



Camp Shalom 1st-6th Grade Camp Descriptions



Animal Kingdom: 1st-3rd Grade - It's never too early to start learning about animals! Animal Kingdom gives your camper a chance to learn about animals through playful songs and hands-on activities and games. Whether it has feathers, fur, or scales, campers will discover the diversity of all living creatures through Animal Kingdom.

American Girl: 1st-4th Grade - Do your children LOVE the American Girl series as much as we do? Then join us for a week of fun and learning that teaches independence and confidence at school and in our personal lives as we explore the importance of following our dreams. Campers will enjoy participating in American Girl activities and arts and crafts. All dolls—American Girl or not—are invited to join in the fun. On Friday, campers are welcome to come dressed for an old-fashioned tea party. Instructor: Paula Jackson

American Ninja Warriors: 1st-2nd Grade and 3rd-6th Grade - Join us as we jump into the craze that's sweeping the nation! In our American Ninja Warrior Camp, kids will compete in all kinds of fun, physical challenges. There will be non-stop action in this camp. Instructor: Mathew Reyna

Art & Music Camp with Israeli Counselors: 1st-2ndrd and 3rd-6th Grade - This year's Art & Music Camp has a new Israeli spin and will be taught by Einat Gross and counselors from our sister city in Israel. Campers will create a variety of art projects and make their own musical instruments. On Friday, campers will perform an art and music show for family and friends. Instructor: Einat Gross

Back Stage: 4th-6th Grade - If you like the theater but prefer to remain behind the scenes, this camp is for you! Midtown School of Performing Art's Back Stage Camp is geared for older campers with a love for the theater and how it works. Set design, props design, stage management, and directing are all included in this week-long camp. All Back Stage campers will actively participate in the Music Theater Camp happening at the same time, and the sets and props created by our Back Stage campers will be used for the final Music Theater performance on Friday at 11:30 am while assisting with backstage management during the show. Instructor: Mid Town School of Performing Arts

BAM Abracadabra: 1st-4th Grade - Future Houdinis will learn incredible card tricks and astonishing sleights of hand! Children will learn how to perform cool tricks, shape balloon animals, and create magic with everyday objects. Parents, family, and friends are invited to a magic show on Friday at 11am. Instructor: Chris Middlebrook of BAM

BAM Circus Fun: 1st-4th Grade - Do your kids want to clown around this summer? Now they can learn how to do it right! Chris Middlebrook, a 21-year veteran of the entertainment industry, is bringing his unique skills to Camp Shalom. Your kids will learn the art of magic, juggling, stilt walking, balloon twisting, and face painting during this week-long course. Not only will they learn clowning skills from the man behind "Clonky the Clown," winner of Best Entertainer in 2010 TulsaKids' Family Favorite Awards, but they'll have a blast doing it! Instructor: Chris Middlebrook of BAM

Basketball Camp: 1st-6th Grade- Campers will practice shooting, passing, and dribbling fundamentals along with offensive and defensive principles. We will incorporate basketball skills into individual fundamental work along with group activities while teaching the rules and dynamics of basketball. Instructor: Jade Allison- Head Women's Basketball Bishop Kelley High School

Bricks 4 Kids: Bat League: Heroes and Villains Camp: 1st-3rd Grade- Enter the dark city where a dangerous jokester and other evil villains wreak havoc. Thankfully, there is a bat hero who comes out each night to fight against these evil-doers! Campers will use their imaginations, building skills, and crime-fighting passion in this thrilling camp of heroes and villains. The good guys will ride into action as campers build motorized models of the bat hero's speedy vehicle and bat girl's sleek motorcycle while the bat light searched for the evil jokester's motorized low-rider vehicle cruising through the city streets. Send the bat hero swinging on his grappling hook technic model from one skyscraper to the next as he fights crime with his trusty super-sidekick! Instructor: Bricks 4 Kids

Bricks 4 Kids: Mindstorm Robotics Camp: 4th-6th Grade- Experience the cutting edge of technology with this introduction to LEGO® MINDSTORMS Robotics. Students will be captivated as they incorporate the use of motors, sensors, and software by building robots and downloading programs directly to the intelligent brick. Bricks 4 Kidz utilizes Mindstorm® technologies and programming along with our unique robot models. Students are introduced to the NXT graphic programming language, equipping them at an early age to succeed in a technology-based marketplace. STEM concepts and teamwork are combined in this action-packed program for learning real-life skills while having fun! Instructor: Bricks 4 Kids

Calliope Circus Camp: 1st-2nd Grade and 3rd-6th Grade - Campers will have a chance to learn ground skills like juggling, low wire, rolla rolla, hand balancing, and acrobatics as well as aerial skills such as trapeze, lyra, and spanish web. Have fun, work hard, and get the chance to perform live at the end of the week! Dazzle your friends and family with your fabulous new talents on Friday at 11:30 am. Instructor: Calliope Circus

Camp Shalom: 1st-6th- Camp Shalom week is a tradition type of week. Campers will be divided by grades and enjoy sports, arts & crafts, special projects, free swim and fun Friday.

Cars Camp: 2nd-4th Grade- Campers will discuss different designs of cars, strategies to build more efficient cards, and design and make our own derby cars to race. Campers will learn about Route 66, play games, and make crafts and snacks around the theme of cars. Instructor: Sara Fourie

Cheerleading Camp: 1st-6th Grade - 2-4-6-8! Get in team spirit with cheer camp! Campers will focus on spirit, stunts, tumbling, dance, jumps, and spirit-cheer arts and crafts. On Friday, there will be a pep rally for parents and friends at 11 am in the CSJCC gym. Cheer camp will leave your camper cheering for more! Instructor: Camryn Winters

Cooking Around the World: 3rd-6th Grade - Explore a whole new world as we taste our way around the globe! We'll create our own passports, and get them stamped as we experience culinary culture, crafts, and yummy cuisine from around the world. *Bon appetit!* Instructor: Kim O'Connor

Discover Disney: 1st-3rd Grade - In our brand new Disney-themed camp, your campers will enter A Whole New World just like Jasmine and Aladdin did that is full of imagination, fun, music, and some of their favorite Disney stories. Each day of the week will focus on a different Disney movie theme where the campers will create crafts, create hands-on cooking projects, participate in obstacle course activities, and learn life lessons. As Walt Disney once said, "If you can dream it, you can do it," and this camp will certainly make Disney dreams come true. Instructor: Blake Martin

Dodge, Duck, Dip, Dive, & Dodge: 3rd-6th Grade- In this action-packed camp based on the game of dodgeball, campers will learn and play a variety of games that rely on hand-eye coordination. They will play variations of dodgeball, hand ball, and ga-ga. Instructor: Jenn Dodd

ESPN: 1st-6th Grade - Remember the days of playing pickup games in the backyard? Now's your chance to be the next Peyton Manning or Michael Jordan. Join us for a week of sports and games. Please send your camper in play-type, athletic clothing and shoes. Instructor: Brian Underwood, PE teacher & coach at Holland Hall.

Fancy Nancy: 1st-4th Grade - Come join us as we take a journey with Fancy Nancy each day! Your child will have an extraordinary time reading a different *Fancy Nancy* book each day while dazzling up their daily lives! Your child will learn vocabulary that Fancy Nancy uses, as well as make a variety of crafts just like her! Don't miss out on letting your child learn the "fancy way" and come home saying, "Ooo la la"! Instructor: Camryn Winters

Farm To Table: 3rd-6th Grade- Dig, Plant, and Grow! Campers will enjoy spending time in The Jewish Federation of Tulsa's Community Garden. We will create dishes based on the veggies and fruit available in the community garden and learn how to build our own gardens at home. On Thursday, campers will make dishes to share with the residents of the Zarrow Pointe. Instructor: Sara Fourie

Fun Fitness for Kids: 1st-6th Grade - An important aspect of childhood is having the ability to play and have fun. Kids' bodies need to run and jump outside, participating in active events and activities. Help your child get started with an active lifestyle with Fun Fitness for Kids camp! Each day, campers will learn about different aspects of fitness and how to apply each one into their daily lives. They will learn the importance of healthy eating and proper rest, too, all while having tons of FUN!! Instructor: Stephanie Middleton- Blackwell

