

Swanzey Lake Counselor-In-Training (CIT) Program

2025 Program Description

Details

Who: Campers entering 7th grade & 8th grade of the 2025/2026 school year

When: Session One (June 23rd – July 18th) – No Camp Friday, July 4th
Session Two (July 21st – August 16th)

Where: Richardson Park – 60 East Shore Road Swanzey NH 03446

Time: 8am to 4pm

Cost: Swanzey Resident - \$375 per session
Non-Resident - \$400 per session

Program Information

Swanzey Recreation is offering a Summer Counselor-In-Training Program that is designed to build campers into future counselors by providing SafeSitter with CPR training CPR/First Aid training, basic waterfront safety training, leadership training and other activities to help build skills towards becoming successful future counselors. A key part of this program is all the hands-on components along with the opportunity to debrief and reflect with the CIT Lead after each training and activity. Campers in this program should have a desire to take an active role in their learning, willing to try new things and are interested in working with children.

Campers can register for both sessions but both sessions are following the same model so campers would repeat all the training and activities from the first session during the second session.

Program Mission

Swanzey Lake CIT Program is designed to provide leadership opportunities, enhance interpersonal and communication skills, foster self-awareness and independence and provide safety training to prepare campers to become future employees at camp or elsewhere. Campers will be given essential guidance and support through the four-week program to allow them to walk away with a SafeSitter with CPR certification, and valuable leadership skills that will serve them well at home, in school and in their communities.

Job Responsibilities

- Attend daily, arrive before 8:45 am
- Gain an overall knowledge of summer camp daily operations
- Interact cooperatively with fellow CITs and counselors
- Display a positive “can do” attitude and genuine enthusiasm
- Provide general supervision for youth campers
- Perform other appropriate duties as assigned or needed
- Show and use respect towards other CITs, campers and staff

Swanzey Lake Counselor-In-Training (CIT) Program 2025 Program Application

Application Steps

1. Log into your MyRec account and pre-register your CIT online and choose which session your camper will be joining us.
2. Once registered you will receive a confirmation email containing the CIT Program Application to be completed by the CIT.
3. Your CIT will need to obtain two letters of recommendation from a teacher, coach or non-family reference to speak on your CIT's character and community involvement.
4. Once the application is completed and the recommendation letters are obtained, send everything together at once either by email to recreation@swanzeynh.gov or by mail to or drop off at the Town Hall with Attn: Rec Department on it (PO Box 10009 Swanzey NH 03446) by April 30th.
5. The Recreation Director will review the application and contact the camper to set up an interview. Interview will be held in May at Whitcomb Hall and will take about 20 minutes. This will provide campers with more insight into the program, an opportunity to experience a job interview and for the Recreation Director to meet and become familiar with the camper.
6. Once interviews have been completed the Recreation Director will contact you with an acceptance letter and final instructions for registration and payment.

Counselor-In-Training (CIT) Application

Personal Information

Name: _____ Birthdate: _____

Address: _____

City/Town: _____ State: _____ Zip Code: _____

Cell Phone: _____ Ok to contact (circle)? Yes No

School: _____ Grade (Fall 2026): _____

Email (main form of communication): _____

Have you attended Swanzey Lake Summer Camp before (circle)? Yes No

If Yes, how many summers: _____ T-Shirt Size: _____

Session Registered for (circle): Session One (June 23rd-July 18th) Session Two (July 21st-August 16th)

Why are you interested in becoming a Swanzey Lake CIT? _____

What is your definition of community? _____

Parent/Guardian Contact Information

Name: _____ Phone: _____

Relationship: _____ Email: _____

Skills and Experience

How do you contribute towards your community? _____

Describe any and all extra-curricular school, team or club activities or sports you participant in: _____

What experience do you have working with kids? _____

What strengths do you have that will benefit the youth campers at Swanzey Lake Summer Camp? _____

What skills are you hoping to obtain during this program? _____

Please list any awards or volunteer services: _____

Statement of Agreement

I understand that the Swanze Lake CIT Program is by application and that some applicants will not be chosen to participate in the program. Applicants who do not participate in the CIT Program are encouraged to reapply the following summer. If selected to participate in the CIT Program, I understand that the Swanze Lake Counselor-In-Training (CIT) Program is an educational service and leadership program that exposes those enrolled to the responsibilities of a Swanze Lake Camp Counselor. I understand that this is an active and learning position with the Swanze Recreation Department and all CIT will adhere to all Swanze Lake Summer Camp rules and policies. I understand that I will be responsible for assisting the Swanze Lake Summer Camp staff in activities, games and crafts with youth campers once I have completed the necessary training. I also understand that completing this program does not “guarantee” a seasonal, paid summer camp position in the future.

Applicant’s Signature: _____ Date: _____

Parent’s Signature: _____ Date: _____

Office Use Only

Pre-registration Completed On: _____ Application Received On: _____

Interview Scheduled For: _____

Application Accepted for CIT Program: Yes No

If Yes, Pre-Registration Processed On: _____ Payment Received On: _____