



Teens  
Girls ages 13-17

**Session 1**

Monday, June 22 – Thursday, June 25, 2009  
Project Green Camp (Ages 13-17)  
Chesapeake Sails (Ages 13-17)

**Session 2**

Sunday, June 28 – Friday, July 3, 2009  
Whitewater Experience (Ages 13-17)

**Session 3**

Sunday, July 5 – Friday, July 10, 2009  
Underwater Adventure (Ages 13-17)  
Wild Horses (Ages 13-17)

**Session 4**

Sunday, July 12 – Friday, July 17, 2009  
High Adventure (Ages 13-17)  
Holiday in Harpers Ferry (Ages 13-17)

**Session 5**

Sunday, July 19 – Friday, July 24, 2009  
Art Star (Ages 13-17)  
Summer Island Leadership (Ages 13-17)  
CIT I (Leadership Opportunity)  
CIT II (Leadership Opportunity)  
WIT I (Leadership Opportunity)  
WIT II (Leadership Opportunity)

**Session 6**

Sunday, July 26 – Friday, July 31, 2009  
Backcountry Adventure (Ages 13-17)  
New York, NY (Ages 14-17)  
CIT I (Leadership Opportunity)  
CIT II (Leadership Opportunity)  
WIT I (Leadership Opportunity)  
WIT II (Leadership Opportunity)

*(Session listings continue on next page.)*

**GREAT ADVENTURES at Girl Scouts**

**resident camp**...Listed on the pages that follow are Girl Scouts of Central Maryland's Summer Camp opportunities at our resident camp headquarters, Camp Conowingo. Camp Conowingo is located in Conowingo, MD, approximately one-hour northeast of Baltimore City. The camp is situated on 600 acres of woodlands and open fields along the Susquehanna River. While the camp is primitive in some aspects, it allows campers to connect with their natural surroundings. Campers live in yurts, glen shelters, platform tents, tipis, covered wagons, or lodges. Within each unit are sleeping facilities, kitchen shelters, latrines,

cold-water hand washing stations, and a campfire area. Each sleeping unit, other than when the campers are tent camping, is equipped with a cot and mattress for sleeping. Most units do not have electricity. The air-conditioned dining hall, bathhouse and swimming pool areas boast modern facilities. *Note:* Staff members sleep in separate areas within the unit, and are centrally located within the unit to which they are assigned.

**ADVENTURE-SEEKERS TAKE NOTE  
SESSION ONE WILL START JUNE 22**

## Session 7

Sunday, August 2 – Friday, August 7, 2009

Drama Queens (Ages 13-17)

Dirt & Surf (Ages 13-17)

CIT II (Leadership Opportunity)

WIT II (Leadership Opportunity)

## Session 8

Sunday, August 9 – Friday, August 14, 2009

Beach Bums (Ages 13-17)

Cowgirls Under the Stars (Ages 13-17)

CIT II (Leadership Opportunity)

WIT II (Leadership Opportunity)



## Teens

### Ages 13-17

#### Project Green Camp

##### Session 1

It will be your mission this week to create a more environmentally friendly and sustainable Camp Conowingo this summer. Learn ways to conserve energy, recycle, live green and make the earth a more beautiful place – starting with Camp Conowingo. You and your new friends will get a chance to create a recycling system, a composting area and plant a garden to grow vegetables and herbs for the kitchen that the camp staff will be able to use for the remainder of the summer. You will have plenty of time for swimming, arts and crafts, campfires and more. You will also be able to work on the Eco Action IPA during this short week. \$220

#### Chesapeake Sails

##### Session 1

Come sail away! Join us as we take a week-long sail aboard the Flagship of the Living Classrooms fleet the Lady Maryland, an authentic historic pungy schooner. Like Captain Jack aboard the Black Pearl, you will live, eat and sleep on board. During this week-long adventure on the Chesapeake Bay learn how to navigate and sail, along with the crew, as you explore the outer islands of the bay. Don't miss this very special opportunity, space is limited. Note: This trip will start and finish in the Baltimore Inner Harbor because of the short session. \$485

#### Whitewater Experience

##### Session 2

Spend your first night at Camp Conowingo preparing for your week-long adventure to the wild waters of West Virginia. Travel with other campers to Harper's Ferry, West Virginia where you will camp out under the stars by night and explore the waters by day. You'll spend one day on a guided kayaking trip, another on a whitewater rafting adventure and the third on a lazy river tubing trip. Spend a day exploring the historical town of Harper's Ferry with its stores, museums, spectacular views of the water and of course some frozen custard. \$385

#### Underwater Adventure

##### Session 3

Have you always fantasized about exploring plane wrecks and other items 30 feet or more below the surface of the water? Spend the week learning the basics of scuba diving in preparation for your international lifetime scuba diving certification. You'll return to school next fall bragging about your adventures. The program activity includes daily trips to Guppy Gulch, an old quarry, for classroom and water time. All equipment and materials are supplied, so show

up ready to dive! (Must be 14 or older by December 31, 2009) \$370

### **Wild Horses**

#### Session 3

There are few places in the United States where you can see wild horses and one of those places is at the Assateague Island National Seashore in Maryland. Spend your first night at camp preparing for your trip and then head out to the shore to camp for the next three nights among the horses. Once you are there, you will have the chance to spend your week discovering the island where you will be able to hike and explore the seashore, view amazing wildlife including the wild horses of Assateague. \$365

