



**Camp**  
**NAC**  
 Newtown Athletic Club



**MAKING  
 SUMMER  
 BETTER**

american  
 CAMP  
 association  
 ACCREDITED





# WELCOME TO CAMP NAC!

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

## CAMP NURSE



## BASKETBALL COURT INDOOR + OUTDOOR



## PLAYGROUND



## NEW THIS SUMMER!

Renovated Indoor Pool | **Swim & Nut Policies**  
Camp Themes | Field Trips & Experiences



40,000 SQ. FT.  
MULTI-TURFED  
INDOOR FACILITY



## OUTDOOR POOL RESORT

Every Wednesday from 3-8PM  
our outdoor pool complex is open to the General Public campers and their immediate family 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 35 ft. Water Slides  
Lazy River  
Zero-Entry Activity Pool  
Splash Pad





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Dear Parents & Guardians,

Hello, my name is Brienne (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, as well as a certified Lifestyle Coach and have 20+ hours of training in behavior management. Entering my seventh 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 **multi-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 2024!**

See you all soon,

*Brienne Feinour*

# HAPPY CAMPERS

(and staff, too!)

"Camp NAC is truly the best camp I have worked at, and everyone I met there has been amazing."

– **Hannah Mielke**  
Camp NAC Counselor

"Quinn had the best time and has already talked about which camps to try next summer. All of the counselors and staff were simply fantastic and I can't thank all of you enough for all of the hard work that went into helping him to have an awesome summer!"

– **Laura Conroy**  
Child: Quinn (age 6)

"Our managers always made it their first priority to make sure all of the staff was cared for and felt at home. They are always welcoming and eager to help out wherever they can."

– **Tyler Stewart**  
Camp NAC Counselor

"Thanks again for all you guys do. I feel grateful that Camp NAC feels like home away from home for the boys."

– **Chelsea Lebo**  
Children: Jace (age 11), Paxton (age 8) and Bowen (age 5)

"Zoe absolutely loved Camp NAC and the counselors, she told me she wanted to stay in camp forever! This was our first camp experience and we were incredibly pleased with the organization of the camp, responsiveness from the leadership team, friendly counselors and creative weekly activities for the kids! We will definitely sign her up next year."

– **Bethan Siddiqu**  
Child: Zoe (age 5)

"Camp NAC is so close knit it felt like a second family. Where there was trust with everyone and so much energy and good vibes being spread constantly."

– **Anastasia Breslavskaja**  
Camp NAC Counselor

"What an amazing summer it has been at Camp NAC. Aidan said camp is his favorite time of the whole year. Not enough can be said to praise the staff, the planning, the fun, the amenities!"

– **Heather Maher**  
Children: Aidan (age 10) and Emma (age 9)

"I love this job because every day was a different experience and it taught me so much as a future educator."

– **Savannah Jones**  
Camp NAC Counselor

"I just wanted to write you a quick note and thank you for giving my boys such a wonderful experience at camp this summer. They had the absolute best time. It was Connor's first time at camp and also his first time being away from me and he enjoyed every second of his time with your counselors. Staff were always so sweet at pick up and my boys came home every day with smiles on their faces. We really appreciate you providing such a fun and nurturing learning environment at Camp NAC!"

– **Tara Flexon**  
Children: Luke (age 6) and Connor (age 4)

"The work environment is so much fun, and our managers always make sure that counselors are having fun, just like the campers. We do staff bonding nights, which are the best, and it is such an amazing work place. I have learned so much from working at Camp NAC and was also able to complete my Education Internship!"

– **Sammi Moonay**  
Camp NAC Counselor

"I just have to say the guardian letters are so impressive and I love how prepared and organized they are! It also makes me feel more prepared as a parent to ensure my child is set up for success, so great job to your entire team!"

– **Erin Baldorossi**  
Child: Colton (age 4)

## DATES TO KNOW



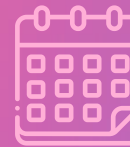
### OPEN HOUSE & CAMP CARNIVAL!

Saturday, February 10th | 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, May 30th at 6:00PM

or Sunday, June 9th at 1:00PM

Location: NAC Sports Training Center

Bring your camper(s) to meet our camp team while you attend orientation!

## WAYS TO SAVE!

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

### MULTI-WEEK DISCOUNT

6 Weeks – Save 5%

8 Weeks – Save 8%

10 Weeks – Save 10%

*\*Savings on cost of camp weeks only.*

### MULTI-SIBLING DISCOUNT

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 17TH

Pay in full and register online at [www.campnac.com](http://www.campnac.com).

