

TODAY'S family

March 2024

Cuyahoga

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Five reasons
to donate to
Goodwill

Supporting our
daughters in the
early years

Questions
adults
should
ask their
parents

A twin mom
humor story

Mommy Chronicles:
Sometimes a good old
cry is what is needed

YMCA
Healthy
Kids Day

March 23 • noon – 3 pm

Summer Camp Guide



Today's Family BOOK — CLUB —

SNOODLES ON THE LOOSE



Snoodles on the Loose

Ages 1-12

By Natasha Hanina (Author),
Houston J. Howard (Author)

Step into Borington, where Lucas's dazzling smile and Snoodles' quirky imagination collide in a burst of laughter and adven-

ture. But hold on – a newfangled phone snatches Lucas' attention away, leaving poor Snoodles feeling left out. With Lucas busy with his new phone, Snoodles sets off on a whimsical quest for connection, finding a magical treehouse bursting with imaginative pals and a fun friend named Tashi.

Will Lucas realize that gadgets should take a backseat to fantastic friendship? Can Tashi help them reunite?

Snoodles on the Loose is an enchanting roller coaster celebrating creativity, camaraderie, and the wonders of imagination.

For more great book choices, visit TodaysFamilyMagazine.com.

TODAY'S family

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SPRING DISCOVERY DAYS

MARCH 16 – APRIL 7

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Spring Discovery Days runs March 16 – April 7

Greater Cleveland Aquarium to spotlight smaller species

Did you know that eastern musk turtles are little “stinkpots” that emit a foul odor when threatened, or that three-inch-long Vietnamese mossy frogs are mini ventriloquists able to make it sound like their voices are coming from 10 to 13 feet away? Have you seen a thinstripe hermit crab pull its body into its shell for protection or noticed the arc-eye hawkfish perched to spot prey?

Join Greater Cleveland Aquarium in taking a closer look at these and other diminutive animals during Spring Discovery Days, March 16–April 7. Tiny animal trivia, daily animal encounters (with special appearances by Nora the Explorer on Fridays from 11 am–3 pm), pop-up Discovery Cart activities, an I Spy Challenge and short spotlight videos round out the celebration of smaller species, included with regular Aquarium admission.

While Greater Cleveland Aquarium Curator Ray Popik acknowledges that standing under sand tiger sharks or spotting the well-camouflaged giant Pacific octopus is going to be a memorable part of any visit to this Flats West Bank destina-

tion, he hopes Spring Discovery Days will give guests “an added appreciation for the little things—like garden eels’ mucus lined burrows or the gripping power of the blue poison dart frog’s adhesive toe pads.”

In addition to smaller species, Popik believes Spring Discovery Days highlights one of the Aquarium’s most unique features—its design. Housed inside a historic, brick powerhouse, the Aquarium’s geographically-themed fresh and saltwater galleries include many floor-to-ceiling, overhead and freestanding, 360-degree habitats. “Guests can get close enough to see a weedy seadragon’s independently moving eyes or a Surinam toad’s star-tipped fingers.”

In addition to in-person activities, the Aquarium is offering an online “A Little Trivia Giveaway” (ages 18+, one entry per person) and a virtual “Take a Closer Look” program (Thursday, April 4, 4–4:30 pm; \$10 per screen general, free for Aquarium passholders). The educator-led online adventure offers participants up-close views of small animals and the chance to ask their big questions in real-time.



SPRING DISCOVERY DAYS

Greater Cleveland Aquarium
2000 Sycamore St., Cleveland
216.862.8803 | greaterclevelandaquarium.com

Saturday, March 16–Sunday, April 7
10 am–5 pm (last ticket sold at 4 pm)

\$19.95 ages 13+; \$13.95 ages 2–12;
\$0 passholders and children younger than 2

Capacity limited; advance tickets strongly encouraged.

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Rocket Mortgage FieldHouse

Join us for kids’ fitness classes, dancing, sports skills clinics, arts and crafts and other enrichment activities!

ClevelandYMCA.org/HKD



Friendships and Conflicts

Supporting our
daughters in the
early years

By Gina Rich

Late last year, my 7-year-old daughter came home from school in a sour mood. “My best friend wouldn’t play with me at recess today,” she reported glumly. “She only wanted to play with this other girl.”

It was that perilous hour of the day when my kids were prone to feeling “hangry,” and I really needed to get dinner started. So I quickly responded to my daughter with, “Oh, I’m sorry to hear that, honey, but I’m sure things will be better tomorrow.” Much to my relief, all was back to normal the very next day.

But when these incidents began to occur more regularly, I decided I needed to do more than just cross my fingers and hope that everything would go smoothly with my daughter’s friendships. So I did what any modern, Internet-savvy parent would do: I jumped on Amazon and purchased a book, “Little Girls Can Be Mean: Four Steps to Bully-proof Girls in the Early Grades,” by Michelle Anthony and Reyna Lindert.

Written for parents, educators, and counselors of young girls, the book offers strategies for empowering girls to navigate their social world successfully. The authors describe how girls today are facing a challenging social landscape in which cliques, bullying and other forms of female “relational aggression” often occur as early as kindergarten.

When our girls come to us with a problem like

the hot-cold friendship my daughter was experiencing, the authors suggest the importance of a four-step process: first observe how our daughters are feeling; connect with them by listening actively; guide them by working together to brainstorm potential solutions to a problem; and finally support girls to act by encouraging them to follow through with a course of action they choose and can feel comfortable about.

While I didn’t exactly become an expert in employing the four-step framework with my second grader, I did glean some helpful suggestions from “Little Girls Can Be Mean” and have been trying to implement them over time. Here are some strategies from the book that I found useful.

DON’T

Solve the problem for her. This was the hardest part for me to accept. When my kids are hurting, I’m always tempted to jump in with my own suggestions, analysis and solutions. While this is a natural response, it doesn’t empower my daughter to figure something out for herself.

Downplay what may be a sad or upsetting situation for her. I once made the mistake of trying to dismiss my daughter’s worries about another student who was acting unkind: “Sweetie, when you’re 20 years old, you’ll have so many different friends that you probably won’t even remember so-and-so from first grade!” This statement only made my daughter’s eyes fill with tears. As moms with the benefit of hindsight, we recognize that

the cliques and mean girls of our youth were a seemingly powerful, yet ultimately transient force that faded away as we grew up and developed stronger, more mature friendships. But for our daughters on the cusp of tweenhood, it can be hard to imagine a social world outside the bubble of elementary school, and daily interactions with their peers are a big deal.

DO

Tune in to those snippets of conversation that might seem unimportant. We can learn a lot from what our girls might share when we’re just chatting casually. “So-and-so was being so weird today” could be your daughter’s way of saying subtly, “I really want to tell you something that happened with a friend, but I’m not sure I’m ready.”

Share your own experiences with friendships growing up. When my daughter was feeling sad about a friend who seemed to be pulling away, I told her how heartbroken I’d been when my best friend from second grade moved to a new city and we grew apart. Knowing they aren’t alone can help girls normalize their feelings.

For me, the most important lesson from the book was the idea that, much as we want to, we can’t protect our daughters from all of the disappointment and heartache they will inevitably encounter in the world. The good news is that we can equip them with the skills, inner strength and fortitude to face and overcome these challenges themselves.

Five reasons to donate to Goodwill

Donating your unwanted clothes and household items to Goodwill can be just as powerful as a financial donation.

It's that time of year again when the days get longer, and the temps get warmer. Warmer weather always seems to inspire spring cleaning, especially for families. This annual cleaning is the perfect time to declutter and reorganize your home. Out with cold-weather clothing and in with tank tops and shorts. This changing of the seasonal wardrobes is a great time to reevaluate your wardrobe and get rid of clothing items that no longer fit.

Don't let the fun stop. Use this time to declutter other parts of your home, too. Kitchen utensils and appliances, home decor, toys, old electronics — these are all fair game.

Once the cleaning and purging is complete, most families will have a huge box or multiple bags of items that are no longer needed or wanted. Those unwanted items can be a powerful tool to help your local community when you donate them to Goodwill. Why donate to Goodwill? Here are five reasons.

1. You help make a difference. When you donate your gently used clothing or household items to Goodwill, the revenue generated from selling those items in local stores supports local mission programs. Locally, Goodwill operates 30 outreach programs that supported nearly 17,000 local residents last year. Programs such as job training for individuals with disabilities or other

barriers to employment, parenting classes, literacy programs, hot meal programs, family strengthening programs, emergency vouchers and even care to survivors of sexual assault. These are all funded through donations and sales at area stores.

