



**CAMP
JCC**

PARENT MANUAL 2010

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Camp Fax: 610-967-4804

Camp Nurse: 610-967-4814 (new # for 2010)

Camp Pool: 610-967-0750

JCC: 702 N. 22nd Street
Allentown, PA 18104

Camp: 5831 Vera Cruz Road
Center Valley, PA 18034

www.allentownjcc.org

Camp JCC • 5831 Vera Cruz Road • Center Valley, PA 18034 • 610.967.4750
JCC • 702 N. 22nd Street • Allentown, PA 18104 • 610.435.3571
www.allentownjcc.org

CAMP JCC

Welcome to Camp JCC 2010! This year we will be continuing many great traditions as well as introducing new programs and experiences, delivered in an optimal style combining instruction and fun. Our daily camp routine will include a comprehensive array of activities, most of which are led by skilled instructors and coaches, such as aquatics, arts and crafts, music, dance, nature, soccer, basketball, baseball, tennis, Israeli life, ropes, Judaic culture and more. The entire day will be guided and enriched by the wonderfully loving and caring general counselor staff, who ensures the campers emotional and physical 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 not only activity skills, but life skills.

This year we will enjoy once again the participation of several Israeli teens for five weeks. They will live with host families (please inquire if you are interested in participating) and be a part of our Lehigh Valley community. Their presence and involvement will add a special Israeli flavor to our summer programs.

It is our goal to make this summer's experience a safe and enjoyable one. If you have any questions or concerns, please contact the Camp JCC office at 610.967.4750, and someone will be there to help. Calls to the Director and staff will be returned after the camp day in most cases, as the leadership is out around camp amongst the campers and staff, overseeing and participating in the day's program.

We are **GREEN!** We want to keep you updated with the many things that go on at camp, from special activities to the ongoing daily excitement. **The Camp JCC "Spirit"**, our newsletter, will be published regularly over the summer. This document will be forwarded to the email address(es) provided on the camper registration form. (Please let us know if you do not want the parent or child to receive this document.) You should also check the JCC website and the secure website (see details included herewith) for more information (up to the minute info) and photos of a great summer in progress.

There may be occasions where a note will accompany your child home, so please check camper bags/lunch bags carefully.

Thank you for the opportunity to provide your child(ren) with a wonderful summer camp experience.

Deb

Deb Goldberg
Camp Director

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Getting Ready For Camp

Camp is a fun and safe place to be. Though most children adjust easily to the camp experience, some may need a little encouragement from home as you prepare for the first day. First time campers might benefit from the following ideas:

- ☺ Watch the Camp JCC Memories DVD. Children can relate to the activities shown and can envision themselves having fun like those pictured.
- ☺ Talk about the wonderful activities and camp as a safe place during the day.
- ☺ Talk with other children who have been at camp before.
- ☺ Keep the night before the first day of camp as calm as possible. A good night's sleep goes a long way towards a positive attitude.
- ☺ Give your camper a warm but brief send-off.
- ☺ Send a note in his/her lunch or backpack telling your child you know they are having a great day.
- ☺ Reduce stress; send bathing suits, towels, proper clothing and a water bottle: Children are distressed when they don't have all of the necessary items.
- ☺ **Label** all clothing and belongings. (Sunscreen removes permanent ink off of nonporous surfaces; consider covering labels and markings with a clear packing tape.)
- ☺ On the first day, please send along an extra change of clothes including socks, underwear, shirt and shorts, and a sweatshirt for emergency or sudden change of weather. Place these items in a marked, zipper plastic bag to be left at camp. Remember to replace these items at camp should your child bring them home when they use them.
- ☺ Freeze some water in the water bottles to bring to camp (they will melt all day). Consider sports drink / electrolyte mixes as additions to the campers' water bottles/lunch boxes on particularly hot days.
- ☺ Trading cards, electronics (including cell phones) and toys... are not allowed at camp or on the camp bus.

What Should My Child Bring To Camp

Camp JCC has a schedule of camp activities planned with your child in mind. Their daily camp clothing should be comfortable and allow them to safely participate in all activities including getting dirty, if necessary. Campers do arts and crafts, play in the grass, and don't want to worry about ruining their good clothes. Actually, camp is a good place to wear old clothing!

