

Greene Family Camp Activities Catalog

At GFC, campers participate in a wide variety of athletic and recreational activities. All of our activities seek to strike a balance between skill development and personal enjoyment, and a constant effort is made to meet the needs and wants of the campers.

The Activities Catalog is meant to give campers the opportunity to participate in the planning of their summer prior to their arrival at camp; ***Shorashim, Niviim, Kohanim, Shoftim, Melachim and S'ganim*** campers choose many of the activities that they will participate in while at GFC. Having campers register for activities in advance allows us to purchase supplies, assign staff and plan activities appropriately.

NOTE: There are a limited number of spaces available for each activity, so complete your activity sign-up form as soon as possible. If there are not enough campers signed up for an activity, it may not be offered. However, on many evenings there will be the opportunity for each camper to choose an activity for that evening. See *Chufsha* under **The Daily Schedule** in the Family Guide for more details.



EVEN MORE THIS SUMMER:

Unit 8200 is coming to GFC!

The Israeli Defense Forces Unit 8200 is the special technology unit of the IDF. Responsible for communications and intelligence, it generates much of Israel's high-tech success. Its veterans create some of Israel's famous tech start-ups.

At GFC, our "Unit 8200" is the first new program since our Lake! When not in camp, you might call it "S.T.E.A.M" or Science, Technology, Engineering, Art, and Math. But here in Bruceville, it is "Unit 8200". We will be building robots, shooting off rockets, doing crazy science experiments, and having a great time.

Arts & Crafts Reboot

This summer's big construction project is the quarter-million-dollar renovation of our Arts & Crafts Center. We are completely renovating the A&C Room (GFC old school will remember the room as the kitchen). In its place will arise a beautiful new version with lots of natural light and wonderful work spaces. Huge barn doors will separate the A&C Room from the Beit Ha'am (old school Dining Room). With those doors open, we create an immense work space for the art program. We are replacing much of the equipment and supplies with updated materials, providing the opportunity for work with different mediums.

Because we are devoting so much to the facility, we are hiring more art specialists and are really looking forward to a revitalized program in a beautiful new environment.

Each unit's activity schedule is different, and is designed to meet the needs of each age group.

Bonim - *Bonim* campers get to sample many of the activities that GFC has to offer on a rotating basis. They will get the opportunity to rotate through a variety of activities with their bunk and their counselors. *They will not sign up for activities prior to the summer.*

Shorashim – Campers in *Shorashim* should sign up for their top two choices in *Chug* (sports/outdoor activities) and *Hagigah* (recreational/indoor activities). They will be placed in one of each of these activities for a full activity week (for a total of two “sign-up in advance” activities). Once the activity week is over, they will get the opportunity to try out other activities with their bunk.

Niviim, Kohanim, and Shoftim - These campers get to sign up for their top four choices of both *Chug* (sports/outdoor activities) and *Hagigah* (recreational/indoor activities). They will participate in **three** of each of their choices while at camp (for a total of six “sign-up in advance” activities). *Kohanim and Shoftim* campers will also participate in a rotation of pool activities during their Unit Swim. *Kohanim* and *Shoftim* campers will participate in their *Chug* and *Hagigah* activities together.

Melachim and S'ganim – *Melachim* and *S'ganim* campers sign up for two different types of activities. The *Gadol* is the camper's Specialty Area, and will meet for one hour each regular camp day, all session long. As the camper's “major”, the *Gadol* provides an intensive exploration of the skills needed for mastery and complete enjoyment of the activity. Campers should pick the activity that most interests them, and which they would like to spend a significant amount of time doing. *Melachim* and *S'ganim* campers will participate in their *Gadol* activity together. These campers will also sign up for their top four choices of both *Chug* (sports/outdoor activities) and *Hagigah* (recreational/indoor activities). They will participate in **three** of each of their choices while at camp. *Melachim* and *S'ganim* campers will participate in unit specific *Chugim* and *Hagigot* activities.



NEW = New in the last few years!!

