

*Your Guide to Summer Fun & Enrichment for All Ages*



# 2020 Camp Directory

FEBRUARY 2020



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# Love Your Camp!



**FOR AGES 5-14**  
**DAY CAMPS**  
**SPORTS INSTRUCTION**  
**ENRICHMENT COURSES**

FOR ALL DETAILS, DATES, TIMES & REGISTRATION GO TO  
**[DCCS.ORG/SUMMER](http://DCCS.ORG/SUMMER)**

**905 S. WATERLOO RD. DEVON, PA 19333**  
**484-654-2425**



**Philadelphia's Regional Camp Directory Website**  
**[www.campsandprograms.com](http://www.campsandprograms.com)**

Page	REGIONAL CAMP	PHONE	WEB SITE
8	76ers Basketball Camps	610-668-7676	<a href="http://www.76erscamps.com">www.76erscamps.com</a>
5	Academy of Notre Dame	610-687-0650	<a href="http://www.ndapa.org/summercamp">www.ndapa.org/summercamp</a>
16	Arsenal USA Premier Soccer Camps	610-581-7600	<a href="http://www.arsenalsoccercampsusa.com">www.arsenalsoccercampsusa.com</a>
24	Boston Leadership Institute	n/a	<a href="http://www.bostonleadershipinsitute.com">www.bostonleadershipinsitute.com</a>
14	Camp Invention	n/a	<a href="http://www.invent.org/save">www.invent.org/save</a>
2	Delaware Co. Christian School Summer Programs	484-654-2425	<a href="http://www.dccs.org/summer">www.dccs.org/summer</a>
6	Easterseals - Camp Fairlee	410-778-0566	<a href="http://de.easterseals.com/fairlee">de.easterseals.com/fairlee</a>
20	Frog Hollow Racquet Club	610-584-5502	<a href="http://www.frogtennis.com">www.frogtennis.com</a>
21	Germantown Academy Summer Camp	n/a	<a href="http://www.ga.camp.org">www.ga.camp.org</a>
17	Girl Scouts of Eastern PA	n/a	<a href="http://www.gsep.org/camp">www.gsep.org/camp</a>
7	Kimberton Waldorf School Summer Camp	610-933-3635	<a href="http://www.kimberton.org">www.kimberton.org</a>
5	Main Line Art Center	610-525-0272	<a href="http://www.mainlineart.org">www.mainlineart.org</a>
18	Media-Providence Friends School	610-565-1960	<a href="http://mpfs.org/camp">mpfs.org/camp</a>
12	Merion Mercy Academy	n/a	<a href="http://www.merion-mercy.com">www.merion-mercy.com</a>
10	North Penn YMCA (6 Camp Locations)	215-368-1601	<a href="http://www.northpennymca.org">www.northpennymca.org</a>
11	Paris Saint-Germain Academy Soccer Camps USA	610-581-7045	<a href="http://www.psgacademysoccercampsusa.com">www.psgacademysoccercampsusa.com</a>
19	Pathway School	610-277-0660 x 289	<a href="http://www.pathwayschool.org">www.pathwayschool.org</a>
23	Penn Charter Summer Camps	215-844-3460 x 364	<a href="http://www.penncharter.com/summercamp">www.penncharter.com/summercamp</a>
18	Penn Museum, Univ. of Penn	n/a	<a href="http://www.penn.museum/camp">www.penn.museum/camp</a>
22	Phillies Baseball Academy	610-520-3400	<a href="http://www.philliesacademy.com">www.philliesacademy.com</a>
15	Rider University	609-896-5033	<a href="http://www.rider.edu/precollege">www.rider.edu/precollege</a>
7	Riverbend Exploration Camp	610-527-5234	<a href="http://www.riverbendeec.org">www.riverbendeec.org</a>
12	Steel Soccer	n/a	<a href="http://www.steelsoccer.com">www.steelsoccer.com</a>
20	Temple Univ., Ambler Summer Education Camps	267-468-8500	<a href="http://www.temple.edu/summer/youthcamps">www.temple.edu/summer/youthcamps</a>
13	Twin Spring Farm Day Camp	215-646-2665	<a href="http://www.twinspringfarm.com/camp">www.twinspringfarm.com/camp</a>
18	Uptown/West Chester Studio for Performing Arts	484-995-2915	<a href="http://www.westchesterstudio.com">www.westchesterstudio.com</a>
4	Valley Forge Educational Services	610-296-6725	<a href="http://vfes.net">vfes.net</a>
6	Wayne Art Center	n/a	<a href="http://www.wayneart.org">www.wayneart.org</a>
12	Woodlynde School	610-687-9660	<a href="http://www.woodlynde.org/summerprogram">www.woodlynde.org/summerprogram</a>
21	YMCA Camp Conrad Weiser	610-670-2267	<a href="http://www.smymca.org">www.smymca.org</a>
4	YMCA Camp Kresge	570-443-2267	<a href="http://www.wbymca.org/camp-kresge">www.wbymca.org/camp-kresge</a>
9	YMCA Greater Brandywine	610-647-9622	<a href="http://www.ymcagbw.org/camp">www.ymcagbw.org/camp</a>



## EASTERSEALS CAMP FAIRLEE

# Easterseals Camp Fairlee offers limitless possibilities

When Maria is on the water in one of the new adapted kayaks at Easterseals Camp Fairlee, she feels free. It is not often that Maria, who has cerebral palsy, is able to “call the shots” on her own.

Camp Fairlee provides that sense of freedom while providing a nurturing and safe environment for all.

“I am happy, I liked it,” Maria said about the kayak. “It’s independent. I could paddle it myself with the counselors nearby, but not in the kayak.”

Camp Fairlee’s summer sessions are available for both children and adults of varying disabilities, including specialized sessions for those with autism. The summer sessions include some of Maria’s favorite activities: kayaking, canoeing, zip-lining, swimming, campfires, dancing, talent show and so much more.

While your loved one is having the time of their life at camp, you are able to take a break or go on a trip without worrying about them.

“Camp has been a god-sent to Maria and to us,” said Greg, Maria’s dad. “It gives us a break. We do what we want to do without worrying about Maria being safe. We get to be empty nesters for a week.”

