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March 2022

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## Yes! Dogs do get depressed

Learn why and what you can do

## 10 reasons to get your child involved in theater

## The ABCs of hospital delivery

Tips for playdates  
with children with  
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# Tips for playdates with children with special needs

By Sarah Lyons

Playdates are an important part of childhood. They offer time for kids to interact socially without the structure of school or extracurricular activities. They also help kids learn to share, socialize, and play freely while still having support from their parents as needed. Children with special needs are no exception and benefit from playdates as much as their peers. While they may take a little more planning and patience, it is well worth the efforts for everyone involved. Here are some tips for hosting a playdate with children with special needs.

## Be open

Our natural reaction may be to avoid talking about any special needs a child may have but it is better to address any questions or concerns beforehand so everyone is more comfortable and knows what to expect. "I am upfront and honest about my daughter before we go to

anyone's house for a playdate," says Barb Walker-Shapiro, mom of six. "Her brain doesn't work like other kids. She may have a seizure and is prone to major meltdowns. I find that when other parents know what's 'wrong' with my daughter, they are more tolerant and compassionate towards her." It is also a good idea to talk to your children openly about differences they may have with their friends. Explain that just because others may seem different or express their joy differently, it doesn't mean they don't enjoy playdates or making new friends as well. Prior to the playdate, it is also a good idea to check in with the other parents about whether there are any food allergies or restrictions and anything important you should know.

## Be strategic

Prior to the playdate, discuss with the other parents about what would be the best location to have the playdate. For some, their own home is more comfortable and successful.



For others, staying at home may encourage the special needs child to say hello then retreat to their room while company visits. In this case, it may be better to go to a public place that everyone can enjoy, such as a park, museum, or zoo.

On the other hand, parents who have a child that is prone to running away or hiding may find a public place overwhelming. Discuss your plans with all the parents involved and come up with the best solution for everyone.

Another great strategy is to plan activities that unite the kids. Kids who struggle with talking to peers or sharing toys may find that a common interest helps them feel more at ease. Find out the interests of the kids you are hosting and offer an activity around one that excites all of those invited. Ideas could include a craft, a game, or visiting somewhere that fosters that interest. For example, if they are interested in nature, visit the Holden Arboretum, Cleveland Botanical Garden, the Nature Center at Shaker Lakes, or go on a backyard scavenger hunt. If they are interested in tractors and farm animals, visit the Lake Metroparks Farmpark.

## Be patient

Whenever kids are involved, patience is important. Try to understand that kids may have different reactions to situations, things may not go exactly as expected, and that it may take some time for kids with special needs to warm up to the situation. Some children with special needs may prefer to participate in parallel play. Parallel play is when kids play beside each other, but do

not interact with one another. Children who play alone during parallel play still enjoy the time together and are usually interested in what the other children are doing. If things do not go as planned, it is okay to cut the playdate short and try again in the future.

## Be inclusive

It is most important to note that kids with disabilities or special needs are just like anyone else — they want to interact with friends and be loved and appreciated. When hosting a playdate with children with special needs it's important to greet them and interact with them as you would anyone else you meet. "Please say 'hi' to my son. Smile at him, even if he doesn't smile back," says Marie Taylor, mother of two. Even if the child is nonverbal or doesn't seem to hear you, it is important to speak to them.

Angela Leever, special education teacher and mother of three says, "Encourage the parents and children to speak to the child with special needs, not about them. If the child with special needs does something your child isn't happy with or that isn't appropriate, allow them to use words to tell them. Sometimes that is more powerful than the adults intervening."

## Be understanding

Parenting is not easy and we all struggle with different challenges when it comes to our children. Ask the parent if they need help with anything prior to the playdate. "I almost always have a few extra things to carry so please don't be shy about

See **PLAYDATES** on page 8

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# The ABCs of hospital delivery

By Christa Melnyk Hines

**T**he hospital delivery process begins long before labor pains begin. Here's what to expect.

**Admissions.** At around 32 weeks gestation, schedule a preadmission appointment to complete most of your paperwork before labor, like the birth certificate and other forms.

"At that time, we do all of the pre-admit work like consents you'll sign when you come to have the baby," says preadmission coordinator Clara Davis, RN.

**Birth plan.** Do you want an epidural or prefer natural childbirth? A birth plan communicates your desires for your labor and delivery experience. If you have a plan, bring it with you to the preadmission appointment and delivery.

**Circumcision.** At hospitals, circumcisions are usually performed within 48 hours of delivery. Talk to your doctor about the procedure's benefits and risks. Your preadmission coordinator will have the paperwork you need to complete when you're ready.

**Delivering physician.** Many doctors check in on their patients first thing in the morning and midday. "We page the delivering physician as soon as we think it's time. If a baby is having heart rate issues, we can always page them to come evaluate," says labor and delivery nurse Jenna O'Connor, RN.

**Epidural.** An epidural is a pain-relieving local anesthetic administered by an anesthesiologist that numbs pain in the lower half of the body.

"Allow 45 minutes from the time you ask for your epidural to getting it," O'Connor says. "We like to give IV fluids prior to that at a faster rate to help prevent blood pressure from dropping from the anesthesia."

**Fetal heart monitor.** Healthcare practitioners will either periodically monitor your baby's heartbeat during labor, or you will be hooked up to an electronic fetal heart monitor, especially if you are on medication to be induced.

**Get ready.** Pack your bag between

32 and 35 weeks of pregnancy. Bring toiletries and comfortable clothes, including warm socks and slip-on shoes. You'll also need a take-home outfit for your baby and a car seat.

**Hepatitis B.** The American Academy of Pediatrics recommends all healthy newborns receive their first dose of hepatitis B vaccine within 24 hours of delivery. Hepatitis B is a potentially fatal viral infection that attacks the liver.

**Induction.** Prior to an induction, your provider will examine your cervix and decide whether you should go into the hospital the day of the scheduled induction or the night before. If you go in the night before, you might receive a medication or a balloon catheter that thins or softens the cervix. When your cervix is ready, you'll be given a medication called Pitocin to induce contractions.

**Jacuzzi® tubs.** Many hospitals offer laboring moms full-size whirlpool bath tubs for pain relief early in the delivery process. Check with your doctor to see if this an option for you.

**Vitamin K.** All babies are born vitamin K deficient. Upon birth, your baby will receive a vitamin K shot, which is essential to aid the body in forming clots to prevent severe and potentially life threatening bleeding.

**Lactation consultant.** Breast-feeding specialists visit new moms in the hospital to address any initial questions or concerns around breast-feeding.

**Marking the moment.** During preadmission, you'll have the opportunity to decide if you want your newborn photographed. "But, you're not obligated to buy anything," Davis says.

**NICU.** Premature infants, multiples and sick or low birth-weight babies are usually transferred to a neonatal intensive care unit, which provides specialized care.

**Overnight stays.** The typical hospital stay for a vaginal delivery is 24 to 48 hours, while a C-section is between three and four days.

**Pediatrician.** The hospital will notify your baby's physician when



you're admitted. He or she will provide a physical examination of your infant within 24 hours postpartum.

**Questions.** Throughout your pregnancy journey, you'll likely have many questions come up about what to expect when you get to the hospital to deliver your baby, like where to park, which entrance to go in (especially if you go into labor after hours), and what you should pack. Your physician, nurses, doula and/or midwife, your hospital's preadmission coordinator and your instructors at hospital labor and delivery classes are all excellent sources of information.

**Risks?** Because hospitals are prepared for complications that can arise during labor and delivery, they are among the safest places to deliver babies, especially for women considered high risk. High-risk pregnancies include women who are expecting multiples, are under the age of 17 or over the age of 35, or have a health condition like diabetes, high blood pressure or depression.

**Surgery.** A Cesarean section requires an incision through the abdomen and uterus. You'll receive an epidural and will likely be awake for the procedure. Upon arrival for a planned C-section, you'll be hooked up to a monitor and an IV, receive a physical assessment and bloodwork.

**Tours reduce uncertainty.** Scheduling a firsthand look of a hospital's birthing center early in your pregnancy can familiarize you and your partner ahead of time with the hospital layout, parking and available classes and amenities. Some expectant parents tour as early as six to 12 weeks gestation.

"By meeting them early, we can help them feel as comfortable as possible throughout the entire process," says labor and delivery

nurse Danae Young, RN, a hospital maternity navigator, who offers birthing center tours and guides expectant parents through preadmission paperwork.

**Visitors.** Decide who you want in the delivery room. "This can be doctor-directed a little bit. For example, if the patient is having trouble with their blood pressure, we're not going to want them to have a lot of visitors in their room at that time," Davis says.

When your baby arrives, your loved ones can access the locked unit during visiting hours by providing your first and last name.

Of course with COVID-19, visiting privileges may be restricted. Check with your hospital for updated protocols.

**Wireless monitoring.** Some hospitals wirelessly monitor the baby's heart rate and a laboring mom's contractions. The wireless monitor allows patients the freedom to move around, use the restroom, take a shower or sit on a birth ball.

**X or Y?** Still unsure if your newborn is a Xenia or a Yasmin? Try settling on a name before you check out of the hospital. Otherwise you'll get a call from the State Department of Health for not completing your birth certificate paperwork--and it can cost you extra.

**Zen.** Giving birth is rarely considered a "zen-like" experience, but many hospitals prioritize comfortable accommodations for expectant parents, like private suites, in-room music options, rocker-recliners, and "quiet time for moms" to allow for family bonding.





# Yes, dogs DO get depressed

Here's why and what you can do

By Kimberly Blaker

As most dog owners will attest, dogs do feel a range of emotions. They may not experience sadness quite the same as humans because dogs lack self-consciousness. But they can experience anxiety and depression, says Dr. Carlo Siracusa at the University of Pennsylvania School of Veterinary Medicine, in "Do Dogs Feel Sadness?" by Kate Hughes.

The development of dogs' emotions is equivalent to that of a two or two-and-a-half-year-old child, according to researchers. So the sadness they experience is less complex than that in human adults. For example, human adults can feel sad or depressed as a result of ruminating about their failures, imperfections, or something they did or didn't do. Since dogs, like very young children, lack self-consciousness, they don't experience this type of sadness. Nonetheless, dogs can experience sadness or get depressed for a variety of other reasons.

