

## NABBY KICKS OFF IT'S 76TH SEASON AT #1!!! WELCOME CAMPERS!!!

### NABBY SWEEPS AWARD SEASON!!!

The Yorktown Chamber of Commerce bestowed its annual "Business Couple of the Year" award to Nabby directors Joe and Rita Bertino this past May! This prestigious award was presented at a dinner dance at the Villa Roma restaurant in Mahopac. In addition to the evenings festivities, May 29th (also Joe's birthday!) was proclaimed Joe and Rita Bertino Day with their names scrolling in lights at the Westchester County Center. Huge honor for a great couple!!!

The second award for Nabby appeared in "The Best of Westchester" magazine's July issue. Nabby was voted the "Best Day Camp" in Westchester!!! Of course, our Nabby family has known this for years, but now our little secret is out! **WE'RE #1** !!!!! Wait...there's more! Nabby was also chosen to host the annual Ben Appelbaum Day Camp Conference meeting to be held in September.



### NEW FACES AT NABBY

After working on Broadway and in National tours, Karen Longwell brings her theatrical skills to Nabby! Campers third grade and older will now be offered THEATRE as a special interest. They'll be learning improvisation in the style of the "Whose Line Is It Anyway" TV show, working on small scenes, and many fun theater games (no winners or losers just lots of laughs). Each week will have a certain topic: Annie the Musical, Animal Improv, Harry Potter, Frozen, Fairytale Re-write, Pirates, and Mask Workshop. Time permitting, they'll work on songs and choreography as well. Nabby's Got Talent...so Karen should have a fun summer!



### UPCOMING EVENTS

**Dates: July 4th - July 8th**

**Monday, July 4th**

HAPPY FOURTH OF JULY!!! NO CAMP!

**Wednesday, July 6th**

Capture the Flag - Senior Camp

**Thursday, July 7th**

School Pride Day

**Friday, July 8th**

Photo Day

Please wear your Camp Nabby shirts!

### AND THE "WHO TRAVELED THE FARTHEST AWARD" GOES TO...

Kevin and Judy Zhou from China wanted their daughter Amy to experience a summer at an American day camp. Kevin's US business partner was tasked to find a camp in the NY area, and, after researching many camps, chose Nabby. Kevin and Judy fell in love at first sight with Nabby and are excited to explore New York City while their daughter attends camp for four weeks.

According to Kevin, they'll stay for the entire 8 weeks if Amy wants to because "she's the boss!". After meeting the outgoing and fun loving Amy, we're sure the Zhou family will be here ALL summer!





## INTRODUCING NABBY'S NEW POOL (AND SLIDE!) AND SWIM STAFF!

Immediately after the 2015 camp season, construction started on our new 90 ft. state of the art pool and underground filter room. It was completed this past spring and was enthusiastically received by both our campers and counselors - especially the **SLIDE!!!** Our swim staff is very excited for another great year of teaching our campers how to swim and improve their existing skills. This summer the kids will be perfecting their freestyle and breathing technique and further into the summer, they will delve into the breaststroke, backstroke and the strenuous butterfly! By utilizing kick boards, leg buoys and Emoji print noodles, learning these strokes will be fun and easy to follow. The staff is also gearing up for this year's annual swim meet! The campers are encouraged to try out for the team that will face Camp Floridan both at home and away. Once again, the team will be coached by our own 11 year veteran swim staffer, Foster West. He began his swimming career at Camp Nabby and now swims at the collegiate level at R.I.T! Foster is always on the lookout for swim team members...all age campers are needed!!! Our pool staff this year is lead by four year veterans and Co-Directors Deb Jacobs and Sara Wolf (LGT, MGMT, WSI) and includes LGT and WSI certified members Nikki, Caileigh, sisters Maddie and Abby, Jon, John, Amara, Jamie and Billy. They are ready for another fun summer in the pool!!!



## COLOR WAR 2016

Senior camp's summer long Color War started with Wednesday's first Epic Event...Relay Races! The entire Senior Camp was divided into RED and WHITE teams and will compete against each other throughout the summer.

The WHITE team dominated early in the relay race portion of the afternoon, but the RED team surged into the lead in the Tug of War competition. Adding in the counselor balloon competition in the morning, the totals after the first week are:

**RED TEAM 1,400 points**



**WHITE TEAM 1,250 points**



## THE CUBS AND THEIR NEW STRIDER BIKES!!!

The Cubs, along with head counselor Jocelyn, assistants Kayla, Emily, Fiona, Maggie and Jennifer and LIT Katie have been having a great time at camp so far! They loved learning about animals and walking the nature trail with Rick, singing the "Washing Machine Song" at music, playing baseball and riding around on their awesome strider bikes! They certainly can lay claim that they are the cutest group at Nabby!





## WHY WRISTBANDS??

This year, with three pools with depths from 2 to 10 feet, Nabby started a colored wristband program to enhance our swim safety program. The bands make it easier for our excellent pool staff to recognize our swimmers abilities to swim in different water depths and to maintain a safe and fun program.

For more information, please read the color guide lines below:

## WRIST BAND RULES



LITTLE POOL  
2' DEEP

LITTLE POOL  
3' DEEP



MIDDLE POOL SHALLOW END  
3'-4'

(non-swimmers cannot go  
in water over chest height)

MIDDLE POOL  
DEEP END 5'

### SMALL POOL

#### RED WRIST BAND (NON-SWIMMERS)

Campers cannot be in  
water above chest height.

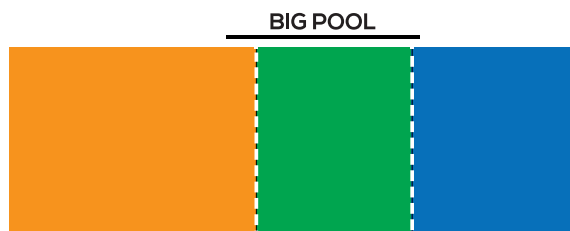
### MIDDLE POOL

#### ORANGE WRIST BAND (NON-SWIMMERS)

Campers cannot be in  
water above chest height.

#### GREEN WRIST BAND (SWIMMERS)

Have passed middle pool  
deep-water test.



BIG POOL 3'-4'  
(non-swimmers cannot go  
in water over chest height)

BIG POOL  
3'-5'

BIG POOL DEEP END  
10'

**ORANGE WRIST BANDS (NON-SWIMMERS)** - Campers cannot be in water above chest height.  
**GREEN WRIST BANDS** - 'Swimmers' can go up to 5' but **NOT** in 10' area with slide and diving board.

**BLUE WRIST BANDS** - 'Swimmers' have passed the big pool deep-water test and can swim in any section of the pool.

**NOTE: SWIM BUDDIES MUST STAY IN THE SAME SECTION OF  
THE LESS EXPERIENCED SWIMMER**

### LEVEL 1: INTRODUCTION TO WATER SKILLS

- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

### BIG POOL DEEP-WATER TEST

- Swim length of pool (90') demonstrating efficient rotary breathing
- Tread water, 60 seconds
- Retrieve object from bottom of pool in water greater than 5' depth

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

### LEVEL 4: STROKE IMPROVEMENT

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet-first surface dive
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back

### LEVEL 3: STROKE DEVELOPMENT

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Back float
- Change from vertical to horizontal position on front and back
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Elementary backstroke

### MIDDLE POOL DEEP-WATER TEST

- Retrieve object in 5' of water
- Tread water, 60 seconds
- Front crawl stroke length of middle pool

### LEVEL 5: STROKE REFINEMENT

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly