

CAMP LINDENMERE

Major Booklet 2024



**Check out our 50+
Activities!**

Then. Now. Always!



TABLE OF CONTENTS

Click to jump to any activity!

1	<u>Athletics</u>	11	<u>Innovation Center</u>
3	<u>Circus, Gymnastics & Flying Trapeze</u>	12	<u>Media Center</u>
5	<u>Creative Arts</u>	13	<u>Performing Arts</u>
7	<u>Explorer</u>	14	<u>Rockshop</u>
8	<u>Extreme Sports</u>	15	<u>Waterfront (Beach & Lake)</u>
9	<u>Fitness</u>	16	<u>Waterfront (Pool)</u>
10	<u>Horseback Riding</u>		



**SCAN HERE TO
CHECK OUT
OUR VIRTUAL
TOUR**



ATHLETICS

Baseball & Softball

Our skilled staff concentrates on both offense and defense. Instruction focuses on batting, fielding, pitching, and simulated game situations. Campers always enjoy creative additions like home run derby, pop-fly contests and turning double plays

Basketball

Lindenmere's beautiful, covered basketball complexes, allow for each camper to improve at their own pace. Campers participate in layup, shooting, dribbling, and defensive drills. Campers will then end the Major with full court scrimmages. Campers who want to be involved at a more competitive level have the option of learning set plays and playing in intercamp games verses other camps and tournaments during Minors

Field Hockey

The Olympic sport of Field Hockey is a great team sport, played all over the world and now you can enjoy it at your summer home, too. Learn how to flick, push, scoop, and drive passes. Excel at deception and become a master on the field. This is your opportunity to try something new or hone in on your skills!

Flag Football

Our Flag Football program focuses on offensive and defensive skill-development in a fast-paced, competitive, non-contact, safe game. Players will learn the fundamentals of throwing and catching, how to run pass routes, read coverages, run reaction skills, and learn the overall strategy of Flag Football. Campers will then put their skill to the test in our annual Flag Football tournaments!

Golf

Under the guidance of experienced and enthusiastic golf instructors, campers will learn the basics of grip, stance, and swing mechanics. Through a series of engaging drills and games, they will develop essential skills such as accuracy, coordination, and sportsmanship. The program caters to all skill levels, whether your child is a budding pro or a first-time golfer.



Lacrosse

Whether you are a seasoned player or a beginner wanting to try something new, our Lacrosse major is perfect to learn the basics, develop your skills, or advance your game! Campers will be taught the various shot types and will be taught match-play rules and develop their ability in the three D's (direction, decision, and defense).

Pickleball

As one of the fastest-growing sports in America, Pickleball has become a top camp game! During the major, campers will learn all shot types and play styles, with the additional knowledge of "the kitchen" and the other unique elements of this small-court game. This major will allow campers to learn and compete in both singles and doubles.

ATHLETICS

Soccer

Campers learn a variety of skills when participating in our top-notch soccer program! Our highly-skilled staff has a wide variety of warm-up exercises, drills and games. Campers will progress through a variety of shooting, dribbling, movement, defensive and situational drills. Players are able to test their skills in both intracamp and intercamp games versus other camps.

Street Hockey

Our campers have the opportunity to develop their skills in a number of shooting techniques, passing, stick handling, defensive play and minding the net as goalie! Beginner campers will also learn basic fundamentals of the game from offside rules to shift changes. More advanced campers can sharpen their skills in stick checking, face-off draws and board play.

Tennis

Campers love our awesome Tennis program. The program is staffed with collegiate tennis players and is always taught in small groups to ensure the best instruction at all times. Campers learn a variety of fundamental skills including serving, forehand, backhand and scoring. More advanced campers are taught a variety of shots including cut shots, drop shots and top spins. Campers will also get the opportunity to compete in Lindenmere's intercamp & intracamp games!

Minors in Athletics

Our Athletics Program offers unique activities each afternoon! Minors include: a daily Ultimate Frisbee game, 3 vs. 3 Basketball tournaments, Flag Football tournaments, Intercamp Games versus other camps, and much, much more!