CAMP T-SHIRTS - All campers will receive a complimentary camp T-shirt, and in response to popular request, TIE-DYED, for 2010. We request that all campers wear their Tie-Dyed Camp T-shirts every Friday. The same **CAMP T-SHIRTS ARE MANDATORY ON ALL CAMP TRIPS**. Additional camp T-shirts may be available for purchase. Please let the office know quantity and size, as early as possible if you are interested.

Daily Camp CLOTHING - Shorts, T-shirt, Hat, Bathing Suit, Towel and Sneakers should be your camper's daily attire for the summer. In the morning, have your camper wear a bathing suit under his/her clothing. Another bathing suit (for all campers other than Young Pioneers), and underwear should be packed daily in a plastic bag which can then be used to bring wet clothes home. Because of rugged terrain at camp, sneakers should be worn every day. Please, no sandals and no flip flops - campers cannot run in them and they are a potential cause of accidents. A sweatshirt or light jacket should also be a part of your camper's bags for cool mornings and unexpected weather.

As mentioned above, campers should bring an extra change of clothes in a labeled Ziploc bag on their first day of camp to be kept at camp.

☺ **WATER BOTTLES** - There are water coolers around the camp grounds, and cups are available. HOWEVER, PLEASE PACK A LABELED REUSABLE WATER BOTTLE EVERY DAY. Over the last few summers we have used literally tens of thousands of cups, and surely we can do a better job of conserving resources (literally and figuratively) if campers fill up their bottles, not cups, during the day. Campers will keep their bottles with them during most of the day to help ensure adequate hydration. To keep the water cold longer, consider freezing a partially filled bottle to bring the following day. Please label all water bottles. (Sunscreen removes permanent ink off of nonporous surfaces; consider covering labels and markings with a clear packing tape.)

SUNTAN LOTION & BUG SPRAY -At Camp JCC, we encourage parents to apply suntan lotion and bug spray to their campers BEFORE coming to camp. Also, send the bottles to be reapplied during the day (bottles cannot be shared with other children). Again, LABEL everything with your child's name. Please complete the **Sunscreen/Topical Cream form** and return it on the first day of camp.

At Camp JCC, we try our best to send everything home that comes to camp every day. Many shorts, T-shirts, socks, shoes and bathing suits look alike so please label all clothing and bags (on the inside). Permanent ink or nametags are preferred. Use the whole name, because many campers have the same initials.

While it is not necessary to send equipment to camp, all equipment should be properly labeled. Parents, please do not send your camper with valuable items, toys or trading cards. Expensive sports equipment, money, toys, watches, jewelry, etc. can easily be lost. Please do not allow your camper to be in a position that would ruin their camp experience because some precious valuable item belonging to the camper or a member of his family is lost or broken while at camp.

****REMEMBER TO LABEL EVERYTHING****

** Camp JCC is not responsible for lost objects**

Lost And Found

Camp JCC focuses on your child's positive experience at camp. By labeling all clothing and belongings (including bags and shoes) your child does not have to get upset about losing an item as every attempt is made to return lost **labeled** clothing to the campers. All remaining items will be placed in a bin, at the Camp Office for campers and parents to check regularly. Camp lost and found will be kept for bathing suits, towels, t-shirts, and shorts. Items left at the end of the camp season will be moved to the JCC until 9/18/10. All remaining unclaimed items will be donated to charity.

Absenteeism

If your child will not be attending camp on a given day, please inform the **camp office** at (610)967-4750 by 8:00 am so that we can notify our bus and group counselors. When leaving a message notifying an absence please **TALK SLOWLY** and clearly state the child's name, bus number, and camp unit. There are **NO** make-up days or refunds for absence due to sickness or other reasons.

Staff

Our specialists and counselors include our professional Early Childhood Staff, college graduates, college students, and high school students. The health and safety of the campers is the primary concern of all staff at Camp JCC. We have a camp infirmary on site to meet the campers' needs. 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. Both our swimming pool staff and ropes course staff receive extensive programmatic and safety training in their respective areas.

Family Visitation

Camp JCC has an open door policy. **For security purposes, visitors (including parents) must first report to the camp office where they will receive a visitor's pass. Visitors will only be allowed on camp property with a visitor's pass.** This is intended for the protection of our campers and staff.

VERY IMPORTANT AND SPECIAL INVITATION!!!!