If you are a caregiver who needs a break from the constant demand of caregiving turn to Easterseals’ Camp Fairlee. Camp Fairlee outside of Chestertown, Md., is one of the only facilities in the region that provides a typical residential summer camp experience for children and adults with disabilities.

Give your loved one an unforgettable experience by taking advantage of Camp Fairlee’s week-long-summer-camp experiences, themed respites week-ends from September through May, and the Fairlee Vacations program for adults 18+ with travel and cruises to popular resorts.

Learn more about Camp Fairlee at [www.CampFairlee.com](http://www.CampFairlee.com) or by calling 410-778-0566.



There’s fun in kayaking at Easterseals Camp Fairlee.

## YMCA CAMP KRESGE

### BUILDING FRIENDSHIPS & MAKING MEMORIES THAT LAST A LIFETIME

**Archery – Aqua Park – Boating – Climbing Tower – Mountain Scooters – Sailing – Sports & Games – AND SO MUCH MORE!**

**[www.wbymca.org/camp-kresge](http://www.wbymca.org/camp-kresge) / (570) 443-CAMP (2267)**

**Summer Programs for Children & Adults with Special Needs**

**VTC SUMMER EXPERIENCE**

**Young Adults ages 18-21**

Program Dates  
July 6– August 7, 2020  
Monday – Friday  
9:00 am–3:00 pm

**VFES @ Camp Kweebec**  
(Formerly Summer L.I.F.E.)  
Ages 7-21

**2020 Day Camp**  
Session 1: August 17–21  
Session 2: August 24–28

**2020 Overnight Camp\***  
Session 1: August 16–21  
Session 2: August 23–28  
\* Weekend options available

**Open Houses:** 3/28 (11am-1pm)  
5/9 (1-3pm)  
RSVP at [vfes.net/CampKweebec](http://vfes.net/CampKweebec)

1777 N. Valley Rd.  
Malvern, PA 19355  
610.296.6725 | [info@vfes.net](mailto:info@vfes.net)  
[vfes.net](http://vfes.net)

**EXTENDED SCHOOL YEAR (ESY) PROGRAMS**  
Students Ages 4-21

Program Dates  
July 6– August 7, 2020  
Monday – Friday  
9:00 am–3:00 pm

**[SummerMatters.org](http://SummerMatters.org)**

**ACADEMY OF NOTRE DAME DE NAMUR**

# Academy programs inspire creativity, boost athletic ability

For summer 2020, the Academy of Notre Dame de Namur, 560 Sproul Road, Villanova, will offer programs for girls designed to inspire creativity, boost athletic ability and spark the imagination.

A full-day Dance Camp for girls in grades 3 to 9 is scheduled June 22-26. Notre Dame's sports camps help your daughter become a stronger, more confident athlete, including youth

basketball for grades 3-9; upper-school lacrosse, tennis, and soccer; and middle- and upper-school field hockey.

Rowing camps for upper and middle-school girls are offered at the Hines Rowing Center.

For more details on camp programs, dates and to register, visit [www.ndapa.org/summerncamp](http://www.ndapa.org/summerncamp), or call 610-687-0650.



Learn more about Notre Dame's summer dance and sports programs for middle- and high-school girls. Visit [www.ndapa.org/summerncamp](http://www.ndapa.org/summerncamp) or call 610-687-0650.

## Summer at the Academy of Notre Dame



ACADEMY of  
**NOTRE DAME**  
de NAMUR

INSPIRING YOUNG WOMEN  
SINCE 1856

## SUMMER *Inspired!*

Summer is more fun when your daughter is inspired to discover a new passion, become a stronger athlete, or learn a new skill.

Dance • Rowing • Youth Basketball  
Sports Camps for middle and high school girls

Visit [ndapa.org/summerncamp](http://ndapa.org/summerncamp) for details.

560 SPROUL ROAD, VILLANOVA, PA 19085 • 610-687-0650

ART Main Line | ART CENTER

## Give the gift of creativity this holiday season!

Gift certificates are available in any amount! We offer visual arts classes for all ages and abilities in painting, drawing, ceramics, jewelry, mixed media, and so much more!

[mainlineart.org](http://mainlineart.org) | 610.525.0272

## WAYNE ART CENTER

# Wayne Art Center gardens serve as beautiful outdoor studios

Grab a paintbrush or a stone chisel. Come along as Wayne Art Center's Summer Art Camp 2020 explores a summer of "isms," from classical to modern.

Delving into the unique "isms" of art is limitless. Discover real-world classical paintings and sculptures, from Michelangelo's and da Vinci's Renaissance to Monet's light-filled, in-the-moment impressionistic water lilies. Discover Picasso's obsession with cubist, angled forms and Dali's dreamy surrealist marching ants and melting watches. Dribble and splash paint like Jackson Pollock or create a Frida Kahlo self-portrait with your favorite pet.

Geared to every age and level of artistic ability, Wayne Art Center offers more than 200 diverse art classes throughout 12 weeks of summer art camp. Flexible schedules feature full and half-day classes, as well as early care and lunch bunch in the Children's Garden. Well-equipped, contemporary studios inspire campers with abundant natural light and views of our gardens that also serve as beautiful outdoor studios.

With small classes, each child is encouraged and challenged by experienced and committed camp faculty who nurture campers through the creative process. More than 50 qualified teen volunteers and interns

support teachers in the art studios, during snack, lunch break and extended care.

Our early childhood art programs are designed to stimulate young minds and foster a love of art. Dynamic science, technology, engineering, arts and math-inspired classes for children ages 6 to 12 focus on building skills in drawing, painting, cartooning, ceramics, cooking, jewelry, robotics, fashion design and more. The teen studio provides diverse opportunities for teen artists, ages 13 to 17, to improve core art skills that help expand their creative repertoire. Performing arts classes in drama are designed to enhance reading skills, confidence and public

speaking.

Now in its 36th year, the Wayne Art Center's Summer Art Camp provides an exciting opportunity to learn about the history of art and art making. At the same time, we offer a venue to develop new friendships and participate in building a strong community through the arts. Campers are invited to display their creative accomplishments for family, friends and fellow campers at our Friday Art Show each week. The popular Summer Visual and Performing Arts Entertainment series showcases a diverse group of visiting artists who share their cultural talents and experiences with campers throughout the summer.



