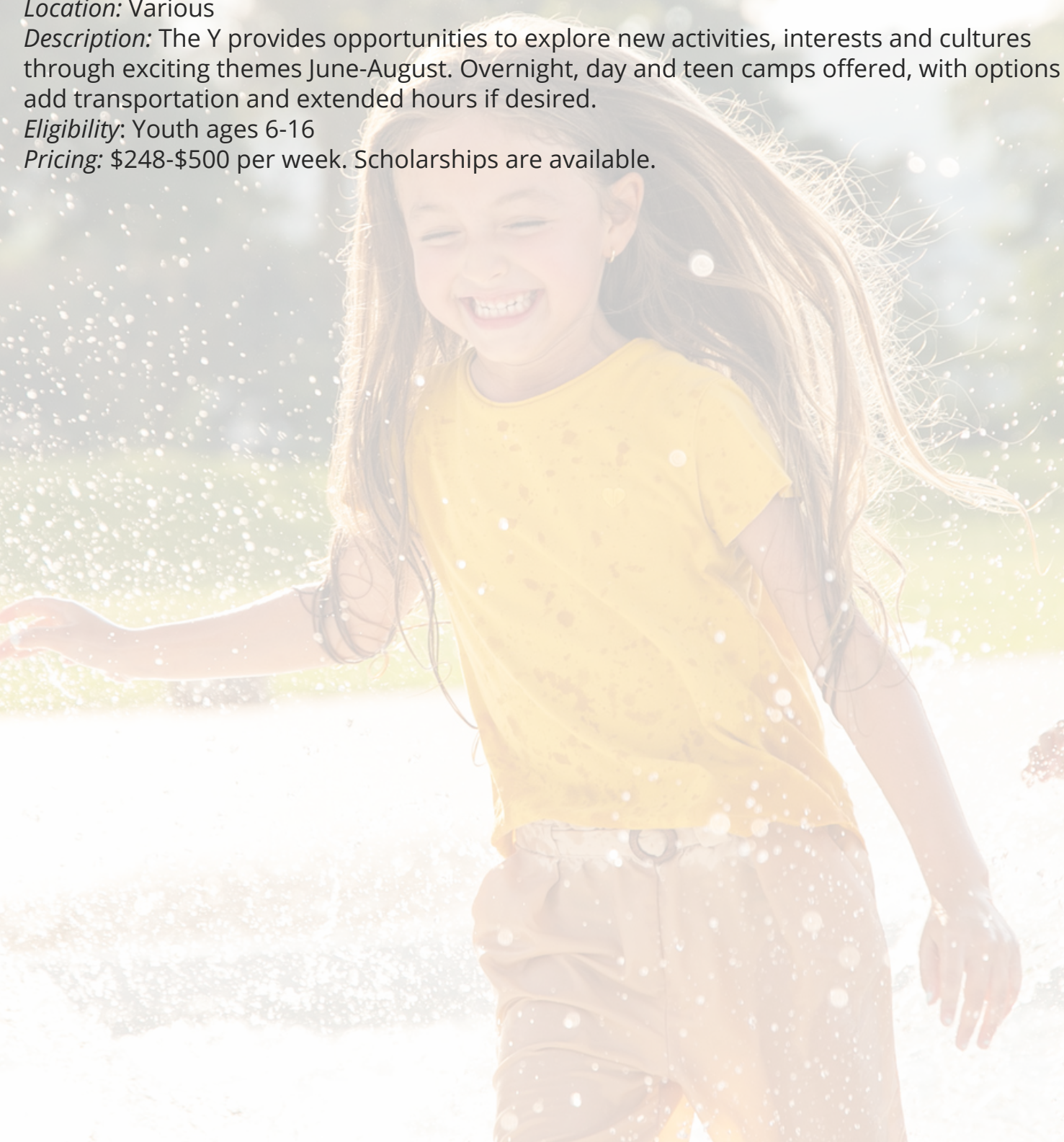
*Contact:* <https://www.graniteymca.org/camps> or call 603-623-3558

*Location:* Various

*Description:* The Y provides opportunities to explore new activities, interests and cultures through exciting themes June-August. Overnight, day and teen camps offered, with options to add transportation and extended hours if desired.

*Eligibility:* Youth ages 6-16

*Pricing:* \$248-\$500 per week. Scholarships are available.



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