*On Monday, June 28th, 2010, after camp from 4:00 to 7:00pm, Camp JCC will be hosting the Israeli Scouts and welcoming camp families to partake in a wonderful entertaining event including a Barbeque Dinner for all camp families registered for the 2010 season (at no additional charge, please RSVP asap.) Campers may only attend with parental/family supervision, and may not participate without their presence or similar consent. * Please see the attached flyer and RSVP to ensure that campers are not transported as they usually would be, and are kept at camp to meet up with their families. Families of campers participating should arrive between 4:00 and 4:15 pm. Our half day campers are welcome to return to camp with their families to join us! * Families who subscribe to extended day coverage in the pm's are asked to arrive at camp no later than 6:00.*

Jewish culture is integrated into daily activities and a special camp program held on Fridays followed by our celebration of Shabbat. Every week will finish with the gathering of all units for a brief *Oneg Shabbat* in the afternoon. This is **not** a specific Family Event as in prior years, but a celebration amongst campers and staff for the start of the Sabbath through tradition, song, dance, and skits.

Communication

Camp JCC strives to achieve consistent, constant, and open communication with campers and their parents. Every Friday, the office will post on the JCC website (www.allentownjcc.org) as well as e-mail to you a Camp JCC newsletter. It will inform you of what happened during the week and offer you a preview of the week ahead. Please be sure that we have your correct e-mail address and that you sign up for our secure website (details below!) Camp JCC welcomes parents to write notes and call camp with any questions, comments, or concerns. When sending notes to the camp office, please include the camper's unit and group.

Both parents in a family are important to us at Camp JCC. Therefore, if your child/children is/are part of a single parent or blended family, please speak with the Camp Director personally to ensure that information is available to both parents in a prompt and efficient manner.

Questions regarding your camper or your camper's counselors should be directed to the Camp Director during camp hours. An answering machine will be available to take your messages during off-camp hours (610-967-4750). Your calls will be returned either that evening or the next camp day. If you choose to use email, please contact the camp office at jcampoffice@gmail.com for the most timely response. The Camp Director may be reached at DGGoldberg@lvjcc.org but may not have access/availability to respond to most timely. Urgent and time sensitive matters should be handled by phone.

Camp JCC parents will have access to a **secure website** page within our site at www.allentownjcc.org. Here you will be able to view photos and information regarding the fun your children are experiencing. **Please go to the website where you can sign up for secure access. Your account will be activated in 24 hours.** If you have an account from last year, you will be able to use the same user name and password. If you have questions please call 610-967-4750.

This summer we will be utilizing our One Call Now™ phone messaging service to keep parents and campers updated. We may use it to communicate with our campers' families to provide reminders for upcoming trips, late nights and overnights, and other camp updates. Please complete the One Call Now™ form with the phone number for AM and PM that you would like to be contacted in case of change in schedule or all camp announcements.

Safety

The Jewish Community Center of Allentown and Camp JCC 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 be followed to ensure the safest place for your child's summer experience.

Custody

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

Transportation

Bus

Daily camp transportation, as well as for trips in and around the Lehigh Valley, is provided by First Student school buses. Every effort is made to route the buses each year so that each stop will be within a very short, safe walk to and from the camper's home. In some neighborhoods, the stop is a central pick up point that is located in a safe, well light and visible area. All buses are staffed by counselors. It is important that your child is at the bus stop in the AM and you are at the pick up point to support your child's positive camp experience. Morning pick-ups will occur between 8:00 AM - 8:50 AM. Please arrive at your stop 10 minutes before scheduled pick-up time. Please be patient about delays the first few days and be mindful of pick-up and drop-off times once the actual schedule is established.

At Camp JCC, having fun in a relaxed, safe environment is important to the camp experience. This includes the bus rides. Songs, special cheers and bus games will be a fun part of the ride to and from camp.

Parent and Carpool Transportation

Drop-Off/Pick-Up Procedures

If you have indicated that you will be transporting your camper to the campsite, please follow the guidelines listed below. Fortunately, there are not many campers who arrive privately, so drop off and pick up should be quick and orderly. **For 2010, parent drop off and pick up occurs at the lodge parking lot.** The entrance/exit for the lodge is located on Vera Cruz Rd just south of Chestnut Hill Road. For the safety of our campers and staff, please do not drive up to the main parking area. As the camp day **begins at 9:00 am**, we would appreciate you dropping your campers off in the morning on time, but **no earlier than 8:50 am** as staff may be participating in daily meetings or activities. A staff member will be at the drop off spot to welcome arriving campers and to supervise the pick-up in the afternoon. There is no need to leave your car. Flag raising ceremonies, special announcements and morning fun begins promptly daily, and coming late and having to catch up to the group can effect your child's camp day. Please make every effort to bring your child to camp on time.

