

SUMMER CAMP CHECKLIST | KIDS CAMPS | CAMP EXPERIENCE | DON'T GET OVERHEATED



CAMP

Summer

Guide 2024

FREE

A SUPPLEMENT TO THE BARRE-MONTPELIER TIMES ARGUS | FEBRUARY 2024

www.timesargus.com/summercamp



Green Mountain Conservation Camp

A week long sleep-away camp exploring Vermont's natural world for kids aged 12 to 14.



Call 802-522-2925 for financial assistance information.

vtfishandwildlife.com



Waterbury Sports
Bike clothing & accessories for every rider

Gear and apparel to keep you on the move
46 South Main Street, Waterbury, VT
www.waterburysportsvt.com • (802) 882-8595

PATIENT CARE IS ALWAYS OUR PRIORITY

See our LARGE Selection of Gifts!

Vermont Made Gifts

Silver Frost Jewelry • Danforth Pewter • Maple Candy • Mary Meyers Animals
 Gund Gifts • Picture Frames of all Sizes & Types
 Lake Champlain Chocolates • Maple Landmark Wooden Toys • Calendars

CARDS!
 Local Artists, Upcountry Cards, Green Tree Design & Marian Heath

We have everything you need for a party...
 Cards, Cups, Napkins, Plates, Candles

NORTHFIELD PHARMACY

Friendly & Dependable Service **485-4771**

14 Depot Square, Northfield, VT 05663

Open 7 Days A Week

M-F 9-6 • Sat. 9-2 • Sun. 8-Noon

TW Wood Art Gallery

Summer Art Camps

9am-3pm, ages 4-15, M-F

Two camps each week starting June 24 and running through the week of Aug 19

Details and registration on our website

www.TWWoodGallery.org

SUMMER CAMP CHECKLIST ✓

CABIN/TENT EQUIPMENT ✓

- Footlocker or trunk
- Duffle bag
- Bunk sheet and pillowcases
- Pillows
- Blankets
- Laundry bag

RECREATION EQUIPMENT ✓

- Swimsuit
- Beach Towel

PERSONAL HYGIENE ITEMS ✓

- Toothpaste, toothbrush and holder
- Soap dish and soap
- Towels and washcloths

EMERGENCY OR FIRST AID ITEMS ✓

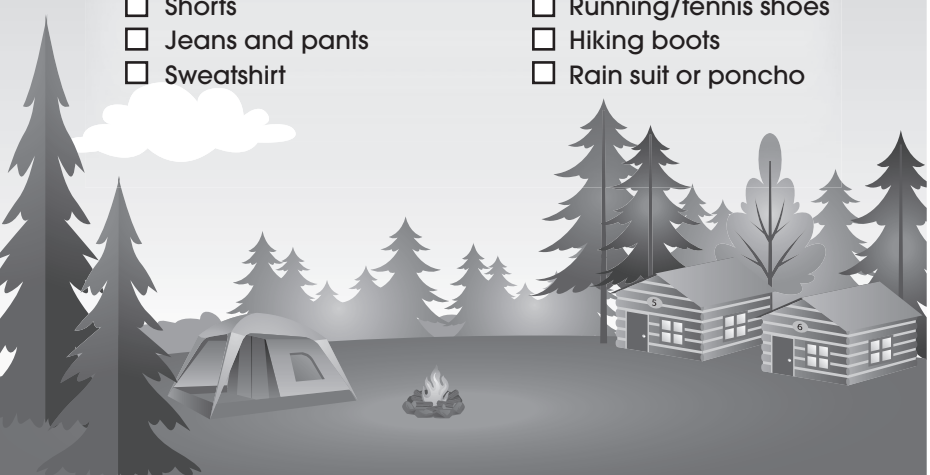
- First Aid Kit
- Insect repellent
- Water purification tablets

CAMPING EQUIPMENT ✓

- Backpack
- Sleeping bag
- Flashlight/batteries/bulbs
- Canteen
- Knife, fork and spoon set
- Compass
- Binoculars
- Camera
- Sunglasses

CLOTHING ✓

- Underwear
- Athletic socks
- T-shirts
- Shorts
- Jeans and pants
- Sweatshirt
- Cap
- Belts
- Shower shoes
- Running/tennis shoes
- Hiking boots
- Rain suit or poncho



