



# JCC of Ottawa Summer Camps

The best summer of your life! 2012



Instructional swimming lessons for Day Camp and Traveling Sports Camp



# Day Camp July 2 – August 24

Outstanding camp facilities include indoor and outdoor pools, air conditioned gymnasium with squash and racquetball courts, preschool rooms suitable for our younger campers, modern play structures and two multi-purpose fields. Daily instructional swim and free swim are included.

## Junior Friends Age 2-5

**2 year olds:** born between January 1 – June, 30 2010

Pick-up at 11:30 am

**3 year olds:** born in 2009

**4 year olds:** born in 2008

**5 year olds:** born in 2007

- Half day pick up is at 12:30 pm
- Full day pick up is at 3:45 pm  
(After care available until 6:00 pm)

## Senior Friends Age 6-10

**6 year olds:** born in 2006

**7 year olds:** born in 2005

**8 year olds:** born in 2004

**9 year olds:** born in 2003

**10 year olds:** born in 2002

## Junior Jocks for Boys and Girls Age 6-8

The Junior Jocks program emphasizes physical activity in a fun, safe and positive environment. These little athletes spend their days playing games and sports while also learning athletic skills and sportsmanship. Junior Jocks is a great way to prepare for Traveling Sports Camp in summers to come. Register early. Space is limited.

## CIT Camp Age 12-14

Attention future counselors! Join our Counselor in Training program and learn the skills required to work with children by participating in camp activities and program planning. CITs get to enjoy all of the fun that camp has to offer while gaining valuable work experience.

## Weekly Themes

*Each week includes unique, theme-based activities and special events!*

### Let's Get the Party Started!

July 2-6

Splash into camp with a summertime hooray, join in the fun and meet new friends today. We'll sing and we'll dance and have a real hoot, with streamers, balloons and surprises to boot!

### Super Soakin' Adventure

July 9-13

Campers take a slippery leap on the famous bubbly waterslide, catch the spray of the sprinkler and chill out with a fantastic frozen treat!

### Yummy in my Tummy

July 16-20

This week's mini chefs will whip up some finger lickin' good treats. Happy cooking!

### Under the J Sea Sea

July 23-27

Use your imagination this week. Take your mermaid tail and dolphin fins and dive into our gorgeous pool to enjoy the salt water! Our camp rooms transform into an underwater adventure and a special guest will come for a visit!

### Life is a Highway

July 30-Aug 3

From *Cars* to *Happy Feet* and *Star Wars* to *Tangled*, let's make some noise, campers! This week we will make our own instruments, listen to tunes from our all-time favourite movies and sing and dance with our friends all day long!

### Topsy Turvy Spirit

August 6-10

It's time to meet and compete with all of your fellow campers. Teams will have mascots, create banners, sing songs and cheers to show off their JCC Day Camp spirit. We will spend the week with wacky hair, dressed up in our favorite costumes, cozied-up in our pajamas and much more!

### Hunters and Scavengers

August 13-17

Let's gather up the clues and find all of the buried treasure at the SJCC! Grab your friends and search high and low...treasure galore!

### Blast Off Week

August 20-24

Last but definitely not least! Celebrate camp memories with old friends and new. We will create friendship keepsakes to last a lifetime, gobble down some goodies and dance 'til we drop!

**Summer fun keeps going with tons of great Specialty Camps, including Last Blast (August 27 – August 31) Check the back page for all the details.**

## A Typical Day at Camp

**8:00 – 8:30** pre-camp care (optional)  
**8:30 – 9:00** arrival and sign in  
**9:00 – 10:15** drama or music or sports  
**10:15 – 10:30** morning snack  
**10:30 – 12:00** arts & crafts  
**12:00 – 12:30** lunch & pick-up for half day campers

**12:45 – 2:00** sports/free swim  
**2:00 – 2:15** afternoon snack  
**2:15 – 3:30** theme-based camp activities/free swim  
**3:45 – 4:00** camp sign out  
**4:00 – 6:00** after care (optional)

**Instructional swim every morning!**

# Traveling Sports Camp July 2 – August 17

- Freshmen** Entering grade 2 & 3  
**Seniors** Entering grade 4 – 7  
**CIT** Entering grade 8 & 9 (full session or half session only)

**Full Session:** July 2 – August 17  
**Four Weeks:** July 2 – July 27  
**Three Weeks:** July 30 – August 17

## Two Weeks

**Session 1:** July 2 – July 13  
**Session 2:** July 16 – July 27  
**Session 3:** July 30 – August 10  
**Session 4:** August 6 – August 17

Expose your children to a variety of recreational sports and adventures right here in the beautiful Ottawa Valley.

Mornings at the Soloway JCC include a daily swim lesson and instruction in a wide range of sports including soccer, volleyball, basketball, lacrosse, flag football, badminton, archery, ball hockey, softball, fencing, squash, racquetball and ultimate frisbee. Our own JCC Maccabi Games are also a part of this unique summer experience.

After lunch we hop on the bus and head for an exciting new adventure every day. Ice skating, golf instruction, windsurfing, mini putt, gymnastics, bowling, trampoline, pony and horse back riding, canoeing, banana boarding, tubing, tennis, go-carting, wave pools, water slides, NCC beaches and more!



