



P O C O N O
S P R I N G S
— C A M P —

5 WEEK SUMMER CAMP



WHY FIVE WEEKS?

Pocono Springs Camp prides itself in holding the unique distinction of America's only traditional 5-week summer camp. Today, more than ever, we understand the value in allowing families to provide their children with a full-season summer camp experience, while also having the flexibility for family activities, specialty camps, and other summer fun outside of camp. Additionally, our program accommodates nearly every school system, so it fits into summer schedules for more campers than ever from all areas of the country and the world.

Five weeks is the perfect length of time for campers to get the best that camp has to offer out of their summer. Campers can explore many new activities, while having the time to invest in developing new skills or improving upon old ones. Five weeks also allows time for large camp events such as Tribals, our version of Color War, sporting events, theater shows and more!

Most importantly, every camper at Pocono Springs is part of our full five week program. This allows us to establish a truly cohesive camp community, focused on positive cabin dynamics, intentional relationship building and creating friendships that last a lifetime!



PERFECT LOCATION

Located just 75 miles from New York City and 100 miles from Philadelphia, we are tucked away in the Southern Pocono Mountains. The magnificent natural beauty of our 60-acre property provides the perfect setting for an unforgettable summer!

COMPLETELY RENOVATED

Our extensive renovations offer campers clean and traditional living spaces and camp facilities. Every cabin is equipped with multiple private showers and bathroom stalls.

IT'S ALL HERE

Our campus features a private spring-fed lake, heated pool, 9 tennis courts, 2 soccer fields, 6 basketball courts, a beach volleyball court, art studios, zip-line, challenge course, and more!



75 Miles From
NEW YORK CITY

100 Miles From
PHILADELPHIA

125 Miles From
WESTPORT, CT

200 Miles From
BALTIMORE, MD



MEET OUR DEDICATED DIRECTORS

SCOTT LEONARD - DIRECTOR

Scott's camp story began at Iroquois Springs, where he spent every summer of his childhood developing a true love and passion for overnight camp. Scott knew from an early age that camp was going to play a significant part in his life even after his camper days were over. Upon graduating from Boston University, Scott was eager to return to his roots and assumed a full-time position in the camp industry working at a private day camp in Rockland County.

Scott's passion for providing a safe and meaningful summer experience for every camper under his care is evident throughout all facets of camp. His strong camp background allows Scott to understand, firsthand the positive impact a summer can have on a child, and his dedication, passion and enthusiasm for camp are the hallmarks of his leadership of Pocono Springs.



ANNIE COPP - ASSOCIATE DIRECTOR

Annie started at overnight camp at home in Canada at the early age of 8 and has been involved in camping ever since. She spent nine summers at a premiere overnight camp in Maine where she held many roles from an Activity Specialist in both Ropes and Small Crafts, and Campus Leader. Annie spent 5 years teaching middle school and high school Math and Science before moving into the full-time role with Pocono Springs in 2016.

Annie is a founding member of the Pocono Springs family and has been an integral part in the development of our culture and program. Annie believes wholeheartedly in the impact the camp experience can have on the lives of our campers and staff.



THE PSC PROGRAM

We believe it's important for all of our campers to develop skills and interests over the course of the summer. We encourage our campers to try everything, give it their best shot, and have a blast doing it! Whether a camper is interested in sports, arts, aquatics, or adventure, they can do it all at Pocono Springs!

DAILY SCHEDULE

TIME	ACTIVITY
7:30 AM	Wake Up
8:00 AM	Breakfast
8:30 AM	Clean Up
9:05 AM	Morning Cove
9:40 AM	1 ST Period *
10:40 AM	2 ND Period *
11:40 AM	3 RD Period *
12:35 PM	Lunch
1:05 PM	Rest Hour
2:00 PM	4 TH Period ➡
3:00 PM	5 TH Period ➡
3:50 PM	Snack
4:00 PM	Daily Choice ➡
5:00 PM	Cabin Time
5:50 PM	Evening Cove
6:15 PM	Dinner
6:45 PM	Eventide (Rec Time)
7:15 PM	Evening Program
9:45 PM	Lights Out

PLEASE NOTE: * Cabin Programming | ➡ Elective Programming



WATERFRONT

Reflection Lake is the place to be at Pocono Springs! Our completely private, spring-fed lake is located in the heart of camp, and our Red Cross-certified lifeguards provide a safe environment for campers to experience our extensive Waterfront Program activities like waterskiing, wakeboarding, kayaking, and stand up paddle boarding. Campers also love our aqua playground for extra fun in the sun!

In addition to our lake, Pocono Springs features a spacious outdoor heated pool. Campers enjoy instructional and free swim in the pool, as well as water polo, water basketball, water aerobics, and so much more!

WATERFRONT ACTIVITIES

- | | |
|----------------------------|-----------------------|
| » AQUA PLAYGROUND | » TUBING |
| » STAND UP PADDLE BOARDING | » CANOEING & KAYAKING |
| » KNEEBOARDING | » WAKEBOARDING |
| » SWIM INSTRUCTION | » WATERSKIING |
| » FREE SWIM | » LAKE SLIDE |



BEST OF BOTH WORLDS!

- » Private, spring-fed lake
- » Outdoor, heated pool



ATHLETICS

Athletics at Pocono Springs are all about fun, sportsmanship, improving skills, and trying your best! We take pride in providing positive experiences for campers of all athletic interests and abilities. Campers have a chance to build skills and knowledge of the game through exciting drills and exercises, while experiencing healthy competition, being a good teammate, and simply having fun.

