



LEARN MORE  
AND ENROLL  
TODAY



# SUMMER 2023

## 3 AWARD-WINNING CAMPS

AT OXBRIDGE ACADEMY • WEST PALM BEACH, FL  
JUNE 5 - AUGUST 4, 2023



**3** CAMPS FOR BOYS & GIRLS

**5-14** YEAR-OLDS

**60+** ACTIVITIES

**3-9** WEEKS









# Friends Happen Here!

## Dear ESF Families,

At ESF, we set out to design and operate the world's best education, sports, and fun experiences that ignite optimism and happiness in the young and the "young at heart," and we inspire others to do the same. We understand the incredible responsibility that we have to care for your camper's health and well-being, and we consider it a privilege to have the opportunity to watch them grow, year after year.

We are more than an organization or a company; we are a Team of amazing people doing extraordinary things set apart by our Core Values to be Dreamers, Believers, Achievers, Learners and Doers. These Core Values underline the way we operate and perform in every aspect of our work. They compel us to make a difference in the lives of others and define who we are and why we do what we do.

This year, as we embark on our inaugural summer at Oxbridge Academy, we would like to introduce you to the phrase, "MAX JOY," which refers to the strong desire to thrive in life. Living the MAX JOY life is an ideology, an attitude, a way of living. For more than 41 years, ESF has been grounded with individuals who are dedicated to making a difference in people's lives. Living MAX JOY is not about wanting more joy in your life, it is about living your best life, one memory at a time. It's a high-quality special experience, moment, or person that sparkles and shines.

We look forward to seeing your family this summer. We appreciate your support and are grateful for the opportunity to spend the summer with your child. We are committed to delivering a camp season filled with special experiences that will enable your campers to discover the joys of summer and live their ultimate "MAX JOY" - having fun, playing together, learning new skills, and creating lifelong memories with friends. 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)





OXBRIDGE  
ACADEMY

JUNE 2023  
*Celebrating our Inaugural Summer*





# The Ultimate Summer Playground

## The perfect setting to learn and grow.

ESF is excited to celebrate our inaugural summer at Oxbridge Academy in 2023. We are eager to 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. We provide a safe, secure environment, and feature a unique blend of activities, sports, and special events throughout the summer. From the first moment you arrive, you'll feel the genuine passion, warmth and friendliness of our staff which permeates throughout the campus every day of the summer!

The indoor and outdoor amenities at Oxbridge Academy include a 34-acre, fully air-conditioned campus, outdoor swimming pool, locker rooms with showers, gymnasium, endless athletic fields, baseball diamond, tennis courts, art studio, science labs, multi-purpose classrooms, and a dining hall.

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



For more information about our  
campus at Oxbridge Academy





# 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 5-14, 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!*



**For more information on our 2023  
Camp Line-up by grade level**



## **DAY CAMP**

**Rising K, 1ST and 2ND Grades**

### **WAY MORE THAN A TYPICAL DAY CAMP!**

Includes daily swim instruction and exciting hands-on activities, such as art, sports, imagination playground, science & nature, gaga, archery, tennis, playzone, special events, theme days, time-honored traditions and more! **See pg. 9**



## **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 UA SportsLab Olympics, tournaments, skills contests, special events and more!

**See pg. 11**



## **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, tennis, and more! **See pg. 13**



## **EXTENDED DAY PROGRAM**

**Rising Kindergarten-9TH Grades**

### **THE FUN AND LEARNING CONTINUES!**

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





## AQUATICS PROGRAM Rising Kindergarten–9TH Grades

# Make a Splash At the Pool!

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:

### DAY CAMP

- **Rising Kindergarten–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



For more information about  
ESF's Aquatics Program









# Swimmer? Artist? Athlete?

## Have We Got A Camp For You!

### DAY CAMP Rising Kindergarten-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 K, 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  
**IMAGINATION PLAYGROUND**



Activity 6  
**PLAYZONE (K)  
WEEKLY SPECIALS (1ST & 2ND)**



**AFTERNOON ASSEMBLY & FRIDAY ROUND UP**

*\*For more information on our Aquatics Program go to pg. 7*

#### WEEKLY SPECIALS

- Time-Honored Traditions
- Theme Days & Special Events
- Archery (1st & 2nd)
- Gaga (1st & 2nd)
- Tennis (1st & 2nd)

#### AT A GLANCE | SESSIONS & HOURS

3-9 Week Options | June 5 - August 4, 2023

Enrollment requires a 3-week minimum per camper.