Hip Hop Dance Camp: 2nd-6th Grade- Leave your worries at the door, and bring your soul to the dance floor! Come learn the basics of hip hop dance, choreography, and rhythm in this fun and challenging hip hop camp. Your camper will begin each day with a thorough warm up taught to fast, bass-pumping music. On Friday, parents, family, and friends are invited for a hip hop show. Dance instructor: Becca Holmes

Home Economics & Life Skills: 3rd-6th Grade- Learn important life skills and proper etiquette in a variety of situations that will prove useful in the real world. Campers will learn necessary skills, develop critical thinking, and build leadership attributes as they work independently and cooperatively with others to accomplish goals. Instructor: Paula Jackson

How to Train A Dragon: 1st-3rd Grade - Dive into the world of a Viking nation! Viking Hiccup Horrendous Haddock III must capture and train his dragon in order to live up to his namesake. Experience dragon, adventure, and life lessons—just like Hiccup. Campers will also learn the history of Vikings, create their own shield and personal dragon to “train” at home, enjoy a Viking meal, and go through “How to train a dragon boot camp.” Instructor: Carol Adams

Jedi Kendo Camp: 1st-2nd and 3rd-6th Grade - Kendo is a traditional semi-contact style of Japanese fencing, as well as a modern sport. The *Star Wars* films drew heavily from this style of swordsmanship and philosophical ideals. It is a demanding and invigorating activity that's open to individuals of all backgrounds, ages, and physical abilities and helps condition the mind and body to promote quality attitude and respect. Points are scored by correctly striking regulated targets on *bogu* (protective armor). Strikes are considered valid only if the 竹刀 "*shinai*" (bamboo sword) properly makes contact. Students use *shinai* in practice, allowing proper contact to be made in technical application without serious injury to themselves or others. When striking, students use a loud shout called *kiai* to call their point. This practice raises energy and fighting spirit, as well as totally eliminating “lucky shots.” Instructor: Michael Lindsey

Karate Camp: 1st-4th Grade - Join us as we grow in confidence, discipline, coordination, respect, and physical fitness while using our “outside voices” inside. In karate camp, you will learn how to break boards, use nunchucks, and a bo staff! Lots of action! Instructor: Mathew Reyna

Kids For Kindness: 1st-2nd Grade - Kids can change the world! All you need is a generous heart. This week, we will have fun spreading sunshine and serving others. No act of kindness is too small. What will you do to change the world? Instructor: Lynne Lopez

Lights, Camera, Action: 3rd-6th Grade - Whether your camper is ready for his or her close-up or prefers the action behind the camera or on the set, this inventive camp is picture perfect! Campers will conceptualize, plan, perform, and film their own music video. Then we'll roll out the red carpet for their debut performance on the big screen. Invite friends and family members to see their premiere screening on Friday at 11:30 am in the Barbara and Dave Sylvan Auditorium. Lights, Camera, Action will be facilitated by Midtown School of Performing Arts. Instructor: Mid Town School of Performing Arts

Music Theater “SING”: 1st-6th Grade - Dapper Koala Buster Moon presides over a once-grand theater that has fallen on hard times. An eternal optimist, he loves his theater above all and will do anything to preserve it. Facing the close of his beloved theatre, he takes one final chance to save his theatre and return it to its former beauty by hosting the world's greatest singing competition. Five contestants emerge: a mouse, a timid elephant, a pig, a gorilla and a punk-rock porcupine. Instructor: Mid Town School of Performing Arts

Nature in Art: 1st-3rd Grade- Campers will explore the wonderful world of Eric Carle's creatures through his illustrations through paint, papier-mâché, cut, and collage as they create their own masterpieces. We will also explore trees and use Gustav Klimt's "Tree of Life" as inspiration for student art. They will paint, draw, and create their own stamps to piece together a multimedia artwork. Students will present their works on Friday in their own nature-loving art gallery! Instructor: Kim O'Connor

Ocean: Exploring The Deep Blue Sea! 1st-3rd Grade - In this exciting new camp, campers will dive right in and explore the deep blue sea. Campers will learn about some of the biggest and most interesting animals in the world through interactive activities, hands-on crafts, painting sea turtles, and making an aquarium for their pet whale! Kids will sing and dance while pretending to be scuba divers deep in the ocean! Campers will enjoy special ocean snacks each day. Instructor: Jill Gwartney

Ooey Gooley Camp: 1st-3rd Grade - This camp is all about being hands-on and getting a little (or a lot) messy! Ooey Gooley Camp embraces all things messy, slime-filled, sticky, gooley, and fun. We will have lots of different science experiments, edible creations, gooley play, and messy games. Campers should wear old t-shirts and clothes, and come prepared to get messy! Instructor: Jill Gwartney

Outdoor Adventure: 2nd-6th Grade- Outdoor adventure with the Federation's own Shaliach family of Einat and Yohai Gross! Campers will spend time in Liberators Park (located on the JCC campus), learning different outdoor skills, like building their own camp site, cooking, survival techniques, and more. Campers should come prepared to get dirty, wet, and muddy! On Thursday, campers are invited to stay for a late night cook out until 9pm. Families are welcome to join any time after 4:15. Instructors: Einat and Yohai Gross

PE Games With Coach Underwood: 1st-6th Grade - Does your child love to play games? Do they love P.E.? If so then, Holland Hall's elementary P.E. teacher and Coach Brian Underwood invite you to a P.E. games camp, which promise to be a fun, team-building, and exciting time for your child! Please have your child in appropriate athletic shoes for the best experience possible. Instructor: Coach Brian Underwood

Pirates of the JCC: 1st-4th Grade- Ho ho ho, it's a pirate's life for you! Our Pirate Camp will keep campers on their toes with a week full of adventure and excitement. Activities will include making a pirate hook, ship-building, creating a pirate character, constructing a pirate treasure hunt, walking the plank, and much more. By the end of the week, your camper will sound like a true pirate—Arrgggh, matey! Instructor: Kim O'Connor

Pokémon: 3rd-6th Grade- Campers will train and compete in a number of Pokémon games and competitions. Trainers will prep their teams and enter them in group activities. This fun camp will include team building, crafts, science, super powers/magic and tons of collective activities. Which team will win? Which Pokémon will win? Only time (and this camp) will tell. *No trading Pokémon cards with other campers during this camp.* Instructor: Sara Fourie

Robot Camp: 1st-3rd Grade and 3rd-6th Grade- Jump into the world of coding and create wonder with robots Dot and Dash! Learn how to code robots to perform different tasks, make music, navigate an obstacle course, and much more! Create challenges for your campmates! We will explore the ever-evolving world of technology and coding and have fun too! Instructor: Blake Martin

Secret Agent Camp: 1st-3rd Grade and 3rd-6th Grade - Become a detective! Become part of a mystery! Solve the Crime! Campers will learn skills and tricks to solve crimes and mysteries. All campers will participate in hands-on activities where they will be the detective, solve cases, and act out mysteries! Drew Diamond, former Tulsa Chief of Police, will make an appearance and assist the campers in solving a crime. Instructor: Paula Jackson

Shark Week: 1st-2nd and 3rd-6th Grade - Just when you thought it was safe to go back into the water...it's Shark Week! We will explore some of the many species of sharks, CHOMP on some appetizing snacks, and dive into the world of sharks with science, art, games, and more. This week will blow you out of the water! Instructor: Lynne Lopez

Soccer Magic: 1st-6th Grade – Soccer Magic is the most popular camp annually and is conducted by head coach (and camper favorite) Jason Neidell (NCAA D1 Head Women's Soccer Coach at Western Kentucky University). Campers are grouped according to age and skill level, so every camper feels comfortable regardless of their level of play. Soccer Magic emphasizes fundamentals and technique, while ensuring every camper has a winning experience! Campers will work on skills in the morning, have tournament play in the afternoon, and finish the day with a swim in the pool. Instructor: Jason Neidell

Space Adventure: 1st-3rd Grade- 3...2...1...LIFT OFF! Take a voyage of discovery into the atmosphere and beyond. Explore planets, moons, and other space phenomena in our solar system. Discover the difficulties of space travel, the challenges of living in space, and why earth is the best place to live. Campers will experience hands-on activities, crafts, read books, and build their own personal rockets from recycled materials. Don't worry; we will have your campers back to earth in time for lunch!

Star Wars Camp: 1st-2nd Grade and 3rd-6th Grade - In a galaxy far, far away, we will explore the Star Wars Universe. Get your light sabers ready to have an out-of-this-world experience during this fun week of Star Wars-inspired crafts, snacks, science, and games. May the force be with you! Instructor: Lynne Lopez

STEM: 1st-4th Grade - STEM camp gives campers the opportunity to explore Science, Technology, Engineering, and Mathematics in a fun hands-on environment. A few of the activities campers will engage in include the 100 toothpick engineering challenge, mini golf course geometry, float your boat in the JCC pool, and more. Instructor: Jill

Super Hero Camp: 1st-3rd Grade- Join us for Superhero Camp, where campers will spend the week engulfed in superhero excitement! Activities include saving fellow superheroes from evil plots, creating gadgets and costumes, inventing a unique superhero character, a visit from a superhero, and much more! Grab your cape and mask and get ready for an awesome adventure!

Tennis: 1st-3rd Grade 2nd-6th Grade - Tennis camp is for campers who are either picking up a racquet for the first time or just starting to get the hang of it. Amanda Scroggs, CSJCC Tennis Pro, will emphasize sound fundamentals including proper footwork, grips, stroke production, and movement. Camp will take place at the Jeanette Altman Frieden Sports Complex located at the CSJCC. Campers can bring their own tennis racquet or borrow one from the CSJCC. Instructor: Amanda Scroggs

The Magic Treehouse Adventure: 1st-3rd Grade - Come spend the week exploring The Magic Treehouse book series with Jack, Annie, and Henry! Each morning, the students will engage in activities appropriate for the selected book. The basic reading comprehension skills will be highlighted along with word searches, crosswords, journal writing, and story extensions. We will also research The Magic Treehouse book series and the author through The Magic Treehouse website. A summer reading list will be provided for continued summer reading adventures. Instructor: Carol Adams

Thriller Dance Camp: 3rd-6th Grade -The dance zombies are coming to Camp Shalom! Campers will learn Michael Jackson’s iconic dance “Thriller” with dance instructor Becca Holmes. Campers spend the week designing their costumes for Friday’s Flash Mob at Camp Shalom. Not only will campers learn the dance, they will learn also how to apply zombie make up, as well as enjoy craft activities like zombie brain cupcake decorating, games such as Zombie tag, and more. Instructor: Becca Holmes

Triathlon Camp: 1st-3rd and 4th-6th Grade- This exciting new camp is taught by Jonathan Steindel, a retired Navy Seal from Israel and professional triathlon athlete. Jonathan will focus on getting campers excited about fitness and the sport of triathlon. Basic swimming, cycling, and running techniques will be taught as well as bike safety, transition practices and sportsmanship. On Saturday, July 1st, campers will have free entry to the 1st annual Camp Shalom Triathlon. Campers will need to bring each day: swimsuit, goggles, towel, bike, helmet, & running shoes. (Cannot participate in camp without this gear) Bikes and helmets can be stored at the JCC each night. Campers must be green swim bands (swim length of pool), be able to ride a two-wheeled bicycle, and run/walk a half mile. Instructor: Jonathan Steindel

Welcome to Hogwarts!: 3rd-6th Grade - Get your wands and broomsticks ready to soar into Harry Potter universe in this exciting camp! From potions class and quidditch practice to “Defense against the Dark Arts & Crafts,” aspiring young witches and wizards will explore the magical world through dozens of games and crafts, cooking projects, scavenger hunts, and more! Instructor: Lynne Lopez

Wet N Wild: 3rd-6th Grade - This is one of the most popular camps annually. Campers will spend the mornings in the Sharna & Irvin Frank Aquatics Center located at the CJSCC, playing their favorite water games. On Friday, campers will enjoy an inflatable slip and slide. Wet N Wild is a camp for strong swimmers only--must be green swim band.