

JCC CAMP RISHON



Number One in Summer Fun!

SCHOOL-AGE CAMPS REGISTRATION WORKSHEET

Nitzanim	\$143 Member / \$185 Non-member	x	# of weeks _____	= _____
Specialty Level A	\$172 Member / \$224 Non-member	x	# of weeks _____	= _____
Specialty Level B	\$182 Member / \$237 Non-member	x	# of weeks _____	= _____
Specialty Level C	\$197 Member / \$252 Non-member	x	# of weeks _____	= _____
Horseback Riding Level	\$219 Member / \$274 Non-member	x	# of weeks _____	= _____
SyraCruisin'	\$160 Member / \$210 Non-member	x	# of weeks _____	= _____
CIT (15 Years Old)	\$30 Must be a member	x	# of weeks _____	= _____
Camp Aide (14 Years Old)	\$100 Must be a member	x	# of weeks _____	= _____
Early Care	\$10 per week	x	# of weeks _____	= _____
Late Care	\$10 per week	x	# of weeks _____	= _____
Pro-Rated Late Care - After Camp Clinics	\$6 per week	x	# of weeks _____	= _____

Total Camp Fees (to carry over to registration form) = _____

**Age/skill restrictions apply. Please check each camp's description for details.*

SPECIALTY CAMPS 2009	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
All Sports Café					X			X
Art Around the World with Anne Cofer			X					
Baseball with LeMoyne College*		X				X		
Basketball with Brian Steves*	X						X	
Bowling at Bowl-Mor Lanes								X
Ceramics with Anne Cofer	X							
Circus Camp with the National Circus Project						X		
Climbing Camp with Aaron Gross*		X		X		X	X	
Crafty Critters with Anne Cofer		X						
Crazy Crafts with Anne Cofer						X		
Culinary Camp*	X							
Dance Camp with Jessica Kimpland			X					
Day Tripper*			X					
Fabric Frenzy with Anne Cofer					X			
Fishing with Bill Wade*					X			
Flag Football with Jeff Halsey*	X							
Gaming Camp*					X			
Glitter and Glam Camp								X
Golf with Mel Baum *							X	
Gymnastics with Sherri Lamanna		X	X		X		X	X
Horseback Riding at Gentle Hill Farm*	X				X			X
Karate at CNY Karate				X				
Kitchen Science with Lori Innella-Venne*		X		X				
Lacrosse with LeMoyne College				X				
Photography Camp at SU Community Darkroom*			X					
Rocketry Camp*							X	
Sculpture with Anne Cofer							X	
Secret Agent Camp*		X		X				
Sewing with Anne Cofer								X
Soccer with LeMoyne College			X					
Tennis with Gold's Gym						X		
Theater Camp with Marci Erlebacher*				X				
Wilderness Skills*						X		

WELCOME TO JCC CAMP RISHON!

General Information for ECDP & School-Age Camps

Register Early to Avoid Close-outs!

Sign up to attend weeks 1 through 6
and receive 10% off of weeks 7 & 8*!

(*Discount credited after camp is over)

To Do Checklist:

- Register early to avoid being closed out of specialty camps.
- Plan your child's summer carefully. In order to uphold the integrity of our programs, we strongly discourage last-minute changes. A \$20 change fee will be applied for any changes made within two weeks of the camp. Some changes may not be possible, due to outside contract obligations.
- Note withdrawal deadlines carefully. Refunds will not be issued for absences or withdrawal after the deadline.
- All withdrawals and camp changes must be in writing.
- All camps must be paid in full two weeks before the start of that camp.
- Campers will not be allowed to attend camp if balances are owed to the JCC, unless payment arrangements are made with our accounting department in writing two weeks prior to the start of the camp.

Registration Information

Every camper is special. We want to ensure that every camper has a wonderful and memorable experience at camp, and that requires your help. Please pay attention to the information included in this booklet, information after registration, and information that is sent home from camp.

The Registration Fee is non-refundable, and non-applicable to camp tuition.

The JCC is not responsible for unintended, unforeseen absences. The JCC reserves the right to cancel any camp for lack of minimum enrollment; balances paid will be transferred or refunded. You will be notified at least two weeks in advance of any cancellations.

How to Register

Use the appropriate enclosed form and return it with the required payment. Use one form per child. Once registration is received, other forms will be sent to you, which must be completed and returned at least two weeks prior to the start of camp. Full payment is due per the deadline schedule.

Deposit and Billing

With each child's registration form you must include the following:

- \$35 per week deposit
- \$20 non-applicable, non-refundable registration fee

Registration forms will not be accepted without both the deposit and the registration fee. You will receive a 5% discount if the entire balance is paid by **April 17**. The JCC accepts cash, checks, Mastercard, and Visa. Each camp must be paid in full two weeks prior to its start date. **Note: Mail and billing will be sent to the child's address. Third party billing will not be done.**

Sibling Discounts

A 2% discount will be credited for **each child's camp tuition** when more than one child from that family attends at least one session. This credit will be calculated once all of the changes in registration have been recorded and camp is over. The credit will be applied against other JCC programs (not including fundraisers). The discount must be used by December 31, 2009. If a sibling does not attend the program for any reason, discount will not be given.

What Tuition Includes

Camp tuition includes materials, transportation (school-age camps only), a camp T-shirt, daily snacks, field trips, and cookouts. Parents will receive advance notice of special events and optional program activities that require an additional fee. Because camps are programmed by session, campers who do not attend all five days each week may miss field trips, special programs, and activities. Unfortunately, we are unable to change or substitute days for which a child has been registered to accommodate a specific trip or event. You are advised to check with the Head Counselor regularly.

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Scholarships/Financial Aid

Every child deserves a summer camp experience. For that reason, the JCC makes limited financial aid available for camps and memberships. Financial aid applications must be received by **May 22, 2009**. Call the JCC for a scholarship application.

Tax Credits

The JCC's summer day camps may qualify for a childcare tax credit. Contact your accountant for further information.

School-Age Camps

Early and Late Care

The regular camp day is from 9:00 AM to 4:00 PM. Morning extended care is from 7:30 AM to 9:00 AM, and afternoon extended care is from 4:00 PM to 6:00 PM. Charges are \$10 per week for either early or late care, and \$20 per week for both. Pro-rated late care charges will be applied to those enrolled in the After-Camp Clinic. **Note: Parents are responsible for transporting campers if extended care is used.**



WELCOME TO JCC CAMP RISHON!

