



GFC Activity Catalog



Activities

URJ GREENE FAMILY CAMP 2023 Activity Catalog

At GFC, campers participate in a wide variety of athletic and recreational activities. All 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 Activity Catalog is meant to give campers the opportunity to preview activities that they may get to explore during their summer at GFC.

While aspects of camp may look different this summer, we remain committed to giving campers opportunities to help shape their summer experience. Parents, with help from their campers, will be able to submit activity preferences through CampInTouch prior to the start of the summer. Having campers indicate activity preferences in advance of the summer allows us to purchase supplies, assign staff, and schedule activities for our bunks appropriately.



Activities

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”.



Arts & Crafts

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.

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.

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Boating, Sailing, and Canoeing

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.

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 Jewish foods).



Dance

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

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.

Farm

What's a summer in the country without farm animals? GFC is proud to present a hands-on experience in animal care, featuring animals. Campers learn about Jewish values and practices associated with animals and the environment and will have the opportunity to interact with our farm animals. Our farm program teaches the responsibility and the joy of taking care of other living creatures.

Fitness

Kohanim, Sho'tim, Melachim and S'ganim campers will have the opportunity to use our our state of the art fitness center with Cardiovascular machines and a multi-station gym. Niviim campers will learn the basics of exercise fitness. Activities will revolve around aerobic and fitness training in a safe and healthy environment. Being healthy and fit will put campers in touch with their bodies, increase self-esteem, and help establish a desire to set personal goals.

Garden

GFC's garden has continued to grow and bloom, with a variety of fruits, vegetables, flowers and herbs consistently harvested throughout the summer and year. We are excited to now be offering Garden as a set activity time for all campers! Join Ron from Israel to learn all about how to care for a garden and participate in the care and tending of your own unit garden.

Gymnastics

Gymnastics is one of the most diversified of all sports activities. It involves many different types of exercise so that all 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

Activities

techniques, greater safety, and the use and care of the equipment. Participants at various skill levels will be moved along at their own pace.

Library

Our renovated library was a huge hit last summer and we are thrilled to be extending this program to an activity option! Join our Camp Librarian for experiencing books, sharing your favorite reads with the rest of camp, and plenty of open read and brain game time in the Camp Library.



Martial Arts

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.

Mountain Biking

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.

Scouting

Our Israeli Scouts will lead campers in various activities. Team-building is created through having fun, playing games, working as a team, and taking on new challenges. Activities will help campers to develop self-reliance, self-confidence, social responsibility all while learning scouting life skills.

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.

STEAM (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.



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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 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.

Theater - Improv & Acting

Join theater to explore your own sense of improv and live performance! 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.

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!



Gadol

MELACHIM AND S' GANIM *BIG* ACTIVITIES

Art

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.

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.



Cooking

Is cooking a passion of yours? Campers will have the chance to learn more advanced cooking techniques and bring recipes home to share with the whole family. Open to all levels of chefs! As their end-of-session project, campers will plan and execute the menu for a Staff Banquet!

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.

Gymnastics

Open to all skill levels, the Gadol program is for the person who wants an intensive gymnastics 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 and photography projects which will incorporate all the skills and techniques in the program and will be screened at the session's end.

Fitness

Campers in the Gadol fitness program will have the opportunity to utilize the camp's fitness center. 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.



1192 Smith Ln. Bruceville, TX 76630
Phone: (254)859-5411 | Email: gfc@urj.org | Website: greene.org

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STEAM (Science & Technology)

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Theater

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. Campers will have the opportunity to choose a play for the end-of-session performance, will audition for roles, and bring it all to life!