

# A Guide To Summer Camps & Schools

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January 22, 2015

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# Camp is for every child

By PEG L. SMITH

Watching my son after he returned from summer camp was the first hint that remarkable growth was underway.

He was engaged, giving, and confident. Viewing the camp experience as a respite from the real world is somehow to miss the point: it is the real world. Camp is getting dirty, trying to pull harder so your team wins, finding the friend you always wished for, being yourself. It's the time of your life and the promise of the future.

As a parent, I constantly ask where do children have their mental, personal, emotional, and physical needs nurtured? Where will they learn to get along with others, to take safe risks, to deal with conflict in a constructive way that encourages them to be creative, to explore and discover, to learn by actively doing, to try, to fail, and try again?

In the camp community, I find what I intuitively know as a parent: to be a positive, productive adult, one needs the opportunity to experience childhood because that is the way one grows.

Camps enjoy the opportunity of working their magic with all of our children: the gifted athlete, the budding musician, the curious naturalist, the first-time camper, the focused hobbyist, and the child with a disability.

The idea that camp is for every child isn't just a pipe dream. It is a reality. And it is one that parents and children celebrate and the American Camp Association supports by promoting safe, fun, and developmentally-appropriate experiences in the camp setting.

The entire experience began with a single camp — The Gunnery Camp in 1861. The Gunnery Camp is considered the first organized American camp. Frederick W. Gunn and his wife Abigail operated a home school

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for boys in Washington, Conn. In 1861, they took the whole school on a two-week trip.

As I write, I am buoyed by the recognition of just how dynamically this idea has taken flight. More than 11.5 million children, youth, and adults will participate in a camp experience this summer.

Overall, the numbers continue to grow, and this popular movement testifies so loudly to the extraordinary benefits that camp provides to our young people, including responsibility, exploration, engagement, not to mention the spiritual dimension of the camp experience.

Is camp quantifiable? Maybe not. But as a parent, I can only react with extreme pleasure as my son displayed those acts of kindness and generosity of spirit that follow so naturally from

his time at camp. His chance to develop and grow was marked by constant changes.

Camp is about firsts — a first campfire outdoors, leading a pony, catching a frog, enjoying the evening stories, and being chosen to be part of a community that values each child and his or her special gifts.

It's about making memories and honoring the traditions of those who have come before. Children are alight with the idea that their acorn hangs from a rafters where their parents and aunts and uncles placed theirs so many years before.

Throwing the doors wide open to allow generations of children and families to enjoy the value of experiential learning and growth, a path to self-esteem and independence is what camp is all about. From urban

and rural settings to international camp opportunities, we revel in watching children discover their place in the world.

*About the author: By Peg L. Smith, Retired Chief Executive Officer of the American Camp Association. Adapted and reprinted with permission of the American Camp Association. Copyright 2015 by the American Camping Association, Inc.*

*Editor's Note: Camp is an equal-opportunity life-changer. By sending a child to camp, families are truly giving a gift that lasts a lifetime. The pages in this booklet provide a listing of camps of all types in the area. Whether it be academics, music, theater, sports, or other types of interests, you'll find it here. Happy Camping.*



1766



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## ALL CHILDREN'S THEATRE PERFORMING ARTS DAY CAMPS

**Summer Address:** PO Box 6328,  
Parsippany, NJ 07054

**Summer phone:** (973) 335-5328

**Fax:** (843) 796-2005

**E-mail:** allchildrensth@aol.com

**Website:** www.allchildrenstheatre.org

**Director:** Alex Kramer, program director

Boys and girls ages 6 to 17. Fees: \$615 – Creative Dramatics Camps for two full weeks; \$695 – Broadway Kids Camps for two full weeks. Sibling and multiple camp discounts are available. Major credit cards are gladly accepted. Session Lengths: Each of our 6 day camps is two weeks long, from 8 a.m. to 5 p.m. Mondays through Fridays.

*All Children's Theatre, Inc. is a non-profit all kids arts organization established in Parsippany in 1983 and operates 6 performing arts day camps from July 6 to August 28 at air-conditioned campsites in Clinton, Parsippany and Watchung which provide campers a wonderful theatrical experience in musical theatre or creative dramatics. No prior theatre experience is required to register.*

*Campers become involved with acting,*

*singing, dancing, comedy, staging, scenery design (painting and/or collage), rehearsals, and family performance on the evening of the last camp day. Morning and afternoon snacks are provided daily as well as a pizza/soda lunch on the last camp day.*

*All camps are directed by state certified teachings with extensive experience in teaching and children's theatre. Our motto: "Where Every Child Is a Star."*

## ART OF DANCE

**Summer Address:** 15 Seminary Avenue,  
Chester, NJ 07960

**Summer phone:** 908-879-4919

**E-mail:** manager@artofdance.org

**Website:** www.artofdance.org

**Director:** Valerie Harman

Serves ages 2 to adult. Fee: Varies. Session Lengths: Camps are 1 week; Classes are 6 weeks.

*Art of Dance has provided comprehensive training for both competitive and recreational dancers for over 45 years. Ages 2 ½ years through adult will enjoy opportunities in all styles of dance, including Ballet, Tap, Jazz, Hip Hop, Irish, Gymnastics, Voice, and Act-*

*ing. Boy's Only classes, Birthday Parties, and Private Lessons available.*

*Art of Dance is located in an 8,000 square foot performing arts facility, with sprung floors in each of its five dance rooms, large one-way windows to view classes, and a waiting room equipped with free wireless internet. Get all your dancewear needs at the fully-stocked Art of Dance Boutique. Register online at or call for more information.*

## BACKYARD KIDS SUMMER CAMP

**Summer Address:** 79 Horsehill Road,  
Cedar Knolls, NJ 07927

**Summer phone:** 973-267-0704;

**Fax:** 908-898-0485

**E-mail:** camp@morristownymca.org

**Website:** GreaterMorristownYMCA.org

**Director:** Ryan Deighan

Co-ed, preschool through Grade 9. Fee: varies from \$265 to \$315 per week, with discounts for the 3- or 4-day week option. Session Lengths: 8 a.m. to 6 p.m. Weekly 3, 4 & 5 day options available. June 22 to August 21.

