

## WELCOME TO CAMP NACI

Campers will spend their summer having fun and making memories in our world-class facilities.

INDOOR & OUTDOOR BASKETBALL COURTS



NEW THIS SUMMER!

Updated Water Park Features
More Water Play Options
Over 8 New Camps
New Field Trips







#### **OUTDOOR POOL RESORT**

Each Wednesday from 3:00PM - 8:00PM our outdoor pool complex is open to the General Public campers and their families the week(s) you are enrolled at Camp NAC!





### 32,000 SQ. FT. YOUTH PLEX

Gymnastics Facility
Youth Studio Classrooms
Group Exercise
Full Kitchen



## 4-ACRE OUTDOOR WATER PARK

Two 25 ft. Water Slides
Lazy River
Zero Entry Activity Pool
Splash Pad



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Dear Parents & Guardians,

Hello, my name is Brianne (known as Miss Brie) and I am the Youth and Camp Director at the Newtown Athletic Club. My Master's Degree is in Public Health and Nutrition, I am certified in Mindfulness Techniques and have over 20+ hours of training in behavior management. Entering my sixth summer with Camp NAC, our team is excited for an amazing summer of fun, friendships and being your own unique self while at camp.

Our camp team is dedicated to making sure that you and your camper have the best possible experience. Each counselor has gone through a **3-step interview process and extensive training** preparing them for the summer ahead.

In addition to having the skills to keep your campers engaged both physically and mentally, **each member of our team is required to have several qualifications**:

- First Aid, AED and CPR certifications
- A minimum of four years working in a childcare field for all managers
- All program managers have or are pursuing a degree in education
- All specialty instructors have over six years of experience in their field

If you have any questions, concerns, or suggestions regarding camp, I am always available. We cannot wait to welcome our campers, both new and old, as we prepare for Camp NAC 2023!

See you all soon, Brianne Feinour

### **HAPPY CAMPERS**

(and staff, too!)

"Thank you so much for everything that you do. I know there's so much magic you make behind the scenes!! Thank you for taking such great care of our kids this summer!!!"

#### - Jenn Utterback

Children: Lilly (age 6) and Olivia (age 5)

"Thank you Camp NAC for giving me my best friend and best summer."

- Kellsey Robinson Camp NAC Counselor

"We absolutely love all of the programs and specialty camps. It really allows Declan to engage in all of the things he loves and he is never bored."

- Lisa Warnke

Child: Declan (age 8)

"Camp NAC ALWAYS exceeds our expectations. That is why we keep coming back. 8 years and counting. There is no better summer camp! I am at ease knowing my son is in great hands."

> - Tara Hunt Child: Dillon (age 13)

"I just wanted to thank you for the opportunity of working at Camp NAC, it seriously is the best job I have ever had!"

- Hailey Rudzinski Camp NAC Counselor

"Every single staff member was excited to see my daughter every day, so enthusiastic, loving, and just NICE! I could cry thinking about it. They made me feel like she really belonged, and was accepted for who she is. PLUS the programming was so fabulous, my daughter was practically jumping out of the car and into the counselors' arms every day. From the bottom of my heart, THANK YOU!!!!!

- **Jennie Porter** Child: Margot (age 4) "Can't say enough good things about the staff. They are what separates Camp NAC from other camps."

#### - Jared Katz

Children: Sophia (age 10) and Daniel (age 5)

"Working at Camp NAC helped me realize how passionate I am about working with children. When I started working here, I was an engineering major and now I am about to begin student teaching with a goal of graduating with a degree in education. Working at camp helped me realize that I could wake up every day and be excited to go to work. I genuinely love all of the kids that I have in my group! I have had the amazing opportunity to have some kids for multiple years now, and getting to watch them grow up has been so much fun. Not only do I love being with my campers every day, but I also love that so many of the counselors and have become close friends with them throughout the summers."

- Zachary Canimore Camp NAC Counselor

"Every one of the counselors who worked with Ethan were all wonderful people. They supported him and made him feel cared for at all times. Thank you to your great team!"

- Meera Kali

Child: Ethan (age 6)

"I wanted to thank Camp NAC so much for the opportunity to be a counselor to these kids. I went into this summer stressed out not knowing what I wanted to do in college next year, but now I know I want to go into teaching thanks to the kids and how they said that I made a difference to their summer.

Thank you for everything."

Ryan MacDonald
 Camp NAC Counselor

## DATES TO KNOW

## 0-0-0

#### OPEN HOUSE AND FAMILY FUN DAY!

Saturday, February 11th from 11:30AM - 2:00PM

**Location:** NAC Basketball Gym

Meet the camp team, learn about our programs through interactive play and secure the Early Bird Discount with registration!

RSVP required.



#### **GUARDIAN ORIENTATION**

Thursday, June 1st at 7:00PM or Sunday, June 11th at 1:00PM

**Location:** NAC Sports Training Center Bring your camper(s) to meet our camp team while you attend orientation.



Check out all the ways to save on camp costs — PLUS combine discounts to maximize your savings!

#### MULTI-WEEK DISCOUNT MULTI-SIBLING DISCOUNT

6 Weeks - Save 5%

8 Weeks - Save 8%

10 Weeks — Save 10%

\*Savings on cost of camp weeks only.

First Camper — Full Price

2nd and 3rd Campers — Additional 5% Off

4+ Campers — Additional 10% Off

\*Savings on cost of camp weeks only.
All campers must attend 4+ weeks minimum.

#### **EARLY BIRD DISCOUNT**

#### **JANUARY 1ST - FEBRUARY 18TH**

, Pay \*Sa info

10%

**OFF** 

Pay in full and register online at www.campnac.com.

\*Savings on cost of camp weeks only.

#### **CONTACT US!**

info@campnac.com | 215-944-8860

Pricing available online at campnac.com

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"My kids loved every week they went to camp! 5 star camp experience!"

Children: Gabrielle (age 10), Zachary (age 9) and Jerry (age 7)

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## If a box has more than one camp listed – please choose only one camp for that week! SPECIAL DE CORP

## SUMMER 2023

CAMPS-AT-A-GLANCE

		A 3425	- Indiana management							
one ek!		<b>SPECIALTY 3-5</b> pg. 9-12	NACSTER pg. 13-18	LEISURE SPORTS pg. 19-20	COMPETITIVE SPORTS pg. 21-22	<b>COOKING</b> pg. 23-24	CREATIVE ARTS pg. 25-26	STE, SCIENCE - TE ENGINEERING pg. 2	CHNOLOGY - ART - MATH	TEEN PROGRAM pg. 31-34
		<b>AGES 3-5</b> pick-up times pg. 9	<b>AGES 3-12</b> 9AM -3PM	AGES 6-8 9AM-3PM 9AM-3PM	AGES 6-8 9AM-3PM AGES 9-12 9AM-3PM	AGES 6-8 9AM-3PM AGES 9-12 9AM-3PM	AGES 6-8 9AM-3PM AGES 9-12 9AM-3PM	<b>AGES 6-8</b> 9AM-3PM	<b>AGES 9-12</b> 9AM-3PM	<b>AGES 13-15</b> 9AM-3PM
	<b>WEEK 1</b> 6/5 - 6/9	LIL NACSTER	NACSTER							
	<b>WEEK 2</b> 6/12- 6/16	WHALES TALES  — LIL CHEF	NACSTER	WATER PALOOZA	GYMNASTICS	JR. CHEF				CIT
	<b>WEEK 3</b> 6/19- 6/23	WHALES TALES  — IMAGINATION WORKSHOP	NACSTER	ULTIMATE DODGEBALL	BASKETBALL — GYMNASTICS	JUST DIP IT	CRAZY CRAFTS	SLIME MANIA — LEGO CITY	SLIME MANIA — MAZE RUNNER	CIT — TEEN ADVENTURE
3	<b>WEEK 4</b> 6/26 - 6/30	UNDER THE SEA  OUT OF THIS  WORLD	NACSTER	EXTREME WARRIOR	CHEER CAMP — FOOTBALL ACADEMY*	PASTRY CHEF	BROADWAY THEATER (LION KING)	SCIENCE EXPLORERS — HARRY POTTER	SCIENCE EXPLORERS — HARRY POTTER	CIT — TEEN ADVENTURE
	<b>WEEK 5</b> 7/3 - 7/7 OFF 4TH OF JULY	DINOSAURS ROCK — LIL GYMNASTICS	NACSTER	WATER PALOOZA	TRACK AND FIELD — NINJA NASTICS	RESTAURANT WARS	BEJEWELED	JR. ENGINEERS — OUTDOOR SCIENCE	JR. ENGINEERS — NACTIVE GAMING	CIT — TEEN ADVENTURE
	<b>WEEK 6</b> 7/10 - 7/14	JR. LEGO — TINY CHEER	NACSTER — COLOR GAMES	BACKYARD SPORTS	CHEER CAMP	JR. CHEF	DREAMERS DESIGN	POKEMON — MYTH BUSTERS	POKEMON — SPY TECH	CIT — TEEN ADVENTURE
	<b>WEEK 7</b> 7/17 - 7/21	PRINCESS WARRIOR — LET KIDS BE KIDS	NACSTER	GAGA GALORE	BASKETBALL  COMPETITIVE SWIM	BAKING BOOTCAMP	TIE-DYE GALORE	STEM CHALLENGE — ROBOTICS	STEM CHALLENGE — ROBOTICS	CIT — TEEN ADVENTURE
	<b>WEEK 8</b> 7/24 - 7 /28	MINDFUL KIDS — SPLASH AND SPORT	NACSTER	CINDERELLA WARRIOR	PHILADELPHIA SPORTS  — JR. GOLFERS* (AGES 9-12)	BE OUR GUEST	TIKTOK DANCE	THE ESCAPE ROOM — MARIO PARTY	THE ESCAPE ROOM — IT'S ELECTRIC	CIT — TEEN ADVENTURE
	<b>WEEK 9</b> 7/31 - 8/4	PRINCESS — SUPERHERO	NACSTER	ADVENTURE TEAM BUILDING	NINJA NASTICS — FLAG FOOTBALL	FARM TO TABLE	AQUA ART	BATTLE ROYALE — SPACE ACADEMY	BATTLE ROYALE — SPACE ACADEMY	CIT — TEEN ADVENTURE
	<b>WEEK 10</b> 8/7 - 8/11	LIL EINSTEIN — OUT AND ABOUT	NACSTER	KIDS RULE	SOCCER — GYMNASTICS	BREAKFAST CLUB	PAINTING IN COLOR	STAR WARS — KABOOM CHEMISTRY	STAR WARS — TECHNO KIDS	CIT — TEEN ADVENTURE
	<b>WEEK 11</b> 8/14 - 8/18	LIL NINJA NASTICS — ADVENTURE ARTISTS	NACSTER	SPORTS OF ALL SORTS	JR. GOLFERS* (AGES 6-8)	INTERNATIONAL CULINARY	SPA-TACULAR	BLOWING OFF STEAM	BLOWING OFF STEAM	CIT — TEEN ADVENTURE
	<b>WEEK 12</b> 8/21 - 8/25	LIL GYMNASTICS  — LIL EDIBLE SCIENTISTS	NACSTER							CIT
	<b>WEEK 13</b> 8/28 - 9/1	LIL NACSTER	NACSTER							