**With small classes, each child is encouraged and challenged by experienced and committed camp faculty who nurture campers through the creative process.**

Located just minutes from downtown Wayne and adjacent to Radnor Trail, Wayne Art Center provides an all-inclusive experience to explore the arts and stimulate a well-rounded lifestyle for the entire family.

Whatever your child's interests, make Wayne Art Center the perfect destination for a Summer Art

Camp experience this year. Come join us this summer as we explore history through the "isms" of art.

For more information on Wayne Art Center's 2020 Summer Art Camp, visit [www.wayneart.org](http://www.wayneart.org) or call Tessa Downs, summer art camp director, at 610-688-3553, ext. 208.

**easterseals**  
Camp Fairlee

## Year-Round Adventures For All Ages, All Abilities!

From brand new cabins to a new activity center, our latest camp additions are sure to make your visit more enjoyable than ever!

- A traditional, residential summer camp on Maryland's nearby upper Eastern Shore.
- For children and adults with **all types of disabilities or other special needs.**
- Canoeing, kayaking, rock wall, high ropes, zip line, pool, horseback riding, arts/crafts and more!
- Two weeks each summer for children with autism.
- Year-round respite weekends and travel trips.
- New cabins, activity center, dining hall and health center with nurses 24/7.

**410-778-0566**

[de.easterseals.com/fairlee](http://de.easterseals.com/fairlee)



Facebook.com/  
CampFairlee

 wayne art center

**June 1-August 21**

12 One-Week Sessions Ages 3-15

## Wayne Art Center Summer Art Camp 2020



drawing ■ painting ■ ceramics ■ cartooning ■ drama  
robotics ■ minecraft ■ photography ■ crafts ■ cooking

413 Maplewood Avenue Wayne, PA 19087 ■ 610-688-3553 ■ [wayneart.org](http://wayneart.org)

## RIVERBEND SUMMER CAMP

# Grow closer to nature at Riverbend

At Riverbend Summer Camp, we spend as much time as possible outside having fun and learning about the environment.

Our 30-acre nature preserve has plenty to explore. Whether it's the pond teeming with tadpoles, salamanders scurrying in the forest, crayfish crawling along the streambed, lichen laying across a stray boulder, or songbirds soaring over the meadow, there is always something alive to discover at Riverbend.

Days at Riverbend begin and end with Circle Time, where the whole camp community gathers in our outdoor classroom to sing songs, play games, perform skits and enjoy each other's good humor and company.

After morning Circle Time and a snack, campers split into small groups. Each group is composed of 12 or so campers about the same age, matched with two counselors. The rest of the day is full of activities, such as making bird feeders, testing water quality in the pond, feeding our education animal collection, visiting our aquaponics greenhouse and, of course, wading in the stream to explore.

On Activity Day every Wednesday, campers mix with other age groups for special activities they choose themselves. On Thursdays, older campers take a field trip to local area destinations, including zoos, other nature centers and parks. They can also

join in our weekly cookout and campout under the stars at Riverbend.

Whatever it is we're doing, Riverbend campers are learning how to pay attention to nature and ask good questions, letting them follow their own curiosity into a world brimming with life and information. We believe the best place for a kid to be in the summertime is outside, having fun with friends and growing closer to nature. What could be better?

Riverbend's Summer Camp runs from June 8 to Sept. 4. Camp weeks are open for children ages 3 to 11 with before- and after-care options. Older campers ages 10 to 13 can enjoy a weeklong overnight



Riverbend campers are learning how to pay attention to nature and ask good questions. To learn more and to register, visit [www.riverbendec.org](http://www.riverbendec.org).

excursion camp for an on uniquely themed field To learn more and action-packed adventure, trips and overnight tent- to register, visit [www.riverbendec.org](http://www.riverbendec.org). traveling to new places camping experiences.



Register for  
Summer Nature & Farm Camp at  
[Kimberton.org/camps](http://Kimberton.org/camps)

**KIMBERTON**  
WALDORF SCHOOL

410 W SEVEN STARS ROAD | PHOENIXVILLE, PA | 610.933.3635, EXT 108

ADVENTURE • MEMORIES • FUN

**Summer Exploration Camps for Ages 3 - 13**






Located in Gladwyne, PA

**Register today! [www.riverbendec.org](http://www.riverbendec.org)**  
For more info, visit our website or call (610) 527-5234

# 76ERS BASKETBALL CAMPS

Presented by  ROTHMAN  
ORTHOPAEDICS

## SUMMER 2020 CAMP EXPERIENCES:

Little 76ers Half Day Camps | Boys & Girls, Ages 5-7  
Full Day Camps | Boys & Girls, Ages 7-13  
Skills Academy | Boys, Ages 12-15  
Overnight Camps | Boys & Girls, Ages 9-17

## ALL CAMPERS WILL RECEIVE:

- An Official 76ers Camps Jersey
- A Certificate of Achievement
- A Player Evaluation
- A Complimentary ticket to a Delaware Blue Coats Game

CAMPS RUN JUNE-AUGUST AT  
LOCATIONS IN PA, NJ & DE



610.668.7676

76ERSCAMPS.COM



## 76ERS CAMPS

# Build your b-ball game at 76ers camp



Campers will learn skill development in shooting, ball handling, passing and movement while in a fun and positive learning environment.

Join the No. 1 camp in the NBA: 76ers Camps, presented by Rothman Orthopaedics.

The camps are in their 36th season and have grown to more than 4,000 campers from 35 states and 40 countries each summer.

With four different basketball camp offerings in locations throughout Pennsylvania, New Jersey and Delaware, there is something for campers of all age and skill levels.

Camp offerings include:  
Day camps: boys and girls, ages 7 to 13.

Little 76ers half-day camps: boys and girls, ages 5 to 7.

Overnight camps: boys and girls, ages 9 to 17.

76ers Skills Academy: boys, ages 12 to 15.

All programs are age- and skill-specific to meet the needs of campers

from the beginner to the advanced level. Supervised by experienced basketball coaches from the 76ers camp coaching staff, each session is designed to build a strong foundation for the game.

