



CAMP TWELVE TRAILS

COMBINING THE BEST
OF SPECIALTY &
CLASSIC DAY CAMP



Family Handbook



Our Mission

Our mission is to provide children the finest summer experience, with innovative programming and the highest level personalized staff supervision, while consistently maintaining affordability for all families.

Jewish Life at Camp

The essence of Camp Twelve Trails is our dedication to universally shared values central to Jewish life. Our proactive integration of these values into everything we do supports children of all backgrounds and helps them grow into better people. Our warm, welcoming culture fosters a vibrant camp community where we all look out for each other and take care of the world around us.

We are a Welcoming Community - We welcome campers of all backgrounds and abilities and provide the best support possible so the camp experience is a success.

We are Keepers of the Earth - We want every camper to understand their responsibility to the world in making sure the earth is here for future Generations. We teach a love of nature and love for the environment.

We Care for our Bodies - Through fitness and physical activity and so much more, we teach campers to care for their bodies and lead healthy lifestyles.

We Love Learning - Giving campers choice is a key component of the Camp Twelve Trails experience, and this allows campers to pursue their passions. Every activity at camp promotes skill building and learning.

We Celebrate Community and Reflection - We end each week at camp with our shabbat celebration where we celebrate our accomplishments, reflect on the week that was, and look forward to the week ahead. This community building event highlights all we do as a camp and teaches campers to value the experience.

What Your Child Needs Each Day



Campers will need to bring a full and nutritious lunch every day, it's an important part of **caring for our bodies**. We will refrigerate all the lunches and then bring them to the campers at lunch time. You're welcome to pack snacks, but camp will provide a snack in the morning and another one before the campers get on the bus. We ask that the lunches be "Kosher Style" (no dairy mixed with meat, no pork products) and camp is a peanut free environment.



Campers should bring a refillable water bottle with them each day, this helps us all be **keepers of the earth**. We constantly encourage hydration throughout the day and campers will be given plenty of opportunities to refill their bottles.



We ask you to send your child with sunscreen already applied. Our staff are trained to re-apply throughout the day. If there's a specific type of sunscreen you'd like your child to use, you can send it with them, otherwise we'll have plenty.

NEW FOR 2022—Camp is providing towels each day for all campers!



All of our campers will swim each day, weather permitting, and so they will need a bathing suit. Our campers entering Kindergarten will have instruction and free swim back to back and so only one bathing suit is required. All other campers will have a morning instructional swim, and an afternoon free swim, and so 2 bathing suits are preferred.



Campers are encouraged to wear hats while at camp as additional sun protection.



Sneakers are a must at camp each day. There is a lot of running and injuries happen most often when campers don't have the proper footwear.
No water shoes, sandals, Natives or Keens.

Please label everything you send with your child!

All About our Program

Pioneers: K-2nd

Pioneer campers have a full camp schedule with activities in all areas of the program. From sports to science to nature and the arts, Pioneers get to experience it all. This gives our younger campers the chance to try a range of activities and empowers them to make informed program choices as they grow with us. They will have instructional and recreational swim periods each day, and a whole host of additional fun and excitement to fill their summer. Each day is a new adventure!

Sample Weekly Schedule

Period	Time	Miriam (K)	Shimon (1st)	Levi (2nd)
	9:15 - 9:30 AM	Boker Tov		
1	9:40- 10:20 AM	Tribe Time	Swim Instruction	Neighborhood Activity
2	10:30 -11:10 AM	Neighborhood Activity	Neighborhood Activity	Club
3	11:20 -12:00 PM	Lunch	Lunch	Recreational Swim
4	12:10 -12:50 PM	Neighborhood Activity	Neighborhood Activity	Lunch
5	1:00 - 1:40 PM	Swim 12:30-1:30 pm	Neighborhood Activity	Neighborhood Activity
6	1:50 - 2:30 PM	Neighborhood Activity	Club	Swim Instruction
7	2:40 -3:20 PM	Neighborhood Activity	Recreational Swim	Neighborhood Activity
8	3:30-3:50 PM	Closing Circles & Snack		
	3:50-4:15 PM	Dismissal		

Trailblazers: 3rd-6th

Trailblazer campers select from one of our five specialty Neighborhood options for each session they are at camp. The Neighborhoods offer them a more specialized and individualized program. Most of their day is spent immersed in their Neighborhood activities, with one additional choice activity period where they are encouraged to try something new. Trailblazers can focus on one Neighborhood the whole summer, or mix it up each week and try a little of everything. Whichever direction they choose, days will be jam-packed with fun. It's your journey, so you get to **pursue your passions**.

GROW Farm to Table

The Grow neighborhood allows campers to develop their love of nature and continue their journey as **keepers of the earth**. Campers learn in our **garden**, cook foods in **culinary arts**, go on **hikes**, enjoy the **rock wall** and so much more.

