



# French Woods Sports and Arts Center



*America's Top Teen-Only Summer Camp*

SPORTS  
CIRCUS  
VISUAL ARTS  
ROCK MUSIC  
COOKING  
WATER SPORTS  
TECHNOLOGY  
THEATER & DANCE  
EXTREME SPORTS  
COMMUNICATIONS  
FITNESS  
DIGITAL MUSIC PRODUCTION  
ROLE PLAYING GAMES  
CHALLENGE COURSE  
GYMNASTICS  
HORSEBACK  
RADIO & DJ  
VIDEO  
MAGIC



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NEW YORK 13783

BOYS AND GIRLS 12-17  
2, 4, 6, 8 AND 10 WEEK SESSIONS



# It's a Beautiful Day in

French Woods Sports and Arts Center (FWC) is America's Top Teen-Only Summer Camp.

We are located in Hancock, New York only 2.5 hours from New York City.

FWC is one of a dozen coed sleep-away camps in the USA specifically for teenagers. Campers ages 12-17 have the option of an affordable 2, 4, 6, 8, or 10 week session. Campers come from all over the USA and abroad with a variety of interests.

Our Camp has a fully elective program, which allows campers to choose from traditional and not-so-traditional summer camp activities. Exceptional programs are offered in Sports, Arts, Technology, Extreme Sports, Circus, Rock Music, Digital Music Production, Dance, Water Sports, DJ and Radio, Video, Theater, Communications, Fitness, Magic, Cooking, Gymnastics, Role Playing Games, Challenge Course and Equestrian. All this and more rolled up together into one incredible Summer Camp experience.

With outstanding modern facilities unequaled in camping, strong elective program options and a highly qualified experienced staff, French Woods Sports and Arts Center is an excellent choice when considering summer camps.

FWC provides the summer of a lifetime in a safe, supportive, supervised and age appropriate environment.

French Woods Sports and Arts Center is fully accredited by the American Camp Association.



# the State of New York



# The Property



Nestled on 200 pristine acres amongst the Catskill Mountains of New York, French Woods Sports and Arts Center offers the perfect balance of Summer Camp in the mountains with clean living and modern facilities. Our world-class facility is immaculately maintained, and unequalled in the camping industry. To ensure maximum comfort our entire camp is climate controlled and covered by our WIFI network.

Facilities include spacious dining rooms, a heated pool, rock music center, gymnasium, gymnastics center,

fitness and weight center, yoga/zumba studio, technology/computer lab, communications center, recording studio, large theater, 2 art studios, dance studio, digital arts studio, challenge course, 2 sports fields, 4 tennis courts, indoor and outdoor volleyball courts, indoor and outdoor basketball courts, a baseball diamond, private lake, equestrian center, 11 studios for classes and activities, skate park, an open air circus arena, archery range, golf driving range, miles and acres of trails for hiking, biking and horseback riding, and an advanced medical center.

# Bunks



All living spaces are clean, roomy and bright. Bunks are furnished with twin-size sturdy natural wood beds and dressers, plus abundant closet space and storage areas, the bathrooms are modern and well-vented, with large private shower stalls, mirrored double vanities and flushing toilets. A typical bunk will sleep 10 to 12 in total including counselors.

# Food

We take a great pride in our ability to offer a great tasting, varied and healthy diet to our campers. At every meal we offer a hot entree, a hot vegetarian entree and several hot side dishes. We have multiple serving stations, so there are never long lines. Our salad bar is a very popular area, providing a huge selection of freshly made salads, seasonal fruits and raw vegetables. Our chef and kitchen staff prepare most of our food in house to ensure the very best quality and nutritional content.

After evening activities our canteen opens offering pizza, ice cream, fruit, and a multitude of snacks, most of which are included in tuition.

Our dining rooms are spacious, air conditioned and heated. We are able to cater to a wide variety of dietary needs. If your child has food allergies or a particular need please let us know. Our chef is available to answer any questions you may have.