The weeks do NOT need to be consecutive.

*No camp on Monday, June 19 and Tuesday, July 4, 2023*

#### EXTEND YOUR CAMP DAY!

**Club OT:** Daily from 8:00am-5:30pm

#### WEEKLY TUITION

**DAY CAMP.....\$605/wk**



For more information on Day Camp  
including highlights and special events









POWERED BY



# 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. 7*

### CORE SPORTS

- Basketball
- Baseball
- Soccer
- Flag Football
- Lacrosse
- Tennis

### 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
- UA SportsLab Olympic Games
- Advanced Level Training (ALT) (Grades 6+)

### AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm

3-9 Week Options | June 5 - August 4, 2023

Enrollment requires a 3-week minimum per camper. The weeks do NOT need to be consecutive.

*No camp on Monday, June 19 and Tuesday, July 4, 2023*

### EXTEND YOUR CAMP DAY!

**Club OT:** Daily from 8:00am-5:30pm

### WEEKLY TUITION

UA SportsLab.....\$635/wk



For more information on UA SportsLab including highlights and special events









# 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. 7*

### WEEKLY SPECIALS

- Tennis
- Archery
- Gaga
- Leadership Development
- Time-Honored Traditions
- Theme Days & Special Events

### AT A GLANCE | SESSIONS & HOURS

Monday-Friday: 9am-3pm

3-9 Week Options | June 5 - August 4, 2023

Enrollment requires a 3-week minimum per camper.

The weeks do NOT need to be consecutive.

*No camp on Monday, June 19 and Tuesday, July 4, 2023*

### EXTEND YOUR CAMP DAY!

**Club OT:** Daily from 8:00am-5:30pm

### WEEKLY TUITION

Senior Camp.....\$640/wk



For more information on Senior Camp including TLAs, electives, highlights, and special events



# Pre-College Programs

POWERED BY



FOR YOUNG ADULTS

**BOLD**  
summers

**BOLD SUMMERS PRE-COLLEGE**  
Rising 11TH-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.

## DATES & TUITION

Dates and tuition vary by program.



For more information call  
610-581-0552 or scan



# Professional Sports Camps

POWERED BY



FOR ADULTS

## PHILLIES MLB PHANTASY CAMP

Men & Women, Age 30+

### LIVE YOUR DREAM

JANUARY 17-21, 2024\*

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 scan



## 76ERS NBA FANTASY CAMP

Men & Women, Ages 30+

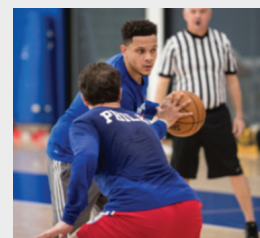
### LIVE YOUR BASKETBALL FANTASY!

AUGUST 25-27, 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 scan





# Enroll with Confidence!



## SAFETY

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

To maintain a low camper-to-staff ratio and to ensure a quality experience for your child, registrations are 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 4-5 weeks to get an **EXTRA 4%** savings per child
- Enroll for 6 or more weeks to get an **EXTRA 6%** savings per child.



## REFER A FRIEND

- Receive **\$100 OFF 2024 Camp Tuition** for each new camp family you refer that enrolls.



## JUNETEENTH SAVINGS

- Receive a reduced rate when you enroll the week of June 20-23, 2023 (There is no camp on Monday, June 19th)

## INDEPENDENCE DAY SAVINGS

- Receive a reduced rate when you enroll the week of July 3-7, 2023 (There is no camp on Tuesday, 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/palmbeach](https://esfcamps.com/palmbeach)

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



GIVE US A CALL AT **561-972-9626**



EMAIL US AT: [INFO@ESFCAMPS.COM](mailto:INFO@ESFCAMPS.COM)

## CAMP LOCATION

Oxbridge Academy  
3151 N Military Trail  
West Palm Beach, FL 33409

**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/PALMBEACH](https://esfcamps.com/palmbeach) • QUESTIONS? 561-972-9626  
SPOTS ARE LIMITED FOR SUMMER 2023. 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
- RESPECT
- TRUSTWORTHINESS
- EFFORT
- KINDNESS
- RESILIENCY
- COMMUNITY
- POSITIVITY

