

CAMP LINDENMERE

Major Booklet



**Check out our 50+
Activities!**

Then. Now. Always!



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



ADVENTURE

High 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 leaps of faith, and a 400 foot Zip Line. Campers will try new aspects of the course each day and always have something new to explore!

We are also expanding and adding multiple new elements for Summer 2025!

When you're not climbing in the trees, our wonderful staff will be creating innovative teamwork challenges and games for you and your bunkmates to enjoy. There's never a dull day at the Ropes Course!

Ninja Warrior Course

Our State-of-the-Art Ninja Warrior Course is the perfect place for campers to safely discover their love for Parkour! Under the guidance of experienced instructors, campers will learn the fundamentals of Parkour and movement, including agility, balance, and controlled landings.

Once they've mastered the basics, it's time to take on our one-of-a-kind, custom-designed Ninja Warrior course! Featuring warped walls, balance beams, hanging obstacles, and upper-body challenges, this course will test their strength, coordination, and determination in a fun and supportive environment. Whether campers are swinging, climbing, or leaping, they'll be building confidence with every step!

Are you ready to take on the challenge?



ATHLETICS

Athletics Flex

Athletics Flex lets campers customize their sports experience! Whether they want to try a variety of activities or focus on improving skills in their favorite sport, this program offers the freedom to explore multiple sports. With expert guidance and top-notch facilities, campers stay active, have fun, and build confidence on and off the field.

Baseball & Softball

Our skilled staff concentrates on all aspects of the sport. Instruction focuses on batting, fielding, pitching, and simulated game situations. Campers always enjoy creative additions like the 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 layups, 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 versus other camps and our Intracamp 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 skills 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 camper is a budding pro or a first-time golfer! **NEW GOLF FACILITIES FOR SUMMER 2025!**

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 develop their fundamentals in shooting, passing, cradling, defense, ground balls, and more!

ATHLETICS

Pickleball

Pickleball, one of the fastest-growing sports in America, and has quickly become a favorite at camp! This year, we've taken it to the next level by building five brand-new, bespoke Pickleball courts, giving campers the perfect space to sharpen their skills and enjoy the game like never before.

During the Majors, campers will dive into all aspects of the game, learning different shot types, play styles, and the unique rules, including “the kitchen” and other elements that make Pickleball so distinctive. They'll have the chance to compete in both singles and doubles matches, honing their abilities through practice and friendly competition. Campers will also have the opportunity to compete in Intercamp games!

5 New Pickleball Courts for Summer 2025!

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.

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 tournaments and Intercamp games verses other camps.



ATHLETICS



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. Staffed with a Tennis Professional and collegiate and competitive players, instruction is always taught in small groups to ensure improved skills. Campers learn a variety of fundamentals 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 Intracamp tournaments and Intercamp games versus other camps.

Ultimate Frisbee

Our Ultimate Frisbee program focuses on skill development in a fast-paced, competitive, and fun, 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. We will also have our famous Ultimate Frisbee games everyday during Minor 2!

Volleyball

Our sand volleyball courts are the perfect home for our Volleyball program. Campers will learn and advance skills in proper positioning, serving, setting and hitting. Then, campers engage in full games as well as smaller group tournaments to put their skills to the test!

Minors in Athletics

Our Athletics Program offers unique activities each afternoon! Minors include tournaments in: Basketball, Flag Football, Volleyball, Baseball, Soccer, Tennis, and Pickleball. Intercamp Games are offered versus other camps, and much more!

Check out
our Athletics
Program!



SCAN HERE



CIRCUS, GYMNASTICS & FLYING TRAPEZE

Cheerleading & Acro

Our covered Cheer and Gymnastics Pavilion is a vibrant hub for campers who love high-energy routines, stunting, tumbling and teamwork. With the guidance of our skilled instructors, this program is perfect for campers who want to develop strength, coordination, and performance skills to take part in our Cheer/Acro Visiting Day Show!

Flying Trapeze

Come fly with us all summer long on our two 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 incredible Trapeze performances, where friends and families can watch our campers show off their new and improved 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 Gymnastics 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

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, 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. This safe, fun and exciting activity offers basic tricks for beginners and much more complex tricks for more advanced campers. Campers can then take the next step and try the Swinging Trapeze.



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 cookbook.

Cosmetology

(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.

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 machines, computers, heat press and Cricut workstations, and areas for cutting and designing, as well as 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.

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!

Knitting/Crocheting

Discover the joy of crafting in Knitting and Crocheting! Campers learn the basics or expand their skills, creating personalized projects like scarves, hats, and more. With guidance and a relaxed environment, this program is perfect for exploring creativity and making something truly unique.