Whether a camper is trying a new sport or competing in an intercamp competition, our talented staff of coaches, college athletes, and activity specialists foster a welcoming environment that ensures participation and play for every camper during their five weeks at Pocono Springs.

ATHLETICS ACTIVITIES

- | | |
|-----------------|--------------------|
| » SOCCER | » YOGA |
| » TENNIS | » AEROBICS |
| » BASKETBALL | » LACROSSE |
| » FLAG FOOTBALL | » KICKBALL |
| » BASEBALL | » ULTIMATE FRISBEE |
| » SOFTBALL | » ROLLER HOCKEY |
| » VOLLEYBALL | » STREET HOCKEY |
| » GYMNASTICS | » GOLF |
| » FITNESS | » GAGA |



ARTS

Campers learn and express their creativity in an abundance of offerings in both our Creative Arts and Performing Arts programs. Our Arts programs have something for everyone, and our Arts instructors are eager to bring out our campers' personalities and talents in many different mediums. Campers are able to share their passions and have their skills nurtured and developed in a supportive environment where all campers are celebrated!

CREATIVE ACTIVITIES

- » ARTS & CRAFTS
- » CERAMICS & POTTERY
- » JEWELRY MAKING
- » STUDIO ART
- » STREET ART (SPRAY PAINT)

SPECIAL AREAS

- » DISCOVERY ZONE (STEM)
- » ROCKETRY
- » DIGITAL MEDIA/CARTOONING
- » COOKING
- » PHOTOGRAPHY

PERFORMING ACTIVITIES

- | | |
|--|---|
| » MUSICAL THEATER | » SETS & COSTUMING |
| » IMPROV | » DANCE |
| » TECHNICAL THEATER
(LIGHTS & SOUND DESIGN) | » ROCKBAND (GUITAR, BASS,
DRUMS, KEYBOARD) |



ADVENTURE

Every day is a new experience in our Adventure program! We provide an ideal mix of safe, innovative thrills and traditional outdoor experiences. In the Adventure program, campers gain self-confidence, work as part of a team, and thrive as they develop and deepen a spirit for adventure and an appreciation for the natural environment.

ADVENTURE ACTIVITIES

- | | |
|--------------------------------------|-------------------------------|
| » ZIP LINE | » HIGH ROPES ADVENTURE COURSE |
| » BOULDERING CENTER | » OVERNIGHT CAMPING TRIPS |
| » ARCHERY | » NATURE |
| » FISHING | » LOW ROPES CHALLENGE COURSE |
| » WILDERNESS SKILLS/FIRE
BUILDING | » HIKING |

SPECIAL EVENTS

Our summer includes an abundance of Special Event days to enhance our camp program - including Out-of-Camp Trips, Color Run, Carnival, Camping, Amusement Parks, and more! A highlight of our Special

Events and of the summer is Tribals, our version of Color War, where campers experience fun and friendly competition as they join in the incredible spirit of Pocono Springs!





NUTRITION & HEALTH

We place a high value on providing nutritious meals and quality medical care. We know that a balanced meal plan and top-notch health care for our campers will mean more energy to have fun, day in and day out!

Our spacious, newly-renovated Dining Hall is where we gather three times a day to eat and connect as a community. Campers are given choices, and counselors are present to encourage and model healthy eating habits. We provide a fresh salad bar at lunch and dinner, filled with vegetables and fruit, and always offer a hot vegetarian alternative at dinner. We are able to accommodate most dietary restrictions and allergies, and provide a peanut-aware environment.

Our Health Center is newly-renovated, air-conditioned, and staffed 24 hours a day. Our nurturing medical staff is comprised of a physician and team of nurses with a focus on providing the best care to all campers visiting the Health Center. Should the need arise, Pocono Springs is only two miles from a local urgent care center and seven miles to Pocono Medical Center Hospital. We use a third party company to pre-package medications for campers who take prescription medication.

FREQUENTLY ASKED

QUESTIONS

HOW OFTEN WILL I HEAR FROM MY CAMPER?

Campers write home multiple times each week. In addition, every family will have the opportunity to schedule up to two phone calls with their child during the summer. Visiting Day is held during the 3rd week of camp.

DOES EVERYONE START AND FINISH AT THE SAME TIME?

Yes, Pocono Springs runs one five-week session for all campers. Every camper starts and finishes on the same day and gets the same full-season experience.

WHY A CAMP IN THE POCONOS?

Pocono Springs is located in Marshalls Creek, Pennsylvania, in the Southern Pocono Mountains. The camp's convenient location is less than 75 miles from New York City and 100 miles from Philadelphia. It's also in close proximity to major airports, and just hours from Westport, CT, and Baltimore, MD.

WHAT IS YOUR TECHNOLOGY POLICY?

Pocono Springs is proud to be a technology free camp. We do not allow any cell phones or internet devices.

HOW ARE CABIN PLACEMENTS DETERMINED?

Cabin placements at Pocono Springs are made with careful consideration to a camper's age, interests, and personality. We thoughtfully review all camper information, and place campers in the cabin where they will find the greatest success. We know the value of cabin life and work hard to ensure the best possible living situation for our entire camp community.



Want to learn more about Pocono Springs?

Visit PoconoSpringsCamp.com





CONTACT: 570-218-5800

summer@poconospringscamp.com

www.poconospringscamp.com

WINTER ADDRESS:

1 Rural Place #3
Commack, NY 11725

SUMMER ADDRESS:

48 Pocono Springs Way
East Stroudsburg, PA 18302