



Dorothy P. Flint Nassau County 4-H Camp

Summer 2026 ~ Celebrating Over 100 Years!

A Living Learning Laboratory for Youth Development



Cornell Cooperative Extension | Nassau County



About Us

As one of the oldest 4-H camps in the state, we are dedicated to ensuring your child's safety and fun all while offering high quality 4-H educational programs. The camp environment fosters personal growth, helping diverse youth and adults reach their fullest potential as capable, competent, and caring citizens. All this while creating memories that will last a lifetime!



Our Camp

Dorothy P. Flint 4-H Camp is a 140 acre, co-ed **sleepaway** camp and **day** camp located on the beautiful North Shore of Long Island in Riverhead, NY. At DPF 4-H Camp your child will have an incredible summer racing down our zipline, tending to animals on the farm, swimming and kayaking on the majestic Long Island Sound, doing crafts, singing under the stars, and **Making Memories and Friendships That Last a Lifetime**. Our campers learn self-confidence, independence, and leadership skills that will carry with them long after the summer is over!

Address: 3186 Sound Avenue, Riverhead, NY 11901





4-H is rich with **learning** experiences where young people partner with caring adults in a fellowship unlike any other program available to youth today. Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development.



Here at DPF 4-H Camp we pride ourselves on *Making Memories That Last A Lifetime!* Building healthy **friendships** is crucial to that success here at camp. Staff help youth express and grow friendships through team-building activities and games. They are at our core from the moment campers walk through our cabin doors.



At Camp youth are encouraged to **explore** all the wonders of the world around them. We have 140 acres of woodland, beachfront, and farmland to explore. This allows participants to break out of their normal environment and into a place where they can discover the most important thing, themselves!



DPF 4-H Camp counselors make everything fun. From pop-up field games, to karaoke morning wake up, to meal songs and games. We support the healthy habit of encouraging **play**. Whether its on the rec field, board games in the cabin, or at the beach, we find every way to have FUN.

PROGRAM ACTIVITIES



AGRICULTURE & FARM

Campers will work alongside our farm educators and farmer, gaining hands-on experience in growing vegetables and flowers while learning about sustainable farming practices. They'll also care for a variety of farm animals, feeding, grooming, and helping to maintain their living spaces. Each summer brings a unique selection of animals, with past residents including pigs, cows, guinea hens, chickens, roosters, rabbits, ducks, sheep, horses and even goats! Additionally, campers can explore our Farm-to-Table program, offered on specific weeks. This special experience highlights the journey of fresh farm produce, teaching campers how food goes from seed to plate in the most delicious way possible.



Our certified staff are here to help campers improve their confidence and technique in the water, offering tips for those who want to refine their swimming strokes. For a unique challenge, experienced swimmers can participate in our Jr. Lifeguard class, offered during a designated week. Campers can join in on games like Marco Polo, Sharks and Minnows, beach volleyball and sports, beach exploration, sandcastle building, and creative beach-themed nature crafts.

AQUATICS—BEACH

ARCHERY

With a variety of targets, including traditional bull's-eye stands, hanging dice, and stand-up animal figures, campers will have plenty of opportunities to hone their skills. Under the guidance of a certified instructor, campers will learn proper bowmanship techniques and safety protocols to improve their aim and confidence. We incorporate fun archery games like Tic-Tac-Toe, V-Shot, and Shoot Your Fears. Campers can showcase their progress in a friendly weekly competition, earning bragging rights and special prizes.



The Leadership in Training (L.I.T) program is designed for campers aged 14-16 who want to build leadership skills and grow as future leaders. Leadership is a core value at camp, encouraging participants to learn, lead, and collaborate as part of a team. L.I.T campers still experience all the fun of camp, participating in regular classes for half their schedule. The other half is dedicated to leadership training, where they develop workplace and life skills.

LEADERSHIP IN TRAINING (LIT)

LOW ROPES

Our Low Ropes program offers exciting, ground-level adventure elements designed to challenge campers and build essential teamwork skills. These activities emphasize creative problem-solving and collaborative planning as groups work together to overcome each obstacle. Through each task, campers will learn to rely on one another, think critically, and celebrate their shared successes.