SCHOOL-AGE CAMP WEEKLY FEES

Nitzanim

\$143 Members/\$185 Non-members

Specialty Camps:

Price Level A

\$172 Members/\$224 Non-members

Price Level B

\$182 Members/\$237 Non-members

Price Level C

\$197 Members/\$252 Non-members

Price Level - Horseback Riding

\$219 Members/\$274 Non-members

Teens:

SyraCruisin'

\$160 Members/\$210 Non-Members

Camp Aide

\$100 JCC Family Members only

CIT

\$30 JCC Family Members only

Please note: We have increased the cost of our programs only in instances where our vendors have raised their prices.

Pre-Camp Paperwork

Each child in school-age camps must complete the following paperwork before he or she can come to camp. These documents must be turned in two weeks prior to the first day of camp:

- Health and Examination Form completed by a parent/guardian and physician, and signed by a parent/guardian. Your child must have had a physical exam within the past two years in order to complete the form.
- Trip Permission/Publicity Release signed by a parent/guardian.
- Waivers pertaining to Rock Climbing, Secret Agent, and/or Horseback Riding Camps as well as After-Camp Clinics.
- Parent Handbook should be read and the back cover signed and returned.
- Medication Permission Authorization is needed if your child takes any regular or occasional medications during the camp day (including over-the-counter medications). It must be signed by a parent/guardian and a physician.

You will receive these forms in a confirmation packet sent to your home before camp begins, or they are available for download on the JCC website at www.jccsy.org.

Bus Transportation

Neighborhood bus transportation is included in Nitzanim and Specialty Camp tuition fees. See the neighborhood bus stops on the right for the stop nearest you, and indicate the stop on the registration form. Parents may drop off and pick up their children at the JCC, as transportation is not available in all areas. Transportation is not available for pre-school campers, school-age campers attending early and/or late care or After-Camp Clinics.

Neighborhood Bus Stops

The three following routes in Syracuse, DeWitt, and Fayetteville-Manlius will provide neighborhood bus service for Nitzanim, SyraCruisin', and Specialty Camps. Please find the stop most convenient for you, and indicate it on your camper's application form.

Unfortunately, we are no longer able to accommodate door to door bus stops.

Stops may be eliminated for lack of pick-ups.

The following lists are general guidelines of stops in these areas. In the morning, the bus run begins at approximately 8:00 AM and arrives at the JCC by 8:55 AM. The stops on the list farthest away from the JCC are picked up closer to the 8:00 hour, while the stops nearer the JCC are picked up closer to 8:55 AM and the start of the camp day. In the afternoon, the bus run begins shortly after 4:00 PM, and is finished by approximately 4:45 PM.

The bus route runs in reverse at this time with the bus stops nearest to the JCC dropped off near the 4:00 PM hour while the stops farther from the JCC are dropped off closer to 4:45 PM. You will be notified in late June of the times of your route. Please note that pick-up and drop-off times may vary from week to week, with the gain or loss of other campers on the route. All routes end in the morning and begin in the afternoon at the JCC. Of course, you have the option of dropping off and/or picking up your camper(s). We will make every effort to keep the schedule running smoothly and on time.

Bus Routes

Syracuse/DeWitt

- A1 Columbus Circle
- B1 Euclid Ave. and Comstock Ave.
- C1 Manley Field House
- D1 Colvin St. and Buckingham Ave.
- E1 Lancaster Ave. and Broad St.
- F1 Westcott St. and Euclid Ave.
- G1 Solace Elementary School
- H1 Meadowbrook Ave. & Bradford Pkwy.
- I1 Bradford Heights and Cross Rd.
- J1 Tecumseh Elementary School
- K1 Standish and Old Lyme
- L1 Bradford and Old Lyme
- M1 Hamilton and Thomas
- N1 Moses-DeWitt Elementary School
- O1 Salt Springs Rd. and Caton Dr.

Manlius

- A2 Carriage House East
- B2 Northfield and Cascade
- C2 Watervale and Harwich
- D2 Smith's Market
- E2 Regiment and Verbeck
- F2 Enders Rd. Elementary School
- G2 Enders Rd. and Iliad Dr.
- H2 F-M District Offices
- I2 Somerset and Rte. 92 (on Somerset)
- J2 Stonegate and Woodchuck Hill Rd.
- K2 Thorntree Hill Dr.

Fayetteville

- A3 F-M and Sherbrooke
- B3 Wellwood Middle School
- C3 Towne Center
- D3 Mott Rd. and Dabney Ln. (2nd)
- E3 Mott Rd. Elementary School
- F3 Winterton and Maple (1st)
- G3 Edinger & Maple (bus will not turn)
- H3 Luan Circle
- I3 Old Quarry and Saddlebrook
- J3 Old Quarry and Pine Valley
- K3 Highfield and Bridle Path

SCHOOL-AGE CAMPS (Children Entering Grades 1-6)

General Information

- Registration is done on a weekly basis.
- Register early, as many of the camps fill quickly.
- The camp day runs from 9:00 AM - 4 PM. Early Care from 7:30 - 9:00 AM and Late Care from 4:00 - 6:00 PM is also available.
- Questions about our school-age camps? Please call:

Lori Innella-Venne,
 Director of Children and
 Teen Services and Camping,
 (315) 445-2360 Ext. 109

Camp Philosophy

The JCC's Camp Rishon offers a variety of adventurous and enriching programs to provide opportunities to establish lasting friendships. Our diverse specialty programs provide our campers with exciting new challenges and old favorites, while our Nitzanim camp offers the spirit and energy of a comprehensive day camp program with weekly themes, field trips, occasional overnights, and special events.

Camp Dates

Monday, June 29 - Friday, August 21

All school-age camps run Monday through Friday.

DEADLINES

5% DiscountApril 17
 for paid-in-full campers

100% Return of DepositMay 1
 and paid balance,
 if written withdrawal
 is received by May 1

Financial Aid Application..... May 22

100% of Balance Returned..... May 29
 (but not deposit),
 if written withdrawal
 is received by May 29

No Refunds of Any Kind After June 5

School-Age Camp Overnights

School-age campers have the opportunity to attend our optional overnights when enrolled in weeks 2, 4, 6, and 8 for an additional fee. The destinations for our off-site overnights for this year are Highland Forest in Tully, and the Museum of Science and Technology (MOST), as well as two overnights here at the JCC, with many fun activities planned -- including a DJ on the last overnight of the season. Dinner on Thursday, and breakfast and lunch on Friday will be provided. Campers must be enrolled in a school-age camp during the week of the overnight in order to participate.

