

# Teen Camp Programs

## TEEN TRAVEL CAMPS

(Entering grades 7th – 9th)

Teen travel camp programs run Monday through Friday and include the overnights listed below.

**Week 1: Splashdown** – Spend a week traveling on some amazing water themed day trips. Spend a day tubing down the Brandywine, take surfing lessons in Margate City, NJ, ride the rides at Six Flags Hurricane Harbor and more! Check out this new camp and don't miss it! Surf the summer away! **Fee:** \$360

**Week 2: Club Getaway in Kent, CT** (4 days, 3 nights) – Sign up early for this Teen Travel annual favorite! Teens will enjoy rock climbing, mountain biking, flying through the air on a zipline, bouncing on a bungee trampoline, canoeing, and dancing with teens from other JCCs. There is so much to do at the all-inclusive Club Getaway! **Fee:** \$510

**Week 4: Poconos** (2 days, 1 nights) – Brave the river while white water rafting and plan your attack for SkirmishUSA Paintball. This week will also include a fun day trip. **Fee:** \$400

**Week 6: Baltimore/Philadelphia** – Join other teens as we take on Philadelphia and Baltimore. Check out the Baltimore Inner Harbor, we'll take you out to the ball game at Camden Yards as the Orioles take on the Tampa Bay Rays, travel to Philadelphia, see an IMAX movie, and more that Philly has to offer! **Fee:** \$360

**Week 8: Adrenaline Week** – Spend a week visiting a different water or amusement park each day – get soaked at Hurricane Harbor, ride the coasters at Dorney Park, and much more. **Fee:** \$360

## TEEN CAMPS

Monday – Friday 9:00 a.m. – 4:00 p.m.

### AMAZING RACERS (Grades 6th – 9th)

Participants will spend a week building a soap-box derby-style car from scratch, and complete the week with a race! Each camper will get their own car.

**Week 5: July 12 – July 16**

**Fee:** \$288

### CAMP HOLLYWOOD (Grades 6th – 9th)

Lights, Camera, Action! Learn the art of making a digital video, from directing to scriptwriting, editing to acting and everything else in between. Media Matters, from Jewish Family Service, will conduct this technology based, hands-on experience.

**Week 7: July 26 – July 30**

**Fee:** \$330

### TEEN STRENGTH AND CONDITIONING FUNDAMENTALS (Grades 6th – 9th)

Get in shape for the fall season, or just for fun! Learn about cardiovascular fitness, weight training flexibility and agility with a Siegel JCC Certified Personal Trainer. Teens will learn strength development fundamentals, dynamic warm up routines, plyometrics and speed development training, cardiovascular training principles, set and rep training, circuit training and fitness center etiquette.

**Week 9: August 9 – August 13**

**Fee:** \$330

Week 1 June 14 – 18	Week 2 June 21 – 25	Week 3 June 28 – July 2	Week 4 July 6 – 9	Week 5 July 12 – 16	Week 6 July 19 – 23	Week 7 July 26 – 30	Week 8 August 2 – 6	Week 9 August 9 – 13
CIT Program	CIT Program	CIT Program	CIT Program	CIT Program	CIT Program	CIT Program	CIT Program	CIT Program
Splashdown (travel)	Club Getaway (overnight)		Poconos (overnight)	Amazing Racers	Baltimore/Phila (travel)		Adrenaline (travel)	
		Jr. Lifeguarding 1	Teen Mitzvah Camp 1	Teen Mitzvah Camp 2		Camp Hollywood		Teen Conditioning

## TEEN CAMPS (cont'd)

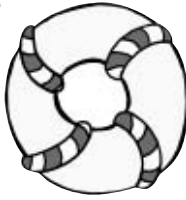
### JR. LIFEGUARDING 1 (Grades 7th – 9th)

Learn the basics of life guarding and leadership, become certified in life-saving techniques like CPR, take a trip to the beach, and more! You do not need any previous experience to sign up for the class.

*PLEASE NOTE:* This is only an introduction to lifeguarding. Teens will not be certified life guards at the conclusion of this camp.

**Week 3: June 28 – July 2**

**Fee:** \$330



### TEEN MITZVAH CAMP

(Grades 6th – 9th)

Make a difference with your summer! Spend two weeks volunteering at a local Head Start program in the morning, working one on one with an at-risk child by playing games and reading. Your afternoons will have free swim and other traditional camp activities, and you'll also work on putting together a special "fun day" for your Head Start friends to come to the JCC and play!

**Week 4: July 6 – July 9**

**Teen Mitzvah 1**

**Week 5: July 12 – July 16**

**Teen Mitzvah 2**

**Fee:** \$270 per week



### COUNSELOR-IN-TRAINING

(CIT Program) Entering 9<sup>th</sup> Grade in Fall 2010

Learn first aid, CPR, team building and leadership techniques while spending the summer with different bunks each week (Olim, Chaverim, and Yeladim). Experiment with problem solving and inclusion techniques and go on field trips throughout each four-week session. CITs must interview before being accepted into the program; please call the JCC for more information.

**Mondays - Fridays**

**9:00 a.m. - 4:00 p.m.**

**Session 1 Weeks 1 – 4:**

**June 14 – July 9**

**Session 2 Weeks 3 – 6:**

**June 28 – July 23**

**Session 3 Weeks 5 – 9:**

**July 12 – August 13**

**Fee:** \$385 per session

### TEEN MEMBERSHIP

The JCC has a great Teen membership option for teens entering 7<sup>th</sup> grade or older. This membership entitles you to FULL membership privileges for a year. This includes the indoor and outdoor pools, fitness center, gym, teen lounge, and more. This also entitles you to register for camp. Call the JCC at (302) 478-5660 for more information.

### SUMMER NON-MEMBER TEEN CAMP USER FEE

An individual teen (entering 7<sup>th</sup> to 9<sup>th</sup> grades) is invited to join the JCC for the SOLE purpose of participating in our teen camp programs. The teen is only allowed to use the JCC facility as part of the camp program.

**Fee:** \$50 per week (this fee is non-refundable)