Our camp is nut free, vegetarian, vegan and gluten free friendly.



# Activities We Offer

## SPORTS & THEATER

### RECREATION

TENNIS BASKETBALL BASEBALL SOFTBALL  
SOCCER VOLLEYBALL GOLF GYMNASTICS  
ARCHERY

### FITNESS

WEIGHT TRAINING ZUMBA YOGA  
STRETCHING FLEXIBILITY STRENGTH  
TONING RUNNING CLUB

### CIRCUS

FLYING TRAPEZE AERIALS STATIC TRAPEZE  
LYRA SILK SPANISH WEB UNICYCLE JUGGLING  
DIABLO MANIPULATIONS TIGHTWIRE ROLLA  
BOLLA MINI TRAMPOLINE ACROBATICS

### TECHNOLOGY

3D DESIGN & PRINTING COMPUTER  
SCIENCES PROGRAMMING GAME DESIGN  
APPS DEVELOPMENT CODING DATABASE  
MANAGEMENT ADOBE CREATIVE SUITE  
WEB TECHNOLOGIES & WEB DESIGN  
NETWORK TECHNOLOGIES ROBOTICS  
MODEL BUILDING ESPORTS (ONLINE GAMING)

### ROCK MUSIC

ROCK CONTEMPORARY POP GUITAR  
BASS DRUMS KEYBOARD VOICE SONG  
WRITING ROCKBAND DJ RECORDING  
STUDIO DIGITAL MUSIC PRODUCTION

MUSICALS & PLAYS ACTING THEATER  
GAMES STAGE COMBAT IMPROV MIME  
ACAPELLA & VOICE TECHNICAL THEATER

### DANCE

HIP HOP BALLET JAZZ CONTEMPORARY TAP

### COOKING

BASIC & SEASONAL MEALS INTERNATIONAL  
DELIGHTS JUST DESSERTS HEALTHY TREATS

### VISUAL ARTS

PAINTING & DRAWING CARTOONING STAINED  
GLASS LEATHER CRAFT CANDLE MAKING  
JEWELRY MAKING PAPER MACHE CERAMICS  
TIE DYE PRINT MAKING MURAL PAINTING  
GRAPHIC DESIGN GRAFFITI ART

### WATER SPORTS

LAKE HEATED POOL WATERSKIING KAYAK  
WAKEBOARDING KNEEBOARDING TUBING  
BANANA BOAT SWIM LESSONS FLY FISHING

### CHALLENGE COURSE

ZIPLINE CLIMBING WALL LEAP OF FAITH  
TEETER TOTTER CHOPSTICKS SWING  
CHAIRS INDIANA JONES BRIDGE BURMA  
BRIDGE PIRATES CROSSING MULTIVINE

### ENGLISH

ENGLISH AS A SECOND LANGUAGE

## COMMUNICATIONS

FILM MAKING WRITING ACTING  
EDITING ANIMATION CLAYMATION  
MUSIC VIDEOS GREEN SCREEN  
RADIO NEWS CASTING DJ RECORDING  
STUDIO DIGITAL MUSIC PRODUCTION  
SPORTS CASTING JOURNALISM  
CREATIVE WRITING DESKTOP  
PUBLISHING GRAPHIC DESIGN

### MAGIC

CLOSE UP CARD TRICKS COIN MAGIC  
PARLOR STAGE ILLUSIONS ESCAPES  
MIND READING

### ROLE PLAYING

CARD GAMES MAGIC CARDS  
DUNGEONS & DRAGONS LARP (LIVE  
ACTION ROLE PLAY) VIDEO GAMES

### EXTREME SPORTS

SKATEBOARD BMX MOUNTAIN BIKING  
MOUNTAIN BOARDING SKATEPARK

### EQUESTRIAN

WESTERN ENGLISH DRESSAGE TRAIL RIDING  
JUMPING HORSE CARE BARN MANAGEMENT

# Our Program



The fully elective program was designed and implemented at French Woods almost 50 years ago. We are masters of elective and creative programming, can work with any camper no matter what their interest or skill level is, and pride ourselves on offering each camper a unique individual camping experience.

