



Celebrating 12 2009-2020
Summers
IN THE BETHESDA COMMUNITY

A Summer Like No Other!

AT THE ACADEMY OF THE HOLY CROSS • KENSINGTON, MD
JUNE 15 - AUGUST 14, 2020 | 6 CAMPS | 1-9 WEEKS
FOR BOYS & GIRLS, AGES 3-14



CAMP
CROSSING

RESERVED
PARKING

Admission
Visitors

- 4:00 PM

Bring a Spark to Your Child's Summer

Dear ESF Camp Families,

Cultivate your child's interests with a summer experience that speaks to them. Nationally recognized as The Aspen Institute's 2019 Project Play Champion, ESF Summer Camps is a place where every child is free to explore their curiosity and power their potential. Through best-in-class curriculum, boys and girls, ages 3-14, ignite their interests and prepare for bright futures in any field—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 to build character, inspire gratitude and spark friendships.

Our exciting 2020 program line-up includes 60+ award-winning activities, uniquely designed to encourage exploration and personal growth. We provide the tools to promote creativity, develop leadership skills, build confidence and improve athletic ability. An ESF Summer will have a lasting impact on each and every camper's growth and development!

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'll see you soon for... *A Summer Like No Other!*

Sincerely,



MICHAEL J. ROUSE

Executive Director & Co-Founder

(Proud Dad of Campers Finn, Shane and Brody)



The Gold Standard

ESF is a HAPPY PLACE.

With a tradition of excellence since 1982 and a team of year-round professionals committed to your child's success, it's easy to see "The ESF Difference."

We guarantee that a summer at ESF will have a lasting impact on a camper's happiness, growth and development through our experienced adult staff, relevant programs, unparalleled curriculum, world-class campuses, character and life skills, and unwavering commitment to safety.

No Other Camp Comes Close.





**NEW FOR 2020!
30' X 65' OUTDOOR
SWIMMING POOL!**



The Ultimate Summer Playground

The perfect setting to learn and grow.

Our new camp home is located at The Academy of The Holy Cross (just steps away from Rockville Pike & Bethesda). Its beautiful 28-acre campus offers exclusive access to inspiring learning spaces and state-of-the-art facilities for our campers, families and team. The welcoming camp setting provides a safe, fun and comfortable environment while offering exceptional, authentic camp experiences and evoking lasting, treasured memories.

This summer, we're excited to announce that our campers will enjoy an outdoor, state-of-the-art, above ground pool with 1,000 square feet of additional space for instructional and recreational swimming. *Specifications include - Dimensions: 30 ft x 65 ft; Depth: 4 ft; fencing with privacy screening; full perimeter deck.*

Additional campus facilities are complete with air conditioned, child-friendly classrooms, arts & crafts studios, science labs, technology labs, theater & stage, music rooms, multi-purpose rooms, a dance studio, multiple turf & grass athletic fields, gymnasium, cafeteria, and camper village.

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





Happy CAMPER

Happy CAMPER



Grow Up with ESF

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. So every camp, at every age, promises something new. Because one size does not fit all!

Check out the 2020 Camp Line-Up by Grade Level on pages 10 & 11.

More than 60+ activities for every age and interest!

The Premier Collection for Boys and Girls



MINI CAMP: A DIVISION OF DAY CAMP

Rising Preschool

A FUN-FILLED, FIRST CAMP EXPERIENCE!

A fun-filled, first camp experience for our youngest campers. Enjoy daily swim instruction, musical adventures, science & nature, crafts, water play, sports, theme days and more! **See pg. 13**



DAY CAMP

Rising Preschool — 2ND Grades

WAY MORE THAN A TYPICAL DAY CAMP!

Includes daily swim instruction and exciting hands-on activities, which include art, sports, science, drama, special events, theme days, time-honored traditions and more! **See pg. 13**



SPECIALTY MAJOR CAMPS

Rising K — 9TH Grades

CHOOSE A MAJOR. BEGIN A JOURNEY.

Dive into your passions with one of our Specialty Major Camps for varied grades and interests including science, engineering, cooking, visual & performing arts and more. **See pg. 25**



TECHNOLOGY CAMPS

Rising K — 7TH Grades

TECHNOLOGY + DESIGN + CODE

Choose from a variety of technology camps for a hands-on experience that allows for skill development, exploration and fun! **See pg. 25**

Camps Overview

Campers grouped by rising grade level in each of the individual camps.



 **SPORTSLAB** Rising 1ST — 9TH Grades
POWERED BY  UNDER ARMOUR

WHERE SPORTS AND CHARACTER INTERSECT

SportsLab, powered by Under Armour, 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. **See pg. 17**



 **SENIOR CAMP**
Rising 3RD — 9TH Grades

EXPERIENCES THEY'LL NEVER OUTGROW

Reach new heights through innovative True Life Adventures designed to broaden the horizons for our oldest campers. Enjoy fun, award-winning activities including: Weekly True Life Adventures along with swimming, art, sports, team initiatives, service learning, leadership skills, and much more! **See pg. 21**



 **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. 29**



 **EXTEND YOUR DAY**
Rising Preschool — 9TH Grades

THE FUN AND LEARNING CONTINUES!

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



2020 CAMP LINE-UP BY GRADE LEVEL

LEGEND

- Day Camp: Mini Camp Division
- Day Camp
- SportsLab
- Senior Camp
- Tennis Camp
- Specialty Camp
- Technology Camps