Talent Development Institute



ON-CAMPUS
June 23-29 &/or
June 30-July 6

TDIVermont.org

Providing fun and engaging activities for advanced, creative and gifted students entering grades 4-10

Vermont State University — Johnson

Interested? Sign Up Today! INFO@TDIVERMONT.ORG

Summer CAMP Guide 2024

| | |
|--|--------|
| Summer Camp Checklist | Page 3 |
| Kids Camps | Page 4 |
| Summer camp by the numbers | Page 5 |
| Don't Get Overheated | Page 6 |
| Make the most of the summer camp experience | Page 7 |

Publisher / Executive Editor Steven Pappas
Sales Manager Tim Duguay
Creative Services Manager Keri Franzoni
Customer Service Manager Melody Hudson
Advertising Peter Morande, Kristi Wolfrom
Design Tiahna Gillam, Fran Grabowski



47 N. Main Street, Suite 200, Barre • www.timesargus.com • 800-498-4296

SUMMER CAMP GUIDE is a publication of Brunswick Publishing, LLC with content provided by Metro Creative Graphics. Reproduction in whole or in part without prior written permission is strictly prohibited. Opinions expressed in the publication are those of the authors and do not necessarily represent those of the management of the publication.
 ©2024 BRUNSWICK PUBLISHING, LLC. All rights reserved.



Covenant KIDS' CAMP
 July 22-26, 2024

Our 15th Year of Camp Fun:
 Drama, Crafts, Singing, Games, Bible Stories

Go to www.copcvt.org for info.
 FREE half day camp for children ages 5-12.

Register by 7/1

Summer camp by the numbers

Summer camp is a rite of passage for many children. Each year, campers of all ages head off to nearby recreation centers or travel to rural areas to claim their cabins and bunks. Here's a deep look at some of the statistics surrounding summer camps.

1,467
 The number of day camps in the United States run by the YMCA. — *YMCA*

\$3.91 billion
 The peak market size of the summer camp sector in the United States in 2019, before stay-at-home-restrictions affected statistics in subsequent years. — *Statista*

14 million
 The average number of American summer camp registrants each year. — *American Camp Association*

1 week
 The most popular session length for summer camp, although the majority of independent camp operators offer four-, six- and eight-week sessions. — *American Camp Association*

50
 The percentage of respondents whose camps charge \$1,000 or more per session, with most programs costing between \$1,000 and \$1,500. — *CampMinder*

58 to 63
 The percentage of female staff members at overnight and day camps, respectively. — *American Camp Association*

200 to 300
 The average number of campers served each session. — *CampMinder*

7 in 10
 The number of camps that run 10 or more different programs. — *CampMinder*

79
 The percentage of camps that maintain a screen-free environment. — *CampMinder*

22
 Number of YMCA camps across Canada. — *YMCA*

2024 AllTogetherNow! Summer Camps

| | | |
|---------------|--|--------------------------------|
| JUNE 24-28 | Spanish Language & Hispanic Cultural Immersion | |
| JULY 1-5 | Play, Play, Play All Day! | |
| JULY 8-12 | Herb 1: The Mandala of Herbs | * AGES 6-12 |
| JULY 15-19 | Rock 'n Roll | * 9AM - 3PM |
| JULY 22-26 | Cardboard Creations! | * BEFORE & AFTERCARE AVAILABLE |
| JULY 29-AUG 2 | Clown Town in Circus City | * 802-223-1242 |
| AUG 5-9 | Herb 2: The World of Weeds | |
| AUG 19-23 | Space Camp | |

For more details visit: alltogethernowvt.org

The **GOVERNOR'S INSTITUTES of VERMONT**

Summer programs on college campuses for VT students in 9th, 10th, & 11th grade.

Each Institute offers an adventure of **learning and community**, with tuition starting as low as \$10.

- ARTS
- ENGINEERING
- ENTREPRENEURSHIP
- ENVIRONMENTAL SCIENCE & TECHNOLOGY
- GLOBAL ISSUES & YOUTH ACTION
- HEALTH & MEDICINE
- MATHEMATICAL SCIENCES
- TECHNOLOGY & DESIGN

GIV.org



Don't Get Overheated

© ADOBE STOCK

Summer is the time to enjoy the outdoors, but beware the sun

Heatstroke can impact anyone — even young people. That's why it's important to protect yourself from the year's most powerful sunshine, and to hydrate often.