CONTINUED ON PAGE 7



## INTERNATIONAL IVY SUMMER ENRICHMENT PROGRAM













AGES 5-14

### Classes

- Robotics
- Java Programming
- Video Game Design
- Mobile App Design
- Minecraft Gaming
- Website Design
- Graphic Design
- Civil Engineering
- Bio-Engineering
- Ice Cream Engineering
- Surgical Techniques
- Detective / Spy Lab
- Competitive Math
- Shark Tank, Jr.
- Investment Literacy

- Film Making
- Animation
- Acting for the Stage
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### 11 Locations in New Jersey

Caldwell Oakland Short Hills

Chatham Paramus Somerset

Edison Ringwood Sparta

Far Hills Scotch Plains



## FROM PAGE 6

*We make summer camp fun because play is an important way for kids to process the world in which they live. We structure their days but we also allow time for the campers to be kids. We are committed to providing a safe, positive, fun experience for all our campers.*

*Our counselors are a diverse group of nurturing, caring, patient, skilled and responsible counselors. All staff undergo background checks, training in safety, counseling techniques, conflict resolution, camp policies and procedures and are CPR certified. This high standard of professionalism results in a safe, fun, high quality experience for our campers.*

**CAMP O-PA!**

**Summer Address: 2 Morristown Road (the Old Library building), Bernardsville, NJ 07924**

**Summer phone: 844-OPA-PERF**

**E-mail: OPA@opaacademy.com**

**Website: www.opaacademy.com**

**Directors: Ryan Stevens and Jena Weaver**

Serves all genders, ages Pre-K to Grade 12. Programs designed for beginners through more elite athletes. Also offering non-sports specific academic, technology, college preparedness, and leadership classes. Fee: \$250 to \$350 per weekly session, depending on

specialty of camp track. Session Lengths: 1 week sessions from 10 a.m. to 3 p.m. Monday through Friday, with before and after camp services available.

**O-PA! PERFORMANCE ACADEMY:** The performance academy is the newest addition to Somerset County in the heart of downtown Bernardsville and walking distance to the train. The brand new state-of-the-art facility at O-PA! includes a fencing studio and Jedi Arena, a playground, a cozy lounge, cafe with healthy snacks and frozen greek yogurt, Wi-Fi-covered "MindBar" computer area, and a group work space.

The camp series is designed around the "O-PA! 7" – innovative science-based programs designed to reach all ages of athletes, all aspects of training, as well as a focus on nutrition, leadership and sports psychology. The emphasis is on giving athletes the core foundation of agility, speed, strength and balance to enhance their performance in all sports – whether it be football, soccer, basketball, lacrosse, swimming, equestrian, skiing, or track and field. In addition to sports, O-PA! offers an innovative technology camp series as well as a new college readiness and leadership series.

**O-PA! JEDI FENCING SCHOOL:** The O-PA! Jedi School is a program for young children that will introduce them to the sport of Fencing in a safe, non-competitive

and fun environment. O-PA! Jedi School offers a "Learn to Fence" program as well as a more advance Fencer Skills program. The Jedi Kids fencing activities and games improve fitness, balance, agility, hand-eye coordination, focus, discipline and confidence. Children will develop strategic and problem solving skills they will use throughout life. What child has not picked up a stick and played Luke Skywalker, Peter Pan or a Musketeer? Now your child can discover the exciting sport of fencing in a safe and fun environment.

**CAMP RIVERBEND**

**Summer Address: 116 Hillcrest Road, Warren, NJ 07059**

**Summer phone: 908-580-CAMP**

**Fax: 908-647-2435**

**E-mail: info@campriverbend.com**

**Website: www.campriverbend.com**

**Director: The Breene Family**

Co-ed, ages 3 to 14. Half day for 3- and 4-year-olds, full day for 4-year-olds and up. Teen day trip program for those entering grades 7 to 9. Fee: varies depending on weeks and program options. Visit [www.campriverbend.com/parents/registration](http://www.campriverbend.com/parents/registration) for details. Session Lengths: 2 to 7 weeks.

*Camp Riverbend—where the fun never*

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## Backyard Kids Summer Camp

"One of the Best"  
Readers Choice  
Award 2014



**Make EVERY day an  
AWESOME day this summer!**

**June 22 - August 21, 2015**

- Full and partial week options
- Grades preschool - 9th grade
- Lunch and snack option
- Early morning drop-off option

• Age appropriate trips, swimming, theme days and more

**Open House March 7, 11:00-1:00**



**The Greater Morristown YMCA**  
79 Horsehill Rd, Cedar Knolls (973) 267-0704  
[morristownymca.org](http://morristownymca.org)

**It's Going to be an  
Excellent Summer  
at Newark Academy**

**June 22 - July 31, 2015**

**Mott-Leeney Baseball Camp begins June 22**



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NJ's premier academic program

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[www.newarka.edu/summer-programs](http://www.newarka.edu/summer-programs)



FROM PAGE 7

ends! At Camp Riverbend Day Camp, your child can experience the most memorable summer ever — in a safe, nurturing and caring environment dedicated to growth, friendship and fun! A full range of sports, crafts, swimming, nature and more! At Riverbend, we applaud effort and enthusiasm, fun and camaraderie and camp spirit. The Breene Family welcomes you to our camp family! For boys and girls, ages 3 to 14. Door to door transportation is provided from parts of Essex, Morris, Middlesex, Somerset and Union counties. Accredited by the American Camp Association and the State of New Jersey.

### CAMPUS KIDS – NEW JERSEY

**Summer Address: Blairstown, NJ 07825**

**Summer Phone: 973-845-9260**

**Winter Office Address: P.O. Box 8, Madison, NJ 07940**

**Winter Phone: 973-845-9260**

**Fax: 973-845-9262**

**E-mail: [info@campuskids.com](mailto:info@campuskids.com)**

**Website: [www.campuskids.com](http://www.campuskids.com)**

**Director: Tom Riddleberger**

Co-ed, ages 7 to 15. Fee: Varies by length of stay (no tipping allowed). Session Lengths: 2 weeks up to full season.