Our fully elective program allows campers to select their own activities. The major and minor option gives campers the ability to mix concentration, experimentation, fun, recreation, and exploration.

There are six activities per day, each one hour in length; three of these periods are called majors and three are called minors. Majors are chosen at the beginning of each session and are maintained for two weeks. Minors are chosen daily at breakfast. This lets you concentrate on the things that interest you, while giving you the chance to try something new.

The entire staff at French Woods Sports and Arts Center provides world-class instruction in a safe, well supervised, age and content appropriate environment. Each camper is encouraged and supported to realize, reach, and pass their full potential in their chosen activity areas.

## Challenge Course

If you love action and adventure you are going to love our Challenge Course. This thrill-seeking course will take you through zip lines, climbing walls, and high ropes course elements. This exciting aerial experience has been expertly designed and built to challenge all campers no matter what your level. **ADVENTURE AWAITS!**

# Sports and Recreation



Our Sports Program attracts athletes from all over the USA and abroad. Top coaches and professional players support each camper to improve their game and learn new skills.

Training is focused but FUN and all sports are open to all skill levels. Campers can explore a new sport, play just for fun, and join a team to compete against other camps. Serious athletes are provided with instruction, support, physical and mental conditioning, and the confidence needed to succeed.

French Woods Sports and Arts has top sporting facilities and equipment including a very impressive full size indoor basketball gymnasium, outdoor basketball courts, soccer fields, tennis courts, baseball diamond, indoor and outdoor volleyball courts, gymnastics center, a cross country running course, archery range, and golf driving range.