Custom build your summer!

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## SPECIALTY CAMPS

**AGES 3-5** 



Our half day themed specialty camps are created uniquely for our younger campers and are rooted in a comprehensive, balanced approach to learning. We provide a curiosity-driven environment that supports emergent learning so our campers can develop a love for exploration, wellness and relationship-building through the power of play. Campers will spend the morning participating in engaging hands-on activities, centered around a theme of your choice.

#### **BUILD YOUR OWN SCHEDULE!**

We offer the flexibility to choose from three different pick-up times for 3 to 5-year-old campers enrolled in our specialty camps.

> Specialty Camp Only: 11:30AM pick-up time Lunch Bunch Add-On: 1:00PM pick-up time Mid-Day Care Add-On: 3:00PM pick-up time

Please keep in mind that this is a weekly option with one consistent pick-up time for the entire week.

#### **LUNCH BUNCH**

Campers enrolled in Lunch Bunch will spend the morning participating in the regular specialty camp activities until 11:30AM. From 11:30AM - 1:00PM. campers will extend their day with friends to enjoy lunch, games and other preplanned activities. This add-on includes the Camp NAC lunch package. See menu on pages 37 to 38.

#### MID-DAY CARE

Fully experience Camp NAC by adding on Mid-Day Care! Campers will spend the morning participating in the regular specialty camp activities, then move onto other pre-structured games and activities in the afternoon. Campers in Mid-Day Care will also get to participate in outdoor water play for 1 hour on Mondays, Wednesdays and Fridays.



NEED TO KNOW

#### BEFORE AND AFTER CARE AVAILABLE!

**BEFORE CARE: 7AM - 9AM AFTER CARE: 3PM - 6PM** 

**ALL CAMPERS MUST BE FULLY POTTY-TRAINED** TO ATTEND CAMP NAC

**ALL CAMPS FOLLOW EDUCATIONAL-BASED PROGRAMS** 



#### Adventure Artists (Week 11)

Celebrate creativity and get inspired to find art all around you. During this week, campers will unleash their imaginations as they get inspired by the great outdoors, create art projects and learn about nature.

#### Dinosaurs Rock (Week 5)

Ready for a roaringly fun week of camp? Let's travel back in time and experience a world unlike vour own. Campers will learn about prehistoric dinosaurs and make creatures come to life through exciting crafts and activities!

#### Imagination Workshop (Week 3)

Travel back in time, take a trip to the moon and explore the deep blue seas! Anything is possible in Imagination Workshop! We encourage campers to dream big and expand their view of the world all while having fun.

#### Jr. Lego (Week 6)

Calling all little engineers! Get adventurous and creative by testing out and building new ideas with Legos. This camp is designed to help develop each child's fine motor, problem solving and mathematical skills. Finish the week off presenting your Lego set display to the class. \$25 material fee.

#### Let Kids Be Kids (Week 7)

Let's get moving and keep the mind engaged. This upbeat camp will include activities like an obstacle course, sports and games, insect slime, color scavenger hunt and water play! Healthy body, healthy mind, plus a little messy all with a smile on your face.







# SPECIALTY CAMPS AGES 3-5









#### Lil Chef (Week 2)

Learn the colors of the rainbow through the foods we eat, explore your taste buds and gain hands-on, sensory-based nutrition education during this week of food fun! Please make sure to let us know if your camper has any dietary restrictions. **\$15 material fee.** 

#### Lil Edible Scientists (Week 12)

Can't decide between science and making a snack - you can do both at the same time! Mixing the idea of food and kitchen science experiments, expect to create science projects you'll actually want to eat! Prepare to get your hands dirty and create your own edible menu of science each day. Bon appetit! \$15 material fee.

#### Lil Einstein (Week 10) 🧼

Consider yourself a natural-born scientist who will continue to grow and learn this week through new experiments each day! This camp will focus on STEAM, giving you the best of both worlds: education in the form of summertime fun.

#### Lil Gymnastics (Weeks 5, 12)

Throughout the week, campers will learn the fundamentals of the five classic gymnastics events - trampoline, vault, floor exercise, bars, and balance beam! This camp is designed to progress your gymnastics skills at your own rate and individual needs. All levels of experience are welcome.

#### Lil NACster (Weeks 1, 13) 🧿 😛 🔊

Every day brings something new for our busy campers enrolled in our traditional day camp program. Activities can include group games, sports, arts and crafts, water play and more!

#### Lil Ninja Nastics (Week 11)

Calling all ninja warriors! This fun and energetic camp will be full of obstacle courses, racing, and strength testing; perfect for campers who love to stay busy and active all day long.

#### Mindful Kids (Week 8) \*

Engage your five senses through sensory play! This camp will focus on sensory activities, facilitate exploration and naturally encourage campers to use scientific processes while they play, create, investigate, explore and practice mindfulness.

#### Out and About (Week 10) 🍑 🍑 🗪

Spend your day running around outside, exploring nature, and engaging in water activities. Campers will get plenty of fresh air as they soak up the sun, enjoy water play activities and make nature-inspired crafts.



#### Out of this World (Week 4) 🧼

Let's think about the planets, the sun, the stars and explore the universe through our five senses. This week, participate in making star gazing discovery bottles, get an astronaut training course, and make a telescope. Dream big, the sky has no limit!

#### Princess (Week 9) 🧼

Calling all princesses! Make your dreams come true and spend the week living and playing like royalty. This camp is full of Princess-themed songs, crafts, stories and more! Throw your favorite dresses on and celebrate at a special Princess Tea Party on Friday.

#### Princess Warrior (Week 7)

Channel your inner warrior with all the poise of a princess as you strengthen your mind and body this week and share your own individual dreams. Mulan, Poppy, Moana, Raya, Elsa and Anna are the inspirational role models this week of building confidence and emphasizing true beauty comes from within.

#### Splash and Sport (Week 8)

Cool off on a hot, sunny day and join us this week of camp as we slip n' slide our way through outdoor water games, sprinkler fun and water play. Come dressed in your swimsuit and don't forget to sunscreen!

#### Superhero (Week 9) 🧼

Strength, smarts, super powers - it's time to conquer the world! Campers will create cool gadgets and learn about a new superhero each day. Grab your costumes, it's time to fly up, up and away to pretend play!

#### Tiny Cheer (Week 6) 🧼

"We are, Camp NAC!" Have a blast learning the fundamentals of sideline cheers, develop strength, teamwork, coordination and self-confidence. Our little cheerleaders will work throughout the week on their cheer that they will perform in front of camp on Friday.

#### Under the Sea (Week 4) 🧼 😛 🔊

Splish, splash, let's make the summer last! Join us for a fun-filled week of underwater exploration where campers will dive into ocean life, learn about creatures that live under the sea and spend some time participating in outdoor water play activities!