Campers will learn skill development in shooting, ball handling, passing and movement while in a fun and positive learning environment. Each session

also provides campers the chance to meet current 76ers players, 76ers Legends, coaches and other NBA stars.

Don't delay. The camps continue to sell out year after year.

For more information on dates, locations and rates or to enroll today, visit [www.76erscamps.com](http://www.76erscamps.com).

Have questions? Call us at 610-668-7676.





## YMCA OF GREATER BRANDYWINE

# YMCA Summer Camp makes life easier

It's that time of year again, when the headache of making summer camp plans for your children looms large over your head.

Dates, times, cost, camp types, special interests, drop-off and pickup: yikes! Just having the kids at the same place is a victory.

The YMCA of Greater Brandywine, which offers summer camp at all of its branches — including the Brandywine YMCA in Coatesville, Jennersville YMCA in West Grove, Kennett Area YMCA in Kennett Square, Lionville Community YMCA in Exton, Octorara YMCA in Atglen, Oscar Lasko YMCA in West Chester, Upper Main Line YMCA in Berwyn and West Chester Area YMCA in West Chester — is here to alleviate some of

that pressure.

Here are several ways YMCA Summer Camp will make your life easier:

▪ **Camp planning chart:** We know planning your kids' summer takes a lot of time, which is why we created a camp planner to simplify the process. The planner is broken down by weekly camp availability, so you can quickly find out if your 6-year-old can go to Cheer Camp the same week your 12-year-old goes to Animal Care Camp. Or, if your child is interested in sports and you don't know which one to select, the sports camps are all listed together to make it easy to choose.

▪ **Options:** With so many options, there is something for everyone, and they all get dropped off and picked

up at the same time and location.

▪ **Before and after camp time:** Camp drop off and pickup times don't always mesh with your work schedule. A huge advantage of YMCA Summer Camp is the extended camp time offered at no additional cost. Drop off early, 7 to 9 a.m., or pick up later at 4 to 6 p.m., knowing your children will be safe and occupied with fun camp activities.

▪ **Cost:** The YMCA of Greater Brandywine has very competitive rates for summer camp. Additionally, a 10% discount is offered for siblings (some restrictions apply). Price still a little prohibitive? Financial aid is available for families unable to pay the standard rates.

▪ **Break from screen time:** Trying to pry your children

off their electronic devices or phones? The use of cell phones, cameras and/or other electronic devices is prohibited during camp programming. Campers who bring such equipment will be asked to put it away or it will be confiscated and returned at the end of the day, so your children can get the most out of their time at camp.

▪ **Swimming:** What is better than jumping in a cool pool on a hot day? Most YMCA summer camps offer recreational swim time each day, after being tested on the first day for safety. Additionally, some sites offer camp swim lessons for your children for a small additional fee.

Visit [www.ymcagbw.org/camp](http://www.ymcagbw.org/camp) for more information or to register.



ADOBE STOCK

Sign up now for

# SUMMER CAMP 2020!

Register by February 29 for best rates!

[YMCAGBW.ORG/CAMP](http://YMCAGBW.ORG/CAMP)

Many camps are available, including:

- Day Camp with theme weeks
- Environmental, Nature & STEM Camps
- Preschool Camps and programs
- Teen Camps
- Sports Camps
- Specialty Camps
- Creative Arts Camps
- Aquatics Camps

The YMCA is a leading nonprofit committed to strengthening community. Financial assistance is available. Ask us for details.



the  
YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BRANDYWINE YMCA**  
295 Hurley Road  
Coatesville, PA 19320  
610-380-9622

**JENNERSVILLE YMCA**  
880 W. Baltimore Pike  
West Grove, PA 19390  
610-869-9622

**KENNETT AREA YMCA**  
101 Race Street  
Kennett Square, PA 19348  
610-444-9622

**LIONVILLE COMMUNITY YMCA**  
100 Devon Drive  
Exton, PA 19341  
610-363-9622

**OCTORARA YMCA PROGRAM CENTER**  
104 Highland Road, Suite 1  
Atglen, PA 19310  
610-593-9622

**OSCAR LASKO YMCA AND CHILDCARE CENTER**  
1 E. Chestnut Street  
West Chester, PA 19380  
610-696-9622

**UPPER MAIN LINE YMCA**  
1416 Berwyn-Paoli Road  
Berwyn, PA 19312  
610-647-9622

**WEST CHESTER AREA YMCA**  
605 Airport Road  
West Chester, PA 19380  
610-431-9622

## NORTH PENN YMCA

## North Penn YMCA keeps kids moving, exploring, learning



The North Penn YMCA, with branches in Lansdale and Harleysville, is offering day camp to give kids and teens in the North Penn, Indian Valley and Perkiomen communities an adventurous, active and healthy summer: one that will surely be described as “the best summer ever” for years to come.

Camping, like many Y programs, is about learning skills, developing character

and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.

Camping teaches self-reliance, a love for nature and the outdoors and the development of attitudes and practices that build character and leadership: all

amidst the fun of campfires, bugle calls, canoeing, archery, talent shows and meaningful relationships. YMCA counselors are dedicated to making sure camp is an amazing experience for every camper.

New this year is YMCA Enrichment Camps being offered at the Schwenkfeld Manor, 1290 Allentown Road, Lansdale, for grades 1 to 8.

“YMCA summer camp supports the social-emotional growth, cognitive development and physical well-being of kids,” said CEO Bob Gallagher. “In our day camps, kids are in a welcoming environment where they can belong, they’re building relationships, developing character and discovering their potential. We really encourage parents to give their kids the gift of camp to keep their kids active

and engaged throughout the summer.”

Gallagher said there are several reasons why children and teens should attend summer camp:

**Adventure:** Summer camp is all about a wide variety of new experiences and exploring the outdoors. YMCA camps have a new adventure for every child and teen. Visit [www.northpennymca.org](http://www.northpennymca.org) for details.

**Healthy fun:** Day camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their healthy eating habits.

**Personal growth:** While in the welcoming environment of camp, youth have a chance to learn new skills and develop confidence and independence by taking

on new responsibilities and challenges. Camps offer cognitive learning and social-emotional development opportunities for achievement.