*Campus Kids is the WEEKDAY SLEEP-AWAY CAMP — Monday through Friday at*

*camp and home with the family on weekends, transportation included. It's the perfect first sleep-away camp experience. Enroll for 2 or more weeks.*

Each camper chooses his/her own activities every day. It's easy to try new activities and to spend more time in favorite ones. Sports, fine arts, performing arts, aquatics, nature, adventure; more than 50 different activities. Counselors (all college age and older) are fun, safety-conscious and focus on each camper's needs.

Campus Kids-NJ is in Warren County on the beautiful, rural campus of Blair Academy, providing superior facilities. Ask about our sport specialties in ultimate Frisbee, squash, tennis, softball and fitness. Weekend travel program also available for campers ages 12 and older: Private tours given year-round at camp, by appointment on weekends. 2015 is our 25th summer! ACA-Accredited.

### THE CHILDREN'S CORNER

**Summer address: 45 Church Street,**

**Liberty Corner, NJ**

**Phone: 908-647-8401**

**Email: [kima@libertycorner.org](mailto:kima@libertycorner.org)**

**Website: [www.libertycorner.org](http://www.libertycorner.org)**

**Director: Donna Greco**

Fee: Contact The Children's Corner at 908-647-8401. Session lengths: toddler program, kindergarten prep, kindergarten through

5th grade, after school program, summer camp program (weekly during July and August – half and full-day options available)

The Children's Corner, a non-profit Learning Center under the ministry of Liberty Corner Presbyterian Church (LCPC) has been offering parents and caregivers a loving, nurturing Christian environment for their children since 1987. Serving children from infant to 5 years, both as a traditional nursery school, kindergarten prep, and full day program, The Children's Corner strives to build each child's self-esteem while fostering respect for others—both peers and adults.

A before and after school program for children in kindergarten through 5th grade is also offered for the parent's convenience.

"The Children's Corner is dedicated to meeting the spiritual, cognitive, social, emotional, and physical needs of children in the community in a kind and loving Christian atmosphere," said Donna Greco, director. "It is the school's belief that the preschool experience is the first step in a long educational process and wishes to make it as happy and non-stressful as possible. Programs are created to provide experiences that nurture academic readiness skills and cognitive materials are presented to commensurate with each child's ability."

CONTINUED ON PAGE 9

*When I go to high school, I want to be a*

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...and in themselves.

## FRESHMAN FOR A DAY MOUNT SAINT MARY ACADEMY

Call the Admissions Office to  
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A Catholic, independent, college preparatory  
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## The ideal first sleep-away camp!



Monday through Friday  
at camp AND home with  
the family on weekends.

### the Weekday Sleep-Away Camp

- Ages 7-15, coed
- Transportation included.
- 2 weeks or more
- Campers choose their own activities!
- Sports, Fine Arts, Performing Arts, Aquatics & More!



[campuskids.com](http://campuskids.com) / 973.845.9260

Want to see camp? Tours of camp given most weekends! Call for an appointment!



FROM PAGE 8

The toddler program offers Christian songs and stories, painting, finger plays, sensory experiences, manipulative activities, gross and fine motor skills, and group play. The pre-kindergarten programs include math concepts, social studies, science, emergent reading skills, poetry, dramatic play, writing, language arts, and multicultural studies. The school's kindergarten prep class provides learning opportunities that incorporate core content standards.

Enrichment classes in art, tumbling, and Spanish are offered throughout the week. New this year is an Exploring God's World science lab.

An after school program for children in kindergarten through 5th grade, consists of a non-academic, structured, activity-based program that provides a secure environment for working parents. Activities include organized games, arts and crafts, snack, Christian stories, free play and quiet time to do homework.

The Children's Corner also offers a Summer Camp Program featuring an array of fun-filled summer time activities in a loving Christian environment including a series of exciting theme weeks, hands-on science, arts and crafts, water activities, music programs,

CONTINUED ON PAGE 10



Zip Line is one of many activities offered at JCC Camp Ruach in Bridgewater. For additional information, go to [www.ssbjcc.org/camp](http://www.ssbjcc.org/camp) or call 908-725-6994 x264. See the listing on page 11 and the ad on page 12.

## Albrook Summer Camp



**Fun  
in the  
Sun!**

- Ages 4-9
- 2 Week Sessions
- Morning & Full Day Programs
- Daily Swim Lessons
- Nature Programs
- Creative Writing
- Math
- Cooking
- Engineering
- Montessori






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[www.albrookschool.org](http://www.albrookschool.org)

# SMART SPORTS

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**10 Sports Camps  
for Boys Grades 3-9**  
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**Co-ed Courses  
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 June 24 – July 31

973/538-3231 ext. 3019 • 230 Mendham Road • Morristown, NJ 07960  
[delbarton.org/summer](http://delbarton.org/summer)



FROM PAGE 9

special events, cooking and lots of safe fun indoor and outdoor play.

The Camp also offers a full Center Court gymnasium for sports activities, dancing, and free play, stage for special performances and shows, as well as several different age appropriate playground areas with riding toys, sand boxes and swings. Campers will be surrounded daily by a loving team of qualified teachers and counselors and will enjoy half and full day options. The Summer Camp Program runs weekly from June 29 through August 21.

The Children's Corner is open year-round and is part of the mission of The Liberty Corner Presbyterian Church through and behalf of The Lord Jesus. The teachers and staff are professionals who are fully committed to the children in their care. The Children's Corner does not discriminate and admits children of all races.

## HI-HILLS DAY CAMP

**Summer Address:** 25 St. Bernard's Road, Gladstone, NJ 07934

**Summer phone:** 908-234-0067

**Fax:** 908-234-0045

**E-mail:** info@hhills.com

**Website:** hihills.com:facebook./hihills

**Director:** Cindy Wayatt

Hi-Hills offers a Kinder Camp program, a nurturing environment for children ages 3 through Kindergarten; a traditional Day Camp for campers entering grades 1 through 7; a Teen Travel program for campers entering grades 8 and 9; and a Counselor-in-Training (CIT) program for campers aged 15. Plus Hi-Hills Day Camp offers an array of summer enrichment programs that can be taken independently or easily combined with a traditional day camp schedule.

