

# General Information

## About our Camp Staff

One of the most powerful signs that a camp is successful is staff retention. Our staff retention rate is consistently above 80%. Our staff understands and appreciates the sense of tradition that remains such an important part of this summer camp experience. Our staff utilizes their many years of experience and their deep sense of passion to provide a very meaningful, safe and exciting experience to their campers. All staff members are required to participate in an intensive camp orientation and are always offering ideas to help the leadership of this camp improve their product. Our staff will make sure that your camper has a summer of fun and a lifetime of memories.

The staff is led by a very dedicated group of professional individuals: Martha Owens Kelley, Camp Director, in her 5th summer and Alan Drover, Assistant Camp Director, in his 23rd year.

## Camp Location

Camp Shalom 2009 meets at the Charles Schusterman Jewish Community Center, 2021 East 71st Street, Tulsa, OK 74136. The camp phone number is 918.495.1111 and the website is [www.csjcc.org](http://www.csjcc.org).

## Camp Hours

Camp Shalom 2009 operating hours are Monday through Friday, 9:00 a.m. until 4:00 p.m. Extended care options for all campers are available (see below).

## Campership

A percentage of our campers attend camp each week on scholarships. We could not provide this to these families without help from people like you. Please take this opportunity to add an additional amount to your payment to help others attend camp. Please make your tax deductible donation online at [www.jewishtulsa.org](http://www.jewishtulsa.org).

## Camp Dates

Camp Shalom 2009 will begin June 1, 2009 and end on August 7, 2009. Camp will run every weekday with the exception of July 3.

## Camp Ages

Camp Shalom 2009 is open to every child ages three to twelve. Each camper must be at least three years of age by the first day of camp in which they are enrolled. Specialty camp age requirements vary. No diapers or Pull-ups are allowed - all campers must be toilet-trained. Grade levels within the context of all the following materials refer to the grade the student will be in August 2009.

## Registration and Deposit

All applicable registration and camp forms must be submitted no later than Friday, May 15, 2009. Register by May 15, 2009 and save \$25 per week on camp prices. Enroll online at [www.csjcc.org](http://www.csjcc.org) or call 918.495.1111 to request forms. A non-refundable deposit of \$75 per camper is due upon registration. Camp Shalom cannot guarantee your camper a place until the registration information and deposit are received.

## CSJCC Membership Discount

Save up to 15% on Camp prices—become a member of the CSJCC. Call Shelly Lomax at 918.495.1111 to discuss CSJCC membership. CSJCC members will receive a discount off of nonmembers rates. CSJCC members, please call 918.495.1111 for your coupon code.

## Behavior and Discipline Policy

The CSJCC wants all of our children to have a great time when they participate in Camp Shalom. We will make every effort to help children understand acceptable and unacceptable behaviors, however, it is important that children enrolled in our programs are able to follow behavior expectations and to fully participate in program activities. Parents/guardians are required to inform the CSJCC in writing of any special circumstances that may affect the child's ability to participate fully and to stay within the guidelines of acceptable behavior - including behavioral problems, psychological, medical or physical conditions. The CSJCC is not responsible for providing one-on-one care. In the event there are behavior problems

deemed irreconcilable, a child may be removed from any Camp Shalom program **immediately**. No refunds (full or partial) will be issued if a child is asked to leave due to disciplinary reasons. Please see our full behavior and discipline policy online at [www.csjcc.org](http://www.csjcc.org).

## Extended Care

Supervised child care is available before and after camp hours for an additional charge. Extended care is available from 7:30 a.m. until 9:00 a.m. and from 4:00 p.m. until 5:30 p.m. Extended care is offered as a service to parents and is not an extension of camp activities. Daily drop in rates: \$5. Any child dropped off before 8:45 a.m. or picked up after 4:15 p.m. will join other children in before or after care and parents will be charged the daily drop in rate of \$5. Late pick up is \$1 per minute after 5:30 p.m.

## Medical Requirements

For the safety of all campers, we require a yearly health evaluation form on file for each camper. Medical forms can be downloaded at [www.csjcc.org](http://www.csjcc.org). Medical forms must be signed by a physician and a parent or legal guardian prior to your camper's first day of camp.

## Camp Payments

Camp Shalom 2009 accepts cash, check, money order, Visa, American Express and MasterCard payments. Payment in full is due prior to the first day of attendance. For additional payment questions, please call Shelly Lomax at 918.495.1111. Payments may be made online at [www.csjcc.org](http://www.csjcc.org).