The overnight schedule is as follows:

Thursday, July 9 at the JCC

Evening field trip or in house entertainment, evening swimming, and fun with friends.

Thursday, July 23 at the MOST (Museum of Science and Technology)

Demonstrations and exhibits all night long with a space theme, Planetarium show and the Science Playhouse!

Thursday, August 6 at Highland Forest

BBQ cookout, sports and games, night hike, and camping fun. Cabins will have electricity and running water!

Thursday, August 20 at the JCC

DJ Dance Party to wrap up the summer!

Nitzanim Day Camp

For Children Entering Grades 1 - 6

Weeks 1- 8

This camp is geared toward the child who wants an exciting variety of activities. It is many of the specialty camps, all rolled into one. Specialists lead activities in: arts and crafts, sports and games, Israeli Culture with a visiting Israeli Scout, drama, and nature. Daily Red Cross instructional and recreational swimming, and a weekly Shabbat celebration are some of the great features of our Nitzanim program. Nitzanim weekly field trips will take place on Tuesdays, Wednesdays, or Thursdays, depending on the week. One day each week is "Field Day," and will be supplemented with competitions and tournaments in areas ranging from sports and games to dynamic and lengthy relays. Fridays are known as Super Fridays, where campers are given the opportunity to choose between traditional (i.e. sports and arts) and alternative activities (like slip and slide, scavenger hunts, Wacky Water Day, and much more) to create their own schedules.

2009 Summer Weekly Themes

Week 1 6/29 - 7/3
 Welcome to the Jungle Week

Week 2 7/6 - 7/10
 Survivor Week

Week 3 7/13 - 7/17
 Blast from the Past Week

Week 4 7/20 - 7/24
 Out of This World Week

Week 5 7/27 - 7/31
 Wet-N-Wild Week

Week 6 8/3 - 8/7
 Carnival Craze Week

Week 7 8/10 - 8/14
 Israeli Week

Week 8 8/17 - 8/21
 Hollywood Idol Week



Specialty Camps

All camps begin and end at the JCC. Space may be limited, and minimum and maximum enrollment numbers may be designated for certain camps. Specialty Camps have daily Red Cross swim instruction and recreational swimming, although some may have a more limited swim time due to the scheduling and travel times. A typical day for Specialty Camps includes 30 minutes of instructional swim, approximately 45 minutes of recreational swimming, plus 2 to 4 hours of concentration time within the specialty activity. Specialty Camps participate in Nitzanim programming at varying levels. See descriptions in the following pages or call the JCC for more specific details.

SCHOOL-AGE CAMPS (Children Entering Grades 1-6)

All Sports Café

Price Level A

For Children Entering Grades 1 - 3

Week 5: July 27 — July 31

Week 8: August 17 — August 21

Campers will have a menu of sport options every day including tennis, basketball, hockey, soccer, baseball, and more. *Enrollment: minimum of 8 and maximum of 24 campers.*



NEW!

Art Around the World with Anne Cofer

Price Level A

For Children Entering Grades 1 & Up

Week 3: July 13 — July 17

Explore other cultures through their art. Visit other continents and create elaborate facemasks, call the rain with your very own rainstick, and make music with an authentic drum. Bring ideas from your own culture. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Baseball with LeMoyne College

Price Level B

Advanced Players

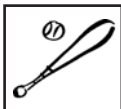
Week 2: July 6 — July 10

Beginner Players

Week 6: August 3 — August 7

Skill development, instruction, and games with LeMoyne College assistant coach Scott Landers. **Please register according to skill level.**

Requirements: Campers should come equipped with baseball gloves. *Enrollment: Minimum of 8 and maximum of 24 campers.*



So-Long Summer Vacation Camp
August 24 through
September 8,
registration begins
in July.

Basketball with Brian Steves

Price Level B

Beginner Players

Week 1: June 29 – July 3

Advanced Players

Week 7: August 10 – August 14

Learn the fundamentals of one of America's favorite sports with Brian Steves. Brian played basketball for Nazareth College, and was the team's representative for Sportsman of the Year in the Empire 8 Conference in his senior year. This will be his 5th summer instructing at Camp Rishon. Practice your skills through drills and games using regulation and lowered rims in the Schayes Family Gymnasium. **Please register according to skill level.**

Enrollment: Minimum of 8 and maximum of 24 campers.



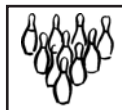
Bowling at Bowl-Mor Lanes

Price Level C

For Children Entering Grades 1 & Up

Week 8: August 17 – August 21

Instructors will teach the steps and techniques of bowling during actual games. Bowling shoes will be provided. Campers will receive a team bowling shirt. *Enrollment: Minimum of 10 and maximum of 24 campers.*



NEW!

Ceramics with Anne Cofer

Price Level A

For Children Entering Grades 1 & Up

Week 1: June 29 — July 3

Create object to use around your home: vases, plates, bowls, jugs, and more. Use the kiln to fire your creations and take them home to display, use or to give them as gifts. Campers will receive their objects after the camp is over due to firing time in the kiln. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Circus Camp with the National Circus Project

Price Level C

For Children Entering Grades 1 & Up

Week 6: August 3 — August 7

This camp will feature a circus show by world-class circus performers. All week long, your child will learn skills such as juggling, stilt walking, plate spinning, feather balancing, Diablo, and acrobatics, just to name a few! The National Circus Project instructors will show campers what it takes to be in the Circus! This camp culminates in a showcase performed by our campers for all of Camp Rishon, parents, and friends to see! *Enrollment: Maximum of 25 campers.*



Climbing Camp with Aaron Gross

Price Level B

Field Trip to

Electric Rock Gym in Schenectady each week!

For Children Entering Grades 1 - 3
Must be 6 year old

Week 2: July 6 – July 10

Week 7: August 10 — August 14

For Children Entering Grades 4 & Up

Week 4: July 20 — July 24

Week 6: August 3 — August 7

Learn the fundamentals of climbing and climbing safety (JCC certification is provided). Practice on the best indoor climbing wall in Syracuse area, then take a field trip and try your rock climbing skills on the 40-foot walls and bouldering tunnel at Electric City Rock Gym in Schenectady. Requirements: Parents will need to complete and sign a waiver form for the Electric City Rock Gym and the JCC. *Enrollment: Minimum of 8 and maximum of 15 campers.*



SCHOOL-AGE CAMPS (Children Entering Grades 1-6)

NEW !