## Causes of depression in dogs

Because dogs are social animals, receiving a lack of attention, or being left alone for long periods can affect their mental health. When dogs are confined to a crate or bathroom for extended hours, it can lead to depression. So allow your dog to spend as much time with family as possible.

Similarly, a lack of exercise can also cause depression. This can be particularly problematic for pets that are crated or confined to small areas

for many hours at a time. While crate training for puppies is beneficial for housebreaking, they should never be crated for more than four hours at a time without an extended break.

Once your puppy is housebroken, a crate can provide a cozy spot for your dog with the crate left open. But dogs need companionship, exercise, and stimulation, which they cannot experience in a crate. So as your dog grows, limit confinement and when it is necessary, preferably to a larger room.

Also, find out how much and what types of exercise are appropriate for your dog's breed and age, and make sure your dog regularly gets the exercise it needs.

“When dogs are confined to a crate or bathroom for extended hours, it can lead to depression.”

Another cause of depression in dogs is when a family member is depressed. Recent studies have found dogs recognize human emotions. In May 2012, a study was published in the *Animal Cognition* journal. The study found dogs responded more strongly when people were crying



as opposed to talking or humming. In this case, the best remedy may be to get treatment for yourself or the depressed family member, which should alleviate your dog's sadness.

Dogs also experience depression when they lose a family member, whether it's another pet or human companion. Sometimes dogs improve if a new pet is introduced, but not always. When a dog loses its owner, this can be particularly devastating.

An interesting 2013 study was reported by CBS News online, in "Study: Dogs bond with owners similar to babies with parents." Researchers observed that the "secure base effect" phenomenon that's experienced by babies also occurs in dogs. Like babies, dogs are more likely to interact with things and other people when they feel the secure presence of their caregivers. If your dog has lost a beloved family member or caregiver, those closest to your dog should intervene and give it extra love and attention.

Another cause of depression in dogs is punishment. Animal behaviorists say when dogs are repeatedly punished with shock collars or other physical means, dogs come to feel helpless. Not only can it cause aggression in dogs, but it can also cause dogs to withdraw. The best method for training dogs is with rewards for positive behavior. This is not only

better for their emotional health, but it's also more effective.

Finally, certain medical conditions, such as thyroid problems can cause depression. If your dog is depressed, and especially if there's no apparent reason for it, have your dog checked out by your veterinarian.

## Signs your dog is depressed

The most common symptoms of dog depression are similar to those in humans. They include:

- Sleeping more than usual.
- Withdrawal or hiding.
- Loss of interest in food.
- Loss of interest in things it previously enjoyed, or inactivity.
- Excessive licking, particularly of their paws.
- Self-mutilation (in more severe cases, often related to separation) anxiety.

## What to do if your dog is depressed

First, if you suspect any of the reasons above is causing your dog's depression, try to remedy the situation that's causing it. This will often resolve your dog's sadness. But if your dog doesn't improve, an antidepressant can help, particularly in anxious dogs. Dogs are prescribed many of the same antidepressants as humans. But always talk with your veterinarian before giving one to your dog.

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# Take A Bow!

## 10 reasons to encourage kids to participate in theater

By Christina Katz

Parents know that some kids are more dramatic than others. So why not give emotionally expressive students an outlet by getting them involved in theater? You likely already know if your child has a flair for the theatrical, and educational programs can offer kids benefits that are life-changing.

Opportunities to participate in full-length theatrical productions are typically available starting in middle school. If your school district lacks funding for the arts, you won't have to look far in your community to find regional theatre companies with student programs. Opportunities outside of school include reputable community theater companies, theater education programs, and even training from seasoned professionals. Whichever paths your child decides to pursue, do your homework

to make sure programs provide a safe, structured environment for your budding thespian.

When kids invest in drama education, it will exponentially enrich their lives in return. Theater is an excellent creative outlet for multi-talented children as well as for kids who are unsure about their abilities. Here are ten reasons to encourage your child to participate in theater.

**Make new friends.** Any successful theatre production is fueled by a constellation of interpersonal connections. If you have a shy or socially reticent child, theater can be a great way to get them socially engaged. The all-hands-on-deck aspect of theater can quickly overcome a hesitant participant. Before kids can say "William Shakespeare," they will find themselves an appreciated part of the team.

**Learn collaboration.** Perhaps the greatest benefit of theater is exper-



Students performing at the Beck Center for the Arts.

riencing how each person's contributions are crucial to mounting a successful show. Whether children are acting, singing and dancing or bringing the show to life backstage, the show can only succeed with creative input from every member of the group. Collaboration is not only a helpful lesson for school; it's also a valuable lesson for life.

**Inspire passion.** Musicals are a cool part of culture, and theatre kids love learning as much as they can

about Broadway, emerging actors, and the latest shows available to perform. Dramatic kids may feel like they have finally found an outlet where their flair for the dramatic serves a purpose once they are acting, singing and dancing for an audience.

**Gain confidence.** There are often limited performing arts opportunities available in schools, which is why theater can be so helpful in a

See *THEATER* on page 8



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## Theater from page 7

well-rounded education. Theater pulls kids out of themselves and gets them involved in something greater than themselves in ways that engage their minds, bodies, and emotions. The more kids perform, the bigger the confidence boost, which can carry over into the rest of their school experience.

**Increase emotional intelligence.** My daughter's theater camp director always calls theater "empathy training." There is nothing like walking in another person's shoes, saying their words and imaging their thoughts and point of view to build thoughtfulness in kids. In a world where intolerance seems to be on the rise, empathy training seems like a crucial skill.

**Appreciate culture.** You might be surprised to learn how few high school students have been to a play or a musical. If you want your child to have a more cultured childhood than you did, attending shows is a great way to experience new worlds within driving distance. School theater groups often take field trips to see shows and may even participate in talk-backs with the actors

afterwards.

**Build community.** There are few school activities that engage the extended community the way theater does. Parent and family members attend school shows, and so do community members, business owners and school administrators. Having a flourishing theater program in local schools can be a pride point for parents, the school district and the community at large.

**Experience contagious enthusiasm.** If you have never witnessed the passion theater kids have for bonding with each other as they mount a show, you and your child are in for a treat. For kids experiencing challenges at home, the theater can become a secure home away from home. Ask any child who has just moved to a new school or who is trying to navigate a parents' divorce if they would like to join a community of immersive learners, and they might be willing to try it.

**Improve communication skills.** At some point, most students need to impress a college admissions board or employer. Theater can increase a student's chances of scoring

a spot since it boosts both verbal and nonverbal communication skills, not to mention auditioning practice. Theater kids can even use imagination, observation and listening skills to determine the right choices for their future. Parents might want to consider ways theater skills like articulation, vocal projection, and emotional expression can help students ace future school and job interviews.

**Enjoy school more.** Theater peo-

ple are generally more diverse, tolerant and inclusive than most. Compelling acting requires gesturing and projecting the voice to bring words on the page to life. If your child is having trouble fitting in or struggling to keep grades up, encourage him to go see what's happening in the performing arts hall. Theater can become a great motivator for kids to increase school attendance, keep their grades up, and make memories that last a lifetime.

### Not sure your child will enjoy theater?

There is only one way to find out. Let kids audition with reasonable expectations. Give theater administrators an opportunity to get to know kids and make decisions about where they fit best in the show. Parents may want to jump in and advocate for kids, but try to hang back. Encourage kids to identify and go after parts they want. If you stay out of the process as much as possible, kids can take ownership of their experience, which is ideal.

### Ways to participate in theater beyond acting

If your child is not an actor, here are more ways kids can contribute to a theatrical production. Contact the show director to find out if any of these opportunities are available for your student.

- Be a dramaturge
- Run the light board
- Find the sound effects
- Be a stagehand
- Build and paint sets
- Provide accompaniment during rehearsals
- Play an instrument in the orchestra
- Usher at the theater doors

### Opportunities for parent volunteers

Don't let the kids have all the fun! Volunteering in school theater can be fun and rewarding. If you've got skills in these areas, your school's program can probably use them.

- Fundraising and sponsorships.
- Building and painting sets.
- Sewing costumes.
- Picking up costumes, props, lights, microphones, and makeup kits.
- Supplying snacks for the cast and crew.
- Selling tickets in the box office.
- Contributing to the playbill.
- Shuttling kids around to find gifts and cards.
- Hosting the post-production party.
- Filming and editing the show for memento DVDs.
- Helping tear down set, store items used, and clean dressing rooms.

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## Playdates from page 4

asking if I need help." says Taylor. "I also need a lot of grace."

Try to be patient and understanding. The other parent may be overwhelmed or tired. It may have been challenging to get there. All parents have great days where everything goes as planned and tough days where it seems nothing does. Listen and offer a hand when needed and they will most likely offer the same in return.

The most important tip for having a playdate with a child with special

needs is just to have them. It may take a little more planning and patience than the average playdate, but it is so worth it to both the parents and kids involved. Playdates offer a great chance for kids to interact with peers and make friends in a non stressful way, and they are also a great time for parents to connect and build each other up as well.

*Sarah Lyons is a mom of six kids including seven-year-old triplets. She enjoys reading, writing, and spending time outdoors with her family.*



# Little weedy sea dragons are a big deal

Greater Cleveland Aquarium announces rare births

Greater Cleveland Aquarium invites the public to join them in celebrating the arrival of newborn weedy sea dragons, a species that has proven to be exceedingly difficult to rear. Since the first successful weedy sea dragon hatching in 2001 at the Aquarium of the Pacific, fewer than 20 facilities worldwide have had any level of success with mating and only an estimated dozen of those, including The Aquarium of the Pacific, Georgia Aquarium, Monterey Bay Aquarium and Birch Aquarium, have had fry survive.

A delicate species whose survival has been tested by habitat degradation, weedy sea dragons are native to the cold coastal waters of south and west Australia.

“Weedy sea dragon births are exceedingly rare, and this would be a point of pride for any animal care facility, but it’s a particularly exciting for an aquarium of our size and age,” says General Manager Stephanie White, who has been with the downtown Cleveland destination since it opened a decade ago in January of 2012.

Greater Cleveland Aquarium is housed in a brick building dating back to 1892, and Curator Ray Popik believes the creativity required to reimagine the historic space contributed to his team’s success breeding sea dragons. “We were able to home the sea dragons in a very deep exhibit built into a structure that likely served as

an air duct or a coal chute when this building was an operational powerhouse,” says Popik, explaining, “Its depth provided an optimal habitat for the seahorse relatives who court with an elaborate vertical dance.”