2. Items get recycled instead of ending up in landfills. Donating your unwanted items to Goodwill, instead of throwing them in the trash, means less garbage in our landfills. Last year, more than 23 million pounds of goods were diverted from area landfills because people chose to donate items to Goodwill instead of throwing them away.

3. It helps you get organized. When you clean out your house, it essentially forces you to organize your spaces. If you're pulling out items to donate, what's left must be put back, and that makes it easy to decide where things should go. With every item having its own spot, it can help reduce stress levels in the long term by requiring less last-minute scrambling in a variety of everyday situations.

4. It gives you a reason to shop. Donating items frees up space for you to see what you actually need. Thrift shopping is a great way for individuals and families to save money on clothing and household items. Shopping at Goodwill stores is a treasure hunt and can produce one-of-a-kind finds for a fraction of retail prices. And, shopping at Goodwill supports vital outreach programs.



5. It's convenient. Our Goodwill offers more than 30 area donation centers. Visit GoodwillGoodSkills.org to find a donation center near you. Even our bookstore locations accept donations.

Local Goodwill stores have a critical need for donations at this time.

"We have a tremendous need for donations right now," explained Maureen Ater, vice president of marketing and development. "Donations are critical to provide product for our stores, and ultimately fund essential services to our community."

Goodwill also can provide tools to help area businesses or agencies host donation drives. Donations to Goodwill are tax deductible. Starting last year, the local Goodwill now offers mobile donation centers, which can be reserved for up to a week for free. This is a great service for large cleanouts with lots of boxes, furniture and/or other household goods you would like to donate. Learn more at GoodwillGoodSkills.org.

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A DONATED
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FULL STEAM
AHEAD.**

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Just Add Water

Sometimes, nothing helps more than having a good old cry to let it all out

By Stacy Turner

The other day, my high school senior was struggling to connect online to take a timed exam for one of her college classes. She spent precious minutes entering the same email and password, clicking the submit button, and receiving the same frustrating error message. By the time my husband entered the room, her stress-induced meltdown was already well underway. Once she dried her tears, however, she was able to come at the situation from a different angle, which ultimately proved successful.

Frustration and tears may seem less than ideal in the moment and are sometimes uncomfortable for others to watch. But as unwanted as they may seem, according to research, tears do serve a valuable purpose. Tears release endorphins – feel-good chemicals in the body to help ease physical and emotional pain. Sometimes, we need this reset in order to reframe our current situation. It's the body's way of self-soothing.

Back when they were babies, new parents struggled to determine when to let the baby cry, and when to intervene. Over time as we became more attuned, we learned when to step in and when it was best to let our little ones settle themselves.



Often, this lesson was more painful for the parent than the child, but it was necessary for the development of both.

As toddlers, big emotions coupled with small vocabulary often led to frustration and emotional explosions. As parents, we used time outs, quiet time, and other cool-down methods to help our kids learn to breathe deeply and settle themselves. But learning how to self-soothe and regulate emotions is important for older kids as well.

It's crucial when facing an inevitable setback, a detour from a planned path, when people or situations are frustrating, or when technology doesn't work the way it should. It's important for kids of all ages (parents included) to take time to breathe deeply, cry if needed, then regain control of our composure in order to see the situation with fresh eyes. Sometimes tears are helpful in clearing up our vision.

Recently, during a difficult workday, I stepped outside for a walk in the brisk, fresh air to clear my head. Often, pulling weeds in the garden is therapeutic. Other times I find relief through quiet time in prayer. Sometimes, nothing helps more than having a good old cry to let it all out. It's important to learn what helps you deal with upsets, because they are sure to come.

Over the years, our kids will have more and more time on their own. Which means we won't always be there when they're facing difficulties. Hopefully, they'll be reminded of how they've learned to deal with adversity in the past, to help guide them through as they venture out on their own. And just like when they were tiny, we'll need to struggle to decide if or when to intervene as they learn to figure it out. In time, we'll learn to navigate through to find healing and calm.

An advertisement for the Cleveland Transformation Alliance. The background is green with white text that reads "IT'S NOT TOO EARLY TO PLAN FOR THE 2024-2025 SCHOOL YEAR!". On the left, there is a photo of several young boys in blue school uniforms sitting at a desk. In the center, a laptop displays a website with various school choice options and a map of Cleveland with red location markers. On the right, there are three yellow callout boxes: "PLAN WITH US", "SCHOOL CHOICE IN CLEVELAND", and "CHECK OUT OUR NEW SCHOOL FINDER TOOL". At the bottom left, there is a QR code and the text "SCAN TO LEARN MORE". At the bottom center, it says "CONTACT US" with the email "info@clevelandta.org" and phone number "216-592-2303". At the bottom right, the Cleveland Transformation Alliance logo is shown with the tagline "Quality Schools for All Children". The website "myschool.org" is also listed at the bottom center.

A DOUBLE TAKE

A Twin Mom Humor Story



By Cheryl Maguire

I had been holed up in my house for three months like an apocalypse survivor, scared to venture into the world. Giving birth to twins will have that effect on you. My fear of leaving the house was mostly centered on the increased odds of at least one of them letting out a full-blown stage-five crying fit or requiring a massive diaper change. I had no idea how to handle either situation in public. Plus, I could only imagine that my sleep-deprived face resembled a zombie that may scare small children.

But when I finally ventured out into the world it turned out that no one was looking at me. They only noticed my adorable twin babies.

What I wasn't expecting was the amount of attention and questions I would encounter from total strangers.

The first time it happened I was pushing the double stroller, struggling to open the door to enter a store. A woman sidled up next to my stroller and popped her head in to get a better look at my little cherubs.

"Oh, aren't they adorable! How old are they? Are they twins?"

"Thanks. Yes, they are twins. They are three months old."

"Are they identical?"

This question caused me to panic. In my sleep-deprived stupor, I wondered to myself, "Did I accidentally dress both babies in the same color. If so, were they both dressed in pink or blue?"

Glancing into the stroller, I checked for the gender-identifying outfits. Sure, enough one was in head-to-toe blue while the other was dressed in head-to-toe pink. They both had cute little baby hats on and there was no mistaking the colors. The poor woman must be color blind. I decided to not draw attention to the issue, and I just answered her question.

"They are a boy and a girl!"

"Of course they are! They are dressed in head-to-toe blue and pink but are they identical?"

Apparently, I did not answer the question and she is not color blind, but she possibly missed some basic biology lessons about how boys and girls do not have identical body parts so it is not possible for them to be identical twins. Should I have some

fun or actually answer her question?

"Yes, they are identical," I said. I couldn't help myself. As I already mentioned after being confined to my house for three months, the incorrect information just poured out of my mouth.

"I can tell. They definitely look identical," she said.

I felt like saying you might not be color blind, but you probably need to have your vision checked because they look nothing alike. They have different colored hair (although they did have hats on so I'll give her that), different shaped faces, different noses and they are a boy and girl but I merely smiled and said, "Thanks!"

I chalked that up to someone who probably failed ninth-grade biology class and needed an eye exam. But then it happened again and again and again!! It happened so often I started to wonder if maybe they were identical, and it was me who needed to retake biology class or at the very least get some sleep. I knew I was severely sleep deprived so it's possible I was hallucinating the whole thing.

I then did what any sane person would do in my position, I Googled it. Turns out it is really common for parents of boy/girl twins to hear this question especially when they are babies. But I wondered, "Why?"

One Internet person surmised that "people just don't really understand what twins are." Well, that definitely seems to be the case. As they got older, it happened less and less. And then when one grew bigger than the other people didn't even ask anymore because they thought that they were just regular siblings.

It's too bad that no one asks me if they are identical anymore because I finally thought of something to say. I guess I'll just have to pass it along to other twin parents. It should put an end to the questioning immediately.

They have identical crying schedules and their next one is happening in about five minutes.

Bio: Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.



The YMCA Healthy Kids Day

Fun, free, healthy kid activities March 23 from noon–3 pm

The YMCA of Greater Cleveland and Rocket Mortgage FieldHouse are teaming up to present Healthy Kids Day 2024 on March 23 from noon to 3:00 p.m. The event is free and open to the public.

Healthy Kids Day® is the Y's national initiative to improve the health and well-being of kids and families. For over 30 years, YMCAs and their communities have hosted free community events aimed to inspire kids and families to keep their minds and bodies active.

The YMCA of Greater Cleve-

land event will include kids' fitness classes, dancing, sports skills clinics, arts and crafts and other enrichment activities. There will be dozens of community vendors with interactive games, activities, prizes, giveaways and much more!

