CAMP PENNBROOK

June 2021

LIMITED ENROLLMENT

YEAR END - BACK TO SCHOOL SPECIAL

YEAR END DATES	REGULAR RATE	SPECIAL PRICING
7/18/2021-8/12/2021	$5500	$4400
7/25/2021-8/12/2021	$3750	$3300
7/31/2021-8/12/2021	$2600	$2200

(THESE RATES CANNOT BE COMBINED WITH ANY OTHER OFFERS)
IF INTERESTED, CALL TODAY FOR POSSIBLE OPENINGS IN EARLIER SESSIONS

HI GIRLS!

Can you believe the first day of camp is less than 3 weeks away? It seems like just yesterday that we were listening to the red and white teams sing at Color War!

We are excited to have our sports/cardio team lined up featuring both new and returning staff. If you have the chance, we recommend doing some sort of physical activity at home or workouts, or even a walk (yes, Tik Tok dances count as cardio!) prior to camp.

As you are getting ready to finish the school year make sure to give it your all and finish strong!

Please call or email with any last minute questions.

P.S. Don't forget to bring your props and music for the talent shows, fashion shows and themed flagpole days!

See you soon,
Flip, Katie, Adriane and Heather

LIMITED FIELD TRIPS

We have been attending numerous meetings with other camp directors the past few months. Based on the recent COVID-19 trends, we are considering adding some outdoor field trips back onto the camp schedule which may include:

- a day at the beach,
- baseball games,
- whitewater rafting,
- miniature golf
- and premium shopping outlets.

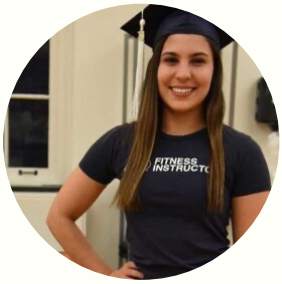
We are also looking intro controlled indoor activities like bowling, laser tag/arcade games, ice skating and movies.

As information becomes available we will be sending out updates. The trips would be completely optional and campers who elect to remain in camp will still have a full program. A separate permission slip will be sent once trips are finalized.

CONTACT US
(800) 442-7737
CAMPPENNBROOK@ATT.NET

VISIT US AT:
WWW.CAMPPENNBROOK.COM

MEET OUR CARDIO & SPORTS INSTRUCTORS



"Hi Girlies! My name is Savanna and I am returning for my 6th summer this year at Camp Pennbrook! I teach cardio during the week including dance classes and muscle training - so it's always a surprise! Class goes by super fast since we are always having so much fun dancing to our favorite songs - including all the ones you love from Tik Tok. I cant wait to see you all, let's have an awesome summer!"

Savanna, 6th year

Atrice will be returning for her 4th summer here at camp. She teaches high-energy, fun Zumba classes during the week for the girls and she can't wait to meet your daughters this summer!

Atrice, 4th year

"Growing up fitness, sports and really any physical activity just didn't interest me. No motivation to try, so I steered clear from it. Fast forward 20 plus years, I woke up and felt older than I was; less mobile than I should be, and constantly tired - I knew something had to change. It all came down to moving my body. The biggest lesson I learned was; just do it. Don't worry about how long, how intense; it is a journey, a process of knowing yourself, your boundaries and limits. You are stronger than you think and I couldn't more excited to start this journey with you; no matter your path! Thank you for allowing me to join you this summer and I can't wait to meet you!"

Amanda, 3rd year

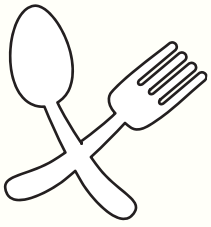
This will be Steve's first summer with us at Camp Pennbrook. He is currently studying exercise science at TCNJ and will be running all of our sports this year at camp. He specializes in football, softball, volleyball & basketball - he's excited to get to know your daughters and help them meet their goals.

Steve, 1st year

RAP with Lisa

DRAMA

Our head dietitian, Lisa James, has developed some great topics for her weekly rap sessions. All of the topics will include tips on staying on program after returning home from camp. We will also visit the local supermarket so everyone learns how to shop for healthier foods and snacks and understand how to read food labels.



Topics will include:

- **dining out,**
- **school lunches,**
- **how to celebrate the holidays,**
- **binge eating and more!**

Each group will have a weekly drama class featuring improv, singing, and choreographed numbers. There will also be two Talent Shows where campers can sing, dance, do a skit or play a musical instrument. Flip will be doing his annual magic show.

We are also planning our "Big Camp Show" which will feature a variety show of well known Broadway musicals. Last year we had a great performance of "Broadway Princesses," with highlights from The Lion King, The Little Mermaid, Beauty and The Beast, and Mary Poppins. If you have suggestions for this years theme please let us know!

