



# Parent/Caregiver Manual 2019

Camp JCC in Center Valley  
All Star Sports Camps  
JSeals Guard Start  
5831 Vera Cruz Rd., Center Valley, PA 18034  
Phone: 610.967.4750

Stagemakers Theater Camp, JChefs and J Chefs Jr., J Art Camp, Music Camp, Stacked Cookie & Candy Baking Camp, Dance Camp, Theater Workshop, and Chess Camp  
JHoops Basketball Camp, JSeals Swim Camp  
Jewish Community Center of the Lehigh Valley  
702 N. 22nd St., Allentown, PA 18104 Phone: 610.435.3571  
Fax: 610.435.2859  
[www.lvjcc.org](http://www.lvjcc.org)

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## Camp JCC Center Valley Staff

### **Mike Smith**

Director of Camp 365  
610.435.3571 ext. 180  
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### **Sara Ritter**

Office Manager  
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campjcc@lvjcc.org

### **Jodi Lovenwirth**

Aquatics Director  
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### **Terrence Baker**

Sports and Wellness Director  
610.435.3571 ext. 140  
[tbaker@lvjcc.org](mailto:tbaker@lvjcc.org)

### **TBD**

Group Leader (Pioneers & Discoverers)  
610.967.4750  
[campjcc@lvjcc.org](mailto:campjcc@lvjcc.org)

### **TBD**

Group Leader (Challengers & Voyagers)  
610.967.4750  
[campjcc@lvjcc.org](mailto:campjcc@lvjcc.org)

## Specialty Camp Staff

### **Brenda Finberg**

Children and Family Services Director  
610.435.3571 ext. 183  
bfinberg@lvjcc.org

### **Chef Mary / Baker Robyn Finberg**

JChefs & J Chefs Jr.

### **Cotty Kilbanks & Madison**

JArt Camp

### **Eddie Hong**

Music Camp

### **SJ Pierce**

Stagemakers Theater Camp

### **Robyn Finberg**

Cookie and Candy Baking Camp

**Melissa Zimmer**

Dance Camp

**Kalin Jackson**

Chess Camp

**Camp Dates and Hours****Camps Located in Center Valley:***Center Valley Office Hours: 8:00am-4:30pm***Camp JCC in Center Valley**

June 17-August 9

Monday-Friday 9:00am-4:00pm

**All Star Sports Camp: Basketball Stars**June 24<sup>th</sup>-June 28<sup>th</sup>

Monday-Friday 9:00am-4:00pm

**JSeals: Guard Start**July 15<sup>th</sup>-July 19<sup>th</sup>

Monday-Friday 9:00am-4:00pm

**All Star Sports Camp: Baseball Stars**July 22<sup>nd</sup>-July 26<sup>th</sup>

Monday-Friday 9:00am-4:00pm

**Camps Located in Allentown:****Early Care and Extended Care at the JLounge (available for all camps)**

Monday-Friday 7:30am-9:00am and 4:00pm-6:00pm

**JHoops Basketball Camp**

August 12, 2019- August 16, 2019

Monday-Friday 1:00pm-5:00pm

**Specialty Camps @ the JCC****Music Camp**June 17<sup>th</sup> - June 21<sup>st</sup>

Monday-Friday 8:30am-4:00pm

**JArt Camp**June 24<sup>th</sup> - June 28<sup>th</sup>

Monday-Friday 8:30am-4:00pm

**Stagemakers Doctor Dolittle Theater Camp**

July 1-July 19

Monday-Friday 8:30am-4:00pm

**JChefs and J Chefs Jr.**July 22<sup>nd</sup> - July 26<sup>th</sup>

Monday-Friday 8:30am-4:00pm

**Stacked Cookies and Candy Making Camp**

July 29th - August 2nd

Monday-Friday 8:30am-4:00pm

**Dance Camp**

August 12th - August 16th

Monday-Friday 9:00 am-1:00pm

**Theater Workshop**

August 12th - August 16th

Monday-Friday 1:00pm-4:00pm

**Chess Camp**

August 19th - August 23

Monday-Friday 1:00 pm-4:00pm

Welcome!

Dear Camp Families,

Thank you for the opportunity to provide your children with a wonderful summer camp experience. We are excited to work with you to ensure a positive camp experience for each child.

At Camp JCC in Center Valley, we will continue great traditions as well as introduce new programs and experiences, combining instruction and fun. Our daily routine in Center Valley will include an array of activities, most led by skilled instructors, such as aquatics, arts and crafts, music, nature, soccer, basketball, baseball, Israeli Adventure, Jewish values and culture, and more. The day will be guided by the caring general counselors, who ensure the campers' safety and development. Relationships that evolve between peers as well as counselors and campers are unique. Camp provides campers a secure yet independent experience, as they are poised to grow and learn activity skills and life skills.

At the JCC of the Lehigh Valley, we are excited to offer some of the most exciting and cutting-edge Specialty Camps in the area! Specialty Camps allow campers to focus on one area of interest, like culinary arts, art, band and musical theater. Campers can attend one week or multiple weeks at the J's Specialty Camps. We've developed an amazing program that is a place with purpose where imaginations take flight, interests are discovered, skills are improved, friendships are made, and campers can soar!

It is the goal of all JCC Camps to make this summer safe and enjoyable. We have prepared this manual to help guide you through getting ready for an exceptional camp experience in a safe, nurturing environment.

Please call or stop by any time. Our doors are always open, and we are pleased to address your questions and comments.

We are looking forward to sharing an exciting summer with your family.

Sincerely,

**Mike**

Mike Smith  
Director of Camp 365

**Jodi**

Jodi Lovenwirth  
Aquatics Director

**Brenda**

Brenda Finberg  
Children and Family Services Director

**Terrence**

Terrence Baker  
Sports and Wellness Director

# The Basics

Camp Forms

Campers will not be permitted to attend any camp without all forms completed. We ask that you complete the following forms and return them directly to Stephanie Bennett, camp registrar, by Friday, May 31, 2019.

- Child Health Report
- Medical Administration Form (if necessary)
- Topical Cream/Sunscreen Form (if necessary)
- Food Allergy Action Plan (if necessary)

All camp forms are available on our website at [lvjcc.org/campforms](http://lvjcc.org/campforms) or at the welcome desk.