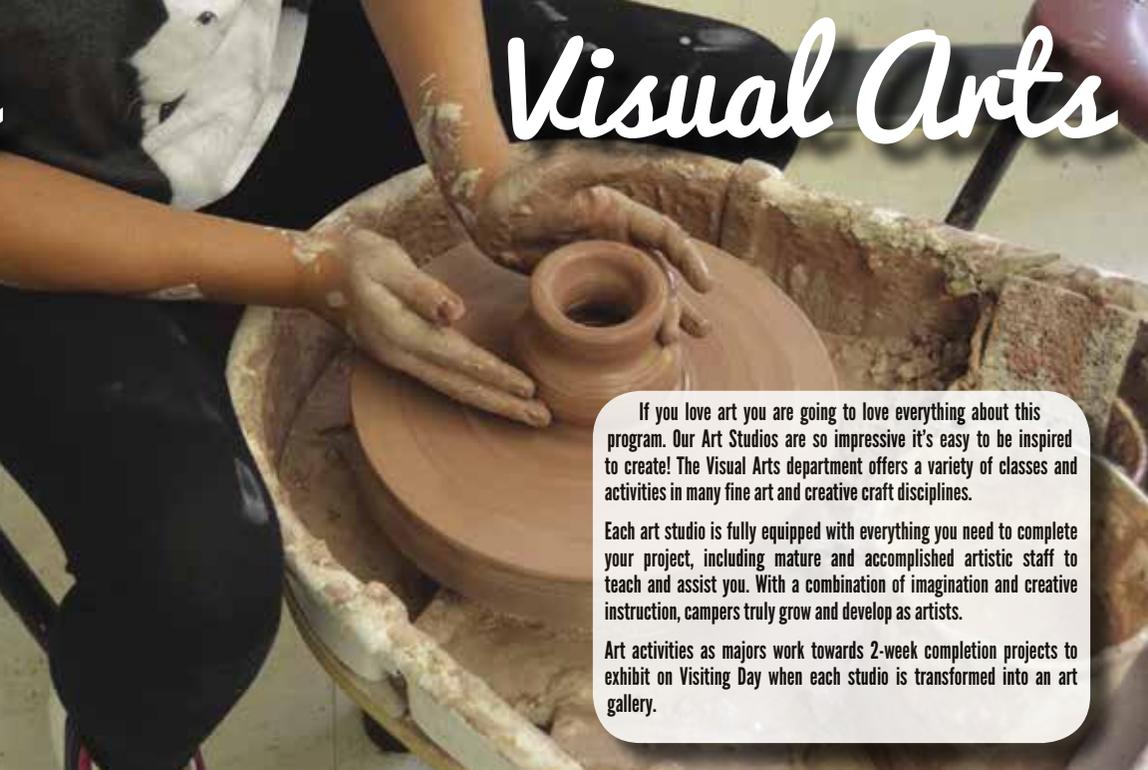
# Fitness



French Woods Sports and Arts Center encourages a healthy active lifestyle and provides the facilities, equipment and staff to make this happen!

Our Fitness Program consists of three separate zones: Weight Room, Stretching-Yoga-Zumba Studio, and a state of the art Cross Training Gym.

Program equipment features the latest strength training machines, treadmills, ellipticals, interactive bicycles, a full range of free weights, an octagonal cross training fitness rig, and a range of strength, training and aerobic tools. A certified Professional Trainer will support and guide you through a customized workout program.

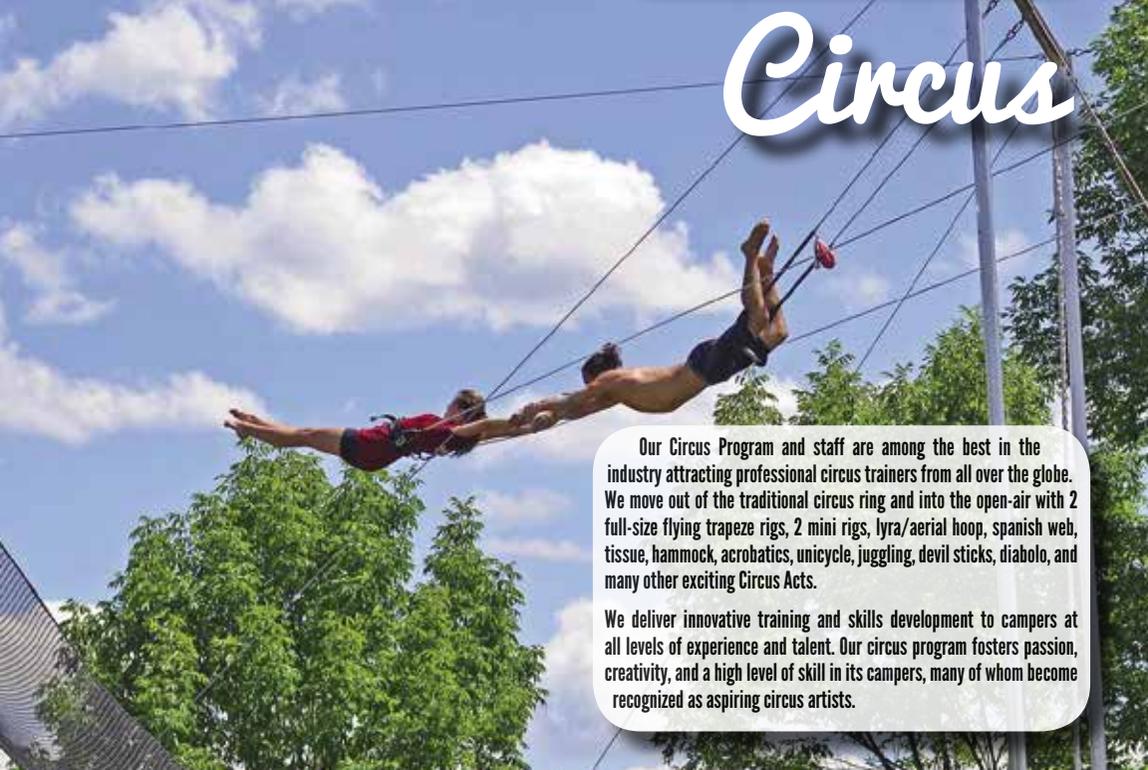
A close-up photograph of a person's hands shaping a clay pot on a pottery wheel. The person is wearing a black shirt with a white graphic. The pottery wheel is mounted on a wooden stand. The background is slightly blurred, showing other pottery items.