This incredible "New England" style environment includes an air-conditioned athletic center, gymnasium and dining hall, heated outdoor pool, 7 tennis courts, the GSB garden, amphitheater, indoor and outdoor track, playgrounds, soccer, baseball and softball fields and a "SPLASH PAD".

There are no limits to our options for scheduling – Hi-Hills is the most flexible in the area. You choose the weeks or days that suit your needs. Take advantage of Hi-Hills' half-day option and combine it with a half-day enrichment program. Before and after care options are available. Daily catered lunch service by FLIK Dining Services along with door-to-door transportation throughout Morris, Somerset, Hunterdon, Warren, Sussex, Union and Essex counties.

Since 1966, Hi-Hills has focused on the overall development and growth of children in a fun, safe and supportive environment. Each

year, campers are encouraged to explore a wide variety of activities and develop new skills. Our extensive range of exciting programs are tailored and varied to meet the specific needs of each age group. Specialty programs include daily instructional and free swim, sports, fine arts, performing arts, nature program and special events.

At Hi-Hills we pride ourselves on the quality of our staff. Hi-Hills staff are the measure of success for camp and are trained every year to encourage, nurture and support campers to ultimately make a difference in the lives of the children. The majority of our staff are teachers, coaches and college students specializing in childcare with a supporting staff of high school students over the age of 16.

For more information, open house dates or to book a camp tour, please contact Cindy in the camp office at 908-234-0067 or visit hihills.com.

## INTERNATIONAL IVY ENRICHMENT PROGRAMS

**At the following 11 locations:** Caldwell College, 120 Bloomfield Avenue, Caldwell; Chatham Day School, 700 Shunpike Road, Chatham; Wardlaw-Har-

CONTINUED ON PAGE 11



STRENGTH OF MIND  
STRENGTH OF CHARACTER



## ADMISSION EVENTS

### Fridays at Far Hills Tours

January 23

February 6

March 27

April 10 & 24

8:30 - 10:00 AM

To RSVP or to schedule a private tour please contact:  
Lisa VanderVeen  
Admission Director  
908.766.0622 ext: 455  
lvanderveen@fhcds.org

Far Hills Country Day School

697 Mine Brook Road/Route 202, Far Hills, NJ 07931

www.fhcds.org



FROM PAGE 10

**tridge School, 1295 Inman Avenue, Edison; Far Hills Country Day School, 697 Mine Brook Road, Far Hills; Barnstable Academy, 8 Wright Way, Oakland; Ridge-wood Montessori School, 70 Eisenhower Drive, Paramus; Papillon Montessori School, 1 Carletondale Road, Ringwood; Language and Enrichment Center, 551 Park Avenue, Scotch Plains; The Pingy School, 50 Country Day Drive, Short Hills; Rutgers Preparatory School, 1345 Easton Avenue, Somerset; and Hilltop Country Day School, 32 Lafayette Road, Sparta.**

**Summer phone: 908-899-1338**

**Fax: 908-363-1016**

**E-mail: info@iisummer.com**

**Website: www.iisummer.com**

**Director: Lily Wong**

Co-ed, ages 5 to 14, all are welcome. Fees: \$360 to \$390 per week for half-day and \$720 to \$780 per week for full-day. Session Lengths: weekly. Families can register for any number of weeks. We operate from June 29 to August 21. Full-day, half-day and extended day are available options.

*The International Ivy Summer Program is dedicated to providing fun and intellectually-stimulating classes to fuel young people's interest and creativity. We offer classes*

*in robotics, video game creation, computer programming, Minecraft, science, math, performing arts, film-making, animation, web-site design, graphic design, fashion design, industrial design, brain training, chess, fencing, golf and more. There are more than 50 classes to choose from. Come join us for a positive and nurturing summer experience! Check out our website, www.iisummer.com.*

## JCC CAMP RUACH

**Summer Address: 775 Talamini Road, Bridgewater, NJ 08807**

**Summer phone: 908-725-6994, x 264**

**Fax: 908-725-9753**

**E-mail: sherman@ssbjcc.org and**

**lpaniccia@ssbjcc.org**

**Website: www.ssbjcc.org/camp**

**Co-Directors: Stacey Herman and Lauren Paniccia**

Co-ed, 15 months to grade 9. Fee: Varies based on schedule. Session Lengths: four to 10 weeks.

*Camp Ruach is located on 14 acres and offers programs for Campers ages 15 months through 9th Grade. Pre-camp week June 22 to 26 for ages to Grade 6. Post Camp Week August 24 to 28 for Ages 3 and 4. Post-Camp Specialty Camps offered August 24 to 28 for Grades K-6: Bricks 4 Kids Legos, On-the-Court Basketball, Creative Theatre and Challenge Island. Eight-Week camp season*

*runs June 29 to August 21; registration is available for four weeks or more. Preschoolers have multiple scheduling options to meet individual needs.*

*Camp Ruach has three swimming pools – indoor and outdoor – four sports fields, climbing wall, bouldering wall, high and low ropes courses, mini-golf course, portable skateboard park, great indoor facilities including a gymnasium, and much more. Activities include Swim Instruction and Swim Team, Karate, Archery, Zip Line, Sports, Gymnastics, Arts & Crafts, Musical Theatre, Cooking, Weekly Entertainment and more!*

*The program for campers in grades 4 to 6 consists of three days onsite and two days of offsite trips per week. Road Rulz Teen Travel offers five journeys a week for Teens entering grades 7 to 9, (multiple overnights and one-week trips). The Leadership In Training (LIT) program for campers entering Grades 8 and 9 combines learning to be a community leader, working with campers, and enjoying a weekly trip.*

*New in 2015: Sababa, a program for 7th graders offering two day trips per week and on-site programming 3 days week; and Chaverim, an individualized program for campers with special needs in Grades K to 3. Inquire about our Shadow Program.*

CONTINUED ON PAGE 12



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FROM PAGE 11

*Camp Ruach provides a high staff to camper ratio. Busing is included. Lunches, early care and late stay are also offered. Now hiring camp Staff: Teen Travel Unit Head and Counselors, Junior and Senior Counselors and Specialists. Brochure, video and applications available at: [www.ssbjcc.org/camp](http://www.ssbjcc.org/camp).*

## MEADOWBROOK COUNTRY DAY CAMP

**Summer Address: 73 East Valley Brook Road,**

**Long Valley, NJ 17853**

**Summer phone: 908-876-3429**

**Fax: 908-876-4635**

**E-mail: [info@MeadowbrookDayCamp.com](mailto:info@MeadowbrookDayCamp.com)**

**Website: [MeadowbrookDayCamp.com](http://MeadowbrookDayCamp.com)**

**Director: Roz and Jed Buck**

Traditional Co-ed Day Camp serving campers between the ages of 3 and 14. Session Lengths: June 29 to Aug. 21, with a 4-week minimum.