CREATE Arts and Drama

Create is all about the arts! **Theater, dance, photography, music, & Visual arts** make up this program neighborhood, and we hire professionals in all areas to help campers grow and excel. End of week performances are standard and the kids love it.

DISCOVER Science and Technology

The Discover Neighborhood is science and technology, outdoors in nature. We teach **coding, robotics, 3-D Printing** and so much more. Campers will learn so many new skills and a love of science that will surely transfer into the school year.

EXPLORE Outdoor Adventures

Explore is an exciting neighborhood offering campers a wide range of outdoor skills based programs. Campers will partake in **archery, rock wall, hiking, camping** and other **nature based programming**.

PLAY Sports and Fitness

The Play Neighborhood isn't about competition, it's about teaching skills, values & having fun. Through sports like **soccer, baseball, basketball, & gymnastics**, campers learn the value of teamwork and healthy fitness. Some fun new sports are taught as well.



Trailblazers: 3rd-6th

Sample Weekly Schedule

Period	Time	Judah (3rd)	Hagar (4th)	Zebulon (5th & 6th)
	9:15 - 9:30 AM	Boker Tov		
1	9:40- 10:20 AM	Neighborhood Activity	Swim Instruction	Neighborhood Activity
2	10:30 -11:10 AM	Swim Instruction	Neighborhood Activity	Neighborhood Activity
3	11:20 -12:00 PM	Neighborhood Activity	Lunch	Recreational Swim
4	12:10 -12:50 PM	Lunch	Club	Lunch
5	1:00 - 1:40 PM	Neighborhood Activity	Recreational Swim	Club
6	1:50 - 2:30 PM	Recreational Swim	Neighborhood Activity	Neighborhood Activity
7	2:40 -3:20 PM	Club	Neighborhood Activity	Swim Instruction
8	3:30-3:50 PM	Closing Circles & Snack		
	3:50-4:15 PM	Dismissal		

Teen Adventures: 7th - 10th

Teen adventures is a hybrid day and travel camp program where campers spend Monday and Friday at camp doing typical camp activities, and travelling on other days of the week. Trips include day excursions to museums, baseball games, amusement parks, etc. On some weeks campers go on overnight trips to places like Club Getaway, as well as longer overnight trips to Lake George, Boston, Philadelphia, and Washington DC.

A full calendar of our teen trips for the summer can be found on our website and detailed itineraries for overnight trips will be made available for families in advance of the summer. We will also host a teen camper orientation for all families prior to the summer to help everyone feel prepared for this incredible experience. Should you have any questions about our teen program, you can direct them to the Teen Director's attention.



Support Program

Inclusion Philosophy

Our inclusion program reflects our desire to be inclusive and welcoming whenever possible, and to cater to the needs of each individual child. By adapting the programs offered throughout Camp Twelve Trails, we focus on providing everyone a caring, safe, and engaging environment. We conduct a full intake with families and campers who might need additional support in our program and through the intake process we determine the best level of support to provide. Our goals are to build more independence, and stronger self confidence while providing the necessary support for a successful summer experience.

Level 1 Inclusion Support

Level 1 inclusion support is for campers who will receive targeted support at specific times of day. We determine the areas of support through the intake process in collaboration with our families. Campers are part of a typical camp group with same staff to camper ratios as everyone in camp.

Level 2 Inclusion Support

Level 2 inclusion support is staffed at a 2:1 ratio with campers receiving more consistent support throughout the day. This program is not self contained, it is still inclusive, however providing our campers with their own staff member allows for more program adaptation and more support and full participation in all activities.



Rainy Days



We try to make rain days at camp just as special as all others days so campers continue to feel like they are having fun and staying active. We have several plans for all types of rain. Most often we will utilize the many covered spaces that we have at camp and engage campers in some fun and creative activities. In some cases, regular activities could continue but move to other spaces, activities like **dance**, or **music**, or some of our **Discover** offerings.

In the event that the rain is going to last through a longer portion of the day, we'll employ some additional plans to take advantage of indoors space outside of camp. We can utilize space at the Shames JCC on the Hudson, or the New City Jewish Center, and in some cases we might take campers on local trips to places like movie theaters or bowling alleys.

It's always our goal to make every day at camp exceptional and fun, and that includes rain days.

Always remember to dress appropriately on rain days for camp!



Theme Days and Dress up Days



Throughout the summer we will have many theme days and dress up days as we try to make each day at camp new and exciting.

Prior to the summer you will receive a full calendar of all of the events on each day so that you can plan and prepare, and we'll make sure to send out plenty of reminders.

As an example, we have a **carnival day** with inflatable rides and exciting snacks, we have **silly hat day**, **mustache day**, **Ga-ga madness**, **S'mores Galore**, and so much more.