#### Whales Tales (Weeks 2, 3) 💜 💜

Allow children to become familiar with a group aquatics environment in this American Red Cross Swimming and Water Safety course. Emphasis is placed on helping children develop positive attitudes and safe practices in and around the water. Campers will swim in our NAC indoor pool everyday this week.



#### **COLOR AGE GROUPS**

NACster campers are divided into groups based on age and next years grade-level each week. **Each group will participate in age-**

appropriate activities.

- · Ages 3 4 (Yellow)
- Kindergarten (Red)
- Grade 1 (Orange)
- Grade 2 (Purple)
- Grades 3 4 (Green)
- Grades 5 6 (Blue)Grade 7 (Pre-Teen)

not want to take the test can participate in water play instead.



#### **SWIMMING**

All campers are required to pass a swim test administered by our **Certified American Red Cross Lifeguards**.

Those who do not pass or do

#### ASK ABOUT OUR SINGLE DAY OPTIONS!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 6/5 - 6/9	WELCOME DAY!	TIE-DYE TUESDAY	EXTENDED WATER PLAY	CARNIVAL GAMES	BALLOON ANIMALS
<b>WEEK 2</b> 6/12 - 6/16	PARACHUTE GAMES	SHADY BROOK \$20	COOKIE DECORATING	SCOOTER RELAYS	WEAR YOUR FAVORITE SPORTS TEAM
<b>WEEK 3</b> 6/19 - 6/23	DISCOVERY BOTTLES	BUCKS COUNTY CHILDRENS MUSEUM \$20	DINOSAUR DIG	CRAZY CRAFTS	TAG! YOU'RE IT
<b>WEEK 4</b> 6/26 - 6/30	UNDER THE SEA	ELMWOOD ZOO \$25	FREEZE DANCE PARTY	SENSORY PLAY	BACKYARD SPORTS
<b>WEEK 5</b> 7/3 - 7/7	RED, WHITE AND BLUE DAY	OFF (4TH OF JULY)	CAMPER'S CHOICE	A BUG'S LIFE	POPSICLES
<b>WEEK 6</b> 7/10 - 7/14			COLOR GAMES		
<b>WEEK 7</b> 7/17 - 7/21	GLOW DANCE PARTY	FUNZILLA \$25	CAMP KINDNESS DAY	NINJA NASTICS	FUN SOCK FRIDAY
<b>WEEK 8</b> 7/24 - 7/28	INFLATABLES	BOWLING \$20	SCIENCE EXPLORERS	MINDFUL KIDS	HALLOWEEN IN JULY
<b>WEEK 9</b> 7/31 - 8/4	DISNEY DAY	TYLER STATE PARK \$20	MINI MYTHBUSTERS	PETTING ZOO	PAPER PLATE CRAFT
<b>WEEK 10</b> 8/7 - 8/11	TRUCKS, TRAINS, AND AIRPLANES	MOVIES \$20	HAWAIIAN LUAU	BALLOON BASH	WEAR YOUR NACSTER COLOR
<b>WEEK 11</b> 8/14 - 8/18	EDIBLE SCIENCE	GIGGLEBERRY \$20	PIRATE ADVENTURES	SOCCER	SUPERHERO DAY
<b>WEEK 12</b> 8/21 - 8/25	MINUTE TO WIN IT	GYMNASTICS	EXTENDED WATER PLAY	ICE CREAM SUNDAES	MINI ROCKETS
<b>WEEK 13</b> 8/28 - 9/1	FINGER PAINTING	RITAS ICE	EXTENDED WATER PLAY	TREASURE HUNT	MOVIE DAY

## 9:00AM - 3:00PM A SUMMER OF ADVENTURE AWAITS AT CAMP NACSTER!

Every day brings something new for **busy campers** enrolled in our traditional day camp program. Each week for a NACster camper is jam-packed with group games, sports, arts and crafts, water play and more! On **Tuesdays**, campers are able to attend scheduled **NACster field trips**.





#### **COLOR AGE GROUPS**

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- · Grades 3 4 (Green)
- Grades 5 6 (Blue)
- Grade 7 (Pre-Teen)



#### **SWIMMING**

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#### Red Cross Lifeguards.

Those who do not pass or do not want to take the test can participate in water play instead.

#### ASK ABOUT OUR SINGLE DAY OPTIONS!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 6/5 - 6/9	WELCOME DAY!	TIE-DYE TUESDAY	EXTENDED WATER PLAY/ SWIM	CARNIVAL GAMES	BALLOON ANIMALS
<b>WEEK 2</b> 6/12 - 6/16	SCOOTER RELAYS	COOKIE DECORATING	SHADY BROOK \$20	WORLD CUP	WEAR YOUR FAVORITE SPORTS TEAM
<b>WEEK 3</b> 6/19 - 6/23	DISCOVERY BOTTLES	KIDFIT	BOWLING \$20	PARACHUTE DROP	READY, SET, RACE!
<b>WEEK 4</b> 6/26 - 6/30	PARACHUTE GAMES	DODGEBALL DAY	ELMWOOD ZOO \$25	CRAZY CRAFTS	BACKYARD SPORTS
<b>WEEK 5</b> 7/3 - 7/7	RED, WHITE AND BLUE DAY	OFF (4TH OF JULY)	MINI GOLF \$20	CAMPER'S CHOICE	POPSICLES
<b>WEEK 6</b> 7/10 - 7/14			COLOR GAMES		
<b>WEEK 7</b> 7/17 - 7/21	NINJA NASTICS	CAMP KINDNESS DAY	FUNZILLA \$25	GLOW ZUMBA	FUN SOCK FRIDAY
<b>WEEK 8</b> 7/24 - 7/28	BEJEWELED	INFLATABLES	TYLER STATE PARK \$20	CAMP OLYMPICS	HALLOWEEN IN JULY
<b>WEEK 9</b> 7/31 - 8/4	MAD SCIENTIST	TENNIS BASEBALL	ADVENTURE AQUARIUM \$25	PETTING ZOO	MINDFUL KIDS
<b>WEEK 10</b> 8/7 - 8/11	GAGA GALORE	HAWAIIAN LUAU	MOVIES \$20	KICKBALL TOURNAMENT	WEAR YOUR NACSTER COLOR
<b>WEEK 11</b> 8/14 - 8/18	STEM CHALLENGE	SOCCER	GIGGLEBERRY \$20	CAPTURE THE FLAG	SUPERHERO DAY
<b>WEEK 12</b> 8/21 - 8/25	MINUTE TO WIN IT	MUSICAL CHAIRS	EXTENDED SWIM/ WATER PLAY	ICE CREAM SUNDAES	GYMNASTICS
<b>WEEK 13</b> 8/28 - 9/1	ROCK PAINTING	RITAS ICE	EXTENDED SWIM/ WATER PLAY	SCAVENGER HUNT	MOVIE DAY

## 9:00AM - 3:00PM A SUMMER OF ADVENTURE AWAITS AT CAMP NACSTER!

Every day brings something new for **busy campers** enrolled in our traditional day camp program. Each week for a NACster camper is jam-packed with group games, sports, arts and crafts, water play and more! On **Wednesdays**, campers are able to attend scheduled **NACster field trips**.









#### COLOR AGE GROUPS

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- Grade 2 (Purple)
- Grades 3 4 (Green)Grades 5 6 (Blue)
- Grade 7 (Pre-Teen)

1 HOUR OF WATER PLAY OR SWIM 4 TIMES A WEEK

#### **SWIMMING**

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#### ASK ABOUT OUR SINGLE DAY OPTIONS!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 6/5 - 6/9	WELCOME DAY!	TIE-DYE TUESDAY	EXTENDED WATER PLAY/ SWIM	CARNIVAL GAMES	BALLOON ANIMALS
<b>WEEK 2</b> 6/12 - 6/16	RELAY RACES	ESCAPE ROOM	COOKIE DECORATING	MINI GOLF \$20	WEAR YOUR FAVORITE SPORTS TEAM
<b>WEEK 3</b> 6/19 - 6/23	GAGA GALORE	DODGEBALL DAY	BEDAZZLED	LASER TAG \$25	KICKBALL TOURNAMENT
<b>WEEK 4</b> 6/26 - 6/30	CRAZY CRAFTS	CAMP OLYMPICS	MYTH BUSTERS	SPEED RACEWAY \$25	BACKYARD SPORTS
<b>WEEK 5</b> 7/3 - 7/7	RED, WHITE AND BLUE DAY	OFF (4TH OF JULY)	CAMPER'S CHOICE	ELMWOOD ZOO \$25	POPSICLES
<b>WEEK 6</b> 7/10 - 7/14			COLOR GAMES		
<b>WEEK 7</b> 7/17 - 7/21	CHALLENGE DAY	CAMP KINDNESS DAY	GLOW ZUMBA	FUNZILLA \$25	FUN SOCK FRIDAY
<b>WEEK 8</b> 7/24 - 7/28	CAPTURE THE FLAG	GYMNASTICS	INFLATABLES	BOWLING \$20	HALLOWEEN IN JULY
<b>WEEK 9</b> 7/31 - 8/4	TENNIS BASEBALL	MAD SCIENTIST	PETTING ZOO	ADVENTURE AQUARIUM \$25	MINDFUL KIDS
<b>WEEK 10</b> 8/7 - 8/11	MINUTE TO WIN IT	HAWAIIAN LUAU	GAME SHOW MANIA	MOVIES \$20	WEAR YOUR NACSTER COLOR
<b>WEEK 11</b> 8/14 - 8/18	GUINNESS WORLD RECORD DAY	NINJA NASTICS	WORLD CUP	ALTITUDE TRAMPOLINE PARK \$25	HERO DAY
<b>WEEK 12</b> 8/21 - 8/25	FEAR FACTOR	TEAM BUILDING	EXTENDED WATER PLAY/ SWIM	ICE CREAM SUNDAES	EGG DROP
<b>WEEK 13</b> 8/28 - 9/1	SPLATTER PAINTING	RITAS ICE	EXTENDED WATER PLAY/ SWIM	SCAVENGER HUNT	MOVIE DAY