No Jewish child will ever be denied the right to attend Camp Shalom due to financial restrictions. Adjusted fees, payment plans, and scholarships can be discussed confidentially. Scholarship applications are available upon request and are due by April 1, 2009. Please call Shelly Lomax at 918.495.1111 for more details.

## Add, Change or Cancel Camp

**Before May 15th:** If a camp is added and/or changed before May 15, 2009 the early bird price will still be in effect. **After May 15th:** All added or changed camps will have the regular camp price (not the early bird price). **Cancel a Camp:** We must have a two week written notice to avoid a \$25 camp cancellation fee. If you cancel the weekend before and/or the week of camp or are a no-show, you must pay for that camp in full.

## Lunch at Camp Shalom

Campers must bring a dairy lunch every day. A dairy lunch is defined as any lunch without meat, poultry, or shellfish. All fruit, vegetables, PB&J, tuna fish, cheese sandwiches, etc. are fine. Every Friday at Camp Shalom is "Pie Day Fridays", where campers can enjoy fresh, hot cheese pizza for only \$1/slice! Friday pizza orders will be taken until 10:00 a.m., when the order is placed. Anyone not placing an order by 10:00 a.m. will not be able to receive pizza that day.

## What to Bring to Camp

In a backpack or bag, please bring a swimsuit, towel, sunscreen and dairy lunch. Please make sure all items are labeled with your camper's full name. Please send your camper appropriately dressed for the camp your child is attending.

## Camp Forms

All camp forms are available for download at [www.csjcc.org](http://www.csjcc.org).

## C.I.T. PROGRAM

Counselor in Training

If you're looking for a summer that brings challenges, fun and the opportunity to develop your leadership skills, sign up for our Camp Shalom C.I.T. program! The C.I.T. program not only provides the chance to work in a leadership role, but it also gives you the opportunity to create friendships that will last a lifetime! Call 918.495.1111 for more details.

## Camp Shalom 2009 Committee

Tracy Gaston, Angie Stolper, Co-chairs; Pam Goldberg; Carol Sweet; Lauren Zeligson; and Miranda Kaiser.

CAMP SHALOM 2009

Charles Schusterman Jewish Community Center  
2021 East 71st Street, Tulsa, OK 74136

REGISTRATION DEADLINE:  
May 15, 2009



Non Profit Org.  
U.S. POSTAGE  
PAID  
Tulsa, OK  
Permit No. 256

CAMP SHALOM 2009

SAVE TIME!  
ENROLL ONLINE!  
[WWW.CSJCC.ORG](http://WWW.CSJCC.ORG)

**SPECIAL DATES!**

APRIL 1  
Scholarship Applications Due

MAY 15  
Registration Deadline

MAY 31  
2 p.m. - 4 p.m.  
Meet the Counselors

Camp Director: Martha Kelley  
Asst. Camp Director: Alan Drover

# CAMP SHALOM 2009

## Preschoolers

There is always something fun to do for these two groups: 3 & 4-year-olds and kindergarteners. Make sure they get a good night's sleep because we'll fill their days with more fun than they've ever known. Our younger campers are in for a summer of new adventures every week, including swim lessons, free swim, arts and crafts, special guests, outdoor play and more. You can choose from a five day, three-day (MWF) option or a two-day (T/TH) option. No diapers allowed - children must be 100% toilet-trained and 3 years old by the first day of camp.

## Grade-schoolers

For the 1st-6th graders, this is camping! For 37 years, Camp Shalom has meant summer fun for generations of people throughout Tulsa. Over the last three decades, we've seen a lot of changes. With all of the progress though, we've kept our focus simple: provide every camper with a safe environment, a caring and experienced staff, and a summer full of fun! We're long on "Kef" (Hebrew for "adventure"). In addition to specialty camp themes in the morning, campers will enjoy an afternoon swim, activities and Israeli fun.

## CAMP DESCRIPTIONS

### Camp Shalom 3 years-Kindergarten

Camp Shalom is filled with songs, special guests, morning swim lessons (MWF), free swim (T/TH), Israeli Scout Caravan, Fun Fridays with pizza, Israeli artists, theme dress-up days, late nights and ends each week with Shabbat Friday at 3 p.m.

### Camp Shalom 1<sup>st</sup>- 6<sup>th</sup> grade

Camp Shalom is filled with songs, special guests, field trips, electives (M/W), morning swim lessons (T/TH), afternoon free swim (M-F), Mitzvah Mondays (doing good deeds), Israeli Scout Caravan, Israeli artists, overnight experience, theme dress-up day, Fun Fridays with pizza, late nights and ends each week with Shabbat Friday at 3 p.m. Overnight experiences: July 9 and August 6.