After a female weedy lays her eggs, they are transferred to the male who, similar to its pipefish cousins, is then responsible for fertilizing and carrying them until they hatch. “This was actually the second time one of the female sea dragons in our care deposited eggs on a male’s tail,” says Popik.

While the initial egg transfer in January of 2020 was likely too early in the Aquarium residents’ development to result in viable offspring, the initial mating and successful deposit was an indication that the sea dragons—who came to the Aquarium in March 2018—were thriving. “Animals need to be healthy, have good nutrition and be acclimated to mate,” explains Popik. “We felt the odds they would try again were good.”

A second mating attempt in September of 2021 resulted in another clutch of eggs and fry popping out between late-October and the beginning of November. The hatchlings were moved behind-the-scenes. “There’s no parental involvement after birth and it’s incredible that any of these tiny offspring survive when they’re left to fend for themselves in the ocean,” says Mallory Haskell, the primary aquarist responsible for their moni-



toring and delicate care. Not particularly strong swimmers, weedy sea dragons’ leaf-like appendages blend in with kelp and seagrass help hide them from predators.

Greater Cleveland Aquarium plans to put some of the young on public view soon in a temporary exhibit just down the corridor from the adult weedy sea dragons. “It’s been amazing to watch these animals develop and we want to give that opportunity to others if we’re able,” says White.

Visit [greaterclevelandaquarium.com](http://greaterclevelandaquarium.com) or call (216) 862-8803 for more information.



## Laurel girls today. **Leaders tomorrow.**

At Laurel, girls are leaders in the classroom, on the field and on the stage. Through a demanding academic curriculum informed by our Center for Research on Girls, our unparalleled public-speaking coursework and our beyond-the-classroom experiences, girls at Laurel lead every day.

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## **18 months-Grade 12 Open House**

**Saturday, April 9, 2022**

**9:00 am-12:00 pm**

Visit [LaurelSchool.org/OpenHouse](http://LaurelSchool.org/OpenHouse)  
or call 216.464.0946

**LAUREL**







# Just For Laughs

(We chose some real eye rollers to start off your month!)

A dog walks into a job center. "Wow, a talking dog," says the clerk. "With your talent I'm sure we can find you a gig in the circus." "The circus?" says the dog. "What does a circus want with a plumber?"

My girlfriend has just dumped me because she thinks I'm obsessed with football. I'm gutted - we'd been going out for three seasons.

Someone stole my mood ring. I'm not sure how I feel about that.

My new hobby is eating clocks. It's rather time-consuming.

Q. What's the difference between mashed potatoes and pea soup?  
A. Anyone can mash potatoes....

Sometimes I tuck my knees into my chest and lean forward. That's just how I roll.

I bought the world's worst thesaurus yesterday. Not only is it terrible, it's bad and lousy.

Q. Why do French people like to eat snails?  
A. They can't stand fast food.

Two clairvoyants meet. One says to the other: "You are fine, and how am I?"

## Railfest 2022

The largest, two-day continuous running, all-gauge train show in Ohio is back, on track and full steam ahead.

Railfest will be held at Lakeland Community College in Kirtland on Saturday, March 19, 2022, and Sunday, March 20, 2022 from 10 am- 4 pm both days.

Railfest features six rooms full of trains with 100+ dealers and over 350 tables to view. See exhibitors with all scales of trains and accessories to sell and trade, video tapes, train ride information, and historical displays.

This year there will be many new vendors which will add a fresh look to the show.

This is the place to look for and buy hard-to-find items to add to your layout.

Other features include:

- Food service train show specials!
- See eight operating layouts in many different scales.
- Buy, sell and/or trade new and used trains.
- ATM is on site.

This event is sponsored by the



National Model Railroad Association MCR Div. 5 who are celebrating 37 continuous Railfest shows at Lakeland Community College.

Admission is \$8.00 per person, \$13 for a two-day pass and \$15 for a family (two adults with children under 16). Free parking and free shuttle bus service are available.

For more information call (440) 357-8890, (216) 470-5780, email [railfest@mcr5.org](mailto:railfest@mcr5.org) or visit [www.Railfest.org](http://www.Railfest.org).

Notice: Due to COVID-19, Lakeland will mandate all vendors, volunteers & attendees to wear masks or face coverings during all aspects of the show. This mandate could possibly be lifted by the time of the show — only time will tell.



## Foundations for Lifelong Learning

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Contact the Director of Admissions at 216-421-0700 or email at [info@clevelandmontessori.org](mailto:info@clevelandmontessori.org) to arrange a personal tour.



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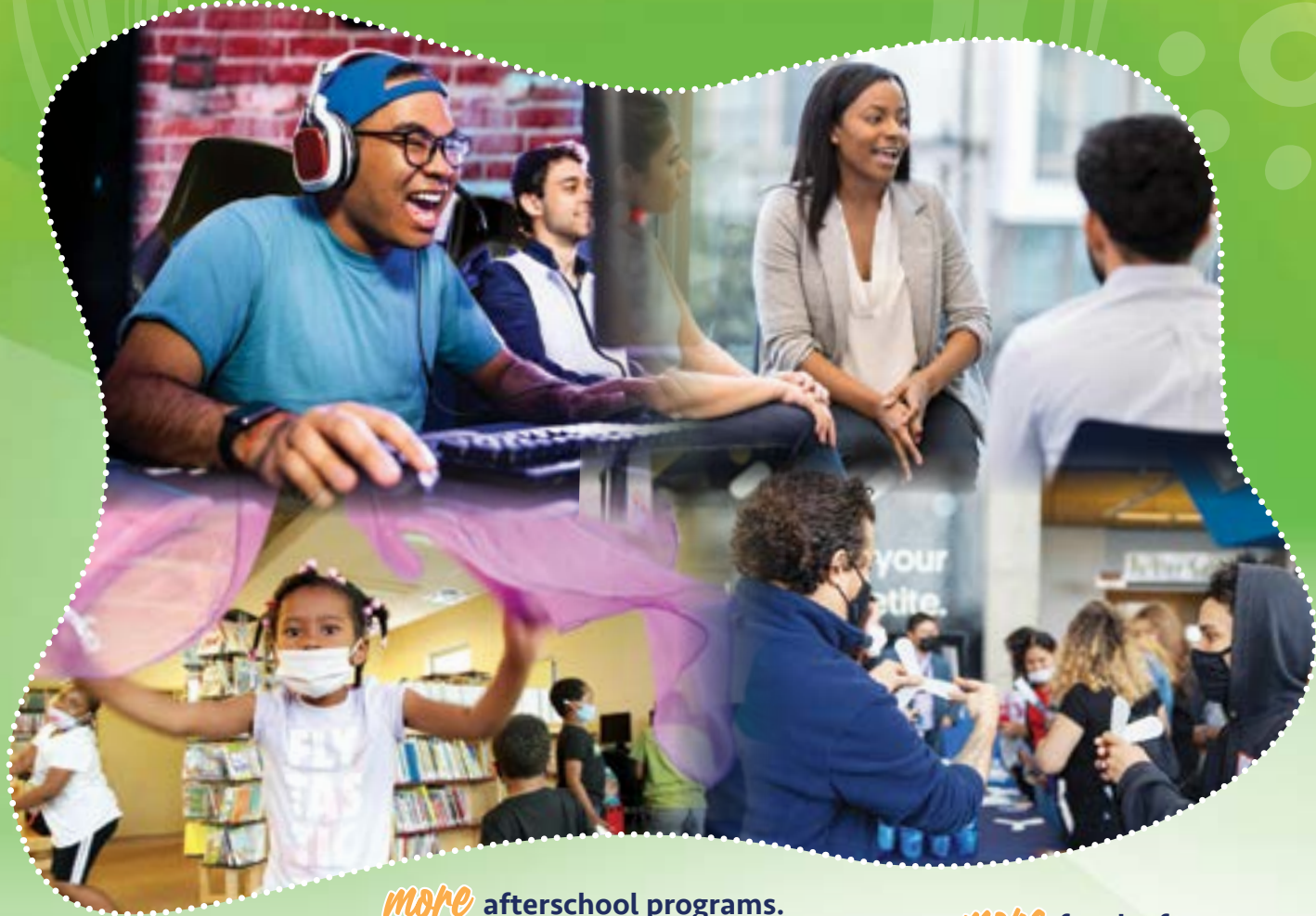
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# get more CHOICE

CMSD lets you choose your school. Select from arts, STEM and other options.



### more sports.

Live streaming of games lets you watch on any device, from anywhere. And 14 high schools have started esports so gamers can get into the action.

### more afterschool programs.

Through Say Yes to Education, programs like arts and tutoring are under way in 40 PreK-8 schools, with plans to add high schools in the spring.

### more communication.

The District has hired Parent Ambassadors to strengthen relationships between schools and families.

### more for the future.

Community, college and career planning centers have begun operating in high schools, with PreK-8 schools to follow next year.

### more to keep kids safe.

Voluntary COVID-19 testing is available in schools across the District.

Details at [ClevelandMetroSchools.org/GetMore](https://ClevelandMetroSchools.org/GetMore)

## THE CMSD EXPERIENCE *get* MORE

#### ENROLL at ChooseCMSD.org

Portal now open for High School Choice.

PreK-8 opens on March 14.

Call 216.838.3675 for more information.

SUPPORT SERVICES/SCHOLARSHIPS



FREE college and trade school tuition scholarships for four-year CMSD grads! Go to [SayYesCleveland.org](https://SayYesCleveland.org) to learn more!



# Child birthday parties

A gift for both child and parents

By Stacy Turner

**M**arch is a big month in my house. Aside from bringing in the much-anticipated season of spring, early March is when both my husband and youngest child celebrate their birthdays. While my husband gave up having birthday parties long before I met him, we've always made a big effort to make both of our girls' birthdays special each year for as long as they'd let us. In the weeks and days leading up to the big day, once the birthday girl had chosen her theme, I planned the festivities and procured the supplies.