Towards the end of our summer we have a camp wide **maccabia** or **color war** competition. Campers will compete on teams in all the different program areas of camp for year long bragging rights.

There's always a fun and exciting adventure at camp!



Aquatics

Swim is the activity at camp that every camper looks forward to. It's consistently every camper's favorite activity of the day, but of course it needs to be safe.

Our lifeguards and swim staff are all trained and prepared to deliver the best program possible. Our staff are always in the water supporting campers through the lesson and playing with them during recreational swims.

Campers swim in age appropriate swimming pools, with depths starting at 2 feet. There are deeper pools for better swimmers, and every camper receives a swim band so that they and our staff know what part of the pool they can be in.



All campers are assessed on their first day by our WSI (Water Safety Instructor) certified lifeguard staff, and then placed in their swim level. Our levels are based on the American Red Cross swim levels, but we break these down into three separate camp levels for teaching and we give them cute names like Guppy, and Goldfish. This way, no matter how long your child is in camp, they can progress while also gaining confidence in the water.

For those campers who are just getting started and don't know how to swim, we focus on getting them comfortable in the water. We start with the basics so they can build confidence and feel safe. And for those who are more seasoned swimmers, we provide opportunities to learn lifesaving skills and a more expanded lesson plan. Whatever your child's swim level, you will undoubtedly see big improvements throughout the summer.



Swim Levels

Below are all our swim levels and the skills that campers will work on this summer. Our Aquatics Coordinator will contact you once your child has been placed in a swim level and anytime they move up. Feel free to check in with them over the summer to see how your child is progressing.

Level 1 WATER EXPLORATION	Wader: <ul style="list-style-type: none"> Enter water with help Move through water with help Exit water with help Dip face in water Assisted float 	Splasher <ul style="list-style-type: none"> Enter water without help Exit water without help Walk through water chest high Blow bubbles Reach below water to retrieve object 	Guppy: <ul style="list-style-type: none"> Fully submerge Front float position for 1-3 sec Back float for 1-3 sec Hold breath underwater 3 sec Front crawl motion Flutter kick Combined stroke front and back 35 degree
Level 2 PRIMARY SKILLS	Tadpole: <ul style="list-style-type: none"> Front float 5 sec Back float 5 sec Roller over from front to back Bob up and down Recover from front float to standing Recover from back float to standing 	Minnow: <ul style="list-style-type: none"> Retrieve object under water Prone glide 5 sec Supine glide 5 sec Gliding & flutter kick on front & back Basic front and back crawl 20 degree 	Goldfish: <ul style="list-style-type: none"> Combined front stroke 15 ft. Combined back stroke 15 ft. Swimming on side Sculling arm action Basic alternate breathing Elementary backstroke
Level 3 STROKE READINESS AND STROKE DEVELOPMENT	Catfish: <ul style="list-style-type: none"> Jump into deep water Tread water for 1 minute Demonstrate rhythmic breathing Front crawl with rhythmic breathing Front crawl with strong arm pull Straight leg flutter kick Combined front 20 degree Combined back 20 degree 	Dolphin: <ul style="list-style-type: none"> Crawl stroke with basic key pull Crawl with fingertip entry Bob 15 times in water over head Front crawl 10 meters Back crawl 10 meters Reverse direction on front Enter water head first Elementary backstroke 10 meters 	Marlin: <ul style="list-style-type: none"> Deep water bobbing Front crawl 15 meters Back crawl 15 meters Kneeling dive Elementary backstroke 15 meters Butterfly legs and body motion
Level 4 STROKE REFINEMENT AND SKILL PROFICIENCY	Barracuda: <ul style="list-style-type: none"> 15 deep water bobs Swim under water 5 meters Front crawl with rotary breathing 25 meters Sculling on back 15 sec Back crawl 25 meters Basic breast stroke 	Shark: <ul style="list-style-type: none"> Elementary backstroke 25 meters Combined breast stroke 25 meters Intro to wall turn (front) Tread water 2 min. Standing dive Basic butterfly 	Killer Whale: <ul style="list-style-type: none"> Front crawl 35 meters Back crawl 35 meters Breaststroke 35 meters Wall turn (front) Intro to wall turn (back) Combined butterfly 5 meters Familiar with CPR Sidestroke scissor kick



Camp Transportation

The Camp Day starts at the bus stop

Our staff are ready to go at the bus stop each morning. You will know who they are because they'll be wearing their staff shirts and a **smile** each day. Each bus route has a bus captain who takes attendance and checks every camper in and out, and will communicate with you directly. All of our staff have different roles on the bus including making sure **seatbelts** are buckled and campers are sitting, as well as **playing games** and keeping campers engaged during the ride. If you have great things to tell us about the staff at your bus stop, please let us know.