No Camp on Friday, July 3rd

	WEEK 1 June 15-19 Day Camp: Mini Camp Division	WEEK 2 June 22-26 Day Camp: Mini Camp Division	WEEK 3 June 29-July 2* Day Camp: Mini Camp Division	WEEK 4 July 6-10 Day Camp: Mini Camp Division	WEEK 5 July 13-17 Day Camp: Mini Camp Division Show Week	WEEK 6 July 20-24 Day Camp: Mini Camp Division	WEEK 7 July 27-31 Day Camp: Mini Camp Division Ultimate Games	WEEK 8 August 3-7 Day Camp: Mini Camp Division	WEEK 9 August 10-14 Day Camp: Mini Camp Division
PREK	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp Show Week	Day Camp	Day Camp Ultimate Games	Day Camp	Day Camp
K KINDER- GARTEN OPTIONS	Day Camp	Day Camp	Day Camp	Junior Robotics Journey	First Steps Makerspace	Junior Robotics Journey	First Steps Makerspace	Lego® Engineering: Batman Gotham Gadgets	The Franklin Institute: Goey, Goey, Kablooey
	Day Camp	Day Camp	Day Camp	Superhero Lego® Engineering	Lego® Engineering: Batman Gotham Gadgets	Day Camp	The Franklin Institute: Science Detectives	Day Camp	Day Camp
	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp Show Week	Day Camp	Day Camp Ultimate Games	Day Camp	Day Camp
1ST RISING 1 ST GRADE OPTIONS	SportsLab	SportsLab	SportsLab	SportsLab World League Games	SportsLab Iron Camper Week	SportsLab World League Games	SportsLab Ultimate Games	SportsLab	SportsLab
	Day Camp	Day Camp	Day Camp	Junior Robotics Journey	First Steps Makerspace	Junior Robotics Journey	First Steps Makerspace	Lego® Engineering: Batman Gotham Gadgets	The Franklin Institute: Goey, Goey, Kablooey
	Day Camp	Day Camp	Day Camp	Superhero Lego® Engineering	Lego® Engineering: Batman Gotham Gadgets Junior Art Studio: Magical Museum Mystery Tour	Day Camp	The Franklin Institute: Science Detectives	Junior Art Studio: Travel the World	Day Camp
2ND RISING 2 ND GRADE OPTIONS	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp Show Week	Day Camp	Day Camp Ultimate Games 7:30 Evening Event: Sleepover	Day Camp	Day Camp
	SportsLab	SportsLab	SportsLab	SportsLab World League Games	SportsLab Iron Camper Week	SportsLab World League Games	SportsLab Ultimate Games	SportsLab	SportsLab
	Future Tech with littleBits* Senior Camp TLA: RockWall Take the Challenge	Ultimate 3D Gaming Camp: Minecraft® and Roblox® Scratch 3.0 - Build Your Own 2D Arcade Games Lego® Engineering: Bash'em Bots Junior Art Studio: Travel the World	Scratch 3.0 - Build Your Own 2D Arcade Games The Franklin Institute: Who Dunnit? The Franklin Institute: Mess Fest	Scratch 3.0: Build your own 2D Arcade Games The Franklin Institute: Who Dunnit? The Franklin Institute: Mess Fest	Scratch 3.0: Build your own 2D Arcade Games Senior Camp TLA: Carnival, Circus & Magic Senior Camp Showdown Week	Interactive Adventures with Makey Makey® The Franklin Institute: Space Explorers	Junior RoboBuilder The Franklin Institute: Space Explorers	Junior RoboBuilder Lego® Engineering: Junk Yard Challenges	Ultimate 3D Gaming Camp: Minecraft® and Roblox® Cupcake Wars
3RD RISING 3 RD GRADE OPTIONS	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp Show Week	Day Camp	Day Camp Ultimate Games	Day Camp	Day Camp
	SportsLab	SportsLab	SportsLab	SportsLab World League Games	SportsLab Iron Camper Week	SportsLab World League Games	SportsLab Ultimate Games	SportsLab	SportsLab
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WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
June 15-19	June 22-26	June 29-July 2	July 6-10	July 13-17	July 20-24	July 27-31	August 3-7	August 10-14
<p>4TH RISING 4TH GRADE OPTIONS</p> <p>Senior Camp TLA: RockWall Take the Challenge</p> <p>SportsLab</p> <p>Future Tech with littleBits*</p>	<p>Senior Camp TLA: Found Sound Bucket Band 6/25 The Great American Picnic</p> <p>SportsLab</p> <p>Ultimate 3D Gaming Camp: Minecraft* and Roblox*</p> <p>Scratch 3.0 - Build Your Own 2D Arcade Games</p> <p>Lego* Engineering: Bash'em Bots</p> <p>Engineering Rockets: The Physics of Flight</p> <p>Chess Wizards</p>	<p>Senior Camp TLA: Emojii Art-Digital Graphics</p> <p>SportsLab</p> <p>Scratch 3.0: Build your own 2D Arcade Games</p> <p>Flight School: Drone Expeditions</p> <p>The Franklin Institute: Who DummIt?</p> <p>The Great American Picnic: A Cooking Camp for Young Chefs</p> <p>The Franklin Institute: Mess Fest</p>	<p>Senior Camp TLA: Carnival, Circus & Magic</p> <p>SportsLab World League Games</p> <p>Scratch 3.0: Build your own 2D Arcade Games</p> <p>Flight School: Drone Expeditions</p> <p>The Franklin Institute: Who DummIt?</p> <p>The Great American Picnic: A Cooking Camp for Young Chefs</p> <p>The Franklin Institute: Mess Fest</p>	<p>Senior Camp TLA: Aerodynamics</p> <p>SportsLab Iron Camper Week</p> <p>Junior RoboBuilder</p> <p>The Franklin Institute: Mess Fest</p> <p>Kids Cook Off: A Culinary Adventure for Young Chefs</p> <p>Senior Camp TLA: Aerodynamics</p> <p>Senior Camp Showdown Week</p> <p>Microbit in Space</p> <p>Kids Cook Off: A Culinary Adventure for Young Chefs</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Super Cool Science</p> <p>Kids Cook Off: A Culinary Adventure for Young Chefs</p>	<p>Senior Camp TLA: Geocaching</p> <p>SportsLab World League Games</p> <p>Roblox* Game Design</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Super Cool Science</p> <p>Kids Cook Off: A Culinary Adventure for Young Chefs</p>	<p>Senior Camp TLA: Filmmaking with iMovie Ultimate Games</p> <p>SportsLab Ultimate Games</p> <p>Junior RoboBuilder</p> <p>Lego* Engineering: Junk Yard Challenges</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Soap Box Derby: Race of Champions</p> <p>The Great American Picnic: A Cooking Camp for Young Chefs</p>	<p>Senior Camp TLA: Gourmet Camper-A Culinary Tri-Feats</p> <p>SportsLab</p> <p>Ultimate 3D Gaming Camp: Minecraft* and Roblox*</p> <p>Chess Wizards</p>	<p>Senior Camp TLA: SportsStacking w/ Speedstacks</p> <p>SportsLab</p> <p>Ultimate 3D Gaming Camp: Minecraft* and Roblox*</p> <p>Cupcake Wars</p>
<p>5TH RISING 5TH GRADE OPTIONS</p> <p>Senior Camp TLA: RockWall Take the Challenge</p> <p>SportsLab</p> <p>Roblox* Game Design</p>	<p>Senior Camp TLA: Found Sound Bucket Band 6/25 The Great American Picnic</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p> <p>Engineering Rockets: The Physics of Flight</p> <p>Chess Wizards</p>	<p>Senior Camp TLA: Emojii Art-Digital Graphics</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p> <p>The Great American Picnic: A Cooking Camp for Young Chefs</p>	<p>Senior Camp TLA: Carnival, Circus & Magic</p> <p>SportsLab World League Games</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p> <p>The Great American Picnic: A Cooking Camp for Young Chefs</p>	<p>Senior Camp TLA: Aerodynamics</p> <p>SportsLab Iron Camper Week</p> <p>Microbit in Space</p> <p>Kids Cook Off: A Culinary Adventure for Young Chefs</p> <p>Senior Camp TLA: Aerodynamics</p> <p>Senior Camp Showdown Week</p> <p>Powering NextGen Girls: Entrepreneurship & Leadership</p> <p>Super Cool Science</p>	<p>Senior Camp TLA: Geocaching</p> <p>SportsLab World League Games</p> <p>Roblox* Game Design</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Super Cool Science</p> <p>Kids Cook Off: A Culinary Adventure for Young Chefs</p>	<p>Senior Camp TLA: Filmmaking with iMovie Ultimate Games</p> <p>SportsLab Ultimate Games</p> <p>Movie Maker: Filming and Video Production</p> <p>Soap Box Derby: Race of Champions</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>The Great American Picnic: A Cooking Camp for Young Chefs</p>	<p>Senior Camp TLA: Gourmet Camper-A Culinary Tri-Feats</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>Chess Wizards</p> <p>CSI Forensics</p>	<p>Senior Camp TLA: SportsStacking w/ Speedstacks</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>Chess Wizards</p> <p>CSI Forensics</p>
<p>6TH RISING 6TH GRADE OPTIONS</p> <p>Senior Camp TLA: RockWall Take the Challenge</p> <p>SportsLab</p> <p>Roblox* Game Design</p>	<p>Senior Camp TLA: Found Sound Bucket Band 6/25 The Great American Picnic</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p> <p>Engineering Rockets: The Physics of Flight</p> <p>Chess Wizards</p>	<p>Senior Camp TLA: Emojii Art-Digital Graphics</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Carnival, Circus & Magic</p> <p>SportsLab World League Games</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Aerodynamics</p> <p>SportsLab Iron Camper Week</p> <p>Microbit in Space</p> <p>Powering NextGen Girls: Entrepreneurship & Leadership</p>	<p>Senior Camp TLA: Geocaching</p> <p>SportsLab World League Games</p> <p>Roblox* Game Design</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Super Cool Science</p>	<p>Senior Camp TLA: Filmmaking with iMovie Ultimate Games</p> <p>SportsLab Ultimate Games</p> <p>Movie Maker: Filming and Video Production</p> <p>Soap Box Derby: Race of Champions</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p>	<p>Senior Camp TLA: Gourmet Camper-A Culinary Tri-Feats</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>	<p>Senior Camp TLA: SportsStacking w/ Speedstacks</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>
<p>7TH RISING 7TH GRADE OPTIONS</p> <p>Senior Camp TLA: RockWall Take the Challenge</p> <p>SportsLab</p> <p>Roblox* Game Design</p>	<p>Senior Camp TLA: Found Sound Bucket Band</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p>	<p>Senior Camp TLA: Emojii Art-Digital Graphics</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Carnival, Circus & Magic</p> <p>SportsLab World League Games</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Aerodynamics</p> <p>SportsLab Iron Camper Week</p> <p>Microbit in Space</p> <p>Powering NextGen Girls: Entrepreneurship & Leadership</p>	<p>Senior Camp TLA: Geocaching</p> <p>SportsLab World League Games</p> <p>Roblox* Game Design</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Super Cool Science</p>	<p>Senior Camp TLA: Filmmaking with iMovie Ultimate Games</p> <p>SportsLab Ultimate Games</p> <p>Movie Maker: Filming and Video Production</p> <p>Soap Box Derby: Race of Champions</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p>	<p>Senior Camp TLA: Gourmet Camper-A Culinary Tri-Feats</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>	<p>Senior Camp TLA: SportsStacking w/ Speedstacks</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>
<p>8TH RISING 8TH GRADE OPTIONS</p> <p>Senior Camp TLA: RockWall Take the Challenge</p> <p>SportsLab</p> <p>Roblox* Game Design</p>	<p>Senior Camp TLA: Found Sound Bucket Band</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p>	<p>Senior Camp TLA: Emojii Art-Digital Graphics</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Carnival, Circus & Magic</p> <p>SportsLab World League Games</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Aerodynamics</p> <p>SportsLab Iron Camper Week</p> <p>Microbit in Space</p> <p>Powering NextGen Girls: Entrepreneurship & Leadership</p>	<p>Senior Camp TLA: Geocaching</p> <p>SportsLab World League Games</p> <p>Roblox* Game Design</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Super Cool Science</p>	<p>Senior Camp TLA: Filmmaking with iMovie Ultimate Games</p> <p>SportsLab Ultimate Games</p> <p>Movie Maker: Filming and Video Production</p> <p>Soap Box Derby: Race of Champions</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p>	<p>Senior Camp TLA: Gourmet Camper-A Culinary Tri-Feats</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>	<p>Senior Camp TLA: SportsStacking w/ Speedstacks</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>
<p>9TH RISING 9TH GRADE OPTIONS</p> <p>Senior Camp TLA: RockWall Take the Challenge</p> <p>SportsLab</p> <p>Roblox* Game Design</p>	<p>Senior Camp TLA: Found Sound Bucket Band</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p>	<p>Senior Camp TLA: Emojii Art-Digital Graphics</p> <p>SportsLab</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Carnival, Circus & Magic</p> <p>SportsLab World League Games</p> <p>3D Design in TinkerCad</p> <p>Flight School: Drone Expeditions</p>	<p>Senior Camp TLA: Aerodynamics</p> <p>SportsLab Iron Camper Week</p> <p>Microbit in Space</p> <p>Powering NextGen Girls: Entrepreneurship & Leadership</p>	<p>Senior Camp TLA: Geocaching</p> <p>SportsLab World League Games</p> <p>Roblox* Game Design</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p> <p>Super Cool Science</p>	<p>Senior Camp TLA: Filmmaking with iMovie Ultimate Games</p> <p>SportsLab Ultimate Games</p> <p>Movie Maker: Filming and Video Production</p> <p>Soap Box Derby: Race of Champions</p> <p>ESF Summer Stage: Theater & Performing Arts (2 Wk Camp)</p>	<p>Senior Camp TLA: Gourmet Camper-A Culinary Tri-Feats</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>	<p>Senior Camp TLA: SportsStacking w/ Speedstacks</p> <p>SportsLab</p> <p>Robotic Team Sports with VEX</p> <p>Virtual Reality with CoSpaces: Design your own VR World</p> <p>CSI Forensics</p>





Swimmer? Artist? Athlete?
Have We Got A Camp For You!

DAY CAMP Rising Preschool — 2ND Grades

A camper's 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 one of our three Day Camp Divisions; each with a wide array of exciting, age-appropriate programs and activities.

This is way more than just a day at camp!

Explore Day Camp



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.

- DROP-OFF**
- Morning Assembly
BUNK CHALLENGES
- Activity 1
SWIM INSTRUCTION
- Activity 2
SCIENCE, ECOLOGY & NATURE
- SNACK**
- Activity 3
ARTS AND CRAFTS
- Activity 4
SPORTS
- LUNCH**
- Activity 5
IMAGINATION PLAYGROUND
- Activity 6
SPECIAL EVENTS & TEAM BUILDING
- Activity 7
PLAYZONE (PREK & K) & WEEKLY SPECIALS (1ST & 2ND)
- AFTERNOON ASSEMBLY & FRIDAY ROUND UP**

Daily schedules are subject to change.

WEEKLY SPECIALS (1st - 2nd Grades):

- Innovation Lab: Adventures in STEM
- Fencing
- Camping 101 **NEW for 2020!**
- Gaga
- Martial Arts
- Archery
- Just Try It Day (2nd Grade Bunks).

TRADITIONS:

- **Sleep Under Pajama Party**
Rising 2nd Grade Bunks | Thurs., July 30th, 5pm-8pm
- **Ultimate ESF Games: Green vs. Blue** | Week of July 27-31

AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm | 2-9 Week Options

June 15-August 14, 2020 | No camp on Friday, July 3rd

EXTEND YOUR CAMP DAY!

- 1) **Club OT:** Daily from 7:30AM to 6:30PM
- 2) **After-Camp Enrichment:** Private lessons in swimming, sports and tutoring

WEEKLY TUITION

MINI CAMP

AM (9AM - 1PM).....\$465/wk
 Full Day (9AM - 3PM).....\$515/wk

DAY CAMP

Full Day (9AM - 3PM).....\$515/wk

CAMP DIVISIONS



MINI CAMP: A DIVISION OF DAY CAMP Rising Preschool

Preschoolers explore their world through hands-on learning activities. They are curious, active, eager and excited to discover something new each and every day. The Mini Camp Division provides our youngest, bubbliest campers with opportunities for daily swim instruction, running, jumping, climbing, singing, dancing, and so much more! **Campers must be 3 years-old by June 1, 2020 and be potty trained in order to attend camp. AM & Full day options available.**

HIGHLIGHTS



INSTRUCTIONAL SWIMMING

With daily instructional swimming, campers receive an initial skill assessment and then progress at their own pace. Progress reports are sent home weekly.

For more information on ESF's Aquatics program, go to: esfcamps.com/bethesda/esfs-aquatics-program/



LOWER CAMP DIVISION

Rising PreK & K

Rising PreK and Kindergarten campers love to be busy! The Lower Camp Division provides them with opportunities for developing fundamental skills, making new friends and experiencing the world through hands-on activities. Uniquely designed programming helps our young campers thrive while discovering, exploring, playing and growing.

Campers are grouped in Bunks by rising grade level.



UPPER CAMP DIVISION

Rising 1ST & 2ND Grades

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, the Upper Camp Division adds many new traditions and specialized, age-appropriate activities to campers' schedules.

Campers are grouped in Bunks by rising grade level.



DAY CAMP SHOW

Friday, July 17TH

Possibilities: An Olympic Journey, from Plank Road Publishing; by Teresa Jennings. Friends and family will be invited to attend.



FAVORITE TRADITION: SPIRIT STICK

Campers Start the day off with a cheer and a challenge. During morning assembly, the Bunk that shows the most teamwork, participation and spirit wins the Spirit Stick for the day.





POWERED BY



Where Sports and Character Intersect

SPORTSLAB Rising 1ST - 9TH Grades

SportsLab is ESF Sports Camp re-imagined! With a multi-sport focus, campers will enjoy skills contests, game play, 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 on Teams according to their rising grade level. As they grow each year, they progress through one of our four SportsLab Conferences.
















Learn more, Play more, Be more!

Explore SportsLab



SAMPLE DAILY SCHEDULE

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

-  **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

Daily schedules are subject to change.