On the day of the event, my husband (AKA the fun guy) led the girls in games, frivolity, and general mayhem. That's when little girls would get dropped off in party dresses and colorful clothes, one by one, smiling and clutching birthday bags stuffed with colorful tissue paper. They left a

mountain of small shoes by the back door in a rush to coalesce around the birthday girl, giggling, laughing, and sliding across hardwood floors in sock-clad feet.

Over the years, our version of March Madness has featured a gaggle of squealing girls eating lots of sugar, playing games, dancing, and running around the house like banshees. The party themes changed from year to year based on their hobbies and interests. A few memorable events brought together a gathering of princesses to an indoor beach party, complete with a sandcastle cake. Another event was an epic adventure with Dora, where Explorers wore backpacks and used flashlights and a map to find clues throughout the house. One year gave would-be archaeologists the opportunity to escape a mummy's tomb.

As the years progressed, everyone in the family helped prepare for the big day. For the Egyptian adventure,



Dad worked together for days with the birthday girl to craft a sarcophagus out of a cardboard box, while big sis and I scoured the house for treasures worthy of the ancient king. We even found a mummy soundtrack to set the mood as teams of girls worked to beat the clock and escape the tomb first. Those events, while labor intensive, gave us something interesting to do during late winter; a time usually filled with mud and cold, gray weather. It also provided the opportunity to investigate some of our daughters' interests and get to know their friends better.

In subsequent years, we took the show on the road, heading to a roller rink birthday bash one year, and to see the latest kid flick at a movie theater during another. Once, we took the Minecraft-crazed group to an arcade so they could experience what video games looked and played like back in the day. They were less than impressed with the graphic quality of games like Frogger and Q\*bert, but enjoyed the large monitors and loud game sounds, especially Pac-Man.

As is usually the case, as our daughters got older, our involvement in the festivities declined. The shoes

were still gathered at the back door, only in much larger sizes, and the young ladies still coalesced around the birthday girl full of giggles and excitement. But afternoon parties full of games and prizes were replaced with sleepovers, where we provided little fanfare, but plenty of food, time, and space to themselves. There's generally less running, and the squealing is much less frequent, too. These events also differed from earlier events in that they begin later, last longer, and end quietly the next afternoon when sleep-deprived preteens (and now teens) in hoodies and rumpled pajama pants slip on their Crocs and head home to recover from what we refer to as the sleepover hangover.

The older they get, the more they're branching out and doing more and more on their own, which is exactly how it's supposed to be. Now that our days of party planning are over, I'm glad we made the extra effort to share in their interests and make them feel special. I realize now that those birthdays were as much of a gift to us as they were to our girls. More than anything, I hope you and your family share in lots of happy birthdays, too.

## LITTLE WEEDIES ARE A BIG DEAL.

We are one of the few aquariums in the world to experience the births of weedy sea dragons. See the hatchlings on your next visit!



Open 10am - 5pm daily with advance tickets | [greaterclevelandaquarium.com](http://greaterclevelandaquarium.com)

## Today'sFamilyMagazine.com

Our site is keyword searchable and is mobile-friendly. Whatever local family information you need, you will most likely find it here.



# Hope and healing

Beech Brook provides mental health services, education, support, mentoring, sex education, and fostering for children and families.

By Deanna Adams

**A**lmost everyone needs help with personal problems at some point in their lives, and many times you don't know where to turn. Yet, one phone call could make a difference. That phone call is often to Beech Brook, a premier behavioral health agency located in Pepper Pike.

"We work specifically with families and children, and have partnerships with almost 100 schools throughout northeast Ohio, including Cuyahoga, Summit, Geauga and Lorain counties," says Nancy Kortemeyer, senior director of marketing and communications at Beech Brook. "Early intervention is key. The earlier we can address and help problematic situations, the better for the child's future."

The agency has a long history. It opened as the Cleveland Orphan Asylum back in 1852. Its mission of hope and healing for children and families remains a steadfast tradition. Their services are wide ranging and future focused. The experienced and authorized staff help children and adults through early intervention, and education and support, as well as treatment for those who have experienced severe trauma. The qualified staff members visit schools, homes, daycare centers, foster homes, and many other community settings to offer their services to children and families who need to move forward successfully.

Kortemeyer calls it "moving upstream." Beech Brook president and CEO, Thomas Royer describes that concept. "When we deal only with the aftermath of traumatic events and toxic environments, we are suffering from the results of down-

stream thinking. We are treating the effects but not the cause of the suffering that too many children and families are enduring. We are not keeping our children from drowning.

"With this in mind, we are reshaping the way we approach and do our work at Beech Brook. We will be working every day to identify those who are experiencing unhealthy social determinants of health, to reduce school violence, to keep families together, and as our mission guides us, to help children and families thrive. We are focused not only on treating but on preventing the devastating toll of today's epidemic—abuse, trauma, daily exposure to violence, the toxic stress of living in poverty—and its lifelong impact on our children, our families and future of our community. We are moving upstream."

"We feel so strong about the community needs and our mission," says Kortemeyer, who has worked at Beech Brook for 28 years. "We want to make the biggest difference in young people's lives. We begin with early childhood programs because that's truly the starting point. It's hard for some to believe, but there are children who are expelled in preschool for out-of-control behaviors. So the need is great to get the children help as soon as possible."

Beech Brook offers a wide range of programs concerning issues that include child abuse prevention, education and early intervention, as well as community and home-based treatment programs for at-risk children and families.

Among the 43 specialized programs and services that Beech Brook provides are:

**School-based mental health services and support:** Beech Brook cur-

rently provides therapy and support services for children, parents and staff in 96 schools in Cuyahoga, Summit, Lorain and Geauga counties.

**Early childhood services:** Through mental health services, child care consultation and parenting classes that help parents understand and support their child's brain development, Beech Brook is trying to help young children overcome problems early in life.

**Parent education and support:** Beech Brook offers a variety of parenting classes and support services that improve parenting skills and strengthen families.

**Family Preservation and Intensive Home-Based Treatment (IHBT):** These programs provide in-home, intensive, short-term crisis intervention designed to stabilize and preserve families.

**STRIDE (Skill Building, Teaching, Role Modeling, Independence, Development, Empowerment):** This mentoring program pairs a child or teenager with a staff member to provide extra support during stressful times and encourage the child to participate in positive activities.

**Sex Education:** Beech Brook's Comprehensive Sex Education (CSE) programming is designed to help youths, ages 10–18, understand the emotional, social and physical changes that are occurring in their lives. The goal of the program is to educate, inform, empower and motivate these young people to take control of their future by making healthy and responsible choices now and in the years to come.

Then there is the **Foster Care Program**, one of the agency's most challenging missions. "We are always in need of foster parents,"

Kortemeyer says. "Naturally, we'd prefer that children never experience trauma of being removed from their families, but we're here to help when that happens."

Indeed, there are times when children must be taken from their homes, temporarily or permanently, for their own protection. Children come into foster care with problems stemming anywhere from abuse and neglect, exposure to violence, or parental drug and alcohol addiction. "The need for foster parents is even more urgent today, much due to the opioid crisis," says Kortemeyer.

Beech Brook foster parents play an important role in helping these children overcome their trauma. The foster parents provide a 24-hour therapeutic environment where healing can begin. "We provide extensive training and support for foster parents and are in at least weekly contact with them," Kortemeyer notes. "Our case workers and therapists work continually with them to help in all manners."

It's also important to note that Beech Brook also provides services for youth, ages 18–21, who are aging out of foster care through Ohio's Bridges program, which provides the support needed to make a successful transition into adulthood.

Kortemeyer summarizes why Beech Brook's mission of moving upstream is so important. "You can't give a kid back a lost childhood. That's why we want to make a difference early in children's lives, before they are hurt or traumatized, so they can have the best beginnings."

Beech Brook is housed at 3737 Lander Road in Pepper Pike. For more info call (216) 831-2255 or visit [www.beechbrook.org](http://www.beechbrook.org).





# A CHANCE TO PLAY

Local organization provides adaptive sports opportunities for children with physical disabilities

**A** chance to play. Most families won't think twice about the phrase. Youth sports is a multi-billion dollar industry, thus most children are provided with ample opportunities to play. Of course, there are still barriers to entry, but what if your child had no access to sports at all? Without adaptive sports, that would be the reality for children who have physical disabilities that prevent them from participating in able-bodied sports.

Adaptive Sports Ohio provides those adaptive sport opportunities for children and adults with physical disabilities through community-based and interscholastic sports programs.

Headquartered in Wooster, Ohio, Adaptive Sports Ohio now offers programming for athletes in Wayne, Mahoning, Stark, Lucas, and Cuyahoga counties. The Cleveland-area office offers an extensive list of programs for veterans, adults, and youth with disabilities that includes wheelchair basketball, power wheelchair soccer, sled hockey, track & field, hand cycling, wheelchair tennis, wheelchair softball, and more. Athletes have the option to play recreationally or compete on one of the many competitive travel teams offered.

Inclusion in school athletics is important for students with disabilities, thus Adaptive Sports Ohio has launched school-based wheelchair basketball programs in six Ohio school districts with plans to scale the program, adding new programs each year. ASO also assists schools with integrating wheelchair track athletes into their high school and middle school track programs by providing

adaptive track training for athletes and coaches across the state and by providing racing chairs for students. The goal is to soon bring these interscholastic programs to schools in Cuyahoga County.

Maintaining an active lifestyle is important for the health and well-being of anyone, but it's especially critical for individuals with disabilities. Individuals living with disabilities are more likely to be inactive, socially isolated, and have a greater risk of poor health than their able-bodied peers.

Sports play an important role in the academic success of children. According to the National Federation of High Schools, studies have proven that students who participate in high school athletic programs have higher grade-point averages than those who do not participate. Yet, our most academically vulnerable population, students with disabilities, have a 68% Ohio graduation rate and don't have access to the academic benefit that school sports provide. Adaptive Sports Ohio is working to change that by getting kids with physical disabilities off the sideline and into the game, providing them a path for a more active and healthy life.

If you have a child with a physical disability, or know someone that would benefit from adaptive sports, you can learn more about getting involved by contacting Lizzie Goldsmith, program manager for Cuyahoga County, at [lizzie.goldsmith@adaptivesportsohio.org](mailto:lizzie.goldsmith@adaptivesportsohio.org) or call (216) 410-6627. You can also find them on Facebook @AdaptiveSports Ohio, or visit [adaptivesportsohio.org](http://adaptivesportsohio.org) for more information.