Crafty Critters with Anne Cofer

Price Level A

For Children Entering Grades 1 & Up

Week 2: July 6 — July 10

Lions, Tigers, and Bears, Oh My! Take a field trip to see the animals at the Rosamond Gifford Zoo and come back inspired! You'll paint, draw, sculpt, and craft these creatures into your very own masterpieces using various techniques. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Dance Camp with Jessica Kimpland

Price Level A

For Children Entering Grades 1 & Up

Week 3: July 13 — July 17

Spend your week with Jessica Kimpland, a respected instructor with over 15 years of experience and a knack for working with children of all ages. During the week, you will work on many different styles of dance and dance techniques, including hip-hop, ballet, jazz and more. No formal dance training is needed; neither is any formal dance apparel. Come ready to learn, and have a great time. Parents can watch their campers perform on the last day of the camp. *Enrollment: Minimum of 8 and maximum of 30 campers.*



Fishing with Bill Wade

Price Level B

For Children Entering
Grades 2 & Up

Daily field trips to local fishing spots!

Week 5: July 27 — July 31

Enjoy fishing at different locations and develop skills with instruction from our own Bill Wade. Campers will be provided with fishing rods, which they will get to keep. Requirements: Campers need to wear close-toed shoes and eyewear. *Enrollment: Minimum of 12 and maximum of 25 campers.*



NEW !

Crazy Crafts with Anne Cofer

Price Level A

For Children Entering Grades 1 & Up

Week 6: August 3 — August 7

Campers will experience an array of art techniques this week. We'll explore mosaics, basket weaving, and even make our own candles. Bring your own ideas to the table and walk away with some awesome creations. *Enrollment: Minimum of 8 and maximum of 24 campers.*



NEW !

Flag Football Camp with Jeff Halsey

Price Level B

For Children Entering Grades 3 & Up

Week 1: June 29 — July 3

All the football fun without the tackling! : Jeff is a football coach with 26 years of experience. Learn the basics, play games and take part in a championship at the end of the week! *Enrollment: Minimum of 8 and maximum of 24 campers.*



Day Tripper

Price Level B

For Children Entering
Grades 4 & Up

Week 3: July 13 — July 17

Campers take a different field trip every day! This year, field trips will include swimming at Green Lakes, amusements, sports, and more! *Enrollment: Minimum of 12 and maximum of 20 campers.*



NEW!

Culinary Camp

Price Level B

For Children Entering
Grades 2 & Up

Week 1: June 29 — July 3

Learn the art of cooking from the best in town! Chefs from many local restaurants will teach you the skills you need to begin in the kitchen. Travel daily to local kitchens and make a dish from a different cuisine each day. Please note: All food preparations will be kosher-style. *Enrollment: Minimum of 8 and maximum of 24 campers.*



NEW !

Fabric Frenzy with Anne Cofer

Price Level A

For Children Entering Grades 1 & Up

Week 5: July 27 — July 31

Anne will teach campers the basics of batik, tie-dye, fabric printing, felt making and more. Make your own T-shirts, wall hangings, and fabrics while using dyes and paints to spruce them up! *Enrollment: Minimum of 8 and maximum of 24 campers.*



NEW!

Gaming Camp

Price Level A

For Children Entering
Grades 2 & Up

Week 5: July 27 — July 31

Spend the week playing all different types of games: chess, billiards, checkers, speed stacks, card games, video games and more! Campers are welcome to bring a game from home to share and teach their friends. Compete against one another and play for prizes. Each camper will take home their own set of speed stacks at the end of the week. *Enrollment: Minimum of 8 and maximum of 24 campers.*



SCHOOL-AGE CAMPS (Children Entering Grades 1-6)

NEW !

Glitter and Glam Camp



Price Level A

For Children Entering Grades 1 & Up

Week 8: August 17 — August 21

You will have a fabulous time this week being a fashionista at camp with your friends. Come together for a week of glamorous activities. We'll make our own beauty products, tie die, style hair and nails, paint body art and more!
Enrollment: Minimum of 8 and maximum of 24 campers.

Golf with Mel Baum



Price Level C

Daily field trip to Liverpool Golf and Public Country Club!

For Children Entering Grades 2 & Up

Week 7: August 10 — 14

Learn full swing fundamentals, chipping, pitching, putting, golf rules and etiquette. Mel Baum, a PGA "Class A" professional, is instructing. Daily field trips to the Tiger Links Course at the Liverpool Golf and Public Country Club. Requirements: campers are encouraged to bring their own clubs and share with others. Camp Rishon does have some clubs to share as well. *Enrollment: Minimum of 8 and maximum of 24 campers.*

Gymnastics



Price Level A

Field trips each week!

For Children Entering Grades 1 & Up

Week 2: July 6 — July 10

Week 3: July 13 — July 17

Week 5: July 27 — July 31

Week 7: August 10 — August 14

Week 8: August 17 — August 21

Beginners to Level 8. Uneven parallel bars, balance beam, vault, tumble track and floor exercises will improve strength and coordination. Field trips each week to North Country Gymnastics. All instructors are trained in gymnastics.
Enrollment: Minimum of 12 campers and maximum of 24 campers.

Horseback Riding with Gentle Hill Farms



Horseback Riding Price Level

Daily Field trip to Gentle Hill Farms, Tully!

For Children Entering Grades 2 & Up

Week 1: June 29 — July 3

Week 5: July 27 — July 31

Week 8: August 17 — August 21

Riding and horsemanship will be covered. Each day will include grooming and riding (indoor and outdoor facilities), plus hands-on demonstrations. Helmets will be provided. Requirements: campers must wear stretchy or loose-fitting long pants and closed-toe shoes daily. Waiver for Gentle Hill Farms must be completed. *Enrollment: Maximum of 12 campers per week.*

Karate with Marvin Labbate's CNY Karate



Price Level B

Daily field trip to CNY Karate!