Vendors who cater to families can apply to participate by going to www.clevelandymca.org/vendor.

For more information about Healthy Kids Day 2024, visit <https://www.clevelandymca.org/healthy-kids-day>.

Cleveland's beloved orchid show returns to warm your spirit

Be amazed by orchids at every turn at the Cleveland Botanical Garden's annual flower show, Orchids Forever: Golden Hour running through Sunday, March 17. Immerse yourself in the striking hues of sunrise and sunset to wipe away the winter blues at Orchids Forever: Golden Hour.

This year's show will highlight the serene feeling of sunrise and sunset. Species like Phalaenopsis, Dendrobium, and Oncidium come in hues of pink, purple, orange, and yellow—the sky's color palette. Guests will be surrounded by orchids located throughout the indoor gardens and glasshouses, a dreamscape for flower lovers, and endless photo opportunities for all.

Showcasing over 100 different types of orchids, Orchids Forever: Golden Hour will display more than 3,000 flowers from exotic blooms to well-known varieties.

Open Tuesdays, Wednesdays, Thursdays, and Fridays 10 am–5 pm, Saturdays 10 am–8:30 pm, and Sundays noon–5 pm. The Botanical Garden will be closed on Mondays.



Photo credit: Cleveland Botanical Garden

Please note hours are subject to change, visit holdenfg.org for updated information.

Admission is \$20 per adult and \$14 per child ages three to 12 (free for children two and under). Admission is FREE for Holden Forests & Gardens members. The Botanical Garden is at 11030 East Blvd., Cleveland, Ohio. Indoor parking is available for a fee based on availability. For complete details about Orchids Forever and to purchase advance tickets visit holdenfg.org.

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Questions adults should ask their parents

Expert advice about important conversations to have with your parents

By Cheryl Maguire

“Now I’ll never know the answer.”

I’ve heard my mom say this many times since her parents passed away. Often, she has a question about a childhood memory or a possible genetic medical issue that she wishes she had asked her parents while they were still alive. After she makes this declaration, she sounds sad that she is left with these unanswered curiosities that only her parents know. Of course, she misses her parents but there is also a sense of regret that she didn’t ask these questions when she had the chance.

Michelle Blanchard Ardillo, 64, a freelance writer and an academic tutor, has had similar feelings about her parents who passed away. “I wish I would have pressed my mom and my dad to talk about their childhood and their parents. I feel a void where those connections should be,” she says.

Gretchen Kubacky, Psy.D., a health psychologist and author of, “Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss,” shares her personal experience after losing her parents. “I wish I had asked my mother more about her relationship with her father. I also would have liked to know if she had truly wanted to be a stay-at-home mom or if she felt like it was a predetermined choice. For my father, I would have wanted to know more about his experience growing up as a first-generation German-American,” she says.

Since my parents are still alive, I would like to try to prevent these feelings of regret, so I turned to the experts to learn more.

“When your parents die, you want to have as few regrets as possible and the assurance that you did the best you could for them. Only by asking the questions in advance will you know this for sure,” says Kubacky.

Questions to ask

So where do you begin? The process can seem overwhelming and sad since most people have a hard time discussing death or dying. Amy Pickard, a grief coach, created a Departure File (<https://goodtogopeace.org/services>) that includes questions related to childhood memories,

accomplishments, and other reflections. You could ask your parents to fill out the form if it is easier for them or use it as a basis for conversation starters.

Clare Bidwell Smith, a grief counselor and author of, “Anxiety: The Missing Stage of Grief” recommends using Pickard’s booklet or using Conversation Cards to help facilitate discussions. Based on Kubacky and Bidwell Smith’s experience working with their clients around grief they highlight some key questions you could ask:

- What do you think happens when we die?
- What do you imagine the after-life to be?
- Are there certain ways you’d like to be remembered?
- Are there signs you think I should look for that will remind me of you?
- What are songs I could play to remember you by?
- Are there any places I could travel to that you loved and visited?
- When I’m sad and missing you, is there something you think I should do or remember?
- What’s your strongest childhood memory?
- What was your first date with (the other parent) like? Or, how did you meet?
- What are you most proud of in your life?
- Do you have any big regrets?
- If you could have done one thing differently in your life, what would it be and why?

How to handle parental resistance

So, what should you do if your parent doesn’t want to answer your questions? How should you handle it? The experts offered some suggestions about how to respond when your parents don’t want to discuss certain topics.

Kubacky suggests that you respect your parents’ desire for privacy but also keep gently coming back to the topics. “Many people are uncomfortable talking about illness, death, and money. But it is in their best interest, as well as yours, to share at least enough information that you can quickly and easily shift into caregiver mode if need be,” she says.



Pickard explains that her father is not a “touchy-feely emotional share and care guy” so she knew she had to frame her questions in a way that he would feel comfortable responding. Instead of asking him a personal question she asked, “What are the ten traits that you think I got from you?” At first, he responded, “I don’t think about that kind of stuff.” But then he called her an hour later and listed traits like her sense of humor and sports ability that he shares with her.

Pickard also stresses that sometimes you might have to ask the question a few times before they answer, or they might not respond right away like her father. “Just keep at it. If your parents don’t want to talk about stuff, you’ve got to just keep pressing them and try to figure out a way that it’ll be palatable or try to be creative in getting the information that you want,” she says.

Why these questions are important

“When we lose someone we love, we are left with myriad questions that are difficult to find answers. We are also sometimes left with a sense of guilt that can contribute to anxiety and depression,” says Bidwell Smith. This is why it is important to have these conversations while you still have the opportunity.

Pickard explains that reminiscing is a powerful way to remember that you are living and how you have lived. “When you have these conversations with your parents, you will never regret it,” she says.

She goes on to say, “It’s those conversations with your parents that provide the most nutrition for you when you’re grieving. Those are the conversations that are going to stand out in your mind and provide you with the most comfort.”

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The Kindness Games

Compete to be recognized as the kindest school in the nation

Kindland™ is hosting The Kindness Games to heighten student and staff awareness to the importance of kindness and the positive impact it can have in their lives and the lives of others.

Schools compete nationwide to log the most acts of kindness performed and/or witnessed on the Just Be Kind® App. Those with the highest number of participants and/or acts logged will be recognized nationally and receive monetary awards.

How your school can participate in The Kindness Games:

- 1) Choose one educator to visit www.BeKindland.com to register your school as a Kindness Games participant.
- 2) Share the Kindness Games information with your entire staff and student body and ask that everyone download the Just Be Kind® App. The app is available in both Apple and Android device app stores. When registering, students and staff will be asked to enter basic contact information. They must enter your school's name to be associated with your school's results.
- 3) Throughout The Kindness Games, encourage use of the app to log in as many acts of kindness that they see or do including examples found in the news or social media.
- 4) At the end of The Kindness Games, the number of participants and the number of acts of kindness logged on the app by each school will be tallied and winners will be recognized in the provided categories.

Winners will receive cash prizes in two categories — total percentage of participants and total percentage of acts of kindness. (Percentages allows schools of every size to compete fairly against each other.

First place receives, \$5,000, second place receives \$2,500 and third place received \$1,000 in EACH category. Sign up today!

Girl Scouts of North East Ohio 2024 Girl Scout Cookie season in full swing

In January, Girl Scouts of North East Ohio (GSNEO) kicked off the 2024 Girl Scout Cookie season. This is an annual event in which Girl Scouts unbox their futures as young, female entrepreneurs through the world's largest entrepreneurial program for girls.

During this highly-anticipated time of the year, Girl Scouts flex their entrepreneurial muscles and acquire important life skills like money management, team building, public speaking, and decision making. All proceeds from cookie sales stay with local councils and troops to power Girl Scouts' amazing experiences year-round.

This year's theme, Unbox the Future, aims to remove social barriers that often keep girls boxed in. When bold, goal-setting Girl Scouts sell a package of cookies, they're doing much more than what's seen at face value. Girl Scouts do more than sell delicious treats— they're entrepreneurial powerhouses creating a more equitable future for themselves and the world. Every box of cookies sold provides invaluable experiences for Girl Scouts such as service projects, troop travel, and summer camp.



More than 12,000 Girl Scouts participate in the Girl Scout Cookie Program across northeast Ohio, which provides vital girl-led entrepreneurial skills that build courage, confidence, and character. As a result, they obtain limitless barrier-breaking futures with transferable life skills through the program.

How to purchase Girl Scout Cookies this year

- If you know a registered Girl Scout, reach out to her to find out how she's selling cookies.
- Don't know a Girl Scout? Visit gsneo.org/findcookies and submit a Customer Cookie Request Form to be connected with a local Girl Scout troop.
- Beginning February 16, enter your zip code into the Girl Scout Cookie Finder at gsneo.org/findcookies to order online from a local troop, or to find a local cookie booth happening in your community from March 8–24.