Ultimate Frisbee

Our Ultimate Frisbee program focuses on skill development in a fast-paced, competitive, non-contact, safe game. Players will learn the fundamentals of throwing and catching a frisbee, running and maneuvering. Most importantly, our campers will learn the importance of teamwork and good sportsmanship.

Volleyball

Our sand volleyball court is the perfect home for our Volleyball program. Campers begin with newcomb, which is a lead up game to Volleyball. Then, campers engage in full games as well as smaller group tournaments. Leading up to games and tournaments, campers learn and advance in proper positioning, serving, setting and hitting.

Check out
our Athletics
Program!



SCAN HERE



CIRCUS, GYMNASTICS & FLYING TRAPEZE

Cheerleading & Acro

Our covered gymnastics pavilion is a popular destination for those campers who enjoy flipping, tumbling, and challenging their sense of balance. Campers are exposed to many areas of gymnastics including beam, floor exercise, bars, and vault. All campers are able to design routines that are part of our Gymnastics Visiting Day Show!

Flying Trapeze

Come fly with us all summer long on our 2 flying trapeze rigs! Flying trapeze is a progressive program meant to cater to all ability levels. All instruction is given by highly skilled, trained staff members and is always on a one to one basis. In a small amount of time, you can be flying through the air and soaring to new heights. Each session is capped off with an incredible circus and trapeze performance where friends and families can watch our campers show off their incredible skills!

Gymnastics

Our covered gymnastics pavilion is a popular destination for those campers who enjoy flipping, tumbling, and challenging their sense of balance. Campers are exposed to many areas of gymnastics including beam, floor exercise, bars, and vault. All campers are able to design routines that are part of our Visiting Day Circus Show in each session!



Hammocks

A loop of fabric with endless possibilities! For new-to-aerial students, Hammocks are an accessible starting point to begin your journey. For more experienced students, Hammocks offer a huge variety of movement opportunities that may feel familiar to skills you've worked on in silks, lyra, or trapeze. This is a great apparatus to start or deepen your aerial journey!

Juggling & Diabolo

Lindenmere offers great instruction in both juggling and diabolo for those campers who love circus, but prefer to stay on the ground! Campers learn the basics of juggling two, three, and four different items. Novice jugglers start with simple items such as bean bags and balls, then move to more complicated items like scarves, clubs and bouncing balls.

Diabolo consists of a spool which is whirled and tossed on a string tied to two sticks. Campers learn a variety of fun tricks by using the sticks, string, arms, and legs. With more practice, campers can learn to throw the diabolo higher, which makes it easier to accelerate the diabolo to higher speeds!

CIRCUS, GYMNASTICS & FLYING TRAPEZE

Lyra

Lyra is a metal apparatus (generally made from solid or tube steel). We have lyras in a wide variety of sizes to fit campers of all heights, shapes, and abilities. Students learn how to invert, spin, pose, and transition as they build core and upper body strength. This is a great apparatus for those who love to spin!

Silks

Silks (also known as aerial silks, fabric, or tissue) is one of the most popular aerial apparatus. Silks hang in two long strands from a single point in the ceiling and students will learn how to climb, wrap, suspend, and drop as they build core and upper body strength while developing their skills. This apparatus is great for campers who enjoy puzzles and problem solving!

Are there different Majors for different levels?

Each Major will offer different periods for each skill level: beginner, intermediate and advanced.

Campers will be split based on their experience and skill level. This allows them to learn and excel together and prepare for their Visiting Day show in each session!



Scan to check out our Circus, Trapeze, and Gymnastics programs!

Spanish Web

The Spanish web is an aerial circus skill in which a performer climbs and holds various tricks on an apparatus resembling a vertically hanging rope. Campers will learn how to spin and prepare to perform an exciting routine in our Visiting Day show in each session. All campers are safely supervised and spotted by our highly-trained staff.