## Specialty Camps

*All specialty camps will include afternoon swim time, games, crafts and Israeli Fun.*

### Arts & Crafts

From individual projects that begin in your camper's mind to group projects that emphasize the creative side of teamwork, Arts & Crafts teaches the basics of different art forms.

### Bowling Camp

Campers will spend the week bowling at Andy B's. Coach Christina Holcomb will show bowling videos targeted to campers, give on-lane instruction and bowl one game each day. Coach Holcomb will be on-lane with students for instructional purposes as well as during actual bowling. The format of the class will be targeted to rolling the ball down the lane, knocking down some pins and having fun!

### Cheer Camp

2-4-6-8 get in team spirit with cheer camp! Campers will focus on spirit, stunts, tumbling, dance, jumps and spirit-cheer arts and crafts. On Friday, June 6 there will be a pep rally for parents and friends at 11am in the CSJCC gym. Cheer camp will leave your camper cheering for more! Cheer camp will be taught by Hannah Scalet, a former varsity cheerleader, co-captain and All Stater of the Bishop Kelley Comets.

### Cooking

Cooking is for campers who would like to learn the secrets of the kitchen and become a young chef. Campers will learn to cook following a recipe. We will cook appetizers, salads, side dishes and main courses. We will also learn how to design and decorate the food we cook and serve. Every day we will eat the food we made. Please send your camper with a storage container to take home food to share with their family.

### Crime Solvers Camp

Become a detective! Become part of a mystery! Solve the Crime! Campers will learn skills and tricks to solve crimes and mysteries. Campers will learn about collecting evidence and then solving the crime. All campers will be a part of hands on activities where they will be the detective, solve, and act out mysteries!

### Diva Girlz Camp

Come and join the fun! Hair, make-up, glitter, boas, dress up and crafts! We will make lotion, lip gloss, and bottle cap necklaces...it will be a week full of glitz and glam of pampering you and having fun!

### ESPN

Remember the days of playing pickup games in the backyard? Now's your chance to be the next Peyton Manning or Michael Jordan. Join us for a week of sports and games. Please send your camper in play type clothing and shoes. Instructor: Brian Underwood, PE teacher & coach at Holland Hall.

### Flag Football

Want to learn how to snap the flag, catch a pass or throw a football? These are just a few of the things campers will learn from Brian Underwood, former Tulsa University football player and current asst. football coach at Holland Hall.

### Fun Fitness 4 Kids

Fun Fitness 4 kids is a fun, upbeat camp that will teach kids skills that lead to an overall improvement in strength, flexibility, balance, and coordination skills. Kids will learn basic skills and proper techniques of exercise and fitness in a fun and encouraging environment. Additionally, the kids will experience an aerobic workout while doing relays, obstacle courses, and group games. Instructor: CSJCC Fitness Trainer Stephanie Middleton.

### Games Camp

Playing games. What a great way to spend a week! Campers will spend the week playing large group games, small group games, sport games, board games, team games and individual games.

### Gymnastics

Campers will receive instruction on the balance beam, floor exercise and uneven bars. Campers will also work on coordination, balance, flexibility and fitness. Parents, family and friends are invited to a performance on Friday at 11am in the CSJCC gym. Instructor: Sonya Middleton.

### Just Desserts

Dessert cooking week is for campers who want to learn how to cook and make the right dessert for the meal. Campers will learn how to make different cakes, cookies, ice cream, chocolate mousse, fruit salads, jam and much more. Campers will also learn how to decorate, design and serve dessert. Please send your camper with a storage container so they can share their desserts at home.

### "MSPA Makes Noise"

Here is a camp for 4th-6th graders with no musical experience or years of experience! This is a camp to fuel the musical imagination. Campers will create instruments out of everyday items; learn how to play together as a group; create their own percussion lines to perform; and learn about the art of percussion. This camp is about finding the music that is waiting to be discovered all around us! Parents, friends and family join us for a performance on Friday at 11:30 a.m. in the Barbara and Dave Sylvan Auditorium.

### Music Theater Camp (Drama Camp)

Midtown School of Performing Arts will be following up their very successful production of "Annie Jr." and "Disney's Cinderella Kids" with this summer's production of "Disney's Aristocats" (license pending). This fun-loving story begins with Duchess and her Aristokittens who are abandoned in the countryside, but find themselves on a great adventure with Thomas O'Malley and his Alley Cats. This feline tale charms audiences with its great story and jazzy tunes and delights kids of all ages. Our music theater camp gives the opportunity for children to explore several different art forms including music, dance, and drama through the exciting world of musical theater. Camps are designed for beginners, intermediates, or anyone who likes to have fun while performing. Parents, friends, and family join us for the performance on Friday at 11:30 a.m. in the Barbara and Dave Sylvan Auditorium.