*\*Savings on cost of camp weeks only.*

### CONTACT US!

info@campnac.com | 215-944-8860

Pricing available online at [campnac.com](http://campnac.com)

10%  
OFF





**Custom  
build your  
summer!**

# SUMMER 2024

## CAMPS-AT-A-GLANCE



	SPECIALTY 3-5 pg. 9-12	NACSTER pg. 13-18	LEISURE SPORTS pg. 19-20		COMPETITIVE SPORTS pg. 21-22		COOKING pg. 23-24		CREATIVE ARTS pg. 25-26		STEAM SCIENCE - TECHNOLOGY ENGINEERING - ART - MATH pg. 27-30	TEEN PROGRAM pg. 31-34	
	AGES 3-5 pickup times pg. 9	AGES 3-12 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	AGES 6-8 9AM-3PM	AGES 9-12 9AM-3PM	AGES 6-8 9AM-3PM	AGES 9-12 9AM-3PM	AGES 13-15 9AM-3PM
<b>WEEK 1</b> 6/3 - 6/7	LIL NACSTER	NACSTER											
<b>WEEK 2</b> 6/10 - 6/14	LIL CHEF ..... WHALES TALES	NACSTER*	WATER PALOOZA		GYMNASTICS		JR. CHEF						CIT
<b>WEEK 3</b> 6/17 - 6/21	TRAINS, PLANES, & CARS ..... WHALES TALES	NACSTER*	ULTIMATE DODGEBALL		BASKETBALL ..... GYMNASTICS		TIKTOK FOOD TRENDS		SPA-TACULAR		SLIME MANIA ..... LEGO CITY	SLIME MANIA ..... MINECRAFT	CIT ..... TEEN ADVENTURE
<b>WEEK 4</b> 6/24 - 6/28	OUT OF THIS WORLD ..... UNDER THE SEA	NACSTER*	EXTREME WARRIOR		CHEER CAMP ..... FOOTBALL ACADEMY		PASTRY CHEF		BROADWAY THEATER (HIGH SCHOOL MUSICAL)		SCIENCE EXPLORERS ..... HARRY POTTER	SCIENCE EXPLORERS ..... HARRY POTTER	CIT ..... TEEN ADVENTURE
<b>WEEK 5</b> 7/1 - 7/5	DINOSAURS ROCK ..... LIL GYMNASTICS	NACSTER*	WATER PALOOZA		TRACK AND FIELD ..... NINJA NASTICS*		JR. CHEF		BEJEWELED		NATURE ADVENTURES* ..... KABOOM CHEMISTRY	NATURE ADVENTURES* ..... JR. ENGINEERS	CIT ..... TEEN ADVENTURE
<b>WEEK 6</b> 7/8 - 7/12	JR. LEGO ..... TINY CHEER	NACSTER* ..... COLOR GAMES	BACKYARD SPORTS		CHEER CAMP		HOLIDAY TRADITIONS		DREAMERS DESIGN		POKEMON ..... STEM GAMES	POKEMON ..... SPY TECH	CIT ..... TEEN ADVENTURE
<b>WEEK 7</b> 7/15 - 7/19	LET KIDS BE KIDS ..... PRINCESS WARRIOR	NACSTER*	GAGA GALORE		BASKETBALL ..... COMPETITIVE SWIM		BAKING BOOTCAMP		TIE-DYE GALORE		STEM CHALLENGE ..... ROBOTICS	STEM CHALLENGE ..... ROBOTICS	CIT ..... TEEN ADVENTURE
<b>WEEK 8</b> 7/22 - 7/26	SPLASH & SPORT ..... MUSIC & MOVEMENT	NACSTER*	CINDERELLA WARRIOR		PHILLY SPORTS ..... JR. GOLFERS* (AGES 9-12)		APPETIZERS GALORE		TIKTOK DANCE		THE ESCAPE ROOM ..... IT'S ELECTRIC	THE ESCAPE ROOM ..... IT'S ELECTRIC	CIT ..... TEEN ADVENTURE
<b>WEEK 9</b> 7/29 - 8/2	PRINCESS ..... SUPERHERO	NACSTER*	KIDS RULE		NINJA NASTICS* ..... FLAG FOOTBALL		FARM TO TABLE		AQUA ART		BATTLE ROYALE ..... SPACE ACADEMY	BATTLE ROYALE ..... SPACE ACADEMY	CIT ..... TEEN ADVENTURE
<b>WEEK 10</b> 8/5 - 8/9	LIL EINSTEIN ..... OUT & ABOUT	NACSTER*	SUMMER OLYMPIC GAMES		SOCCER ..... GYMNASTICS		BREAKFAST CLUB		PAINTING IN COLOR		STAR WARS ..... MARIO PARTY	STAR WARS ..... TECHNO KIDS	CIT ..... TEEN ADVENTURE
<b>WEEK 11</b> 8/12 - 8/16	ADVENTURE ARTISTS ..... LIL NINJA NASTICS	NACSTER*	SPORTS OF ALL SORTS		JR. GOLFERS* (AGES 6-8)		INTERNATIONAL CULINARY		CRAZY CRAFTS		BLOWING OFF STEAM	BLOWING OFF STEAM	CIT ..... TEEN ADVENTURE
<b>WEEK 12</b> 8/19 - 8/23	LIL GYMNASTICS ..... LIL EDIBLE SCIENTISTS	NACSTER											CIT
<b>WEEK 13</b> 8/26 - 8/30	LIL NACSTER	NACSTER											

AN \* INDICATES THESE CAMPS LEAVE CAMPUS AT LEAST ONE TIME FOR A FIELDTRIP. FOR MORE INFORMATION, PLEASE CALL 215-944-8860.  
If a box has more than one camp listed – please choose only one camp for that week!



