



Dear Parents,

We are very excited that you have registered your daughter for our 33rd year of JCC Gems Gymnastics Camp. We have been busy planning and we know this will be our best year yet!

Once again, our days will be filled with learning new skills and improving others! Campers will spend the days rotating through the different gymnastics events in age and skill-appropriate groupings, as well as activities such as Maccabi games, working on the Parent shows, and swimming. Most importantly, our days will be filled with friends, fun and ruach!

Carpool begins at 8:45 am, as do the activities in the gymnastics gym! We ask that you make every attempt to be at camp before 9:00 am as that is when our day officially begins! We are excited to have many returning counselors, as well as a few new ones. We are proud of our staff and know they will all work hard to provide a great summer of gymnastics and fun in a warm and nurturing environment.

Please refer to the next page for information on what to wear, what to bring, and what our typical day is like. In addition, please make sure you have completed all paperwork so that we can place your daughter appropriately and provide the best summer possible. This includes medical forms, carpool forms, etc. Please keep in mind that while you may indicate a friend request, we cannot guarantee placement with a certain counselor or friend. The information you provide will enable our counselors to better relate to the campers - both individually and in the group. Your attention to this matter is greatly appreciated and will help us to ensure a great experience for your daughter.

Camp is a lot of fun and JCC Gymnastics Camp is the best! We look forward to a wonderful summer filled with lots of great experiences. If there is anything you need, please do not hesitate to contact us. You can reach us at the following:

Gymnastics Office: 214-239-7190 or jccgymcamp@jccdallas.org

Any of our full-time staff can check and respond to the gymnastics camp email address. Anything camp-related should be sent to this address for the fastest response.

Prior to the camp day starting, both phone & email messages are checked. During the camp day, as we are mostly in the gym, phone & email messages are only checked a few times throughout the day. Because of this, our email should be used for general questions and not immediate responses.

For immediate phone assistance:

Camp Central: 214-810-2377 or Sports & Fitness Admin: 214-239-7147

Abby Tarlo
Gymnastics Camp Director

GYMNASTICS CAMP

Everything you need to know

What to wear: Leotard or one-piece swimsuit
Shorts (optional)
Hair securely off face (for safety reasons)

What not to wear: Leotard with skirt attached
Dance skirts or tights
Two-piece swimsuits for gymnastics (fine for swimming)
Shorts **with** buttons or other hard, decorative items
Jewelry
Fit-bits
Sunscreen (will be applied before swimming)
Bows, hard headbands

What to bring: Lunch - Nut free and Kosher style
Bathing suit and towel for swimming
Sunscreen

What not to bring: Cell phones
Electronics

PLEASE REMEMBER TO LABEL EVERYTHING