



LEARN MORE AND ENROLL TODAY
AT [ESFCAMPS.COM/MONTGOMERY](https://esfcamps.com/montgomery)

SUMMER 2022

FRIENDS HAPPEN HERE!

AT MONTGOMERY SCHOOL • CHESTER SPRINGS, PA
JUNE 13 - AUGUST 19, 2022



4 CAMPS FOR BOYS & GIRLS

3-14 YEAR-OLDS

60+ ACTIVITIES

1-10 WEEKS







Friends Happen Here!

Dear ESF Camp Families,

As we turn the page on 2021, we want to express our sincerest gratitude to every family who has shared their camper with us in summer's past and to those who will join us in Summer 2022. Our campers, our families, and our team members continue to be our inspiration and motivation. This camp season promises many exciting opportunities for children to learn new skills, form and nurture friendships, and create lifelong memories.

Our goal for our 41st camp season, through a best-in-class curriculum, is for boys and girls, ages 3-14, to grow up ESF - whether it's sports, science, technology, the arts, or all of the above. Our experienced, adult staff knows that the most important role we play in our campers' lives is to provide a safe place where they can develop the tools to become independent, confident, lifelong learners.

At ESF, our campers don't see the world through the printed headlines, but instead through the laughter and joy that surrounds them. As a result, they choose to write their own headlines and be the agents of change that our world needs them to be, in ways big and small. Our 2022 program line-up includes 60+ award-winning activities, uniquely designed to encourage exploration and personal growth. We encourage you to read through our brochure and visit our website to discover the fun and learning that campers will experience and the lasting impact an ESF Summer will have on their growth and development.

Friends Happen at ESF! We guarantee that your camper will enjoy a summer with no limits, where they can be themselves and try new things while their friends cheer them on. The memories they will make and the feeling of having a summer home to call their own are all part of the ESF experience. We encourage you to enroll now since space is limited. If you have any questions, please call us anytime to learn more about how we can customize your child's ESF experience.

We can't wait to see you this summer!

Sincerely,

MICHAEL J. ROUSE

Executive Director & Co-Founder

(Proud Dad of Campers Finn, Shane, Brody and Naomi)

Some of the photos in this brochure were taken prior to COVID-19. For Summer 2022, face coverings and personal protective equipment (PPE) will be worn by campers and staff according to the most up-to-date CDC guidelines.

2005-2022
Celebrating 18 Summers



The Ultimate Summer Playground

The perfect setting to learn and grow.

Since 2005, our camp home has been located on the 60-acre campus of Montgomery School. Each summer, we transform its pristine campus into a welcoming camp setting offering extraordinary, authentic experiences that evoke lasting, treasured memories.

As the exclusive on-site camp, ESF has sole use of the extensive, state-of-the-art indoor and outdoor facilities, providing a safe and secure environment to spread out around campus. Our exceptional standards include providing a safe, fun and comfortable environment, and we have prioritized the health and well-being of our campers and staff by implementing increased safety measures which can be found in our Advanced Safety Plan™. These protocols and best practices will ensure that all camp programs operate in a safe and effective manner. All indoor and outdoor areas utilized throughout campus will allow space for proper social distancing and limited gatherings of campers and staff, rain or shine.

The indoor and outdoor amenities include a state-of-the-art, outdoor swimming pool, gymnasium, endless athletic fields, art studio, STEM labs, classrooms, cafeteria, and rural nature trails.

And so much more for campers to explore, rain or shine!





Advanced Safety Plan

Since 1982, safety is our #1 priority.

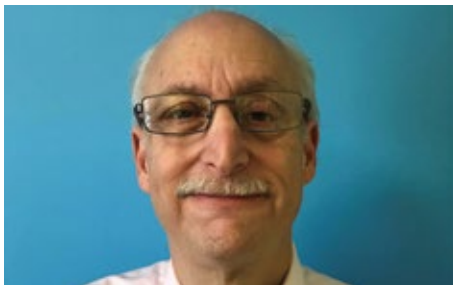
A tremendous collaboration of research and expert medical input went into the creation of our Advanced Safety Plan®. This Plan exceeds recommendations by the CDC, ACA, NIH, and AAP, as well as local and state agencies, which is why for more than 40 years, ESF has been considered one of the safest camps in the U.S. We successfully returned to in-person operations in Summer 2021, serving more than 5,000 families. We will continue to adjust our plan if needed to meet recommended guidelines and requirements as we get closer to the 2022 summer camp season. We are confident that our in-person camp experiences will continue to be chock-full of enrichment opportunities that are action-packed and FUN!

