



CAMP PENNBROOK



June 2023

BACK-TO-SCHOOL SPECIALS

ALUMNI DISCOUNT - 20% OFF!!

DATES & RATES

			<u>Regular</u>	<u>Alumni</u>
Session 1	6 Weeks	6/17-7/30	\$9675	\$7740
Session 2	4 Weeks	6/17-7/15	\$6300	\$5040
Session 3	3 Weeks	6/17-7/8	\$4725	\$3780
Session 4	5 Weeks	6/24-7/30	\$8100	\$6480
Session 5	4 Weeks	6/24-7/22	\$6300	\$5040
Session 6	3 Weeks	6/24-7/15	\$4725	\$3780
Session 7	3 Weeks	7/9-7/30	\$4625	\$3700
Session 8	2 Weeks	7/16-7/30	\$3150	\$2520

(THESE RATES CANNOT BE COMBINED WITH ANY OTHER OFFERS)

IF INTERESTED, CALL TODAY FOR POSSIBLE OPENINGS IN EARLIER SESSIONS

Call and use code Penn2023 (based on availability)

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

VISIT US AT:
WWW.CAMP PENNBROOK.COM



Join us to see the hottest
shows of the season:

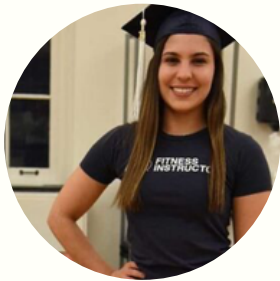
Funny Girl

starring

Lea Michele (6/25)
and & Juliet! (7/23)



MEET OUR CARDIO & SPORTS INSTRUCTORS



Savanna, 8th year

"Hi Girlies! My name is Savanna and I am returning for my 7th 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!"

Atrice will be returning for her 5th 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!



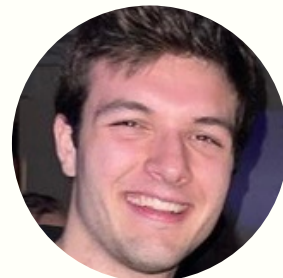
Atrice, 10th year



Amanda, 5th 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!"

This will be Steve's second 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.



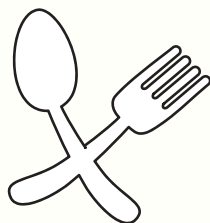
Steve, 23rd year

RAP with Stephanie

Our head dietitian, Stephanie Talerico, 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!



DRAMA

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

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.

Head Staff:

Brooke Rainville, 10th year
Amanda Morach, 4th year
Stephanie Talerico, RDN, 1st year

Counselors/Specialists:

Krysta Werschitz, 2nd year
Kaitlynn Gorney, 4th year
Malia Kearse, 4th year
Cristina Barragan, 3rd year
Ada Tucker, 3rd year
Kenya Wilson, 3rd year

Camp "Mom": Dawn Ormes, 24th year

Arts & Crafts: Cheryl Wilks, 24th year

Tennis Instructor: Jordan Stoner, 2nd year

Cardio Instructor: Savanna Barris, 6th year

Cardio Instructors: Rachel and Raquel, 2nd year

Cardio Instructor: Amanda Cucinotti, 4th year

Zumba Instructor: Atrice Moore, 6th year

Sports Director/Personal Trainer: Steve Henessey, 3rd year



Interested in joining our staff?

Visit our website at:

<https://camp pennbrook.com/employment/>

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.



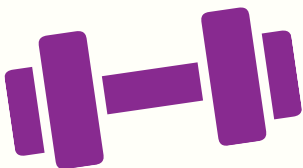
Private Tennis Lessons

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, Jordan, 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 with Steve

In addition to sports, Steve will be running our Personal Training program this year. Your daughter can register for private or semi-private lessons.



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

MOM PROGRAM

Many of our camper's moms have shown interest in learning more about our program to be better prepared to help their daughter adjusting to being home after camp. We now have a number of moms who attend Camp Pennbrook for either a long weekend or one to two weeks. They live in a separate area in our air-conditioned dorms, go to all the workouts, sit in on the classes and RAP sessions with the dietitian and participate in all activities and field trips. It's a chance for moms to learn the healthy habits their daughters are creating and be ready to support them after camp. Call for rates, dates, and other details!

Hey Girls! Get excited... Opening Day is ALMOST HERE!

Can you believe the first day of camp is less than 2 weeks away? Since just about all of our girls are ending school early, the first day of camp is Saturday June, 17th. If you are still in school, you may arrive at camp any time after that date. The maximum stay is now 6 weeks. The last day of camp is Sunday, July 30th.

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.

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, Brooke, & Amanda



NEW APPAREL COMING THIS
SUMMER TO THE CAMP STORE!