## Getting Ready For Camp

Camp is a fun and safe place. Though most children adjust easily to the camp experience, some may need encouragement from home. First-time campers might benefit from the following ideas:

- Talk about the activities and describe camp as a safe place to be.
- Talk with other children who have been at camp.
- Keep the night before the first day of camp calm. A good night's sleep goes a long way toward a positive attitude.
- Give your camper a warm but brief send-off.
- Send a note in your child's lunch saying that you know he/she is having a great day.
- On your camper's first day, please send along an extra change of clothes, including socks, underwear, shirt, shorts, and a sweatshirt for an emergency or a sudden change of weather. Place these items in a marked, zippered plastic bag to be left at camp. Remember to replace these items at camp should your child bring them home when they are used.

## Items Needed on a Daily Basis

- Comfortable clothing that allows children to safely participate in all activities, including getting dirty if necessary. Camp is a good place to wear old clothing.
- Camp JCC campers should wear a swimsuit under their clothing. Specialty campers may pack theirs. Remember to pack a towel. Hats are welcome.
- Sneakers and socks are necessary for the protection of your child's feet. We do not allow sandals, Crocs, Keens, or any other form of open-toed footwear.
- A labeled water bottle helps conserve resources. Sunscreen removes permanent ink from non-porous surfaces, so consider using labels covered with clear packing tape.
- Sunscreen. This should be applied to your child before he/she comes to Camp JCC. Specialty campers should pack sunscreen, but they will only apply it as necessary. Our staff will be instructed to assist your child when reapplying sunscreen. This is done routinely and after all aquatic activities.
- Label all belongings with a permanent marker.

## Camp T-shirts

All campers will receive a complimentary camp t-shirt. We request that all campers wear their camp t-shirts every Friday and on days they have a field trip. Additional shirts will be available for purchase.

## Labeling and Lost and Found

Permanent labeling of all articles will help us return lost and found items. Parents are welcome to stop by the camp office in Center Valley or Mike's office at the JCC to check for any lost items.

Items left at the end of the season will be at the JCC until the end of August. At that time all unclaimed items will be donated to Nearly New. Camp is not responsible for lost objects.

## Absenteeism

If your child will not be attending Camp JCC on a given day, please inform the camp office, 610.967.4750, as soon as possible. If your child will not be attending a Specialty Camp, please inform Brenda Finberg at 610.435.3571 ext. 183 as soon as possible.

When leaving a phone message, please speak slowly and clearly. State the child's name, bus letter if applicable, and which camp he/she attends.

There are NO make-up days or refunds for absence for any reason.

## Staff

Camp JCC's specialists and counselors include our professional early childhood staff, teachers, college graduates, college students, and high school students. Swimming pool staff receive extensive programmatic and safety training in their area. Stagemakers' talented theater staff is composed of proven, trustworthy and capable adults, college graduates, college students and high school students who have many talents and a lot of experience. JChefs' culinary instructors are excellent cooks and bakers who have experience with diverse dishes. JArt staff is composed of teachers with bachelor's degrees in art, and the music teacher has a bachelor's degrees in music. The health and safety of the campers is the primary concern of all staff. Our staff members participate in a training program prior to the camp season, where they receive training on such topics as child development, program planning, leadership, and health and safety.

## Family Visitation

JCC Camps have an open door policy. For security purposes, visitors (including families) must first report to the camp office in Center Valley or the welcome desk at the JCC to sign in. This procedure is intended for the protection of our campers and staff. Visitors must also sign out upon departure.

## Communication

In an effort to provide pertinent information efficiently, JCC camps will communicate with parents primarily by email. All parents will receive e-communications to the address(es) they provide upon registration. When communicating with us, please consider email rather than paper notes if at all possible, and please date all notes.

Families will receive reminders, newsletters, Shutterfly picture information, and notifications that highlight upcoming events, specialties, or changes. These describe what campers should bring to camp for a specific activity or event and notify families of weather conditions that may result in the modification of the camp day's activities.

All caregivers in a family are important to us. Please speak with Sara, the camp office manager, personally to ensure that information is available to all caregivers in a prompt and efficient manner.

## Safety

All JCC camps have an Emergency Action Plan to address a variety of situations which may arise during the camp day. Each situation has its own set of procedures and guidelines to ensure safety during your child's summer experience.

## Court Restrictions

If parents are divorced or legally separated and one parent has been granted sole custody, controlled care, or restricted visitation, that parent must submit a copy of the court order or visitation agreement so that we can have it on file in the camp office. Without this notification, the JCC cannot be held responsible for releasing a child to a parent.

## Health and Safety

It is very important to all of us that campers are in good health.

Our primary objective is to provide the safest environment for our campers. Camp JCC in Center Valley has a nurse on the premises. Key staff is certified in first aid and CPR, which prepares them to administer basic care as well. If any child shows signs of ill health at any time, the child is taken to the nurse's office.

Commercial medicinal preparations and bandages for bruises, insect bites, etc. are applied externally when necessary. If your child is highly allergic to insect/bee stings, please be sure to make that clear in writing. Please provide suitable medication from your doctor (e.g. EpiPen, antihistamine, etc.).

If the staff determines that a child is too ill to participate in the activities of camp, the child must be picked up from the nurse's office at Camp JCC or the auditorium at the JCC as soon as possible. The child must be free from all conditions in order to return to camp (e.g. fever-free without the use of Tylenol/Advil for 24 hours).

The following are general health concerns requiring your notification should they occur at camp. The camper will remain in the nurse's office or auditorium until a family member arrives, and he/she may need to stay home from camp until symptoms of the illness are treated or gone. Contact your health care provider and keep your child(ren) home as needed for the following:

- Diarrhea (defined by 3 very loose stools in one hour)
- Any productive cough or continuous coughing
- Sore throat or earache causing verbal complaint
- Vomiting
- Flu-like symptoms
- Illness treated with antibiotics for less than 24 hours
- Pink eye (conjunctivitis)
- Any contagious rash (chicken pox, impetigo, measles, ringworm, etc.). Children may not return to camp until all pox are scabbed over or until cleared by a doctor.
- A temperature of 100.4 orally (99.4 armpit)
- Any discharge from the eyes or nose that is green in color
- Pediculosis (lice)

Special note about lice: Contact a physician and the JCC immediately. Head lice are tiny tan-colored bugs that are easily transmitted through eggs (nits). The nits are tiny, oval-shaped and grayish-white. They adhere to the hair strands about 1 to 1.2 inches from the scalp. The noticeable symptom of lice is itching (and a child's constant scratching). Treatment may involve shampooing and combing with an over-the-counter kit or other remedies. Children with lice will be sent home for treatment, and all other families will be notified and asked to double-check their children. In the event of an occurrence of lice at the JCC, we will do head checks on all the children and staff. In the rare instance of infestation, we will issue guidelines for eradicating these organisms. A child treated for lice may not return to the JCC until treatment has taken place, all nits have been removed from the hair, and a doctor's note confirms this. This is to reduce or prevent survivor re-infestation. The child may not ride the bus or return to camp until he/she has been checked by the Camp Director or nurse, who will give final approval for return to camp.