# Visual Arts

If you love art you are going to love everything about this program. Our Art Studios are so impressive it's easy to be inspired to create! The Visual Arts department offers a variety of classes and activities in many fine art and creative craft disciplines.

Each art studio is fully equipped with everything you need to complete your project, including mature and accomplished artistic staff to teach and assist you. With a combination of imagination and creative instruction, campers truly grow and develop as artists.

Art activities as majors work towards 2-week completion projects to exhibit on Visiting Day when each studio is transformed into an art gallery.

A photograph of two people performing aerial acrobatics on a flying trapeze rig. They are suspended in the air against a blue sky with white clouds. The person in the foreground is in a horizontal position, while the person behind them is in a more vertical, inverted position. The rig consists of several ropes and a metal pole.

# Circus

Our Circus Program and staff are among the best in the industry attracting professional circus trainers from all over the globe. We move out of the traditional circus ring and into the open-air with 2 full-size flying trapeze rigs, 2 mini rigs, lyra/aerial hoop, spanish web, tissue, hammock, acrobatics, unicycle, juggling, devil sticks, diablo, and many other exciting Circus Acts.

We deliver innovative training and skills development to campers at all levels of experience and talent. Our circus program fosters passion, creativity, and a high level of skill in its campers, many of whom become recognized as aspiring circus artists.

# Water Sports

**Lake.** Experience the rush and excitement of our Watersports Program on the French Woods 80-acre private lake. Qualified lifeguards supervise the instruction, safety, and thrill of getting up on skis or a wakeboard or helping to improve and develop skills. Tubing and banana boating is offered every day providing an adrenaline rush and lots of laughs. Our ski boats are fully equipped to handle all levels of skiers/boarders and of course any world champion banana boat rider.

**Pool.** Our heated pool is used for swim instruction, competitive swimming, open swim, pool games, water aerobics, pool parties and afternoon BBQs. It's a great place to keep fit by swimming, be active by just having fun in the water, or to relax in an Adirondack chair and chill with your friends.



# Communications

**Video** tops our Communications Program as the most popular activity. Learn the process of music video production, film making, editing and special effects, or television/radio commercial production. Become a radio DJ personality, create original beats in the digital music production studio, or create a mix in the recording studio as an aspiring club DJ.

**FWC Radio Station** transmits both in camp and to home via the internet. Each session we publish a camp magazine which is a group effort of many classes combined. Music videos, daily shows, and ongoing projects are presented every day at meals to the whole camp.