Static Trapeze

Different from the Flying Trapeze, the bars and ropes on the Static Trapeze mostly stay in one place. While one camper can perform acts both above and below the bar, multiple campers can also perform at the same time on the double or triple trapeze as well. This safe, fun and exciting activity offers basic tricks for beginners and much more complex tricks for more advanced campers.



CREATIVE ARTS

Art Flex

Do you want to broaden your knowledge and talents in a variety of Arts and Crafts? Well, Art Flex is the perfect solution! Each week you'll be scheduled to try a different major within the Art building, allowing you to develop in a variety of areas! The schedule will be pre-made so all campers continue to travel through the art building together as a group for their weekly art major.

Ceramics

Learn the complete process including prepping the clay, hand building, wheel throwing, glazing, and using the kiln. Make vases, bowls, masks, mugs, whistles, plaques, monster heads, dinosaurs, and so much more! Our dedicated and highly-skilled instructors will be able to help you create some amazing pieces to take home at the end of each session!

Cooking

Campers will cook in our commercial kitchen designed specifically for our cooking program. This safe, fun, and edible program will allow both beginner cooks and advanced chefs to cook up a storm! Campers work in small groups and can make everything from cookies and brownies, to chicken parmesan and pizza. Each camper will bring their recipes home in a handmade cook book.



Cosmotology

(Rising 6th grade & up)

Campers will learn to blend scents to be used in lotions, perfumes, candles, and soaps. We will learn about aromatherapy and make bath bombs, bar soaps, lip balms, perfumes, and more! Campers will create their own logo to personalize and market their line of products.

Crafts

Be prepared to expand your crafting abilities with our Crafts major. Leather Craft, Metal Work, and Scrapbooking are a few of our newest crafts. Our trained artists will teach you the methods of hobbies and crafts loved by all! Campers will explore classic handmade media and artwork styles that explore the possibilities of projects beyond belief!

Drawing & Painting

Enjoy instruction in acrylic, watercolor, and tempera paint, oil and chalk pastels, colored pencils, graphite, charcoal, ink, and more. This program is designed for all levels of artists, from beginner to advanced. Create a fun variety of abstract and realistic drawings and paintings.



CREATIVE ARTS

Fashion & Textiles

Textiles is a combined major that will encompass Stitching, Heat-Press, Tie-Dye, Batik, Fashion Design, Embroidery, Screen Printing, and Knitting. Our Textiles Studio offers Sewing, Computers, Heat Press and Cricut Workstations, areas for cutting and designing, and a Haberdashery where campers can collect materials and supplies.

Glass Art

(Rising 6th grade & up)

Create beautiful and unique glasswork in our state-of-the-art glass fusion kiln. Be innovative and learn to construct your very own projects! Use your favorite colors and patterns as inspiration when creating keepsake pieces like plates, bowls, chimes, and trinkets to take home and cherish.

Magic

Our Magic program focuses on basic prop tricks, card tricks, and coin tricks. Have no illusions, magic is here to stay! Learn amazing tricks for the bunk and to bring home to puzzle all of your friends and family!

Jewelry

Make gorgeous jewelry, learn professional techniques and choose from a huge variety of beads, charms, metals, findings, and cords. Projects include unique necklaces, chokers, earrings, bracelets, rings and anklets. You can even wear your pieces at camp and take your projects home to show to family and friends!

Woodworking

Build projects using a variety of hand and power tools. Checkerboards, knock-hockey sets, sundials, and birdhouses are just a few examples. Also, enjoy creating environmental wood projects like frames, pencil holders, and home decor items from found twigs and branches!



**Scan to see
more of our
Creative Arts
Program.**



EXPLORER

Eco-ID

Our Eco-ID program will offer campers the opportunity to discover a whole new meaning to their camp experience. Campers will explore the world we live in at camp, the surrounding ecology of the Poconos and learn all about the fauna, wildlife, and plants around us. Get ready to hike, use binoculars, seek and explore tracks, and much, much more. Led by our expertly-trained staff, our campers will become Eco-ID Experts by the end of each session.