## Contagious Diseases

Families will be notified in writing if their child is exposed to a potentially contagious disease while at camp. Camp requires that families notify us if a child has been exposed to or diagnosed with a contagious disease such as chicken pox, lice, conjunctivitis, etc.

## Emergency Treatment

In the case of an emergency, every effort is made to notify the family first. If they are unreachable, the emergency number will be called. If no one can be reached, the child will be taken to the nearest hospital for emergency treatment. Our preferred emergency room is Lehigh Valley Health Network's Cedar Crest. We will then continue our efforts to reach a family member or emergency contact.

JCC camps must have a reachable phone number in case of an emergency.

## Dispensing of Medication

Administration of any medication or nutritional supplements requires prior written parent/guardian authorization. Prescription medication will only be administered on the written order of the child's physician and must be in the original container with the child's name, the name of the drug, and directions for its administration and storage on the label. (If you need a vial for home and camp, ask your pharmacist for an extra labeled vial.) Medications will only be dispensed according to the doctor's instructions. All non-prescription oral medications (cough syrup, Tylenol, etc.) or nutritional supplements also require completion of the Medication Administration Form AND the written authorization/signature of the child's physician. Consents are valid for one year. A parent or legal guardian must deliver daily medication to camp prior to the camper's first day. It is the responsibility of the parent/guardian to get all medication to the camp office at Camp JCC or Brenda's office at the JCC. Medication may not be transported by campers. Please provide the exact amount of medication needed for your child's full stay at camp.

Parents/guardians must advise the camp director, office manager, and nurse if campers are not receiving regular medications, are starting/changing regular medications, or are discontinuing regular medications. This is true for short term prescription medications as well.

## Food

Camp makes every effort to adhere to the kashrut policy of the JCC. We require kosher style lunches (these do not mix dairy and meat products or contain pork or shellfish products). There is no sharing of food among campers or staff.

Please label lunch bags with the camper's name. All lunches will be refrigerated. Camps provide water to drink at lunchtime. The Pioneers at Camp JCC will also enjoy a morning snack, and all campers receive an afternoon snack before dismissal.

On Fridays at Camp JCC, a meat or dairy lunch is served. You will be informed of the lunch requirements as needed.

## Lunch Ideas

Soy butter and jelly sandwich  
Sun butter Deli sandwich  
Veggie sushi

Cheese sandwich  
Cream cheese & jelly sandwich  
Cheese & crackers  
Cream cheese & olives

French toast  
Cottage cheese & fruit  
Raw vegetable and onion dip  
Tuna salad

Salads	Hard-boiled eggs	English muffin sandwich
Hearty cereals	String cheese	Cold cheese pizza
Falafel	Bagel & cream cheese	Veggie and cheese wraps
Egg salad	Muffins	Potato, noodle or other kugels
Yogurt & fruit	Pita pockets	
Fish sticks	Fried egg sandwich	
Pasta salad	Frittata	

If you give your child soy butter or sunbutter sandwiches, please let us know with a lunch box note, or we will assume it's a peanut butter sandwich. Help us keep our campers safe!

Nutella and commercially prepared hummus are not permitted, as they contain hazelnuts and sesame seeds (tahini), respectively.

Campers include those who are vegetarian, tree nut free, peanut free, sesame free, dairy free, gluten free and soy free. It is our goal to work with all families to accommodate their dietary needs and/or practices. To best serve these campers and to ensure maximum safety, families who have special dietary needs and/or restrictions will be required to provide their children with food/snacks/treats. Please note that you must provide not only a daily lunch but also morning snacks (if your child's group receives them), afternoon snacks, and any treats that you would like to be available for birthdays, special events, etc. We can provide storage for shelf-stable, refrigerated and frozen items at camp.

## Allergy Management Policy

The JCC understands the increasing prevalence of life-threatening allergies. We reduce the risk of accidental exposure to allergens by working in cooperation with families, students, and physicians to minimize risks and provide a safe environment for all participants. The focus of allergy management shall be on prevention, education, awareness, communication and emergency response.

JCC programs implement the following to address the needs of our children:

- If a child is unable to safely eat all peanut- and tree nut-free food served at JCC programs when a parent or guardian is not present, the child will not be given any JCC food. All food will be provided by the family.
- We make available, within reason, a list of the ingredients of any food served at a function. At JCC programs, we do not intentionally serve any food that contains peanuts, tree nuts or sesame seeds.
- We collaborate and communicate with families and their health professionals, keeping complete and thorough health records, being aware of food alternatives, and planning for emergencies to minimize the potential dangers for those with food allergies or intolerances.
- A child with food allergies or intolerances must have a Food Allergy Action Plan (FAAP) signed by a doctor. If a child is allergic to more than one food, parents/doctors must fill out one FAAP per food. The FAAP will tell us what foods the child is allergic to, what symptoms to look for, and what medications to give to treat reactions.
- The program protects children with food allergies from contact with the problem food. The program asks families of a child with food allergies to give consent for posting information about that child's food allergy and, if consent is given, posts that information in the food preparation areas and in the areas of the facility the child uses as a visual reminder to all those who interact with the child during the program day.
- On an annual basis, program staff will participate in appropriate training to administer emergency allergy medication.

## Birthdays

For those families wishing to celebrate a birthday at camp, we will be offering the option of ordering parve kosher cupcakes, ice cream or Italian ices. If you would like to order a birthday treat during a Specialty Camp, please contact Brenda Finberg, Children and Family Services Director, at 610.435.3571 ext. 183 or [bfinberg@lvjcc.org](mailto:bfinberg@lvjcc.org). To order for Camp JCC, please contact our camp office manager, at 610.967.4750 or [campjcc@lvjcc.org](mailto:campjcc@lvjcc.org). Order forms are also available at the JCC.