EVERY WEEK

- Tournaments
- Sport Specific Skills Competitions
- Leadership Training
- Championship Fridays

SPECIAL EVENTS & HIGHLIGHTS

- Master Coach Appearances & Demonstrations
- Official Under Armour Tee for each Camper
- **World League Championship Series** | Weeks of July 6-10 & July 20-24
- **SportsLab Iron Camper Events** | Week of July 13-17
- **Ultimate ESF Games: Green vs. Blue** | Week of July 27-31

AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm | 2-9 Week Options
June 15-August 14, 2020 | No camp on Friday, July 3rd

TWO WAYS TO EXTEND YOUR CAMP DAY!

- 1) **Club OT:** Daily from 7:30AM to 6:30PM
- 2) **After-Camp Enrichment:** Private lessons in swimming, sports and tutoring

WEEKLY TUITION

SportsLab.....\$515/wk

FEATURES



CORE SPORTS

Basketball, Baseball*, Soccer, Flag Football, Lacrosse

CHOICE SPORTS

Daily Swimming, European Team Handball, Floor/Street Hockey

*Equipment: Baseball glove required. We supply the rest.

TRADITIONS



SPORTSLAB IRON CAMPER WEEK

Week of July 13 - 17

This fun and exciting, action-packed week includes daily team events in the areas of strength, fitness, and endurance. Events include: Extreme Rush Great Inflatable, SportsLab Obstacle Course, SportsLab Fitness Challenge, and more.



SWIMMING

Rising 1st-3rd Grades: Instructional Swimming is offered daily.

Rising 4th-9th Grades: Recreational Swimming is offered daily as part of our Choice Period. Additionally, optional swimming instruction is also offered 2 days per week, before camp at no extra charge.

For more information on ESF's Aquatics program, go to:
esfcamps.com/bethesda/esfs-aquatics-program/

CHARACTER DEVELOPMENT THROUGH SPORTS PERFORMANCE

Our coaches use the power of sports to enhance and reinforce successful character development traits. Our character-building curriculum has been expertly designed through the research and development of Dr. Jim Loehr, world-renowned performance psychologist, best-selling author and ESF subject matter expert.



WORLD LEAGUE CHAMPIONSHIP SERIES

Weeks of July 6-10 & July 20-24, (Grades 2+)

Travel and compete in this action-packed experience. Get in the game. Win or lose, you're sure to have a blast. Dates are subject to change.

FAVORITE TRADITION: WEEKLY AWARDS CEREMONY

In honor of outstanding achievements, both on and off the field, campers are recognized with awards in teamwork, hustle, sportsmanship, improvement and leadership.





Experiences They'll Never Outgrow

SENIOR CAMP Rising 3RD - 9TH Grades

With a day that begins with team challenges and ends with a dance party. Where we build a real-life carnival from the ground up and learn how to cook mouth-watering recipes. 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. As they grow each year, they progress through one of our two Senior Camp Divisions, each with a wide array of exciting, age-appropriate programs and activities.

True Life Adventures Start Here!

Explore Senior Camp



SAMPLE DAILY SCHEDULE

Activities and schedules rotate on a daily basis. Experience a new True Life Adventure each week.

DROP-OFF

Welcome

MORNING ASSEMBLY & ORACLE CHALLENGES

Activity 1
TRUE LIFE ADVENTURES

Activity 2
DIY STUDIO

SNACK

Activity 3
INSTRUCTIONAL SWIMMING (GRADES 3RD & 4TH)
RECREATIONAL SWIMMING (GRADES 5TH - 9TH)

Activity 4
SPORTS

LUNCH

Activity 5
TEAM BUILDING & LEADERSHIP DEVELOPMENT

Activity 6
SPECIAL WEEKLY ACTIVITIES

Activity 7
CHOICE

AFTERNOON ASSEMBLY

Daily schedules are subject to change.

WEEKLY SPECIALS

- Martial Arts
- Fencing
- Gaga
- Archery
- Leadership Development
- Club Choice
- Community Connections (Service Learning)
- Time-Honored Traditions
- Weekly Theme Days
- Special Events
- And More!

SPECIAL EVENTS

- **Senior Camp Showdown Events** | Week of July 13-17
- **Ultimate ESF Games: Green vs. Blue** | Week of July 27-31
- **The Great American Picnic** | Thurs, June 25th
3:45pm - 7:00pm | Rising 3rd-6th Grades only
- **Fiesta** | Thurs, July 9th | 3:45pm - 7:00pm |
Rising 7th-9th Grade only
- **Hawaiian Luau Pool Party** |
Thurs, July 23rd, 6:00pm - 8:00pm | Oldest Group only

AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm | 2-9 Week Options
June 15 - August 14, 2020 | *No camp on Friday, July 3rd*

TWO WAYS TO EXTEND YOUR CAMP DAY!

- 1) **Club OT:** Daily from 7:30am to 6:30pm
- 2) **After-Camp Enrichment:** Private lessons in swimming, sports and tutoring.

WEEKLY TUITION

Senior Camp.....\$535/wk

CAMP DIVISIONS



SENIOR CAMP DIVISIONS

Campers are grouped according to their rising grade level. There are two Senior Camp Divisions, each with a wide array of exciting, age-appropriate programs and activities. **Senior Division 1 (Rising 3rd-6th Grades)** and **Senior Division 2 (Rising 7th-9th Grades)**.

TRADITIONS



THE SENIOR CAMP SHOWDOWN

Week of July 13-17

A week-long competition, where strength, speed, critical thinking and teamwork combine! Events include an inflatable obstacle course, the Amazing Race, Trivia Face-off, Aqua Olympics and more!

FEATURES



THE APPRENTICE PROGRAM

Rising 7th - 9th Grades

Create life-long friendships while participating in Senior Camp traditions and TLA's, along with team building activities, leadership training, community service projects, mentoring opportunities, project-based learning, and more.

SWIMMING

Rising 3rd & 4th Grades: Instructional swimming is offered 4 days per week. Recreational swimming is offered 1 day per week on Friday.

Rising 5th-9th Grades: Recreational swimming is offered daily. Additionally, optional swimming instruction is also offered 2 days per week, before camp at no extra charge.

For more information on ESF's Aquatics program, go to: esfcamps.com/bethesda/esfs-aquatics-program/



TRUE LIFE ADVENTURES (TLA)

Broaden horizons and build life skills with a different adventure each week. ***For descriptions of the 2020 TLA's, go to pg 30**

FAVORITE TRADITION: THE ORACLE

Awarded daily to the group that demonstrates the most respect and kindness towards each other, as well as teamwork, effort and dedication at camp.

2020 True Life Adventures (TLA) Schedule

June 15-19	June 22-26	June 29-July 2*	July 6-10	July 13-17	July 20-24	July 27-31	August 3-7	August 10-14
Outdoor Adventure RockWall: Take the Challenge	Found Sound Bucket Band	Emoji Art-Digital Graphics	Carnival, Circus & Magic	Aerodynamics-Super Flying Machines	Geocaching: The Ultimate Treasure Hunt	Filmmaking with iMovie	Gourmet Camper: A Culinary Tri-fecta	Sportstacking w/ Speedstacks

***No camp on Friday, July 3rd**





Science. Technology. Engineering. The Arts.
Never a dull moment!

SPECIALTY MAJOR & TECHNOLOGY CAMPS Rising K – 9TH Grades

Think of it as a liberal arts degree in FUN. Plenty of different Majors and Technology Camps to choose from, each designed to provide real life, hands-on experiences to fulfill curiosities all summer long – a different experience each week.. There's even time for recreational games and socializing with friends each day.

Choose an Experience. Begin a Journey!

Explore Our Specialty Camps

CHOOSE YOUR PATH **SPECIALTY MAJOR CAMPS**

Rising K-9th Grades

Choose from a variety of exciting, new Majors to explore the depths of science, physics, engineering, the arts and innovation & design! With extreme experiments, crazy chemical reactions, engineering challenges, culinary adventures, and opportunities for artistic expression, campers will learn about the world around them in the most fun and memorable ways.