For Children Entering Grades 1 & Up

Week 4: July 20 — July 24

Daily karate workout with Marvin Labatte and the experts of CNY Karate in East Syracuse. Enhances motor skill progression and self-discipline. *Enrollment: Minimum of 8 and maximum of 24 campers.*

Kitchen Science with Lori Innella-Venne



Price Level A

For Children Entering Grades 1 – 3

Week 2: July 6 — July 10

For Children Entering Grades 4 & Up

Week 4: July 20 – July 24

Turn the kitchen into a science lab! We have recipes for oobleck, homemade root beer and more. Campers will take a field trip to the Museum of Science and Technology (MOST) and create concoctions that they can take home. Each child will receive a recipe book at the end of the camp. Taught by our very own Lori Innella-Venne. Requirements: Campers should wear clothes that can get dirty. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Lacrosse with LeMoyne College



Price Level B

For Children Entering Grades 1 & Up

Week 4: July 20 — July 24

Learn to play lacrosse from LeMoyne College National Champions. The LeMoyne College lacrosse team assistant coaches will lead instruction. This camp will focus on fine-tuning lacrosse skills. All skill levels welcome. Requirements: Campers must bring a lacrosse stick and helmet/ facemask – no exceptions! *Enrollment: Minimum of 8 and maximum of 24 campers.*

Photography Camp with SU Community Dark Room



Daily field trip to SU Community Darkroom!

Price Level B

For Children Entering Grades 3 & Up

Week 3: July 13 — July 17

Experience the crossover from traditional to digital photography. In this photography-intensive camp, campers will learn how to take photos and print images in a traditional black-and-white darkroom. Additionally, the campers will learn how to input traditional images into digital format, manipulate them, and output the images in the form of a digital inkjet print. Disposable cameras will be provided. *Enrollment: Minimum of 6 and maximum of 10 campers.*



SCHOOL-AGE CAMPS (Children Entering Grades 1-6)

Rocketry

Price Level A

For Children Entering Grades 4 & Up



Week 7: August 10 – August 14

Make and launch your very own rockets! Spend the week learning and experimenting with the physics behind rocketry. Construct and personalize a rocket of your choice, and watch it soar up to 1000 feet. Learn the history of rocketry and propulsion development, as well as the fundamentals and safety of model rocketry. We will launch our rockets from the lower field for all of camp to see. *Enrollment: Minimum of 8 and maximum of 24 campers.*

NEW!

Sculpture with Anne Cofer

Price Level A

For Children Entering Grades 1 & Up

Week 7: August 10 — August 17

Use your hands and tools to bring out your inner artist and sculpt figures and more from clay, wire, paper and other media. Anne will teach the basics of sculpting, and campers will display their creations for all of camp to see. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Secret Agent Camp

Price Level B

For Children Entering Grade 4 & Up

Week 2: July 6 — July 10

For Children Entering Grades 1 - 3

Week 4: July 20 – July 24

Spend the week training like a secret agent. Learn skills in rock climbing, surveillance and decoding. We'll cover it all this week. Spend one day playing laser tag with your fellow agents at Fun Junction and another day getting agent training at the Museum Of Science and Technology (MOST). Each camper will get secret agent equipment to keep at the end of the week. Requirements: Parents need to complete and sign a waiver form for rock climbing and field trips. *Enrollment: Minimum of 8 and maximum of 24 campers.*



NEW!

Sewing with Anne Cofer

Price Level A

For Children Entering Grades 1 & Up

Week 8: August 17 — August 21

Learn to sew using needle and thread, paper, fabrics, and more. Make your own pillows and puppets. At the end of the week, the entire camp will put on their very own puppet show as part of the Talent Showcase! *Enrollment: Minimum of 8 and maximum of 24 campers.*



Soccer with LeMoyne College

Price Level B

For Children Entering Grades 1 & Up

Week 3: July 13 — July 17

Learn to play soccer from the LeMoyne College players. Campers will experience soccer by playing games and scrimmages, running drills and fine tuning skills. All skill levels welcome. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Tennis with Gold's Gym

Price Level C

For Children Entering Grades 1 & Up

Week 6: August 3 – August 7

Campers will learn and practice the skills necessary to play tennis at a level that will keep them challenged and enthusiastic. Play inside on the air conditioned indoor courts at Gold's Gym. Requirements: Campers must bring their own rackets, although Gold's Gym will have a few to be shared.

Enrollment: Minimum of 12 and maximum of 24 campers.



Theatre Camp

Price Level A

For Children Entering Grades 2 & Up

Week 3: July 20 — 24

You can be a star! Don't be shy; there is a perfect role for everyone. Our very own Marci Erlebacher will teach the fundamentals of theater. Marci has many years of experience in drama production, including working with the Syracuse Hebrew Day School and last year's Camp Rishon. Children will play drama games, learn to act and improvise, create costumes, and design sets and props. At the end of the week, campers and parents will watch the performance. Requirements: Children must be able to read and practice their script. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Wilderness Skills

Price Level A

For Children Entering Grades 4 & Up

Week 6: August 3 – August 7

Spend your week learning how to survive in the great outdoors. Build tools and shelter from things found in the wild, and learn the correct way to use a compass. Light campfires without matches, build your own compass, and make a solar oven. We will develop skills in forest areas at least two days of the week, learn how to tie knots, and have a survival kit to take home. *Enrollment: Minimum of 8 and maximum of 24 campers.*



Become a member of the JCC today and receive valuable member discounts towards camp!

PRE-TEEN & TEEN CAMPS

SyraCruisin' - Travel Camp for Teens

*Calling All Teen Adventurers!
Have the time of your life as you get to experience a new adventure each day with the JCC.*

Open to Anyone Entering Grades 7 – 10

Dates: Monday – Friday,
June 29-August 21

Cost: Members: \$160 per week
Non-members: \$210 per week

*Member rates apply to
Family Memberships only.
Student memberships
do not apply.*

Sign up for
all 8 weeks of
SyraCruisin'
and receive
\$10 off
per week!

SyraCruisin' Travel Camp for Teens is specifically for campers that are entering 7th through 10th grades, exclusively designed to meet the needs of today's young teens. We'll take regular field trips to places that have been selected based upon the capability to encourage social and cultural awareness, community service, team building, and just plain fun! Each day will feature different field trips so each session will be completely different from the next. Trips will include overnights every other week all around NY State! To top it off, each teen will get a camera and keepsake items so they can commemorate their experience at Camp!

Program Layout:

Each week will feature:

- 3 Field trips, local and/or regional – no same field trip will occur twice!
- 1 "Day at the J" featuring a various teen friendly activities, including creating camp journals, gym games, swimming, organized activities, rock climbing, Wii, and more with a different theme each week.
- 1 Mitzvah, or Community Service Day either on site or offsite. Teens will give back to the community by volunteering at our Camp Rishon, pre-school camps, and other local centers, or public service or not-for-profit organizations. Everyone will earn certificates of completion of these hours of service.
- Overnights every other week (price is included in the camp fee) around NY State.

**Camper space is limited...
REGISTER EARLY!**

(Registration for SyraCruisin' should be done with the Camp Rishon registration form)

ALL FIELD TRIPS AND FEES ARE INCLUDED IN THE PRICE OF CAMP.