9:00AM - 3:00PM

## A SUMMER OF ADVENTURE AWAITS AT CAMP NACSTER!

Every day brings something new for **busy campers** enrolled in our traditional day camp program. Each week for a NACster camper is jam-packed with group games, sports, arts and crafts, water play and more! On **Thursdays**, campers are able to attend scheduled **NACster field trips**.



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### LEISURE AND COMPETITIVE SPORTS AGES 6 - 12



At the start of each week, campers will be divided into groups based on age and ability: Ages 6 - 8 and Ages 9 - 12



#### 9:00AM - 3:00PM HEALTHY BODY, HEALTHY MIND

Leisure and competitive sports are designed for campers ages 6 - 12 of all skill levels. If your camper loves to be active and spend time outdoors, our sports camps are a great fit.

**Leisure Sports Camps** are structured like a physical education class, designed to create a fun environment and keep campers active. These camps are great for campers who like to try a variety of sports and are focused on fun.

**Competitive Sports Camps** are focused on skill-building and provide specific training for athletes. Our instructors take a hands-on approach to help improve campers' skills and techniques. These camps are best for campers who are more serious about sports and are looking to learn new skills.





1 HOUR OF WATER PLAY OR SWIM 4 TIMES A WEEK



#### **LEISURE SPORTS**

#### Adventure Team Building (Week 9)

Team building is best learned when experienced hands-on. This week engage in the opportunity to problem solve as a group. Campers will rely on each other to overcome obstacles and compete in activities while working on developing confidence, self-esteem and inner strength.

#### Backyard Sports (Week 6)

This unique camp offers the opportunity to experience numerous sports as if you were in your own backyard. Sports like wiffle ball, kickball, dodgeball and water balloon toss are some of the many sports being offered this week.

#### Cinderella Warrior (Week 8)

Enjoy this week of a girls inspired boot camp! Get ready to break a sweat during fitness activity, participate in Warrior yoga, a Zumba class, create vision boards and more. Also learn the best ways to refuel your body and mind during a mini hands-on nutrition lesson.

#### Extreme Warrior (Week 4)

This camp will test your camper's stamina to the extreme. From relay races and games, to the notorious Spartan Race at the end of the week, get ready to sweat during this week of physical fun!

#### NEW! Gaga Galore (Week 7)

A fast-paced form of dodgeball that is fun and easy to learn. The game combines dodging, striking, running, and jumping, with the objective of being the last person standing! We will also be taking Gaga to the next level by playing Glow Gaga this week!

#### Kids Rule (Week 10)

Get your hands dirty in this week's camp. Gather your squad and prepare for activities such as relay races, fitness challenges, obstacle courses and more! The most energetic kids will be put to the challenge during this week of camp!

#### Sports of all Sorts (Week 11)

Love all sports? Campers will participate in a wide variety of sports like basketball, soccer and football. We'll also take time to explore uncommon games like tennis baseball, and floor hockey. Learn new games and work together as a team to achieve maximum FUN!

#### Ultimate Dodgeball (Week 3)

Focus on your skills and learn the many different styles of dodgeball, including Sporkball, Doctor Dodgeball, Gaga, and more! Campers will be encouraged to learn fundamentals of healthy competitions and work on the importance of teamwork during this epic week!

#### Water Palooza (Weeks 2, 5)

Grab your towels, lather on the sunscreen and get ready for some epic fun during this refreshing week of camp. Expect lots of water fun-filled activities such as water bucket relays, water balloon toss, Slip N' Slide kickball and extra time in our outdoor waterpark!

### LEISURE AND COMPETITIVE SPORTS AGES 6 - 12







At the start of each week, campers will be divided into groups based on age and ability: Ages 6 - 8 and 9 - 12

#### **COMPETITIVE SPORTS**

#### Basketball (Weeks 3, 7)

Learn the basic fundamentals of basketball, including dribbling, passing and shooting on our indoor and outdoor basketball courts. Campers will have fun competing in scrimmages, practicing drills and building up their skills at the same time. Step onto the court and challenge yourself.

#### Cheer Camp (Weeks 4, 6)

If you share the love for cheering or are just a beginner, this camp is for you. You will learn the basics of cheer from flexibility, to jumps, dance routine and tumbling, based on what techniques and skill level you're at. Campers will spend the week mastering a cheer routine they will showcase on Friday.

#### Competitive Swim (Week 7)

Improve your strokes, skills and techniques in our indoor pool! This camp serves as a way to strengthen overall swim performance, work on start and end techniques, speed training and core strength. This is a friendly competition style week. Only campers that pass the Camp NAC swim test may participate in this camp.

#### Flag Football (Week 9)

Participate in 'skills of the day' on both sides of the ball including the components of passing, catching, de-flagging, defensive positioning, and scrimmages – all presented in a FUN environment. Challenge yourself mentally and physically and showcase your skills on the field!

#### Football Academy\* (Week 4)

This camp is dedicated to complete youth development through football on and off field. This camp is designed for all abilities and skill levels and provides goal-oriented, position-specific training, as well as physical and mental conditioning.

#### Gymnastics (Weeks 2, 3, 10) → Pearling

This camp is built on the foundation of enriching every camper's love for gymnastics - developing social skills, making lifelong friendships, and enhancing teamwork skills. We'll go in depth to teach skills on trampoline, floor, uneven bars, vault and the balance beam. All skill levels are welcome.

#### Jr. Golfers\* (Weeks 8, 11)

Take your golf game to the next level. Jr. Golfers will work with instructors on the various aspects of golfing like: putting, driving, footwork and swing path. Campers will learn at the NAC's In Club Golf Studio in addition to spending days on a real golf course. **\$50 course fee.** 

#### Ninja Nastics (Weeks 5, 9) → → → Ninja Nastics (Weeks 5, 9)

This is a camp that mixes gymnastics, tumbling, parkour and the thrill of American Ninja Warrior into a fun program while combining climbing, getting through obstacles, and some flips to increase body awareness, coordination, agility and motor skill levels.

#### Philadelphia Sports (Week 8)

This action-packed camp will foster athletic skills, teamwork and healthy habits. Each day we will focus on a different Philly sports team: Eagles football, Sixers basketball, Flyers hockey, Phillies baseball and Union soccer. This camp is ideal for learning and making friends who share your passion for Philly sports teams!

#### Soccer (Week 10)

Campers will learn basic skills and techniques of soccer while still having a blast. Campers will practice drills like dribbling the ball between cones and passing the ball, all while learning the rules of the game and playing in scrimmages throughout the week.

#### NEW! Track and Field (Week 5)

Run, skip, hop and jump into our introduction to track and field! This camp combines a love for running and being active. We will be participating in some of the most popular track events such as relay races and hurdles, as well as exploring some field events such as long jump, high jump and shot put.





COOKING CAMPS **AGES 6 - 12** 



At the start of each week, campers will be divided into groups based on age: Ages 6 - 8 and Ages 9 - 12

\*NUTRITION LESSON **INCLUDED FOR ALL COOKING CAMPS!** 

1 HOUR OF WATER PLAY

OR SWIM 4

TIMES A WEEK

#### 9:00AM - 3:00PM FEED YOUR BODY, **NOURISH YOUR SOUL**



Inspiring kids to learn about healthy habits and mindful eating in a safe, fun and encouraging environment. Campers will get to experience handson cooking time, learn about nutrition, food safety, the science of cooking and practice mindfulness and yoga. These interactive camps will also incorporate food-themed physical activities and games. It's time to discover the power of food!





















3-4 HOURS 🍱 👛 🍅 5-6 HOURS

LUNCH PACKAGE AVAILABLE FOR PURCHASE

\*\*ALL COOKING CAMPS HAVE A \$50 MATERIAL FEE. CAMPERS WILL MAKE THEIR SNACKS AND LUNCH EACH DAY DURING THESE WEEKS. PACKING ADDITIONAL NUT-FREE SNACKS IS STILL ENCOURAGED.