**Friendships:** Amidst the fun of camp games, songs, swimming and talent shows, campers meet new friends and strengthen existing friendships. The bonds formed at camp are important and lasting for many youth.

**Memories:** Summer camp is an unforgettable experience that will give each camper memories (and camp traditions) that will last a lifetime. Youth return to school with plenty of camp stories to share.

The North Penn YMCA offers preschool camp, day camp with flexible full- and part-time options, enrichment and sports

camp. And to ensure that all youth have the chance to experience camp, the North Penn YMCA Camp offers financial assistance to those in need. If you’re interested in helping send kids to camp this summer, you can donate to the YMCA at [www.northpennymca.org/donate](http://www.northpennymca.org/donate).

A leading nonprofit committed to nurturing the potential of youth, the YMCA has been a leader in providing summer camp for more than 132 years. The North Penn YMCA continues to give youth an enriching, safe experience with caring staff and volunteers who model positive values that help build their kids’ character.

For more information, visit [www.NorthPennYMCA.org](http://www.NorthPennYMCA.org) or contact Ann Leslie, 215-723-3569; Bob Varga, 215-368-1601; or Diane Manus, 215-256-0767.



**EXPERIENCE THE BEST SUMMER EVER!**

Explore our 7 camp locations in the North Penn, Souderton and Perkiomen School Districts. Preschool, full day, part-time, enrichment and sports camps are offered. Call or stop in today!

**NORTH PENN YMCA**

NorthPennYMCA.org | L-215.368.1601 | IV-215.723.3569 | H-215.256.0767

Attend One of Our CAMP OPEN HOUSES & Get A

**\$25 COUPON**  
toward any one week of Summer Camp

**INDIAN VALLEY FAMILY YMCA - FEB 27 & MAR 26 | 6-8:30 PM**  
**LANSDALE AREA FAMILY YMCA - FEB 27 | 6-8 PM**



1. INDIAN VALLEY Teen Camp, 890 Maple Avenue, Harleysville | Grades 6-9
2. Scout Cabin Camp, 435 Park Avenue, Harleysville | Grades K-5
3. Skippack Church Camp, 520 Collegeville Road, Collegeville | Grades K-9
4. Souderton Park Camp, Wile Ave. & Reliance Rd., Souderton | Grades K-5
5. HARLEYSVILLE, 311 Alumni Ave Harleysville | Ages 3 1/2-6 yrs
6. LANSDALE, Traditional Camp, 608 E. Main St., Lansdale | Grades K-8
7. NEW! Specialty Camps at new location | Grades K-8

**PARIS SAINT-GERMAIN ACADEMY**

# Camp teaches soccer the 'Paris way'



At Paris Saint-Germain Academy, special attention will be paid to teaching the character traits of respect, fair play, honesty, effort, accountability, gratitude and resiliency.

Paris Saint-Germain Academy, a premier soccer camp for boys and girls ranging from ages 6 to 14, will provide players of all skill levels an opportunity to improve their game and be immersed in the same philosophy as the professional academies in Paris.

Train at a location near you with Paris Saint-Germain Academy coaches and a staff that have been taught soccer the "Paris way!"

This unequalled soccer experience will follow Paris Saint-Germain training programs and methodology to develop age-appropriate technical skills and tactical understanding while increasing overall confidence. All

coaches are highly experienced in youth soccer and possess Union of European Football Associations coaching licenses or the U.S. equivalent.

Each week at PSG Academy USA includes:

Daily soccer topics, including ball control, dribbling, passing, receiving, shooting, defending, mobility, agility, speed, power and endurance.

Goalkeeper-specific training.

Daily small-sided games.

A Final Day Awards Ceremony by Paris Saint-Germain Academy coaches.

Fun activities such as PSG trivia, PSG Academy videos, skills competition, camp pictures and more.

An invitation to an exclusive camp reunion and special events throughout the year.

Special attention will be paid to teaching the character traits of respect, fair play, honesty, effort, accountability, gratitude and resiliency. These play a key role in being the best player on and off the field you can be.

Camps run from June through August at locations in Pennsylvania, New Jersey, Delaware, Maryland, New York and Connecticut. To learn more, visit <http://psgacademysoccercampsusa.com>.

Have questions? Give us a call at 610-581-7045.

## Train the "Paris Way" in the USA

This unequalled soccer experience will follow Paris Saint-Germain training programs and a methodology to develop age-appropriate technical skills and tactical understanding of the sport.



## Be part of an authentic soccer experience with:

- Daily soccer topics and skill development
- Daily small sided games
- Goalkeeper specific training available
- An invitation to an exclusive Camp Reunion and special events throughout the year



Summer Camps run June-August at locations throughout:  
PA, NJ, DE, NY, CT & MD



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Woodlynde School

# SUMMER CAMP

June 22 - July 17  
Grades K-10

*Learning Strategies For Lifetime Success*

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# KIDS FIRST

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**GRADES 6-12 • CO-EDUCATIONAL**

**ACADEMIC & ENRICHMENT • SPORTS CAMPS**

Register at: [merion-mercy.com/summerprograms](http://merion-mercy.com/summerprograms)

## MERION MERCY

# Merion Mercy programs can brighten your summer

For close to 30 years, Merion Mercy's Summer Programs have offered a multitude of academic and athletic opportunities for students.

MMA's Summer Programs provide more than 25 academic and enrichment opportunities and sports camps for girls and boys in grades 6 to 12. Popular offerings include Effective Writing, Make Art!, Cricut Create and Design, in addition to basketball, field hockey, soccer and volleyball camps.

Whether students wish to sharpen their writing skills, earn high school credits, prepare for the various high school and scholarship exams, try a new sport or learn a new skill, there's surely a summer activity at Merion Mercy that matches their interests.

"There really is something for everyone," said Barbara Harrison, director of summer programs. "We are proud to have strong instructors and to utilize our facilities to offer students a productive and unique summer experience. This summer, we look forward to using our expansive and versatile art studios and innovation lab where our STEM courses will be held."