Chugim

Archery

Archery, as an activity, has a long history, and by participating in our archery program, campers have the opportunity to learn new skills and achieve mastery over this age-old sport. Campers will learn how bows and arrows are constructed, how to be safe while participating in the sport and how to shoot. Older campers will learn how to achieve accuracy and skill through practice; they will also have the opportunity to move from target archery to field archery (informal shooting at a wide variety of distances) and clout shooting (shooting at a target marked on the ground). With practice, anyone can hit the "bull's eye".

Basketball

Basketball is a sport that challenges both the muscles and the mind. It is a fast-breaking game that calls for plenty of running, accurate throwing and quick decisions. Campers in our basketball program will begin with the basics of the game: dribbling, passing, shooting, and rebounding. Older campers will spend more time on offensive and defensive play, and game strategy.

Boating & Recreation on Lake Jake

As our lake has grown, so has the popularity of GFC's lakefront activities. Participants will begin with a complete overview of lakefront safety, followed by a full orientation to the proper use of the various watercraft and personal floatation devices. With the basics in place, campers will learn to paddle, steer and maneuver the crafts across the lake. Campers will take to the waters of our lake for a memorable journey.

Fencing

Fencing is an activity rich in history, dating back to the 1700s. It requires muscular coordination and a thorough knowledge of techniques and tactics. Campers will learn to parry, lunge, guard, riposte, and engage in duels. Moreover, campers will learn the aspects of etiquette and safety associated with this sport. Fencing is sure to please and challenge campers looking for a unique and exciting new activity!

Fitness

This activity will be offered to Kohanim and Melachim campers. They will have opportunity to utilize the camp's expanded fitness center. This summer, the fitness center has been expanded in size and features for a brand new look. Some of the new equipment includes cardiovascular machines and a multi-station gym. In addition, activities will revolve around aerobic and fitness training. Being healthy and fit will put campers in touch with their bodies, increase self-esteem, and help establish a desire to set personal goals.

Flag Football

Want to experience the thrill of the touchdown without the sting of the tackle? This sport offers all of the skills and physical challenges of football, with an emphasis on safety. Our flag football program is designed to teach basic skills: passing, handing off, running, and teamwork. Older campers will learn basic offensive and defensive strategies. All campers will have the opportunity to participate in scrimmages.

Gymnastics

Gymnastics is one of the most diversified of all sports activities. It involves many different types of exercise so that all of the muscles of the body are worked. Our program emphasizes safety and the need for proper preparation and execution of gymnastic challenges. Younger campers will focus primarily on flexibility and tumbling. Older campers will move on to the more complex gymnastics activities - vaulting, floor exercises, asymmetric bars, balance beam - and will cover spotting techniques, greater safety, and the use and care of the equipment. Participants at various skill levels will be moved along at their own pace.

Lacrosse

After many requests from our campers, we added Lacrosse to our ever-expanding list of activities! This activity will be offered to Kohanim and Melachim campers. Participants will have the opportunity to learn new skills and improve their current level, while learning about teamwork and strategy. All campers will have the opportunity to participate in scrimmages to test their new skills.

Mountain Biking

Mountain biking is one of the most exciting and healthy activities available at camps today, and GFC is thrilled to be offering it to our campers again this summer! Using specially designed bicycles, and specially prepared trails, campers will have the chance to "take to the hills" on a wild, but well-supervised, ride. Following an aggressive safety orientation, campers will begin on trails suited to their skill level, develop proficiency in using their equipment properly, and will advance up to more exciting trails. Every day on a mountain bike will be a new adventure.

Self Defense

Our program encourages campers to develop greater flexibility and fitness, and a more sophisticated awareness of how they deal with the world, resulting in enhanced confidence and self-esteem. In addition to technique, campers learn to understand self-control, integrity, courtesy, perseverance, and indomitable spirit.