The camp day **ends promptly at 4:00 pm (or 1:00 pm for Young Pioneers).** **For 2010, parent drop off and pick up occurs at the lodge parking lot.** Once again, we ask that you remain in your car and a staff member will bring your camper(s) to your car.

Late Drop-off/Early Pick-up

When your child comes to camp late or if he/she needs to be picked up early, please contact the camp office. When you arrive at camp, please park in the lodge parking area, and either check in at the camp office or call the camp office at 610.967.4750 and we will arrange to have your child meet you. Please do not attempt to find your child's group.

VERY IMPORTANT: This is a matter of safety for you and your child. If you wish to pick up your camper instead of having him/her take the bus home, you are required to sign out your camper at the Camp Office. A camp staff member will see that your camper gets to you before boarding his/her camp bus. Please cooperate by signing out campers so that we are able to dismiss the buses on time, as all campers must be accounted for before buses leave. Do not park in the camp parking lot during camp hours.

Health and Safety

Our primary objective at Camp JCC is to provide the safest environment for our campers each and every day. If any child should show signs of ill health at any time during the day, he/she is taken to the infirmary and, in case of serious injury or illness, his/her parents are notified.

If the Camp Infirmary deems a child unfit for camp, you **must** pick up your child at camp. The child must be free from all conditions in order to be able to return to camp (i.e. fever-free without the use of Tylenol for 24 hours). Please feel free to call the Camp Infirmary at any time at (610) 967 4814 (new number in 2010).

The following procedures have been established and will be in effect for the camp season. These policies will allow for optimum health and safety in all areas of camp, especially for our campers.

The following are possible signs of infection and require the child to remain home for 24 hours after the start of medication or present a doctor's note confirming that the symptoms are due to allergy and not related to anything contagious or infectious...

- **Children with diarrhea (defined as three very loose stools in one hour);**
- **Any productive cough or continuous coughing;**
- **Children verbally complaining of sore throats or earaches.**
- **Vomiting;**
- **Pink eye;**
- **Any contagious rash (chicken pox, impetigo, etc.).** Children must remain home until all pox are scabbed over (and will be sent home if they return before), or may return with a doctor's note.
- **Temperature of 100.4 orally (99.4 armpit).** Until they have been without a fever for 24 hours (without Tylenol or other fever-lowering medication.)
- **Any discharge from the eyes or nose which is green in color.**

Head lice. Contact physician and 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 1.2 to 1 inch from the scalp. The noticeable symptom of lice is itching (and a child's constant scratching). Treatment involves a fairly simple shampooing and combing with an

over-the-counter kit or other remedies. Although it is rare to have a lice infestation, it can occur. Children with head lice will be sent home for treatment and all other parents will be notified and asked to double-check their children. In the rare instance that this occurs, we will issue guidelines for eradicating these organisms. No one really knows where lice originate; they are not a reflection of uncleanness as was assumed in the past. In the event of an occurrence of head lice at the JCC, we will do head checks on all the children and staff. A child treated for head lice may not return to the JCC until treatment has taken place and all nits have been removed from the hair and with a doctor's note confirming this. This is to reduce or prevent "survivor re-infestation". The Director/Camp Infirmary needs to check your child prior to returning to camp. Staff will check your child's hair in a soothing, caring manner and will give final approval for return to camp. In case of lice diagnosis at camp, a child will be sent home immediately. **The child may not ride the bus or return to camp until they have been checked by the Camp Infirmary/Director.** Please make arrangements with the infirmary to have your child checked.

The Staff reserves the right to determine when a child needs to be removed and picked up from Camp JCC according to the guidelines above. If a child becomes sick, they will be separated from the other children and a responsible adult will be asked to pick up the child immediately.

Contagious Diseases

Parents will be notified in writing if their child is exposed to a potentially contagious disease while at camp. Camp JCC requires that parents notify the camp if their child has been exposed to, or has a contagious disease such as chicken pox, head lice, conjunctivitis, etc.

