



Rabbi Paul Resnick, Director  
Rabbi Amy E. Roth, Assistant Director  
Rabbi Jerome Abrams, Director Emeritus

Rob Hirsch, President

Dear **Machon/Gesher** 2010 Campers:

Hi! I hope your school year has been everything you hoped it would be and that you are beginning to get excited about Summer 2010 at Camp Ramah in the Berkshires.

As summer is quickly approaching, I'd like to take this opportunity to tell you a bit about our Lifeguard Training and Certification program. The program consists of the following:

1. American Red Cross (ARC) Lifeguarding (and possibly the ARC Waterfront Lifeguarding module if time allows)
2. ARC First Aid
3. ARC Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) for Lifeguards

If you choose to participate, you will learn the specific knowledge and skills required of all ARC certified lifeguards. Upon completion of the course, you will receive your ARC certification for items 1 through 3 above.

The course prerequisites are as follows:

1. You must be a Machon or Gesher camper who will be 15 years of age or older by August 17, 2010.
2. You must be physically fit to meet the demanding nature of the course.
3. You must pass the Swimming/Physical skills test administered on the first day of class, demonstrating competence, comfort and endurance in the front crawl, breast stroke, and surface diving.

The ARC charges a substantially higher rate, but since you are lucky enough to be a camper at Camp Ramah in the Berkshires, the fee for the class will only be **\$90.00**, which covers registration with the ARC **and** course materials. Payment will be accepted by **separate check only** (payable to: Camp Ramah in the Berkshires). Please include the **name** of the camper and the letters "**LGT**" on the check. Payment is due prior to arrival in camp but will not be deposited until a final class list is formed. Campers who do not pass the preliminary skills test or who withdraw voluntarily during the first week of class **will** have their checks returned. Any camper withdrawing after the first week or removed from the class for disciplinary reasons **will not** receive a refund. Please keep in mind that registration and acceptance in the class **do not** guarantee successful course completion/certification by ARC.

Participating in the Lifeguard Training program can be rewarding on many different levels. It provides an opportunity for physical conditioning and the development of responsibility and discipline. The lifeguarding certification is also highly marketable for a range of meaningful employment opportunities. Most importantly, successfully completing the course will allow you to leave camp at the end of the summer with great pride that your newly acquired skills could one day save someone's life.

Please consider this unique opportunity carefully. If you have any questions, don't hesitate to contact me by email - **neustadt@vassar.edu**

Good luck with the end of school and I look forward to seeing you all in camp!

Sincerely,

*Mark*

Mark Neustadt  
Rosh Mayim 2010

Please send your separate check (with camper's name and the letters "LGT") by June 10th to:

Camp Ramah in the Berkshires  
25 Rockwood Place, Suite 345  
Englewood, NJ 07631  
Attn: Mark Neustadt, Rosh Mayim 2010

**Camp Ramah in the Berkshires, Inc. E-mail: [info@ramahberkshires.org](mailto:info@ramahberkshires.org) [www.ramahberkshires.org](http://www.ramahberkshires.org)**

**Winter Address:** 25 Rockwood Place, Suite 345, Englewood, NJ 07631-4957 Tel: 201.871.RAMAH (7262) Fax: 201.871.7232

**Summer Address:** Box 515, Wingdale, NY 12594-0515 Tel: 845.832.6622