CAMP NEW HEIGHTS

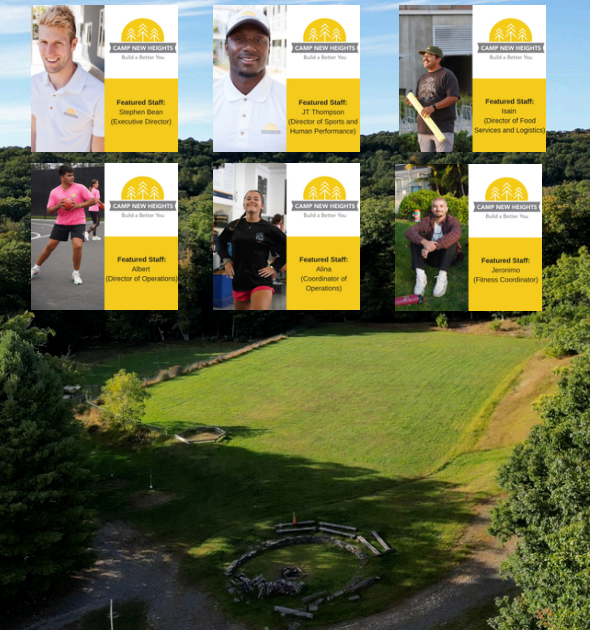
2027 Camper Manual





CAMP OVERVIEW

Camp New Heights is a three or six week overnight summer program specializing in health and wellness for campers aged 9 through 17, located in Milford, PA (Pocono Mountains). Our program is designed to provide the fundamentals for kids/teens to live an active and healthy lifestyle while improving their diet, physical fitness, and losing weight in a sustainable manner. We aim to give campers the skills and tools necessary to live/lead an active and healthy lifestyle upon returning home.



STAFF

Executive Director: Stephen Bean(11)
Strength and Conditioning Director: JT Thompson (10)
Director of Food Services and Logistics: Isain (7)
Director of Operations: Albert (6)
Coordinator of Operations: Alina (5)
Fitness Coordinator: Jeronimo(5)
Health Officer/Nurse: Arvin (1)

- Numbers following each staff member represent the numbers of years they have been a staff member at Camp New Heights



HOUSING

Campers will be staying in the cabins located on our private campus. The cabins are situated in beautiful tree cover throughout the property. Campers will be bunked by age groups. Cabins vary in size, so there are various layouts. Campers are sure to make deep and meaningful connections with their cabinmates. Any damage incurred during your stay will be your financial responsibility.

These cabins will provide tremendous opportunities to escape the trappings of everyday life and connect with nature. On top of that, it will become a warm and welcoming home for every camper. .



DINING

Breakfast and dinner during the week will be held at the dining commons. All meals will be served following a 5-10 minute nutrition brief. The nutritional brief will feature tips and nutritional breakdowns of what is available and what to focus on to fuel and recover. After eating your first serving you will be allowed a second portion comprised of items that can be found in the salad bar section of the dining hall. This is not a free for all, each meal is guided using a nutritional template of how campers should build their plates. Campers will have a multitude of choices, but the template will be followed ensuring a nutrient dense meal offering.



UNPLUGGED

Camp New Heights is a phone and screen free camp. This isn't because we think technology is bad. It's because we believe camp is an opportunity to experience something that's increasingly rare: being fully present. For three or six weeks, give your camper the opportunity to put the phone down, look up, and be fully part of camp. This doesn't mean there won't be outside communication with home. Campers will have opportunities to mail home letters/postcards (weeks 1-6), email (week 2 and 5), and phone call home (every 2 weeks at camp from the office phone). In addition to those communication methods, a small blog and photo album are sent out every night (Monday-Friday) to camp parents.