Dispensing of Medication

Administration of any medication or nutritional supplements must have prior written parent authorization. (A copy of the Medication Administration form is downloadable from the JCC website under CAMP.) 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.** A parent or legal guardian must deliver daily medication to Camp on Monday, June 21st or the campers first day of camp. It is the responsibility of the parent/legal guardian to get all medication to the Camp Infirmary. Medication is not allowed to be transported by campers. **Please provide the exact amount of medication needed for your child's full stay at Camp.**

All non-prescription oral medications (cough syrup, Tylenol, etc.) or nutritional supplements also require completion of the Medication Administration Form AND require the written authorization/signature of the child's physician, along with that of the parent/guardian. Consents are valid for one year.

The only controlled medications that will be allowed on any camp bus at any time are epi-pens and emergency inhalers. If your child requires either of these two medications, please contact the Camp Director prior to the first day of camp for your son/daughter.

Emergency Treatment

Camp JCC has a camp infirmary on site. In addition, all camp pool staff is trained in CPR and first aid. Camp JCC staff are equipped and prepared to administer basic emergency aid. No medicine is given internally unless specifically prescribed by the child's physician or requested by parents in writing.

Commercial medicinal preparations and bandages for bruises, insect bites, etc. are applied externally when indicated. In case of more serious illness or injury, the parents are notified. 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 (i.e. EpiPen, antihistamine, etc).

If the child needs to go home due to illness, Camp JCC staff request that a parent or relative pick up the child as soon as possible. If it is impossible to reach the parents or the child's own physician in an emergency, the child will be taken to the nearest hospital for emergency treatment. Emergency transportation will be provided through 911 vehicles. **PLEASE MAKE SURE WE HAVE ACCURATE AND UP TO DATE PHONE NUMBERS FOR PARENTS AND EMERGENCY CONTACTS IF DIFFERENT FROM THE CAMPER'S REGISTRATION INFORMATION.**

Insects and Wood Ticks

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

Wood ticks are critters with a flat, round body with four legs on each side. They attach themselves to people by embedding their heads into human skin, and they may cause infection if not removed promptly.

1. Please check your child when he/she returns home at the end of the day.
2. 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.
3. 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 the camp, campers will be hydrated by liquid refreshment, activities will be conducted in shaded areas, and extra swimming opportunities will be offered throughout the day.

Rainy Day Procedures

Every effort will be made to remain at Camp, even if rain is predicted. In the event of a severely inclement weather day, camp may be held at the main Jewish Community Center building in Allentown. A recorded announcement will be on the camp's answering machine (610-967-4750) indicating the location of Camp on questionable days. Also, the JCC's voicemail greeting (610-435-3571) will reflect the location of Camp as well as the information posted on the home page of the website.

Additionally, we will be using our One Call Now™ system (an automated phone message service) to alert each family **if** there is a change in our location. On inclement days if we are holding camp at the JCC building, all buses will bring children directly to the Center; therefore, the pick up schedule may vary slightly. **AFTERNOON BUS DROP OFF MAY BE AT LEAST 15 MINUTES EARLY DUE TO OUR CLOSER PHYSICAL PROXIMITY IN TOWN.**

Food/Lunch

Camp JCC makes every effort to adhere to the Kashrut Policy of the Jewish Community Center. **When sending your child's lunch, we request kosher style lunches (please do not mix dairy and meat products, or send pork or shellfish products.)** Campers should bring a well-balanced lunch consisting of a sandwich and fruit along with a paper napkin. **There is no sharing of food among campers or staff.**

An increasing number of campers have severe food allergies. It is critical that you instruct your child not to share food with other campers. Though it is a generous thought, it could be life-threatening to another child.

To this effect, Camp JCC has become **Peanut and Tree Nut (all other types of nuts) Free.** This means that our camp does not allow peanuts or tree nuts to be sent in the lunches. We do this to protect the safety of our campers and staff with severe allergies. All food that is offered at camp (ie snacks) will also adhere to this policy of being free of both tree nuts and peanuts. Please be sure to inform us if your child has **any** food allergies. Staff will do our best to accommodate your child and when possible offer alternative choices for a child with food allergies, but **cannot guarantee an allergen free substitute.** You may wish to send your child with a snack if you have concerns. Remember, **we cannot guarantee a completely peanut and tree nut-free environment, but we will do our best!** To adhere to this policy we cannot accept any outside snacks.

Please label lunch bags with your camper's name. **All lunches will be refrigerated.** Camp JCC provides water and juice to drink at lunchtime. This year, campers will not have access to vending machines for drinks. Consider sports drink / electrolyte mixes as additions to the campers' water bottles/lunch boxes on particularly hot days. We provide a kosher snack every afternoon.