#### Baking Bootcamp (Week 7)

Calling all bakers! Learn the newest baking techniques this week during this hands-on camp. Campers will learn how to apply math, planning, and hand-eye coordination skills as they whip up delicious desserts in the kitchen! Spend the week working on your skills to prepare yourself for our Friday cupcake war showdown!

#### Be Our Guest (Week 8)

Like they say in Beauty and the Beast, "Be our guest! Be our guest! Put our service to the test. Tie your napkin 'round your neck." This week of camp we will recreate the magical Disney-inspired foods from the movies we all love! Campers will learn all about proper etiquette and being perfect hosts and hostesses. Join us and put your table manners to the test!

#### NEW! Breakfast Club (Week 10)

Breakfast for lunch! From decked-out donuts to cheese quesadillas, even picky eaters won't be able to resist these fun breakfast ideas. This camp will be filled with eggs-traordinary recipes that are good and good for you.

#### Farm to Table (Week 9)

This week of camp is inspired to show children the power of a seed, healthy earth and the wonders of growing – from SEED TO PLATE. Campers will gain awareness of where food comes from and the hard work and love it requires to prepare meals and snacks, plus get a special visit from a petting zoo!

#### International Culinary (Week 11)

Travel the world from Italy, China, Mexico and more in this week of international cooking and educational fun! Cooking will become a form of art this week as campers get to express themselves in their own unique way through food. Join us to sharpen your culinary skills and experience the different types of foods from all around the world!

#### Jr. Chef (Weeks 2, 6)

If you have a love for cooking, then this week is perfect for you! We will cover everything from the basics to the newest cooking techniques. Gain independence, be unique, and express yourself through creativity in the kitchen.

#### NEW! Just Dip It (Week 3)

There's nothing better than a delicious dip. They are easy to make for any occasion and the possibilities are endless. From taco dip to creamy spinach dip, these potluck recipes are ready to party and will not disappoint your tastebuds.

#### Pastry Chef (Week 4)

Get involved this week of camp by making delicious pastry desserts. Campers will work on their skills, learn new terminology and understand the history behind each food they make. Modifications will be made to recipes to encourage healthy eating the fun way!

#### Restaurant Wars (Week 5)

Get the joy of creating dishes and eating them during this friendly and competitive week of camp! Campers will break into teams in the beginning of the week, and will compete in events and challenges to gain points to see who will be crowned the winner of Restaurant Wars on Friday!

PLEASE INFORM US IF YOUR CHILD HAS ANY DIETARY RESTRICTIONS.







#### 9:00AM - 3:00PM LET YOUR CREATIVITY SHINE!

These stress-free camps will allow campers to unleash their inner artist abilities through creating beautiful pieces of art, mindfulness and yoga. Gain the ability to express your individuality and creativity all in one. Feel the good vibes and be your own unique!





#### Aqua Art (Week 9)

Combine art and water in one! With activities like paint marbling, spray bottle painting, and completing an art journal everyday, campers will leave this week learning the importance of water and bringing color into the world.

#### NEW! Bejeweled (Week 5) 🌼 🌼

Calling all jewelry designers! Join us for an incredible camp experience and leave with your own personalized jewelry collection. Learn the basics of beading, wire art and polymer clay beadmaking while creating beautiful jewelry for yourself, family and/or friends.

#### **Broadway Theater (Week 4)**

Immerse yourself this week in the world of singing and acting. Camp NAC's 2023 edition of Broadway Theater camp will be performing The Lion King! During this week, plan to strengthen your musical theater skills, bond with new friends, strengthen your imagination and work your way up to your final performance on Friday.

#### Crazy Crafts (Week 3)

Art with a twist! This week unleash your creativity and self-expression. We will be making a clay project, stained glass window art, incorporating radical recycling and mindful art projects, plus much more! Join us as we invent new ways of thinking, which extends beyond the craft room, leaving you with the mindset to feel good, do good.

#### Dreamers Design (Week 6)

Put your creativity to the test and push your imagination to the limit! During this week, campers will create their own fashion line using non-fabric materials. Learn the newest trends and create your own fashion portfolio as you prepare to walk down the catwalk Friday during your funky fashion show!

#### Painting in Color (Week 10)

Painting is a way for children to do many important things: convey ideas, express emotion, use their senses, explore color, and add their own interpretation of the world with paint and a brush. Campers will use a variety of painting techniques throughout the week to create unique samples of art through their own perspective.

#### Spa-tacular (Week 11)

Treat yourself to a destination of pampering. Enjoy treatments like nail art, hair braiding and make your own sugar scrub and lip gloss. Sit back, relax, and enjoy this calming week of camp as you improve your sense of well-being and take a special trip to the NAC's Well Lounge.

#### Tie-Dye Galore (Week 7)

Obsessed with tie-dying? Then this camp is perfect for you. Learn how to make unique tie-dye patterns using different techniques all week long. Campers will watch colors blend into swirls and bright abstract images right before their eyes. Activate your creativeness in this new camp.

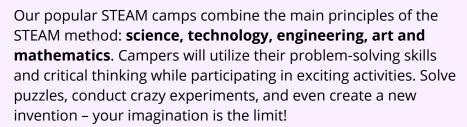
#### TikTok Dance (Week 8)

Engage the brain through music and dance during this trendy week. Campers will be divided into small groups and practice different skills, with a special focus on TikTok dances as they build up to their Friday dance showcase!



#### 9:00AM - 3:00PM STIMULATE YOUR MIND,

UNLEASH YOUR CURIOSITY!







#### **AGES 6-8**

#### **NEW!** Kaboom Chemistry (Week 10)

Be an amazing scientist while making astounding explosions! Make rockets, fizzy bombs, color explosions and more! Blast off into space with experiments creating all sorts of explosions and cool chemical reactions! \$15 material fee.

#### Lego City (Week 3)

This camp is designed to encourage and build: fun, teamwork, curiosity, critical thinking, and creativity. Come explore with us and get inspired as we build and play games all Lego themed. Campers will work on their own Lego throughout the week and show it off to their class on Friday. Campers will take their Lego set home Friday. \$45 material fee.

#### Mario Party (Week 8)

Level up in this Mario Bros. inspired camp! Campers will recreate their favorite mini games throughout the week and earn coins to win prizes at the end. Choose which throwback character you want to be and get ready to join the party! **\$15 material fee.** 

#### NEW! Myth Busters (Week 6)

Gleeful curiosity and plain old-fashioned ingenuity will have campers develop their critical thinking skills this week of camp. Join us to test theories to prove or disprove what is real and what is truly urban myth. **\$15 material fee**.

#### Outdoor Science (Week 5)

It's time to head outdoors and learn science in this active, kinesthetic-based camp! Prepare to be amazed at everything science can do, like a solar oven, sundials, exploding watermelon, catapult challenges and more! **\$15 material fee.** 

#### **AGES 6-12**

#### Battle Royale (Week 9)

Approach gameplay from a new angle and be empowered to discover the underlying mechanics of Fortnite in a collaborative environment! Game costume designing, fort building, hip-hop dances and an epic Friday nerf gun battle! \$15 material fee.

#### NEW! Blowing Off STEAM (Week 11)

Grow those brain muscles and blow off some STEAM. This week will get campers up and moving with activities like a catapult challenge, rocket launching, kite flying and more. We've got you covered with these activities to blow off STEAM and get learning! **\$15 material fee**.

#### Harry Potter (Week 4)

Escape into the wizarding world of Harry Potter and learn about the spells, potions, wands and play the fictional sport invented by author J.K. Rowling - Quidditch! Gryffindor, Ravenclaw, Hufflepuff or Slytherin... which house do YOU belong? **\$15** material fee.

#### Jr. Engineers (Week 5) 🌞

Kids are natural born builders. In Jr. Engineers, campers use the concepts of STEAM while exploring forces of motion, chemistry, sound, and coding! Through every activity campers turn their curiosity of how things work and fit together into reality. So, put away the blueprints and toolkit and develop innovative solutions in this new hands-on camp! **\$15 material fee.** 

#### Pokemon (Week 6)

Calling all Pokemon fans! This week, participate in many different Pokemon related activities like "Identify the Pokemon" challenge, creating your own Pokemon, and Pokemon Go race. Friday campers can bring their own Pokemon cards from home to have a special sharing time, at their own discretion. **\$10 material fee.** 



STEAM
CAMPS
AGES 6 - 12



#### Science Explorers (Week 4)

Science re-imagined through chemical reactions, electricity and magnetism experiments, and lava lamps! From curiosity to amazement, campers will see science unfold before their eyes. Let's get exploring! **\$15 material fee.** 

#### Slime Mania (Week 3)

Calling all slime lovers! Experience slime-themed chemistry experiments that enhance math, ratio and sensory play skills. Each day, campers will make a different type of slime that they can take home. Prepare to get your hands dirty during this week of fun. **\$50 material fee.** 

#### Space Academy (Week 9)

Launch into a galaxy of fun and learning! Campers will train like Guardians of the Galaxy, construct and launch model rockets, make galaxy slime, learn the history of space, and more. To infinity and beyond! **\$20 material fee.** 

#### Robotics (Week 7)

Improve your problem-solving skills and fine motor skills. This camp promotes the importance of teamwork and collaboration through building robots! Participate in group robotics challenges, as well as, make your own robot this week of camp. \$45 material fee.