## Code of Honor

<b>Camper</b>	<b>RESPECT</b> I understand that others are different, and I will treat them with kindness no matter how they look, what they can do, what they believe, or where they are from. I will show respect for others by solving problems in a way that is not verbally or physically harmful or dangerous to me or others. I am responsible for my camp community and will treat the grounds, buildings and possessions with respect by not littering, damaging, stealing, or breaking things.	<b>Families</b>	<b>RESPECT</b> I/We will respect and comply with camp policy and understand that policies are set forth for the greater good of the camp community. I/We will respect individual differences among campers, families, and staff. I/We will treat staff, campers, and other families with thoughtfulness and consideration and refrain from using negative or abusive language.
	<b>HONESTY</b> I will be a trustworthy person. I will accept and follow the camp rules. I will tell the truth.		<b>HONESTY</b> I/We will be honest, truthful, and fair in all interactions with staff, campers, and other families. I/We will inform camp administration of all medical, emotional, and psychological factors that may influence the behavior of our camper. I/We will respect those decisions made by camp staff.
	<b>COOPERATION</b> I will be a valuable member of the camp community by accepting responsibility for myself in what I do, what I say, and the choices I make.		<b>COOPERATION</b> I will be a valuable member of the camp community by accepting responsibility for myself, what I do, what I say, and the choices I make.
	<b>SAFETY</b> I will keep my hands to myself. I will not hurt others. I will follow the rules wherever I am because rules help to make my camp safe.		<b>SAFETY</b> I/We are committed to helping staff protect the community from risk of harm or injury. I/We understand that there will be consequences for our and our child(ren)'s negative behaviors that threaten the emotional well-being of the camp community.

## Discipline & Behavior Policy

Camp is a community of children, staff and administrators. Together we provide a physically and emotionally safe, fun summer full of learning, growing and memories. We work to eliminate inappropriate language, inappropriate behavior, and bullying, and we enforce a zero tolerance weapons policy. There are times when actions must be taken in order to ensure a safe and positive environment for the other campers and staff. If your child relates to you a behavior or interaction with a counselor or another camper that has caused concern or discomfort, please notify the camp director. An outline of our discipline policy, which you signed off on in our Terms of Enrollment, is below:

Behavior	1st Occurrence	2nd Occurrence	3rd Occurrence
Profanity, abusive language, disrespect to others, willful disobedience, fighting, biting, physical aggression, kicking, hitting, spitting	Conference with camper and a phone call home to family.  Consequences for future behaviors will be explained.	Conference with camper and a phone call home to family.  Family will pick up camper immediately.  An additional one-day suspension from camp will occur.	Possible immediate expulsion from camp without refund.
Stealing, destruction of property, vandalism	Conference with camper and a phone call home to family. Family responsible for property damage.  Consequences for future behaviors will be explained.	Conference with camper and a phone call home to family.  Family responsible for property damage.  Family will pick up camper immediately.  An additional one-day suspension from camp will occur.	Possible immediate expulsion from camp without refund.
Smoking, drugs, alcohol, weapons	Immediate expulsion from camp without refund.		

## Digital Photographs

We take photographs during the summer, which are available for viewing on Shutterfly, Facebook, Instagram, and Twitter. Information on how to access these photos is included in our email newsletter. Camp families can view pictures, save thumbnails, and order prints through Shutterfly. Please help us maintain a safe environment by explaining this to your child. Any camper who takes a compromising photograph of another camper or staff member and makes it public in any way may be subject to dismissal from camp and may not be allowed to return. If the law is broken, the appropriate authorities will be notified.

## Items Prohibited at Camp

Please do not permit campers to bring money, cell phones, iPods, CD players, MP3 players, iPads, tablets, laptops, jewelry, watches, or any other mobile gaming or electronic devices. We also ask that campers not bring Pokemon or Magic the Gathering cards to camp. Fidget spinners are also prohibited. Toys of any kind are not permitted at camp. If we find these items, they will be held in the office until dismissal. Camp will not be responsible for lost or damaged items.

Cell phones, tablets, etc. with internet connectivity can be used to take pictures and share personal images on the internet. This can create significant privacy and safety concerns for our campers. For this reason, cell phones and any internet accessible devices are strictly prohibited.

These items are a distraction to the camp experience and could be lost or broken. Cell phone use at camp also undermines a camper's ability to be truly present and included.

## Working Together to Keep Your Children Safe

We see many positive ways for youngsters to enjoy the healthy benefits of the internet and other technologies. As advocates for children, we want to work with you to keep those experiences safe, healthy, and positive. That is why we have taken the time to write these policies, include some resources for you, and urge you to talk with your children both about camp and about online activity in general.

## Campers and the Internet: Cyberbullying and Harassment

Parents, please discuss this with your child as appropriate. We have developed policies about the internet and other important issues so that everyone has the best possible experience at camp.

Email, instant messages, and social networking sites are positive ways to express yourself and keep in touch with your friends. As a camper, you have the right to exchange email or IMs with other campers and to invite other campers to be on your "friends" list in any way that you and your parents see fit. When it comes to contact with anyone on our staff, however, parents must take full responsibility. This includes giving or getting an email address, IM name, cell phone number, networking profile, or blog, or making any other Internet contact. (We tell this to our staff during orientation.) We think relationships with the counselors are important, but once they leave camp, we cannot take responsibility for what happens — only parents can.

Regarding email, IMs, messages, and comments you might make to other campers on their social networking sites, we ask you:

- To keep what you say positive and respectful of staff and campers alike.
- Not to use obscenities or vulgar or sexual language.
- Not to say damaging or threatening things to or about other campers or staff.
- Not to post pictures online that would embarrass anyone or violate anyone's privacy.
- Not to pose as another camper online or spread false information about anyone.
- Not to use a website, blog or email to talk about things that are against camp policy, like using drugs or alcohol, bullying, or sexual topics.

Most internet communication is positive. In the rare case of any negative messages to other campers or staff, our policy is to call the parents of campers who send those messages and share the content with them.

We will use any legal means available, including the police and the FBI, to hold accountable the source of any offending or threatening internet communication. Any camper who violates any of our policies regarding the Internet or other communication might have to leave camp, might not be able to come back to camp, and might even have to answer to the police or other law enforcement authorities.

We want you to be safe on the internet. If you receive a threatening email, IM, or message on your personal web site, notify the camp director immediately.

### **Assumption of Risk**

As a parent or guardian of a camper enrolled at JCC camps during the current camp season, you understand that part of the camp experience involves activities and interactions that may be new to your child/ren, and these come with certain risks and uncertainties beyond what your child/ren may be used to dealing with at home. You are aware of these risks, and you are assuming them on behalf of your child/ren. You realize that no environment is risk-free and will instruct your child/ren on the importance of abiding by camp's rules. You and your child/ren agree that you are familiar with these rules and will obey them.

# Camp JCC in Center Valley

## Off-Season Communication

We are available throughout the year to answer any questions or concerns and to help you navigate the summer camp registration process.

## Summer Communication

Our office manager will take a phone message if you wish to speak with the director or a group leader; they will return your call at the earliest possible time, usually that evening or the next camp day. In an effort to provide pertinent information efficiently, Camp JCC will communicate primarily by email. All families will receive emails at the email addresses they provided upon registration.

