



Welcome to Parent Camp 2017!



Framing the  
Camp Day:  
Themes for the  
Summer

# Character Development

## The Mensch Machine

Courage  
*Gevurah*

Hospitality  
*Hachnasat Orchim*

Good Heart  
*LevTov*

Gratitude  
*Tovah*

Sportsmanship  
*Ruach haSport*

Kindness  
*Chesed*

# The Daily Schedule...

and what to bring



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- Backpack – label it!
- Swimsuit & Towel – did you label them?
- Plastic Bag for Swimstuff
- Closed-toed shoes (not croc) – should probably label those too...
- Sunscreen (come with it on!) – label it
- Lunch – why not label it?
- Hat – DEFINITELY label it.
- Waterbottle – Send a cheap one. And, yeah, label it.

Did you label everything?

# The Daily Schedule

7:00 – 8:45

Early Care (B-Wing)

8:45 – 9:00

Arrival

9:00 – 9:15

Boker Tov

9:15 – 11:30

Snack (Ruach and Masada)

Specialists and Counselor Activities

Swim Lessons and Free Swim

11:30 – 12:30

Lunch in Shifts

12:00 – 3:30

Specialists and Counselor Activities

Swim Lessons and Free Swim

3:30 – 3:45

Clean-up, Snack

3:45 – 4:00

Departure

4:00 – 6:00

Late Care (Ruach – BJE, Masada – Bwing, Tikvah & Gesher - Pavilion)

Please stay in  
your car!  
Thanks!

How do you know if it's  
good or bad weather?

- Facebook Page
- Arrow signs on Hoover
- Common sense... sometimes.



Pick-Up &  
Drop-Off

# Swim Instruction & Free Swim



# Swim Instruction & Free Swim

- 30 minutes of swim instruction will be followed by 45 minutes of free swim.
- All Instructors are Red Cross Certified, 1:5 ratio in the water
- Counselors will be at the side of the pool at all times
- Weekly updates are given *by group* of the content of daily lessons
- Campers will be tested for their swim level during the first and fourth weeks
- Free Swim allows campers to go to any area of the outdoor pool that their height and weight allows
- Counselors are in the water with campers every day



# Lunches & Snacks



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Monday: Sack Lunch

Tuesday: Sack Lunch

Wednesday: Hot Dog Lunch

Thursday: Sack Lunch

Friday: Grilled Cheese Lunch

- Water is always available
- Lunches will not be refrigerated
- Please do not pack pork or shellfish (no pepperoni pizza!)
- We are a **Nut Aware Program**
  - Food with nuts or packaged in facilities that process nuts are not served in Camp or B Wing Programs
  - Food that is brought for the group must come in a store-bought package that lists ingredients
  - Counselors will help, but campers must self-regulate!

So what kind of vibe are  
we going for here?

What questions do you have?