Printmaking & Heat Press

Get creative with Printmaking & Heat Press! Using professional tools, campers design and produce custom prints on paper, fabric, and more. From screen printing to heat transfers, this hands-on program lets campers turn their artistic ideas into wearable and shareable creations.

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!**

DANCE

Hip-Hop

Our Hip-Hop Major is high-energy, exciting, and full of creativity! Campers will learn urban dance techniques, including popping, locking, and freestyle movement, while working on rhythm, coordination, and confidence. With dynamic choreography set to today's top hits, dancers will build their skills and stage presence, culminating in an electrifying performance at the end of the session!

Jazz / Contemporary

This expressive and versatile major blends the technique and energy of jazz with the fluidity and emotion of contemporary dance. Campers will focus on turns, leaps, and expressive movement, learning how to tell a story through dance. With choreography that showcases both technical skills and artistic expression, dancers will gain strength, flexibility, and confidence while preparing for an exciting end-of-session performance.

Tap

In our Tap Major, campers will develop their musicality and precision as they master the fundamentals of tap dance. From classic Broadway-style routines to rhythm tap, they'll work on footwork, timing, and technique to create dynamic, percussive performances. Whether they're beginners or seasoned tappers, all campers will gain confidence and have a blast making music with their feet!

Dance Flex

Our Dance Flex Major is designed for campers who love variety! This program allows dancers to explore multiple styles, from ballet and jazz to hip-hop and contemporary, keeping each session fresh and exciting. Campers will work on strength, flexibility, and technique, all while building confidence and discovering their personal style. It's the perfect option for those who want to experience everything the world of dance has to offer!



FITNESS

Camp Lindenmere's Fitness Center

The state-of-the-art indoor space (with central air conditioning) is home to many Lindenmere programs including: General Fitness, Yoga, Running, Zumba & Aerobics, 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 due to safety precautions.

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 (inclusive of tuition price) 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 beautiful 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. Campers will also be able to show off their improved skills in our Equestrian Showcase on Visiting Day.

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

Bring your ideas to life with 3D Printing! Campers design and create their own 3D models, learning the basics of modeling software, and printer operation. This hands-on program combines creativity and technology, allowing campers to turn imagination into tangible creations.

Explorers

Adventure awaits in our Explorers Program! Campers embark on exciting outdoor challenges, including hiking, animal and plant identification, and wilderness skills, all while building confidence and teamwork. Whether conquering trails, or learning survival techniques, Explorers experience the thrill of nature and create unforgettable memories.



Scan to check out our Innovation Programs!

Game Design

New for 2025! Unleash your creativity in Game Design at Camp Lindenmere! Learn to develop characters, craft stories, and code interactive elements with guidance from expert instructors. Using industry-standard tools, campers bring their ideas to life and showcase their creations. Whether you're a beginner or building on your skills, this program is your gateway to game development!

Innovation Flex

Innovation Flex lets campers explore everything the Innovation Center has to offer! From Robotics and 3D printing to Game Design and Wacky Science, you can try it all! This program sparks curiosity and encourages campers to discover new passions in a hands-on, dynamic environment.



What can I make in the Innovation Center?

The simple answer is ANYTHING! Create mini figures of your favorite superheros or a box to hold your Magic cards at 3D Printing! Build your own spaceships and take off to space in Rocketry. Create and direct your own short film in Stop-Motion Animation or create the ultimate machine to compete in Robot's Robot Warz!