All notifications and reminders about special events, late nights, trips, and overnights will be emailed. Please make sure that we have your email address and that you check for our emails daily throughout the summer. Camp reminders will tell parents and caregivers what their camper should expect with regards to special activities, items to pack, and pick-up arrangements (if different than a typical camp day). Camp JCC will also provide a newsletter each week. This will highlight the current week's activities and special events with articles and pictures.

This Parent/Caregiver Manual is the best way to prepare you and your camper for a safe, enjoyable summer. An online copy of the Parent/Caregiver Manual is available at [lvjcc.org](http://lvjcc.org).

Family dynamics are important to us. Your children may be part of a single-parent family, co-parenting arrangement, or blended family, or maybe they are spending the summer with their grandparents or extended family. Please let the office manager, Sara, know so we can confirm the line of communication.

## Items to Bring Daily

- 2 Bathing Suits: 1 to be worn to camp for morning instructional swim and another to be changed into for afternoon free swim.

Girls should arrive in a t-shirt and shorts (with a bathing suit underneath) and boys should arrive in swim trunks (which act as shorts) and a t-shirt. Be prepared to swim every day. The weather changes very quickly in the summer months, and cool, wet mornings frequently change over to sunny, hot days. All campers will participate in our swim instruction and recreational swim periods, weather permitting.

Please do not send your child to camp in Crocs, Keens, sandals or flip-flops. If your children arrive at camp without sneakers, we will call you and ask you to bring sneakers. If this is not possible, they will not be able to participate in any athletics or outdoor adventure activities. This is for their safety.

- 2 Towels
- Sunscreen
- Water bottle
- Hat (optional), as many of our activities takes place on fields in full sun.

## Camp T-shirt

All campers at Camp JCC will receive one camp t-shirt. Additional camp t-shirts are available for purchase. Campers should wear their camp t-shirt every Friday and on picture days, as well as for trips outside of camp.

## Spare Clothes

Please send the following items in a LABELED Ziploc bag on the first day of camp:

- Underwear
- 2 pairs of socks
- Shorts
- T-shirt
- Sweatshirt
- Rain poncho or jacket (so we can move to sheltered locations in inclement weather)

You can also drop off these items at the Meet and Greet on Sunday, June 17, 2018.

These items will REMAIN AT CAMP and will be sent home with your child on the last day of camp.

## Insects and Ticks

As in all outdoor activities, insects can be a nuisance. Two common problems are ticks and flying insects.

Ticks have a flat, round body with four legs on each side. They attach themselves by embedding their heads into skin, and they may cause infection if not removed promptly.

Please check your child when he/she returns home at the end of the day.

To remove, if not well attached, just pick off. If attached, remove by pulling tick gently while slowly turning. If any body parts of the tick remain, see a doctor. Use anti-bacterial lotion on the site to prevent infection.

For other insect bites, use a commercial lotion that is safe for your child or contact your physician.

## Heat Policy

If extreme heat is a factor at camp, campers will keep hydrated by liquid refreshment, activities will be conducted in shaded areas, and the JCC indoor facilities may be used.

## Rainy Day Procedures

Rain or shine, every effort will be made to remain at the campsite. We have an adequate amount of covered space, including four pavilions, an art barn, a game room, a music room and a lodge. In the event of severely inclement weather, camp may be held at the JCC building in Allentown. The location of camp on questionable days will be available at 610.967.4750, at 610.435.3571, on the homepage of the website and on our Facebook page. **AFTERNOON BUS DROP OFF MAY BE AT LEAST 15 MINUTES EARLY DUE TO OUR CLOSER PHYSICAL PROXIMITY IN TOWN.** You will be notified if the children are going to be at the building.

## Camp Events Calendar

You received a Camp Events Calendar in the spring. This is your official guide to what is happening at camp. It includes weekly themes, Wacky Wednesdays, special events, late nights, overnights, and day trips. On days designated as dress-up days, campers are encouraged to participate, but it is not mandatory.

## Late Nights

Rather than going home at 4:00, campers remain for an after-camp swim party, dinner and a camp

activity. Parent pick-up is at the campsite at 7:00 or at the JCC at 7:30. Permission slips will be emailed to families whose campers are programmed for a late night. Families must return an email stating whether or not their child will be participating and providing an emergency contact number.

## Overnights

All children third grade and up will have an overnight in the lodge at Camp JCC. Permission slips will be emailed to families whose campers are programmed for an overnight. Families must return an email stating whether or not their child will be participating and providing an emergency contact number.

## Trips

Various groups will take day trips throughout the summer. Families must return an email stating whether or not their child will be participating and providing an emergency contact number. Campers must wear their camp t-shirt on trip days.

## Family Visits

Camp JCC has an open door visitation policy from 9:30 am-3:30 pm.

Please adhere to the following procedures:

- Sign in and out with the office manager in the camp office.
- Be prepared to show identification.
- Smoking, alcohol, and pets are not prohibited on the camp property.
- Please dispose of hot beverages before entering camp.
- If you are planning to join your child for lunch, you must adhere to the kosher policy of the JCC and our policy restricting peanuts, sesame seeds and nuts.
- Please keep cell phone use to a minimum.
- Campers may not bring guests or friends to camp at any time or for any reason.

## Transportation

Every parent has the option to transport their children to and from camp. Drop-off at camp is at 8:45am. Pick-up from camp is at 3:45pm.

Drop-off and pick-up occur at the main parking lot by the pool. Staff will be assigned to welcome your camper in the morning and dismiss your camper in the afternoon. Please remain in your vehicle during drop-off and pick-up. Anyone picking up a child from camp may be asked for photo identification. Please notify the camp office if someone other than the parent will be picking up the child.

## Bus Transportation

Your camper's bus stop will be at a central location. Please indicate your bus stop preference on your child's application form. The central bus stops are the JCC, Temple Beth El, and Farmersville Elementary School.

The pick-up and drop-off times will be given the week before camp begins. Travel times may vary with traffic and/or weather conditions, but we do our best to be as consistent as possible.

Arriving at the bus stop on time will help to keep the schedule consistent, so we ask that your children arrive before their scheduled time and ready to board the bus.

A bus counselor will be available on every bus to greet your child, take attendance, and make sure the ride is properly supervised.

We aim for the buses to arrive at camp at or slightly before 8:50 am. We set this time to avoid the heaviest part of rush hour and to reduce your child's travel time as much as possible.

At the end of the camp day, your child will arrive at his/her designated central stop and will only be dismissed if a parent, legal guardian, or other authorized person is present at the bus stop.