MEET OUR STAFF

CAMP PENNBROOK FAMILY

Parents always ask us how well we know our staff and we are pleased that almost every single counselor, as well as most of our head staff are "homegrown." These women grew up at Camp Pennbrook as campers, some starting even as young as age 11. They went on to complete the junior counselor training program and are now either full time counselors or head staff.

Assistant Director:
Katie Hoover, 7th year

Group Leaders:
Adrianne Young, 12th year
Heather Burns, 4th year

Counselors:
Brooke Rainville, 6th year
Sarah Rothschild, 8th year
Adira Clark, 3rd year
Demi Marcello, 2nd year
Victoria LaManna, 2nd year

Check out the rest of our staff and how long they have been with us!

Head Dietician: Lisa Scheerer, RDN, 3rd year
Camp "Mom": Dawn Ormes, 20th year
Arts & Crafts: Cheryl Wilks, 20th year
Counselor: Elena DiDonato, 3rd year
Counselor: Amanda Morach, 2nd year
Counselor: Adira Clark, 2nd year
Tennis Instructor: Patrick Blake, 4th year
Cardio Instructor: Savanna Barris, 6th year
Zumba Instructor: Atrice Moore, 4th year

Interested in joining our staff?
Visit out website at:
https://camppennbrook.com/employment/

Welcome to our Nutrition Interns!

Mary - Penn State
Jessica - Rutgers
Shreya - NYU

SPECIAL SERVICES

While our program includes many sports and activities, over the years parents have requested some "special services" which are not included in the general camp program. These services are offered over and above the regular camp program and you are under no obligation to sign up for them, as they are offered due to popular demand. Call for more information!

Tutoring

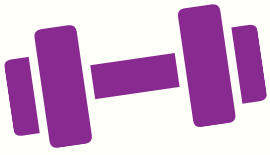
If your camper needs to make up a class or take an enrichment course, we provide private tutoring by accredited teachers. All you need to provide is the textbooks, study aids and lesson plans and we will take care of the rest. We can call your daughter's teacher or guidance counselor to discuss the requirements as well as the number of hours required. Internet access provided.

Private Tennis Lessons

All campers are scheduled for regular group tennis during the week and can also play during the free choice period every day. Our head instructor, Patrick, also offers private and semi-private lessons for those who are either beginners or would like to bring their game to the next level.

Personal Training

We have a state of the art fitness and weight training center, with certified personal trainers and instructors. Your daughter can register for private or semi-private lessons.



C.B.T Counseling

Our dietitian, Lisa Scheerer, is also a certified psychologist and offers private sessions in Cognitive Behavior Therapy (CBT) and other related issues. In many instances, your insurance may cover these sessions. Please call for more details or email info@lisasjamesnutrition.com.

SUMMER ACTIVITIES & SPECIAL EVENTS

- GAME SHOW MAN
- DJ/KARAOKE DANCE PARTY
- BOWLING
- MOVIES
- DAY AT THE BEACH
- MINI GOLF
- COLOR WAR
- CAMP SHOW
- MINUTE TO WIN IT
- CAPTURE THE FLAG
- FASHION SHOW
- COUNSELOR HUNT
- CARNIVAL
- ZUMBATHON
- WORLD CUP
- CAMPER/COUNSELOR GAMES

COVID-19 UPDATE

We are pleased that most of the Covid 19 restrictions for camps have been eliminated or reduced in the last few weeks. We have been constantly reviewing all updates from the CDC and have been meeting with many of the top camp directors in the northeast. We have been discussing new policies for masking, social distancing, sanitizing, etc. Since everything is trending in a positive direction, as of now campers who are vaccinated will not require a pre-camp COVID-19 test. Masking may only be required at meals at certain indoor settings based on cohort and family groups. We already have upgraded our cleaning and sanitizing processes and our medical team will determine policies i.e. in camp temperature checks and rapid testing. It appears we may be able to run some outdoor type trips on an optional basis along with controlled trips to bowling alleys, laser tag, video arcades etc. More to follow.

OPEN HOUSE RECAP

We had a great outdoor fun day where many of our campers and staff got to mingle, play games, and check out the new campus at Rider University!

Parents Program: Returning for 2021

Back by popular demand is our Parents Program. This allows you to participate with your daughters in camp activities the last week of our program.

You will get the full experience - live in the dorms, participate in daily cardio and sports, learn the food program and have lots of fun!

If you are interested, please give us a call for more information.

NEW APPAREL COMING THIS SUMMER TO THE CAMP STORE!