**For descriptions of the 2020 Specialty Major Camps, go to pages 30-32*

2020 SPECIALTY MAJOR CAMPS SCHEDULE

JUNE 22 - 26

Blast Off* | Grades K-1

**Offered in exclusive partnership with The Franklin Institute*

Chess Wizards | Grades 3-5

Engineering Rockets: The Physics of Flight | Grades 3-5

Junior Art Studio: Travel the World | Grades 1-3

Lego® Engineering: Bash'em Bots | Grades 2-4

JULY 6 - 10

Flight School: Drone Expeditions | Grades 4-7

The Great American Picnic: A Cooking Camp for Young Chefs | Grades 3-5

Mess Fest* | Grades 2-4

**Offered in exclusive partnership with The Franklin Institute*

Superhero Lego® Engineering | Grades K-1

Who Dunit?* | Grades 2-4

**Offered in exclusive partnership with The Franklin Institute*

JULY 13 - 17

Powering NextGen Girls: Entrepreneurship and Leadership Academy | Grades 6-9

Junior Art Studio: Magical Museum Mystery Tour | Grades 1-3

Kids Cook Off: A Culinary Adventure for Young Chefs | Grades 3-5

Lego® Engineering: Batman Gotham Gadgets | Grades K-1

Mess Fest* | Grades 2-4

**Offered in exclusive partnership with The Franklin Institute*

JULY 20 - 24

ESF Summer Stage: Theater and Performing Arts | Grades 4-6 | Wk 1 of 2

Kids Cook Off: A Culinary Adventure for Young Chefs | Grades 3-5

Space Explorers* | Grades 2-4

**Offered in exclusive partnership with The Franklin Institute*

Super Cool Science | Grades 3-6

JULY 27 - 31

ESF Summer Stage: Theater and Performing Arts | Grades 4-6 | Wk 2 of 2

Lego® Engineering: Junk Yard Challenges | Grades 2-4

Science Detectives* | Grades K-1

**Offered in exclusive partnership with The Franklin Institute*

Soap Box Derby: Race of Champions | Grades 4-6

The Great American Picnic: A Cooking Camp for Young Chefs | Grades 3-5

AUGUST 3 - 7

Chess Wizards | Grades 3-5

CSI Forensics | Grades 5-7

Junior Art Studio: Travel the World | Grades 1-3

Lego® Engineering: Batman Gotham Gadgets | Grades K-1

Ooey, Gooney, Kablooney* | Grades K-1

**Offered in exclusive partnership with The Franklin Institute*

AUGUST 10 - 14

Cupcake Wars | Grades 2-4

Ooey, Gooney, Kablooney* | Grades K-1

**Offered in exclusive partnership with The Franklin Institute*

For a sample daily schedule of Specialty Major Camps go to esfcamps.com/camps-experiences/

SWIMMING: SPECIALTY MAJOR & TECHNOLOGY CAMPS

Rising 2nd-7th Grades

Optional swimming instruction is available 2 days per week, before camp at no extra charge.

For more information on ESF's Aquatics program, go to esfcamps.com/bethesda/esfs-aquatics-program/



CHOOSE YOUR PATH **SCIENCE & ENGINEERING CAMPS**



CHOOSE YOUR PATH **CULINARY ARTS CAMPS**



CHOOSE YOUR PATH **VISUAL & PERFORMING ARTS**

Explore Our Technology Camps

TECHNOLOGY + DESIGN + CODE



Rising K-7th Grades

Choose from a variety of new, custom-designed, cutting-edge Tech Camps for a tech-savvy summer with hands-on experiences that allow for skill development, exploration and fun! Our curriculum is designed to teach the practical application of technology through computational and design thinking while solving real-world problems in their own unique way.

**For descriptions of the 2020 Technology Camps go to pages 32-33*

2020 TECHNOLOGY CAMPS SCHEDULE

JUNE 15 - 19

Future Tech with littleBits* | Grades 2-4
Roblox* Game Design | Grades 5-7

JUNE 22 - 26

3D Design in TinkerCad | Grades 5-7
Scratch* 3.0: Build Your Own 2D Arcade Games | Grades 2-4
Ultimate 3D Gaming Camp: Minecraft* and Roblox* | Grades 2-4

JULY 6 - 10

3D Design in TinkerCad | Grades 5-7
Junior Robotics Journey | Grades K-1
Scratch* 3.0: Build Your Own 2D Arcade Games | Grades 2-4

JULY 13 - 17

First Steps Makerspace | Grades K-1
Junior RoboBuilder | Grades 2-4
Micro:bit in Space | Grades 5-7

JULY 20 - 24

Interactive Adventures with Makey Makey* | Grades 2-4
Junior Robotics Journey | Grades K-1
Roblox* Game Design | Grades 5-7
Virtual Reality with CoSpaces: Design your own VR World | Grades 5-7

JULY 27 - 31


First Steps Makerspace | Grades K-1
Junior RoboBuilder | Grades 2-4
Movie Maker: Filming and Video Production | Grades 5-7

AUGUST 3 - 7

Robotic Team Sports with Vex | Grades 5-7
Ultimate 3D Gaming Camp: Minecraft* and Roblox* | Grades 2-4
Virtual Reality with CoSpaces: Design your own VR World | Grades 5-7

AUGUST 10 - 14

Ultimate 3D Gaming Camp: Minecraft* and Roblox* | Grades 2-4

Technology Camps Curriculum designed by 

For a sample daily schedule of Technology Camps go to esfcamps.com/camps-experiences/

AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm | 1-8 Week Options
 June 15-August 14, 2020 | *No camp on Friday, July 3rd*

EXTEND YOUR CAMP DAY!

- 1) **Club OT:** Daily from 7:30am to 6:30pm
- 2) **After-Camp Enrichment:** Private lessons in swimming, sports and tutoring

WEEKLY TUITION SPECIALTY MAJOR & TECHNOLOGY CAMPS

Specialty Major Camps.....\$550-\$650/wk
 Technology Camps.....\$550-\$650/wk



DIGITAL DESIGN CAMPS



ROBOTICS & ENGINEERING CAMPS



CODING CAMPS





AQUATICS PROGRAM

Rising PreSchool-9th Grades

Make a Splash At the Pool!

Our Aquatics Program is the finest around. We 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.



INSTRUCTION BY CAMP

Swimming is one of the most exciting parts of the camp day. Under the guidance and watchful eye of our American Red Cross certified lifeguards and instructors, campers develop life skills too valuable to measure while learning how to swim confidently in a safe and fun environment. We maintain a low staff to camper ratio. **For swimming details by camp, please go to the individual camp page in this brochure or visit us online at: esfcamps.com/bethesda/esfs-aquatics-program/**

SWIM TEAM TRAINING

Rising 2ND-9TH Grades

NEW FOR 2020!

Swim Team Training is offered from June 29 to August 5, 2020. Each camper's skill level is tested prior to participation. Campers must be enrolled in camp and entering ESF Skill Level 3 in order to participate. Camper participation is subject to the approval of the Aquatics Director and is based on skill level. Program includes intermediate and advanced instruction in strokes and turns (excludes racing dives due to pool depth).

Practice Schedule: Monday, Tuesday, Wednesday | 2:45pm-3:45pm. Spaces are limited.

AFTER CAMP PRIVATE SWIM INSTRUCTION

ESF also offers private swim instruction to campers who are interested in devoting more time to enhancing their skills. Available under the guidance and direction of our American Red Cross certified instructors and lifeguards. Lessons are designed to be compatible with individual camper needs and skill levels. To enroll, please indicate your preferred days/times using our online Supplemental Form or call the camp office when camp is open. Once camp is in session, we set up a schedule based on your preferred dates and instructor availability. Instructors may change daily.

