 

Hi girls! We hope that you are all well and staying safe. Can you believe it's already April and that camp is less than 3 months away. We know how difficult this year has been and we are frequently being updated on the status of COVID-19 by the American Camping Association, the local health authorities and the George School. Our campers and staff cannot wait for this situation to end and we are all looking forward to camp more than ever.

We have packed lineup of special events, evening activities , great trips which you can read about in this newsletter. In addition, we are excited to have an all star lineup of staff. Almost all of our key staff are back-- Cheryl with arts and arts and crafts, Kristin for drama, Lisa our dietitian, tennis with Marc and Angelina, Joel who is our sports and boot camp director along with our great cardio teachers including Amanda, Savanana and Atrice. Many of our staff are "home grown" and moving up to full counselors this year including Brooke Rainville, Carrington Johnson, and Maycee Campano.

Our camp is all about a lifestyle change and our nutrition team is preparing some great rap topics, cooking classes and great menus and recipes. We cant wait to see you this summer!

Flip, Nikki, and the Pennbrook staff

## Tutoring Program

Due to popular demand, we are expanding our private tutoring program at camp. Since almost everyone was required to complete the Spring semester from home, parents have inquired about tutoring at camp for credit or enrichment. We are able to offer private tutoring in camp in most Elementary, Junior and High School subjects. All you need to do is bring any textbooks, study aids or lesson plans that are required and we will take care of the rest. If you require the course for credit we are happy to call the school and speak to the teacher or guidance counselor. Please call for further details.

## Camp Pennbrook Open Houses

Please set aside the following date when you can tour the beautiful facilities of Camp Pennbrook and meet most of our key staff members and new campers. Refreshments will be served.

**Save the date:** **May 17th!** **12-4 PM.**

**A second open house will be scheduled at a later date and private tours can be arranged by appointment.**

For questions or concerns don’t hesitate to contact us. Please RSVP today by calling 1-800-442-7366 or email Camppennbrook@att.net.

# Hello!

Camp Pennbrook April Newsletter

April 2020

This summer is shaping up to be a great one. We have already booked some of your favorite activities:

* Game show Man
* Bowling / Laser Tag
* Movies at the Multiplex
* Eric & his Magic Show
* Ice Skating
* A Day at the Beach

## Summer Activities

We are busy booking the best trips for the 2020 summer. So far, we have booked:

BROADWAY:

* MRS. DOUBTFIRE
* MOULIN ROUGE

CONCERTS:

* HARRY STYLES
* JUSTIN BIEBER

## 2020 Trips

Girls- we know how tough it must be at home where the day focuses around your online school class and meal and snack time. Please reach out to me or have your parents call/email or contact me via Zoom so that I can offer suggestions on healthy eating and healthy snacks during this difficult time. I am also happy to provide any support you may need.

Lisa Scheerer R.D.

[lmscheerer@gmail.com](mailto:lmscheerer@gmail.com)

917-428-0544

## Speak To Lisa, Our Dietitian

Hi Girls,

I hope you are having an awesome school year. Since most of you cannot go to the gym at this time, we are livestreaming workouts on Facebook on Wednesdays and Fridays.

<https://www.facebook.com/savanna.barris>

Right now we are offering Remix/Zumba on Wednesday at 6PM and Bootcamp on Fridays at 9AM.

Feel free to email me with any suggestions or questions. We cannot wait to see you this summer!

Savanna Barris

[savannabarris@gmail.com](mailto:savannabarris@gmail.com)

## Home Workouts With Savanna

Girls make sure to LIKE us on Facebook page as well as follow and engage with us on our Instagram page. It is a great place for everyone to keep in touch, reminisce on past summers and share recipes, workouts and inspirational quotes during this time. Invite your friends and family as well!

## Follow Us On Social Media!

Due to popular demand, many moms have inquired about attending camp so that they can lose weight and get all of the benefits for the program. It also helps them learn about our program so that they can help their daughter follow along after camp is over.

In past years, we have permitted the moms of their campers (and their friends) to attend camp after August 1st for either a long weekend or the last week. This year we now have a new air-conditioned dorm set aside for our moms to reside with our adult staff.  Moms may register for either a long weekend or a stay or one week or mom anytime during the summer.

They can join in at daily cardio classes, attend rap sessions and cooking classes with the nutrition team and take advantage of some of the camp sports, evening activities, and trips. The program can be as structured or non-structured for the moms individual preference. Some moms go out to the malls and local attractions in the afternoon but have all o3 of their meals at camp. They also will have the option to go on our special trips to Broadway shows, shopping in New York City, and buy new clothes at King of Prussia Mall at the end of the season

Please call for details on this new expanded program!

## New Parent Program For Moms

This summer we will again have weekly RAP classes along with re designing the new course.

Campers will get to learn about our camp meal plan and why it works, they will also learn how to properly balance meals at home as well as choosing wisely when it’s time to snack. These are just a few of the topics that will be covered.

## New RAP Sessions

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We are already starting to get suggestions for this year’s big show. Last year we did a wonderful version of Broadway Princesses and in prior years we have done “Hairspray”, “The Little Mermaid” “Charlie Brown” and “Bye Bye Birdie” So far the suggestions we have are “The Wizard of Oz”, “The Sound of Music”, “The Lion King” and “Aladdin”. The show is on Friday July 17th. Email or call us with your ideas our upcoming summer production!

## Dramatics: “The Big Show”

We still have limited openings for current and alumni campers who would like to be CITS (Counselors-in-training) or JCs (Junior Counselor). These are the training programs for becoming a full-fledged counselor. You must be 15 or 16 to be a CIT and 17 or 18 to be a JC. CITs can attend for 3 weeks or longer but JCs must attend for either 4 weeks or the full 7 weeks. Both positions involve a great deal of responsibility and also afford you a reduced tuition. You would still have a chance to work out everyday and participate in all the sports and activities. Call for details.

## Junior Counselor and Counselor-in-Training