### **High Adventure**

#### Session 4

Spend this week exploring everything Camp Conowingo has to challenge you and your new teammates. Start off with team development activities in the fields and in the woods on our low ropes course. Refine your rock climbing skills with multiple trips up the rock wall. Then learn how to belay and tie figure eight knots as you and your teammates conquer the high ropes course and zip line and work towards your High Adventure IPA. If you're still craving some adventure, go on a search for Camp Conowingo's geo-caching sites. In your free time, there will be time for the pool, crafts and nature \$295

### **Holiday in Harpers Ferry**

#### Session 4

Take a break this summer with a relaxing vacation to Harpers Ferry, West Virginia. You will spend the first night at Conowingo meeting the other campers in your group and packing up your gear for the trip. After that you will head out to the Harpers Ferry area and set up camp at the Maple Tree Campground where you will stay in a tree house for the next three nights. As a group, you will get to decide what you would like to do with your days. Choose to go hiking along the Appalachian Trail, visit a wax museum, go tubing on one of the nearby rivers, explore the shops and restaurants of Harper's Ferry or just relax with your new friends. After you are all rested up, head back to camp in time for the all-camp activity on Thursday night. \$385

### **Art Star**

#### Session 5

Camp is your canvas this week as you explore various art media. This is your week to create whatever you desire. The staff will cover various techniques and even show you how to make your own designs for reproduction and create replicas of your masterpieces to give to your friends at home through the various methods of screen printing, block printing and spray paint. During camp, take a day trip

to Baltimore to see the self-taught artists of the Visionary Arts Museum and after take a lunch break at a hip local restaurant with plenty of time to reflect on your Baltimore art trip. At the end of the week, see your art go on display at the annual Camp Conowingo Art Show. \$315

### **Summer Island Leadership Trip**

#### Session 5

See the Chesapeake Bay at its heart while living on an island for five days and four nights. Expert outdoor Chesapeake Bay Foundation educators will guide you on an unforgettable trip experiencing "island-life" and learning what it is like to solely depend on a healthy Bay. You will practice group living skills, take on leadership roles, bond with your peers, investigate crab and fish populations, canoe through the tidal marshes, interview local experts, star gaze and participate in night hikes. Your time on the island is governed by the wind, tides and the sun - so you never know what adventures you might find! \$385

### **Backcountry Adventure**

#### Session 6

Imagine yourself hiking through beautiful mountain trails with everything you need in your backpack. Spend your first night at Camp Conowingo, learning all the skills you need for this backpacking adventure along the Appalachian Trail. Then you will travel to the Shenandoah National Park for a three-night backpacking trip. You will be able to earn the Backpacking Interest Project Patch this week. (Participants must be in good physical condition, and must have broken-in hiking boots, lightweight sleeping bag and backpack. GSCM can assist in finding gear to purchase or rent for this trip.) \$365

### **New York, New York!**

#### Session 6

You will spend your first night at camp learning about New York and planning your week's schedule and then the adventure begins. Take the train up to the Big Apple for a summer adventure you'll never forget. Stay in a youth hostel with the other campers at night and explore all day long. Take a boat trip on the Hudson River; watch a Broadway play. Grab your camera to remember your summer adventure. See the Statue of Liberty; visit Times Square to try to see who's at the MTV studio and more! (All meals will be included, but campers must bring their own spending money.) Campers must be at least 14 years of age by the start of this trip. \$550



## Drama Queens

Session 7

Do you love the theater but want to know more about what goes on behind the scenes? You will spend your week choosing what area of the Conowingo Production Company you would like to be a part of. You could be the stage manager, lighting technician or costume designer. If you enjoy videotaping you could be filming our Conowingo Night of Theater. If you want to perform you can choose to do that too. You and your theatrical crew will even travel to Baltimore to see an evening performance of a local play. Can you say action!?! \$315

## Dirt and Surf

Session 7

Explore the caves and ride the waves during this week away. Set up camp near Laurel Caverns in Western Pennsylvania. Enjoy climbing, rappelling, speleology and digging through the past. You will mix in an adventurous whitewater rafting trip down the Youghiogheny River, where you will need to paddle just to stay upright. If you feel that you are up to the challenge, and the work, we will see you there! (Special release forms are required by the operators of these programs) \$385

## Beach Bums

Session 8

Spend this relaxing week vacationing on the Delaware coast, exploring the beach, water, nature and excitement of the shore. You will set up camp and spend three evenings at Camp Henlopen. Take a trip to see dolphins (and possibly whales) on a relaxing boat cruise. Enjoy morning and night hikes on the beach. You and your group will also spend some time hanging out at Rehoboth Beach where you can ride the amusement park rides, play some skeeball or swim in the ocean. \$375

## Cowgirls Under the Stars

Session 8

Build upon your advanced riding skills. Demonstrate your ability to saddle a horse and ride in the corral area. Girls will then explore the beautiful trails of Conowingo on horseback. Spend time reviewing and learning horse facts in workshops and what it costs to own a horse. Girls will take a break from trail riding to eat a chuck wagon feast while overlooking the Susquehanna River and enjoy an overnight under the stars. You must have completed Rough Riders, or have equivalent documented experience in riding. \$325