Close to 100 high school students take part in the summer programs, while elementary school students and incoming freshmen are also eager to explore MMA's welcoming campus. In addition to several co-ed options, many of the summer offerings are just for girls and allow prospective students the chance to get to know MMA's campus and experience the

school's programs firsthand.

Most notably, the all-girls Summer Academy is a full-day, four-week program designed specifically for girls entering grade eight. The Summer Academy helps students begin the transition from an elementary school to a college preparatory high school program. Students take courses such as pre-algebra, language arts, study skills and public speaking. There is also a fitness class built in that includes options such as volleyball and yoga.

As one happy Summer Academy parent noted: "My daughter loved the program, learned a lot and made great new friends. MMA's Summer Academy was a perfect mix of learning and fun."

Visit [www.merion-mercy.com/summerprograms](http://www.merion-mercy.com/summerprograms) for more information.



MMA Summer Programs' students become fast friends.

## Make A Huge Splash This Summer!

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215-646-2665

## WOODLYNDE SCHOOL

# With camp, stave off summer slump

In a few short months, students everywhere will be finishing their final exams and jumping for joy at the prospect of spending their summer relaxing and having fun.

While every student should take the opportunity to have some fun in the sun this summer, they should also work to keep their skills sharp for September.

Brain drain or the dreaded summer slump is a real phenomenon that can affect your student well into the start of the new school year. It occurs during the summer months when students fall out of practicing the key skills they use every day during the school year. Parents all around the country try their best to help their children

avoid the summer slump with varying degrees of success, but there are a few proven methods, with the Woodlynde School, that you can use to prevent your student from backsliding on their academic progress this summer:

**Summer camps:** Academic summer camps are a great way to keep the momentum of the school year going well into the summer months so that your student is ready to come September. Look for an academic summer camp that takes a holistic approach to caring for your child this summer. A summer program should have a mix of academics alongside recreational activities to keep your child's mind, body, and skills sharp.

**Read every day:** It is amazing how the consistency of reading everyday can help strengthen your child's reading abilities. Keep it interesting by catering the book choices to your child's interests, by heading out to your local library for the day or by researching the location of an upcoming summertime trip.

**Journal every day:** The same benefits that practice has for reading it also has for writing. Have your child journal every day about their daily activities. Whether detailing their latest escapade with their best friend or recounting something interesting that happened by the pool, it's all good practice.

**Ask your child's teacher:** When in doubt about how

to keep your child's skills sharp over the summer, a great resource is your child's teacher. Before leaving school at the end of the year, ask your child's teacher what they could be working on this summer. They can help suggest any specific topics or possibly even some schools or camps that might help.

Your student deserves a start to the new school year that isn't fraught with stress. A big part of ensuring that it isn't is by helping them continue the practice of the key skills that they've already spent this year learning. To learn how Woodlynde School can help you with your summer strategy, visit [www.woodlynde.org/summerprogram](http://www.woodlynde.org/summerprogram).



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**CAMP SELECTION**

# Consider these factors before choosing summer camp



Metro

Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Metro

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose.

For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an

enjoyable camp experience if they had a say in where they will be spending their summers.

The following are some factors families should consider as they look for summer camps, courtesy of the ACA:

- **Kids' interests:** The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

- **Locale:** Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus

on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

- **Session length:** Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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### **NORM BRODSKY COLLEGE of BUSINESS**

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**Game and Interactive Media Academy** July 12, 2020 - July 18, 2020

**Real to Reel:** Acting and Filmmaking Academy July 12, 2020 - July 18, 2020

**BRONCast Sports Media Academy** July 19, 2020 - July 25, 2020

### **PERFORMING ARTS**

**Dance and Movement Institute** July 5, 2020 - July 18, 2020

**Real to Reel:** Acting and Filmmaking Academy July 12, 2020 - July 18, 2020

**Rider Rock Band Academy** July 12, 2020 - July 18, 2020

**Musical Theatre Institute** July 19, 2020 - August 2, 2020

**DramaTech Theatre Design Institute** July 19, 2020 - August 2, 2020

### **WESTMINSTER VOCAL and MUSIC**

**Solo Pianist Week** June 21, 2020 - June 26, 2020

**Composition Week** June 21, 2020 - June 26, 2020

**Solo Vocal Artist** July 5, 2020 - July 18, 2020

**Piano Camp** July 12, 2020 - July 17, 2020

**Vocal Institute** July 19, 2020 - August 1, 2020

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*Middle School programs also available.*

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— FOOTBALL DEVELOPMENT —  
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For Boys & Girls, Ages 6-14  
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## Arsenal Football Development Summer Camps

will provide world-class soccer development for boys & girls, ages 6-14. Players of all skill levels will receive specialized training based on the Arsenal methodology to improve their game awareness and gain a deeper understanding and appreciation for the world's most popular sport.



### Each week of camp includes:

- Daily skill development in soccer fundamentals including: ball control, dribbling, passing, receiving, shooting, defending, balance & tactical awareness
- Daily small sided games
- Fun activities including: Arsenal trivia and history, skills competitions, camp photos and much more!
- A Final Day Awards Ceremony held by Arsenal Coaches

Summer Camps run June-August at locations throughout:  
PA, NJ, DE, MD, NY & CT



LEARN, PLAY AND GROW

## ARSENAL USA

# Training improves soccer game awareness, appreciation



STUART MACFARLANE/ARSENAL FC VIA GETTY IMAGES

**David Luiz celebrates his goal with Nicolas Pepe, Pierre-Emerick Aubameyang, Granit Xhaka and Dani Ceballos during the Premier League match between Arsenal FC and AFC Bournemouth at Emirates Stadium in October. Arsenal USA summer campers will be exposed to character traits that will cultivate knowledge and help them develop into resilient players who can ultimately become great players and teammates, on and off the field.**

Arsenal USA Summer Camps will provide world-class soccer development for boys and girls ages 6-14.

Players of all skill levels will receive specialized training based on the Arsenal methodology to improve their game awareness and develop a deeper understanding and appreciation for the world's most popular sport.

Age-specific and detailed curriculum is designed to enhance individual development while having fun. Each week of Arsenal USA Soccer Camps include:

Daily skill development in soccer fundamentals, such as ball control, dribbling, passing, receiving, shooting,

defending, speed, agility, power, balance and tactical awareness.