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Tips for Choosing a Summer Camp

By Kimberly Blaker

Whether you're looking for enrichment for your child, a way to keep your child occupied and supervised while you work, or a short reprieve from parenting, there's a summer camp out there that's just right for every family.

The benefits of summer camp

Summer camp offers plenty of benefits, and many kids thrill at the idea of going away to summer camp. But for some kids, particularly those who are shy, introverted, or homebodies, the thought of going away for a night, let alone a week or more, can be cause for considerable anxiety. For kids who are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are more than

eager – or at the very least willing to give it a shot without too much fuss – summer camp offers lots of opportunities kids aren't likely to experience at home or anywhere else. If you're not familiar with the benefits, summer camp:

- Fosters independence
- Is a place to develop new and lasting friendships
- Helps kids develop new skills
- Leads kids to discover new interests and hobbies
- Provides the opportunity for creative expression
- Gives kids a break from being plugged-in
- Offers daily exercise
- Improves their self-esteem
- Teaches kids to work with others
- Makes kids feel part of a community
- Prevents or reduces summer learning loss



Getting started in your search

Before you begin looking into summer camps, first create a list of the criteria you're looking for. Here are some initial things to consider.

- What is your budget for summer camp?
- What is the purpose of sending your child to summer camp?
- Do you want a resident (overnight) or a day camp?
- Are you looking for a short-term (week or two) or summer-long program?
- Do you want a camp that's very structured or one that provides your child lots of freedom and choices?
- What are your child's interests, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin

your search. An excellent place to start is right here in Today's Family and www.TodaysFamilyMagazine.com! The American Camp Association (ACA) accredits summer camps. So this is another excellent place to look for a camp. The ACA educates camp owners and directors in health and safety for staff and campers as well as program quality. It then accredits camps that meet the organization's standards.

Next steps to finding the perfect summer camp

Once you've selected a few summer camps that meet your primary criteria and that fit your child's interests, share the choices to see what excites your child. Let your child know up front that you still need to thoroughly investigate the camp(s)

Cont'd on page 12

theater
visual arts
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Ruffing Montessori School
3380 Fairmount Boulevard, Cleveland Heights

Catholic Charities Disability Services & Ministries

Camp Happiness

June 17, 2024 - July 26, 2024

Center for Pastoral Leadership
28700 Euclid Avenue
Wickliffe, Ohio 44092

Camp Happiness provides enriching social and recreational services during the summer months to individuals ages 5 to 21 with intellectual and developmental disabilities.

Contact us for more information:
(216) 334-2997 | kehedberg@ccdogle.org | www.ccdogle.org/disability

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@LakeshoreDanceAndGymnastics
LakeshoreGym.com

(440)461-0015
760 Beta Dr. Unit G, Mayfield Village

summer camp guide

Tips for choosing a camp from page 11

before making a final decision. But do keep your child's choices in mind to ensure your child gets the most out of summer camp.

Once you and your child have narrowed the list to a manageable selection, you'll want to investigate the camps further. Several things to consider:

What are the staff's qualifications?

Many summer camps use teens to staff the camps. Teens make excellent mentors and can bring liveliness to summer camp programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from the camp programs.

How does the camp ensure your child's safety?

Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the camp's procedures in the event your child becomes ill, has an accident, or there's an emergency?

What is the daily schedule for campers?

Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.

What are the rules?

Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and visit? Can your child bring along a cell phone or electronics? Also, how much money should your child bring, and how is your child's money managed?

Don't sweat it

Keep in mind, although there are many great camps, no camp is likely to offer everything precisely the way you want it. Just choose the one that best fits your child and satisfies your most important criteria. Remember, your child will have many summers to come and plenty more opportunities to work in more exciting camp experiences.



Benefits and anticipated outcomes of the camp experience

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 - Participation
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 - Trustworthiness



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Visit hb.edu/summer



12301



Adrenaline Monkey

26800 Renaissance Parkway
Cleveland
(216) 282-3100
www.adrenalinemonkeyfun.com

Kick off your child's summer adventure with Adrenaline Monkey! They provide week-long adventure camps for kids ages 5–12 that feature activities on their ninja warrior-style obstacle courses, climbing walls, aerial ropes course, time in the arcade, and even outdoor activities! They also incorporate weekly themes that support ideas of teamwork, perseverance, and trying new things! Campers not only will improve their ninja skills and athleticism, but also become more confident, focused and empowered leaders. They look forward to hosting an adventurous experience for your child! They hope to see you this summer!



Animal Camp

Hosted by Rising River Farm
6618 Chagrin River Road
Chagrin Falls
khanimalcamp@gmail.com
RisingRiver.net
(440) 463-3146

Animal Camp is a unique farm, day camp experience for kids ages 5–13. Since 2006 they have honed an interactive self-directed, technology-free experience for the children. Kids enjoy and explore farm animals (horses, cows, goats, bunnies, chickens, dogs, and cats), participate in horseback riding (weather permitting), an end-of-week trail ride, crafts, games, cooling off in the Chagrin River, which is both shallow and located on the property, and “Feed-em-Friday” when kids can bring apples and carrots to feed the animals.

They offer 11 individual sessions during June, July, & August from 9 am–4:30 pm. Campers can participate in one, or multiple sessions. All activities are super-

vised by experienced counselors, many of whom are Animal Camp graduates! (Typical ratio camper to counselor 4:1.)

Horseback riding helmets are provided, sneakers or boots, water bottle, and lunch are required. Schedule a visit of the farm prior to the commencement of camp. Rising River Corporation is a 501c-3 dedicated to equine education, vocational opportunities, and horse rescue/sanctuary. The majority are rescue animals.

Beck Center for the Arts

17801 Detroit Avenue, Lakewood
www.beckcenter.org
(216) 521-2540

Beck Center for the Arts in Lakewood is more than a non-profit organization that combines professional theater with arts education. They create arts experiences through music, dance, theater, and visual arts all summer for ages 5–19 and you can enroll today. Throughout the year they offer classes and lessons for all

ages, skill levels, and abilities.

Families bring their kids to experience all of the art forms. Year-round each child can immerse themselves in an art form that excites them, while growing new skills, and making new friends.

With a talented staff of award-winning instructors, they produce theater and arts education. Visit www.beckcenter.org for all their offerings.

In addition, Beck Center has free art exhibitions in the main building and Music & Creative Arts Therapies building. Their professional theater productions offer high quality shows with tickets starting at just \$10, and student and senior discounts are also available at www.beckcenter.org/professional-theater.

Camp Fitch YMCA

www.campfitchymca.org

Give your child the opportunity to build new friendships and discover hidden talents, all while on the shores of a Great Lake. With

SAINT IGNATIUS HIGH SCHOOL
SUMMER ENRICHMENT PROGRAM
JUNE 10-28, 2024

Join us for our 56th annual academic, social, and athletic enrichment camp for young men entering the 8th grade. Through a combination of academic instruction and team activities, SEP offers a highly interactive atmosphere that builds new relationships and prepares students for the challenges of high school, all under the direction of Saint Ignatius students, teachers, and coaches.

WWW.IGNATIUS.EDU/SEP

@SIHSCLEVELAND

summer camp guide

Camp Fitch cont'd

100 years under their belt, they know how to harness the transformative power of sleep-away camp. Their flagship experience allows campers to choose how they spend their week while learning about integrity, responsibility, joy, and so much more!

Camp Happiness

Catholic Charities Disability Services & Ministries
(216) 334-2997
www.ccdocle.org/disability

Camp Happiness provides opportunities for children and young adults, ages 5–21, to participate in traditional camp activities including games, arts, crafts, music, and swimming—all modified to meet the needs of each individual. Campers also go on weekly community outings, enjoying new experiences in a supported environment. Each summer, camp serves 20–25 youths per week, with a range of intellectual and developmental disabilities (IDD)

and mobility limitations (ML). This summer, Camp Happiness will run from June 17 through July 26 (off on July 3 & 4).

The purpose of Camp Happiness is to provide much-needed social and recreational services to enhance quality of life, and more importantly, to create an environment of inclusion, fun, and support in order to foster a feeling of belonging.

For information, email Kayti Hedberg at kehedberg@ccdocle.org; call 216-334-2997; or visit www.ccdocle.org/disability.