For those families wishing to celebrate a birthday at camp, we will be offering the option of ordering kosher birthday cupcakes. If you would like to order cupcakes or ice cream, please fill out the form included in this packet or call Brenda Finberg at 610.435.3571 x127 with the order and charge information.

LOTS OF LUNCH IDEAS

Soy butter* and jelly sandwich
Sun butter* (made from sunflower seeds)
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
Edamame
Bean burrito
Salmon
Falafel

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

***IF YOU GIVE YOUR CHILD SOY BUTTER OR SUN BUTTER SANDWICHES, LET US KNOW, SINCE THEY RESEMBLE PEANUT BUTTER. HELP US KEEP OUR CAMPERS SAFE!**

Daily Activities

At Camp JCC, our day reflects a wide variety of activities, including aquatics, arts and crafts, music, dance, nature, soccer, basketball, baseball, tennis, Israeli life, ropes, Judaic culture and 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 culture is integrated into daily activities and a special camp program held on Fridays followed by our celebration of Shabbat. Every week will finish with the gathering of all units for a brief *Oneg Shabbat* in the afternoon. This is **not** a specific Family Event as in prior years, but a celebration amongst campers and staff for the start of the Sabbath through tradition, song, dance, and skits.

Sports & Ropes

Recreational sports and physical fitness is a major component of having happy and healthy campers. Your child will participate in great age appropriate programs that will build confidence, teamwork, and healthy habits that will last with your child well beyond the summer! All activities will be conducted in a fun, safe, and nurturing environment by our sports staff who will encourage (not force) all campers to participate to the best of their abilities. Please make sure your child is dressed appropriately (shorts, sneakers) and has any or all medication that may be needed for outdoor physical activity (epi-pens, inhalers).

Swimming

The camp swimming program is designed to be a part of the excellent year-round swimming training offered at the JCC. We offer a quality swim program run by certified WSIs and lifeguards, consisting of both instructional and free swim, where fun is combined with a personal challenge for each child.

NO CHILD IS EVER FORCED TO GO INTO THE WATER, ONLY ENCOURAGED. Extra help and attention will be given to reluctant children so that they too, will enjoy our swim program. As it is generally the parents' wish to have their child participate in swim instruction, we support that wish with the policy that children not participating in Instructional Swim are not permitted to participate in free swim. If this creates a unique personal situation, please contact the Camp Director to discuss further.

Pool Closing

At times, the aquatics staff may need to close the pool as required by the Health Department for any of the following reasons: lightning; heavy rain; vomiting; bowel accident; nosebleed; cut or scrape with result of blood entering the pool or chemical issues. Camp JCC follows the guidelines set out by the City of Allentown Health department for pool operation.

*An outline of our Aquatics program is available separately for your reference.

CAMP JCC IMPORTANT INFORMATION

Camp Team

Deb Goldberg ("Deb G. Camp")	Camp Director
Terrence Baker	Assistant Camp Director
Jodi Lovenwirth	Aquatics Manager
Lisa Kirshner	Office Manager
Scott Liebman	Health Room/Nurse
AJ Silverberg	Explorer & Adventurer Unit Head
Rachel Berman	Discoverer and Challenger Unit Head
Allison Williams	Young Pioneers & Pioneers Unit Head

Camp Contact Information

CAMP PHONE	(610) 967-4750
CAMP FAX	(610) 967-4804
CAMP INFIRMARY	(610) 967-4814
CAMP POOL	(610) 967-0750

Camp Address

5831 Vera Cruz Road (Entrance to main lot on Chestnut Hill Rd, parent parking is located at lodge with entrance on Vera Cruz Rd.) Center Valley, PA 18034

Camp Hours

Young Pioneers: 9:00 AM - 1:00 PM
All other campers: 9:00 AM - 4:00 PM

*Early Arrival: 7:30 AM - 8:30 AM at the JCC
*Extended Day: 4:30 PM - 6:00 PM at the JCC
*These extended programs are by pre-registration only at additional fee.

Camp Dates

JUNE 21 - AUGUST 13, 2010



Jewish Community Center of Allentown
702 N. 22nd Street
Allentown, PA 18104
Phone: (610)435-3571
Fax: (610) 435-2859
www.allentownjcc.org