**NEW this summer!** Rock climbing and a road trip to see the Montreal Impact in a Major League Soccer match (seniors only)

**PLUS** — Special guests from the wide world of sports and hot dog lunch Fridays.

**Our mature and highly qualified staff are chosen for their commitment and ability to work with children. Low counselor-to-camper ratio further ensures that all activities are safe, fun and provide a positive experience for everyone.**

## At all JCC of Ottawa Summer Camps...

- Your child's safety is our #1 priority!!
- Peanut, nut free, allergy friendly environment
- Full day campers swim TWICE a day - instructional swim included at no additional cost
- Experienced and mature staff includes teachers and early childhood educators
- Before Camp Care available at no extra cost
- After-camp care available!
- **EVERYONE WELCOME!!**



# One Week Specialty Camps

Instructional swim lessons not included for Specialty Camps

## You Go Girl!

Age 10 – 14 8:30 am – 3:30 pm \$255 M • \$285 NM

Express yourself! This week it is all about expressing yourself creatively and physically. We'll learn to cook at Loblaws, get creative at Gotta Paint, learn self defense from Stronger You and finish off with a daily dip in the pool.

## NEW! Radical Reactions – Chemistry & Crime

Age 8 – 12 8:30 am – 3:30 pm \$255 M • \$285 NM

Radical Ray's is coming to the SJCC with all things chemistry! If you want to mix it, bubble it, pop it or blow it up – this is the camp for you! Make bubbling potions and indoor cannons, explore the rapidly changing field of forensics and cool down in the afternoon with a free swim.

## Horseback Riding Camp

Age 10 – 14 8:30 am – 3:30 pm \$295 M • \$325 NM

Budding equestrians start the day at Pinto Valley Ranch learning riding skills and horse care before heading out on the trails. After lunch it's back to the SJCC for group activities and a free swim.

## NEW! Powered Up LEGO Camp

Age 8 – 12 8:30 am – 3:30 pm \$255 M • \$285 NM

Spend the first part of the day building motorized vehicles and creatures with LEGO Technic elements, LEGO RCX and NXT robotic components. Afternoons include fun camp activities and daily free swim.

## Girls on the Go

Age 8 – 12 8:30 am – 3:30 pm \$255 M • \$285 NM

An exciting week jam packed with activities such as hip hop, Israeli dancing, art, yoga and a daily free swim plus field trips to Fun Haven, Upper Canada Village and the Papanack Zoo.

## Soccer Camp

Age 7 – 9 • 10 – 12 9:00 am – 4:00 pm \$200 M • \$225 NM

JCC Summer Camps and Ottawa South United Soccer Association, the #1 ranked association for soccer youth development in Ontario, have teamed up for an unbelievable week of high quality instruction and skill development. **Camp takes place at the Walter Baker Soccer Facility in Barrhaven.**

## The Great Adventure Camp

Age 8 – 12 8:30 am – 3:30 pm \$255 M • \$285 NM

Get ready for adventure with sports, art, swimming and full day trips to Lafleche Caves for zip lining and Calypso/Mont Cascades waterpark.

## Triple Threat Camp

Age 8 – 12 8:30 am – 3:30 pm \$225 M • \$255 NM

Glee cast members watch out! If you love to perform join us for drama, dance, music, set design and a relaxing swim at the end of each day. We'll wrap it up with a showcase production at the end of the week.

July 2 - July 6

## Fit Kids Have Fun!

Age 9 – 13 8:30 am – 3:30 pm \$225 M • \$255 NM

The SJCC cares about the health and well being of kids. Fit Kids join our Sports Camp in the mornings for instruction in a variety of games including soccer, basketball, floor hockey and squash. Afternoons focus on dynamic fitness classes including Israeli Boot Camp, Plyometrics, Spinning, Kick Boxing and Nutrition Awareness all led by SJCC fitness expert Ryan Armitage. The fitness frenzy wraps up with a daily free swim.

## Tennis Fun Camp (Tues-Fri)

Age 8 – 12 8:30 am – 3:30 pm \$225 M • \$255 NM

Learn all the basics of the game each afternoon with the pros at the Rideau Tennis Club. Mornings at the SJCC includes instructional swim and a variety of sports.

## NEW! Photography Camp (Tues-Fri)

Age 8 – 12 8:30 am – 3:30 pm \$245 M • \$275 NM

Get your camera ready! Every morning Jim Lamonte, of Peregrine Prints, will teach our young photographers the basics of composition and light with an emphasis on self-expression and informal portraits. A field trip is planned for day 3 where we will put our lessons to good use. Camp finishes with a slide show showcasing the campers' picture portfolios. Afternoons will be filled with fun camp activities including a daily free swim.

## Summertime Splash

Age 10 – 14 8:30 am – 3:30 pm \$255 M • \$285 NM

A week of wild water fun that includes a trip to Calypso/Mont Cascades waterpark, the beach, and a voyage from Mooney's Bay, plus a variety of water games.

## Coach Carlos "Bobby" Brown's All Star

### Basketball Camp

NCAA Division Age 7 – 11, NBA Division Age 12 – 15

8:30 am – 3:30 pm \$225 M • \$255 NM

Shoot hoops with former NCAA and CIS College Coach Carlos "Bobby" Brown and his amazing team of all-stars. Perfect your passing, shooting, footwork and defense. Take home daily prizes and individual player report cards. Swimming and Pizza Friday are all part of the fun.

## Girl Power Camp

Age 8 – 12 8:30 am – 3:30 pm \$255 M • \$285 NM

Up for a challenge? Test your strength with rock climbing at Altitude Gym, horseback riding, yoga, pilates, BOSU, circuit training and a free swim.

## Last Blast

Entering Senior Kindergarten – Grade 5

8:30 am – 3:30 pm \$195 M • \$225 NM

It isn't over yet! Join us for great activities including sports and drama games, arts & crafts, a daily free swim, and a trip to Saunders Farm.

July 30 - August 3

August 7 - August 10

August 13 - August 17

August 20 - August 24

July 16 - July 20

July 30 - August 3

August 27 - August 31