Camp Invention

www.Invent.org/Local

Inspire your child's creativity and watch their confidence soar with the all-new Camp Invention® program, Illuminate! Campers in grades K–6 will team up with friends for hands-on, open-ended STEM fun. They'll design their own light-up ball game, explore the science of illumination, tackle global water challenges and star



The Little Gym's summer camps are full of fun, creative missions where kids will exercise their muscles, and imaginations! Plus, flexible scheduling allows you to sign up for several weeks, a single week or even just a day at a time!

**NOW ENROLLING SUMMER CAMPS & CLASSES!
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The Little Gym of Shaker Heights

20707 Chagrin Blvd

216-752-9049

www.tlgshakerheightsoh.com

CAMP FITCH YMCA



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Youth Spring Sports at LNSP East!

Lil Kickers - Soccer



Spring Session: March 11 – June 2
Registration now open!

- Choose one day per week (Mon., Tue., Thur. or Sat.)
 - Innovative child development program based on soccer
 - Focuses on kids ages 18 months – 7 years old
 - Classes run 50 minutes per session, once a week
 - Class fee of \$17/week
 - Sign up for a FREE TRIAL TODAY!
- www.lostnationsports.com/youth-program/lil-kickers-east/

Skills Institute - Soccer



NEW PROGRAM BEGINNING THIS SPRING!
Spring Session: March 11 – June 2
Registration now open!

Skills Institute is where soccer takes center stage. Rooted in child development theory, kids have a blast learning and improving technical and tactical soccer skills.

Players will walk away more confident, equipped for their next right step, and ready for life's challenges on and off the field. Players enjoy 30 minutes of age-appropriate instruction and 20 minutes of small-sided scrimmaging. Classes meet weekly for 50 minutes. Class fee of \$19/week.

Read more about the program at:
www.lostnationsports.com/youth-program/skills-institute

Little Sluggers - Baseball



Spring Session: March 11 – June 2
Registration now open!

- Choose one day per week (Mon. or Sat.)
 - Introduction to baseball ages 2 – 6 years old
 - Class fee of \$17/week
- www.lostnationsports.com/youth-program/little-sluggers

Mike Moran Basketball Camps



June 17–21 & June 24-28
Time: 9:00am-3:15pm

To find out more details and pricing, please visit:
www.morancamps.com

Court & Field Rentals

Soccer, basketball, football, volleyball, baseball, more!
Contact: Ed Strauss at EStrauss@LNSPORTSPARK.COM



38630 Jet Center Dr., Willoughby
North of Rt. 2 off Lost Nation Road
440-602-4000
www.LostNationSports.com

Camp Invention cont'd

in a prototyping game show! Each experience is designed to spark curiosity, build persistence, and create an unforgettable summer. Visit invent.org/local to secure your spot! Use promo code LOCAL25 by 3/27 to save \$25.

Chagrin Valley Farms

9250 Washington Street
Chagrin Falls
(440) 543-7233
www.chagrinvalleyfarms.com

Does your child love horses? Have they experienced the joy of riding or spent a day playing horse games, making crafts, and grooming ponies as they learn how to care for these amazing animals?

Chagrin Valley Farms happily shares these experiences with children ages 6 and up during their camps that run weekly June 5 through August 18. Staffed by experienced instructors, their summer riding camp develops young riders with English riding and horsemanship instruction.

Campers may see a farrier shoe a horse or watch a veterinary visit. In addition to riding, campers will groom and care for the horses.

They offer half-day and full-day sessions, designed with fun and safety in mind. Chagrin Valley Farms is northeast Ohio's premier, full-service equestrian center, offering camp and lesson programs year round, in addition to horse shows for all levels.

Visit them online, email info@chagrinvalleyfarms.com, or like them on Facebook.

Cleveland City Dance

13108 Shaker Square, Cleveland
(216) 295-2222
www.clevelandcitydance.com

You will love watching your child's eyes sparkle as their confidence grows and their dreams become a reality with the friends they make in magical camps and classes. Classes for ages 3 and up develop confidence, camaraderie, community, poise, and technique. Teachers are patient and experienced in encouraging dancers to do their personal best.

Sessions run June 10 through August 10. Choose one to eight weeks.

- Twirling Tots Camps are a magical journey using your child's imagination to create a dance, and a craft to go with the theme. Ages 3–8 return every year for a Winter's Ball, Peter & the Wolf, Adventure of Mother Goose and more!
 - Camps for ages 8 and up including preprofessional, work on mastering technique with friends in ballet and pointe, jazz, modern, conditioning, choreography and classical variations, dance history and more.
 - Boys' camp
 - Intermediate and advance intensives
 - Adult and children individual class options available.
- Space is limited so visit their website or call for more information.



Join Us for Summer Riding Camp

Weekly camps run from June - August
at Northeast Ohio's Premier Equestrian
Center offering riding camps for riders
of all skill levels, ages 6 and up!



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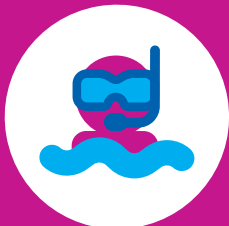
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Solon • Independence
Maple Heights • Parma
Strongsville • Westlake
(440) 349-9111

www.creativeplayrooms.com

Summer's coming, which means longer days, fun in the sun and great friends! Join the "Voyagers" at Creative Playrooms Montessori and Child Care Centers for the best summer ever—full of adventure, imagination and engagement to keep campers ages 5 through 12 busy and active.

- Themed activities and programs.
- Explorations around famous people, places and things.

They believe in encouraging children to explore more deeply through doing, asking questions, and having a great time. Join them this summer as they heat up the fun factor. Save your space by calling (440) 349-9111 or visiting www.creativeplayrooms.com.

En Pointe Danse

516 East Washington Street
Chagrin Falls
(440) 247-5747
www.enpointedanse.com

En Pointe Danse is offering summer classes and dance camps from June 10–August 10. Classes will be offered in ballet, tap, jazz, creative movement, and modern dance for ages 3 through adult.

Dance Camps: For ages 3–7 includes creative dance and pre ballet vocabulary, with a focus on balance, coordination, and musicality. Dancers will present an informal showing at the end of each session.

Summer Intensive: This program is designed for the dancer ages 12 and older who would like the opportunity to continue to develop their dance education and training over the summer. Classes include ballet technique, conditioning, and pointe variations.

Classes for ages 8–10: For the dancer looking to maintain

their dance technique during the summer. Classes include ballet, modern/jazz, strengthening and flexibility. Classes meet three times a week for two weeks.

Weekly classes for adults in ballet and tap will also be offered. For more information visit their website, call (440) 247-5747 or email msgail.enpointedanse@gmail.com.

**Fairmount Center
for the Arts**

8400 Fairmount Road, Novelty
(440) 338-3171
www.fairmountcenter.org

Fairmount Center for the Arts offers full- and half-day performing and visual arts camp options for ages 3–14 in a welcoming, supportive environment. Camps and classes are taught by teaching artists and focus on theatre, music, dance, and visual arts. Full-day camp options include those that explore creativity across all four disciplines as well as a three-week theatre camp

culminating in a cabaret-style production.

Preschoolers can discover the arts in morning camps throughout June and July. Half-day camp options for elementary and middle school campers include Recycle Arts, Nature Arts, Music at the Movies, Broadway Bound, and the hip hop dance camp, Pop, Lock, Hit, Drop.

For more than 50 years, Fairmount Center for the Arts in Novelty has brought quality arts instruction to the northeast Ohio community. Register for camps or classes today at fairmountcenter.org or by calling (440) 338-3171.

Falcon Camp

Carrollton, OH
(330) 627-4269
www.falconcamp.com

Recognized throughout the Midwest as Ohio's premier summer camp since 1959. Falcon Camp has been chosen as a "Top Ten Camp in USA" and selected as the "Coolest Camp in Ohio."

Looking for a summer camp to support a grieving child? Consider one of our bereavement day camps for children who have experienced a loved one's death. Campers will share stories, laugh together, shed some tears and celebrate the life of their special person.



For more information or to receive a registration packet, email thebereavementcenter@hospicewr.org or call 216.486.6838. Scholarships are available.

Riding Through Grief

Fieldstone Farm
July 8 - 12; ages 9 - 16
\$75 registration per camper

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children and teens who have experienced the death of a loved one. Through riding and working with horses, campers explore grief issues supported by trained counselors.

Red Oak

Red Oak Camp
August 6 - 8
\$25 registration per camper

A three-day bereavement day camp for children ages 6–13 who have experienced the death of a loved one. Transportation is available from our Lakeshore campus.

**Camp
Good Grief**

Camp Good Grief is a day camp for kids ages 6 - 13 who have experienced the death of a loved one.