Soccer

The premise of the game of soccer is a simple one: kick the ball into the other team's goal and keep the other team from kicking the ball into your goal. But, the game requires the development of a number of skills, and our soccer program focuses on improving the camper's ability to play the game. In addition to the rules of the game, the program will cover most of the required skills including passing, juggling, shooting, heading, and goal keeping. Younger campers will be introduced to the basics of playing the game while older campers will strive to master various skills.

Softball

Take me out to the ball game! Another favorite sport returns to the fields of GFC. Open to campers of all ages and skill levels, the softball program is designed to teach the rules of the game, enhance hand-eye coordination, and promote self-confidence. Special attention will be given to individuals who wish to improve a specific skill. With an emphasis on fun, campers will participate in drills and games to sharpen their skills.

Tennis

Tennis is a versatile and exciting game that requires a good understanding of the rudiments of the sport, excellent hand-eye coordination, physical fitness, and a desire to have fun. Our tennis program will emphasize readiness and hand-eye coordination, and will cover the

skills needed for successful play. Younger campers will get a chance to experience the game first-hand. Older campers will spend more time on skill development and game playing. The program is designed to meet the demands of players at different skill levels.

Ultimate Frisbee

Ultimate is a 7-on-7 non-contact sport played on a field about the same size as a football field. Teams score a point by successfully passing the disc to a teammate in the end zone. Participants in our Ultimate program will focus on fundamental skills beginning with forehand and backhand throws, catching the disc, offensive strategies from the vertical stack, and person-to-person defense. Older campers will spend more time developing throws and learning more advanced game strategy including horizontal stack offense, offense against a zone, and zone defense.

Volleyball

Volleyball is a sport that requires quick thinking, hand-eye coordination, and excellent teamwork. With the sand between their toes, campers will learn how to serve and return the ball and how to communicate effectively with team members. Campers will be taught the basics of the game as well as team strategies. Always fast-paced and challenging, volleyball is an exciting activity for all ages!

Hagiqot

Arts & Crafts – Newly Updated Space!

Of all our activities available at camp, arts & crafts is by far one of the most popular. Our arts & crafts program encourages creative exploration of the many ways in which art can be produced. A variety of different tools and techniques will be used to allow for the widest range of possibilities; for example: pen and ink, watercolors, temperas, oil paints, clay work and sculpture, plaster-casting, paper mache, bead work, wood-working, printing and tie-dyeing. Younger campers will focus more on crafts. Works by campers will be displayed in an end-of-session exhibition.

Balloon Art

What do monkeys, crazy hats and flowers all have in common? You can make them all from balloons! Join the newest activity at camp this summer and find out the secret to being creative with balloons.

Cooking

Learn kitchen skills necessary to prepare interesting meals and snacks for your friends and family. The course will concentrate on the creative use of food, proper kitchen techniques and food from around the world (with a concentration on the Middle Eastern and Jewish foods).

Dance (Jazz & Modern)

Express yourself through dance. Campers have the opportunity to work with a dance instructor and choreographer in developing their talents. Both jazz and modern dance methods will be taught with an eye towards both teaching elementary skills to beginners and teaching more advanced techniques to those who already dance.

Digital Photography

GFC has stepped into the modern world of Digital Photography classes. Participants will explore different picture-taking techniques, learn about the care and operation of the camera, how to use the controls, fine tuning sharpness and exposure, capturing light and color, understanding lenses, flash, and exploring close-up photography, discovering exactly how a picture can be worth a thousand words. Older campers will work on advanced skills, as well as photo-storytelling, and art photography. Works by campers will be displayed in an exhibition at the session's end.

Game Room

Our Table Tennis activity has expanded to opening the entire game room. Campers will have the opportunity to learn and improve their skills in Table Tennis (the number two most popular sport in the world) as well as have the chance to explore other options in our Game Room, including the Pool Tables, Air Hockey, and Pinball. You'll learn how to play table tennis with more knowledge about different spins, speeds and angles. Through all of the games, you will also get the opportunity to gain footwork, balance and coordination skills. If that wasn't enough, you will ultimately learn how to be mentally tough, anticipate your opponent's shots and react more quickly. You will have a blast!