### Outdoor Adventure

Outdoor Adventure with CSJCC's Shaliach, Itai Lavi, and the summer shlichims. Campers will spend Monday-Wednesday at the CSJCC learning different outdoor skills - building their own camp, cooking, survival techniques and more. On Thursday morning campers will leave for an overnight experience and return on Friday before Shabbat. Campers will have a special ghosts encounter at night. **This adventure is only for the brave campers who will attend the overnight experience.**

### Personal Best Camp

With a fitness focus at Personal Best Camp we will train hard, have fun, and make new friends as we build fitness, confidence and self-esteem. Campers will learn the fundamentals of running, conditioning, and sport training. The staff infuses young athletes with inspiration and encouragement. Personal Best strives to develop a "healthy lifestyle" in kids by developing smooth running mechanics, playing fun-fitness games, setting new goals in personal competitions, and some swimming to cool off.

### Pre-CIT: Fitness

Help your child launch a healthy lifestyle! You will learn how fun and rewarding a healthy lifestyle can be. This session creates a camp-like atmosphere where campers play lively, active fitness games, and attend kid-friendly workshops on nutrition and fitness. They will even get to take what they've learned and apply it in the weight room. Instructor: CSJCC Fitness Trainer Stephanie Middleton

### Pre-CIT: Gardening-Eco Style

Campers will learn the importance of eco-friendly gardening and help start an edible flower garden at B'nai Emunah. Campers will start the week with a special presentation from Elyahu Krigel on why and what is needed to start a garden. On Tuesday, the research will begin, campers will take a trip to South Woods Garden and Nursery. Wednesday, a special guest presentation, Cory Williams from Stainable Tulsa, will discuss why compost is needed and have campers start collecting food scraps from camp for the compost needed for each camper's own personal pan garden. Thursday, campers spend the day at B'nai starting on the eco-garden. Friday,

campers will finish their personal pan garden and have a presentation for camp before Shabbat about what they learned during the week. Campers need to wear play clothes and bring a sack lunch each day.

### Read! Write! Action!

A week of enrichment activities that will engage your child's reading skills through planned reading abilities as well as phonetic awareness, fluency, math, and social study skills. Mizel tutorial teachers are also available for private tutoring during Camp Shalom weeks, please call Mizel at 494-0953.

### Soccer Magic

The most popular camp annually, Soccer Magic is entering it's 17th year under head coach (and camper favorite) Jason Neidell. Campers are grouped according to age and skill level, so every camper feels comfortable regardless of their level of play. Soccer Magic emphasizes fundamentals and technique, while ensuring every camper has a winning experience! Campers will enjoy an afternoon swim.

### Tee Time

Campers will receive instruction from LaFortune Golf Pros on the fundamentals of driving, chipping, putting and a full swing. At the end of each morning, campers will be evaluated on the basic skills they learned that day. On Friday campers will play on the Par Three course. Camper can bring clubs or borrow LaFortune's. It will be a great week and the Golf Pros are really looking forward to working with the campers.

### Tennis

Tennis camp is for campers who are either picking up a racquet for the first time or just starting to get the hang of it. Amanda Scroggs, CSJCC Tennis Pro, will emphasize sound fundamentals including proper footwork, grips, stroke production and movement. Camp will take place at the Jeanette Altman Frieden Sports Complex located at the JCC. In the afternoon, campers will put down their racket and put on their swim suit for some time in the pool. Campers can bring their own tennis racquet or borrow one from the CSJCC.

### The Art of Music

A fun-filled music and art camp for 1st through 3rd grade. Children will explore music by using different art mediums. Our camp includes an incredible, high-energy music class with all sorts of props: balls, scarves, parachutes, percussion instruments and much more. The kids will be introduced to sections of the orchestra and then use that new knowledge to create ART in the art portion of the camp. The kids will enjoy learning about music and the orchestra while creating great works of art. At the end of camp, we will have a "Gallery" showing of all the works of art that have been created including a canvas you will be able to take home, frame and hang up in your own family gallery! Parents will be invited Friday at 11:30 a.m. to enjoy our gallery showing.

### Tour of Tulsa

Tour of Tulsa is back in high demand. Stops may include a news station, Tulsa World, BOK Center, Soccer City, Tulsa Zoo, Bass Pro Shop and end the week with a water park visit. Campers will leave the JCC by 9:15 a.m. each day. Please send your camper in their camp t-shirt and bring a throw away non-microwaveable sack lunch each day. All stops are subject to change.