Attendance

Keeping attendance is important to insuring camper safety. We ask that if you know your child is going to be absent, that you please contact our transportation coordinator to let us know so that we can note it and keep our buses moving. Campers are not permitted to switch buses during sessions.

Authorized Pickups

Our bus captains will always check ID's at the bus stop to insure that only the people authorized to pick up your child can do so. You can add any authorized person to your list through the parent dashboard, babysitters, neighbors, friends, relatives, etc. As long as they are on the list and they bring ID, we will allow them to pick up your child. Please notify us directly if you make any changes during the summer.

Driving to Camp

Pick ups and Drop offs at camp can be accommodated providing you notify us at least 24 hours in advance. We'll give you specific instructions on where to go and the times you'll need to adhere to so as not to interfere with bus arrival or departure. If pick up and drop off needs to be a consistent arrangement, please contact us prior to the summer so we can plan accordingly.



For a full list of bus stops, visit our website. Final routes and bus times will be sent out prior to the start of Camp.

General Health and Safety

The health and safety of our campers is always paramount, which is why our staff go through an extensive training program in all areas of supporting campers in order to be ready for anything that comes their way during the summer. We also train nearly half our staff in CPR and First Aid. In all we train our staff for nearly 50 hours prior to the start of camp, a standard we are very proud of.

In addition, camp will always have at least **two nurses on-site each day** to help in the event of any injuries or to administer any medication as needed or regularly to campers. If your child needs an epipen, we will ask that you send two, one that stays with the nurses, and one that stays with them at all times.

Lastly, no camper can attend camp without a completed valid medical form and full immunization records. This is mandated by the Department of Health and we must adhere to that.

Behavior & Discipline

Every camper at Camp Twelve Trails should feel that camp is a safe space, and our staff work hard to ensure that campers feel physically and emotionally safe. Fighting, foul language, bullying, and other inappropriate behaviors are NEVER tolerated at camp, on a camp bus, or on a trip.

We always hope to resolve conflicts and negative behavior at camp, we also look to camp parents as our partners in dealing with any disciplinary issues. If a behavior issue is persistent, the child's Tribe Leader will contact the parents to help manage the issue. Depending on the seriousness of the situation, a conference with the camper/parents, a day's suspension from camp, or expulsion may be necessary. Please understand that we take the safety of our campers and staff very seriously, and have to make decisions based on maintaining this safety. The full behavior policy can be viewed and signed in your camper forms on the parent dashboard.

Security at Camp

Every entry to our campgrounds is staffed by highly trained and skilled security guards. The camp team meets with security prior to the start of camp to review all the routines and procedures. During the day, the guards routinely walk the camp to ensure safety, and the grounds are routinely patrolled during weekend hours as well.

All visitors, guests, and outside vendors are vetted prior to arriving at camp, and must check in with security before entering the campgrounds. They receive a visitor's pass which helps our staff know they belong and have been checked in. In the event that someone arrives at camp who was not pre-authorized to be there, they will not be permitted to enter the campgrounds until cleared by the Camp Director and security. In addition, Camp has a good relationship with the local authorities who routinely check in on us.

Photos & Communication

During the camp day we take plenty of photos and videos of all the action. We know your kids won't tell you everything that happens each day so the photos allow us to bring you into the camp experience. Some photos will appear in our weekly newsletters, some will end up on our social media platforms and many others will be posted to the parent dashboard. Every family will have the opportunity to opt in as part of our photo release form. If families opt out, the only place where photos of their children will show up is on the parent dashboard which is password protected.

It's important to make sure that you are getting all communication from us during the summer, so please check your spam or promotions folder to make sure you haven't missed anything.

Camp Glossary

Pioneers - Pioneers are all of our campers entering Kindergarten through entering second grade.

Trailblazers - Trailblazers are all of our campers entering 3rd grade through entering 6th grade.

Tribes - At Camp we call each of our age groups Tribes. You can view the corresponding tribes and grade levels on the communications page of this document.

Neighborhoods - This is the term we use for the different specialty areas of camp. Explore, Grow, Discover, Play & Create are our specialty neighborhoods. Trailblazer campers are grouped by neighborhoods.

Boker Tov - Boker is the Hebrew term for "Good Morning". Boker Tov is our morning ritual at camp where we sing and cheer and kick off the camp day right.

Shabbat - Shabbat is our end of week celebration. We sing songs, we tell stories, and we celebrate our achievements with awards and performances as a community.

Club - Club is a choice activity where campers get to try new and fun programs outside of the regular camp schedule. This activity happens once a day, and is often something different and exciting. Pioneer campers choose 1 club for the week, and Trailblazer campers get to choose a different club each day.

Gaga - This is a sports activity similar to dodgeball, but much safer and more fun. Campers roll the ball on the ground in an enclosed space, and if the ball hits someone below the knees, that camper is out. The game continues until there is one Ga-ga champion.