*Meadowbrook offers an innovative and exciting day camp program focused on youth development. Campers enjoy unique, age-appropriate activities on our magnificent 50-acre campus. Our program provides an*



Children in the JCC Blaustein Early Childhood Center in Bridgewater work on an art project. For additional information, please visit [www.ssbjcc.org/earlychildhood](http://www.ssbjcc.org/earlychildhood) or call 908-725-6994x208. See the listing on page 18 and the ad on page 23.

CONTINUED ON PAGE 13

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FROM PAGE 12

extraordinary way for children to spend their summer learning valuable life skills, building confidence and increasing their self-esteem, all in a safe, nurturing, fun environment!

### NEW HORIZONS DAY CAMP

**Summer Address: 235 Brooklake Road, Florham Park, NJ 07932**

**Summer phone: 973-850-6640**

**Fax: 973-850-6639**

**E-mail: [info@newhorizonsdaycamp.com](mailto:info@newhorizonsdaycamp.com)**

**Website: [newhorizonsdaycamp.com](http://newhorizonsdaycamp.com)**

**Director: Chris Purdue and Seth Blender**

Fee: Dependent on weeks registered. Session Lengths: June 29 to August 21

*New Horizons celebrates individuality by offering campers the ability to customize their own schedules while still enjoying a traditional camp experience. Kids are encouraged to try new things, while still enjoying activities that interest them.*

Campers choose from a wide variety of activities including sports, performing arts, swimming, science, technology, creative arts, academic enrichment, and media. Movie making, aviation, rocketry, and reporting for the camp newspaper are some of the additional activities that appeal to campers who are looking for more unique options.

*New Horizons offers an environment where*

*every child feels safe and celebrated, enabling them to take risks, explore their potential, and realize success. That success builds the kind of self-esteem and confidence that stays with them long after the last day of summer camp. The focus on choice, success, and fun is what makes New Horizons Day Camp "Just the Right Fit" for so many campers.*

### SEE CAMP

**Summer Address: The Wilson School, Mountain Lakes, and Oratory Prep School, Summit**

**Summer phone: 973-831-7779**

**Email: [seecamp@horizonsinlearning.org](mailto:seecamp@horizonsinlearning.org)**

**Website: [www.seecamps.com](http://www.seecamps.com)**

**Director: Chris Patrick, Mountain Lakes; Paul Smith, Summit**

Male and female students entering grades one through eight and CIT program for those entering grades nine or ten. Fee: \$770 per two week session and discounted tuition for additional children in the same family. Session lengths: Each session runs for two weeks.

*So much more than just summer camp, SEE Camp is a Summer Excitement Experience! Kids need to explore lots of avenues to find their true passions, so we make STEM, science, theater, art, and sports all equal parts of the fun.*

*At SEE Camp, we help kids discover what*

*they love to do. Founded in 1994, SEE Camp was created by, and continues to operate in conjunction with, an educational services and consulting firm.*

Our team is comprised of a fully professional staff. From the counselors to the teachers and directors, all staff members serve as teachers during the school year or are college students preparing to become teachers upon graduation. That means that our counselors, whose primary function is to meet the needs of the campers in their assigned group, have the ability to effectively manage the dynamics of their groups. This naturally prompts their campers to come to create lasting bonds that carry over from summer to summer.

Our teachers and subject area directors know how to develop age-appropriate activities that challenge our campers and encourage them to try without the fear of being judged. Curriculum-related field trips included. Extended care before and after camp available.

### SOMERSET HILLS YMCA

**Summer Addresses: 140 Mount Airy Road, Basking Ridge, NJ 07920, and at Far Hills Country Day School, 697 Mine Brook Road/Route 202, Far Hills, NJ 07931**

CONTINUED ON PAGE 14



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FROM PAGE 13

**Summer phone: 908-766-7898****Fax: 908-766-8288****E-mail: [kdezutter@somersetcountyyymca.org](mailto:kdezutter@somersetcountyyymca.org)****Website: [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)****Director: Kim de Zutter**

Co-ed, various camp options for kids ages 3 to 15. Camp and summer program options for children with special needs also available. Fee: Please refer to website for pricing and session dates. Session Lengths: 1 to 2 weeks, please refer to website for more information.

*The Somerset Hills YMCA offers an enriching camp program with more than 20 specialty and traditional camps. Our goal is to provide a nurturing environment that allows children and teens to learn, grow and thrive. Our camp counselors embrace the Y's core values of caring, respect, honesty and responsibility, and create a fun, exciting summer experience.*

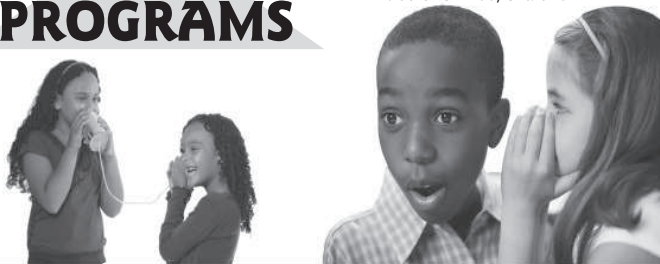
*The camps operate at two facilities, one at our Mount Airy Road location in the Basking Ridge section of Bernards Township and the other at Far Hills Country Day School in Far Hills. We offer regular day (9:30 a.m. to 3:30 p.m.) and extended day (7:30 a.m. to 6 p.m.) options for all ages.*

*Camp options include: Adventure Camp (a traditional day camp), Archaeology Camp, Digital Media Camp, Explorers Camp (for teens), Fine Arts Camp, Kinder Camp, Performing Arts Camp, Sports Camps, and Tumbling Camp, to name a few. Registration is ongoing. See our website for full details on how to register. Financial assis-*

CONTINUED ON PAGE 15

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FROM PAGE 14

tance is available to qualified families.