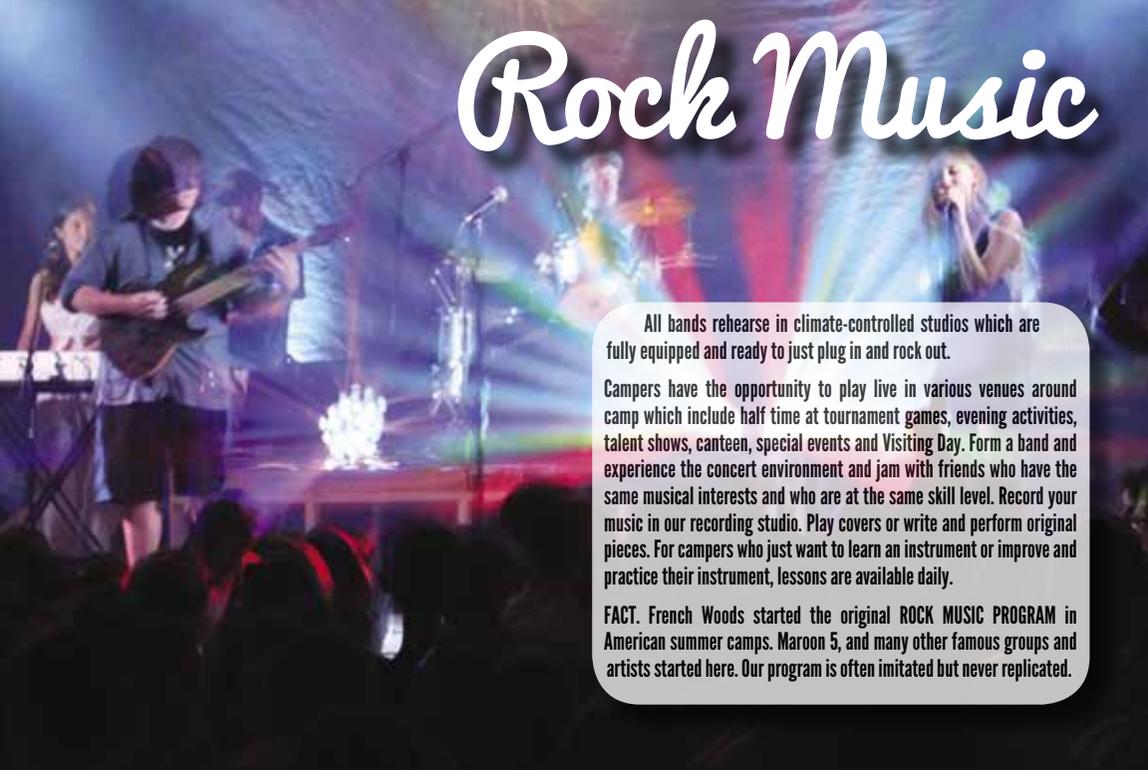




# Magic

Classes are offered for all levels of magician by our in-house master magician/wizard. There is a concentration on Close up and Parlor magic including card tricks, coin tricks, illusions, and character development.

In our 'drop-in' trick of the day class you can learn a new trick each day, purchase it if desired, take it home, perform the trick and become a star with your family and friends. Camper magicians get to perform frequently at camp on along with all other performance based programs.



# Rock Music

All bands rehearse in climate-controlled studios which are fully equipped and ready to just plug in and rock out.

Campers have the opportunity to play live in various venues around camp which include half time at tournament games, evening activities, talent shows, canteen, special events and Visiting Day. Form a band and experience the concert environment and jam with friends who have the same musical interests and who are at the same skill level. Record your music in our recording studio. Play covers or write and perform original pieces. For campers who just want to learn an instrument or improve and practice their instrument, lessons are available daily.

**FACT.** French Woods started the original ROCK MUSIC PROGRAM in American summer camps. Maroon 5, and many other famous groups and artists started here. Our program is often imitated but never replicated.

# Technology

A young woman with blonde hair tied back is sitting at a desk, looking at a computer monitor. The monitor displays a Minecraft game with a green landscape. To her right is a 3D printer on a black stand. The room appears to be a computer lab or a technology classroom.

The Technology Program provides opportunity for campers to explore the world of computers, technology, gaming and ESports.

Campers work on 2-week incremental projects that can include app development, coding, game design, programming and more. Technology at camp reaches way beyond the computer screen - build a robot controlled by an iPhone, bring your creative designs to life with 3D printers, or create a world in minecraft animation. Our Technology Program is unique in that it offers everything a Tech-Only camp would offer, but we also have hundreds of other activity options to enjoy as well.

# Role Playing Games

Five people of various ages are standing in a grassy field. They are all holding long, red, prop weapons that look like swords or spears. They are dressed in casual clothing like t-shirts and shorts. The background shows trees and a clear sky, suggesting an outdoor setting for a live-action role-playing game.