For more information, contact Kathy Failor at kfailor@steinhospice.org or 419.625.5269.

June 10 - 13
Osborn Park, Huron

July 8 - 11
Lakeview Park
Port Cliton

July 14-18
Lakeview Park
Port Cliton

July 22 - 26
Edison Park, Milan



summer camp guide

Falcon Camp cont'd

Falcon offers a beautiful lakefront setting, talented staff and wide variety of activities. Boys and girls ages 6–16 choose their own schedule within a general framework and daily activities are separate with planned coed events.

Horseback riding, sailing, swimming, riflery, crafts, tennis, drama, archery and much more.

Falcon has a strong reputation for making sure a camper's first overnight experience is very positive. The noncompetitive environment is inviting to new campers while their awards system challenges more experienced campers. The 1:4 staff/camper ratio allows individual instruction and attention. Most of all it's great fun!

Falcon has a special intro program for campers ages 6–10. ACA accredited, many references available. Falcon is an outstanding opportunity for fun and learning.



Forge The Future Summer Camp

Cuyahoga Community College
Advanced Technology
Training Center
3409 Woodland Ave., Cleveland
(216) 781-6260
www.fierf.org/summer-camps

Explore the world of forging through the Forging Foundation's three-day Forge the Future Summer Camp. Students 11–15 years old will have the opportunity to tour a forging facility, participate in STEAM and team-building activities, and learn how to forge. Plus, campers will get to take home their own forging!

2024 Camp Schedule
July 8–10, 2024

9 am–3 pm– both days

Breakfast and lunch will be provided. Campers will need their own transportation to and from camp. Registration fee: \$75.

Register online at www.fierf.org/kids/summer-camps.

Contact Amanda at amanda@forging.org or call 216-781-6260.



Discover a world of imagination with our summer art camps!

**Weekly ART Camps
June 17 – August 23**

- Fairy Camp
- World Art, Music, Culture
- Crazy Creatures
- Terrific Textures
- Out The Window Camp
- Confidence Camp
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 - Animal Embroidery
 - Fun with Clay
 - Jewelry Design
 - and more!



155 Bell St, Chagrin Falls, OH | 440-247-7507 | valleyartcenter.org/camps



Animal Camp 2024

The Best Camp Ever! Is celebrating its 18th year and we are inviting you.

11 one week sessions

For kids 5 to 13 years old

Camp hours 9 a.m. to 4:30 p.m.

Features:
Horseback riding, playing with rabbits, goats, chickens, cows and dogs. Plus crafts and games all day long.

Visit us at:
www.risingriver.net
Contact Us:
(440) 463-3146
khanimalcamp@gmail.com



Visitation:

Visitation of the Animal Camp will be offered on an individual basis. Visitation must be scheduled, and is of limited availability.

Rising River Farm
6618 Chagrin River Rd
Chagrin Falls, OH 44022



En Pointe Danse

Celebrating 24 Years!

Summer Sessions
June 10–29
July 8–August 10

Dance Camps for ages 3–7
June 10–14
June 17–21



Offering classes in Ballet, Tap, Creative Movement, and Modern Dance for ages 3 through adult.

For more info call:
440-247-5747

516 E. Washington Street, Chagrin Falls • In The Gallery
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Girl Scouts of North East Ohio

gsneo.org/summercamp
(800) 852-4474

Summer is just around the corner, and it's time to start planning your girl's next big adventure. The best part is, all girls are welcome — no Girl Scout experience necessary!

Girl Scouts are a force of nature. They were meant for outdoor adventures. Your girl is ready to discover the world — to embrace the freedom of the woods, the sky, and water.

If she loves the water, Splish Splash may be her perfect Day Camp, but if she loves science, maybe Friends of the Forest is the perfect week-long day camp for the girl who's eager to learn about animals and their native habitats! Stardust may be the resident camp for the astronomer in training in your life. Whichever camp themes she chooses, fun is sure to follow!

For more information visit

gsneo.org/summercamp or call customer care at 800-852-4474.

Hathaway Brown

19600 North Park Boulevard
Shaker Heights
(216) 932-4214
www.HB.edu/Summer

Located in Shaker Heights, Hathaway Brown offers camps for girls and boys, toddlers through college. One of the many things that sets HB's camp programming apart is the ability to truly create your son or daughter's summer adventures.

Visit HB.edu/Summer to register for academic, athletics, adventure, and specialty camps to have the best summer ever.

Hawken

Summer Programs

Gates Mills and Lyndhurst
(440) 423-2940
www.hawken.edu/summer

Hawken Summer Programs
Camp offerings include a variety of exciting activities led by experi-

enced professionals for boys and girls ages 4–14. While your child is enrolled, you'll rest assured knowing he or she is in a safe, nurturing environment. Camp offerings include Hawkings, Boys or Girls Day Camps, Boys Sports Camp and Girls Lifetime Adventure Camp.

Passport Camps offer week-long, full- and half-day opportunities to learn, create, and explore.

Hawken Athletics Camps offer skill-driven instruction and provide young athletes the opportunity to hone their skills, improve team play, and learn from the best.

Hawken Summer Studies Program, open to public and private school students, is a six-week program of credit and enrichment for students entering grades 6–12.

Camps run at varying intervals between June and August. For more information, contact summerprograms@hawken.edu, (440) 423-2940, or visit their website at summer.hawken.edu.

Jump Start Gymnastics

23700 Mercantile Road
Beachwood
(216) 896-0295
www.jsgymnastics.com

Jump Start Gymnastics offers 10 weeks of summer camps for boys and girls ages 4–14 from June 4 through August 16, 2024.

Jump Start Summer Camp is a great way to explore and experience gymnastics for brand new gymnasts to experienced gymnasts wanting to grow their skill base. JSG believes gymnastics benefits everyone, setting a foundation for physical fitness and a healthy lifestyle, and teaches coordination and movements that apply to every sport. In addition to traditional gymnastic instruction, games, and open gym, weekly themes round out each camper's experience for a full summer of fun.

JSG offers enrollment for selected days or the entire week, with half- and full-day options available. Open gym follows

Heat Up the Fun with

summer camp

OUTDOOR FUN • FIELD TRIPS AND SPECIAL GUESTS* • HANDS-ON LEARNING ACTIVITIES • FRIENDSHIPS AND SOCIAL SKILLS



Creativeplayrooms.com
440-349-9111

Summer campers flourish here! Enroll Now!

*Field Trips and Special Guests vary by location



summer camp guide

Jump Start Gymnastics cont'd
each camp from 3:30–5 pm for an additional \$10. Registration is available at jsgymnastics.com.

Lakeshore Dance & Gymnastics

760 Beta Drive Suite G
Mayfield Village
(440) 461-0015
www.lakeshoregym.com

Lakeshore Dance and Gymnastics offers recreational classes and competitive teams in dance and gymnastics. The newly renovated 27,000 square foot facility in Mayfield Village is equipped with two brand new dance studios, and designated gymnastics areas for preschool, recreational, boys, rhythmic and team. The owner, Irene Graber, is excited for the future and hires the most qualified staff, who enjoy working with children.

They are offering summer camp and preschool princess camps!

Lakeshore offers dance and gymnastics classes for infants

all the way though adults! Lakeshore's offerings may be broad, but it's a child-focused business where everyone is family!

Lawrence School Lions Leap Summer Program

1551 E. Wallings Road
Broadview Heights
(440) 526-0717

LawrenceSchool.org/Summer

Lions Leap is not only an intensive dose of specialized instruction—it's a powerful experience that shows kids who learn differently they CAN succeed academically. In just four weeks, Leapers build new skills, increase self-confidence, gain motivation, make new friends, and find out how fun learning can be!

In just four weeks, they help kids in grades 1–6 leap forward in reading, writing, and math.

Their daily schedule consists of 40-minute lessons in phonics, reading fluency, writing, and mathematics—with playground →



ST. EDWARD HIGH SCHOOL SUMMER CAMPS



GET THE EDGE Enrichment Boys Entering Grades 7 & 8 / June 10–28

Get to know St. Edward High School during our three-week enrichment program. Campers choose six engaging subjects to explore; from creative writing to engineering—there's something for everyone! Epic recreation rounds out the day. Whether shooting hoops, tossing frisbees, or unleashing water balloon chaos, your son will have a blast!

TECHNOLOGY Edventures Boys & Girls Entering Grades 7 & 8

Let's Edventure into the dynamic world of tech. Through collaborative projects and challenges, campers will gain hands-on experience, 21st century skills, and a lasting interest in STEM.