Hiking

It's time to explore the 200-acres of Camp Lindenmere! Our counselors will teach you all things navigation by taking you back to the days before Google Maps and Waze and giving you the confidence to understand your positioning based on a compass and map.

Outward Bound

Campers will learn exciting survival skills so that the next time they are out in the great outdoors, they will thrive. Our experienced team members will guide on shelter & fire building and orienteering in the wilderness.



EXTREME SPORTS

Ninja Warrior

NEW FOR 2024! Our state-of-the-art Ninja Warrior Course will help campers safely discover their love for parkour! Campers will be taught the basics of parkour and movement, before testing their skills against our bespoke course. Improve your balance, strength and grip before tackling our warped wall! This is sure to be a popular choice for 2024.

Mountain Biking

With miles of newly cut trails, Mountain Biking will be as popular as ever this summer! Beginners will stick to more basic trails while experienced riders will be tested in a more adventurous settings. All bikes are sized for each camper and our instructors will ensure safety is at the forefront.

Ropes Course

Whether it's our Zip Line, Climbing Tower or High Ropes that excite you, we have it all! Our Outdoor Adventure Course has been called one of the best in the Northeast with over 20 high and low elements, a 25 foot climbing tower, a 60 foot climbing tower, two jumps and a 400 foot Zip Line. Campers will try new aspects of the course each day and always have something new to explore!

Skateboarding

Lindenmere's 6,000 sq-ft. skatepark is home to both a free stylin' street course and half-pipe section. Our Skatepark includes a beginner area dedicated to campers who are new to the sport, as well as ramps, rails, and half-pipes for more advanced riders.



FITNESS

Lindenmere's Fitness & Wellness Center

The state of the art indoor 4,400 sq.-ft. space is home to many Lindenmere programs including: General Fitness, Yoga, Running, Zumba & Aerobic, and HIIT classes. Campers can sign up for all or any of these programs as Majors or Minors, and get a complete workout! Modern equipment such as free weights, weight machines, medicine balls, balance balls, and steps allow our staff to help each camper realize their personal potential in a non-pressured atmosphere. Campers that are rising 8th grade and older will be able to use the machines during our Weight Training Classes.

Fitness

Our Fitness class is perfect for campers who want to mix up their fitness routine, and our classes always have something different to challenge you and keep you on your toes. You can pump up your heart rate with fun and exciting HIIT classes. Grab your running shoes and take part in some fun-filled runs around camp. Improve your strength with our modern machines and dumbbells (campers 8th grade and older), or it's always important to increase your strength with some body weight exercises. Each day is something new!



Zumba & Aerobics

Trained instructors lead groups through a variety of endurance and strengthening exercises including step workouts and ZUMBA, which are easy for campers to understand and perform. We just can't get enough of these beloved camp routines!

Yoga

Being in the beautiful Pocono Mountains is the perfect setting for our campers to get into their own yoga flow. Yoga improves both your physical and mental health, and is a great way to exercise mindfulness. These sessions will give you a basic knowledge of yoga and its poses, and also improve your balance, fitness, strength, and endurance through the art of movement!

HORSEBACK RIDING

Equestrian Center

The Lindenmere Equestrian Program takes place on our own grounds. Ten horses, one pony, and seven dedicated staff, guide our quality program to ensure that each camper is safe, having fun, and learning new skills! This English-styled program is tailored to all levels of riders, from beginners to advanced. Our campers use two beautifully manicured riding rings where they will learn everything from proper riding posture to jumping. We also have miles of trails on our 200 acres for trail riding. Additionally, campers can participate in horse care, barn management, and help “raise” their adopted horse for the summer.

Both Majors and Minors are offered daily in our Camp Lindenmere Equestrian Program.



Scan to see more of our Equestrian Program.



INNOVATION CENTER

3D Printing

The latest addition to our program is our 3D Printing Majors and Minors! Campers will explore how to set up their own printer and learn tips, tricks, and techniques on how to make their ideas become reality with our state of the art technology.

