



SUMMER DAY CAMPS 2026: CAMPER PHYSICAL EXAM VALIDATION CHART

All Granite YMCA Summer Day Camps adhere to New Hampshire Youth Recreation Camp License rules or State of New Hampshire Childcare Licensing Unit rules, and require that all campers have current physical exam records and immunization records on file each year as part of the required paperwork. Please use the chart below to ensure your camper's documents are current.

IF THIS IS YOUR CAMPER'S FIRST WEEK OF SUMMER CAMP 2026... →			<u>PRE-WEEK</u>	<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>	<u>WEEK 5</u>	<u>WEEK 6</u>	<u>WEEK 7</u>	<u>WEEK 8</u>	<u>WEEK 9</u>	<u>WEEK 10</u>
<u>Camper Age</u>	<u>Physical Exam Validity</u>	<u>Earliest Accepted Exam Date</u>	Jun 17	Jun 22	Jun 29	Jul 6	Jul 13	Jul 20	Jul 27	Aug 3	Aug 10	Aug 17	Aug 24
Under 6 years old → 1 year		Whichever week your camper begins, please be sure that their most recent physical exam is on OR after this date.	6/17/25	6/22/25	6/29/25	7/6/25	7/13/25	7/20/25	7/27/25	8/3/25	8/10/25	8/17/25	8/24/25
6 years and older → 2 years		Whichever week your camper begins, please be sure that their most recent physical exam is on OR after this date.	6/17/24	6/22/24	6/29/24	7/6/24	7/13/24	7/20/24	7/27/24	8/3/24	8/10/24	8/17/24	8/24/24

Deadline = Sunday, May 31st, 2026

The deadline to upload your required documents is May 31, 2026. If your camper is due for a physical exam for camp, please remember to schedule an appointment with your medical provider.