#### Star Wars (Week 10)

Enter the world of Star Wars and prepare for the rise of Skywalker. Create Lightsabers, participate in a baby Yoda scavenger hunt, and complete a mini Jedi training course. **\$15 material fee.** 

#### STEM Challenge (Week 7)

During this week, campers will test their skills through many activities including an egg drop, DIY fidget spinners, build your boat engineering challenge and more! Campers will use science, math, critical thinking skills and teamwork in order to complete these challenges! **\$10 material fee.** 

#### The Escape Room (Week 8)

This interactive camp will have you working together to solve the puzzle and escape the room. Everyone must share their clues, take careful notes and put their brains together if there is any hope of escaping. How fast can you escape? **\$10 material fee.** 

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#### **AGES 9-12**

#### NEW! It's Electric (Week 8)

Think, build, play, invent and learn safe and fun ways of learning electrical engineering! Electricity is all around us and it's fascinating. This week, campers will create projects that incorporate electricity from the basics of static electricity, to circuit building, building batteries and much more with new fun toys and gadgets! **\$20 material fee.** 

#### NEW! Maze Runner (Week 3)

Campers will work their way up from starting with simple maze designs, to more elaborate ones through team building. Mazes will vary between DIY classroom supplies, to online virtual reality adventure mazes. At the end of the week teams will showcase all their maze ideas from the week to their class! **\$10** material fee.

#### NACtive Gaming (Week 5)

Pacman, to Pinball, Mine Craft and more! Spend the week recreating video games and turning them into real life games! Collect special coins throughout the week to get a prize on Friday! **\$10 material fee.** 

#### Spy Tech (Week 6)

In this action-packed camp, take your technology skills to the next level by participating in exciting spy missions throughout the week. Agents will learn how to test their spy game skills, encrypt messages and much more! Each new topic is utilized for a spy mission, creating a one-of-a-kind camp experience that enhances skills in technology and leadership. **\$10 material fee.** 

#### Techno Kids (Week 10)

Calling all techno-kids! Expose yourself to 21st century skills of technology, problem solving, perseverance, and collaboration through a week of screen less activities. Here, campers will fly drones, generate electricity through circuits, and manufacture doodling robots. Don't miss out on this next level camp. **\$20 material fee.** 













TEEN CAMPS **AGES 13 - 15** 



#### 9:00AM - 3:00PM **TEENS RULE AT CAMP NAC!**

Each week, teens will have the choice to participate in either our Counselor in Training (CIT) program or Teen Adventure. On Tuesdays and Fridays, all teen campers will go on a pre-planned field trip regardless of their choice of theme.

#### CIT PROGRAM

Spend your summer learning what it takes to become one of our Camp NAC counselors! Teens who choose the CIT program will spend the morning working with a counselor. Participants in our CIT program develop leadership skills, act as role models for our younger campers and have the opportunity to spend a portion of their day assisting camp counselors. This program is designed and formulated for interested teens to gain the experience and skills necessary to become a camp counselor. Teens who have a genuine interest in working with children are encouraged!

#### **DAILY SCHEDULE**

7:00AM - 8:45AM | Before care - eligible to get for free if assists a counselor for 30 minutes of that time each day

8:45AM - 9:15AM | Check-in

9:15AM - 9:30AM | Quick meeting for group assignment

9:30AM - 10:30/11:00AM | With younger camp group, assisting a camp counselor with daily activities

11:00AM | Spend the rest of the day with the teen camp

3:00PM - 6:00PM | After care - eligible to get for free if assists a counselor for 1 hour of that time each day

\*CIT's will talk to their counselor about spending additional time as a CIT throughout the week, and also have the opportunity to assist on NACster field trips. Each Friday, CIT participants will be given an evaluation form with feedback from a camp manager.



**ALL CIT CAMPERS** ARE ELIGIBLE FOR FREE **BEFORE AND AFTER CARE! ASK FOR MORE DETAILS.** 







Teen Adventure campers will participate in activities centered around a new theme every day. Examples of themes include: sports, art, STEAM, cooking, fitness, etc.

#### **TEEN FIELD TRIPS**

In order for teen campers to attend field trips, a guardian must submit a Teen Travel Field Trip Permission Form, located under "Forms & Documents" in your Parent Login Portal on the Camp NAC website.

#### **TEEN RELEASE FORM**

In order for teen campers to come and leave camp on their own, a guardian must complete the Teen Release Form, located under "Forms & Documents" in your Parent Login Portal on the Camp NAC website. Teen campers with this release form may walk themselves into the Camp NAC building between 8:45AM - 9:15AM and exit between 2:45PM - 3:15PM. CIT and Teen Adventure campers may not take younger siblings with them when they enter or exit the facility.

	MONDAY	TUESDAY (CIT'S INCLUDED)	WEDNESDAY	THURSDAY	FRIDAY (CIT'S INCLUDED)
<b>Week 3</b> 6/19 - 6/23	WELCOME DAY!	ADVENTURE AQUARIUM	KICKBALL TOURNAMENT	TIE-DYE DAY	BOWLING
<b>Week 4</b> 6/26 - 6/30	SLIP N' SLIDE	DORNEY PARK*	TENNIS BASEBALL	GUINNESS WORLD RECORD DAY	SPEED RACEWAY
<b>Week 5</b> 7/3- 7/7	RED, WHITE, AND BLUE DAY	OFF (4TH OF JULY)	CAMPER'S CHOICE	AQUA FUN RUN	PHILADELPHIA ZOO
<b>Week 6</b> 7/10 - 7/14	COLOR GAMES	BIG KAHUNA'S INDOOR WATER PARK*	COLOR GAMES	COLOR GAMES	LASER TAG
<b>Week 7</b> 7/17 - 7/21	FEAR FACTOR	BELMAR BEACH*	GAGA GALORE	CAR WASH	ROCKWALL CLIMBING
<b>Week 8</b> 7/24 - 7/28	ULTIMATE DODGEBALL	SIX FLAGS*	INFLATABLES	LEMONADE STAND	FUNZILLA
<b>Week 9</b> 7/31 - 8/4	MINUTE TO WIN IT	BELMAR BEACH*	PETTING ZOO	MULTI-ADVENTURE CHALLENGE	TOP GOLF
<b>Week 10</b> 8/7 - 8/11	CAPTURE THE FLAG	BLUE MOUNTAIN ROPES COURSE*	YOGA	GAME SHOWS	MOVIES
<b>Week 11</b> 8/14 - 8/18	AROUND THE WORLD	PADDLE BOARDING	EDIBLE SCIENCE	CARNIVAL GAMES	ESCAPE ROOM



#### **BEFORE CARE | 7:00AM - 9:00AM**

Start your camper's day early with our Before Care service. Campers can choose to participate in organized games and activities or just relax and eat breakfast before the start of their day. Before Care is available for campers of all ages.

#### **AFTER CARE | 3:00PM - 6:00PM**

Your camp day just got even better! Extend your camper's day with even more games, crafts and activities. After Care can also be combined with other additional options like Mid-Day Care, Swim Lessons, Gymnastics Lessons, or Parisi Speed School to extend as late as 6:00PM. After care is offered for all ages.

#### MID-DAY CARE | 11:30AM - 3:00PM | AGES 3-5

Extend the fun of your half-day camper's day until 3:00PM! After their morning of specialty camp activities, Half-Day campers will participate in pre-structured activities on Tuesdays and Thursdays and will participate in outdoor water play Mondays, Wednesdays and Fridays. Be sure to pack your swimsuit. Lunch programs available upon request. *Mid-Day Care is offered for campers enrolled in Specialty Camps for ages 3 - 5 only.* 

#### **LUNCH BUNCH | 11:30AM - 1:00PM | AGES 3-5**

Lunch Bunch is a great way to ease younger campers into a longer camp day! All campers enrolled in Lunch Bunch are provided with lunch through our lunch package (see pages 37-38 for menu). After lunch, campers will participate in an hour of games, crafts and activities. *Lunch Bunch is offered for campers enrolled in Specialty Camps for ages 3 - 5 only.*Includes the Camp NAC lunch package.



#### SWIM LESSONS | 3:00PM - 4:30PM | AGES 5 - 12

#### Camp Weeks 1-11 Only

Build your camper's confidence in the water with after-camp swim lessons. Led by Red Cross Certified instructors, this program is adapted from the American Red Cross guidelines. Campers will swim in the indoor lap pool for their lesson and will be transported to and from the NAC Sports Training Center by an instructor for the 40-minute lesson. **Sign up fast – only 24 spots available per week.** 

#### GYMNASTICS LESSONS | 3:00PM - 4:30PM | AGES 5 - 12

#### Weeks 1-11 Only

Gymnastic lessons are designed for campers who are comfortable with basic positions, skills and have a fundamental understanding of each piece of equipment. Gymnasts will continue to train basic skills while adding difficulty to their mastered skills. Instructors will transport campers to and from the main NAC facility for these 1-hour lessons. **Limited spots available.** 

#### PARISI SPEED SCHOOL | 3:00PM - 4:30PM | AGES 7+

#### Weeks 3-11 Only

Looking to get faster, stronger and build more self-confidence? The Parisi Speed School is the nation's #1 choice to get you there. As the industry leader in performance enhancement, Parisi Speed School delivers a positive training experience for athletes of all abilities. Campers will be transported to and from the main facility by an instructor for these 1-hour lessons.