Our 6 Point System will be used to protect our campers, their families, and our staff members on-site this summer.



OUR BEST-IN-CLASS PROTOCOLS & PROGRAMMING IS INSPIRED BY *Industry Thought Leaders*

ESF draws inspiration from a variety of Industry Thought Leaders. Our relationship with these exemplary professionals has helped us develop our impeccable health and safety protocols and curriculum that incorporates the best practices in child development, performance, and character development.



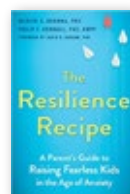
Dr. Jack Becker

Dr. Becker has been ESF's Camp Doctor for 20-years. He is a pediatric allergist who graduated from Temple University School of Medicine and completed his Allergy and Immunology at the Children's Hospital of Philadelphia. He has held positions on the faculty of MCP/Hahnemann University, Allegheny University, Temple University, and Drexel University College of Medicine. He currently runs a private practice in suburban Philadelphia and continues to hold academic titles at St. Christopher's Hospital and Drexel University College of Medicine.



Dr. Muniya Khanna

Dr. Khanna is an ESF Subject Matter Expert, ESF Camp Parent, former ESF Staff member, and Founder/Director of the OCD & Anxiety Institute and Research Investigator at the Children's Hospital of Philadelphia. She has been involved in some of the most important research trials in the field of childhood anxiety and OCD in the past decade. Dr. Khanna is a pioneer in web-based mental health research for anxiety disorders. Find her online programs to help children and parents manage stress and anxiety on her website: www.copingcatparents.com. Her self-help book for children, "The Worry Workbook for Kids" and her new best seller "The Resilience Recipe: A Parent's Guide to Raising Fearless Kids in the Age of Anxiety" are available on Amazon.

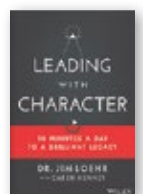


Best Seller



Dr. Jim Loehr

Dr. Loehr, or "Doc" as he is known at ESF Camps, is a world-renowned performance psychologist and author of 17 books including the national bestseller *The Power of Full Engagement*. His ground-breaking, science-based energy management training system has achieved worldwide recognition and has been chronicled in leading national publications including the Harvard Business Review, Business Week, Fortune, Newsweek, Time, US News and World Report, Success, Fast Company, and Omni. He has appeared on NBC's Today Show, ABC's Nightline, The CBS Evening News, CBS Morning News, and The Oprah Winfrey Show. His new best seller, "Leading with Character" is available on Amazon.



Best Seller

The Premier Collection for Boys and Girls

Grow Up With ESF. Your Journey Starts Here!

Great summer experiences come in all shapes and sizes.

No two campers are alike. From one year to the next their interests and curiosities change, and camp experiences should too. ESF's summer programs play at many levels for campers, ages 3-14, with each activity designed to appeal to its specific age group. Every camp, at every age, promises something new. Because one size does not fit all!

More than 60+ activities for every age and interest!

No Other Camp Comes Close!





MINI CAMP: A DIVISION OF DAY CAMP

Rising Preschool, PreK, & K

A FUN-FILLED, FIRST CAMP EXPERIENCE!

Includes daily swim instruction, musical adventures, outdoor playground, science & nature, crafts, the Play Zone, sports, theme days and more! **See pg. 11**



DAY CAMP

Rising 1ST and 2ND Grades

WAY MORE THAN A TYPICAL DAY CAMP!

Includes daily swim instruction and exciting hands-on activities, such as art, sports, innovation STEM lab, science & nature, gaga, archery, parkour, special events, theme days, time-honored traditions and more! **See pg. 11**



UA SPORTSLAB

POWERED BY 

Rising 1ST-9TH Grades

WHERE SPORTS AND CHARACTER INTERSECT

Offers multiple sports, skills contests, game play, daily swimming and fun weekly events. Beginner, intermediate and experienced athletes are exposed to a dynamic combination of sports and character. Highlights include the World League Championship Series, tournaments, skills contests, special events and more!

See pg. 13



SENIOR CAMP

Rising 3RD-8TH Grades

EXPERIENCES THEY'LL NEVER OUTGROW

Innovative experiences designed to broaden the horizons of our oldest campers. Fun, award-winning activities include: Weekly True Life Adventures and electives, swimming, art, sports, team initiatives, gaga, archery, parkour, service-learning, and more! **See pg. 15**



AQUATICS PROGRAM

Rising Preschool-9TH Grades

MAKE A SPLASH AT THE POOL!