Campers will explore the ecosystems of plants and animals, learning about biology, ecology, and conservation. Using terrariums and aquariums, they'll safely observe wildlife behaviors before returning animals to their habitats. Adventurous hikes uncover geological features, soil science, and aquatic ecosystems, while hands-on activities that introduce campers to topics like botany, microbiology, and environmental science.

NATURE & ECOLOGY

All programs are subject to change based on week, weather, and staffing capabilities/availabilities.

OUTDOOR LIVING (ODL)

In our **Outdoor Living (ODL) program**, campers immerse themselves in the natural beauty of our property while learning essential techniques for outdoor skills and survival camping. This program teaches participants how to build shelters, tie useful knots, safely light and control campfires, and even start a fire without matches. Campers also gain hands-on experience with navigation using maps and compasses, learn basic medical techniques, and develop the skills needed to establish a functional and organized base camp. These activities provide a comprehensive foundation for outdoor adventure and preparedness.



PERFORMING ARTS—DRAMA

Our Performing Arts – Drama program immerses campers in the magic of theater. Through engaging improvisational games and collaborative activities, campers will unleash their creativity and express themselves through character development and storytelling. They'll work together to plan and perform a short skit, bringing their ideas to life on stage. The week concludes with a camp-wide performance where campers step into the spotlight and share their theatrical creations.

PERFORMING ARTS—MUSIC

In this program area you can learn everything from playing an instrument, to being in drama skits, and even fun improvisation games! Our knowledgeable staff will help you become a master of the arts with teamwork as the value at the center.



SPORTS & RECREATION

Our energetic staff, skilled in a wide range of sports including soccer, baseball, rugby, tennis, lacrosse, kickball, volleyball, ultimate frisbee, Zumba, aerobics, yoga, and more. There's something for everyone! Special activities like sand sports and Olympic-style games are also offered during select weeks, adding variety and excitement to the program. Each session begins with a warm-up to prepare and stretch safely. Campers then dive into skill-building activities and mini-games like World Cup or Knock Out to practice techniques in a fun, engaging way. Finally, they test their new skills in full games, combining learning with friendly competition. This program emphasizes skill development, teamwork, and, most importantly, having fun on the field!



VISUAL ARTS



Led by our talented staff, campers will dive into diverse art forms such as fine arts, puppetry, basket weaving, jewelry making, leather crafts, felt pillows and stuffed animals, comic book creation, tie-dye, string art, knitting, and even DIY fashion. With projects like camp beautification, campers can leave a lasting mark while expressing their artistic flair. Throughout the week, campers will create pieces from some of these categories to take home and proudly showcase. They also have the chance to work on projects for the Long Island Fair, where they can compete to win ribbons and display their creations to the broader community. This program is perfect for campers who want to try something new, refine their artistic skills, and take part in the joy of crafting and self-expression.



CREATIVE TRACK PROGRAMS

Creative tracks take the place of a regularly offered class during specific weeks. All are double-block (two hour) classes, giving youth time to truly experience these opportunities.

This year's creative tracks are:

DOROTHY P. FLINT 4-H CAMP CLASSES LIST 2026		 Cornell University Cooperative Extension Nassau County						
CLASSES	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HIGH ROPES*	✓	✓	✓	✓	✓	✓	✓	✓
ZOMBIE CAMPOUT/SURVIVAL*				✓			✓	
OUTDOOR COOKING*		✓						✓
FARM-TO-TABLE*	✓		✓		✓		✓	
STEM & S.T.E.A.M.*					✓			
JR LIFEGUARD*								✓
MARINE BIOLOGY & FISHING*		✓		✓				
FASHION*			✓					
SPORTS FOCUS CLASS*			✓					
CRAFT MASTERS*							✓	
4-H LIVESTOCK CARE*				✓				
LEADERSHIP IN TRAINING (L.I.T.)*			✓					✓
SWIMMING & BEACH*	✓	✓	✓	✓	✓	✓	✓	✓
NATURE & ECOLOGY	✓		✓			✓	✓	✓
OUTDOOR LIVING (ODL)	✓		✓		✓	✓		
SPORTS & RECREATION	✓	✓		✓	✓	✓	✓	✓
FARM & AGRICULTURE		✓				✓		✓
PERFORMING ARTS - DRAMA	✓		✓		✓		✓	
PERFORMING ARTS - MUSIC		✓		✓		✓		✓
VISUAL ARTS	✓	✓		✓	✓	✓		✓
ARCHERY	✓	✓	✓	✓	✓	✓	✓	✓