PROGRAMMING SESSION / June 10–14

ROBOTICS SESSION / June 17–21

VIDEO GAME DESIGN SESSION / June 24–28

EAGLE ATHLETIC Camps Boys & Girls Entering Kindergarten–Grade 12

Join our premier coaching staff for training in baseball, basketball, football, golf, hockey, lacrosse, rowing, soccer, strength & conditioning, tennis, volleyball, and wrestling. Find dates and times at SEHS.net/camp.

➔ SEHS.net/camp



Create a
Summer of Fun
at FAIRMOUNT!

SUMMER CAMPS

Dance, Music, Theatre,
& Visual Arts

June–July 2024
Preschool through
Grade 8
Half & Full Day Options



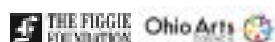
Registration is OPEN NOW!

Save 5% with code "EarlyReg"
before MARCH 23

FairmountCenter.org  
440-338-3171

Camps located minutes from Bainbridge/Chagrin Falls/
Chardon/Kirtland/Solon

ENRICHING LIVES THROUGH THE ARTS
FAIRMOUNT
CENTER
for the Arts



Lawrence School cont'd

time in between.

- Concepts are introduced through visual, tactile, auditory, and kinesthetic activities, proven to help students with learning differences make connections and retain information.
- Class sizes are small; making way for plenty of individualized attention from their knowledgeable staff.
- Organization is explicitly taught and practiced, developing the executive function skills essential for success in school and beyond.

The Lions Leap summer session runs from June 12 to July 10 (7:45 a.m.-11:45 a.m.) at Lawrence Lower School campus in Broadview Heights. Tuition is \$1,200.



The Little Gym of Shaker Heights

20707 Chagrin Boulevard
Shaker Heights
(216) 752-9049
www.tlgshakerheightsoh.com

Have you ever met a kid-osaurus or attended a royal ball? If not, keep reading and let the adventures begin!

The Little Gym offers a summer full of fun and excitement with a variety of themes including Dinosaur Adventures, A Royal Renaissance and Pajama Party. Their specially developed curriculum combines physical fitness, imagination and creativity giving your child the opportunity to learn and grow all while having serious fun!

Half-day and full-day camps are available for kids ages 3–9 years old. They offer flexibility to match your schedule that is difficult to find anywhere else. Choose the days and weeks that fit your needs. Camps run Monday through Friday. Sign your

children up for one day, multiple days, several weeks or the whole summer!

Call (216) 752-9049 or email tlgshakerheightsoh@thelittlegym.com for more information.

Lost Nation Sports Park

38630 Jet Center Dr., Willoughby
(440) 602-4000
www.lostnationsports.com

Mike Moran Basketball Camps

Open to boys and girls ages 6–14

Session #1: June 17–21

Session #2: June 24–28

- Week-long program (M–F) 9:00 am–3:15 pm.
- Weekly tuition is \$195.
- Early registration discount is only \$180 (by May 1, 2024).
- All campers receive a T-shirt.

Mike Moran Basketball Camps

(Held at Lost Nation Sports Park in Willoughby)
(440) 338-8092
www.morancamps.com
The Mike Moran Basketball

Camps are the oldest running basketball camps in northern Ohio, with over 40 years of operation. All the instructors are successful college and high school head coaches.

Because it is always well attended, participants will be working with other players of their same age group and ability level. The Moran Camp has always stressed the teaching and drilling of fundamentals. It is truly a camp designed for young players who want to improve their skills and be able to play competitive basketball. The camp runs all day, Monday through Friday, from 9:00 a.m.–3:15 pm. Over the years it has been acclaimed by many newspapers and organizations as the top basketball camp in the area!

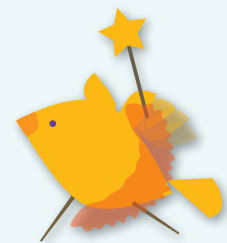
The Mike Moran Camps are very popular, and fill up quickly. Take advantage of the early registration discount. Visit their website, morancamps.com, for easy registration or call for a free brochure!

Imagine Summer,
THINK HAWKEN!

Summer programs for boys and girls ages 4-18

Day Camps • One-week Passport Camps
Mastery Camps • Athletics Camps
Summer Studies for Grades 6–12

Exciting adventures await you!



For more information:
summer.hawken.edu

Lyndhurst • Gates Mills • University Circle





GYMNASTICS

FOR KIDS & ADULTS!

Now in Our 21st Year of Helping Gymnasts Reach their Goals!

Six-Week Sessions

- 1-hour class, 1x per week = \$140 per session
- 1.25-hour class, 1x per week = \$165 per session

Spring Session 1: February 25–April 13, 2024



Summer Camp 2024

June 4–August 16, 2024

**DAILY OR WEEKLY ENROLLMENT AVAILABLE!
ENROLLMENT IS ALWAYS ONGOING UNTIL CAMPS FILL!**

- For ages 4-14, boys and girls, and all levels of gymnastics experience, from recreational to competitive gymnastics.
- We coach all levels of new, experienced, and competitive gymnastics.
- Our philosophy at JSG is that gymnastics is for everyone, an excellent basis for physical fitness, and benefits coordination for every sport and children's health.

SUMMER TWISTERS CAMP

Ages 4–7 yrs
June 4–27, 2024
Tue. / Wed. / Thu.
9:15 am–noon
\$120 per week
or \$40 per day

FLIPS FOR KIDS GYMNASTICS CAMP

Ages entering K–14 yrs
June 10–August 16, 2024
9:15 am–3pm
\$300 Mon.–Fri. or
\$240 Mon.–Thu. or
\$60 per day

Open Gym: Follows each camp day from 3:30–5:00 pm and \$10 per participant.

Daily After-care: 3–5pm, \$10 per day and preregistration is required.

There are no refunds for canceled, absent, or unattended camp days or weeks, after-care, or open gym.

Private Lessons

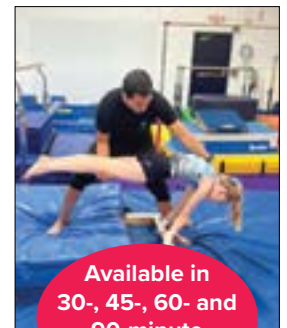
Jump Start is offering:

- Individual private lessons
- Semi-private lessons
- Small group lessons

Perfect for gymnasts, cheerleaders, dancers, Gymkata ice skaters, and Gymnastic Strong conditioning training.

Saturdays 12:30–6:00 pm
Sundays 2:30–6:00 pm

Email your requested day & time to:
jsgymnastics@jsgymnastics.com



Available in 30-, 45-, 60- and 90-minute sessions!

60-minute lesson for 1 gymnast = \$65

2–6 gymnasts = \$35 per gymnast

45-minute lesson for 1 gymnast = \$55

2–6 gymnasts = \$30 per gymnast

30-minute lesson for 1 gymnast = \$45

2–6 gymnasts = \$25 per gymnast

Birthday Parties



TWO OPTIONS!

Our coaches will tailor the party activities to the age of the birthday child. Guests will enjoy our gymnastic games and equipment, including our 50 feet of trampoline and in-ground foam pit! Party guests will enjoy organized and loosely-structured instruction on the gymnastic equipment.

A full hour-and-a-half of gym time

\$195 for 10 children & \$15 for each additional child

An hour of gym time and a half-hour of celebration time

\$195 for 10 children & \$20 for each additional child. JSG provides white paper plates, forks, tablecloths, napkins, and clean-up.

Jump Start Gymnastics

23700 Mercantile Road, Beachwood
Rear of National Biological Building

(216) 896-0295

Website: jsgymnastics.com

Email: jsgymnastics@jsgymnastics.com

**Ruffing Montessori School
Summer Ruffing It**

3380 Fairmount Boulevard
Cleveland Heights
(216) 321-7571
www.ruffingmontessori.net

A staple for over 40 years, Summer Ruffing It is a six-week day camp designed to promote academic, athletic, and artistic enrichment. Campers work with a variety of professionals and trained educators who provide a joyful, quality experience in small, student-centered groups. Topics covered include art, athletics, community service, drama, media, music, science, and technology. Field trips to a variety of nearby educational/cultural institutions further enhance each camper's experience. Sign up today!