Our Red Cross certified lifeguards and instructors help campers develop life skills while learning to swim confidently in a safe and fun environment. **See pg. 16**



EXTENDED DAY PROGRAM

Rising Preschool-9TH Grades

THE FUN AND LEARNING CONTINUES!

The fun and learning continues with Club OT, our extended day program.





Swimmer? Artist? Athlete?

Have We Got A Camp For You!

DAY CAMP Rising Preschool-2ND Grades

Campers' summer experiences should be as diverse as their growing interests. With a variety of hands-on activities for curious young minds, it's a time for exploring, creating, discovering, and eye-opening, with endless opportunities to uncover talents and forge new friendships. Led by our dynamic and experienced staff, Day Camp provides a wide variety of exciting hands-on activities and pure fun for a well-rounded summer experience. Campers are grouped in Bunks, according to their rising grade level. As they grow each year, they progress through our Camp Divisions, each with a wide array of exciting, age-appropriate programs and activities. **This is way more than just a day at camp!**

RISING PRESCHOOL, PRE-K & KINDERGARTEN (MINI CAMP DIVISION)

Our youngest campers explore their world through hands-on learning activities. They are curious, active, eager, and excited to discover something new each and every day. Our Mini Camp Division's uniquely designed program helps our young campers to thrive while discovering, exploring, playing and growing. Campers must be 3 years-old by June 1, 2022 and be potty-trained in order to attend camp. A half-day option (9am-1pm) is available for Preschool campers.

RISING 1ST & 2ND GRADES (DAY CAMP DIVISION)

Rising First and Second grade campers are industrious, enthusiastic, inquisitive, and creative. Making new friends, being on a team, and engaging in dynamic activities is now more important than ever. In addition to all of the fun-filled Day Camp programs, campers enjoy many new traditions and specialized, age-appropriate activities.

SAMPLE DAILY SCHEDULE

Activities and schedules rotate on a daily basis. Each camper is a member of a Bunk that stays together throughout the day.

Daily schedules are subject to change.

DROP-OFF



Morning Assembly
BUNK CHALLENGES



Activity 1
SWIM INSTRUCTION*



Activity 2
SCIENCE, ECOLOGY & NATURE



SNACK



Activity 3
ARTS AND CRAFTS



Activity 4
SPORTS & TEAM BUILDING



LUNCH



Activity 5
PLAYGROUND



Activity 6
PLAYZONE (PRESCHOOL, PRE-K & K)
WEEKLY SPECIALS (1ST & 2ND)



AFTERNOON ASSEMBLY & FRIDAY ROUND UP

WEEKLY SPECIALS | 1ST & 2ND GRADES

- Parkour
- Archery
- Gaga
- Innovation Lab: Adventures in STEM
- Just Try It Day! (2ND Grade Bunks)
- Time-Honored Traditions
- Theme Days & Special Events

AT A GLANCE | SESSIONS & HOURS

1-10 Week Options | June 13 - August 19, 2022

No camp on Monday, July 4, 2022

EXTEND YOUR CAMP DAY!

Club OT: Daily from 7:30am-6:00pm

WEEKLY TUITION

FULL DAY: 9:00am-3:00pm
(Rising Preschool-2ND Grades).....\$520/wk

HALF DAY: 9:00am-1:00pm
(Rising Preschool ONLY).....\$380/wk

**For more information on our Aquatics Program go to pg. 16*





Where Sports and Character Intersect

UA SPORTSLAB Rising 1ST-9TH Grades














UA SportsLab is ESF Sports Camp re-imagined. With a multi-sport focus, campers enjoy skills contests, gameplay, and a variety of fun events each week. The beginner, intermediate and experienced athlete will be exposed to a dynamic combination of sports and character with instruction by top-notch coaches, geared to individual skill levels. Campers are grouped into Teams according to their rising grade level. As they grow each year, they progress through one of our four UA SportsLab Conferences.

Learn more, Play more, Be more!

SAMPLE DAILY SCHEDULE

Each day, campers receive individualized & group instruction and game play in 2 of our core sports!

Daily schedules are subject to change.