NOTES ABOUT CREATIVE TRACKS

- Above scheduling is for morning classes only - afternoon rotational classes will be determined weekly.
- Classes with an * are a double block" or two hour class. See Ultracamp for scheduling.
- High ropes is an additional \$150 for the week, all equipment is included. This program is a two hour class.



2026 CAMP DATES, THEMES, AND SPECIAL

Week	Start Date	End Date DAY CAMP	End Date SLEEPAWAY	Theme	Special Events
1	June 29	July 3	July 4	Welcome Back to the Great Outdoors	4th of July Cliffhouse Bash
2	July 6	July 10	July 11	Superhero	Superhero Showdown
3	July 13	July 17	July 18	Spirit Week	Spirit Week Showdown
Stayover Weekend #1					
4	July 20	July 24	July 25	Game Show Week	The Night of the Final Challenge
5	July 27	July 31	August 1	Lost in Space	Glow Gala
6	August 3	August 7	August 8	Color War	Rainbow Rave
Stayover Weekend #2					
7	August 10	August 14	August 15	Season Swap	Haunted Trail
8	August 17	August 21	August 22	Carnival	Camper Banquet

SPECIALTY CAMP SESSIONS

Mini-Stay Week: A Perfect Introduction to Camp

Our Mini-Stay Week offers a taste of the full sleepaway camp experience, perfect for first-time campers or families seeking flexibility. Campers participate in all activities, including campfires and programs, alongside full-week campers. It's an affordable option at half the cost for half the week, with the flexibility to extend your stay! **Note:** For ages 7 and up (7-year-olds may only attend one session).

Dates:

- Half 1: Monday to Wednesday, June 29—July 1
- Half 2: Thursday to Saturday, July 2—July 4

Stayover Weekends: Relax, Recharge & Continue the Fun

Stayover Weekends offer a seamless transition between back-to-back camp weeks. Enjoy a relaxed schedule with a late rise on Sunday, delicious brunch, and our signature Beach Sunday—a 4-hour beach day with special programming. It's the perfect blend of fun and relaxation to gear up for another exciting week!

Dates:

- July 18–19: Between Sessions 3 & 4
- August 8–9: Between Sessions 6 & 7



THEME WEEK DESCRIPTIONS

Week 1: Welcome Back to the Great Outdoors

Kick off the summer by reconnecting with nature and embracing the beauty of the outdoors! Explore our sprawling trails, test your survival skills in Outdoor Living, and experience the best of what camp has to offer. From campfires to stargazing, this week is all about adventure, friendship, and fun in the great outdoors.

Week 2: Superhero Week

Unleash your inner superhero and save the day! Campers will participate in themed activities, superhero challenges, and even design their own superhero identity. From obstacle courses to daring missions, this week is all about teamwork, courage, and having a blast while saving the world—camp style!



Week 5: Lost in Space

Blast off into a galaxy of fun and exploration! From building rockets to stargazing and sci-fi themed games, this week will take campers on an out-of-this-world adventure. Explore the mysteries of space through hands-on STEM activities and let your imagination soar.

Week 6: Color War Week

The ultimate camp tradition returns! Campers are split into teams to compete in a weeklong series of games, challenges, and activities, earning points in the process. From relay races to trivia and the grand finale, Color War is all about teamwork, sportsmanship, and friendly competition.

Week 7: Season Swap Week

Experience all four seasons in just one week! From winter snowball games to a fall harvest and spring blooms, each day will feature activities inspired by a different season. Campers will embrace the creativity and fun that comes with celebrating the year's best moments in a single week.

Week 3: Spirit Week

It's time to rally for team pride! Camp will be divided into two teams, White and Green, for a week of spirited competitions, costume contests, and a pep rally. Earn points in classes, activities, and creative challenges to lead your team to victory. Show off your camp spirit with custom shirts and good vibes all around!