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# Summer CAMP Guide

## 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 on [www.TodaysFamilyMagazine.com](http://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) 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.



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# Summer **CAMP** Guide

## ADRENALINE MONKEY

26800 Renaissance Parkway  
Cleveland  
(216) 282-3100  
[www.adrenalinemonkeyfun.com](http://www.adrenalinemonkeyfun.com)

Kick off your child's summer adventure at Adrenaline Monkey! Their indoor adventure center is equipped with Ninja warrior-style obstacle courses, various rock climbing walls, an aerial ropes course with nearly 30 obstacles to quench the thirst for adventure and need for active in-person play! Save \$50 per week by using the code SUMMEROFF at check-out, (discount ends on March 31). Camp will begin the week of June 6! Learn more at [www.adrenalinemonkeyfun.com](http://www.adrenalinemonkeyfun.com).

## ANIMAL CAMP

6618 Chagrin River Road  
Chagrin Falls  
(440) 463-3146  
[www.RisingRiver.net](http://www.RisingRiver.net)

Animal Camp is a unique farm day-camp experience for kids ages 5-13. Since 2006 they have honed an interactive, self-directed experience for children.

Kids enjoy and learn about farm animals (horses, goats, bunnies, chickens, dogs, and cats), participate in horseback riding, crafts, and an end-of-week trail ride.

They offer 11 individual sessions (Mon-Fri) from 9 a.m.-4:30 p.m. Campers are welcome to participate in one or multiple sessions. Kids participating in the all-day camp spend the afternoons playing games, crafting, and cooling off in the Chagrin River, which is shallow and located on the property.

They feature "Feed-em-Friday" where kids are permitted to bring carrots to feed the animals.

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

Horseback riding helmets are provided, closed toe shoes, water bottle, snack or lunch (as appropriate) are required. Please email Krista at [kxanimalcamp@gmail.com](mailto:kxanimalcamp@gmail.com) with questions. Like Rising River Farm on Facebook to stay up to date!

## ASBURY CAMP AND RETREAT CENTER

10776 Asbury Road, Hiram  
(330) 569-3171  
[www.campasbury.org](http://www.campasbury.org)

For 65 years, Camp Asbury has been forming faith and connecting people to nature through small-group camping.

Go for a hike, canoe in the lake, enjoy an evening around the campfire, and so much more!

Resident camp is available for kids in 1st through 12th grade, June 19-July 29, 2022. This summer, they will explore how God speaks to them through creation, and through all the seasons of their lives.

They're following current COVID-19 protocols to keep campers and staff safe and healthy.

Register online for one-week sessions at [www.eocsummercamps.org](http://www.eocsummercamps.org).

This ministry of the United Methodist Church welcomes all. To learn more about their summer camp programs, join them at Camp Asbury for an open house and summer preview on April 10, 2022, anytime from 2-5 p.m.

## BECK CENTER FOR THE ARTS

17801 Detroit Avenue, Lakewood  
[www.beckcenter.org](http://www.beckcenter.org)  
(216) 521-2540

Beck Center for the Arts offers in-person summer camps and classes on their Lakewood campus, and some online private music lessons. Summer camps and classes are mainly for ages 5-19 but private music lessons are available all year and for every age, skill level, and a wide variety of musical instruments.

Your child can grow new skills and strengthen existing ones in music, theater, dance, and visual arts. Creative arts therapies have proven success in working with individuals of all ages with disabilities using music, art, dance, and visual arts therapies.

Learn more at [www.beckcenter.org/education-programs](http://www.beckcenter.org/education-programs) or contact customer service at (216) 521-2540 x10.

# LOVE HORSES? COME RIDE WITH US!



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**Visit [hb.edu/summer](http://hb.edu/summer)**

**HathawayBrown** 



**CAMP CARL**

8054 Calvin Road, Ravenna  
(330) 315-5665  
www.CampCarl.life

Kids need camp. Today, like never before, teens and preteens are under tremendous pressure. Self-doubt, peer pressure, substance abuse, self-injury and myriad harmful voices nag at kids every day. Even kids who have a strong support structure face obstacles.

Camp Carl provides opportunities for children and students to pull away and get a breather—to catch a vision for the bigger picture of their lives. Kids need experiences that will challenge them and give them worth, direction, belonging, perspective, significance, connection and love! They believe love matters most!

As one of Ohio's leading Christian camps, each summer Camp Carl provides 2,200+ children and students with the opportunity to discover their God-given purpose and potential, experience incred-

ible adventures, foster relationships that could last a lifetime, and not just hear the Gospel but experience the Gospel through their staff. They hire over 110 thoroughly trained college students so that your camper will be surrounded by the finest young Christian role models that colleges around the country have to offer.

**CAMP FITCH YMCA**

www.campfitchymca.org

Camp Fitch's century-old classic sleepaway summer camp provides kids, ages 6–17, with a holistically safe, values-driven community where they discover friendship and achievement. Kids feel like they belong among the camp's carefully vetted, highly committed, and caring staff, who create transformative experiences on the shore of Lake Erie.

A life-changing Fitch experience is among the most important a child can have to develop independence and self-confidence.

Through partnering with the Erie Health Department and health-care professionals, they have designed a safe environment to make kids better, forever.

**CAMP HO MITA KODA**

14040 Auburn Road, Newbury  
www.camphomitakoda.org

Camp Ho Mita Koda is a coed summer camp for kids and teens with type 1 diabetes. Located in Newbury, Ohio, their overnight and day camp programs welcome boys and girls in grades K–11 for one-week sessions. Founded in 1929, Camp Ho Mita Koda is the very first and oldest operating summer camp in the country for kids with T1D!

Camp Ho Mita Koda's strong camp community, diabetes management curricula and traditions allow each camper the opportunity to gain independence within a healthy, active program. Each day offers a variety of programs supporting skills development and decision-making that builds

self-confidence.

Surrounded by friends and a world-class staff, every camper learns to 'stretch'...spiritually, physically, mentally, emotionally, and socially. Self-assured in these new skills, campers come away with a strong foundation for living their best life, increased capabilities and newfound independence in managing their own personal T1D journey.

**CAMP INVENTION**

www.invent.org/local

Spark your kid's creativity and build their confidence with their new Camp Invention® program, Explore! When this nationally acclaimed program comes to your area children in grades K–6 will collaborate with friends in hands-on, open-ended STEM adventures.

During this dynamic, high-energy program, young innovators will:

- Dive into cutting-edge ocean research as they adopt their own

# GET THE EDGE!

## Register Now for Get the Edge 2022

St. Edward High School's Summer Enrichment Program  
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Monday, June 13 - Friday, July 1, 2022

Daily from 8:30 a.m. - 12:30 p.m.

at St. Edward High School

Cost: \$300

Register today at [www.sehs.net/gte](http://www.sehs.net/gte)





# Summer Guide

## Camp Invention cont'd

- robotic fish, design and patent aquatic plants, and take their fish friend home in a mini tank.
  - Discover real space exploration technology when they create Spacepacks and Astro Arm devices, mine an asteroid and observe erupting ice volcanoes.
  - Combine science and art to build their own robotic artist, engage in design thinking, make spin art and learn how inventions can change the way people create.
  - Experiment with the fun of physics, engineering and gaming as they design, build and test their own mega marble arcades.
- Availability is limited, so visit [invent.org/local](http://invent.org/local) to secure your spot!



## CHAGRIN VALLEY FARMS

9250 Washington Street  
Chagrin Falls  
(440) 543-7233

[www.chagrinvalleyfarms.com](http://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 6 through August 19. 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



## Creative Art Experiences all summer long!

Explore fundamental art experiences including printmaking, drawing, painting, jewelry, pottery and traditional camp crafts.

June 20–August 20, ages 6–16!

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

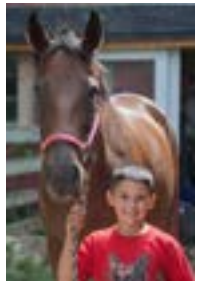


## Animal Camp 2022

*The Best Camp Ever! Is celebrating its 16th year and we are inviting you*

**12 one week sessions**

For kids 5 to 13 years old  
Camp runs 9 a.m. to 4:30 p.m.



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

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



**LAKE ERIE**  
COLLEGE

**COLLEGE CREDIT 1<sup>CR</sup>**



# GRAPHIC DESIGN SUMMER BOOT CAMP INNOVATION

This five-day boot camp is for high school students, freshmen through seniors (up to 19 years old), who are interested in graphic design. You will be taught the basics of Adobe InDesign — the industry-leading software.

**JUNE  
20-24**

This class will be **IN PERSON**  
Class is limited to 13 students.  
The cost is only \$150.00.  
Class time is M-F from 10:00 a.m. - 12:30 p.m.



**SCAN QR CODE  
TO REGISTER TODAY!**  
or visit [bit.ly/gd-bootcamp](http://bit.ly/gd-bootcamp)

391 WEST WASHINGTON STREET | PAINESVILLE, OHIO 44077 | [LEC.EDU](http://LEC.EDU)

## Chagrin Valley Farms cont'd

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](mailto:info@chagrinvalleyfarms.com), or like them on Facebook.

## CLEVELAND CITY DANCE

13108 Shaker Square, Cleveland  
(216) 295-2222

[www.clevelandcitydance.com](http://www.clevelandcitydance.com)

You will love watching your child's eyes sparkle as they grow confidence, friendships, poise and technique in a safe, social distanced school. Classes are available for ages 3–85 — yes they have adult classes too! Teachers are patient and experienced, encouraging dancers to do their personal best.

Register early for a magical and exciting summer! Sessions run June 13 through August 13. Choose one to eight weeks.

Themed Camps for ages 3–8

such as Peter & the Wolf, Dr. Coppelius Workshop, Adventure of Mother Goose and more.

Camps for ages 8 through preprofessional, work on mastering technique with friends in ballet, jazz, modern, conditioning, dance history and film, classical variations, musical theater, guest teachers and more.

All classes can be in person and virtual is available for you at home, too! Adult and child individual class options are also available. Space is limited so call or visit their website soon.

## CLEVELAND STATE UNIVERSITY ODYSSEY PROGRAM

1375 Euclid Avenue, 6th floor  
Cleveland

(216) 687-5087

[www.csufilmodyssey.com](http://www.csufilmodyssey.com)

The Odyssey Program at Cleveland State University's School of Film & Media Arts offers a variety of immersive summer camps for high school students (aged 13–18)

interested in filmmaking.