INNOVATION CENTER

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

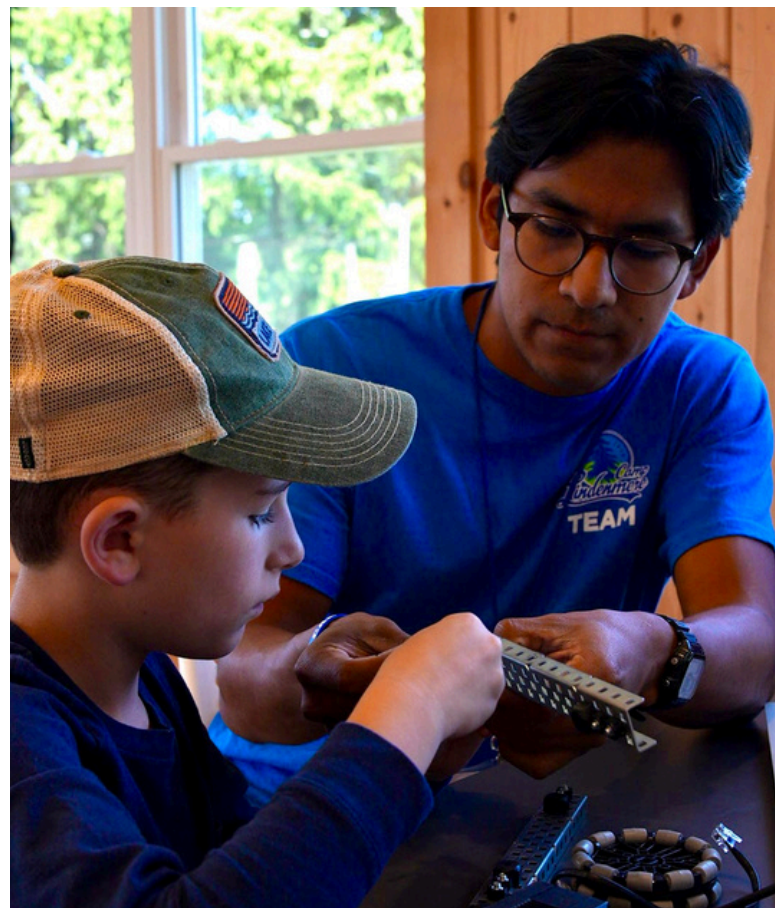
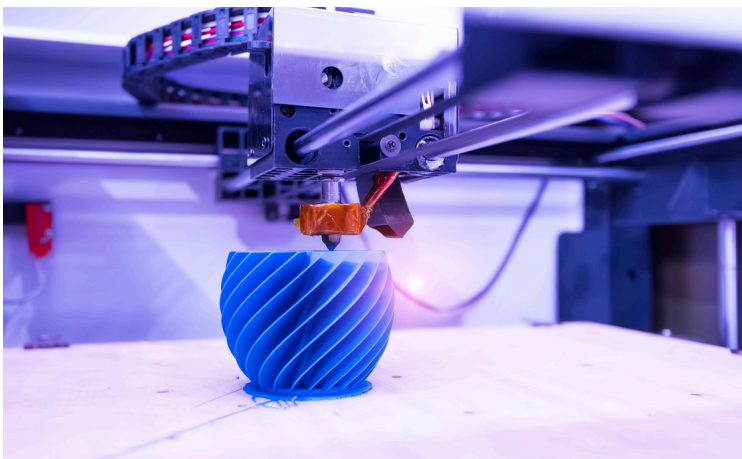
Stop-Motion Animation allows campers to create short films by capturing one frame at a time and combining them into a sequence that creates the illusion of movement. Create your own sets, characters, and stories to see what tale you can tell in the Lindenmere Innovation Center!

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. Campers will also be able to learn about our Hydroponics and Aquaponics systems.

Website Design

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



MEDIA CENTER

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

Content Creation

Express yourself through Content Creation! Campers explore photography, videography, editing, and social media storytelling with our Media staff. From filming to final cut, they'll learn the skills to create dynamic content and share their unique perspectives with the world.

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 Lindenmere Daily News by the end of the session!

Newspaper

Become a camp journalist in our Newspaper program! Campers write articles, conduct interviews, and capture camp life through photography. They'll learn reporting and editing skills while creating a publication that showcases the stories and moments that make Camp Lindenmere special.



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!

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.

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! Calling all thespians! Do you want 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 in a camp show, whether it's on-stage or backstage, receives a part and each play/musical is performed live on Visiting Day for 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.

Technical Theater

Step behind the scenes and discover the magic of Technical Theater! In this exciting program, campers gain hands-on experience in all the essential elements that bring a production to life. They'll dive into lighting design, sound engineering, set construction, and stage management, learning how each component works together to create a seamless and unforgettable performance.



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, & Vocals. All bands will perform in our Rock Concert at Visiting Day and on Tuesday afternoons during our weekly shows.



**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.

Tuesday afternoon concerts with Rockshop!

Every Tuesday, our Rockshop Majors will have the opportunity to perform for the whole camp with our 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)

Lake

Our Lake program gives campers the ultimate opportunity to dive into all the fun our beautiful lake has to offer through engaging, instruction-driven programs. Whether paddling across the water in a kayak, mastering balance on a paddle board, or casting a line for the perfect catch, campers will rotate through a variety of exciting water activities.

The adventure doesn't stop there! With our Aquapark adding an extra splash of excitement, campers can also challenge themselves in the areas of boating and fishing, while still finding time to jump on the inflatables, and have some fun!

Our Lake is always supervised with certified American Red Cross Lifeguards, and all campers are required to wear a lifejacket when in the Lake.

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.



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.



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.

Water Aerobics

Our Water Aerobics Major is a fun, refreshing way for campers to build strength, endurance, and flexibility while staying cool in the pool! This low-impact workout combines cardio, resistance training, and rhythmic movement to improve overall fitness in a supportive and energetic environment. Campers will follow routines set to upbeat music, using water resistance to enhance muscle tone and coordination. Water Aerobics is the perfect way to move, groove, and make a splash!





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