-  **DROP-OFF**
Get up. Go Play!
-  Morning Warm-Up
STRETCHING & CONDITIONING
Mobility & Agility Through The UA Training Methodology
-  Sport 1
SKILL DEVELOPMENT & SMALL-SIDED GAMES
-  **SNACK**
-  Sport 1
LEAGUE GAMES & SKILLS COMPETITIONS
-  **LUNCH**
-  **CHARACTER DEVELOPMENT & SPORTS PERFORMANCE**
-  Afternoon Warm-Up
STRETCHING & CONDITIONING
-  **SWIM/CHOICE PERIOD**
-  Sport 2
SKILL DEVELOPMENT & SMALL-SIDED GAMES
-  **SNACK**
-  Sport 2
LEAGUE GAMES & SKILLS COMPETITIONS
-  Wrap-up
AFTERNOON ASSEMBLY

**For more information on our Aquatics Program go to pg. 16*

CORE SPORTS

- Basketball
- Baseball
- Soccer
- Flag Football
- Lacrosse

EVERY WEEK

- Tournaments
- Sport Specific Skills Competitions
- Leadership Training
- Championship Fridays
- Time-Honored Traditions
- Theme Days & Special Events

HIGHLIGHTS

- Official performance tee for each camper
- Iron Camper Training Camp
- World League Championship Series

AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm

1-10 Week Options | June 13 - August 19, 2022

No camp on Monday, July 4, 2022

EXTEND YOUR CAMP DAY!

Club OT: Daily from 7:30am-6:00pm

WEEKLY TUITION

UA SportsLab.....\$520/wk





Experiences They'll Never Outgrow

SENIOR CAMP Rising 3RD-8TH Grades

With a day that begins with team challenges and ends with a dance party! Where campers create masterpieces in art, play sports, swim, and learn. With leadership skills and good citizenship built into everything we do. This is no ordinary camp.

Campers are grouped according to their rising grade level and enjoy a wide array of exciting, age-appropriate programs and activities.

True Life Adventures Start Here!

SAMPLE DAILY SCHEDULE

Activities and schedules rotate on a daily basis.
Experience new True Life Adventure Electives each week.
Daily schedules are subject to change.



DROP-OFF



Welcome

MORNING ASSEMBLY & ORACLE CHALLENGES



Activity 1

TRUE LIFE ADVENTURES



Activity 2

INSTRUCTIONAL SWIMMING* (GRADES 3RD & 4TH)

RECREATIONAL SWIMMING* (GRADES 5TH - 8TH)



SNACK



Activity 3

WEEKLY SPECIALS



Activity 4

SPORTS, CAMP GAMES & TEAM BUILDING



LUNCH



Activity 5

ART STUDIO



Activity 6

ELECTIVES



AFTERNOON ASSEMBLY

**For more information on our Aquatics Program go to pg. 16*

WEEKLY SPECIALS

- Parkour
- Archery
- Gaga
- Leadership Development
- Community Connections (Service Learning)
- Time-Honored Traditions
- Theme Days & Special Events

AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm

1-10 Week Options | June 13 - August 19, 2022

No camp on Monday, July 4, 2022

EXTEND YOUR CAMP DAY!

Club OT: Daily from 7:30am-6:00pm

WEEKLY TUITION

Senior Camp.....\$560/wk



AQUATICS PROGRAM Rising Preschool-9TH Grades

Make a Splash At the Pool!



Our current swim program will be modified as needed in response to ongoing and real-time updates to CDC guidelines.

Under the guidance and watchful eye of our American Red Cross certified lifeguards and instructors, campers develop valuable life skills while learning how to swim confidently in a safe and fun environment. We maintain a low staff to camper ratio and develop swimmers utilizing the latest teaching techniques and coaching methods. Beginning with water safety skills and basic fundamentals, we then move on to progressive stroke development and refinement of techniques. Our well-established program is designed to be compatible with the unique and ever-changing abilities and skill levels of each camper.

Learn more about ESF's Aquatics Program by camp below:

MINI CAMP DIVISION AND DAY CAMP

- **Rising Preschool-2ND Grades:** With daily instructional swimming, campers receive an initial skill assessment and then progress at their own pace. Progress reports are sent home weekly.

UA SPORTSLAB

- **Rising 1ST Grade:** Instructional Swimming is offered daily. Campers receive an initial skill assessment and then progress at their own pace. Recreational swimming is offered 1 day per week on Friday. Progress reports are sent home weekly.
- **Rising 2ND & 3RD Grades:** Instructional Swimming is offered daily. Campers receive an initial skill assessment and then progress at their own pace. Recreational swimming is offered 1 day per week on Friday. Progress reports are provided upon request.
- **Rising 4TH-9TH Grades:** Recreational Swimming is offered daily as part of our Choice Period. If campers choose to participate, they receive an initial deep water safety test.