HIGHLIGHTS

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



2020 Camp Dates & Descriptions



2020 SENIOR CAMP TRUE LIFE ADVENTURE SCHEDULE

Rockwall: Take the Challenge | June 15 - 19

Conquer a towering rockwall with challenges designed for each skill level, under the watchful eye of an experienced instructor. This journey will lead you down the road of self-discovery, as you participate in teambuilding initiatives, collaborative problem-solving activities and exercises designed to develop and enhance the leader in you!

Found Sound Bucket Band | June 22 - 26

Traditional, concert, and street styles of percussion meet for a fun-filled musical expression that will result in new compositions, creative insights into music-making and maybe even new dance forms. Play and write folk inspired drum 'beats' and learn important musical lessons such as internalization of tempos and improvisation while playing music together. Buckets and found instruments will add to a variety of timbres and ensembles, and aid in producing inventive rhythms. Friends and family are invited to attend "A Symphony of Found Sound" on the last day!

Emoji Art: Digital Graphics | June 29 - July 2*

Everyone loves emoji's - those cute and colorful symbols that communicate more than emotions! In this creative TLA, you will use digital graphics to layer Emojis of different sizes, colors and shapes to create self-portraits, landscapes, and creative works of art. At the end of the week, print out and mat your favorite creation made from these iconic symbols to display at ESF's Emoji Art Exhibition.

***Please note: Camp is closed Friday, July 3rd.**

Camp Carnival, Circus Skills and Magic | July 6 - 10

One of our most-anticipated traditions in Senior Camp, you will have the opportunity to design and build a Carnival from the ground up. Learn face painting techniques and how to create balloon animals. Become proficient in juggling, clowning and sleight of hand magic tricks. Finalize your Carnival booths and practice your performance skills in preparation for the exciting Main Event hosted for Day Campers on the last day!

Aerodynamics: Super Flying Machines | July 13 - 17

Take flight and join us for an exciting week that propels campers from ground zero to great heights! This aeronautical STEM TLA provides campers with hands-on experiences and insights into the physics of flight, force and motion. The fun is at an all-time high as they design, prototype, build and test their own flying structures and gliders!

Geocaching: The Ultimate Treasure Hunt | July 20 - 24

Welcome to a new kind of adventure! Join us for the ultimate treasure hunt and discover the exciting sport of Geocaching! After exploring the fundamentals of geocaching and mastering the use of handheld GPS devices, campers prepare for and embark on outdoor scavenger hunts throughout campus to find hidden "caches" or treasures.

Filmmaking with iMovie | July 27 - 31

Lights, Camera, Action! Go behind-the-scenes in this visual-arts inspired TLA, to learn the foundations of digital filmmaking. Whether in the role of director, writer, actor, editor, set or costume designer, you will work in teams to produce a short film using Apple iOS mobile devices and iMovie. At the end of the week, showcase your feature film at the culminating ESF Film Festival!

Gourmet Camper: A Culinary Tri-Fecta | August 3 - 7

Put on your apron, roll up your sleeves, and join us for a Culinary tri-fecta of breakfast, lunch, and dinner specialties - with a splash of appetizers and desserts on the side! With the guidance of our executive chef, create and enjoy palate-pleasing dishes. This

hands-on culinary experience will teach you about food preparation and kitchen safety, provide helpful hints for measuring, chopping, mixing, and garnishing, and help you discover the joy of cooking!

Sport Stacking with Speed Stacks | August 10 - 14

Welcome to ESF's Ultimate Sport Stacking TLA! Also known as cup stacking or speed stacking, this individual and team fitness sport combines hand-eye coordination, balance, concentration, quick reflexes, speed and power! Throughout the week, campers increase agility and skills through participation in cup stacking warm-ups, drills and exercises, as well as team and individual timed challenges! Campers will also enjoy outdoor, team building initiatives using large-scale jumbo cups including relays, doubles stacking and more! Friday culminates with The Great ESF Sport Stacking Tournament. How fast can you stack the cups?



2020 SPECIALTY MAJOR CAMPS SCHEDULE

Blast Off | Rising Grades K-1 | June 22-26

Offered in exclusive partnership



THE FRANKLIN INSTITUTE

3...2...1...BLAST OFF! Strap in for a dynamic week while exploring the far reaches of outer space as an astronaut. Learn about what it is like to live and work in outer space and come away with ideas that will reach to the moon and back again. Exciting hands-on activities include exploring the sun's energy, making constellations, investigating moon phases, creating craters, participating in a spacewalk relay and more!

Chess Wizards | Rising Grades 3-5 | June 22- 26 and/or August 3-7

Say yes to chess and join us for an immersive, one-week program where campers collaborate, gain confidence, improve chess skills, and meet new friends - all while working out their most powerful muscle...their brains! This interactive program, run in partnership with Chess Wizards,

a premier chess education company, engages campers both physically and mentally while teaching them to think logically, solve problems, win graciously, and learn from their mistakes. Appropriate for beginner to intermediate chess players, our chess pros make learning chess FUN! Our program includes instruction in tactics and strategy, as well as individual game play. Campers explore technical chess concepts through participation in fun group challenges, epic team chess games, fun and interactive tournaments and more. All campers receive a trophy, puzzle folder and wizard's t-shirt. Come join in the fun!

Cupcake Wars | Rising Grades 2-4 | August 10-14

Cupcakes are all the rage and it's a trend that's clearly here to stay! If you've ever been curious about how the pros make cupcakes that are unique and ornate, then this camp is for you! In this exciting baking adventure, led in partnership with Tiny Chefs, you'll spend three days learning about cupcake basics - measuring, mixing, baking, frosting and decorating. The week will culminate with two days of baking battles, as small teams face-off with one another to compete for the title of "Best Cupcake!" May the best cupcake win!

CSI: Forensics | Rising Grades 5-7 | August 3-7

Learn from expert CSI investigators about fingerprinting, forensic photography, casting, splatter analysis, ballistics and more. Unravel clues at an ESF "Mock" Crime Scene through collection and preservation of physical evidence, crime scene reconstruction, surveillance, detailed reports, and eyewitness interviews.

Engineering Rockets: The Physics of Flight | Rising Grades 3-5 | June 22-26

Explore the laws of motion and the physics of rocket flight including propulsion, lift, drag, velocity, and aerodynamics. Construct your very own air, water, and solid fuel propelled rockets and countdown to lift-off at The Great ESF Rocket Launch on the last day. Join us for an out of this world experience designed for future astronauts or rocket scientists.

ESF Summer Stage: Theater & Performing Arts | Rising Grades 4-6 Two-Week Camp: July 20-24 & July 27-31

*Campers must enroll for both weeks.

Explore the world of theater and performing arts! Open auditions start day one at the ESF Casting Call. Whether singer, dancer, or actor, showcase your unique talents and be cast in the role of your dreams. Discover the many facets of being on a theatrical team while exploring all aspects of dramatic and musical theater in preparation for a Theatrical Production on the last day. Family and friends are invited to attend this premier event.

Flight School: Drone Expeditions | Rising Grades 4-7 | July 6-10

Drones are changing the landscape of our everyday lives! In this camp you will explore the laws of physics! With a focus on the science, technology and engineering of flight, you will gain first-hand experience building and testing your own indoor, aerodynamic drones. All skill levels welcome. No prior experience necessary.

Junior Art Studio: Magical Museum Mystery Tour | Rising Grades 1-3 | July 13-17

Grab your passports and join us as we explore the greatest art collections from around the world! Our magical museum inspired tour takes campers on a journey of discovery, as they learn about famous historical and contemporary artists while exploring artistic movements including Surrealism, Pop Art, Abstract Expressionism and more. Junior Art Studio, in partnership with Abrakadoodle Art Education, fosters an ART-fully fun learning environment filled with color and creativity. During this exciting week, campers have the opportunity to unleash their imaginations and create art using an array of techniques and media, such as painting, sculpture, drawing, collage, watercolor, oil pastel and more. Each lesson is designed to spark imagination and creativity. Campers will create a number of 2D and 3D projects, participate in group activities and bring home masterpieces as unique as they are.