### Wet N Wild

This is one of the more popular camps annually. Campers will spend the morning in the Sharna & Irv Frank Aquatic Center located at the CJSJCC playing their favorite water games. On Friday, they will spend the day at a water park. Wet N Wild is a camp for strong swimmers only.

## 3-K CAMPS

### Space Adventure 3-K

Join us as we explore outer space and we promise to have your camper back to earth before camp ends. Your camper will enjoy a week of space-themed fun, activities and projects including games, crafts, and special guests. Campers will have morning swim lessons (M/W/F) and afternoon free swim (T/TH).

### The Farmer in the Dell 3-K

Your camper will spend a week of farm-themed fun, activities and projects including games, crafts and special guests. Campers will have morning swim lessons (M/W/F) and afternoon free swim (T/TH).

### The Mighty Jungle 3-K

Your camper will spend a week of animal and jungle-themed fun activities and projects. It includes games, crafts and special guests, campers will have morning swim lessons (MWF) and afternoon free swim (T/TH).

### Treasure Everywhere 3-K

Ahoy Matey! Calling Bold Buccaneers wishing to set sail for a swashbuckling adventure camp and exciting journey. Your camper will spend a week of Pirate-themed fun, activities and projects including games, crafts and special guests. Campers will have morning swim lessons (M/W/F) and afternoon free swim (T/TH).

### Under the Sea 3-K

Campers will kick-off the summer with ocean-themed fun, activities and projects including games, crafts and special guests. Campers will have morning swim lessons (M/W/F) and afternoon free swim (T/TH).

## CAMPS

**9:00 a.m. – 4:00 p.m.**

### Week 1 June 1-5

Under the Sea: 3 years-K  
Arts & Crafts: Grades 1-6  
Cooking: Grades 1-6  
Cheerleading: Grades 1-6  
Tennis: Grades 1-3  
Pre-CIT Fitness: Grades 4-6  
Soccer Magic: 6-14 years

### Week 2 June 8-12

The Mighty Jungle: 3 years-K  
Bowling: Grades 1-6  
Games Camp: Grades 1-3  
Just Dessert: Grades 1-6  
MSPA Makes NOISE: Grades 4-6  
Outdoor Adventure: Grades 1-6  
Soccer Magic: 6-14 years  
Tee Time: Grades 1-6

### Week 3 June 15-19

Space Adventure: 3 years-K  
Read! Write! Action!: Grades 1-3  
Crime Solvers: Grades 1-3  
Drama: Grades 1-6  
Flag Football: Grades 1-6  
Pre CIT-Gardening-Eco Style: Grades 4-6  
Gymnastics: Grades 1-6  
Personal Best: Grades 1-6  
Tennis: Grades 1-6

### Week 4-6 June 22-July 10

Camp Shalom Session 1: 3 years-K  
Camp Shalom Session 1: Grades 1-6

### Week 7 July 13-17

Treasure Everywhere: 3 years-K  
Read! Write! Action!: Grades 1-3  
Diva Girls: Grades 1-6  
Drama: Grades 1-6  
ESPN: Grades 1-6  
Pre-CIT – Design Your Own Camp: Grades 4-6  
Tee Time: Grades 1-6  
Tennis: Grades 1-6  
Wet N Wild: Grades 1-3

### Week 8 July 20-24

The Farmer in the Dell: 3 years-K  
The Art of Music: Grades 1-3  
Cheerleading: Grades 1-6  
Read! Write! Action!: Grades 1-3  
Crime Solvers: Grades 4-6  
Fun Fitness 4 Kids: Grades 1-6  
Tour of Tulsa: Grades 1-6

### Week 9-10 July 27-August 7

Camp Shalom Session 1: 3 years-K  
Camp Shalom Session 1: Grades 1-6

**3-K Options: 5 day, 3 day (M/W/F) and 2 day (T/TH)  
1<sup>st</sup> – 6<sup>th</sup> Grade special two week options:  
Week 4 and 9 choose from 5 day or 3 day (M/W/F)**

**For prices go to [www.csjcc.org](http://www.csjcc.org) or call 495-1111 for a paper copy to be mailed to you.**

**Camp Shalom reserves the right to change, cancel or combine camps due to low registration or any other reason by which the program cannot be conducted as originally planned. Camp Shalom reserves the right to alter any of the above program information in the best interest of Camp Shalom participants. Registration fees will be refunded ONLY in the event that a camp is cancelled.**