You can sign up week to week or for all eight weeks. Minimum and maximum enrollment must be met in order to run the program.

Please contact Camp Director Lori Innella-Venne at the JCC at 445-2360 x109 for additional information.



Camp Aide

Camp Aides Must Be 14 Years Old at the Time of Attendance

Weeks 1 — 8

Created by a demand for programs for this age group, each Camp Aide will work with a job coach during his or her week at the JCC. The Camp Aide will be assigned to a group and assist the counselors and CIT's. Camp Aides will have the added advantage of participating in the programs of their group. Swimming, field trips, and overnights are all included in this camp. Camp Aides may be required to attend a meeting/training with the Director. Camp Aides do not have the ability to choose the groups to which they are assigned, but the Director will work with their interests to assign them to an appropriate group. Requests can be made, but are not guaranteed. Camp Aides must be family members of the JCC. The per-week fee for a Camp Aide is \$100.

Space is limited.

CIT (Counselor in Training)

CIT's Must Be 15 Years Old at the Time of Attendance

Weeks 1 — 8

Develop leadership skills, learn the basics of camp counseling, and provide support to camp groups. Each CIT will be assigned to a group that he or she will assist all week long. CIT's will report to counselors and head counselors for job duties. An interview may be required prior to acceptance. CIT's may need to attend counselor meetings and/or training. This is a great way to get some experience before applying to be a Camp Counselor at the JCC next summer! CIT's must be JCC members and **enrollment is limited**. The per-week fee for the CIT is \$30.



"Spark Series" with MPH

Ages: 11 — 17

This section of programming offers 15 exciting enrichment classes.

Programs include:

- Acing the Application Essay
 - Adobe Photoshop CS
 - Babysitter's Training Course
 - Computer Animation
 - Create a Montage/Collage
 - Design Your Own Website
 - Game Maker
 - Go Fly a Kite
 - Java Jive: Introduction to Programming Using Java
 - Jazz Band Camp For Middle Schoolers
 - Make Your Own Movies and Music
- And much more!

For more info visit www.mph.net. Go to go "Community Programs" and then to "Summer Programs", or contact Rebecca Rhody with any questions: 315/446-2452, ext. 140. You must register for these programs through MPH, not JCC.

TEEN FITNESS PROGRAM

Being healthy takes hard work, determination, and guidance. Let the JCC's team of professionals help this summer with its new fitness program just for teens and pre-teens. Middle and high school athletes may find it to be the perfect way to stay in shape all summer, and keep them ready to succeed on their sports teams in the fall. It can also help jump-start teenagers who feel they want to work toward a healthier body and mind.

Imagine a full-day program in which you get to explore every aspect of being fit and healthy. You will likely find yourself trying new forms of exercise you've never experienced before – one of which may become your new favorite.

To truly round out your knowledge about how to be fit and healthy, you'll get professional nutritional counseling and fitness assessments, so you can set or maintain diet, weight, and strength goals. A psychologist will mentor students on healthy living and



help create a plan to stay healthy and fit through the new school year.

The program will run for six weeks, and is open to young men and women entering grades 7 – 10. Progress will be tracked, and the participant who makes the most improvement to his or her sample schedule will be rewarded with a full-fitness membership to the JCC's Neulander Family Sports and Fitness Center.

Enrollment: Minimum of 6 enrolled by June 22 to run the program.

Teen Transformation Challenge

Open to Anyone Entering Grades 7 - 10

Dates: July 6 – August 14

Time: 9:30 AM - 3:30 PM

Cost: \$600 Member

\$750 Non-member

Aspects of the Teen Transformation Challenge

- **Fitness Assessments** - Caloric Intake, Body Mass Index, Personalized Fitness Goals with a Personal Trainer
- **Group Fitness Class** - X-Biking, Boot Camp, Sports Skills and Drills, GeoMats, and more. Each day will feature a new class.
- **Meet with a Fitness Professional** - Each day, you will have a group session as well as personal consultations from one of many fitness professionals, including a personal trainer, fitness instructors, nutritionist, psychologist, and more.
- **Lunch and Pool Time** - Relax and eat a well-balanced meal. Choose between lap swimming, free swim, water fitness, or just lounging poolside.
- **Organized Sports** – Join a fitness professional for basketball games, tennis, track running, lacrosse, and more. Each day will feature a different sport.
- **Weight Training and Cardio** - Each day, a personal trainer will work with you toward your individualized fitness goals. Want to get healthy and lose weight? Need to bulk up and generate more muscle? First time in the gym and unsure what to work on? Based on your fitness assessment, you will be under the direct supervision of a personal trainer. They will demonstrate the use of the equipment, get you set up with the correct resistance and weights, and make sure you are doing each exercise correctly. Each day will focus on a new area, so you don't overwork your body.
- **Specialized Instruction** - Learn how to belay and climb on the rock wall, experience the correct way to run and jog, work on skills specific to your team sport, and more. Trainers will observe your form, technique, and teach you what you need to know to excel in many areas of sports and fitness.
- **Journaling** – Each day your fitness goals are tracked, updated, and changed to suit your needs. Create menus with a nutritionist, update your weight loss or muscle gain, track caloric intake, and receive certificates of accomplishment each time you master a new skill. Your journal is the key to keeping fit after the program is over.



*Remember, the participant making the most overall improvement to his or her health and fitness will receive a **FREE fitness membership** to the JCC Neulander Family Sports and Fitness Center. The harder you work at your personalized goals, the better your chances!*

AFTER-CAMP CLINIC

The After-Camp Clinic is available every other week to give your child a more enriching experience during post-camp hours. This year, we are offering Rock Climbing through the JCC Family Sports & Fitness Center. All clinics run for two days each week: Monday and Wednesday. Please indicate if you need late care for the days when the clinics are not in session on the registration form. The cost of Late Care will be prorated. Registration should be done with the After-Camp Clinic Registration form. All waivers must be signed for participation. To participate in After Camp Clinics, campers must be registered for camp during that particular week.



Climbing Clinic



Open to Anyone
Entering Grades 1 - 6
(child must be 6 years old at time of attendance)

Time: 4:00 – 4:45 pm

Week 2: 7/6 – 7/8

Week 4: 7/20 – 7/22

Week 6: 8/3 – 8/5

Week 8: 8/17 – 8/19

Days: Mondays & Wednesdays

Cost: \$10 Members/
(per week) \$15 Non-members

This weekly clinic is for the beginner rock climber looking for some excitement. They will learn handholds, routes, and language associated with climbing. They will also learn climbing safety fundamentals. Register for one session or each week. Pro-rated Late Care is available for those who need it. Requirement: 5 minimum and 10 maximum; parent must sign waiver; sneakers.