Sign up fast - only 20 spots available per week.

#### **SLEEPOVERS | AGES 5 - 12**

Have your child join us for a Camp Sleepover this summer!

**Thursday, June 22nd | Theme:** Ninja Nastics and Inflatables **Thursday, July 20th | Theme:** Outdoor Pool and Movie Night

Thursday, August 17th | Theme: Sports Galore and Crazy Crafts













## SKIP THE HASSLE OF PACKING A LUNCH!

Campers can enjoy a **delicious and nutritious meal** provided by the Escape Restaurant at the NAC. This package is available for purchase on a weekly basis only – no single day lunches available!

**Every day campers will receive a daily entrée, fruit or vegetable, side dish, dessert and beverage.** The drink provided is 100% juice. Dessert includes a frozen fruit pop.

Please note if your camper attends a field trip during the week, the Wednesday option on the lunch menu will be what they are served during that day.

All daily lunch orders will reflect appropriately on your pre-order lunch form, found under "Forms & Documents" in your Parent Login Portal on the Camp NAC website.

### MEAL OPTIONS

MONDAY	Chicken Strips (Antibiotic and Hormone-Free)
TUESDAY	Organic Mac and Cheese (Elbow Macaroni with Low-Fat Cheddar Cheese)
WEDNESDAY	Turkey and Cheese or Ham and Cheese Sandwich (Nitrate-Free, No Additives, Whole Wheat Bread)
THURSDAY	Weeks 1, 5, 9 and 13: Chicken Patty (Antibiotic and Hormone-Free, Whole Wheat Bun) Weeks 2, 6, and 10: Ground Turkey Tacos (Antibiotic & Hormone-Free) Weeks 3, 7, and 11: Burger or Cheese Burger (Antibiotic and Hormone-Free, Whole Wheat Bun) Weeks 4, 8, and 12: Turkey Hot Dog (Whole Wheat Bun)
FRIDAY	Pizza (Low Fat Cheese and Tomato Sauce with No Added Sugar)
ALTERNATE OPTIONS	WowButter and Real Fruit Spread (Whole Wheat Bread) OR Pasta and Meatballs (Whole Wheat Pasta, with or without Tomato Sauce with No Added Sugar and Chicken Meatballs)











## SCHOOL'S OUT CAMP



## WHEN SCHOOL'S OUT, CAMP NAC IS IN!

Our School's Out Camps align with local school district calendars, including Council Rock, Neshaminy, Pennsbury and St. Andrews, to offer a fun childcare solution for parents when schools are out of session. School's Out Camps are available for both NAC members and non-members.

Campers will have the opportunity to swim in the NAC indoor pool for one hour each day if they pass the swim test - so be sure to pack a swimsuit!

#### 9:00AM-3:00PM | AGES 3-12

**Before and After Care is available!** 

Before Care: 7:00AM - 9:00AM After Care: 3:00PM - 6:00PM



## SCHOOL'S OUT CAMP DATES

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Monday, January 16, 2023	Jr. Chef - Ninja Nastics
Wednesday, January 25, 2023	Inflatables
Friday, January 27, 2023	Kids' Choice
Friday, February 17, 2023	Parisi Basketball* - Gymnastics
Monday, February 20, 2023	Sports of all Sorts* - <b>NEW! Bejewled</b>
Tuesday, February 21, 2023	NACster
Friday, March 10, 2023	Science Explorers
Monday, April 3, 2023	Ninja Nastics
Tuesday, April 4, 2023	Inflatables
Wednesday, April 5, 2023	Slime Mania - Spa-tacular*
Thursday, April 6, 2023	Crazy Crafts - Science Explorers - NEW! Gaga Galore*
Friday, April 7, 2023	Gymnastics - Parisi Football* - <b>NEW! Breakfast Club</b>
Monday, April 10, 2023	Cinderella Warrior - Kids Rule
Tuesday, May 16, 2023	NACster

\*THESE CAMPS ARE FOR CAMPERS AGES 7-12 ONLY PIZZA, SIDE DISH AND JUICE INCLUDED FOR EACH SCHOOL'S OUT CAMP





## SCHOOL'S OUT CAMP DESCRIPTIONS

**NEW! Bejeweled:** Calling all jewelry designers! Join us for an incredible day and leave with your own mini jewelry collection for yourself, friends or family. Time to let your creativity shine!

**NEW! Breakfast Club:** Breakfast for lunch! Campers will spend their day creating an egg-straordinary snack and lunch for themselves, and get a mini nutrition lesson, all while having fun. Bon appetit!

**Cinderella Warrior:** This girls inspired boot camp will be filled with action-packed activities, fitness fun, and a mini-makeover!

**Crazy Crafts:** Stimulate your thoughts, emotions, and ideas during this day of camp. Our goal is to take art to the next level of creativity and self-expression. You won't want to miss out on this day of craft fun!

**NEW! Gaga Galore\*:** A fast-paced form of dodgeball that is fun and easy to learn. The game combines dodging, striking, running, and jumping, with the objective of being the last person standing! **Ages 7 - 12.** 

**Gymnastics:** Calling all gymnasts! This day at camp, we'll go in depth to teach trampoline, floor, uneven bars, vault and the balance beam. At the start of the day, campers will be separated by skill level to ensure they get the most out of each lesson.

**Inflatables:** Bounce, jump, run and play! Giant inflatables are taking over Camp NAC for a full day of FUN. Who can jump the highest and fastest? Find out during this exciting day of camp.

**Jr. Chef:** Calling all chefs! This day of camp is your opportunity to break into the culinary scene, learn the basics of cooking in the kitchen. Campers will make their own snack for the day and delicious pizza for lunch.

**Kids' Choice:** Kids RULE! During this day at camp, we're giving our campers the chance to choose their own activities. Will we spend the day doing crazy crafts? Or maybe sports galore? No matter what we do one thing is for sure – we'll be having FUN!

**Kids Rule:** Campers will be put to the test with an action-packed schedule. Participate in fun activities like obstacle courses, Parisi Speed School training and spending time in our awesome indoor pool. Grab some friends and see if you can keep up with Kids Rule!

**NACster:** Every day brings something new for busy campers enrolled in our traditional day camp program. Activities can include group games, sports, arts and crafts, swimming/ water play and more!

**Ninja Nastics:** Calling all ninja warriors! This fun and energetic camp will be full of obstacle courses, racing and strength testing, perfect for campers who love to stay busy and active all day long.

Parisi Basketball\*: Get NBA ready with Parisi! Campers work on building skills through a variety of basketball drills in a Parisi Speed Training Class. They end their day with a fun scrimmage to show off what they learned. Ages 7-12.

Parisi Football\*: Start your day the workout way with Parisi! Campers partake in a Parisi Speed Training Class where they learn to perfect their football skills through drills, and then participate in some friendly competition. Ages 7-12.

**Science Explorers:** Science re-imagined! From curiosity to amazement, campers will see science unfold before their eyes. Let's get exploring!

**Slime Mania:** Campers will mix up recipes and get crazy making a few types of slime today. Campers will focus on the science behind how ingredients blend together to create the slime.

**Sports of all Sorts\*:** Campers will be active all day participating in all sorts of different sports like soccer, basketball, and/or football. Practice your skills all day in interactive activities and scrimmages. **Ages 7-12**.

**Spa-tacular\*:** Treat yourself to a destination of pampering. Enjoy treatments like nail art and hair braiding. Sit back, relax, and enjoy this calming day of camp as you improve your sense of well-being. **Ages 7-12.** 

MINI SPEED AND AGILITY TRAINING INCLUDED IN THIS DAY CAMP.

\*THESE CAMPS ARE RUN THROUGH CAMP NAC BUT ARE AFFILIATED WITH OUTSIDE SPONSORS AND CAMPERS MUST BE AGES 7-12 TO ATTEND. FOR MORE INFORMATION PLEASE CALL 215-944-8860.







## ENROLLMENT TIPS AND TRICKS

**Choose an e-mail address you check frequently.** This is how we will contact you about your important information and camp updates.

**Write down your password.** You will need your password to log into your account in case you need to make any changes or additions after you sign up.

**Use the "Camps-at-a-Glance" to plan your weeks.** Before you start your enrollment process, it's best to plan out which camps you want to register

for in advance. This makes the online process more guick and easy!

**Say cheese!** Upload a picture of your camper when you register. Our camp team uses these pictures for safety measures throughout the summer.