## SOO BAHK DO KARATE & WELLNESS

**Summer Address:** 630 Valley

**Road, Gillette, NJ 07933**

**Summer phone:** (908)

**647-4194**

**E-mail:** [info@karate4peace.com](mailto:info@karate4peace.com)

**Website:** [karate4peace.com](http://karate4peace.com)

**Director:** Michelle Cavett

Ages 3 through adult. Fee: Call for class schedule and pricing. Session Lengths: 3 and 6 months.

*Soo Bahk Do Karate & Wellness is a martial arts studio for students of all ages. The art we practice emphasizes the virtues of endurance, honesty, modesty and courage. We teach the mechanics of concentration, and encourage students to achieve self-development. Your child's karate school is not just a place to learn to kick and punch as a sport.*

*At Soo Bahk Do Karate & Wellness, we devote much attention to martial art tradition, where self-improvement is practiced for the sake of human development.*

*If we are to learn a powerful method of focusing energy, we then must take (and teach) responsibility for that knowledge. Parents are responsible for imparting their value systems to their children, but there are obstacles to the process – advertising, television, and peer pressure to name only a few.*

*At Soo Bahk Do Karate & Wellness, we want what you want for your children – to see them learn to live by our values and morals in order to achieve a more peaceful existence.*

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# First Time at Camp? Talking with Your Child

By **BOB DITTER**

Sending your child away to camp for the first time is a major milestone for most families, one that is often marked by excitement, anticipation, and perhaps even some anxiety.

Though camp is certainly about making friends and having fun, it is also about being on your own and being a part of a community.

One of the most important things you as a parent can do to help prepare your child for both these aspects of camp is to talk with your child about it before he or she goes.

In fact, it may be better to have several occasional, shorter talks rather than one long conversation as children often absorb more when there is less to think about at one time.

I also find that children do better with this sort of conversation if it is part of a more general conversation and if it is part

of a pattern of talking, either at the dinner table or while riding in the car doing errands.

The following are some sample topics that will help prepare your child emotionally for their big adventure:

## Friends

Camp is about making new friends. If you are shy about meeting new kids, then learn to get to know others by being a good listener. Remember also that not everyone in your cabin, bunk, or group has to be your friend, and you don't have to be everyone else's friend.

As long as you treat others with respect and they do the same with you, then having one or two friends at camp is fine. If you have more, then that's great!

## Activities

There are many exciting things to do at camp, many of which you may never have tried before. If your child tends to be

a bit homesick or worried about being homesick, remind him or her about the excitement of going to camp: Remember, when you first decided to go to camp, what made you so excited? You may not like all the activities, or you may be better at some than others. That's normal. I, however, hope you are willing to try. The more you put into camp, the more you will get out of it!

## Cooperating

You, like every other camper there, will be part of a cabin, bunk, or group. As your parent, I hope you will cooperate with others and help out. That's part of what makes camp so special — kids helping each other out. Most kids will help you if you are friendly and help them.

Give yourself time. One thing about camp is that almost everything is new, including the kids, the activities, the routines, the bed you sleep in, the bathroom. It takes a few days to get adjust-

ed, so be patient with yourself. Most of the time you will be having so much fun you won't mind all the changes, but if you do, remember that you will get so used to things that by the time you come home you will miss all those things!

## Helping Out


Camp is about fun, but it also requires that you help out. Clean-up is part of camp. You do it every day. As your parent, I hope you will cooperate.

## Getting Help

Everyone has good days and bad days. If you are having a problem, your counselor is there to help you. You don't have to wait to tell us if you are upset about something. After all, if your counselors don't know what might be troubling you, they can't help you. Be honest and ask for what you need.

PLEASE SEE FIRST, PAGE 17






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# FIRST: Discuss before

FROM PAGE 16

If your counselor doesn't seem to be concerned or doesn't help you, then you can go to the unit director, head counselor, etc. Parents should know who these "back-up persons" are and how their child will recognize them.

## Being Positive

It's a great thing to remind your first-time camper about his or her strong points. I would focus not just on what they do well, but their positive qualities as well, such as what makes them a good friend or the type of person other kids would want to know.

Helping children identify their strengths can help them when they are having a setback, which is one of those inevitable growing pains all children have from time to time.

Talking with your child about these kinds of issues is a great way to show support as your child gets ready to take this im-

portant step on the road to being more resilient and self-reliant. For you as a parent, it can give you more peace of mind as you allow your child to participate safely in a broader world.

*About the author: Bob Ditter is a child and family therapist living in Boston who consults extensively with people who work with children. He was special consultant to the Disney Channel for their series "Bug Juice." Ditter has visited over 500 children's camps in the United States. He has appeared on "The Today Show" and the "Evening News with Peter Jennings" and is considered one of the nation's leading experts on camp.*

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# Schools and Sports Programs

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**Summer Address:** 361 Somerville Road,  
Basking Ridge, NJ 07920

**Summer phone:** 908-580-0661

**Fax:** 908-580-0785

**E-mail:** ehelberg@albrookschool.org

**Website:** www.albrookschool.org

**Director:** Pauline MacNeill, Jean Hicks

The Albrook Camp serves children ages 4 to 9. Fee: \$520 to \$3,770. Session Lengths: Four two-week sessions with full, half and extended day hours.