SCHEDULE

8:00 am: Wakeup
8:15 am: Breakfast
9:30 am: Period 1 (Strength Training))
10:30 am: Period 2 (Strength training with groups switched, group activity)
11:45 am: Period 3 (Elective)
1:00 pm: Lunch
2:00 pm: Rest Period)
3:00 pm: Period 4 (Elective)
4:15 pm: Lake Time
5:15 pm: Shower Hour
6:45 pm: Dinner (With Nutrition meeting)
8:00 pm: Nighttime Activity
8:45 pm: Free Time (Supervised)
10:00 pm (In Cabins)
10:30 pm (Lights Out)



3 WEEK PROGRAM

- Physical results begin to be seen and felt
- Knowledge to make better lifestyle choices
- Starting to implement the skills and tools to be confident in daily physical activity and nutritional choices
- A framework to continue the progress made at camp upon returning home
- A focused 3-week summer reset for campers who want to build healthier habits, gain confidence, and experience the New Heights program without committing to the full summer.



6 WEEK PROGRAM

- Optimal results seen and felt
- Maximum growth in agility, endurance, and confidence
- Empowered with the skills and tools to independently make healthy choices at home
- All-inclusive camp experience
- Our complete six-week experience for campers ready to fully immerse themselves in a healthier lifestyle, build lasting habits, and experience the greatest opportunity for personal growth and transformation.



MORNING CLASSES

Strength and Conditioning

Elective Period 3:

Swimming
Volleyball
Softball/Baseball
Soccer
Dance
Tennis
Football
Basketball



AFTERNOON CLASSES

Elective 4:

Art
Photography
Book Club
Disc Golf
7 on 7 football
Running Club



WEEKENDS

On weekends campers will embark on special excursions and activities that offer a change of pace from the normal weekly activities. We're aiming for several off-campus trips, entertainment coming to campus, and other group and community building activities.



GROCERY STORE CHALLENGE

On Sundays campers are grouped together in teams and assigned a different piece of a meal (appetizer, main course, dessert). The teams then research healthy recipes that they can prepare for their portion of the meal. Utilizing the nutritionist as a guide, campers will make a supply list of ingredients needed at the grocery store. Campers will then be taken to the local grocery store and will pick out their items with their team. While collecting items campers will learn to read and understand nutrition labels, comparative shop, and look for key ingredients in various goods.



COOKING CHALLENGE

Upon returning from the grocery store campers will work with their teams utilizing the ingredients just purchased at the grocery store to prepare Sunday's lunch. Teams will work on appetizer, main course, and dessert.

Over the years the grocery store and cooking challenge has become a weekly staple and a camper favorite.



PACKING

Sunscreen
Toiletries
Towels (Beach and Shower)
Deodorant
Water Bottle
Athletic Clothes
Sneakers (running, sports specific, and casual)
Bedding (twin sheets, comforter, pillows, pillow cases)
Bug Spray

All Campers Receive:

3 Camp Shirts

Please refer to the camp packing list for more detailed information



PARENT VISITING DAY(JULY 18)

Campers will return from the camping excursion at approximately 11:00am on Sunday, July 18th. Starting at 11:00am parents can sign their kids out for the day. We ask that kids return to camp by 6:30pm, so that they can have dinner at camp that night.

For parents that do not attend parent visiting day, do not fret. We try to make sure all campers have a special visiting day regardless of whether their parents visit or not. We always plan a special day out for those campers that do not have visiting parents.



DATES/RATES

Session 3W1 3 weeks (6/27/2027-7/18/2027) $5999

Session 3W2 3 weeks (7/04/2027-7/25/2027) $5999

Session 3W3 3 weeks (7/11/2027-8/01/2027)$5999

Session 3W4 3 weeks (7/18/2027-8/7/2027) $5999

Session 6W1 6 weeks (6/27/2027-8/7/2027) $9999

Prices will increase on the following dates:

January 1st, 2027: $700

May 1st, 2027: $500

June 27th, 2027: $200

Custom sessions of less than three weeks can be accommodated at $2250 per week. Additional weeks added to a three week session can be added at $2000 per week.

CONTACT US

Got Questions?
Email: Stephen@campnewheights.com| Phone: 805-364-0170