Robotics

Welcome to Robotics- where young minds delve into the exciting world of robots and automation! Learn to create and program your own real-life robots, as you gain an understanding of mechanical design and engineering through the power of Vex!

Stop-Motion Animation

Stop-Motion Animation allows campers to create short films by capturing one frame at a time and combining them into a sequence that creates the illusion of movement. Create your own sets, characters, and stories to see what tale you can tell in the Lindenmere Innovation Center!

What can I make in the Innovation Center?

The simple answer is ANYTHING!

Create mini figurines of your favorite superheroes or a box to hold your magic cards at 3D Printing! Build your own spaceship and take off to outer space in Rocketry. Create and direct your own short film in Stop-Motion Animation or design the ultimate machine to compete in Robotic's Robot Warz!



Scan to check out our Innovation Programs!

Wacky Science & Rocketry

Welcome, Young Scientists! Wacky Science is not your average science program—it's a thrilling adventure into the realms of hilarity and discovery. Let your imagination run wild as you create some crazy experiments, while you learn about the wonders that the world of science has to offer.

Our scientists will also embark on a journey to space! With the help of our incredible counselors, campers will create their own rocket models before taking it to the launch site and setting their sights on the stars! Gain an understanding of basic engineering and how it is used in our everyday life. This is the perfect major for campers who wish to explore all things STEAM!



MEDIA CENTER

***Campers may only choose to 2 screen activities per day.**

Broadcasting & Podcasting

It's time to speak to the world- our Podcasting Instructors are here to help you set up, create, and edit your words of wisdom in our Broadcasting Studio! We will take you through all the steps from start to finish and teach you how to upload your podcast so your friends and family can listen!

Digital Photography

Campers learn all about the digital cameras and techniques used to take amazing photos and create an extensive portfolio. Projects also include postcards, collages, and calendars to capture memories from the summer.

Graphic Design

Learn to communicate your ideas through design. Our counselors will teach you how to start creating and producing digital content. Experiment with your favorite images and ideas. Who knows... you might even be creating the Daily News for camp by the end of the session!

Newspaper

Lindenmere's Latest is our very own newspaper that is released each session with all camp-wide current events! Take turns as the editor, photographer, designer, writer or interviewer.



Videography

Campers interested in movie-making help direct, film, and edit; Spielberg better watch out! Campers who choose this major help write, plan, act, direct, and edit a short film. They will harness their skills of both capturing content and the post-production elements before piecing together their masterpiece.

Website Design

Be an innovative thinker and use your creative brain power to design your very own website. Explore it all... Coding your own gaming website, learn HTML and layout, design your own fashion or sports blog, create a website for your favorite hobby or interests... The possibilities with Web Design are endless!

Minors in Media

Minors are a great opportunity for our programs to collaborate! Help produce the Lindenmere Radio Show or write some articles for the Weekly Newspaper. Maybe even grab a mic and interview some of our Head Staff around camp!

Check out
our Media
Program!



SCAN HERE



PERFORMING ARTS

Theater Productions

Lights, Camera, Action! We are calling all Lindenmere Campers to participate in one of our performances this summer. Our campers love being on stage and performing! All campers will have the opportunity to take part in two shows per session. Each camper who wants to participate receive a part and each play/musical is performed live on Visiting Day for all of our camp families to enjoy!

WATCH
OUR
SHOWS!



SCAN HERE

Costume Design

Join the fun of creative Costume Design! Campers will develop designs that emerge through a process of character analysis based on the script. Learn basic costume construction, sewing, and design including drafting and draping with tools for campers to produce costumes for our summer productions and our costume display gallery on Visiting Day.

Dance

We have five styles of dance and highly experienced and trained choreographers to teach! Our program is housed in two adjoining dance studios fully equipped with hardwood floors, ballet bars, mirrored walls and music systems. Campers have the opportunity to learn hip hop, ballet, jazz, tap and modern routines, which are performed during inter-camp dance competitions against other camps and also in a dance showcase at the end of each session.