*The Albrook School, nestled on 6 ½ acres, has air-conditioned rooms, two heated in-ground pools, extensive playgrounds, and is staffed with Montessori trained teachers and experienced lifeguards and swim instructors. Each camper has a swim lesson each morning and full day campers have a free swim in the afternoon. Sessions are offered in Montessori, Writing, Mathematics, Cooking, Explore the World, and Engineering.*

## APPLE MONTESSORI OF RANDOLPH

**Summer Address:** 470 Millbrook Avenue, Randolph, NJ 07869

**Summer phone:** 973-328-7737

**E-mail:** randolph@applemontessorischools.com

## APPLE MONTESSORI OF MORRIS PLAINS

**Summer Address:** 1339 Littleton Road, Morris Plains, NJ 07950

**Summer phone:** 973-538-1276

**E-mail:** morrisplains@applemontessorischools.com

**Website:** www.applemontessorischools.com

**Director:** Joanne Bailey Mooney, president

*Apple Montessori is celebrating its 43rd anniversary! There are several things that make Apple Montessori unique. First, we have materials that teach a particular skill through active, hands-on involvement. Children learn easier and faster from birth to 6 years old than at any other time in their life. Second, our school allows each child to learn at his or her own pace while developing strong confidence and self-esteem. Apple Montessori offers a unique reading program, computer enrichment, art, music, and Fastrack*

*programs. Our primary reputation comes from the ability to motivate young children to love learning! We also have an action-packed summer camp program. The campers participate in activities such as swimming lessons every day, arts and crafts, nature and science, cooking, music and dance, computers, organized sports, and field trips. New Jr. Counselor in Training Program for ages 6th through 9th grade. Opportunity to strengthen and practice leadership skills while having fun in summer camp! For more information, please call or visit our website.*

## BLAUSTEIN EARLY CHILDHOOD CENTER, Preschool, Kindergarten and Childcare

**Summer Address:** 775 Talamini Road, Bridgewater, NJ 08807

**Summer phone:** 908-725-6994, x 208;

**Fax:** 908-725-9753

**E-mail:** lweiss@ssbjcc.org

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CONTINUED ON PAGE 19



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FROM PAGE 18

**Co-Director: Linda Weiss**

Co-ed, ages 6 weeks through kindergarten. Fee: Varies based on schedule. Session Lengths: 10 month or 12 month registration

*Year-round infant and toddler programs beginning at 6 weeks old. Half Day (9 a.m. to 12:30 p.m.) and Full Day (9 a.m. to 3 p.m.) programs for 2, 3 and 4 year olds which promote academic learning in a nurturing child centered environment. Developmentally appropriate academic program. Early Risers (7:30 a.m.) and Extended Day (3:00-6:00 pm) hours option offered. Outstanding Full Day Kindergarten or Half-Day Kindergarten Enrichment/Extension programs are available in the AM and PM. Busing available for Kindergarten Enrichment from Van Holten and Hamilton elementary schools in Bridgewater. Specialized swimming instruction, physical education and music classes are included for 2, 3, 4s and Kindergarten programs. Kindergarten enjoys "GrandFriends" intergenerational program. After school enrichment classes are available in Swimming, Karate, Dance, Soccer, Yoga and Theatre Arts. Flexible programs to accommodate your schedule! Mommy & Me for ages 15 to 24 months with an adult. Summer day camp and vacation camp programs. "J Crew" After School Program for Grades K-6. Reserve your child's space now! Call Linda Weiss at ext. 208 for a personal tour.*

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CONTINUED ON PAGE 20

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**Summer phone:** 908-766-8200 ext. 143

**Fax:** 908-953-8097

**E-mail:** [academy@baskingridgecc.com](mailto:academy@baskingridgecc.com)

**Website:** [www.baskingridgecc.com](http://www.baskingridgecc.com)

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CONTINUED ON PAGE 21

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FROM PAGE 20

**SPORTS PROGRAMS****Summer Address:** 91 South Orange Ave.,  
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summersports@newarka.edu**Website:** www.newarka.edu/sum-  
mer-programs**Director:** Academic Programs: Bob Mal-  
laliu; Sports Camps: Liz Bona-BeachAcademic programs for boys and girls in  
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es from \$108 to \$375. Session Lengths: One  
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3 to 15. Fee: Each camp has a different price,  
please see our website for more details. Ses-  
sion Lengths: Times are also different for  
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CONTINUED ON PAGE 22



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FROM PAGE 21

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**Website: [www.willowschool.org](http://www.willowschool.org)**

**Director: Dorian von Aulock, Director of Operations and Service Learning**

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CONTINUED ON PAGE 23



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FROM PAGE 22

Digital will improve camper's technological readiness to affect positive change by teaching cutting-edge design, animation, and programming skills to make their own apps, and mods, thus giving campers the skills they need to succeed in the digital world.

The camp is located in The Barn which received the United States Green Building Council's Leadership in Energy and Environmental Design (LEED) platinum certification in 2008 and The Schoolhouse, which was awarded Gold LEED certification in 2003.

The summer camp provides special opportunities for families of children ages 3 to 14. Families may sign up for one week or two weeks. Morning programs for ages 3 to 7 are from 9 a.m. to noon. Full-day programs for elder students, ages 8 to 14, are from 9 a.m. to 4 p.m. For additional information, visit [www.willowschool.org](http://www.willowschool.org).

# Unplug at camp and loosen the digital umbilical cord

By **CHRISTOPHER A. THURBER**

Young people between eight and 18 spend an average of 6.5 hours a day absorbed in media and much of that time is solitary.

Electronic technology has done a lot to make life more convenient. Sadly, the 1950s dream of having robots and computers do most jobs so that adults could work 15-hour weeks never came true. In fact, the seductiveness of new technology probably contributes to most Americans' working longer than 40 hours per week. For many people, checking their e-mail outside of work hours is habitual. Others keep their cell phone handy to make and receive calls during time off. Sure, these gadgets are convenient, but they easily blur the lines between work, play, and

family time.

Electronic technologies also provide a mixed bag of media. Television programs, DVD movies, Internet sites, and video games are entertaining, often educational. On the other hand, unsavory content and time absorption are the two most frequently cited problems associated with these media. Research by the Kaiser Foundation concluded that young people between eight and 18 spend an average of 6.5 hours a day absorbed in media.

So parents can be drawn into more work; children into more isolating, unwholesome screen time. Sound familiar? Probably. These are becoming such trendy laments in 21st century America that some may be tempted to stop reading here. But don't, because the rest of this article is

about solutions. Not pro-technology or anti-technology, but pro-children, pro-camp solutions.

## Password: Thoughtful Use

Can there be any way out of the technology trap? Are there be uses that connect, rather than disconnect people? What can save children from the (de) vices of the modern world? The answers, of course, are: Yes, yes, and camp.

