



an exciting camp  
for girls  
in the  
wilderness  
of the  
Adirondack Mts.  
near Eagle Bay, N. Y.

Basically, Moss Lake Camp is a conservative camp offering a program of athletics under nationally known instructors, social activities designed to develop personalities, an educational program, as well as providing a wholesome summer full of fine memories and FUN for each and every camper.



Moss Lake has a 30-horse stable with three riding rings. Each girl rides from 6 to 12 hours a week. The August Horse Show has been granted recognition by the American Horse Show Association which means our girls may qualify for the Maclay and AHSA Horsemanship Classes in Madison Square Garden and acquire national "Medal" points. Instruction under noted Continental Instructors.

The swimming department is headed by John Zimnoch who is the dean of our staff of specialists. When he arrived at Moss Lake during its early years, he was already one of the best known coaches in the East. He has held many national championships, and his pupils have won many important titles both here and abroad. After campers have become proficient in swimming, they then qualify for taking overnight hiking and canoeing trips.

Sailing fits nicely into the Moss Lake policy of emphasizing activities which can be continued through adult life with undiminished pleasure. The fleet includes turnabouts, 420's, prams, and sailfish.

The island and cottage in the center of the lake serve as our skiing headquarters. The eastern half of the lake is reserved for canoeing and sailing; the western portion for water skiing. Facilities include a slalom course and a jump of special design that is adjustable.

Tennis plays a major role with a professional instructor providing daily instruction in each camp. Also included in the regular curriculum are fencing, canoeing, archery, ballet and drama. Speed-reading and typing are offered for the older campers as well as tutoring in any subject.



The Moss Lake Tract comprises 600 acres of virgin forest and completely encircles the camp's private lake. This is an Adirondack gem three-fourths of a mile in diameter with a gradually sloping sandy shore. The tract, while only four and five hours from Buffalo and New York, is surrounded by State Forests with their innumerable rivers, lakes, and mountains. Confers predominate, and hay fever irritants are at a minimum.

To combine the advantages of the small camp with those of the large, Moss Lake is divided into three entirely independent and well separated units, each designed to suit the needs of its particular age group. Each has its own counsellor staff, dining room, infirmary, recreation hall, tennis courts, and waterfront facilities. This allows effective differences in rising and retiring hours, menus and programs, and permits each girl to be an important factor in the life of her own camp regardless of her age.

Moss Lake has an especially large per camper investment which makes possible many unusual contributions to the health, safety, and pleasure of its campers. Of these "Madison Square Garden" with its rainy day facilities for basketball, baseball, badminton, shuffleboard, ping-pong, and tennis is an excellent example.

Moss Lake Camp was founded over 40 years ago by Dr. George H. Longstaff and has been operated by him until 1969 when Jane, formerly Jane Newton, and Bob Rider became directors. Jane was a camper at Moss Lake during the '40s for seven years and a counsellor for four. Bob was born and raised in the Adirondack area and is thoroughly familiar with camping. Both graduated from college with a B.S. in Business Administration and Bob is President of O. A. Newton & Son Co., Bridgeville, Delaware.



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