SENIOR CAMP

Rising 3RD & 4TH Grades

- Instructional Swimming is offered 4 days per week. Campers receive an initial skill assessment and then progress at their own pace. Progress reports are sent home weekly.
- Recreational Swimming is offered 1 day per week on Friday.

Rising 5TH-8TH Grades

- Recreational Swimming is offered daily. If campers choose to participate, they receive an initial deep water safety test to assess their skill level.

HIGHLIGHTS

- Certified Aquatics Staff
- Seasoned Aquatics Director
- Individualized Instruction
- Skill Level Progression
- Safety Testing
- Awards & Progress Reports

Pre-College Programs

POWERED BY



FOR YOUNG ADULTS

BOLD
summers

BOLD SUMMERS PRE-COLLEGE
Rising 9TH-12TH Grades



PENN MEDICINE SUMMER PROGRAM

The University of Pennsylvania's Perelman School of Medicine has designed a two-week virtual intensive summer program for high school juniors and seniors interested in medical careers.

Yale University

YALE SUMMER ACADEMY

Sponsored by Yale University, the Yale Summer Academy is an immersive, innovative leadership program for high school students. This online program is designed to develop the next generation's leaders, top thinkers, and change-makers.



SUMMER PROGRAM IN PEDIATRIC MEDICINE

Designed for rising high school juniors and seniors, this online program is ideal for students interested in careers in the pediatric healthcare field.



BOLD ENRICHMENT

Variety is the spice of life, making our summer Enrichment Programs at Villanova University a favorite for students who want to try a few different things!

DATES & TUITION

Dates and tuition vary by program.

For more information call 610-581-0552 or visit boldsummers.com



Professional Sports Camps

POWERED BY



FOR ADULTS

PHILLIES PHANTASY CAMP

Men & Women, Age 30+

LIVE YOUR DREAM

JANUARY 18-22, 2023*

Phillies Fantasy Camp turns your baseball dreams into reality with a once-in-a-lifetime Major League experience. Grab your Phillies super fans and attend as a Player, GM or Phan. Participants will join a line-up of Phillies Legends for four days of games, events and unforgettable memories.

**Dates subject to change*



For more information call
610-520-3400 or visit
philliesfantasycamp.com

76ERS FANTASY CAMP

Men & Women, Ages 30+

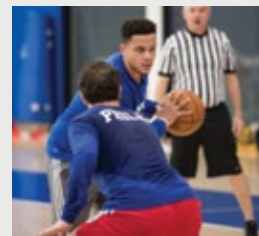
LIVE YOUR BASKETBALL FANTASY!

FEBRUARY 17-19, 2023*

76ers Fantasy Camp is a once-in-a-lifetime experience. Be a part of the Inaugural Team in the NBA's first and only Fantasy Camp.

Join 76ers Legends, Coaches & Hall of Famers and be a part of a unique opportunity to train, dribble and shoot like an NBA all-star at the 76ers Training Complex. Enjoy a weekend filled with world-class experiences and first-class accommodations. Get in the game as a Player, Fan or General Manager!

**Dates subject to change*



For more information
call 610-668-7676 or visit
76ersfantasycamps.com

Professional Sports Camps

POWERED BY



FOR BOYS & GIRLS



PHILLIES BASEBALL ACADEMY

Rising 1ST-9TH Grades

A UNIQUE BASEBALL EXPERIENCE

Phillies Baseball Academy is the premier baseball camp experience which provides top-notch instruction combined with weekly guest appearances and clinics with Phillies Legends. Our players learn from the very best! Our staff possesses exceptional coaching skills and a commitment to the development of each and every player. Through limited enrollment and a low camper-to-staff ratio, each player receives the individual attention they deserve. Our dynamic staff is dedicated and strives to make a positive difference in the lives of children.

Weekly Sessions-Attend 1 or more!



JR. 76ERS CAMPS

Rising 1ST-11TH Grades

TAKE YOUR GAME TO THE NEXT LEVEL

Looking to improve your game? You don't have to look far. Join Jr. 76ers Camps where players of all skill levels learn the game from an experienced staff, along with present and past 76ers players and coaches, handpicked for their basketball knowledge and ability to work well with kids. All players learn the fundamentals of the game and how to communicate with their teammates while learning about the important character traits that make them a great leader.

Weekly Sessions-Attend 1 or more!

