



CAMPING WEEKEND

an all-ages getaway
to connect, create & play!



JUNE 9-11, 2017

Camp Onas

Ottsville, PA

Weekend Coordinators: Carolyn Peters-Eckel and Arnie Zacharias

The **Camping Weekend** of Eastern Cooperative Recreation School is a time for people of all ages and walks of life, from newcomers to old-timers, to share in fun and fellowship. Daytime classes are a chance to enjoy selected activities while the Evening Program on Friday and Saturday night offers a chance to come together as a community to dance, sing, play games, and socialize over snacks. Come and bring a friend!

SITE

Located just 40 miles north of Philadelphia and 70 miles southwest of New York City, Camp Onas is a summer camp facility situated on 72 acres of woods and rolling hills, with platform tents offering cots and bunk beds. If you prefer, there is also plenty of room to set up your own tent, and **a limited number** of dormitory-style rooms are available at an additional cost on a first-come first-served basis (dorm rooms may hold up to 8 people). There are shared wash & shower facilities with hot water. No RV hookups. No pets. Smoking is limited to outdoors.

Please note:

- All participants are asked to volunteer for one hour to help the weekend run smoothly.
- Contact the Registrar **immediately** if you wish to stay in a dorm room.
- Folks who are only able to join us on Saturday night for dinner and the Evening Program are welcome to do so, provided they register in advance.

WHAT TO BRING

Only a mattress is provided in dorms and platform tents, so bring a sleeping bag and a pillow (nights can be chilly). Bring a swimsuit for fun in the pool, musical instruments for jamming, and a mug for hot drinks between meals (to save on disposable cups). Bring a flashlight, cooler, ice, and campstove (if you want to cook). No refrigeration is available, and open fires are not permitted. ECRS provides dinner – Saturday night only – and snacks after the Friday and Saturday evening programs. **You supply all other meals. Remember to bring plates, cups, and utensils.**

NEWCOMER DISCOUNT

Newcomers to ECRS get 50% off the price of this event!
See “Rates” section for details, plus other ways to save!



SCHEDULE

Arrive as early as 5 p.m. on Friday and stay as late as 3 p.m. on Sunday. The scheduled program runs from 8:30 p.m. on Friday until 1 p.m. on Sunday – and the pool is open until 3 p.m.

C L A S S E S

NO EXPERIENCE NECESSARY FOR ANY CLASS

Mini Small Scenes

- Glenn Lebwohl-Steiner

If you have seen a play or a movie and imagined yourself as one of the characters, here is your chance! Comedy, drama, we have it all. Using scripts, extra-short two-person scenes will be rehearsed, performed, and discussed. Explore, discover, create, and become a character different from yourself. Age 15+.
Class size is limited. Please sign up on registration form.

Improv - Cassie Rubin

Do you enjoy making things up on the spot? Join Improv class with Cassie! Come learn interactive improv games like "1-4, 4-1," "Rock, Paper, Scissors Infinity," and "Late for work." Symptoms may include: laughter, happiness, innovative ideas, bonding, pure joy, and the lovely feeling of satisfaction.
Age 12+.

Math through Excursions, Tricks, and Fun! - Dan Rubin

A certain math word has 4 letters. Take two letters away and you have four left. Take 1 more letter away and you have five left. What is the word? Find out during our mathematical discovery. We will learn new math games and find winning strategies, solve puzzles with a mathematical component, and experience and practice mathematical magic. No special background is necessary, just a love of math or a desire to learn. Age 12+.

Peace and Justice Song Teach-in - Tim Siftar

Come share and practice how to lead songs that can be taken to the streets. Classics, new hits, rewritten lyrics to familiar tunes, short songs, and some multi-verse songs with strong refrains. Please bring songs you'd like to introduce to the group. Bring your instruments and copies of Rise Up Singing. Age 12+.

Folk and Line Dancing - Arnie Zacharias

There will be a mixture of traditional Folk dances from Europe, Asia, and Latin America, and Popular, Soul, and traditional Line dances. Teaching style is welcoming and allows dances to be accessible - even for non-dancers. Age 12+.

Chair Yoga - Hope Wisnia

Yoga stretches while being seated. Can be done at all levels. You get out of it what you put into it. Even experienced yoginis can get a good stretch. Also massage face, feet, belly as time permits. Age 12+. *Class size is limited. Please sign up on registration form.*

Play Parties - Mark Schmale

Imagine dancing while creating your own music. Play Parties are one of the oldest forms of recreation and an original ECRS activity. Basic dance steps will be taught and then a song or rhythmic chant will be matched to the dance movements. There are some active Play Parties but most will be at a walking pace. So come, Sing, Dance and 'PLAY'!
Age 12+.

Discover Nia... and Yourself - Judi Powers

Explore, unleash, and enhance your individual potential to live a fulfilling and meaningful life - by engaging your senses and listening to your body. Nia is a sensory-based movement practice that draws from martial arts, dance arts, and healing arts. The class intensity level can be adapted to accommodate everyone from stiff beginners to highly fit athletes; all levels welcome! Bring flexible shoes and be ready to positively shape the way you feel, look, think, and live by stepping into your own journey with Nia.
Age 12+.

Games for Youth Programming - Jack Marquess

Games used for classrooms, playgrounds, and youth meetings. Games to use for limited spaces and open spaces - active and quiet games for all sorts of situations. Participants are encouraged to share a game that you have found successful. You should take away several to use. After the event, the leader will email the games used during class to the participants.
Age 12+.