Technical Theater

Campers who prefer to be behind the scenes can be part of our technical theater department. Campers work together with our theater staff to help design scenery, props, sets, and can also help design and implement the lighting and sound plan for each show!

Voice Workshop

Campers will learn basic techniques on fine tuning their voice and acting performance skills. Campers will learn breath control, warm up activities, characterization, enunciation, projection, and selecting songs for auditions or special events. These skills will culminate in our Voice Performance Showcase on Visiting Day, demonstrating vocal performance pieces curated and performed by our campers.



ROCKSHOP

Rock Band

You pick your band! You pick your songs! Our staff helps campers form bands with other campers at their musical level. Each band is carefully coordinated and guided by our dedicated studio managers! Campers may also take part in music appreciation and recording sessions. All musicians are welcome and almost all instruments can be incorporated into the program. Campers can choose from our selection of musical instruments like: Bass, Electric & Acoustic Guitars, Drums, Keyboard, Ukuleles, Xylophones, Harmonicas, & Vocals. All bands will perform in our Rock Concert at Visiting Day and on Friday afternoons.



**LISTEN TO
OUR BANDS
HERE!**



DJ

Whether you are a beginner or have been mixing tracks for years, you will learn to: work a DJ controller board, mix tracks, pitch adjustments, and more in our DJ Major.

Campers will learn to understand how to create their own set and will have the opportunity to perform during meals, special events, and also bring the house down at the End of Session Camp Dance and Banquet.

Friday afternoon concerts with Rockshop!

Every Friday, our Rockshop Majors will have the opportunity to perform for the whole camp with our Friday afternoon jamming sessions. Each concert will have a different theme, which gives campers the opportunity to learn and perform their favorite genres! Some popular concerts have included; Taylor Swift (obviously!), Rock & Pop, Disco Dance, 1960s Grooves, and many, many more!

WATERFRONT (BEACH & LAKE)

Beach Activities

There is nothing better than jumping into the water at camp! We have a variety of water toys for you to slip, slide, and jump into Lake Highwood. Our Aquapark is certainly a camp favorite! If you prefer to stay dry, jump on a paddleboard, kayak, or canoe and be sure not to fall in!

Fishing

Lake Highwood is always well-stocked and is the perfect place for our campers to go fishing. Our fishing staff help campers learn the basics of setting up a fishing rod, including using a lure or live bait. Our staff will teach campers to cast and show different techniques for reeling in our catch and release program.

Small Crafts

Canoeing, Kayaking, Stand-Up Paddle Boarding, and Pedal Boating all take place on our privately-owned lake. From learning basic paddling and boating techniques, to fun filled scavenger hunts and games, campers are able to learn advanced skills out on the water.



**Scan to check
out our
Waterfront
Activities!**



WATERFRONT (POOL)

Instructional Swim

All swim instruction takes place in our pool. Our certified swim instructors work with campers in small group instruction to improve swimming skills by following the American Red Cross skill levels. Each camper has the ability to improve at their own pace, and may choose to work on competitive swimming skills or endurance swimming if they choose.



Recreational Swim

Campers who choose recreational swim have the chance to play water basketball, water volleyball, use our multiple water slides or just hang out and relax in our pool. Always supervised by certified American Red Cross Lifeguards, our pool is a great place to cool off on a hot summer day!

Swim Team

Sign up to join our Lindenmere Swim Team coached by our experienced swim instructors. Campers master their technique, beat their personal records, and enjoy a quality swim workout by receiving personal attention from our expert coaching staff. Lindenmere prides itself in building self-confidence in our swimmers and always supports sportsmanship in all of our programming.





**Camp Lindenmere
Then. Now. Always!**

**163 Lindenmere Lane
Henryville, PA 18332**

www.camlindenmere.com

fun@camplindenmere.com

570.629.0240

Fax: 561.283.4573

Then. Now. Always!