Week 4: Game Show Week – Survivor Week

Welcome to the ultimate camp game show experience with a Survivor twist! Inspired by the popular TV show, cabins will be divided into tribes/Groups to compete in challenges, hunt for hidden idols, and work together to outwit, outplay, and outlast the competition. This week will test teamwork, strategy, and perseverance.



Week 8: Finale Week – Carnival Week

End the summer with a bang during our grand Carnival Week! Enjoy a full camp carnival featuring games, rides, and special treats. Reflect on the memories made throughout the summer while participating in one last round of exciting camp activities. It's the perfect way to wrap up an incredible summer.



SAMPLE SCHEDULES



SLEEPAWAY DAILY SCHEDULE

Time	Youth (Teens have a similar schedule)
7:00 AM	Wake-Up
7:15 AM	Morning Lazy / Hoppers
7:30 AM	Flag / Roll Call
7:50 AM	Breakfast
8:20 AM	Central Camp / Activity Board Sign-up / Hoppers
8:40 AM	Capers / Prep for Classes
9:10 AM	Cabin Clean-Up
9:20 AM	Grassy Knoll / Attendance
9:30 AM	Class 1
10:40 AM	Transition / Snack
10:50 AM	Class 2
12:00 PM	Back To Cabins / Hoppers
12:10 PM	Lunch
12:50 PM	Rest Hour
1:50 PM	Grassy Knoll / Attendance
2:00 PM	Activity Board
2:50 PM	Canteen
3:30 PM	Transition
3:40 PM	Rotational 1
4:30 PM	Transition
4:40 PM	Rotational 2
5:30 PM	Central Camp / Hoppers
5:40 PM	Dinner
6:20 PM	Flag
6:30 PM	Unit Games
7:10 PM	Back to cabins / E.P Prep
7:20 PM	Evening Program
9:00 PM	Back to cabin
9:30 PM	Tattoo
10:00 PM	Taps / Lights out

DAY CAMP SCHEDULE

	Ages 5—7	Ages 8—above
Time	Cloverbuds	SunStriders
8:30 AM	Arrival	Arrival
8:45 AM	Morning Madness	Morning Madness
9:30 AM	Class 1	Class 1
10:40 AM	Transition / Snack	Transition / Snack
10:50 AM	Class 2	Class 2
12:00 PM	Central Camp	Daily Sport
12:10 PM	Lunch	Daily Sport
12:40 PM	Daily Sport	Daily Sport
1:00 PM	Daily Sport	Lunch
1:40 PM	Daily Sport	Central Camp
1:50 PM	Grassy Knoll / Attendance	
2:00 PM	Campers' Choice	Activity Board
2:50 PM	Canteen	Canteen
3:00 PM	Regular Pick-Up	
3:20 PM	Rotational 1	Rotational 1
3:30 PM	Transition	Transition
4:40 PM	Rotational 2	Rotational 2
5:30 PM	Extended Day Pick Up	

AGES

Day Camp is for campers **entering 1st grade** through 13 years of age.

Sleepaway Camp is for campers **ages 8-16**.



2026 CAMP FEES

Early Registration Deal (January 9 - January 31, 2026)

As a special deal to begin our camping season, anyone who registers for our sleepaway camp program by January 31 will receive \$100 off every week enrolled, bringing the price to \$740.

Early Bird Pricing (February 1 - March 15, 2026)

- **Sleepaway:** \$790 per child per week
- **Day Camp:** \$525 per child per week (8:30 AM – 3:00 PM)
 - **Extended Day Price:** \$600 (8:30 AM – 5:30 PM)
 - Prices include lunch
- Early bird rates apply for day camp and sleepaway camp while space lasts



Normal Rates (March 16, 2026 until registration closes)

- **Sleepaway:** \$840 per child per week
- **Day Camp:** \$550 per child per week (optional extended care = additional \$75 per child per week)

Specialty Session Pricing

- **Mini-Stay Week:** \$420 per half session
- **Stayover Weekends:** \$250 per weekend

Additional notes and discounts

- Nassau County residents receive an additional \$25 discount per week, beginning February 1, 2026.
- Refer-a-friend (cannot be a sibling) to camp and receive an additional \$25 discount (find more information on Ultracamp).
- First-Time Campers receive an additional \$25 discount for their first week of day camp and \$50 for sleepaway.
- High ropes (half-day program) is an additional \$150 for the week. All equipment is included.