Inside the numbers

An average of 9,200 people are hospitalized annually with heat-related issues, and there are tens of thousands more who visit emergency rooms. Children take advantage of summer to play outside, and that can put them at a greater risk of exhaustion and heat stroke — in particular if they haven't been as active during the school months. They also may fail to rest and rehydrate during the hottest parts of the day. They are also at risk of being left behind by drivers: Nearly 40 children under age 15 die annually in hot vehicles. Pets are also endangered by temperatures that can quickly reach 120 degrees.

Staying hydrated

As our body temps rise, we perspire and replacement fluids are required. Staying hydrated also eases the heart's duties when pumping blood to our muscles. Monitor your hydration through the color of your urine. Those with the right hydration levels are clear and pale. Darker fluid means you need to drink more. These dangers are only heightened because some 75% of Americans in one survey had a net fluid loss — meaning, they were already dealing with chronic dehydration. About 520,000 people are hospitalized for dehydration annually in the U.S., and about 10,000 die.

Protect yourself

Wearing clothing and sunscreen that protects your skin from the sun's heat and damaging rays is critically important.

One in five U.S. citizens will develop skin cancer over the course of their lifetime, according to the American Academy of Dermatology. The Academy recommends choosing broad-spectrum options that shield skin from both UVA and UVB rays. Look for water-resistant products with an SPF of 30 or higher. For another layer of protection, opt for long sleeves, pants and wide-brimmed hats when possible.

Be weather wise

Prolonged sun exposure can also lead to cramps, heat exhaustion and heat stroke — the latter of which happens when the body pushes blood away from your brain and other vital organs in a last-ditch effort to cool your skin. Try to avoid being outside during the hottest part of the day, or on days when the forecast calls for particularly high temperatures.



Make the most of the summer camp experience

Summer camp season will soon be here, and throngs of children will board buses each morning or pack their parents' cars full of essentials to survive a few weeks away from home.

Looking back, many adults who experienced summer camp have fond memories of their adventures - whether they all went according to plan or there were some hiccups along the way. Parents want their children to make their own summer camp memories. Even if the canoe capsizes or the cabin leaks during a summer thunderstorm, such experiences can build character and strengthen friendships.

According to RegPack, an online registration software company, more than six million American children participate in some form of camp each year, including sleep-away camp or day

camp. The American Camp Association says that number is closer to 14 million, with the most popular camp session length around one week or less. Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won't soon forget.

Search for an accredited camp

Accredited camps must meet more than 300 standards related to program quality, safety and health, according to the ACA. An accredited camp will likely give parents the most peace of mind.

Consider children's readiness

There's no magic age when a child may be ready to go to camp, but generally kids who are ages seven or eight may be fine to start a resident sleep-away camp. Day camp kids can begin

as early as age three, the same age kids often begin preschool programs. Gauge whether the child has spent time away from home at friends' or family members' homes to decide if a resident camp will be the right fit or if a day camp is more appropriate.

Connect with fellow campers

If possible, attend a meet-and-greet prior to the start of the season. Neighborhood day camps tend to draw kids from local communities, so there's already a chance kids will know a few fellow campers.

Get to know camp counselors early on

Campers can introduce themselves to camp counselors and other program directors and are urged to ask questions

about specific programs. Counselors can direct campers toward activities they may enjoy.

Make the most of all situations

Much of summer camp will likely be smooth-sailing, but it's reasonable to expect some bumps along the way. Campers shouldn't expect perfection, but use the situations that may go awry as learning experiences on how to handle adversity - trying to find the fun in them anyway. Even a medical situation can be overcome, particularly because camps staff qualified medical personnel to ensure campers are safe and well.

Summer camp can be a great experience, especially when families take some pre-camp measures aimed at ensuring kids have a fun season.



CIRCUS SMIRKUS

Learn to flip, fly, juggle, and clown!
Join us at our overnight camp in Greensboro, VT



**SIGNUP AT
SMIRKUS.ORG**

SUMMER 2024

| | | |
|------------------|------------------------|-----------|
| June 8-9 | Smirking Overnight | Age 5-11 |
| June 15 | Smirking for a Day | Age 5-11 |
| June 16-21 | All Levels Circus Camp | Age 8-16 |
| June 23-July 5 | All Levels Circus Camp | Age 8-16 |
| July 7-19 | Intermediate Camp | Age 12-18 |
| July 7-August 10 | Road Show | Age 12-18 |
| July 21-August 9 | Advanced Camp | Age 12-18 |