Junior Art Studio: Travel the World Rising Grades 1-3 | June 22-26 and/or August 3-7

Embark on a journey of discovery that will change the way you see the world! Drawing inspiration from vibrant world cultures, our adventures introduce campers

to historical and contemporary art forms from across the ages and around the globe. Junior Art Studio, in partnership with Abrakadoodle Art Education, fosters an ART-fully fun learning environment filled with color and creativity. During this exciting week, campers have the opportunity to unleash their imaginations and create art using an array of techniques and media, such as painting, sculpture, drawing, collage, watercolor, oil pastel and more. Each lesson is designed to spark imagination and creativity. Campers will create a number of 2D and 3D projects, participate in group activities and bring home masterpieces as unique as they are.

Kids Cook Off: A Culinary Adventure for Young Chefs | Rising Grades 3-5 | July 13-17 and/or July 20-24

Kid bakers and chefs have joined the ranks of elimination style cooking contests and we are getting in on the action! In this exciting culinary adventure, led in partnership with Tiny Chefs, collaboration, teamwork and competition combine to make this week an all-out food extravaganza! Separated into teams, campers try new ingredients, discover cooking techniques and use their imaginations to dream up inventive cooking ideas – all while creating unique recipes that will be judged by the instructors in a blind taste test with preset criteria. Will your team have the winning recipe?

Lego® Engineering: Bash'em Bots | Rising Grades 2-4 | June 22-26

Traverse challenging obstacles, battle against fellow bots, and take on colossal creations in the competition arena during this epic Lego® adventure. Campers work together to customize their chassis to become a Minerbot, a Juggernaut, or an Iron Elephant. After applying real-world engineering and physics concepts their Bots bash and crash their way to victory.

Lego® Engineering: Batman Gotham Gadgets | Rising Grades K-1 | July 13-17 and/or August 3-7

Campers take on Gotham's villains by designing and building Batman's favorite crime-fighting machines! The excitement is at an all-time high, as they build the Bat Tumbler, craft a Batwing, and design their very own Batcave, all out of LEGO® materials. This exciting week culminates as campers use their projects to help save the city. Be the super-

hero or super-heroine Gotham needs while learning how the world works through STEM concepts!

Lego® Engineering: Junkyard Challenges | Rising Grades 2-4 | July 27-31

Through the use of massive LEGO® "junkyard" elements, campers apply real world STEM concepts to design innovative solutions to customized challenges. Fun-filled initiatives task campers to problem solve and engineer unique design solutions to complex situations including launching a container over shark infested waters, rescuing an explorer stranded in the mountains, designing a car that drives upside down and more.

Mess Fest | Rising Grades 2-4 | July 6-10 and/or July 13-17

Offered in exclusive partnership



This week is all about the science of "mess" and we'll be making our biggest messes ever! Get ready to mix, pour and slime your way through some awesome chemistry and biology experiments. Go ahead; you can get as messy as you want!

Powering NextGen Girls: Entrepreneurship and Leadership Academy | Rising Grades 6-9 | July 13-17

Create your own business or non-profit in just 5 days! In partnership with Girls With Impact, young women will learn how to become the business leaders of tomorrow in this action-packed, confidence-boosting entrepreneurship academy. This "Junior MBA," designed to empower girls, will teach young entrepreneurs how to identify a problem, create a business solution, promote it, finance it and pitch it. Through design thinking, teamwork and collaboration, they'll turn their passion or hobby into a prototype and business plan. At the end of the week, girls will pitch their venture ideas at a graduation event. Whether they're destined to become a scientist, an engineer, a world leader, or CEO, our young leaders will walk away with invaluable skills, giving them a huge leg-up for the future, a certificate of completion and a real business plan they can continue to develop.

Ooey, Gooley, Kablooley | Rising Grades K-1 | August 3-7 and/or August 10-14

Offered in exclusive partnership



For our youngest campers, The Franklin Institute has created the coolest, hands-on experiments designed just for early learners. Campers will test different mixtures to make the perfect batches of ooey and gooley creations, investigate how materials react to the world around them, and take part in some safe, explosively cool science. If you've ever wanted to be a scientist, this is the camp for you!

Science Detectives | Rising Grades K-1 | July 27-31

Offered in exclusive partnership



Use the power of your senses to uncover the secrets of the world around you. Solve a daily mini-mystery by seeing the unseen, listening to sounds all around, sniffing out clues, and detecting through touch and texture. Then put the pieces together to solve the puzzle of the week's final mystery!

Soap Box Derby: Race of Champions | Rising Grades 4-6 | July 27-31

Experience the thrill of the Soap Box Derby! Throughout this exciting week, in partnership with The Soap Box Derby Organization, campers participate in a variety of fun-filled, hands-on STEM projects including constructing their very own, Mini Soap Box Derby cars. After learning the engineering design process, campers will test, analyze data and fine-tune their scale model cars, in preparation for a Mini Soap Box Derby race held on a uniquely designed mini race track. The week's activities all lead up to Friday festivities where campers prime and race full-sized Soap Box Derby cars for a chance at the winner's circle. Race Day activities kick-off with a spectacular opening ceremony and culminate with an awards presentation honoring STEM race week achievements. Filled with meaningful experiences, collaboration and fair and honest competition, this camp is not to be missed!

2020 Camp Dates & Descriptions

Space Explorers

Rising Grades 2-4 | July 20-24

Offered in exclusive partnership



Learn about planets, stars, space travel and more! This exciting "out of this world" experience launches with fun, hands-on activities including creating cardboard spectrosopes, making 3D constellations and lighting up LED nebulae. As your journey continues, you will investigate a mystery planet, engineer a UV-protective space helmet, design your own spacesuit, build a planetary habitat, and more!

Super Cool Science | Rising Grades 3-6 | July 20-24

Experience unique and hands-on science experiments that are as fun, as they are educational! Campers dissect owl pellets, frogs, and sheep hearts; create and observe chemical reactions; build solar powered cars, and more. These interactive learning experiences help campers discover answers to tantalizing scientific questions in worlds of chemistry, biology and anatomy, physics and more.

Superhero Lego® Engineering | Rising Grades K-1 | July 6-10

Campers unite to help save the world with LEGO® Super Heroes! The adventure begins as they enter the Phantom Zone, travel on Wonder Woman's Invisible Jet, and face off against Galactus. While learning STEM concepts, campers create motorized and architectural projects with imagination and engineering - all while bringing their super powers to life.

The Great American Picnic: A Cooking Camp for Young Chefs | Rising Grades 3-5 | July 6-10 and/or July 27-31

For most Americans, nothing says summer like hamburgers, hot dogs, potato salad, and sun-soaked fruits and veggies. And while some of these items are definitely on our All-American summer menu, campers will also explore a wide variety of American cuisine from sea to shining sea. This culinary adventure, led in partnership with Tiny Chefs, will explore southern BBQ, California's twist on the BLT, the country-wide favorite Strawberry Shortcake, and more! Don't forget to wear your red, white and blue because it will feel like the 4th of July all week-long!

Who Dunit? |

Rising Grades 2-4 | July 6-10

Offered in exclusive partnership



Follow the clues and find the evidence! Join us for a week of creative problem-solving as you become crime scene investigators, examining evidence like fingerprints, footprints, trace evidence, and liquid spatter. Work as a team to uncover the clues, and then use your powers of deduction to solve a mystery—having tons of fun along the way!