Through interactive workshops, film screenings, focused activities, and visits from special guest speakers, Odyssey participants learn storytelling, screenwriting, acting, directing, cinematography, editing and more as they create their own original films and projects in a fun and collaborative environment.

With access to the film school's professional soundstages, Mac editing labs, and vast inventory of film production equipment, expert instructors aided by CSU film student camp counselors help students hone their skills during these activity-packed experiences.

The summer includes an experiential three-week camp from June 13–July 1, followed by three one-week intensive camps that focus on acting and directing (July 11–17), documentary production (July 18–24), and screenwriting (July 25–31). Day camp and residential options are available.

## CREATIVE PLAYROOMS MONTESSORI & CHILD CARE CENTERS

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

[www.creativeplayrooms.com](http://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 today by calling (440) 349-9111 or visiting [www.creativeplayrooms.com](http://www.creativeplayrooms.com).



## GET READY FOR SUMMER 2022!

For decades, University School has been the place for boys and girls in Northeast Ohio to develop skills and forge friendships that extend well beyond the summer months.



### DAY CAMPS

Our day camp experience expands with an extended coed week option and theme-based preschool camps.



### EXPLORER PROGRAMS

Summer is the time to discover new interests, find new adventures, and explore the outdoors.



### ACADEMIC COURSES

Each summer, students from around Northeast Ohio expand their intellectual horizons at US.



### ATHLETIC CAMPS

Our coaches offer a challenging and safe environment for athletes to compete at every level.



View all of our programs and register at [www.us.edu/summer!](http://www.us.edu/summer!)





# Summer Guide

## 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 13–August 5. Classes will be offered in ballet, tap, jazz, creative movement, and modern dance for ages 3 through adult.

Dance Camps: Princess Camp for ages 3–7 includes creative dance and preballet 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 10 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. Three, four, and five-week

options are available.

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.

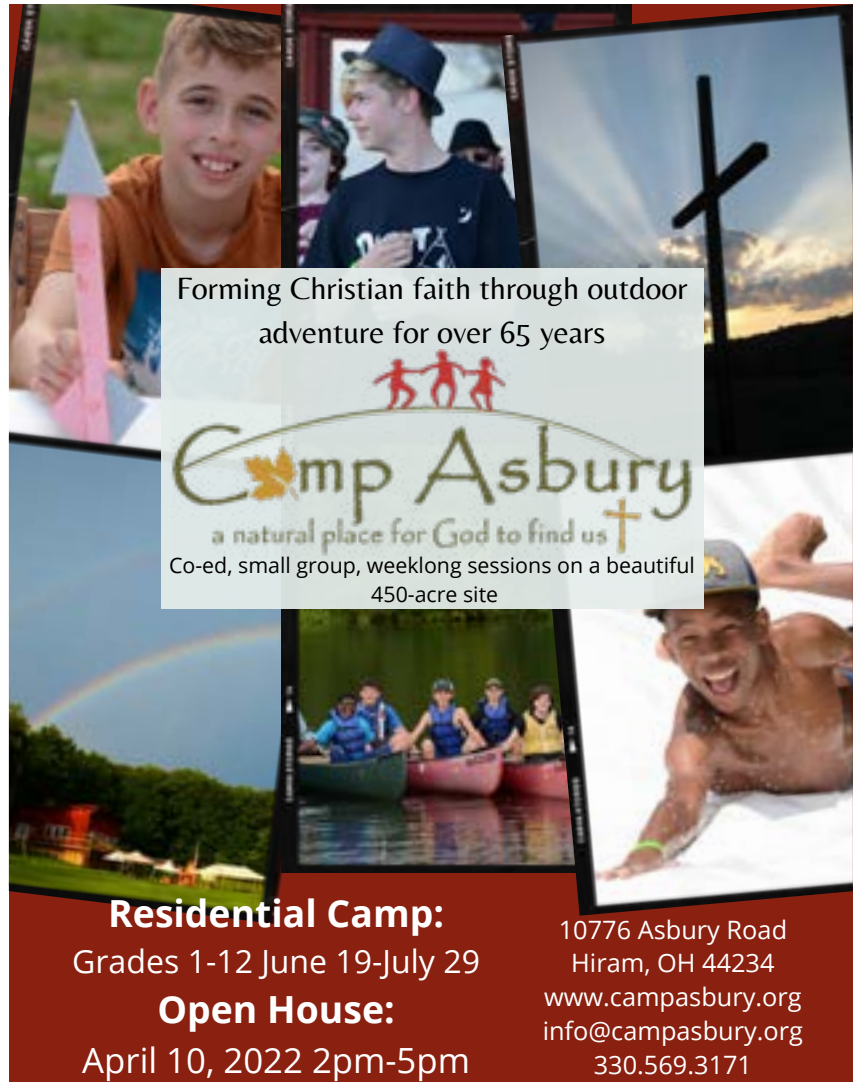
Weekly classes for adults in ballet and tap will also be offered. For more information visit their website, call or email msgail. enpointedanse@gmail.com.

## FAIRMOUNT CENTER FOR THE ARTS

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

Fairmount Center for the Arts will offer camps June 1 through July 29 for preschoolers–grade 8.

Camps include half-day and full-day options exploring dance, music, theatre and visual arts. Additionally, multi-arts themed camps will provide a sampling of art forms designed to explore a



Forming Christian faith through outdoor adventure for over 65 years

**Camp Asbury**  
a natural place for God to find us

Co-ed, small group, weeklong sessions on a beautiful 450-acre site

**Residential Camp:**  
Grades 1-12 June 19-July 29

**Open House:**  
April 10, 2022 2pm-5pm

10776 Asbury Road  
Hiram, OH 44234  
www.campasbury.org  
info@campasbury.org  
330.569.3171

## CLEVELAND STATE UNIVERSITY SCHOOL OF FILM & MEDIA ARTS

# ODYSSEY PROGRAM

## FILMMAKING SUMMER CAMPS FOR TEENS

LEARN ACTING, DIRECTING, CINEMATOGRAPHY, EDITING, PRODUCING, SCREENWRITING, AND MORE FROM THE STUDENTS AND FACULTY AT THE SCHOOL OF FILM & MEDIA ARTS!

- Create your own original films using professional equipment in our sound stages and Mac editing labs
- Four sessions for ages 13–18
- 1 week and 3-week camps
- Residential and day camp options — Choose to commute or stay in CSU dorms!

## MAKE FRIENDS AND GAIN SKILLS FOR LIFE!

## ALSO AVAILABLE: ONE-DAY SKILL BUILDING WORKSHOPS IN SPRING 2022!

For more information or to register, please contact the program coordinator by phone 216.687.5087, email [odyssey@csuohio.edu](mailto:odyssey@csuohio.edu), or visit [csufilmodyssey.com](http://csufilmodyssey.com).

### Odyssey Program Experiential

Three Week Summer Camp  
June 13 – July 1, 2022

### Odyssey Intensive:

#### Acting and Directing

July 11 – July 17, 2022

### Odyssey Intensive:

#### Documentary Production

July 18 – July 24, 2022

### Odyssey Intensive:

#### Screenwriting

July 25 – July 31, 2022



**Fairmount Center for Arts cont'd** variety of interests through hands-on activities offered in a supportive, caring and fun environment. Camps will take advantage of outdoor spaces as feasible, enjoying beautiful summer days.

Complete camp information will be released March 7 with an early registration discount of 5% on registrations completed by April 30.

For more information you can email [info@fairmountcenter.org](mailto:info@fairmountcenter.org).

Located just minutes away from Mayfield, Chagrin Falls and Chardon.

### FALCON CAMP

Carrollton, OH  
(800) 837-CAMP  
[www.falconcamp.com](http://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." 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.



### GILMOUR DAY CAMPS

34001 Cedar Road, Gates Mills  
[www.gilmour.org/summercamp](http://www.gilmour.org/summercamp)  
(440) 473-8000 ext. 2267

The official camp of safe summer fun! With offerings that include outdoor adventure, drone, sports camps and the arts, Camp Gilmour has something for everyone! Camps offered June 6–August 5.

Preschool Camp (9 weeks available) delights children ages 3–5 as they explore an exciting theme each week.

Day Camp (9 weeks available) is for children ages 5–12. Full and half days offered (can combine with other half-day specialty camps). Daily math, reading and writing enrichment provided at no cost.

Hockey, volleyball and cross country camps, hosted by coaches from Gilmour's state-ranked programs, provide campers the opportunity to hone skills.

Before- and after-care options from 7:15 a.m. until 6 p.m.

Register at [www.gilmour.org/summercamp](http://www.gilmour.org/summercamp). Questions? Contact (440) 473-8000 ext. 2267 or email [summercamp@gilmour.org](mailto:summercamp@gilmour.org).

Gilmour Academy is an independent, Catholic, coed school in the Holy Cross tradition. Grades K–12 and Montessori Preschool (18 months–preschool).

### GIRL SCOUTS OF NORTH EAST OHIO

[gsneo.org/camplife](http://gsneo.org/camplife)  
(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 rediscover the world — to disconnect from technology and embrace the freedom of the woods, the sky, and water.

If she loves to explore, Passport to Fun may be her perfect

## Together We Can 2022 Camps

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

Five-day

### Riding Through Grief

Fieldstone Farm

16497 Snyder Road, Chagrin Falls  
9 a.m. – noon

June 20–24; kids ages 8 – 12

July 18 – 22; teens ages 13 – 17

\$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.

Three-day

### Red Oak

Red Oak Camp

9057 Kirtland Chardon Road,  
Willoughby

August 9 – 11, 9 a.m. to 3 p.m.

\$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.



For more information or to receive a registration packet, email

[thebereavementcenter@hospicewr.org](mailto:thebereavementcenter@hospicewr.org)

or call 216.486.6838.



WESTERN  
RESERVE  
GRIEF SERVICES

Scholarships are available.



# Summer Guide

## Girl Scouts of NEO cont'd

Resident Camp, but if she loves science, maybe Top Chef is the perfect one-day program for the girl who's a master chef in the making!

Space Rockettes may be the week-long day camp for the astronomer in training in your life. Whichever camp themes she chooses, fun is sure to follow!