**How can we help?** Add in any need to know information of your camper so that our counselors can help best support them during camp.

**Set a pick-up password.** Our camp team uses pick-up passwords - your camper's safety is our top priority. Only share this with friends and family you trust to pick your camper up at the end of each day.

**Follow us!** Check out our social media pages on Facebook and Instagram! We will share important updates, special deals and fun moments throughout the

year to keep you updated on your camper's experience.

**Safety is key.** Once you've completed your camp registration, make sure to fill out your camper's medical forms. These forms must be completed for your child to be able to attend camp. **Once this is complete, look for a welcome letter the Thursday prior to the start of camp!** 

**Stay up to date.** Download our Camp NAC app to receive real-time updates, news content, camp videos, photos and more!



### HOW TO ENROLL IN CAMP



PICK AND CHOOSE YOUR CAMP WEEKS.

Please be sure to enroll from a desktop computer (preferably Google Chrome) as that works best with the software.



CLICK "ENROLL" IN THE TOP RIGHT CORNER OF THE SCREEN.



COMPLETE YOUR CAMPER APPLICATION!
RETURNING FAMILIES:
USE YOUR LOGINAND PASSWORD.





#### **WRISTBANDS**

Each morning, all campers will receive a wristband to wear for the day. The wristbands are used for identification and security purposes and must be worn at all times while the camper is in Camp NAC's care.

#### COMMUNICATION

The Thursday before each week you enroll in camp you will receive an e-mail with important information including schedules, field trips, special events and more. Please be sure to read through all information carefully and save it for reference throughout the week.

#### **LATE PICK UP FEES**

If you are late to pick up your camper, he or she will automatically be enrolled into After Care or Mid-Day Care for that day and a fee will be charged to your account. If your child is enrolled in After Care and you are unable to pick them up by 6:00PM, a fee of \$1 per minute of lateness will be added to your account.

#### EXTREME WEATHER

Outdoor play is an important part of our daily camp schedule. Parents are asked to dress their children appropriately for the weather conditions. A light sweater or jacket may be needed in the mornings. During periods of extreme heat, the camp staff will scale down the outdoor physical activities. Campers will not be able to be outside for more than 15 - 20 minutes at a time. Indoor facilities will be utilized for programming more crafts, games and activities. The staff will take children inside and increase their water intake on these days. All precautions will be taken to prevent heat-related injuries during these times. If the NAC outdoor pools close due to extreme weather, campers will not swim.

#### TRANSFER POLICY

Any participant wanting to transfer camp weeks or camp programs must do so before June 1st. Any transfers after May 31 are subject to a \$20 processing fee, per transaction.

#### **CANCELLATION POLICY**

The NAC reserves the right to cancel or change program schedules due to low enrollment. Participants who cancel camp after they enroll may receive a camp credit. Participants who cancel camp 24 hours prior to the start of the day may not receive a camp credit without a doctor's note. All camp credits will also be subject to a \$50 non-refundable deposit per week and the non-refundable registration fee. Refunds will not be given at any time for programs canceled by participants. Single day credits will not be provided. Camp credit vouchers are good up to one year.



CAMP NURSE DURING THE SUMMER FROM

9:00AM - 3:00PM

#### MORE QUESTIONS?

Visit campnac.com, or contact us! Email info@campnac.com, or call 215-944-8860.

#### **HOW DO I CHECK IN?**

Campers can check in as early as 8:45AM. Anyone arriving before this time will be charged for Before Care. Regular check in will take place at the side entrance of the NAC Sports Training Center (NSTC). Parents will pull up to the stop sign and they will be directed to one of our drop off zones. A Camp NAC staff member will help your child out of the car and escort them into the building. If you are checking in your child any time other than 8:45 - 9:15AM, you must park and walk your camper into the main entrance of the NSTC. A Camp NAC staffmember will then escort your child to the location of their group. Cars may NOT line up prior to 8:45AM for drop off or 2:45PM for pick up.

#### LOST AND FOUND POLICIES

Label all items such as clothing, lunch boxes, water bottles, etc. Please check your camper's backpack at the end of each day before leaving. At the end of the summer, we will display all lost and found items. Any remaining items will be donated to charity. Camp NAC is not responsible for lost or stolen items.

#### **HOW DO I CHECK OUT?**

Check out begins at 11:30AM for 3 - 5 year-old specialty camps, 1:00PM for Lunch Bunch, and 2:45PM for Mid-Day Care and Full Day camps. Pick-up passwords must be known at the time of check out in order for your camper to be released. **Camp NAC will not release a camper without password verification.** 

#### SPECIALTY 3-5 YEAR OLDS AND LUNCH BUNCH CHECK OUT

Parents picking up their child from specialty camps or Lunch Bunch should pull up to the main entrance of the NSTC. Your child will be brought to you upon pick up password verification.

#### FULL DAY AND MID-DAY CARE CHECK OUT

Parents picking up their child from Full Day camps or Mid-Day Care should pull up to the side entrance of the NSTC. A counselor will walk the camper outside upon pick up password verification. Check out starts no earlier than 2:45PM; if you arrive early, you must park and wait until 2:45PM. Parents wishing to pick their camper up early must write a note to their counselor and walk-in for pick up at the main entrance of the NSTC.

#### AFTER CARE, PARISI SPEED SCHOOL, SWIM LESSONS AND GYMNASTICS LESSONS - CHECK OUT INFORMATION

Parents picking their camper up from After Care should pull up to the main entrance of the NSTC and their child will be brought to them upon pick up password verification. For all after-camp lessons, parents should should pull up to the side entrance of the NSTC. A counselor will walk the camper outside upon pick up password verification.

#### **CAMP HOURS**

**Full Day Camps**: 9:00AM - 3:00PM **Specialty Camps (Ages 3-5)**: 9:00AM - 11:30AM

**Lunch Bunch (Ages 3-5)**: 11:30AM - 1:00PM **Mid-day Care (Ages 3-5)**: 11:30AM - 3:00PM

Swim Lessons: 3:00PM - 4:30PM Parisi Speed School: 3:00PM - 4:30PM Gymnastics Lessons: 3:00PM - 4:30PM

**Before Care**: 7:00AM - 9:00AM **After Care**: 3:00PM - 6:00PM **Nurse Hours**: 9:00AM - 3:00PM



10% OFF
January 1st February 18th



# ELITE SPORTS TRAINING CAMPS

These Elite Sports Training Camps will heavily focus on skill development throughout the whole day from high level coaches in the area, and are ran through the NAC Sports Training Center.

All head sports directors have:

- Played at the collegiate level
- Comprise over 10 years of coaching at the club, high school and/or collegiate level
- Trained many of the best prospects in their sport in the area

\*These camps are supported by Camp NAC but are affiliated with outside sponsors and are ran separately from Camp NAC. For more information or to enroll, please visit **www.nacsportscenter.com** or call **267-288-7053**.





#### **BLUE STAR FIELD HOCKEY (WEEK 3)**

#### Ages 6 - 15 | Full Day Camp

Hockey camp will teach campers the modern game while instilling confidence, teaching composed-thinking and encouraging teamwork. We will work on decision making on the field and have fun at the same time. *Please bring indoor shoes, a mouth guard and stick with you.* 

#### EAST COAST BASEBALL (WEEKS 4, 7, 9, 11, 12)

#### Ages 7 - 14 | Full Day Camp

Run By Head Coaches Dean Obarowski and Ed Rosado, the East Coast Baseball camp focuses on improving the overall fundamental skills of a baseball player, as well as learning advanced skills to give you a competitive edge over the competition. These skills include:

- Improve your hitting mechanics to make solid contact more consistently
- Proper fielding positioning and techniques to become a better fielder
- Learn how to become more accurate and increase velocity as a pitcher
- Learn important skills to become an overall better catcher *Please bring a hat, glove, bat and helmet with you.*

#### **Example Baseball Schedule:**

- 9:00 9:15AM: Drop off
- 9:15 10AM: Stretch and Warm-up arms
- 10:00 11:00AM: Infield Drills
- 11:00AM 12:00PM: Outfield Drills
- 12:00 12:45PM: Lunch
- 1:00 2:00PM: Hitting Fundamentals
- 2:00 3PM: Game Scenarios
- 3:00PM: Pick-up

### PENNSYLVANIA NEW JERSEY TOP NOTCH SOCCER



#### TOP NOTCH SOCCER (WEEKS 4, 6, 8, 11)

#### Ages 6 - 15 | Half-day or full-day option for each of these weeks

This camp will teach the following to all levels of players: 1 and 2 touch passing and receiving, dribbling under control, placement shooting, power shooting, shielding defenders from the ball, containment of defenders, creating space and much more. *Please bring cleats, shin guards and indoor shoes with you.* 



<sup>\*</sup>Daily schedule will change to accommodate position specific drills\*



CALL FOR PRICING OR VISIT US ONLINE!



120 PHEASANT RUN NEWTOWN, PA 18940 215-944-8860 CAMPNAC.COM

#### **FOLLOW US ON SOCIAL!**