# SPECIALTY CAMPS

**AGES 3-5**

9:00AM-11:30AM

## Discover, Learn & Grow!



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 3-5 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 pre-planned activities. This add-on includes the Camp NAC lunch package. See menu on pages 37-38.

## 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 until 11:30AM, then move onto other pre-planned 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: 7:00AM-9:00AM

After Care: 3:00PM-6:00PM

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

### ALL CAMPS FOLLOW EDUCATIONAL-BASED PROGRAMS

## SUN LEVEL KEY

0-1 HOURS

1-2 HOURS

2-3 HOURS

LUNCH PACKAGE AVAILABLE FOR PURCHASE

## WHAT YOUR CAMPER NEEDS!



THESE CAMPS WILL GET TO PARTICIPATE IN WATER PLAY AT LEAST ONE TIME DURING THE WEEK



### 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 your own. Campers will learn about prehistoric dinosaurs and make creatures come to life through exciting crafts and activities!

### 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. **\$30 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, making slime, a scavenger hunt and water play. Healthy body, healthy mind, plus a little messy all with a smile on your face.

### 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.**



# SPECIALTY CAMPS

AGES 3-5



## 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.

## NEW! Music & Movement (Week 8) ☀️

Engage your child in singing, dancing, playing instruments and moving to the beat! Campers will gain experiment with different sounds, rhythms and movements to create unique expressions when dancing to songs or creating music with instruments.

## Out & 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 & 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.

## NEW! Trains, Planes & Cars (Week 3) ☀️

Brum-brum! Toot-toot! All aboard for a week of adventure! Whether you like to travel by train, plane or car, this camp is packed with both interactive and imagination play with toys that move.

## 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 year's 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)

## 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 not want to take the test must wear a Coast Guard approved floatation device. NACster Yellow will participate in water play and does not swim.

**1 HOUR OF WATER PLAY OR SWIMMING 4 TIMES A WEEK IN OUR OUTDOOR WATER PARK**

## ASK ABOUT OUR SINGLE DAY OPTIONS!

# MINI NACSTER

## NACSTER YELLOW + RED

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, swimming and more! On **Tuesdays**, campers are able to attend scheduled **NACster field trips**. 🚌

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 6/3-6/7	WELCOME DAY!	TIE-DYE TUESDAY	EXTENDED SWIM	CARNIVAL GAMES	CAMPER'S CHOICE
<b>WEEK 2</b> 6/10-6/14	PARACHUTE GAMES	SHADY BROOK \$30	BUILD A FORT DAY	CRAZY CRAFTS	MEGA WATER SLIDE
<b>WEEK 3</b> 6/17-6/21	UNDER THE SEA	BOWLING \$30	DINO DAY	FREEZE DANCE	BUBBLES
<b>WEEK 4</b> 6/24-6/28	TATTOO ART	ELMWOOD ZOO \$35	ANIMAL YOGA	SENSORY PLAY	PARTY GAMES
<b>WEEK 5</b> 7/1-7/5	RED, WHITE & BLUE DAY	BOUNCE U \$35	INTO THE JUNGLE	OFF (4TH OF JULY)	POPSICLES
<b>WEEK 6</b> 7/8-7/12	COLOR GAMES	TYLER STATE PARK \$30	COLOR GAMES	COLOR GAMES	COLOR GAMES
<b>WEEK 7</b> 7/15-7/19	TAG! YOU'RE IT	FUNZILLA \$30	GLOW DANCE PARTY	NINJA NASTICS	CAMP KINDNESS DAY
<b>WEEK 8</b> 7/22-7/26	SCIENCE EXPLORERS	KIDS KINGDOM \$30	INFLATABLES	MINDFUL KIDS	HALLOWEEN IN JULY
<b>WEEK 9</b> 7/29-8/2	DISNEY DAY	FRANKLIN INSTITUTE \$35	OUT OF THIS WORLD	PETTING ZOO	TRUCKS, TRAINS & CARS
<b>WEEK 10</b> 8/5-8/9	A BUG'S LIFE	GIGGLEBERRY \$30	SIDEWALK CHALK	BALLOON BASH	CAMP OLYMPICS
<b>WEEK 11</b> 8/12-8/16	HOPSCOTCH GAMES	MOVIES \$30	PIRATE ADVENTURES	MARIO PARTY	SUPERHERO DAY
<b>WEEK 12</b> 8/19-8/23	CIRCLE GAMES	GYMNASTICS	EXTENDED SWIM	STORY TIME	WATERCOLOR PAINTING
<b>WEEK 13</b> 8/26-8/30	SCRATCH ART	RITAS ICE	EXTENDED SWIM	TRAMPOLINE GAMES	MOVIE DAY

### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY



LUNCH PACKAGE AVAILABLE FOR PURCHASE





## COLOR AGE GROUPS

NACster campers are divided into groups based on age and next year's grade-level each week. **Each group will participate in age-appropriate activities.**

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**1 HOUR OF SWIMMING 4 TIMES  
A WEEK IN OUR OUTDOOR  
WATER PARK**

# JR. NACSTER

## NACSTER ORANGE + PURPLE

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, swimming and more! On **Wednesdays**, campers are able to attend scheduled **NACster field trips**. 🚌

## ASK ABOUT OUR SINGLE DAY OPTIONS!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 6/3-6/7	WELCOME DAY!	TIE-DYE TUESDAY	EXTENDED SWIM	CARNIVAL GAMES	CAMPER'S CHOICE
<b>WEEK 2</b> 6/10-6/14	SCOOTER RELAYS	CRAZY CRAFTS	SHADY BROOK \$30	PARACHUTE DROP	MEGA WATER SLIDE
<b>WEEK 3</b> 6/17-6/21	SENSORY PLAY	KIDFIT	BOWLING \$30	DODGEBALL DAY	WATER BALLOON GAMES
<b>WEEK 4</b> 6/24-6/28	TATTOO ART	CAPTURE THE FLAG	PHILADELPHIA ZOO \$35	GYMNASTICS	PARTY GAMES
<b>WEEK 5</b> 7/1-7/5	RED, WHITE & BLUE DAY	INTO THE JUNGLE	BOUNCE U \$35	OFF (4TH OF JULY)	POPSICLES
<b>WEEK 6</b> 7/8-7/12	COLOR GAMES	COLOR GAMES	TYLER STATE PARK \$30	COLOR GAMES	COLOR GAMES
<b>WEEK 7</b> 7/15-7/19	KICKBALL TOURNAMENT	RAINBOW LOOMS	FUNZILLA \$35	GLOW ZUMBA	CAMP KINDNESS DAY
<b>WEEK 8</b> 7/22-7/26	MAD SCIENTISTS	INFLATABLES	MINI GOLF \$30	MINDFUL KIDS	HALLOWEEN IN JULY
<b>WEEK 9</b> 7/29-8/2	DISNEY DAY	TENNIS BASEBALL	ADVENTURE AQUARIUM \$35	PETTING ZOO	WINDOW ART
<b>WEEK 10</b> 8/5-8/9	GAGA GALORE	EGG DROP	GIGGLEBERRY \$30	BALLOON BASH	CAMP OLYMPICS
<b>WEEK 11</b> 8/12-8/16	MARIO PARTY	TEAM BUILDING	MOVIES \$30	STEAL THE BACON	SUPERHERO DAY
<b>WEEK 12</b> 8/19-8/23	MINUTE TO WIN IT	WATERCOLOR PAINTING	EXTENDED SWIM	TRAMPOLINE GAMES	YOGA
<b>WEEK 13</b> 8/26-8/30	SCRATCH ART	RITAS ICE	EXTENDED SWIM	WORLD CUP	MOVIE DAY

### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY







## COLOR AGE GROUPS

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**1 HOUR OF SWIMMING 4 TIMES  
A WEEK IN OUR OUTDOOR  
WATER PARK**

# SENIOR NACSTER

**NACSTER GREEN, BLUE + PRE-TEEN**

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, swimming and more! On **Thursdays**, campers are able to attend scheduled **NACster field trips**. 🚚

## ASK ABOUT OUR SINGLE DAY OPTIONS!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 6/3-6/7	WELCOME DAY!	TIE-DYE TUESDAY	EXTENDED SWIM	CARNIVAL GAMES	CAMPER'S CHOICE
<b>WEEK 2</b> 6/10-6/14	RELAY RACES	CRAZY CRAFTS	MEGA WATER SLIDE	<b>TOP GOLF \$35</b>	KIDS SPIN
<b>WEEK 3</b> 6/17-6/21	KIDFIT	SCAVENGER HUNT	WATER BALLOON GAMES	<b>BOWLING \$30</b>	KICKBALL TOURNAMENT
<b>WEEK 4</b> 6/24-6/28	BINGO MANIA	NINJA NASTICS	TATTOO ART	<b>PHILADELPHIA ZOO \$35</b>	BACKYARD SPORTS
<b>WEEK 5</b> 7/1-7/5	RED, WHITE & BLUE DAY	DUCK RACE	POOL GAMES	<b>OFF (4TH OF JULY)</b>	POPSICLES
<b>WEEK 6</b> 7/8-7/12	<b>COLOR GAMES</b>	<b>COLOR GAMES</b>	<b>COLOR GAMES</b>	<b>TYLE STATE PARK \$30</b>	<b>COLOR GAMES</b>
<b>WEEK 7</b> 7/15-7/19	CHALLENGE DAY	HARRY POTTER WORLD	GLOW ZUMBA	<b>FUNZILLA \$35</b>	CAMP KINDNESS DAY
<b>WEEK 8</b> 7/22-7/26	CAPTURE THE FLAG	INFLATABLES	BLOWING OFF STEAM	<b>K1 SPEED \$35</b>	HALLOWEEN IN JULY
<b>WEEK 9</b> 7/29-8/2	TENNIS BASEBALL	MAD SCIENTIST	PETTING ZOO	<b>ADVENTURE AQUARIUM \$35</b>	MINDFUL KIDS
<b>WEEK 10</b> 8/5-8/9	MINUTE TO WIN IT	EGG DROP	GAME SHOWS	<b>DAVE &amp; BUSTERS \$35</b>	CAMP OLYMPICS
<b>WEEK 11</b> 8/12-8/16	STEAL THE BACON	TEAM BUILDING	AQUA FUN RUN	<b>MOVIES \$30</b>	MEET OUR HEROS DAY
<b>WEEK 12</b> 8/19-8/23	GAGA GALORE	TRAMPOLINE GAMES	EXTENDED SWIM	WATERCOLOR PAINTING	YOGA
<b>WEEK 13</b> 8/26-8/30	SCRATCH ART	RITAS ICE	EXTENDED SWIM	WORLD CUP	MOVIE DAY

### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY



LUNCH PACKAGE AVAILABLE FOR PURCHASE



# LEISURE AND COMPETITIVE SPORTS

**AGES 6-12**

**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.

### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY



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

## LEISURE SPORTS

### 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 even a 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 activities, 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!

### 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 be taking gaga to the next level by playing glow gaga this week!

### Kids Rule (Week 9) ☀️☀️👉

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!

### IT'S BACK! Summer Olympic Games (Week 10) ☀️☀️

Welcome to the 2024 Summer Olympics, hosted by Camp NAC! Each day we will have a variety of themes for campers to test their skills in multi-sports events. Who will take home the gold medal?

### 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 water park!

**A SPECIALTY FITNESS CLASS WILL BE OFFERED AT LEAST ONCE DURING THIS WEEK** 👉

**1 HOUR OF SWIMMING 4 TIMES A WEEK IN OUR OUTDOOR WATER PARK**



# 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 both 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 practice the basics of cheer from flexibility and jumps, to dance routine and tumbling based on the 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) 🌞🌞🏈

It's time to level up your game! This camp is dedicated to enhancing 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) 🌞

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. Having previous gymnastics experience is encouraged.

### 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 spending days on a real golf course, in addition to one day at Top Golf. **\$50 course fee.**

### Ninja Nastics (Weeks 5, 9) 🌞🚗🏆

This camp mixes gymnastics, tumbling, parkour and the thrill of American Ninja Warrior into a fun week of camp! Campers will practice skills such as climbing, navigating through obstacles and even some flips to increase body awareness, coordination, agility and motor skill levels. This camp will go on a field trip to Funzilla this week! **\$35 transportation fee.**

### Philly 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. We 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.

### 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.

A SPECIALTY FITNESS CLASS WILL BE OFFERED AT LEAST ONCE DURING THIS WEEK 🏆

CAMPERS WILL LEAVE CAMPUS AT LEAST ONE TIME THIS WEEK 🚗





# COOKING CAMPS

**AGES 6-12**

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 hands-on 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!

### NUTRITION LESSON INCLUDED FOR ALL COOKING CAMPS!

*Please inform us if your child has any dietary restrictions.*

### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY



### NEW! Appetizers Galore (Week 8) ☀️

From savory bites to delightful finger foods, this week of camp consists of tasty appetizers that offers a mouthwatering array of flavors! These small portion meals offer a larger variety of foods for campers to try throughout the week.

### 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!

### Breakfast Club (Week 10) ☀️

Breakfast for lunch! From decked-out muffins 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 to eat 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, campers will enjoy a special visit from a petting zoo!

### NEW! Holiday Traditions (Week 6) ☀️

They're the comfort foods you love, with a little special twist for the holidays. Join us this week as campers make traditional holiday foods and celebrate eating these special foods together!

### 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, 5) ☀️

If you have a love for cooking, then this camp 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.

### 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!

### NEW! TikTok Food Trends (Week 3) ☀️

Discover the best TikTok recipes, food trends and cooking hacks before they go viral! Learn how to make delicious foods straight from the most celebrated chefs and even amateur home cooks.

**\*\*ALL COOKING CAMPS HAVE A \$55 MATERIAL FEE. CAMPERS WILL MAKE THEIR SNACKS AND LUNCH EACH DAY DURING THESE WEEKS. PACKING ADDITIONAL PEANUT-FREE SNACKS IS STILL ENCOURAGED.**

**1 HOUR OF SWIMMING 4 TIMES A WEEK IN OUR OUTDOOR WATER PARK**





# CREATIVE ART CAMPS

**AGES 6-12**

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!

### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY



#### Aqua Art (Week 9) ☀️☀️☀️

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

#### 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 bead-making 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 2024 edition of Broadway Theater camp will be performing High School Musical! 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 11) ☀️☀️

Art with a twist! This week will 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 on 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 from their own perspective.