Daily small-sided games.

A final day awards ceremony hosted by Arsenal coaches.

Grow as a player and teammate. Arsenal USA Soccer Camps programming is designed to enhance each player's natural progression of skill development through the four pillars of the game that include technique, tactic, fitness and the healthy fun of competing The Arsenal Way.

Campers will be exposed to character traits that will cultivate knowledge and help them develop into resilient players who can ultimately become great players and

teammates, on and off the field.

Our highly experienced coaches and staff follow the Arsenal training and curriculum to provide drills and skill development that are appropriate for every age and ability level. All coaches are experienced in youth soccer and have acquired Union of European Football Associations coaching licenses or the U.S. equivalent.

Arsenal Summer Camps run June through August at locations in Pennsylvania, New Jersey, Delaware, Maryland, New York and Connecticut.

To learn more, visit <http://arsenalsoccercampsusa.com>.



**MEDIA-PROVIDENCE FRIENDS SCHOOL**

# Media-Providence Friends School camp has weekly themes

Summer Friends at Media-Providence Friends School, or MPFS, provides children ages 3 to 10 with an opportunity to participate in weekly thematic units, taught by certified elementary teachers. Weekly themes may include space week, tie-dye week, sports week and Under the Sea week.

Children enjoy the freedom of summer in a welcoming, safe and relaxed environment. Enriching on-site programs are complemented by field trips to museums, zoos and other local venues.

The students at Summer Friends are free to explore, play and express themselves in the safe and nurturing environment found year-round at Media Providence

Friends School. The small group sizes of this camp allow for interactions with the teachers as well as other children of similar ages, and all activities are tailored for their developmental and physical levels. The children at Summer Friends participate in a wide variety of experiences that help them shape their vision of the people and the world around them.

Onsite programs are complemented by field trips to museums, nature centers, zoos, theater performances and other local events. Twice weekly, they participate in instructional and recreational swimming at Knowlton Swim Club with certified water safety instructors.

Media-Providence Friends School is a Quaker day school for students age 3 through grade 8, located in Media, Delaware County, providing a challenging academic program infused with values. Community involvement and service play an integral part in curriculum, connecting MPFS students with the larger world. MPFS is enrolling for the 2020-21 school year. To learn more, visit [mpfs.org](http://mpfs.org) or contact Angela DiMaria, assistant head of school and director of admissions and academic programs, at 610-565-1960, ext. 104, to schedule a personal tour or by visit [mpfs.org/visit](http://mpfs.org/visit).

Register online at [mpfs.org/camp](http://mpfs.org/camp). For questions, please email [camp@mpfs.org](mailto:camp@mpfs.org) or call 610-565-1960.






The students at Summer Friends are free to explore, play and express themselves in the safe and nurturing environment found year-round at Media Providence Friends School.

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pennsylvania

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&  
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**SUMMER  
CAMP 2020!**

## GIVE HER A SUMMER SHE'LL NEVER FORGET!

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- 
**LEADERSHIP SKILLS**  
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- 
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 With adventure courses, swimming, horseback riding, hiking, s'mores(!), archery, and more, she'll make memories for a lifetime.

NOT ALREADY A GIRL SCOUT? NOT A PROBLEM!

For more information or to register visit [gsep.org/camp](http://gsep.org/camp)

## WEST CHESTER STUDIO FOR THE PERFORMING ARTS AT UPTOWN!

# Theater camp stretches imaginations, fosters confidence

## Spark an inner passion to be fearless.

Theater encourages kids to be fearless in their play, speak their minds and develop their imaginations. The outcome is confident children who know who they are and what they want.

The goal at West Chester Studio for the Performing Arts at Uptown! is to develop

and foster fearless kids and teens.

WCStudio at Uptown!'s award winning theater school and summer camps offer theatrical summer fun for students ages 4 to 17 who are just beginning to explore the world of theater, building upon skills developed during the school year, or planning to pursue theater in the professional industry.

WCStudio at Uptown! maintains a student/teacher ratio of 9 to 1, allowing each camper the opportunity to hone their skills and shine.

All camps are led by a team of industry professionals who believe in giving back to the community by inspiring our youth to believe in themselves and shoot for their dreams both onstage and off. The talented teaching staff is comprised of professional actors, directors, musical directors and choreographers, as well as stage combat and improvisation instructors.

Parents will find peace of mind knowing their performer not only has the full attention and support of teachers, but also the benefit of learning from the best. Conveniently located in the heart of West Chester, WCStudio is proud to continue to explore and

educate students in the state-of-the art facilities of Uptown! Knauer Performing Arts Center.

WCStudio at Uptown! camps are offered throughout the summer to accommodate busy summer schedules. We offer one-week camps, along with specialty camps that run for two and three weeks. Every camp ends with a production for family and friends on the Uptown! Knauer Performing Arts Main Stage or Univest Black Box Stage. Camps are specifically designed with a certain age range and theme in mind. They include acting for the camera, storybook theater, Glee Week, Broadway kids cabaret, summer stock, triple threat, kids show camp, teen show camp, stage combat and improvisation and backstage tech camp.

Parents, grandparents,



The goal at West Chester Studio for the Performing Arts at Uptown! is to develop and foster fearless kids and teens.

aunts and uncles: do not wait. Give your favorite performer the gift of fearlessness under the direction of this award-winning program and their renowned teaching artists. To begin sharing your young

artist's talent with the world, visit [www.westchesterstudio.com](http://www.westchesterstudio.com) or email: [weststudio@uptownwestchester.org](mailto:weststudio@uptownwestchester.org). For questions concerning registration, call 610-356-ARTS. For questions



# WCStudio

for the performing arts

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## Summer Friends

at Media-Providence  
Friends School



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Students Ages 3-10 • 125 W. 3<sup>rd</sup> St., Media • 610-565-1960

## CAMP BENEFITS

# Summer camp is a good choice for kids

*Metro*

Summer vacation offers students a respite from lessons and the routine of school.

Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school

year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are reasons why summer camp might be the right fit this year:

- *Explore talents:* Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

- *Physical activity:* Lots of camps build their itineraries around physical activities that takes place outdoors.