## HATHAWAY BROWN

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

Located in Shaker Heights, Hathaway Brown offers camps for boys and girls, 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 own summer adventures.

Visit [HB.edu/Summer](http://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](http://www.hawken.edu/summer)

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



Pre-COVID class

**Build confidence, camaraderie and community in a nurturing safe environment**

**Open House coming in May!**

Includes free classes.

**Summer Camps, Classes & Workshops**

June through August with weekly option available to offer flexibility for families. Visit online or call for complete class schedule, enrollment and program dates.



Home to City Ballet of Cleveland

**Cleveland City Dance**

(216) 295-2222

[www.clevelandcitydance.com](http://www.clevelandcitydance.com)



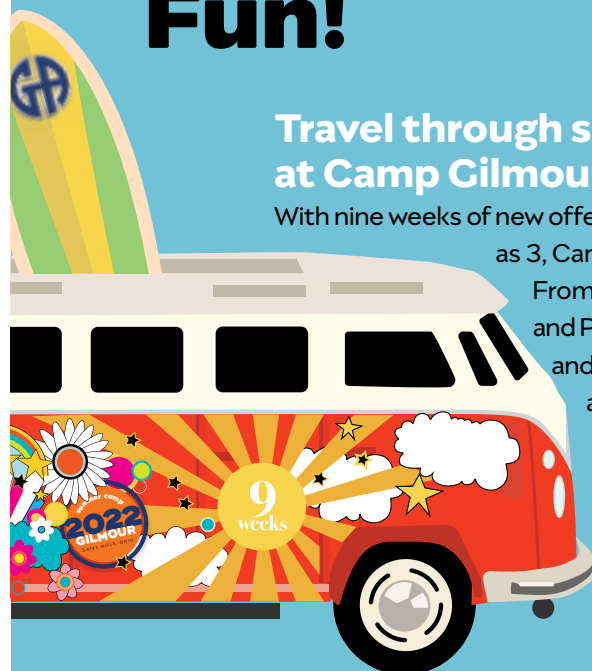
JUNE 6 - AUGUST 5

# The Official Camp of *Safe* Summer Fun!

**Travel through summer safely this year at Camp Gilmour.**

With nine weeks of new offerings and old favorites for children as young as 3, Camp Gilmour has something for everyone! From our 9 weeks of theme-based Day Camp and Preschool Camp to sports camps and fine and performing arts camps - children will be active, entertained and safe all summer long! Before and After Care available. Easy online registration.

visit [gilmour.org/summercamp](http://gilmour.org/summercamp)



**Volleyball and Cross Country Camps**  
(hosted by coaches from Gilmour's state-ranked programs)

**Motogo V8 Engine** NEW

**Discover Theater**

**Stage Makeup**

**Summer Breakaway Hockey Camps**

**Mission Fit**

**LIMITED  
ENROLLMENT**



**Hawken Camps cont'd**

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](mailto:summerprograms@hawken.edu), 440.423.2940, or visit [www.hawken.edu/summer](http://www.hawken.edu/summer). Please note: COVID-19 protocols will be determined as it gets closer to camp dates.

**HOSPICE OF THE WESTERN RESERVE TOGETHER WE CAN GRIEF CAMP**

(216) 486-6838

[www.hospicewr.org/griefandloss](http://www.hospicewr.org/griefandloss)

Children's grief specialists at Western Reserve Grief Services are hosting summer camps where children can continue their healing process in the company of their peers, who have experienced similar losses.

**Riding Through Grief**, held in

collaboration with Fieldstone Farm Therapeutic Riding Center in Chagrin Falls, utilizes the gentle, nurturing feedback of horses. Two camps are scheduled: June 20–24, 9 a.m. to noon, for children 8–12, and July 18–22, 9 a.m. to noon for teens 13–17. Registration is \$75 per camper.

Scholarships are available.

**Camp Red Oak** (ages 6–13) in Kirtland will be held Aug. 9–11, 9 a.m. to 3 p.m., and combines art, music, play and nature exploration. The camp brings together children, all of whom have experienced the death of a loved one, in a safe, supportive environment.

Call to request an information packet.



**JUMP START! GYMNASTICS**

23700 Mercantile Rd., Beachwood  
(216) 896-0295  
[www.jsgymnastics.com](http://www.jsgymnastics.com)

Jump Start Gymnastics offers eight weeks of summer camps for boys and girls ages 4–14 from June 13 through August 12, 2022.

Jump Start Summer Camp is a great way to explore and experience gymnastics for both 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.

Half-day (9 a.m.–noon) camps

are \$40 per day or \$180 per week. Full-day (9 a.m. – 3 p.m.) camps are \$60 per day or \$275 per week. After-care (3–5 p.m.) is \$10 per day.

Registration is available at [jsgymnastics.com](http://jsgymnastics.com).

**LAKE ERIE COLLEGE INNOVATION GRAPHIC DESIGN BOOT CAMP**

391 West Washington Street  
Painesville  
(440) 375-7050  
[www.lec.edu](http://www.lec.edu)

The Innovation Graphic Design Boot Camp at Lake Erie College (LEC) allows students to explore original, useful and creative communication ideas. During the five-day Innovation week at LEC, the students will learn the basic principles of graphic design and apply their creative ideas to design layouts. Students will be introduced to the critique process and begin to work through cre-

# Ohio's Premier Summer Camp



*This is the best camp I've ever been to! I LOVE FALCON! SUMMER CAMP! Excellent staff. Great Fun! Horseback riding, Tennis, Water skiing, etc. I can't wait to go back! I SEE ALL MY FRIENDS. Leaving staff. I miss home! Hiking, fishing, etc.*

**800 - 837 - CAMP**  
[www.falconcamp.com](http://www.falconcamp.com)

*IS MY FAVORITE PLACE IN THE WORLD. The staff really listened to me. I love it. Biggest campfires.*

**Traditional Resident Summer Camp** (ages 6–16)

- Only 90 miles south of Cleveland – Carrollton OH.
- For boys and girls - separate activities with planned coed events.
- 2-, 4-, 6- or 8-week sessions.
- Horseback riding, sailing, swimming, arts, drama, archery, riflery, nature, sports, fishing and so much more!
- Campers choose own activities within broad framework.
- American Camp Association Accredited Camp since 1959.
- 1:4 staff/camper ratio allows excellent supervision and instruction.

**Young Adventurers Summer Camp** (ages 6–10)

- Special one-week intro sessions includes all camp activities.
- Designed to give first-time younger campers an outstanding 'first adventure.'
- 1:3 staff/camper ratio allows for extra attention with living habits, meals, bedtime and social skills.

**AWARD WINNING!**

**Top 10 Camp in USA!**

–EarlyChildhoodEducationZone.com

**Selected as Ohio's "Coolest Camp"**

–Philly.com

**Program Excellence Award**

–American Camp Association Ohio

**Best Parenting Award 2021**

–Cincinnati Family Magazine

**TAKE A VIRTUAL TOUR**

at [www.falconcamp.com](http://www.falconcamp.com)

**DON'T MISS OUT!**  
Camp is filling now!

**At Falcon, Good Things Happen by Design.**



**Lake Erie College cont'd**

ative problem-solving as it applies to communication. Innovation week is a good way for students with potential interest in graphic design to understand the design process and learn if graphic design is the right career path for them.

A student with a BFA in visual communication and graphic design degree can become a graphic designer, art director, creative director, web design, UI/UX designer (app design), production artist and freelancer. Because the skills learned are so versatile, the possibilities are endless for individuals in graphic design.

**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 to 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](mailto:tlgshakerheightsoh@thelittlegym.com) for more information.



*En Pointe Danse*

**Celebrating 22 Years!**

**Summer Sessions & Dance Camps**  
June 13–August 5

**Princess Camps**  
for ages 3–7  
June 13–17  
and July 25–29



**For more info call:**  
**440-247-5747**

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

**516 E. Washington Street, Chagrin Falls • In The Gallery**

**440-247-5747**

**[www.enpointedanse.com](http://www.enpointedanse.com)**



**BEGINS**  
**JUNE 6TH!**

**YOUR ADVENTURE STARTS HERE**

**NINJA WARRIOR COURSES**  
**ROCK CLIMBING**  
**AERIAL ROPES COURSE**  
**ARCADE**

**(216) 282-3100**

**[WWW.ADRENALINEMONKEYFUN.COM](http://WWW.ADRENALINEMONKEYFUN.COM)**







**SCIENCE. TECHNOLOGY. ENGINEERING. ART. MATH**

**Snapology**

**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**



23645 Mercantile Road, Suite H  
Beachwood

**216-990-8988**

## Summer **CAMP** Guide

### **MIKE MORAN BASKETBALL CAMPS**

Held at Lost Nation Sports Park  
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. It has always been able to boast about having the most experienced staff of coaches. 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!

Because of the Mike Moran Camps popularity, it fills up quickly. Take advantage of the early registration discount. Visit their new website, morancamps.com, for easy registration. Call for a free brochure!

### **RUFFING MONTESSORI SCHOOL SUMMER RUFFING IT**

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

Summer Ruffing It at Ruffing Montessori School in Cleveland Heights offers a fun array of day camp options for children ages 18 months through students who are rising 9th graders.

Three- and six-week options are available for 18 months–6th grade, and weekly options are available for 7th–9th grade. →

## Jump Into Summer Fun!



Creative Playrooms Montessori and Child Care Centers offers your 5- to 12-year-old summer campers an adventurous “VOYAGERS” program to explore our remarkable world. With their friends on board, they’ll set sail toward incredible journeys...and do a deep dive on the people, places and things they’ve only dreamt of!

**REGISTER TODAY:**  
**creativeplayrooms.com**  
**440-349-9111**





# Summer Guide

## Ruffing Montessori cont'd

They hope you will join the summer fun from June 21–July 29, 2022!

Little Explorers: ages 18 months–3 years.

A Summer To Grow: ages 3–6 years, features indoor games, cooking, art, and outdoor activities.

Creative Arts & Sciences: grades 1–6, offers choices in S.T.E.A.M. activities from which students create personalized schedules.

Extreme!: For rising 7th to rising 9th graders, features weekly themes, outings, and field trips.

