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Summer Camps Education & Activities

Choosing a Summer Camp

Now is the time to register for summer camp; nearly infinite choices.

BY MARILYN CAMPBELL
THE CONNECTION

Many families with school age children will plan to have their children spend some of the much-anticipated summer season in camp. If you haven't yet selected camps for your children, now is the time.

"Popular classes and programs always fill early," said Kevin Rechen, camp director of Summer at Norwood in Potomac, Md.. "Families that are choosing a camp based on a specific program or class should register as soon as they can."

Whether you choose a traditional day camp, a specialty camp or a sleep away camp, the Washington, D.C. region has a multitude of offerings. The array of options can be overwhelming for some parents, but summer camps can be an important part of a child's development. Local child development experts say there are a few things to keep in mind when choosing for a camp.

"Summer camp is an opportunity for children to develop social skills with their peers," said Linda Gulyn, Ph.D., professor of psychology at Marymount University in Arlington, Va. "Camps give the benefits of social interaction in a more relaxed setting."

When selecting a camp, there are factors that parents should keep in mind. "When parents are looking for a camp they should try to find a camp where they're comfortable with the facility, the programming and counselors and staff," said Rechen.

An array of specialty camps offer children a chance to focus on one activity. "Developmentally, as children get older they get more specialized in their skills and interests," said Gulyn. "Summer camp is an opportunity to hone in on those skills. Go with the child's interest and skills and further develop those because they are an important part of a child's identity."

Specialty camps can help children develop creative thinking and problem-solving skills.

For example, St. Stephen's & St. Agnes School in Alexandria offers camps that include Quadcopters and Video Editing, MiKiDo Mixed Martial Arts, CSI Detective, Hunger Games, Civil War, Fantasy Battle Gaming, Filmworx Movie Making, Eco-Adventures, Junior Musical Theater, Zooology, [and] Junior Veterinarian, said Linda Stratton of SSSAS.

OTHER SPECIALTY CAMPS include cooking camps, yoga camps and sports camps that run the gamut from tennis to hockey.

"A specialty camp gives children a sense of one par-



PHOTO COURTESY OF FAIRFAX COUNTY PARK AUTHORITY
Campers at Hidden Oaks Nature Center find something interesting while exploring the creek.



Activities from summer camps held at Madeira School in McLean.

tical area for a short period of time and allows them to decide if it is something that they want to pursue long-term," said Bethesda, Md., resident Deborah Helfeld who has taught art and yoga summer camps.

At George Mason University, high school juniors and seniors will have an opportunity to attend a camp that will give them a head start on college. "It's not your parents' summer camp," said Sudha Kamath. "Mason is giving high school juniors and seniors the chance to take some rare classes for college credit, covering everything from insects that crawl underground to objects that spin through outer space."

Cathy Evans, director of special projects at George Mason University said, "Subjects include astronomy, biology, chemistry, computer science, economics, environmental science, ethics, global affairs, health behavior, history, mathematics, nutrition and public speaking. The sky's the limit as students explore topics like 'Stars, Galaxies and the Universe' and 'The Ecosphere.'"

Camp Greenway at The Madeira School offers three options for two-week camp sessions with outdoor and indoor activities, said Laura Temple, spokeswoman for school in McLean, Va. "Water sports, games, team

sports, music, arts and crafts, and MAD Science are all part of the daily action for campers."

The Fairfax County Park Authority offers camps nature camps that are designed to immerse children in the outdoors. "We want the children to connect with the world around them," said Judy Pedersen, Public Information Officer, Fairfax County Park Authority. "When they leave camp, we hope that they have a deeper appreciation for the world around them for and the environment." You don't need to be a resident of Fairfax County to attend the camps, Pedersen said.

The Arlington Art Center offers summer camps for children and teens that meet daily for several sessions throughout the summer, 3550 Wilson Blvd, Arlington. Classes range from portfolio development to drawing, acrylic painting, and contemporary landscapes with oil paint.

ANOTHER OPTION is sleep away camp, which can sometimes be a nerve-wracking but rewarding experience for both a parent and a child.

How does a parent know that their child is ready for to make this leap? "It is going to vary from child to child and family to family," said Michele C. Garofalo, Ed.D., assistant chair, Department of Counseling and a professor of Psychology at Marymount University in Arlington. "I think if a child has spent time having sleep overs with friends and has done ok, and is independent and feels comfortable sleeping at friends' houses then it should be fine."

Garofalo suggests that the first sleep away camp experience should be brief.

"I think you want to do a shorter experience to get them ready. The first summer, send them to a four-day camp to test the waters. Their first experience should be at a camp that is close to home. Don't send them to a camp in California the first time."

An open dialog between parent and child is key. "Explain to the child that they are going to be on their own and tell them what will be expected of them," said Garofalo. "Parents can prepare their children and have an honest conversation about what will happen at the camp."

Those who think they can't afford the cost of summer camp should research financial aid options.

"Many summer camps offer financial aid and there are foundations that give grants for camps," said Rechen.

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Many Ideas for Summer Activities

BY MARILYN CAMPBELL
THE CONNECTION

Molly McAlister enjoys the freedom of summer, but there are three words she dreads hearing: “Mom, I’m bored.” Creating activities to keep her three children busy during the summer is a task she en-

joys, but it isn’t always easy.

“I love taking the kids swimming or on bike rides, but sometimes I run out of ideas,” said McAlister who lives in Centreville.

Many parents allow “screen time” to keep children happy, but it’s important to interact with them as well.

“Some parents will give their child an iPhone or an iPad to en-

tertain them,” said Michele C. Garofalo, Ed.D., assistant chair, Department of Counseling and a professor of Psychology at Marymount University in Arlington. “Interacting with children and being involved with them rather than giving them electronic activities is important. It is important for kids to figure out how to interact with their parents and friends.”

“Summer is a wonderful time for parents to get to know their kids and interact with them in a different way,” said Garofalo, who lives in McLean.

One way that families can spend quality time together is by creating art, said Dabney Cortina of the McLean Project for the Arts in McLean. In addition to summer camps, McLean Project for the Arts offers family workshops where parents and children create art together. “The whole process of creating is so important to a child’s development and it’s so important to be with your children and create something together,” said Cortina.

Community service projects are a great way to spend time and help children learn during the summer.



PHOTOS BY GENE BUONACORSSI

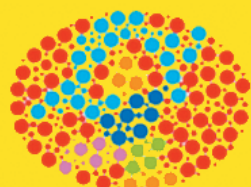
Arcadia Center for Sustainable Food and Agriculture in Mount Vernon runs a camp where children from 6-11 years old get to experience life on a farm and learn about the source of their food.

“Let them spearhead a yard sale,” Garofalo said. “Kids gather the items, make flyers and put the flyers in everyone’s mailbox. They can donate the money to charity so you can tie in a service project.”

For families who want to spend time outdoors, Len Annetta, Ph.D. Professor in the College of Education and Human Development at George Mason University suggests

the Manassas National Battlefield Park. The park, which is home to more than 160 species of birds, has been recognized National Audubon Society as an Important Bird Area.

“Our area has so much history,” said Annetta. “Most of these place don’t cost money but can immerse students in something educational, which is really critical.”



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