## Extended Day Programs

For your convenience, Camp JCC provides an AM Extended Day Program and a PM Extended Day Program at the JCC building. Both are located in LL1 on the lower level.

The AM Extended Day program runs from 7:30-8:30 am. You must walk your child down to LL1 and sign him/her in. Children in AM Extended Day will ride the JCC bus that leaves at 8:30 am for camp.

The PM Extended Day Program runs from 4:30-6:00 pm. Your child will ride the JCC bus from camp to the JCC building. You must walk down to pick up your child in LL1 and sign him/her out.

For the safety of our campers and staff, we do not permit food or drinks on the buses. Drivers are not permitted to make any stops, so please make sure your child has had breakfast and used the bathroom before boarding. Children who need to switch buses for a playdate or childcare situation can only do so if our transportation program can accommodate the request and we receive notification in advance.

## Camp Program

The camp day reflects a wide variety of activities, including aquatics, arts and crafts, music, nature, soccer, Israeli Adventure and so much more. These activities draw upon our Jewish (and universal) values:

Gemilut Chasadim (Acts of loving kindness)

Tikkun Olam (Making the world around us better)

Rachmanus (Respect and compassion)

Rodef Shalom (Making peace)

Jewish values are integrated into daily activities. Campers will also celebrate Shabbat with their units at different times during the day every Friday. They will create their own traditions and will each have a unique experience. On certain weeks we invite you, our camp families, to join us in special Shabbat programming where we will perform, sing songs, dance, act out skits, and much more. The dates for Shabbats can be found on our calendar.

## Aquatics

The camp swimming program is designed to be a part of the excellent year-round swimming training offered at the JCC. Our Young Pioneers swim once in the morning, with the period combining instruction and recreation. All other campers swim twice a day, with a morning instruction period and an afternoon recreation period. We test campers at the beginning of their camp session and place them in the appropriate teaching level for the swim program. As a camper passes from one level into the next, he/she receives a patch for the level completed.

No children are ever forced into the water; they are only encouraged. Extra help and attention will be given to reluctant children so that they, too, will enjoy our swim program.

Before campers are permitted access to the deep water section of our pool during recreational swim, they must pass a deep water test. This requires that they swim 25 meters unassisted in a strong and capable manner, tread water unassisted in the 12-foot section for 2 minutes, and enter/exit the pool unassisted without using the ladders. All deep water swimmers MUST wear a

wristband. Children who do not have wristbands MUST remain in the 2-foot, roped-off section of the swimming pool. The lifeguards will enforce all regular pool rules that are clearly posted.

We send home swim progress reports throughout the summer. If you have any questions regarding the swim program, you may call and leave a message for the Aquatics Director, Jodi Lovenwirth, at 610.435.3571 ext. 118.

## Pool Closing

At times, the aquatics staff may need to close the pool for any of the following reasons: lightning; heavy rain; vomit, feces, or blood entering the pool; or chemical issues. Camp follows the guidelines set out by the City of Allentown Health Department for pool operation.

## Athletics

Our sports program includes baseball/T-ball, softball, flag football, soccer, basketball, volleyball/newcomb, gaga, kickball, street hockey, track & field, tetherball, and wiffleball. We focus on instruction, skill development, sportsmanship, participation and fun. Instruction is offered by knowledgeable and trained athletic staff and coaches who use warm-ups and lesson plans that are geared to the age and developmental level of the camper. Your child will participate in programs that build confidence, teamwork, and healthy habits in a fun, safe, and nurturing environment.

## Arts

Our art barn program includes arts & crafts, clay, mosaics, model-craft, painting, drawing, and music. All campers will have an opportunity to participate in creative and performing arts. Please dress your children in comfortable clothing that can get messy.

## Outdoor Adventure

Our outdoor adventure program includes our professionally engineered ropes course (includes high & low levels), zip line, nature, hiking, archery, mountain biking, and outdoor science.

## Jewish Culture

We are excited to share that we will once again welcome a summer Shaliach and an Israeli teen staff from our partner community in the Yoav region of Israel to work, live and play at Camp JCC and in our JCC community for the summer of 2018. Programs like Israeli Adventure, weekly Shabbat celebrations, Israel Day and the Maccabi Games are facilitated by our young adult friends from Israel. If you are interested in becoming a host family for some of our Israeli friends, please contact the JCC and leave a message for Miriam Zager.

## Jewish Values

Each week our campers will participate in an activity that teaches values through a Jewish lens, such as sportsmanship, the power of words, welcoming guests, friendship, conflict resolution, and many more.

## Club

Our Discoverers, Challengers, and Voyagers, who are entering first through ninth grades, will be able to sign up for Club two afternoons a week. Each group will still have the same instructional swim in the morning and free swim in the afternoon.

## Units

Camp JCC has five units, led by our two Group Leaders. Each unit will be grouped into smaller, age-appropriate groups. Prior to camp, you will receive your children's group schedules. Groups will

follow their own schedule to assure they get to participate in the broad range of activities and events provided.

**Young Pioneers** are campers in our half-day program, age 4 by 9/30/19.

**Pioneers** are campers entering Pre-K and Kindergarten in fall of 2019.

**Discoverers** are campers entering 1st and 2nd grades in fall of 2019.

**Challengers** are campers entering 3rd and 4th grades in fall of 2019.

**Voyagers** are campers entering 5th through 8<sup>th</sup> grades in fall of 2019.

**CITs** are campers in our Counselor in Training program entering 9<sup>th</sup> & 10<sup>th</sup> grades in fall of 2019.

## Happy and Healthy Campers

We understand that children may become ill or injured over the summer. Our Infirmary is staffed by a nurse. Our nurse is a caring and experienced professional but is not a physician and cannot diagnose illness or injury or prescribe medication. If the nurse deems your child unfit for camp at any time, you must pick your child up from camp. The infirmary is a short-term treatment center, not one that is equipped to handle full-day health care.

## Lunch and Snacks

Please clearly label lunch bags with your campers' names and groups. All lunches will be refrigerated. Camp provides water to drink at lunchtime. Campers will NOT have access to vending machines for drinks. We provide a kosher snack every morning for the Pioneers and every afternoon for all campers.

## Friday Picnics

Every Friday Camp JCC will provide an LVKC supervised picnic lunch consisting of kosher hot dogs or a dairy meal. You will be notified which weeks to expect meat and which to expect dairy.

## Tipping

Parents often ask how they can express appreciation to our staff members. While tipping is certainly not required, we do allow tips as a way to recognize those staff members who have contributed to your child's summer experience. A gift from the heart is a wonderful way to show your appreciation for a job well done. Staff recognition is absolutely a personal matter and our staff is aware that tips are not required.