Day and Residential Programs Available



ARSENAL FOOTBALL DEVELOPMENT USA SUMMER CAMPS

Rising 1ST-9TH Grades

OFFICIAL SUMMER CAMPS OF ARSENAL FOOTBALL DEVELOPMENT

Arsenal Football Development USA Soccer Camps provide players of all skill levels an opportunity to learn the game while experiencing the methods established by the professional academy in the United Kingdom. Under the direction of coaches directly from Arsenal Football Development Staff, this is your opportunity to learn from the best in a relaxed and fun environment, open to players of all skill levels. Our award-winning programs develop soccer and life skills, while providing an understanding of the game that allows for success on and off the field.

Weekly Sessions-Attend 1 or more!



For more information call 610-520-3400
or visit philliesacademy.com



For more information call 610-668-7676
or visit jr76erscamps.com



For more information call 610-581-7600
or visit arsenalsoccercampsusa.com

Enroll with Confidence!



SAFETY

Successfully returned to in-person operations in Summer 2021. Discover what makes us the safest camp in America!



A STAFF LIKE NO OTHER

Our experienced, diverse and dynamic team of adults is committed to the safety and well-being of your camper.



AWARD-WINNING PROGRAMS

Our most popular programs are back for every age and interest. Check out our NEW programs that are current, relevant and super fun!



WORLD CLASS CAMPUSES

Acres of beautiful summer amenities, indoors and out. A field for every sport. A facility for all activities, exclusively for your camper.



LIMITED ENROLLMENT

Enrollment capacities will be limited for Summer 2022. Registration is accepted on a first-come, first-served basis.



CUSTOMIZE YOUR SUMMER

Our Camp Specialists are ready to create a summer experience that is specific to your child's interests.

Ways To Save!



SIBLING DISCOUNT

- Register one child for camp and save an **EXTRA 5%** for each additional sibling.
**Discount applies to the lesser tuition(s)*



MULTI-WEEK SAVINGS

- Enroll for 3-5 weeks to get an **EXTRA 3%** savings per child
- Enroll for 6 or more weeks to get an **EXTRA 6%** savings per child.



REFER A FRIEND

***BACK BY POPULAR DEMAND!**

- Receive **\$100 OFF 2023 Camp Tuition** for each new camp family you refer that enrolls.



INDEPENDENCE DAY SAVINGS

- Receive a reduced rate when you enroll the week of July 5-8, 2022. There is no camp on Monday, July 4th.



TAX BENEFIT PLANS & DEPENDENT CARE CREDITS

- You can also use your employer-sponsored tax benefit plans and Federal Child and Dependent Care Credits when your children attend ESF Summer Camps.

For more Information



For general camp information, how to enroll, and extended day pricing, go to: **esfcamps.com/montgomery**

Our Camp Specialists are ready to customize your child's summer schedule.



GIVE US A CALL AT **610-827-1800**



EMAIL US AT: **INFO@ESFCAMPS.COM**

CAMP LOCATION

Montgomery School
1141 Kimberton Road (Route 113)
Chester Springs, PA 19425

Secure your spot early to avoid the waitlist! Enrollment is limited. Registrations are accepted on a first-come, first-served basis.





ESF Summer Camps
Winter Headquarters
750 East Haverford Road
Bryn Mawr, PA 19010

FRIENDS HAPPEN HERE!

ENROLL ONLINE TODAY AT [ESFCAMPS.COM/MONTGOMERY](https://esfcamps.com/montgomery) • QUESTIONS? 610-827-1800
SPOTS ARE LIMITED FOR SUMMER 2022. AVOID THE WAITLIST.

**HAPPY CAMPERS
GUARANTEED!**

THE **PREMIER CAMP EXPERIENCE** FOR **VALUABLE LIFE LESSONS!**

ESF is a **HAPPY PLACE** where, since 1982, every child is free to explore their curiosity and power their potential. We guarantee that a summer at ESF will have a lasting impact on a camper's happiness, growth and development.

We believe building character muscles is similar to building physical muscles. We thread opportunities throughout the camp day to strengthen these muscles, thereby making character development a key differentiator of an ESF Experience. As a result, ESF campers become stronger, healthier and more resilient. We build upon family values and continue to shape the "Character Muscles" of our campers through our 8 ESF Virtues:

- | | |
|-------------------|--------------|
| • GRATITUDE | • KINDNESS |
| • RESPECT | • RESILIENCY |
| • TRUSTWORTHINESS | • COMMUNITY |
| • EFFORT | • POSITIVITY |