Guitar

Due to popular demand, we will again offer a guitar course this year. Join the band. Learn how to play the most popular instrument of recent history! If you already have your instrument, bring it. If not, we will provide one for you to use during class time.

Journalism

Ever want to do some investigative reporting on camp myths and traditions or interview the Camp Director? If so, then our Journalism class might be just the thing for you. Campers will have a real hand in developing the content of GFC's newspaper, the [Greene Cricket-Press](#). This is not a web design class, but an opportunity for campers to research items of camp interest, write about them, and then deliver them to the audience of parents and campers who want to stay in touch with what is happening at GFC. The Cricket-Press is printed and distributed during the summer as well as published on our website each session.

Magic

This activity will be offered to Kohanim & Melachim campers. Ever want to impress your family and friends with card tricks, coin tricks, and other mystifying effects? This Magic class will teach close-up, parlor, and street magic. In addition, campers gain the self confidence, self awareness, and presentation skills necessary to succeed in front of an audience. Campers will leave the class with new tricks up their sleeve as well as strong interpersonal communication skills.

Media - Video

With communication being the basis of any media program, we use video as our primary tool. Video topics will include equipment operation and care, basic video techniques, program development (Storyboards, scripts, lighting and scenery), shooting and editing (sound effects, special visual effects, and music). All campers in this class will get the chance to be behind and in front of the camera.

Science & Technology

The Israeli Defense Forces Unit 8200 is the special technology unit of the IDF. Responsible for communications and intelligence, it generates much of Israel's high-tech success. At GFC, our "Unit 8200" is our "S.T.E.M" or Science, Technology, Engineering, and Math program. We will be building robots, shooting off rockets, doing crazy science experiments, and having a great time.

Scouting

Campers in our scouting program will have the unique opportunity to experience nature first-hand. Campers will learn outdoor-living skills that keep people safe, comfortable, and happy in an environment that is only temporarily their home. They will also learn minimum-impact camping skills that help people leave the outdoors just the way they found it. Younger campers will focus on understanding the world around them, interacting safely with the environment, and utilizing basic scouting skills. Older campers will learn about animal and plant life, use of tools and equipment, outdoor cooking, knot craft, some orienteering, and the development of an environmental consciousness. Members of the Israeli Scouting movement create this program each summer.

Theater (Bonim, Shorashim, Niviim)

By using various dramatic styles and techniques, campers are given the chance to be a different person, visit a new place, and experience the wonders of life that may simply not be available to them. This activity seeks to make participants comfortable "on stage" and to elicit spontaneity and creativity through improvisational games, pantomime, and scene playing.

Improvisation Theater (Kohanim, Shoftim, Melachim, S'ganim)

Campers will learn core principles of Improvisation Comedy, focusing on various games and exercises that encourage trust, communication, active listening, character, and ensemble building. Campers will learn to be silly, spontaneous and confident while having a blast onstage with their friends.

Zoo

What's a summer in the country without farm animals? GFC is proud to present a hands-on experience in animal care, featuring well... animals. Campers will participate in the feeding and upkeep of calves, chickens, horses, donkeys, rabbits, and sheep, just to name a few. Our zoo program teaches the responsibility and the joy of taking care of other living creatures.

Gadol Offerings (Melachim & S'ganim)

Basketball

Campers in the *Gadol* program will be encouraged to improve and perfect their skills through extensive drill work and scrimmage play. Game strategy will be explored, as will the role and job of the referee. Opportunities for challenging play will also exist.

Dance

Do you love to dance? Campers will spend their session learning about Modern, Jazz, Hip-Hop and Israeli Folk dance. Their time spent will culminate in a performance of choreographed dances for the entire camp. The *Dance Gadol's* presentation is one of the highlights of the session.

Fencing

Fencing is an activity rich in history, dating back to the 1700s. It requires muscular coordination and a thorough knowledge of techniques and tactics. Campers will learn to parry, lunge, guard, riposte, and engage in duels. Moreover, campers will learn the aspects of etiquette and safety associated with this sport. The *Gadol* class will use competition-style electric scoring equipment and is designed for campers interested in pursuing this sport in a more intense way.