# All Star Sports Camps

All-Star Sports Camps are designed to not only help our athletes develop fundamental and advanced skills pertaining to Basketball and Baseball, but to also help create and instill general overall wellness concepts all while having fun. By focusing on skill development and fitness education (recovery, dietary/nutritional, game mentality, etc.) All-Star Sports Camps look to build the best version of our athletes with not only athletic skills but overall wellness concepts and self-confidence that will help athletes excel both on and off the field.

## Items to Bring Daily

- Bathing Suit
- Towel
- Sunscreen
- Water bottle
- Hat (optional), as many of our activities takes place on fields in full sun.

- Glove (Baseball Stars)

Please do not send your child to camp in Crocs, Keens, sandals or flip-flops. **Athletic apparel is required.** If your children arrive at camp without sneakers and/or cleats, we will call you and ask you to bring sneakers and/or cleats. If this is not possible, they will not be able to participate in any athletics activities. This is for their safety.

## Spare Clothes

Please send the following items in a LABELED Ziploc bag on the first day of camp:

- Underwear
- 2 pairs of socks
- Shorts
- T-shirt
- Sweatshirt
- Rain poncho or jacket (so we can move to sheltered locations in inclement weather)

You can also drop off these items at the Meet and Greet on Sunday, June 17, 2018.

These items will REMAIN AT CAMP and will be sent home with your child on the last day of camp.

## Transportation

Every parent has the option to transport their children to and from camp. Drop-off at camp is at 8:45am. Pick-up from camp is at 3:45pm.

Drop-off and pick-up occur at the main parking lot by the pool. Staff will be assigned to welcome your camper in the morning and dismiss your camper in the afternoon. Please remain in your vehicle during drop-off and pick-up. Anyone picking up a child from camp may be asked for photo identification. Please notify the camp office if someone other than the parent will be picking up the child.

## Bus Transportation

Your camper's bus stop will be at a central location. Please indicate your bus stop preference on your child's application form. The central bus stops are the JCC, Temple Beth El, and Farmersville Elementary School.

The pick-up and drop-off times will be given the week before camp begins. Travel times may vary with traffic and/or weather conditions, but we do our best to be as consistent as possible.

Arriving at the bus stop on time will help to keep the schedule consistent, so we ask that your children arrive before their scheduled time and ready to board the bus.

A bus counselor will be available on every bus to greet your child, take attendance, and make sure the ride is properly supervised.

We aim for the buses to arrive at camp at or slightly before 8:50 am. We set this time to avoid the heaviest part of rush hour and to reduce your child's travel time as much as possible.

At the end of the camp day, your child will arrive at his/her designated central stop and will only be dismissed if a parent, legal guardian, or other authorized person is present at the bus stop.

## Lunch and Snacks

Please clearly label lunch bags with your campers' names and groups. All lunches will be refrigerated. Camp provides water to drink at lunchtime. Campers will NOT have access to vending machines for drinks. We provide a kosher snack every afternoon for all campers.

## Friday Picnics

On Friday Camp JCC will provide an LVKC supervised picnic lunch consisting of kosher hot dogs. Campers may still bring a lunch if they choose

# JSeals Guard Start

## JSeals: Guard Start

**July 15, 2019 - July 19, 2018**

### Entering 3rd - 8th grade

The JSeals Guard Start program is designed to guide youths ages 8-14 through the American Red Cross Lifeguard Course. The course focuses on building a foundation of knowledge, attitudes, and skills for future lifeguards all while having fun at Camp JCC.

### **COURSE PREREQUISITES:**

Before entering JSeals Guard Start, participants must demonstrate the following skills:

- Swim the freestyle for 25 yards.
- Swim the breaststroke for 25 yards.
- Complete the Water Competency Sequence.
  1. Step into water from the side and totally submerge.
  2. Maintain position for one minute by treading water or floating or a combination of the two.
  3. Level off and swim on the front or back 25 yards
  4. Exit without using a ladder or stairs

### Items to Bring Daily

- 2 Bathing Suits
- 2 Towels
- Sunscreen
- Water bottle
- Hat (optional)

Please do not send your child to camp in Crocs, Keens, sandals or flip-flops. **Athletic apparel is required.**

### Spare Clothes

Please send the following items in a LABELED Ziploc bag on the first day of camp:

- Underwear
- 2 pairs of socks
- Shorts
- T-shirt
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Arriving at the bus stop on time will help to keep the schedule consistent, so we ask that your children arrive before their scheduled time and ready to board the bus.

A bus counselor will be available on every bus to greet your child, take attendance, and make sure the ride is properly supervised.

We aim for the buses to arrive at camp at or slightly before 8:50 am. We set this time to avoid the heaviest part of rush hour and to reduce your child's travel time as much as possible.

At the end of the camp day, your child will arrive at his/her designated central stop and will only be dismissed if a parent, legal guardian, or other authorized person is present at the bus stop.

## Lunch and Snacks

Please clearly label lunch bags with your campers' names and groups. All lunches will be refrigerated. Camp provides water to drink at lunchtime. Campers will NOT have access to vending machines for drinks. We provide a kosher snack every afternoon for all campers.

## Friday Picnics

On Friday Camp JCC will provide an LVKC supervised picnic lunch consisting of kosher hot dogs. Campers may still bring a lunch if they choose

# Specialty Camps at the J

## Stagemakers Doctor Dolittle Camp

July 1-July 19, 2019

**Performances: Thursday, July 18, at 7pm and Friday, July 19, at 3pm**

## Philosophy

Stagemakers at the J is a camp for children who are interested in the performing arts. Our program is educationally oriented and emphasizes expression through music, dance, drama and art. We are committed to a non-competitive environment. There are no awards, prizes, inclusion or exclusion based on judging, scoring, or grading of any type. Our staff provides feedback, advice, and encouragement. They encourage campers to pursue their interests and to observe others to gain insight and inspiration.

There are many summer programs that prepare children for the highly competitive professional arts world. This is not our mission. We want the experience of performing to be rich, fulfilling, and free of the concerns of the professional world. We take pride in attracting campers from a broad range of skill and experience levels, as well as providing an environment in which all campers have ample opportunities for growth.

## Staff

Stagemakers selects extremely talented and experienced staff who are proven, trustworthy and capable adults, college graduates, college students and high school students. The health and safety of the campers is the primary concern of all staff. Our staff members participate in a training program prior to the camp season, where they receive training on such topics as program planning, health and safety, appropriate interaction between adults and campers, and safe use of social media/technology.

