



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NSYMCA SUMMER CAMP COUNSELOR-IN-TRAINING PROGRAM 2026

OVERVIEW

The Counselor-in-Training (CIT) program is a 5-week intensive, hands-on training experience that gives teens valuable insight into the role of a camp counselor.

Our CIT program is designed to offer qualified young people an opportunity to prepare for positions as camp counselors or recreation leaders. Emphasis is placed upon developing leadership skills, appropriate childcare, and program skills.

Guided by an experienced CIT Program Coordinator, CITs will develop their decision-making and problem-solving skills by assisting with daily activities and camper care.

CITs will be trained to work alongside our counselors, implement games and activities, and assist on field trips. They will work with various camp groups, allowing them to experience a wide array of opportunities throughout the summer. CITs will participate in leadership workshops and trainings throughout the summer.

Applicants must: be an NSYMCA member, fill out a CIT application, provide two references and complete an interview. Not all applicants who apply and interview will be accepted.

Only accepted participants will be provided registration information.

For more information regarding the CIT program, please contact Camp Director Ricky Gonzalez at rgonzalez@nsymca.org.

SESSION INFORMATION

Participants accepted into the program must choose between the two sessions below. Participants may not work both sessions and cannot adjust their schedules.

<u>Session I</u>	<u>Session II</u>
Weeks #1 – 5	Weeks #6-10
Dates: 6/8/26 – 7/10/26	Dates: 7/13/26 – 8/14/26
Time: 9 am – 4 pm	Time: 9 am – 4 pm
Fee: \$562	Fee: \$562
Capacity: 6	Capacity: 6

North Suburban YMCA • 2705 Techny Road • Northbrook, Illinois 60062
847-272-7250 • fax: 847-272-7587 • www.nsymca.org

Our mission: The North Suburban YMCA promotes values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment.



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CIT REQUIREMENTS

- Participation in the CIT program is by selection. Interested applicants will need to complete an application form, submit multiple references and attend an interview.
- Applicants must be at least 13 years old (by June 8, 2026).
- Applicants must possess a genuine interest in recreational youth development and in working with a wide age range of campers.
- CITs must display maturity, high energy, enthusiasm, and positivity.

COMPLETION

Participants who successfully complete the program will receive a certificate of completion as well as references and recommendations from the CIT Coordinator and Camp Director. Additionally, all CITs who successfully completed the program in 2025 are invited to re-apply for 2026 (13-14 years).

In order to successfully complete the program, participants must:

- Attend the CIT Training session prior to camp
- Take no more than 5 days off
- Pass their final assessment evaluation

Participation and/or completion of the CIT program does NOT automatically guarantee you a camp counselor position with the NSYMCA in future summers.

Signature: _____

Date: _____

Supervisor Signature: _____

Date: _____

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