

NEW FRIENDSHIPS,
**LIFELONG
MEMORIES**



capital
camps

מחנות קפיטל



YOUR FAVORITE SUMMER,
**EVERY
SUMMER**

Your Journey Starts Here



At Capital Camps, we believe camp is more than a summer away. It is a community that feels like a second home. Campers grow into confident, kind, and connected young people, surrounded by Jewish joy, friendship, and a deep sense of belonging. From splashing in the lake to learning new skills to celebrating Shabbat as one community, each moment helps strengthen a camper's sense of identity and connection. We can't wait to welcome you into the Capital Camps family. Together, we create a place where every child feels known, valued, and supported as they grow into the next generation of leaders.

Warmly, **Josh Micley**, Camp Director

Our Villages

Each village (age group) is intentionally designed to fit the developmental needs of our campers as they progress through camp with new campers joining at each step along the journey:

Yalla (2nd – 4th gr.): exclusively for first-time campers, Yalla offers 1- or 2- week sessions with smaller cabin sizes, a higher staff ratio, and a schedule that offers an action-packed taste of a Capital Camps summer.

Benjamin (3rd – 5th gr.): campers build strong bonds with their cabinmates by moving through daily activities together, with lots of time playing Gaga in between.

Reich (6th – 7th gr.): with more opportunities to choose their activities and make friends outside of their cabin, Reich campers always bring the ruach (spirit).

Kaufmann (8th – 9th gr.): campers make the most of every moment – from their off-camp overnight adventure trip, to the free time spent bonding with friends in the village.

Macks (10th gr.): living in platform tents, Macks campers eagerly take on leadership opportunities, like planning the all-camp 4th of July carnival.

LIT (11th gr.): in a 5-week program that includes time in Israel & back at camp, our leaders-in-training learn about leadership skills and the behind-the-scenes of camp.

CIT (12th gr.): our counselors-in-training experience what it takes to be an incredible staff member at camp by working in cabins and specialty areas.



“ Capital Camps does an incredible job of building community. You grow with it. You never grow out of it.”

— Logan D., camper and staff alum

The Capital Camps Difference

- **A Jewish community for every family.** Pluralistic and inclusive; no labels, just shared Jewish joy.
- **Confidence through connection.** Campers discover who they are while building lifelong friendships.
- **Empowerment through experience.** From countless arts to athletics to outdoor adventure and aquatics, campers take calculated risks in an environment free of judgement.
- **Values in action.** Kindness, respect, gratitude, and community are brought to life through everyday camp moments.
- **Inclusive by Design.** We're committed to making camp a possibility for every Jewish child, regardless of financial status.



Our Programming

Every day brings a new mix of adventure, creativity, and connection. Campers move between activity areas with their cabin, choosing chugim/electives and exploring every part of our 270-acre campus.

- 7:30 AM** Boker Tov! Good Morning!
- 8:15 AM** B'Yachad (morning assembly)
- 8:30 AM** Aruchat Boker (breakfast)
- 9:30 AM** Nikayon (cabin cleaning)
- 9:30 AM** Morning activities across camp:
 - Athletics: soccer, basketball, tennis, archery, pickleball, and more
 - Visual Arts: painting, ceramics, tie-dye, photography
 - Performing Arts: drama, Israeli dance, music,
 - Outdoor Adventure: ropes courses, zip line
 - Jewish Life: Israel engagement, Hebrew music, Shabbat preparations
 - Aquatics: lake toys, paddleboards, water trampolines, and boating
 - Farm: hands-on learning with animals and gardens, outdoor kitchen
- 11:30 AM** Chug (week-long elective)
- 12:30 PM** Aruchat Tzaharayim (lunch)
- 1:30 PM** Menucha (rest hour)
- 2:30 PM** Afternoon activities
- 4:30 PM** Chatif (snack)
- 5:30 PM** Shower Hour
- 6:30 PM** Aruchat Erev (dinner)
- 7:30 PM** Evening Program (by village or all camp)
- 9:00 PM** Cabin Time
- 9:30 PM** Laila Tov! Good Night!

Sample Menu

	Breakfast	Lunch	Dinner
Wednesday	French Toast	<i>Music Lunch!</i> Grilled Cheese & Tomato Soup	Beef Tacos, Tortilla Chips & Salsa
Thursday	Eggs & Hash Browns	Falafel & Pita, Israeli Salad	<i>Cookout!</i> Grilled Chicken & Hot Dogs
Friday	Waffles	Cheese Quesadillas, Guacamole & Sour Cream	<i>Shabbat Dinner!</i> Chicken Soup, Challah, Brisket
Saturday	Bagels & Cream Cheese, Rugelach	Chicken Wraps, Pasta Salad	Cheese Ravioli

Fruit, yogurt, and cereal available at every breakfast; pasta & salad bar available at every lunch & dinner.

“ I feel it’s important to give my girls a Jewish camping experience so they feel a connection. From Shabbat to Hebrew songs to friendships—they will value these connections later in life.”

— Kelly C., camp parent



Start Your Summer Adventure!

Contact Ezra Suldan, ezras@capitalcamps.org to learn more about the Capital Camps community.



Register for camp today!



2026 Dates and Fees

SESSION	DATES	FEE
Yalla Aleph	June 21 – July 3	\$3,650
Yalla Bet	July 5 – July 17	\$3,650
Yalla Gimel	July 20 – July 26	\$2,000
1st Session	June 21 – July 17	\$7,600
2nd Session	July 20 – August 9	\$7,200

One Happy Camper — Up to \$1,500 off your tuition!

All first-time campers are encouraged to apply for the One Happy Camper program, which provides need-blind incentive grants of up to \$1,500 off your first summer tuition! Learn more at onehappycamper.org

Financial Assistance

We're committed to making camp a possibility for every Jewish child, regardless of financial status. To learn more about our financial aid opportunities, please contact Ruth Burka at ruth@capitalcamps.org.



Mission

Capital Camps & Retreat Center provides fun, challenging and creative camp and retreat experiences that build vibrant Jewish communities and nurture individual growth.

Your child is our priority

Our camper care team includes nurses, doctors, and camper care specialists to ensure each camper is supported physically & emotionally while they're at camp. Throughout the year, these teams are in touch with our camp families to learn about how we can make the upcoming summer the best one yet.

Inclusion

At Capital Camps, we know that our whole camp community benefits when everyone is included in it. With specially trained counselors and support staff, our Atzma'im inclusion program ensures that campers requiring additional physical, social, and/or emotional supports are set up for a successful summer. If you're wondering whether your future camper might benefit from the Atzma'im program, please reach out to Ezra Suldan at ezras@capitalcamps.org to learn more.