Water Games (in the outdoor pool) - Jack Marquess

An ECRS Camp Onas tradition. Games, activities, and dances adapted for the swimming pool. Bring one to share or request a favorite! Age 5+.

Children's Program

ECRS offers a completely integrated program for children ages 5-11 during the morning class period on both Saturday and Sunday. Many activities mirror the sense of cooperative play that ECRS is built on. Children attending the program may learn new games, create new crafts, sing silly songs, or even get the chance to share activities they have fun doing at home. Note: Children are expected to stay for the entire program, and are the responsibility of their guardians at all other times. This program will be offered only if at least three children ages 5-11 are registered by May 19.

Preschool

If you have youngsters ages 2-4, we will provide supervised play for them during the morning class period on both Saturday and Sunday. Parents or guardians are welcome, but not required, to join us. This program will be offered only if at least three children ages 2-4 are registered by May 19.

Disclaimer: By attending this event, you agree to grant ECRS the right to include photographic, video, or other audio/visual portrayals of you or your likeness in promoting ECRS without any compensation being paid to you.

Register online *Easier for you! Easier for us!*
www.ecrs.org/events/event/camping-weekend-2017

Vegetarian (type: _____)

I am interested in taking: Mini Small Scenes Chair Yoga

I will attend only on Saturday evening. 2017 Member

I have enclosed an additional amount as a tax-deductible contribution.

Attendees are responsible for their own transportation. The Registrar will give information to those offering rides so they may contact those needing rides.

I need a ride. I can offer a ride to _____ people. First time at ECRS

I need space in a platform tent. I am bringing my own tent.

I would like a dormitory room. (Please contact Registrar for availability and cost.)

Name _____ Age _____ M F

Child/ren (Names & Ages) _____

Address _____

City _____ State or Province _____ Zip _____

Phone _____ E-mail _____

Not registering online?

Send this form

with your check payable to ECRS to:

Karen Wisnia, 4717 Chester Avenue, Philadelphia, PA 19143-3512

We will mail you a hard copy of your confirmation and directions if you include a business-size, self-addressed, stamped envelope with your registration; otherwise, we will send it by e-mail.

REGISTRATION

Send form above with your check (payable to ECRS) to the Registrar:

Karen Wisnia
 4717 Chester Avenue
 Philadelphia, PA 19143-3512
 (215) 681-0539
 karenwisnia@yahoo.com

SCHOLARSHIPS

A limited number of work scholarships are available. If interested, please contact:

Karen Wisnia
 4717 Chester Avenue
 Philadelphia, PA 19143-3512
 (215) 681-0539
 karenwisnia@yahoo.com

Weekend Rate (see below)	\$ _____
Membership Dues*	\$ _____
Contribution	+ \$ _____
TOTAL ENCLOSED	\$ _____

* Dues are \$25 for those 16 and older. Membership expires December 31st.

RATES

Adults:

	<u>Before May 19*</u>	<u>After May 19**</u>
Member [†] (paid in 2016)	\$105	\$125
Non-member	\$120	\$140
Newcomer to ECRS	\$60	\$70

Only Saturday dinner and Evening Program

(without sleeping over)	\$30	\$30
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Children and Teens:

2-17 years old	\$60	\$80
Newcomer to ECRS, 2-17 years old	\$30	\$40

A limited number of dormitory rooms are available for an additional cost. Please contact the Registrar for more information.

Payment in full must be sent to the Registrar before the weekend.

The rate for part-time attendance is the full weekend rate, except in the case of only Saturday dinner and Evening Program.

There will be a \$25 cancellation fee after May 19.

* Registration must be **postmarked** on or before May 19.

** Space not guaranteed for registrations postmarked after May 19.

† To receive member rates, pay dues before the weekend (see form above).



ECRS
 9 Gloucester Drive
 Wheatley Heights, NY 11798-1207

ECRS CAMPING WEEKEND
Camp Onas, June 9-11, 2017

Online registration at

ecrs.org/events/event/camping-weekend-2017

Please post or share with a friend!

UPCOMING EVENTS

Dec. 27-Jan. 1	Winter Adventure	Watson Homestead	Painted Post, NY
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Eastern Cooperative Recreation School (ECRS) is an intergenerational organization offering creative and engaging activities that are fun, develop leadership, and build community.

AREA CONTACTS: Members who can provide general information about ECRS

Ontario, Canada	Halina Kantor hal.kantor@rogers.com	(416) 233-4517	New Jersey	Jack Marquess thorin_oakshield@hotmail.com	(856) 547-1129
D.C. area	Patricia Williams pdw@patriciadaywilliams.com	(703) 535-3333	New York	Donna Miller-Small dmillersmall@optonline.net	(516) 764-0153
Maine	David Sherman dsherman@maine.rr.com	(207) 774-5201		Ruth Sherman rualsher@optonline.net	(914) 941-7325
Massachusetts	Frank Baskin farfel43@yahoo.com	(978) 458-1512	Pennsylvania	Karen Wisnia karenwisnia@yahoo.com	(215) 729-6738
New Hampshire	Yvette Yeager yvettey365@gmail.com	(603) 357-8325	Vermont	Marie Procter mlp69@comcast.net	(802) 254-2115

Eastern Cooperative Recreation School does not discriminate on the basis of race, color, age, national or ethnic origin in administration of its admission policies, scholarship programs, or other administered programs. We are an open community that welcomes people of all colors, ages, sexualities, and religious backgrounds, and expects our participants to do the same. ECRS events are drug and alcohol-free.