METRO

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. Summer camp might be the right fit this year.

Campers may spend a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits

and can set a foundation for healthy habits as an adult.

- *Gain confidence:* Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

- *Try new things:* Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or

embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

- *Make new friends:* Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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Activities include:

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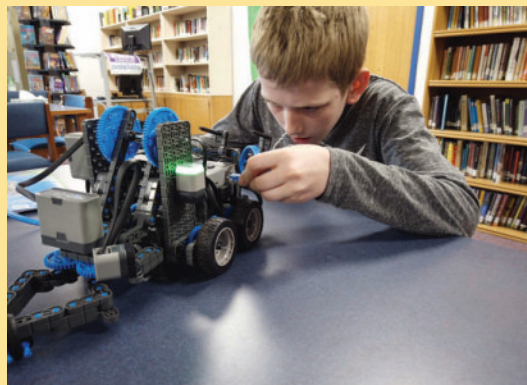
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## FROG HOLLOW CAMP

# At Frog Hollow, tennis for kids improves mind, body



Frog Hollow's Camp programming, in Lansdale, has been optimized for children's learning.

It's extraordinarily important that all kids are able to find something they are passionate about, and it's even better when that passion can align with healthy behaviors. Many lessons learned from athletics stay with kids long after their "playing years" come to a close.

They also surface off the field and into the classroom and their social relationships. Thankfully, this area provides a wide variety of choice for kids to find an athletic venture that will best suit them,

and tennis is a sport that's worthy of serious consideration.

Physically, tennis promotes cardiovascular fitness, coordination, motor control and flexibility. This can translate into improved stress management and problem-solving and coping skills. Because competitive and recreational opportunities exist in tennis at all ages, learning the game while young can be a lifelong skill.

Frog Hollow's Camp

programming, in Lansdale, has been optimized for children's learning. Each player has the ability to acquire skills more quickly and retain more when playing with appropriate-sized materials. Frog Hollow uses low compression balls, which bounce just right to learn the basics of the game. Our drop shots and aces camps use appropriately sized racquets to allow for ease and maximum hitting capabilities.

Kids will serve, rally

and score faster. That translates to actually playing the game and having lots of fun.

We also offer options for older more experienced players in our top spinners, competitive training and Fila camps. Each group is based on the player's experiences that allow all the players to optimize their training environment for the best combination of competitiveness while having fun.

Visit [www.frogtennis.com](http://www.frogtennis.com) or call 610-584-5502 for more information.

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TO  
REMEMBER



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## GERMANTOWN ACADEMY

# Camp experiences are diverse, engaging, fun



Sports camps are offered throughout the summer, with specific weeks for baseball, basketball, field hockey, football, lacrosse, soccer, tennis and track.

Germantown Academy offers children ages 3 to 16 a diverse, engaging day camp experience, competitive and recreational sports camps with GA coaches, and specialized camps in the arts, sciences and technology. These weekly camps are at

the school's beautiful 126-acre campus in Fort Washington. Highlights include access to the Wissahickon Creek and state-of-the-art athletic facilities.

Our Day Camp provides a wide variety of activities, with campers entering first through sixth grade. A camper's day can be an exciting mix of art, games, science, athletics, swimming, nature, technology, song and dance and an awesome ropes course and zip line. Daily instructional or recreational swimming in our indoor pool and options for lunch round out this benchmark program.

Travelers Day Camp gives rising fifth- and sixth-graders the opportunity to travel off campus twice a week to places such as state parks and family fun centers

while still enjoying special activities on campus. This is modeled off our successful Explorers Camp, where seventh- and eighth-graders travel off-campus every day.

For campers ages 3 to 5, we have a full slate of age-appropriate programs led by experienced early childhood professionals. Our preschool camp offers a flexible transitional program for 3-year-olds, and Adventurers Camp provides both traditional day camp and special themed camps for 4- and 5-year-olds.

Day Camp also includes leadership opportunities with leaders in training, or LITs, and counselors in training, or CITs, for campers who want to be counselors one day.

Sports camps are also offered throughout the

summer, with specific weeks for baseball, basketball, field hockey, football, lacrosse, soccer, tennis and track.

Other popular camps include Art Camp, Kids Kitchen and Model Rocketry. You can also audition for the Belfry Theatre camp, where this summer's production is "Seussical Jr."

Is your child obsessed with the Minecraft video game and digital design? We offer Minecraft and graphic design camps through our partnership with Lavner Camps.

Session length is weekly, June 15 to Aug. 14; camp is closed July 3.

Have your child join us this summer and let them explore 126 acres of fun and friendship at Germantown Academy. Visit [www.gacamp.org](http://www.gacamp.org).

**www.gacamp.org**  
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## SUMMER VACATION

# Enjoy a stress-free summer with the kids



METRO

Between camp, going on holidays and playdates, summer vacation can feel like endless planning and shuffling from activity to activity. Fortunately, you can use these tips to cut down on your stress and enjoy quality family time together.

Metro

Between camp, going on holidays and playdates, summer vacation can feel like endless planning and shuffling from activity to activity. Fortunately, you can use these tips and tricks to cut down on your stress and enjoy quality family time together:

- **Create a schedule:** Jot down family activities and commitments on a large calendar and keep it on the fridge so everyone can see what's coming up. This will help give the kids a sense of security and routine that's missing during the summer months. Just be flexible, and make sure to schedule plenty



ADOBE STOCK

of free time to relax and enjoy quiet time with a book.

- **Cut down kitchen time:** Don't like having to choose between healthy and quick, easy meals? Look for simple, nutritious meal options that take much of the work out of cooking. For easy lunches and dinners you'll feel good about serving the kids, try Mann's Nourish Bowls. Ready

in just a couple of minutes in your microwave, the bowls were developed by chefs and feature superfood veggies such as broccoli, sweet potato and kale. They work as great side dishes to complete a fast and healthy meal.

- **Plan special dates:** Getting out of the house regularly doesn't mean having to use up the family

travel budget. Give the kids an excuse to use up their energy and get some fresh air by scheduling some fun, free activities. Go to the park, spend time in the library and visit your local community swimming pool. Keep the kids on top of chores and other duties by presenting these activities as rewards for a job well done.



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