Role Playing Games (RPG) are where each participant assumes the role of a character, generally in a fantasy or science fiction setting, that can interact within the game's imaginary world. Create your character and let the campaign begin. Several forms of RPG are played including tabletop RPG, 'live action role playing' also known as LARP, and online RPG programs. Take part in epic live action battles, play D&D, Magic the Gathering, Pathfinder, Betrayal at House on the Hill, Settlers of Catan, and other well known games. Create your own characters, build your own world, and much more. We also have Magic Cards and Wargames.

# Equestrian

The French Woods Equestrian Center includes 15 horses, a large barn, tack and feed buildings, an impressive outdoor arena, a variety of jumps, and hundreds of acres of trails.

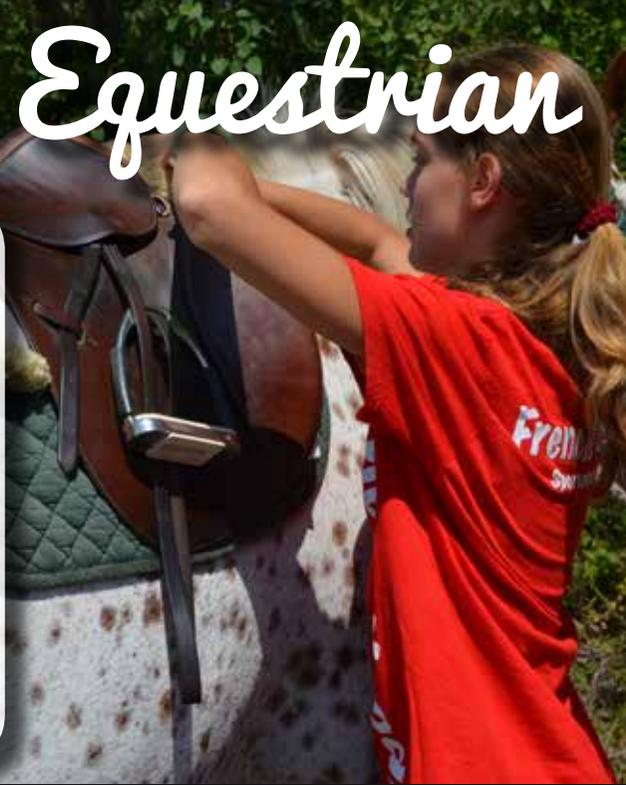
We designed a well-rounded Equestrian Program in an environment in which horse lovers can experience various riding disciplines. Skilled staff work with campers at all levels from beginners who have never been on a horse before through to advanced riders capable of trail riding, jumping, and dressage. No matter your ability our staff will tailor your lessons and trail rides to suit.

For the horse enthusiast who wants maximum time at the barn, there are also activities to help care for the horses. You can help assist with grooming, tacking, watering, feeding, cleaning up, first aid, and mucking out.

Horseback Riding and instruction is included in our camp tuition.



French Woods is a proud Professional Member of the United States Pony Club.



# Dance

Classes are available for beginners through advanced dancers in Hip Hop, Tap, Jazz, Ballet, and Contemporary. French Woods Sports and Arts Center has 3 professional dance studios.

With teachers trained in many styles of dance, choreography and technique, we can guarantee that campers involved in this program will go home much more educated dancers and with an appreciation for new technique. It's fun for beginners and with enough challenge for the advanced.

Many chances to perform are available so bring your dancing shoes!