Saint Edward High School

13500 Detroit Avenue, Lakewood
www.SEHS.net/camp
(216) 221-3776

Kids of all ages are invited to experience the excellence of St. Edward teaching and coaching this summer! Join them at their convenient Lakewood campus for enrichment in film, music, programming, history, engineering, leadership, game design, creative writing, mathematics, science, entrepreneurship, robotics, world politics, and more! They also offer athletic skill-building camps for the following sports: baseball, basketball, football, golf, hockey, lacrosse, rowing, soccer, tennis, volleyball, and wrestling. There's something for everyone! Register and learn more at www.sehs.net/camp

Saint Ignatius High School

1911 West 30th Street, Cleveland
(216) 651-0222
www.ignatius.edu

Saint Ignatius High School, Cleveland's Catholic Jesuit high school for young men, is rooted in Ignatian spirituality and has formed leaders since 1886. Through outstanding academics, exceptional athletics and arts, and a deep commitment to faith and service, Saint Ignatius students are open to growth, intellectually competent, religious, loving and committed to social justice.

The Saint Ignatius Summer Enrichment Program (SEP) has served the greater Cleveland community since 1968, accounting for more than 50 years of academic, social, cultural and athletic enrichment opportunities for young men entering the eighth grade. Through a combination of academic instruction and athletic opportunities, SEP creates a competitive, yet friendly

atmosphere that adequately prepares students for the challenges of high school. SEP is the perfect opportunity for young men to become acquainted with life at Saint Ignatius.

Snapology of Cleveland

23645 Mercantile Road, Suite H
Beachwood
(216) 990-8988
www.cleveland.snapology.com

Snapology of Cleveland offers exciting day camps at their Discovery Center in Beachwood and other partner locations!

Your kids will love their fun and educational summer offerings! Campers will enjoy robotics, STEAM, and building with LEGO® bricks while making new friends and having tons of fun!

Day camps are 9 am–3 pm with extended care available. Call or text (216) 990-8988 for more info, visit their website to enroll, or email cleveland@snapology.com with any questions!

**Check out even more camp listings at
TodaysFamilyMagazine.com**

ADVENTURE SUMMER CAMP

BEGINS JUNE 3RD!

YOUR ADVENTURE STARTS HERE

**NINJA WARRIOR COURSES
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AERIAL ROPES COURSE
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NUTRITION/SCIENCE INTERACTIVE DEMONSTRATIONS
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**(216) 282-3100
WWW.ADRENALINEMONKEYFUN.COM**



Girl Scouts are a force of nature.

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To learn more visit
gsneo.org/summercamp

girl scouts 
of north east ohio

customer care@gsneo.org | 800-852-4474 | gsneo.org



FIERF
FORGING FOUNDATION

Forge the Future Summer Camp

July 8-10, 2024

Cuyahoga Community College
Advanced Technology Training Center
Cleveland, OH



Explore the world of forging through the Forging Foundation's Forge the Future Summer Camp. Students age 11-15 will have the opportunity to tour a forging facility, participate in STEAM and team building activities, and learn how to forge. Plus, campers will get to take home their own forging!

Register online at
www.fierf.org/kids/summer-camps



summer camp guide

Valley Art Center

155 Bell Street, Chagrin Falls
(440) 247-7507
www.valleyartcenter.org

Summer fun is happening at Valley Art Center, June 17–August 23! Nothing compares to spending an entire week immersed in creative projects at a Valley Art Center art camp. Your child will thrive in an environment where all skill levels are welcome and every camper will learn at just the right pace.

VAC's dedicated and enthusiastic instructors guide young artists to bring ideas to life through textiles, ceramics, cartooning, photography, jewelry and more. Camps are available in sessions of three or five consecutive half-days.

Whatever camp your child chooses, you can trust that your young artist will explore and learn while meeting new friends and engaging in creative play.



Western Reserve Grief Services

(216) 486-6838

Western Reserve Grief Services is hosting grief support camps this summer to help children coping with the death of a loved one. Led by trained bereavement professionals from Hospice of the Western Reserve, who combine art, music, play and nature exploration to help with the healing process. The camps bring together children, who have experienced the death of a loved one, in a safe, supportive environment. All camps are open to the community and offered at a nominal cost.

For information about the camps call (216) 486-6838 or email thebereavementcenter@hospicewr.org.



Struggling academically?
We can change that!

For more than 50 years, Lawrence School has delivered academic excellence to students with dyslexia, dysgraphia, dyscalculia, and ADHD.



**Lawrence
School**

Space is limited—register today!
Questions? Call 440.526.0717.
lawrenceschool.org/summer

Lions Leap \$1,200 For students entering grade 1-6

June 12–July 10, 2024 / 7:45–11:45 a.m.

You won't believe how far your child will leap ahead in just four weeks when immersed in evidence-based classroom strategies. Our certified teachers use a multisensory approach, based on Orton-Gillingham methodology, to boost reading, writing, math, and organization skills. Small class sizes, grouped by skill level, ensure the needs of every learner are met. Each morning includes four 40-minute academic periods with playground fun in between. Join us for Lions Leap and your child will gain confidence and discover how enjoyable learning can be!

No classes June 19, & July 4 & 5

Alphabet Adventures \$500 For preschoolers & kindergarteners, ages 3-5

June 12–July 10, 2024 / 8:30–10:00 a.m.

Ensure future reading success with our evidence-based alphabet classes. Learners will build essential pre-reading skills by strengthening their phonemic awareness through a variety of visual, auditory, kinesthetic, and tactile activities that connect sounds to letters. In addition to pre-literacy skills, your child will also experience STEM and math concepts through specialized instruction.

An 11 day program. No classes Mondays, Fridays, and June 19 & July 4

summer camp guide

YMCA of Greater Cleveland
www.clevelandymca.org

There's no place like the YMCA Summer Camp - a home away from home where kids laugh, learn, explore, and grow, all while creating memories and friendships that last a lifetime! The YMCA of Greater Cleveland knows that every kid is different. That's why they offer three camps for your child's needs:

Day camp: Ages 5/6 - 12
Campers discover not just the wonders of day camp but the joy of exploring their unique traits,

talents and interests.

Sports camp: Ages 6-12
Sports camps offer youth specialized sports training and are designed to teach sports skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility.

Fine arts camp: Ages 6-12
Summer fine arts camp combines performing and visual arts with a varying weekly theme.

For more information, including locations and cost, visit www.clevelandymca.org/day-camp-cleveland-ymca.



"This gives a whole new meaning to the term 'ball hog'."



Mike Moran Basketball Camps

2024 Boys/Girls Camp
at Lost Nation Sports Park
Willoughby

June 17-21 | June 24-28
9:00 am-3:15 pm each session

Register online at
MoranCamps.com
-or-

Phone: (440) 338-8092
Mail: Brochures will be mailed out upon request.

CAMP STAFF

MIKE MORAN: Inducted into Ohio Basketball Hall of Fame in 2020; former head coach at John Carroll University w/ 459 career wins; guided JCU to 14 OAC titles, 12 trips to the NCAA Tournament & one Final Four appearance; former VASJ head coach where his teams won two state championships.
PETE MORAN: Head coach of John Carroll University.
PAT MORAN: Assistant coach of John Carroll University.
MATT MORAN: Head coach of Lake Catholic.
MARK CHICONE: Former head coach of both Lake Catholic boys team and Mentor High School girls.
TONY REDDING: Head coach of girls at St. Martin de Porres.
RYAN SCHNEIDER: Head coach of boys at St. Martin de Porres.
JOHN GIBBONS: Legendary coach.

- **Eligibility:** Camp is open to boys and girls ages 6-14.
- **Camp Fee:** \$195.00
- **Early registration** discounts and group rates available.
- **Each camper receives** a camp T-shirt.

Grow Confidence, Camaraderie and Community as Your Dreams Become a Reality!



Summer Camp Dates:
June 10-29 & July 8-August 10

Choose one week or more!

Open House: May 25

Bring in this ad and receive \$20 discount on a week's camp.

Visit our website or call for program and enrollment dates



For a complete class schedule
call **216-295-2222** or
visit ClevelandCityDance.com



SCIENCE. TECHNOLOGY. ENGINEERING. ART. MATH



BEST
SUMMER CAMP
FOR KIDS



IF YOU LIKE
LEGO BRICKS
YOU'LL LOVE THIS

CLEVELAND.SNAPOLOGY.COM

"My son attended two summer camps and each week he was thrilled to go! He wished they were longer. We look forward to next year!" - Jen

AGES 5-12 | ROBOTICS | FUN LEGO® THEMES



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Beachwood

216-990-8988

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SCHOOL OF
UNIVERSITY HEIGHTS

FOUNDED 1968

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23599 CEDAR ROAD | BEACHWOOD, OH

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216-381-8388



**Now accepting
applications for
3- and 4-year-olds
for fall of 2024**

THREE YEAR PROGRAM
BEGINNING AT AGE THREE