Is it really that simple? Indeed. All it requires is thoughtful application of intentionally selected technologies. Whatever the technology, it must meet one of four criteria: efficiency, connection, education, and entertainment. Electronic technologies

PLEASE SEE UNPLUGGED, PAGE 26

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# Camp's secret weapon: emotional intelligence

By **POSIE TAYLOR**

Why consider summer camp for your child? Perhaps you hope to raise another Michelle Kwan or Tiger Woods. Maybe you are

desperate for an alternative to a summer of day care, chauffeuring, and video games.

There is another even more compelling reason to consider a high-quality summer camp, ac-

cording to the American Camp Association.

Children at summer camps learn vital life skills that will help them grow – and make their lives healthier and happier along the way. It's the new buzz word in educational theory that's been at work in quality summer camps for years: Emotional Intelligence.

## Nature or Nurture?

Observers are finding that a set of abilities, collectively called Emotional Intelligence, has much to do with how children grow and succeed. These skills – self-awareness, self-control, empathy, delayed gratification, the ability to listen, cooperate, share, and work well with others – are better predictors of adult success and happiness than traditional IQ scores.

In Emotional Intelligence, clinical psychologist and author Daniel Goleman reports on new research showing that

children whose Emotional Intelligence skills are well-developed are more successful at school, have deeper and healthier relationships, grow up to have more fulfilling work lives, and become valuable and contributing members of their communities.

Goleman also asserts that these skills can be taught. Children can learn and practice these wonderfully valuable qualities under the guidance of thoughtful and aware adults.

The importance of this assertion is hard to overemphasize. Parents have long tried to teach courtesy and politeness to their children, but were never sure their teaching could overcome inborn capabilities. Parents often assume that the patience children display naturally is probably most of the patience they can muster, or that they are good or bad sharers, gentle friends or playground bullies

PLEASE SEE SECRET, PAGE 25




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# SECRET: Kids develop range of skills at camp

FROM PAGE 24

from birth.

A group of researchers, led by Howard Gardner, a psychologist at the Harvard School of Education, have proved otherwise. They have shown that thoughtful teaching, conversation, modeling, and practice can develop and nurture these skills.

There are ways to help kids grow up to be the happy and productive people parents hope they will be. And summer camp is a vital part of the puzzle.

## Real Challenges Build Resiliency

The best-kept secret in American education is that great camps have been teaching Emotional Intelligence since they began. Besides their long years of practice in this arena, camps have another edge. Because camps are free of the demands of curriculum and academic testing, camp professionals can focus on those intangibles that

are part of the Emotional Intelligence cluster.

Children away from home, with new friends and the new challenges of camp can learn much about themselves, their own strengths, and abilities. Perhaps the canoe doesn't head where it should at first, or a cabin-mate is unwilling to be friendly. Away from the familiarity of home and school, campers test their own perseverance, and, with caring and thoughtful help, build new life skills for themselves.

Meeting these challenges brings true self-esteem, the kind that is earned, not empty words. Talking about self-esteem or trying to bolster it in kids does not work without real challenge in safe and supportive communities.

Social skills, too, grow exponentially at camp. A campfire marshmallow roast is an exercise in sharing of sticks and the front row around the campfire. When campers take turns car-

rying the lunch to the top of the mountain, they learn firsthand how wonderful working together can be. A good counselor will gently remind her young hikers of this lesson, not later, but during the climb, when the mes-

sage is fresh.

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# UNPLUGGED: Cutting the digital umbilical

FROM PAGE 23

are particularly welcome when they save us time, nourish our relationships, teach us something, or amuse us in healthy, wholesome ways. If your next use of a cell phone, computer, digital music player, or handheld hybrid meets one of these criteria, without noticeably eroding one of the other criteria, then it has passed the “thoughtful” test.

These days, every camp uses electronic technology of some sort, from telephones to toasters. Even the most rustic and isolated camps use electronic technologies for safety, such as GPS units or walkie-talkies. Evaluating a camp’s appropriate use of technology no longer involves questioning whether it uses new technology, but how.

## Famil-E-Values

Every family has different values and a different history with technology. For some, what camp offers is welcome relief from the burdensome yoke of electronic technologies. For other families, camp might offer tools that truly enhance interpersonal connections. As you consider each point, ask yourself what makes the most sense for your family’s values and your child’s development.

- **Telephones.** Calls are inexpensive, simple, and instantaneous. Nevertheless, some camps have a “no call” policy because they recognize that they exacerbate homesickness and erode children’s independence.

- **E-mail.** Many camps allow parents to send e-mails to their children. This correspondence is sorted and distributed with the regular mail.

- **Photographs.** Since the 1920s, some camps have published photographic yearbooks. Of course, families had to wait until Thanksgiving to receive a copy. The advantage of such a long wait was that it forced children to recreate a verbal narrative of the experience. Today, such narratives may be bypassed because camps post hundreds of photographs a day on their websites. Parents can instantly view, purchase, and download photos of their child at camp.

- **Video Streaming.** Whereas some camps see this as the ultimate way to give parents a window into their child’s world, others see it as the ultimate way to rob children of an experience all their own. Even more so than photographs, this medium may create more anxiety than it quells and encourage children to bypass a personal narrative with their parents. Why write during camp or talk afterwards when mom and dad already

saw it all on their laptop?

## Run the Diagnostics

The camp must pass two tough parent tests: First, does the camp’s application of technology match your value system? For example, the camp may provide live streaming video, thus providing a kind of connection that is in accord with its stated mission of inviting parents to witness camp as it happens. But does this match your value system, which may include affording your child an opportunity to independently explore a new place?

If the camp’s technology passes your values test, the second test is this: Does the camp’s application of technology give you an opportunity to take a break from full-time parenthood? As much as parents and children might miss one another, both say their relationship is stronger when they’ve had some time apart. However, if the camp’s use of technology makes more work for you, it diminishes one of the benefits of time apart: respite for you.

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The Willow Summer camp program is guided by the mission of the school. Programs for our youngest campers integrate concepts of **health, wellness, and nutrition** inspired by Willow’s garden through **nature and plant investigations, art projects, and cooking activities**. Older campers will enjoy **Youth Digital** technology programs that teach cutting-edge design, animation, and essential programming skills as they make their own apps, and mods.

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