Fitness

Campers in the *Gadol* fitness program will have the opportunity to utilize the camp's brand new fitness center. Last summer, the fitness center was expanded in size and features for a brand new look. Some of the new equipment includes cardiovascular machines and a multi-station gym. In addition, activities will revolve around aerobic and fitness training. Being healthy and fit will put campers in touch with their bodies, increase self-esteem, and help establish a desire to set personal goals.

Gymnastics

Open to *Melachim* campers at all skill levels, the *Gadol* program is for the person who wants an intensive gymnastic experience. Many gymnastics areas will be covered, with time spent on more complicated execution of skills. Work will be directed towards an end-of-session gymnastics exhibition, and overall improvement of skills and confidence.

Media

The bigger the project, the greater the challenge and reward. *Gadol* participants will work both individually and as a group on major video projects which will incorporate all of the skills and techniques taught in the program, and will be screened at the session's end.

Digital Photography

The photography *gadol* will not only stress more digital operation and techniques, but will also allow the campers to participate in digital imaging programs and assist in the development of our website and yearbook.



Science & Technology

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Self Defense

This class is designed for campers with self-defense experience prior to camp and a desire to develop more in depth knowledge and skills. Participants will have the opportunity to improve their strength and self-confidence through improved skills. In addition to technique, campers continue to develop self-control, integrity, courtesy, perseverance, and indomitable spirit.

Soccer

Love soccer? Live for soccer? Sign-up for soccer *gadol*! Participants will work on advanced techniques and will have the opportunity for competitive play. Soccer *gadol* includes a conditioning component for those participants who will be returning to competitive soccer teams at the end of the summer.

Songleading

Learn to be a songleader! Participants will learn the skills necessary to teach songs as well as enhance their repertoire. Our budding songleaders will have the opportunity to help lead song sessions in the dining room, at campfires and during other programs through the camp. They will also help "front" the *GFC Garage Band*.

Swimming

This *gadol* is intended to teach swimming skills that go beyond those taught in our younger instructional swim program. This is a program for strong swimmers who want to take their skills to the next level and begin training that could lead to lifeguard certification in the future. This is also designed for campers who are either on the swim team or want to work on their fitness level through swim activities.

Tennis

With more time to spend learning and perfecting the rudiments of tennis, *Gadol* participants will move towards the ability to play competitively. The basics will be combined with strategy, as players learn to play the game to their advantage.



Theater Performance and Production

Campers will engage in scene work and acting technique. Alongside performance skills campers will learn skills of technical theater. They will gain exposure to directing, stage management, lighting, sound, costume and stage design.

Visual Arts

Creating works of art becomes more challenging and exciting when the scale of the projects increases. In addition to the range of individual projects that campers will complete, *Gadol* participants will be involved in creating their own group "masterpieces" in the art form they like best. The group will also work together on a major project for the entire camp to enjoy.

Unit Swim (Bonim, Shorashim & Niviim)

All *Bonim*, *Shorashim* and *Niviim* campers will be swim tested on their first day at the pool. They will be divided into groups and will spend half of their Unit Swim time in Fun and Games (see below) and half of their time in Instructional Swim. Our goal will be to assure a minimum level of proficiency and then advance each camper one Red Cross level. All campers (all units at camp) will have Free Swim, a time when everyone can relax and enjoy fun and games at the pool. During Free Swim, we also offer other activities in the pool area for those who would rather not swim that day.

Instructional Swim

In order to participate in the other three swim programs, campers must have achieved a minimum level of proficiency in the water. We will offer swim instruction up to Red Cross Level 6.

Fun and Games

Structured activities that are just plain fun, from water polo to "switness" (a pool game invented at GFC), and relay races. For campers who have reached Red Cross swim level 6, they will spend the majority of this time in a series of organized games at the pool.