#### Spa-tacular (Week 3) ☀️

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.

#### Tie-Dye Galore (Week 7) ☀️☀️

Obsessed with tie-dyeing? 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 fun 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 dance showcase on Friday!

**ALL CREATIVE ART CAMPS HAVE A \$25 MATERIAL FEE.**

**1 HOUR OF SWIMMING 4 TIMES A WEEK IN OUR OUTDOOR WATER PARK**





# STEAM CAMPS

**AGES 6-12**

9:00AM-3:00PM

## STIMULATE YOUR MIND, UNLEASH YOUR CURIOSITY!

Our popular STEAM camps combine the main principles of the STEAM method: science, technology, engineering, art and mathematics. Campers will utilize their problem-solving skills and critical thinking while participating in exciting activities. Solve puzzles, conduct crazy experiments, and even create a new invention – your imagination is the limit!

### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY



**AGES 6-8**

### Kaboom Chemistry (Week 5) ☀️☀️

Be an amazing scientist while making astounding explosions! Make rockets, fizzy bombs, elephant toothpaste 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 set throughout the week and show it off to their class on Friday. Campers will take their LEGO set home Friday. **\$50 material fee.**

### Mario Party (Week 10) ☀️☀️💻

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.**

### IT'S BACK! STEM Games (Week 6) ☀️☀️

Campers will explore their knowledge of STEM through interactive games! Race your balloon cars, challenge your architect skills with the strongest tower, and end the week with a airplane contest! Let the STEM games begin! **\$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! Drink Fortnite slurp juice, participate in fort building, hip-hop dances and an epic Friday nerf gun battle! **\$15 material fee.**

### 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, exploding experiments 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.**

### 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! Nature Adventures (Week 5) ☀️☀️☀️🚗

This camp is designed to get kids outdoors and develop a deeper connection with the natural world through fun and educational activities. Campers will get a chance to leave campus this week to explore Tyler State Park! **\$30 transportation fee.**



# STEAM CAMPS

AGES 6-12



## Pokémon (Week 6) ☀️

Calling all Pokémon fans! This week, participate in many different Pokémon related activities like "Identify the Pokémon" challenge, creating your own Pokémon and Pokémon Go race. On Friday campers can bring their own Pokémon cards from home to have a special sharing time, at their own discretion. **\$15 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. **\$50 material fee.**

## Science Explorers (Week 4) ☀️☀️

Science re-imagined through chemical reactions, electricity and magnetism experiments! 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.**

## 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! **\$15 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? **\$15 material fee.**

## AGES 9-12

## 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 get ready to develop innovative solutions in this new hands-on camp! **\$15 material fee.**

## NEW! Minecraft (Week 3) ☀️💻

This camp is full of "Minecraftivities." From fort building to parkour to computer fun, each activity offers a balance between learning and play! **\$15 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. **\$15 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.**

THESE CAMPS WILL GET LIMITED SCREEN TIME 💻

CAMPERS WILL LEAVE CAMPUS AT LEAST ONE TIME THIS WEEK 🚪





# CIT

## COUNSELORS IN TRAINING

# 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-3:00PM** | 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 can 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.

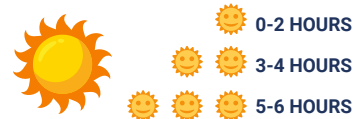
**All CIT campers are eligible for free before and after care! Ask for more details.**



### WHAT YOUR CAMPER NEEDS!



### SUN LEVEL KEY



LUNCH PACKAGE AVAILABLE FOR PURCHASE



# TEEN ADVENTURE

AGES 13-15



## TEEN ADVENTURE ☀️☀️

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 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 login portal on the Camp NAC website. Teen campers with this release form may walk themselves into the Camp NAC building between 8:45-9:15AM and exit between 2:45-3:15PM. 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> 6/17-6/21	WELCOME DAY!	ADVENTURE AQUARIUM	KICKBALL TOURNAMENT	TIE-DYE	BOWLING
<b>WEEK 4</b> 6/24-6/28	SLIP N' SLIDE	DORNEY PARK*	TENNIS BASEBALL	GAMING DAY	K1 SPEED
<b>WEEK 5</b> 7/1-7/5	RED, WHITE & BLUE DAY	ROCK CLIMBING	COOKING 101	OFF (4TH OF JULY)	IPLAY AMERICA
<b>WEEK 6</b> 7/8-7/12	COLOR GAMES	BIG KAHUNAS INDOOR WATER PARK*	COLOR GAMES	COLOR GAMES	LASER TAG
<b>WEEK 7</b> 7/15-7/19	CODING	BELMAR BEACH*	GAGA GALORE	CAR WASH	PHILADELPHIA ZOO
<b>WEEK 8</b> 7/22-7/26	ULTIMATE DODGEBALL	SIX FLAGS*	INFLATABLES	LEMONADE STAND	FUNZILLA
<b>WEEK 9</b> 7/29-8/2	MINUTE TO WIN IT	BELMAR BEACH*	PETTING ZOO	KID FIT	TOP GOLF
<b>WEEK 10</b> 8/5-8/9	CAPTURE THE FLAG	BLUE MOUNTAIN ROPES COURSE*	YOGA	OLYMPIC GAMES	MOVIES
<b>WEEK 11</b> 8/12-8/16	STEAL THE BACON	PADDLE BOARDING	AQUA FUN RUN	CARNIVAL GAMES	ESCAPE ROOM