WARM WEATHER FUN AT THE JCC POOL!

The JCC pool is a gathering place for our members and a great place to be when the weather gets hot. Maximize your membership by enjoying the pool in the evenings after work, on the weekends with your family and friends, and complete your early morning workout by swimming some laps.

Incorporating the pool into your personal training will add a new dimension to your fitness program. Utilize this great aerobic opportunity during our lap swimming hours and make the most of this fabulous time of year.

Whatever needs the pool may satisfy, we know it will provide many hours of rewarding recreation for you and your family. Several aquatics programs will be run throughout the course of the swimming season and at a glance, they include: learn-to-swim lessons, private and semi-private lessons, swim team, adult lap swim, and children's pool parties.



JCC 2009 POOL SEASON INFORMATION

Calendar

Sunday, May 24	Pool opens at 9:00 AM
Sunday, June 7	Learn to Swim Lessons begin
Monday, June 29	Camp Rishon
Saturday, July 4	Holiday, Pool open 9:00 AM – 7:00 PM
Monday, September 7	Labor Day, Last day of pool operation

Pool Hours Before and After Camp Rishon Season

Sunday, May 24 – Sunday, June 28 &

Saturday, August 22 – Monday, September 7

Sunday - Friday	9:00 AM - 7:00 PM
Saturday	11:00 AM - 7:00 PM
Lap Swim (Monday - Friday only)	ends at noon



Camp Rishon Season

Monday, June 29 – Friday, August 21

Monday - Friday	3:30 PM - 7:00 PM
Saturday	11:00 AM - 7:00 PM
Sunday	9:00 AM - 7:00 PM

Lap Swim only 8:00 AM - 9:00 AM (Monday - Friday)

(15 minutes each hour may be designated for Adult Swim and can be scheduled by making a request with the lifeguards on duty.)

EARLY CHILDHOOD DEVELOPMENT PROGRAM CAMPS

General Information

Camp Director:
Jo David

Camp Program Director:
Kris Brooks

Preschool Camps Phone:
445-2040, ext 120 or
445-2360, ext. 120

Camp Dates: June 29 - August 21

Medical Exam

A medical exam within 90 days prior to the start of camp is required for every new camper. **ABSOLUTELY NO EXCEPTIONS CAN BE ALLOWED.** Campers presently enrolled in ECDP school year program must have an exam on file that is current (less than 1 year old) or provide an updated one. Exam documentation is required on an approved NYS Office of Children and Family Service form that will be sent to each camper after their registration has been processed.

Summer Themes

ECDP has many fun weekly themes in store for your child.

The themes will be:

Week 1 6/29 – 7/3
Red, White & Blue, We Love You

Week 2 7/6 – 7/10
Under the Sea

Week 3 7/13 – 7/17
Wild, Wild West

Week 4 7/20 – 7/24
Welcome to the Jungle

Week 5 7/27 – 7/31
Bugs, Bugs, Bugs!

Week 6 8/3 – 8/7
Under the Big Top

Week 7 8/10 – 8/14
It's a Small World

Week 8 8/17 – 8/21
Wacky Week

Philosophy

Our preschool camps encompass the high standards of our school year Early Childhood Development Program. We believe camp should be the place for making new friends and having fun-filled days. Our goal is to provide a summer of developmentally appropriate, interactive, outdoor activities that are sure to create special memories for even our youngest campers.

Staff

Year-round Early Childhood Director Jo David with Assistant Director Kris Brooks, serving as overall Program Director, supervises our preschool camps. Experienced early childhood professionals from our school-year program and carefully selected college students staff our camp groups. These skilled, trained counselors care about children and offer guidance, support, encouragement, enthusiasm and love.

Schedule

Our camp activity schedules are based on a 5 day week. To accommodate varying family needs, we allow campers to choose to join us for fewer days in a week on Tuesday and Thursday or Monday, Wednesday, and Friday. Campers that choose these lesser time options will get to experience a wide variety, but not all, of the activities summer camp offers.

Calendars

A calendar that includes a brief description of each day's activities will be provided to let you know what is scheduled to happen each week so that you can prepare your camper for the upcoming week's activities. We hope this will enable you and your child to anticipate what wonderful activities will happen each day.



Groups

Children are placed according to chronological age so that we can offer a developmentally appropriate and safe program. Absolutely no exceptions can be allowed. All programs (except off site field trips for Geshher campers) are held at the JCC. Each group has their own individual, air-conditioned, brightly lit and developmentally equipped room to utilize as their special indoor home base. Following our licensing policies our four unique preschool camps are:

K'Ton Ton (meaning little ones) for toddlers 18 months to those turning 3 years old after 12/1/09

Chaverim (meaning friends) for campers who will be 3 years old by 12/1/09

Yeladim (meaning children) for campers who will be 4 years old by 12/1/09

Geshher (meaning bridge) for campers who will be 5 years old by 12/1/09 or entering kindergarten in the Fall.

Activities

Throughout the summer there are guest entertainers scheduled to perform, cookouts or ice cream socials and other special themed activities are planned. Camp groups regularly have a friendship circle and each age level joins to celebrate Shabbat on Fridays. All children attending the Early Childhood summer camps have an opportunity to participate in daily activities, which include:

- Arts and Crafts
- Music and Movement
- Gross Motor, Pre-Sports
- Free Play on Our Fenced-in Playground

In addition, Camps K'Ton Ton and Chaverim take time out each afternoon for naptime. All early childhood camps have daily Red Cross swim lessons each morning. Camps Yeladim and Geshher also get time in the afternoons for free swim, daily.

EARLY CHILDHOOD DEVELOPMENT PROGRAM CAMPS

Camp K'Ton Ton

K'Ton Ton, meaning "Little Ones," is for campers 18 months through those turning 3 years old after 12/1/09

Our youngest campers begin to experience camp with age-appropriate activities certain to make any child smile. Small groups allow our trained staff to give the children the time and attention that busy toddlers demand.