Financial Aid

Dorothy P. Flint 4-H Camp strives to maintain a competitive price for our program. We offer a number of resources and campership opportunities for participants. For more information visit ccenassau.org/dpf-4-h-camp/camperships.

OTHER INFORMATION

Virtual & In-Person Tours

Interested in seeing the property before you submit your summer registration? Stay tuned for our Virtual Tours! We will be releasing videos and giving you a chance to speak with a staff member who will answer any of your questions. In-Person Tours will start in the spring, so you can see the wonders of camp for yourself. Email or watch our website to learn more.

FREQUENTLY ASKED

What are the camp hours?

- Sleepaway drop-off is at 9:00am on Mondays
- Sleepaway pick-up is at 9:00am on Saturdays (except stayover weekends)
- Day Camp drop-off is at 8:30am Monday - Friday
- Day Camp pick-up is at 3:00pm (normal) / 5:30pm (extended) Monday - Friday



How is my camper supervised?

We follow the rule of three, meaning that your child will never be alone with a staff member or camper. We also use the buddy system for our campers in open spaces. Staff are present for all camp activities, meals, and evening programs. Your camper will also have two or more counselors assigned to their cabin for bedtime!

What do I pack for my child?

For sleepaway camp a full packing list located in our **Policies and Family Handbook** which you can find on our website at www.ccenassau.org/dpf-4-h-camp.

For day camp, campers should bring bathing suits, towels, rain jackets, and wear sneakers daily.

Does my child need spending money?

No, all snacks, meals, and essentials are included in the price. Additionally, campers will get a shirt and water bottle free their first week.

Can I sign up for more weeks if my child likes it?

Yes. As long as we have availability, you can register until the end of pickup the prior week.

What are your camper expectations and policies?

Campers are meant to be supportive members of our community. You can find our full list of policies in our **Policies and Family Handbook** located on our website at www.ccenassau.org/dpf-4-h-camp.



Cornell Cooperative Extension of Nassau County

Cornell Cooperative Extension of Nassau County (CCE Nassau) is committed to building healthy lifestyles and sustainable communities by conducting high quality educational programs that connect Cornell University knowledge and research to community needs for all people in the county.

An educational, not-for-profit organization founded in 1914, CCE Nassau has served many thousands of Nassau families through programs focused on horticulture, the environment, health, nutrition, food systems, renewable energy, and youth development.

OUR COMMUNITY

Most of our campers come from Long Island, NYC, Queens, and Brooklyn. We also get participants from all around the world.

Diversity is important to our culture here at camp. We have staff from Long Island, as well as Poland, Turkey, Spain, Mexico, Germany and much more.

Our camp is a safe space for all youth and staff from all backgrounds to explore, learn, have fun and be themselves!

WHY 4-H?

4-H participants are nearly 2x more likely than other youth to plan to pursue a career in science.

76% of 4-H members have helped with a community service project related to science, 58% have taught others about science.

84% of 4-H members believe it is "quite" or "extremely" important to make the world a better place to live, vs. 73% of non-4-H members.

67% of 4-H youth believe they can make a difference in their community.

To Register for Summer Camp, please visit
ccenassau.org/dpf-4-h-camp/registration

For more information, visit us on our website at www.ccenassau.org/dpf-4-h-camp or email dpf4hcamp@cornell.edu

Riverhead Office (Summer Office)

DPF 4-H Camp
3186 Sound Avenue
Riverhead, NY 11901

Phone: 516-832-2591 Ext. 109

Fax: 631-591-1567



Eisenhower Park Office (Main Winter Office)

CCE Nassau County
PO Box 148
East Meadow, NY 11554

Phone: 516-832-2591 Ext. 109

Fax: 516-832-2597

This camp is permitted to operate by the Suffolk County Department of Health and is inspected twice yearly. Copies of the inspection are available in the office or by contacting the Department of Health at 631-852-5999.

Last Updated: January 2025