AN \* INDICATES THAT CAMPERS WILL RETURN AT 6PM FROM THESE FIELD TRIPS



**TWO FIELD TRIPS EACH WEEK**

\*\$50 transportation fee per week



## ADDITIONAL OPTIONS



### **Before Care | 7:00AM-9:00AM | Ages 3-15**

Start your camper's day early with our Before Care service. Campers can choose to participate in organized games and activities or just relax with their friends before the start of their day.

### **After Care | 3:00PM-6:00PM | Ages 3-15**

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, Lessons or Video Gaming to extend as late as 6:00PM. *\*Packing an extra peanut-free snack is highly encouraged.*

### **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**

*Weeks 1-11 Only*

Build your camper's confidence in the water with after-camp group 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 30 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. *Sign up fast – only 30 spots available per week.*

## LESSONS AFTER CAMP



### **Art Lessons | 3:00PM-4:30PM | Ages 5-12**

*Weeks 3 & 7 Only*

These daily art lessons will be hands-on and will be offered for every level of experience. Your camper will be transported to and from the art lesson by an instructor. *Sign up fast – only 15 spots available per week.*

### **Cooking Lessons | 3:00PM-4:30PM | Ages 5-12**

*Weeks 2, 6, & 10 Only*

Get your hands messy in our newly furnished kitchen and make delicious foods! Your camper will be transported to and from the cooking lesson by an instructor. *Sign up fast – only 12 spots available per week.*

### **STEAM Lessons | 3:00PM-4:30PM | Ages 5-12**

*Weeks 4 & 8 Only*

Learn more with our fun science experiments. Your camper will be transported to and from the STEAM lesson by an instructor. *Sign up fast – only 15 spots available per week.*

### **Aerial Yoga Lessons | 3:00PM-4:30PM | Ages 8+**

*Weeks 5, 9 & 11 Only*

Looking fly, and feeling good during our aerial yoga lessons. Your camper will be transported to and from the aerial yoga lesson by an instructor. Intro level of aerial yoga will be taught. *Sign up fast – only 10 spots available per week.*

### **Video Gaming | 3:00PM-4:30PM | Ages 7+**

*Weeks 3-11 Only*

Gaming for everyone. Elevate your performance playing video games with Mario Party, Wii Sports and more. Your camper will be transported to and from video gaming by an instructor. *Sign up fast – only 8 spots available per week.*

### **Sleepovers | Ages 5-12**

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

**Thursday, June 20th | Theme:** Ninja Nastics & Inflatables

**Thursday, July 18th | Theme:** Outdoor Pool & Movie Night

**Thursday, August 15th | Theme:** Sports Galore & Crazy Crafts



# LUNCH PACKAGE

PEANUT-FREE & ALLERGY AWARE CAMP



## 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.



**REGISTERED  
DIETITIAN  
APPROVED!**

## MEAL OPTIONS

### MONDAY

**Chicken Strips** (Antibiotic and Hormone-Free)

### TUESDAY

**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)

**Weeks 2, 6, and 10:** Ground Turkey Tacos (Antibiotic and Hormone-Free)

**Weeks 3, 7, and 11:** Burger or Cheese Burger (Antibiotic and Hormone-Free)

**Weeks 4, 8, and 12:** Turkey Hot Dog (Antibiotic and Hormone-Free)

### 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!



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

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 ages 5 and older will have the opportunity to swim in the NAC indoor pool for one hour each day - so be sure to pack a swimsuit!

### WHAT'S INCLUDED:

Pizza, a side dish and juice is included in each School's Out Camp.

### BEFORE AND AFTER CARE IS AVAILABLE!

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

### ENROLL IN SCHOOLS OUT CAMP!

[www.campnac.com](http://www.campnac.com) | 215-944-8860

# SCHOOL'S OUT CAMP 2024 DATES

MON, 1/15	Jr. Chef or Ninja Nastics
MON, 1/29	Kids Choice
FRI, 2/16	Sports of all Sorts* or Gymnastics
MON, 2/19	Basketball* or Bejeweled
TUES, 2/20	NACster
MON, 3/25	Ninja Nastics
TUES, 3/26	Inflatables
WED, 3/27	Mario Party* or Gymnastics
THURS, 3/28	Crazy Crafts, Science Explorers or Ultimate Dodgeball*
FRI, 3/29	Gymnastics, Flag Football* or <b>NEW!</b> TikTok Food Trends
MON, 4/1	Cinderella Warrior or Kids Rule
MON, 4/8	Kids Choice
WED, 4/10	NACster
TUES, 4/23	Philly Sports* or Tie-Dye Galore

AN \* INDICATES THESE CAMPS ARE FOR CAMPERS AGES 7-12 ONLY



# SCHOOL'S OUT CAMP DESCRIPTIONS

**Basketball\*:** 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. **Ages 7-12.**

**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!

**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!

**Flag Football\*:** 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. **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, a fitness challenge and more. Grab some friends and see if you can keep up with Kids Rule!