2020 TECHNOLOGY CAMPS SCHEDULE

3D Design in Tinkercad | Rising Grades 5-7 | June 22-26 and/or July 6-10

Learn the fundamentals of geometric modeling with Tinkercad, an easy to use software for designing in 3D. During this fun-filled week of imagination and creativity, discover the process of combining simple geometric shapes to create complex models, starting with your very own, customized name tag that will be 3D printed as a keepsake souvenir of your camp experience. Campers will also learn about scale and proportions, as well as techniques for designing models for optimal 3D printing. Highlights include prototyping new designs and modifying 3D models of your favorite superheroes, anime characters and more. Hardware: Laptops, 3D printers / Software: Tinkercad

First Steps Makerspace | Rising Grades K-1 | July 13-17 and/or July 27-31

In this exciting program, campers gain a hands-on introduction to design thinking, programming and project-based learning. Taught in an immersive environment that inspires learning, exploration, creativity and fun, campers design and build their own projects through a variety of collaborative activities. Campers also participate in innovative lessons using Lite Brite, Lego® and Scratch® 3.0, while exploring themes in storytelling, animation and dialogue. Perfect for young

campers who want to develop skills in technology, design and teamwork. Hardware: Laptops, Cryptographic Beaded Bracelets, Lite Brite, Lego® / Software: Scratch® 3.0

Future Tech with littleBits® | Rising Grades 2-4 | June 15-19

This exciting program allows campers to invent, innovate and design with technology. While providing a great introduction to simple and complex circuits using snap together circuit blocks, campers are tasked to combine critical thinking and physical design to imagine inventions of the future. Putting their ideas and engineering skills to use, campers create an art robot, a motorized vehicle, a personal security device and more. No prior experience is necessary. Hardware/Software: littleBits®, Laptop

Interactive Adventures with Makey Makey® | Rising Grades 2-4 | July 20-24

This exciting, hands-on program allows campers to explore their creativity while discovering electrical engineering concepts. Through the use of intuitive circuit boards, campers create inventions and bring them to life by combining the Makey Makey® circuit board, cardboard prototypes and Scratch® for a fully interactive experience. By taking coding off the screen and into everyday objects, campers flex their creative muscles to design and build a bionic arm, a funky musical instrument and more. Hardware: Laptops and Makey Makey® / Software: Scratch®

Junior RoboBuilder | Rising Grades 2-4 | July 13-17 and/or July 27-31

If you think robots are COOL, then this camp is for you. Enter the world of building, design and engineering with Lego® WeDo robots and Snap Circuits. During this exciting week, campers are introduced to STEM concepts while creating and programming their robots to take on exciting challenges and complete tasks such as the ones found in international robot competitions. No prior experience is required. Hardware/Software: Lego® WeDo, Snap Circuits, Laptops

Junior Robotics Journey | Rising Grades K-1 | July 6-10 and/or July 20-24

Early exploration with engineering and robotics starts here! Through this interactive journey into the world of robotics, visual coding and creativity, campers are introduced to Ozobots and Dash & Dot! A perfect blend of fun and imagination, this camp provides opportunities to learn programming, design thinking and problem-solving. The excitement is at an all-time high, as campers work in teams to code their robots' behaviors, dream up new adventures and engage in self-guided missions! Hardware: Ozobots, Dash & Dot, Tablets (iPads)

Micro:bit in Space | Rising Grades 5-7 | July 13-17

This uniquely designed camp combines coding and engineering, with a focus on innovative thinking and prototype development. While building fundamental skills and exploring electronic components, campers program their circuits to react with Micro:bit circuit boards and the MakeCode software platform. Working individually and collaborative, campers create simple games and ultimately, add more complex components to the Micro:bit to expand its functionality. A variety of outer space-themed challenges task campers to create projects including a blast-off countdown timer, an astronaut reaction game and a g-force accelerometer, just to name few. At the end of the week, campers take home their Micro:bit and projects for further exploration and fun. Hardware: Laptops, Micro:bit, GatorGit / Software: Microsoft MakeCode

Movie Maker: Filming and Video Production | Rising Grades 5-7 | July 27-31

Creativity, technology, and design converge in this exciting hands-on program! Campers bring their digital media skills to the next level, as they explore their passion for the arts using editing software like OpenShot and Pixlr and professional-grade equipment including Nikon CoolPix, Nikon DSLRs, GoPros, and more. Through an in-depth exploration of videography, visual storytelling and photography, campers grow both in front of and behind the camera as they collaborate with their team to create short-form multimedia

projects. Hardware: Laptops, Nikon CoolPix, Nikon DSLRs, GoPros, tablets / Software: OpenShot®, Pixlr®

Roblox® Game Design | Rising Grades 5-7 | June 15-19 and/or July 20-24

One of the most popular and fastest growing gaming platforms in recent years, Roblox® has captured the attention of individuals around the world. Using a unique and structured approach, campers learn how to think about imaginative game development like real-world professionals. Utilizing the robust creation tools in Roblox®, campers work individually and collaboratively, to level up their game design skills and think creatively while inventing interactive worlds. After producing themes, storylines, objectives and goals, campers publish and share their games for others to play. Advanced students dive into more complex Lua coding to customize their games further. Hardware: Laptops / Software: Roblox®, Roblox® Studio

Robotic Team Sports with Vex | Rising Grades 5-7 | August 3-7

Robot competitions are found in every part of the world. In this tech adventure, campers work on robotics projects while refining their engineering and programming skills. Using VEX Robotics kits, campers plan, construct, program and test fully functioning, sophisticated robots that complete simple to complex tasks from competing in a basketball game to solving puzzles. Campers will also, build robots that work together in collaboration to tackle more complex challenges. Will you build the ultimate robot? Hardware: Laptops, VEX Kits, VEX cubes / Software: ModKit

Scratch® 3.0: Build Your Own 2D Arcade Games | Rising Grades 2-4 | June 22-26 and/or July 6-10

Scratch® coding camp provides a great introduction to computer programming. Using the new and improved Scratch® 3.0, campers learn the basics of game design and character animation in a sophisticated, yet easy to learn environment. After creating 2D arcade games with multiple animated characters, campers enjoy game play with their friends. Campers also explore their imagination while making innovative art with code, using new code blocks in Scratch®. No prior experience necessary.

All skill levels are welcome. Hardware: Laptops / Software: Scratch®

Ultimate 3D Gaming Camp: Minecraft® and Roblox® | Rising Grades 2-4 | June 22-26, August 3-7 and/or August 10-14

This innovative camp fuses together two of the most popular gaming platforms in the world to offer the gaming experience of a lifetime! While embarking on a virtual adventure, campers exercise their creativity in an atmosphere centered on “world building” and interaction. Using drag-and-drop visual tools to imagine, design and build their own environments, campers construct extraordinary worlds with Minecraft® and Roblox®. No prior experience is required. Hardware: Tablet (iPads), Laptops / Software: Minecraft®, Roblox®

Virtual Reality with CoSpaces: Design Your Own VR World | Rising Grades 5-7 | July 20-24 and/or August 3-7

Imagine exploring and interacting with a fully realized 3D augmented and virtual reality environment, that you created! During this exciting week, design an entire virtual world filled with immersive experiences, sights and sounds. Through the use of HTC Vive virtual reality headsets and a variety of other cutting-edge tools, explore strange new worlds while designing and coding your own virtual spaces and objects. It could not be easier with CoSpaces, a friendly design software that makes creating in VR as simple as drag and drop coding. Hardware: HTC Vive headsets, Smartphones, cardboard VR headsets, Laptops / Software: CoSpaces, Job Simulator, Tilt Brush



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 *NEW FOR 2020!

- Receive **\$50 OFF** 2021 Camp Tuition for each new camp family you refer that enrolls.



INDEPENDENCE DAY SAVINGS

- Receive a reduced rate when you enroll the week of June 29 – July 2, 2020!
(There is no camp on Friday, July 3rd)

For more Information

FOR GENERAL CAMP INFORMATION, HOW TO ENROLL, AND EXTENDED DAY PRICING, GO TO:
ESFCAMPS.COM/BETHESDA

OUR CAMPS SPECIALISTS ARE JUST A PHONE CALL AWAY TO ANSWER ANY OF YOUR QUESTIONS.

📞 GIVE US A CALL AT **301-493-2525**

✉️ EMAIL US AT: INFO@ESFCAMPS.COM

CAMP LOCATION

The Academy of the Holy Cross
4920 Strathmore Ave
Kensington, MD 20895
(Just steps away from Rockville Pike, Bethesda)



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

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*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
- RESPECT
- TRUSTWORTHINESS
- EFFORT
- KINDNESS
- RESILIENCY
- COMMUNITY
- POSITIVITY