# Extreme Sports

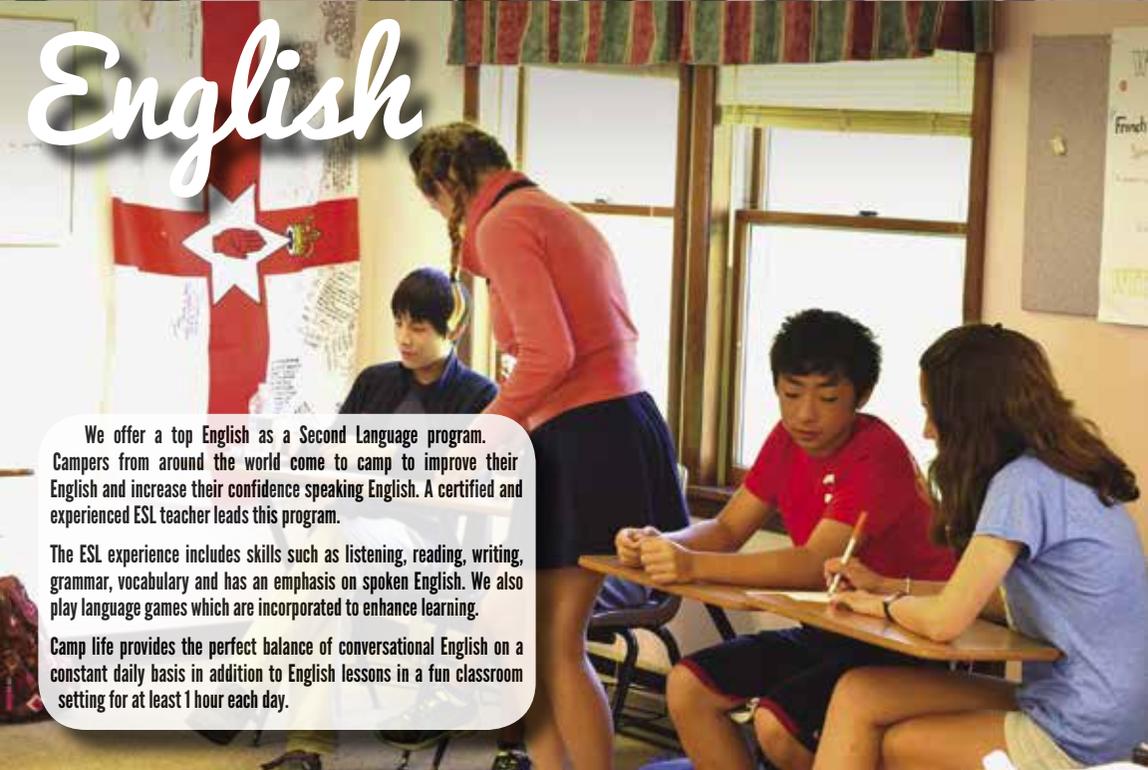


The French Woods Skate Park hosts skateboarders, bladers, bmx riders, ripstickers, and even freestyle unicyclers. The skate park includes ramps, half-pipes, quarter pipes and grind rails.

We also offer mountain biking, mountain boarding, and BMX. No matter what your riding level is our staff will help you to improve your extreme sports skills.

Safety is top priority in this program. All campers must wear kneepads, elbow pads, a helmet, and in some cases gloves.

# English



We offer a top English as a Second Language program. Campers from around the world come to camp to improve their English and increase their confidence speaking English. A certified and experienced ESL teacher leads this program.

The ESL experience includes skills such as listening, reading, writing, grammar, vocabulary and has an emphasis on spoken English. We also play language games which are incorporated to enhance learning.

Camp life provides the perfect balance of conversational English on a constant daily basis in addition to English lessons in a fun classroom setting for at least 1 hour each day.



# Cooking

Our Cooking Program is designed for the novice cook to prepare basic food and take care of themselves. Campers create menus and follow recipes, preparing (and eating) meals from scratch with only the finest ingredients. Many campers also enjoy our more advanced cooking class where cakes, desserts, seasonal and international meals, and other delicious delights are created.

French Woods Sports and Arts Center is nut-free.



# Theater

Our talented theater staff are passionate about performing arts and create a safe supportive environment for campers to express themselves. They will coach you and work with you each day to make you a star!

A variety of classes are offered and each 2 week session we produce either a musical, a play, a variety show, or musical showcase. Everyone who auditions gets a part. Campers who prefer to stay behind the scenes can learn set and costume design or technical theater which includes sound and lighting.

Campers have several opportunities to perform during their session(s) at camp leading up to the main performance on Visiting Day for family and friends. Our 500 seat theater is completely wired with professional lighting and sound systems.

# Camp. Starts. Here.



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