Session activities include:

- Arts and crafts
- Music and movement
- Air-conditioned indoor rooms
- Guest entertainers
- Songs and games
- Free play on fenced-in playground
- Stories and flannel board
- Daily afternoon naptime
- Daily Red Cross swim lessons
- Shabbat
- Friendship circle
- Bi-weekly cookout or ice cream social



Camp Chaverim

Chaverim, meaning "Friends," is for campers who will be 3 years old by 12/1/09

Our three-year-old group really begins to experience camp with a full program loaded with fun and new experiences. Our trained counselors guide the campers through a day of adventure and exploration.

Session activities include:

- Daily Red Cross swim lessons (morning)
- Arts and crafts
- Nature activities
- Music and movement
- Gross motor activities
- Guest entertainers
- Free play on fenced-in playground
- Shabbat
- Friendship circle
- Air-conditioned indoor rooms
- Daily afternoon naptime
- Bi-weekly cookout or ice cream social

Camp Yeladim

Yeladim, meaning Children, is for campers who will be 4 years old by 12/1/09

Our four-year-old Pre-K campers are exposed to very busy, active days full of a wide range of activities. To make sure that they are always on the "go", each session's activities include:

- Daily Red Cross swim lessons (morning)
- Daily free swim (afternoon)
- Arts and crafts
- Nature activities
- Music and movement
- Gross motor activities
- Guest entertainers
- Free play on fenced-in playground
- Friendship circle
- Shabbat
- Air-conditioned indoor rooms
- Daily afternoon quiet time
- Bi-weekly cookout or ice cream social

Gesher

Gesher, meaning "Bridge," is for campers who will be 5 years old by 12/1/09 or entering Kindergarten in the Fall

Camp Gesher is a bridge between the Early Childhood Program and Kindergarten. Because of this, Camp Gesher provides an exciting opportunity to participate daily with Camp Nitzanim (one of the school-age camps) in selected activities, such as morning chugim (hobbies) and afternoon closing ceremonies. There are 4 different chugim for Gesher campers to choose from: art, drama, sports, and Israeli culture. Gesher campers, unlike children in our other camps also have morning Field Trips, Afternoon Adventures and Good Deeds and Goodies (scheduling prohibits half-day campers from taking advantage of afternoon activities even on an extra time basis). Camp Nitzanim has sleepovers during camp, but Gesher offers (for an extra fee) Late Night where campers are given another opportunity for free swim, are served dinner, and participate in a specially themed activity, all supervised by Gesher counselors and Asst. Director, Kris Brooks.

Note: There are no additional charges for Camp Gesher field trips. Published fees are all-inclusive.

- Daily Red Cross swim lessons (morning)
- Music and movement
- Shabbat
- Daily free swim (afternoon)
- Guest entertainers
- Friendship circle
- Nature
- Camp crafts
- Sports
- Off-Site field trip (morning)
- "Good Deeds and Goodies" (afternoon)*
- "Off-Site Adventure" (afternoon)*
- Late Night with Gesher (Optional Evening Program)
- Air-conditioned indoor rooms

** Scheduling prohibits half-day Gesher campers from taking advantage of these afternoon activities on an extra time basis.*

WHO ARE WE?

Meet Camp Rishon

Lori Innella-Venne, Camp Director

This is Lori's 5th summer with Camp Rishon. She has worked with children since graduating college and has taught science to elementary and middle school children. She has two children of her own. Lori can be reached at extension 109.



Amy Thrasher, Assistant Camp Director

Amy has worked at the JCC for 8 years. She has been an After School Program and Camp Rishon counselor, and eventually worked her way up into an administrative position. Amy's background and passion is special education and promoting inclusion in recreation programs. Amy can be reached at extension 129.



Jo David, Early Childhood Development Program Director

Jo David has been the ECDP director for one year. Jo has her Bachelors Degree in Elementary Education and a Masters Degree in Literacy. She has two young girls who are in the program. Jo can be reached at ext. 122



Kris Brooks, Early Childhood Camp Program Director

Kris has been with ECDP for nine years, and prior to that worked as a preschool teacher in Syracuse. She also worked with children at the Syracuse Developmental Center for 10 years. She has three adult children. Kris can be reached at extension 123.



David Willard, Aquatics Director

David has many years of experience managing fitness and aquatics centers in Maryland and New York. He has been working at the JCC since 2004. He has two children, a boy and a girl. David can be reached at extension 144.



Anne Kofer, Specialty Art Camp Instructor

The JCC is proud to welcome back Anne Cofer as our Specialty Art Instructor. Anne taught at Camp Rishon 6 years ago before moving out of town. Back in the Syracuse area, Anne is the art teacher at the Syracuse Hebrew Day School, as well as a professor at Syracuse University. Her art installation, entitled *Concealed Objects*, can be seen through April 26 at the Everson Museum of Art. Anne has a lot of great ideas planned for the summer and we look forward to having her back!



It Make Sense to Become a Member

Save up to \$55 per week on Camp Rishon when you become a member!

Non-Fitness Memberships

Non-Fitness Memberships entitles you to discounts on all children's programming throughout the JCC as well as use of the pool for everyone on the membership.

Non-Fitness Single Parent Family

Includes one parent and all children
\$278 per year
(*\$26 per month when paid monthly*)

Non-Fitness Two-Parent Family

Includes both parents and all children
\$380 per year
(*\$35 per month when paid monthly*)

You do the math:

One child enrolled for 8 weeks saving up to \$55 each week.

You save up to \$440 on camp
by becoming a member!

Two children = \$880 savings!

And so on...

And don't forget discounts on vacation camps, after-camp clinics, and the after-school program in the fall, plus use of the pool for the family!

Full-Facility Memberships

Full-Facility Memberships entitles you to use the JCC Family Sports and Fitness Center, including our indoor track, equipment room, group fitness classes, and gymnasium. New members receive a free personal training session. You will get use the pool, as well as receive discounts on programs at the Fitness Center and throughout the JCC.

Full-Facility Single Parent Family

Includes one parent and all children
\$530 per year
(*\$47 per month when paid monthly*)

Full-Facility Two-Parent Family

Includes both parents and all children
\$744 per year
(*\$65 per month when paid monthly*)

Memberships are a year commitment but can be paid on a monthly payment plan.



Jewish Community Center of Syracuse
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**Everyone is Welcome
 to be a Part of Our Community**



Fitness Facilities
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 Running Track
 Group Exercise
 Classes
 Personal Training
 Teen & Children's
 Exercise Programs

Rock Climbing
 Basketball
 Early Childhood
 Development Program
 Children's Programs
 After School Program
 Adult Programs

Senior Programs
 Summer Camps
 Outdoor Heated Pool
 Vacation Camps
 Snow Day Child Care
 Teen Programs



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