## Code of Conduct

Stagemakers maintains a code of conduct for all members of the camp community. The code is intended as a guide for general behavior.

- Cooperate using appropriate behavior and language.
- Always work out disagreements by talking, listening and compromising.
- Respect yourself, others, staff and property.
- Everyone is responsible for making camp a better place.

# JChefs & JChefs Jr. Culinary Camp

**July 22nd - July 26th**

**Ages: JChefs 10-15/JChefs Jr. 5-9**

**Kids Can Cook!** (Morning) Does your child grab your apron strings and get under foot when you're preparing meals? If so, please foster their cooking interest in the relaxed and conducive learning environment at J Chefs and J Chefs Jr. for a week. Healthy and occasionally indulgent recipes will be mastered in camp this week giving you a personal "sous chef" with your meal preparation at home. Along with many awesome recipes and basic cooking techniques, kids will be introduced to common kitchen tools, ingredients and kitchen safety. We'll also reinforce good table manners

along with learning how to set a proper dinner table!

**Kids Can Bake!** (Afternoon) When baking from <sup>8</sup>scratch<sup>9</sup>, math and basic science play a very big and important role in the recipe. So along with creating delicious baked goods, your child will also be reinforcing their knowledge of fractions, measurement and basic science without them even realizing it. From cookies, cupcakes and pies to pizzas and bread, a week spent at camp is sure to be a fun and educational time for your future baker.

**On Friday, July 26, 2019 at 2:00pm, families are invited for lunch, which will be prepared by the children.**

## JArt Cartoonarama Camp

**June 24th - June 28th**

Our art classes encourage the development of new skills, teach kids about a variety of art forms and art materials, build confidence in personal discovery and creative expression, and provide opportunities to make new friends with fellow art lovers.

In this super-fun summer camp week, students will have a great time learning to draw, paint, and sculpt their favorite cartoon characters as well as learning to create their own. Older students will be introduced to the popular cartoon style of drawing anime. Materials used will be Sculpey clay, watercolors, acrylics, and more. The class will be taught by Cotty Kilbanks who has worked in the animation industry for Disney, Warner Bros., Nickelodeon, and more, and comic artist and digital media with Madison

## Music Camp

**June 17th - June 21st**

Music Camp is a fun and creative summer activity. Music camp is available for ages 7-12 and all kinds of abilities. I am Kid Hear Me Roar! Is a music camp to be held on June 17-21, 2019. The camp offers singing and music reading instruction, theater and improv games, dance and movement, daily mindfulness meditation, and yoga and breathing techniques in a fun and friendly atmosphere. Your child can learn new musical skills or refine those they already know.

## Stack Cookies and Candy Making Camp

**July 29th - August 2nd**

If your child loves cookies and candy this is the CAMP for them! Kids get just as excited as adults by the magic that happens when a few basic ingredients are expertly mixed together and then popped into the oven. Few things are as rewarding as baking at home. In this week's camp we'll be baking Stacked Cookies using frosting, fondant, gum paste and of course sprinkles. Then in the afternoon making candy how yummy is that! Children will melt chocolate and make different types of candy for a very special and exciting week!

## Dance Camp

**August 12-August 16**

**9:00 am-1:00 pm**

**Ages: 5-10**

It's time to put on your hats, gloves, and guitar to become a J-Dance Rock Star! This camp is designed to give your children the confidence they deserve, and make them feel like rock stars. Throughout the week, campers will explore dance concepts, dance terminology, and learn two dance routines that will be performed at the end of the week on the JCC Main Stage.

## Broadway Theater Camp Workshop

**August 12-August 16**

**1:00pm-4:00pm**

**Ages: 5-10**

Join us as we sing and dance our way through the bright lights of Broadway! In this fun & entertaining class students will learn songs, light movement, and work on craft projects inspired by a Broadway musical. The workshop concludes with a mini-showcase performance for family & friends. We've got an agenda of FUN scheduled for this workshop!

Students must dress appropriately for movement. Shoes should be either dance shoes or sneakers secured with laces or velcro. No open-toe shoes, flip-flops, sandals, or crocs. Bring a water bottle.

## Chess Camp

**August 19-August 23**

**1:00 pm-4:00 pm**

**Ages: 7-10**

Chess Summer Camp is the perfect way to introduce the game of chess to new students, deepen understanding of the game for established players. Instructors provide daily lessons, puzzles, and play to help guide students through each session.

Instruction offers a solid basic foundation, emphasizing the fundamental skills needed to begin a lifetime of learning in chess, including:

- Proper piece and board set-up
- Algebraic Notation (Chess Language)
- Basic Principles of Play

## Bonus Camp

**August 12-August 30**

**7:30am - 6:00pm**

**Location: JCC of the Lehigh Valley**

### Daily Activities

Prior to the start of the next day, you will receive an email with the daily activities listed. We offer a combination of field trips, in-house programming, and special activities held at the JCC building.

Please make sure that you sunscreen your camper prior to them arriving at the JCC, as we may have field trips that take place outside and we also utilize the outdoor playground facilities.

## Lunch

Please pack a nutritious lunch and put it in the refrigerator in the Lower Level Kitchen of the JCC. Please make sure that your lunches adhere to our kosher, no nut or sesame seed policy.

## Swim

Each day at Bonus Camp, campers are given the opportunity to swim. We suggest packing the following:

- Swimsuit
- Towel
- Goggles

The JCC provides Coast Guard approved floatation devices for campers who are unfamiliar with the water. Campers must pass a swim test in order to be eligible to swim in the deep end of the pool.

# J Hoops

**August 12-August 16, 2019**

**9:00am-1:00pm**

**Location: JCC of the Lehigh Valley**

Get your game on with Coach T and Coach Bryon Morris from Morris Athletics as we spend the week developing fundamental and advanced basketball skills. Through drills, various competition and fun games, participants will have the opportunity to showcase their skills learned before they hit the court next season!

## Lunch

Please pack a nutritious lunch and put it in the refrigerator in the Lower Level Kitchen of the JCC. Please make sure that your lunches adhere to our kosher, no nut or sesame seed policy.

# J Seals Swim Camp

**August 19, 2019 - August 23, 2019**

**9:00am-1:00pm**

**Location: JCC of the Lehigh Valley**

A total person approach to swimming! This swim experience will bust bad habits, build on skills, and uncover hidden talents of each participant. Our unique blend of stroke development, endurance training and competitive technique will be the backbone of this week's swim experience. Our goal is for each child to become more confident in his/her ability, while having fun in a safe aquatic atmosphere.

**Camp Features:**

- Stroke development
- Technique sessions
- Endurance training
- Dry land conditioning
- Snack, water, and lunch