**Please Note:** An \* means these camps are for ages 7-12 to attend. For more information, please call 215-944-8860.

**Mario Party\*:** Level up in this Mario Bros. inspired camp! Campers will recreate their favorite mini games throughout the day. Choose which throwback character you will play and get ready to join the party! Limited gaming time included. **Ages 7-12.**

**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 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.

**Philly Sports\*:** This action-packed camp will foster athletic skills, teamwork and healthy habits. We will focus on different Philly sports team games and activities. **Ages 7-12.**

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

**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.**

**Tie-Dye Galore:** Learn how to make unique tie-dye patterns using different techniques during this day of hands-on fun. Campers will watch colors blend into swirls and bright abstract images right before their eyes. Prepare to get your hands messy.

**NEW! TikTok Food Trends:** Discover the best TikTok recipes, food trends, and cooking hacks before they go viral! Learn how to make these delicious foods straight from the most celebrated chefs and amateur home cooks.

**Ultimate Dodgeball\*:** Voted one of Camp NAC's favorite all time games - dodgeball! Play different styles of dodgeball today, including sporkball, doctor dodgeball and gaga! Campers will be encouraged to learn fundamentals of healthy competitions and work on the importance of teamwork. **Ages 7-12.**





# ENROLLMENT TIPS & 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 quick 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 about 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 Tuesday prior to the start of camp!**

## STAY UP TO DATE.

Download our camp app to receive real-time updates, news content, camp videos, photos and more!

# HOW TO ENROLL IN CAMP



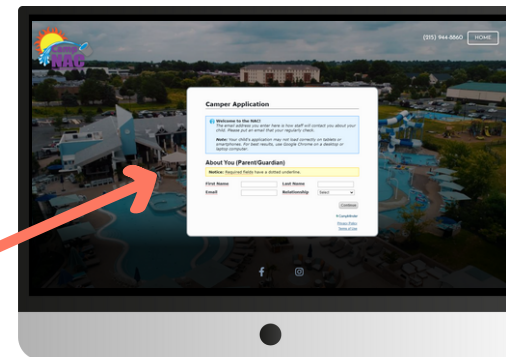
1

PICK AND CHOOSE YOUR **CAMP WEEKS**.



2

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



3

**NEW CAMPERS: COMPLETE YOUR CAMPER APPLICATION**  
**RETURNING CAMPERS: USE YOUR LOGIN AND PASSWORD**

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



# CAMP POLICIES & PROCEDURES

## 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 Tuesday 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. We also encourage families to download our Camp NAC app to receive additional weekly information and push notifications.

## LATE PICK UP FEES

If you are late to pick up your camper, they 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. Indoor facilities will be utilized as necessary 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.

## 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 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 be directed to one of our drop off zones by staff. 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 staff member 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 as this is a safety hazard.**

## 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. Car tags must be shown or 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 a car tag shown or 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 car tag or 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, SWIM, GYMNASTICS, ART, COOKING, STEAM, AERIAL YOGA LESSONS, AND VIDEO GAMING – **NEW!**

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 car tag or pick up password verification. For all after-camp lessons, parents should pull up to the side entrance of the NSTC. A counselor will walk the camper outside upon car tag or 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  
**Gymnastics Lessons:** 3:00PM-4:30PM  
**Art Lessons:** 3:00PM-4:30PM  
**Cooking Lessons:** 3:00PM-4:30PM  
**STEAM Lessons:** 3:00PM-4:30PM  
**Aerial Yoga Lessons:** 3:00PM-4:30PM  
**Video Gaming:** 3:00PM-4:30PM  
**Before Care:** 7:00AM-9:00AM  
**After Care:** 3:00PM-6:00PM  
**Nurse Hours:** 9:00AM-3:00PM



**CAMP NURSE DURING  
THE SUMMER FROM  
9:00AM-3:00PM**

## MORE QUESTIONS?

Visit [campnac.com](http://campnac.com), or reach out to us directly!  
**Email:** [info@campnac.com](mailto:info@campnac.com)  
**Call:** 215-944-8860

## EARLY BIRD DISCOUNT

**10% OFF**

January 1st-February 17th





Save the Date!  
**OPEN HOUSE &  
CAMP CARNIVAL!**

**SATURDAY, FEB 10TH | 11:30AM-2:00PM**  
**OPEN TO THE COMMUNITY! RSVP REQUIRED**

**EARLY BIRD DISCOUNT**  
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Pay in full and register online at  
[www.campnac.com](http://www.campnac.com).

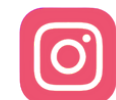
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