## ST. EDWARD HIGH SCHOOL

13500 Detroit Avenue, Lakewood  
www.sehs.net/summercamps2022  
(216) 221-3776

Summer can't come soon enough! When it gets here, be sure to make the most of the bright sun and warm weather by participating in a St. Edward Sum-

mer Camp.

St. Edward High School offers summer camps for all ages and interests from academics and athletics to engineering and performing arts. Whether you're interested in a particular sport, wanting to advance your skills, or are eager to try something new, they've got something for you! Students will have the opportunity to explore their creativity, think critically, work collaboratively, and improve their skill sets.

For prospective 7th and 8th grade boys, take advantage of their Get the Edge Summer Enrichment Program. This three-week camp offers the best of academics and recreation and is designed to help young men considering St. Edward High School expand their intellectual curiosity in an engaging, team-oriented environment.

Register today for a St. Ed's 2022 Summer Camp and visit their website for more information.

SS. ROBERT & WILLIAM

# SUMMER CAMPS

PRESCHOOL - GRADE 5

REGISTRATION OPENS MARCH 14  
THE SUMMER CAMP PROGRAM RUNS

**JUNE 6 - AUGUST 12**

GO TO OUR WEBSITE TO REGISTER  
SRWSCHOOL.CC



## Mike Moran Basketball Camps

**2022  
Boys/Girls Camp  
at Lost Nation Sports Park**

**Willoughby  
June 13–17 | June 20–24  
9:00 am–3:15 pm each session**

• **Eligibility:** Camp is open to boys and girls ages 6–14.

• **Camp Fee:** \$185.00

• **Early registration** discounts and group rates available.

• **Each camper receives** a camp T-shirt.

### Registration

**Phone:** (440) 338-8092

**Online:** MoranCamps.com

**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.

# Imagine summer, think Hawken!

*Summer programs for boys and girls ages 4-18.*

Hawken Summer Programs provide some of the best summer enrichment opportunities in Greater Cleveland. Campers can choose from a broad menu of programs that are specifically designed to be age-appropriate, fun, and worthwhile.

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

**To register and for full camp descriptions visit  
summer.hawken.edu or contact us at 440-423-2940  
or summerprograms@hawken.edu**

*Exciting adventures await you.*

summer.hawken.edu

HAWKEN  
SCHOOL



# Jump Start Gymnastics

23700 Mercantile Road, Beachwood

Rear of National Biological Building

(216) 896-0295

Website: [jsgymnastics.com](http://jsgymnastics.com)

Email: [jsgymnastics@jsgymnastics.com](mailto:jsgymnastics@jsgymnastics.com)

## GYMNASTICS FOR KIDS & ADULTS



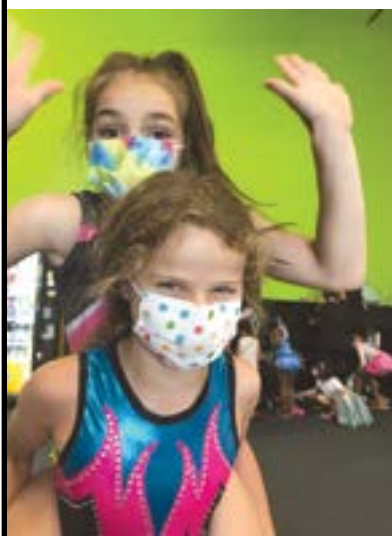
### 6-Week Sessions

Prices are per session

- 1-hour class = \$135
- 1.25-hour class = \$155
- 2-hour class, 2x per week = \$270

**Spring Session 1**  
March 6 – April 23, 2022

We ALWAYS offer ongoing enrollment & NEVER a registration or family fee.



### Spring Break

April 14–20, 2022

NO make-up classes needed!

### Summer Camps

Daily or weekly camps  
June 13 to August 12, 2022

Call for details!



### Birthday Parties

Small = Safe & Intimate

- Party activities tailored to the age of the birthday child.
- Gymnastic games and equipment, including our 30-ft. long trampoline, in-ground foam pit, obstacle course and Ninja challenges.
- Parties are 1.5 hours.
- State-mandated COVID-19 ratio of 10:1.
- Cost is \$195 for up to 10 participants. \$15 extra for each additional party guest.

COVID-19 safety/sanitation/masking protocols followed and in place.

## Summer Guide

### SS. ROBERT & WILLIAM CATHOLIC SCHOOL SUMMER CAMPS

351 E. 260th Street, Euclid  
[www.srwschool.cc](http://www.srwschool.cc)

Ss. Robert & William will again be offering their weekly-themed camps this summer for students entering kindergarten through 5th grade!

Full-week and daily options are available. Their caring and attentive staff will provide themed games, crafts, and activities from June 6–August 12. Registration and pricing will be available March 14.

Visit their website for more information. For information regarding summer care for children under 5 years old, please contact Mrs. Molly Lorek at [mlorek@srwschool.cc](mailto:mlorek@srwschool.cc).

### SHAKER ROCKS ROCK CLIMBING CAMP

3377 Warrensville Center Road  
Shaker Heights  
(216) 848-0460  
[www.shakerrockscimbing.com](http://www.shakerrockscimbing.com)

Summers are for fun, adventure, and climbing! Shaker Rocks offers weekly rock climbing camps for kids in grades 1–8 who have energy to burn. Campers enjoy fun-filled days packed with top rope climbing, bouldering, slacklining, team-building games, and much more.

Problem solving, encouragement and cooperation are at the core of rock climbing, so your camper comes away with feelings of camaraderie and a hunger for overcoming new challenges. Sign up for multiple weeks to watch your climber's confidence soar! Open to all skill levels.

Camp details:

Monday–Friday: Starting June 13, 20, 27; July 11, 18, 25; and Aug 1, 8, 15.

Half Day: 9 a.m.–noon, members \$185/nonmembers \$215.

Full Day: 9 a.m.–3 p.m., members \$335/nonmembers \$365.

Extended Day: 9 a.m.–5 p.m., members \$385/nonmembers \$415.

Learn more and register at [www.shakerrockscimbing.com](http://www.shakerrockscimbing.com).

### SNAPOLOGY OF CLEVELAND

23645 Mercantile Road, Suite H  
Beachwood  
(216) 990-8988  
[www.cleveland.snapology.com](http://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 a.m.–3 p.m. with extended care available. Call or text (216) 990-8988 for more info, visit their website to enroll, or email [cleveland@snapology.com](mailto:cleveland@snapology.com) with any questions!

### SUMMER AT UNIVERSITY SCHOOL

Junior Kindergarten – Grade 8  
20701 Brantley Road  
Shaker Heights  
Grades 9–12  
2785 SOM Center Road  
Hunting Valley  
[www.us.edu/summer](http://www.us.edu/summer)

For decades, University School has been the place for boys and girls in northeast Ohio to develop skills and forge friendships that extend well beyond the summer months. Greater Cleveland's quintessential six-week Boys' Day Camp experience now offers a coed extended week option.

Super Summer Preschool Camp is specially designed to engage prekindergarten boys in a creative and stimulating environment using US's theme-based curriculum. Boys will enjoy one, two, or three weeks of age-appropriate, hands-on activities. Weekly explorations will guarantee a unique journey of discovery! This camp is run by US's dynamic teachers.

Explorer Programs are intended for the child with an adventurous spirit and inquisitive mind. Coed Sports Camps are for beginning athletes looking for an introduction to a sport, or for student-athletes wanting to take their talents to a higher level. Extended day options (before- and after-camp) are available.



# Summer Guide

## VALLEY ART CENTER

155 Bell Street, Chagrin Falls  
(440) 247-7507

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

Summer fun is happening at Valley Art Center, June 20–August 20, ages 6–16! Explore fundamental art experiences including printmaking, drawing, painting, jewelry, pottery and traditional camp crafts. Create beautiful wearable jewelry with an award-winning artist. Travel the world through art with the

World Arts, Music, and Culture multimedia camp where campers participating in different cultural traditions and explore new mediums for creating each day. Let your child's inner princess shine through their famous Glitter Camp with Miss Emily. Learn how to draw and paint wildlife with another award-winning artist. Visit their website for more information and the full lineup of available camps. Join them for one week or several weeks for creative fun all summer long!

Cartoon by Jerry King



*"I made a list of activities a summer camp must have for me to attend. Flying a plane and driving a monster truck are especially important."*

## SUMMER CAMPS and CLASSES ...just for ARTISTS Like YOU!



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MUSIC, AND CREATIVE ARTS THERAPIES  
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Beck Center  
FOR THE ARTS



## Summer Camp for Children With Type 1 Diabetes



Camp Ho Mita Koda  
*"Welcome My Friend"*

14040 Auburn Road, Newbury  
440-739-4095  
[www.camphomitakoda.org](http://www.camphomitakoda.org)

Founded in 1929, Camp Ho Mita Koda is the very first and oldest operating coed summer camp in the country for kids with type 1 diabetes. Our overnight and day camp program welcomes boys and girls in grades K-11 for one-week, adventure-filled sessions. Activities include:

- Canoeing • Kayaking • Paintball • Drama
- Challenge course • Rock climbing • Archery
- Swimming • Hiking • Much more!

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**HANDS-ON STEM**

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**INVENT.ORG/LOCAL**

**SHAKER  
ROCKS**  
CLIMB THE HEIGHTS



2022 Weekly  
Summer Camps

For children entering  
grades 1-8

Info & Registration:  
[shakerrockscimbing.com](http://shakerrockscimbing.com)

Half-, Full-, and Extended-  
Day options available!

**Summer  
ROCKS!**



# 7 reasons to send your child to summer camp

By Mary Ann Blair

**W**ith summer calendars quickly filling up, it can be hard to try and squeeze in one more thing. But if you have never sent your kids to a summer camp, here are seven reasons why you should consider it!

**With so many options, it's easy to find a great fit for your child.**

From sports camps and art camps to STEM-based camps and more traditional overnight options, summer camps are designed to serve a variety of ages and interests. The length of camp can range from a few mornings for younger kiddos to week-long sleep-away camps for older kids. Local churches, school districts, and other organizations like the YMCA, Girl Scouts, Boy Scouts, and 4-H offer a wide range of camps. With a little bit of research, you can easily find a camp well-suited for your child.

**Camps provide kids with experiences they might not have access to in "everyday" life.**

Horseback riding. Paddling a canoe across the lake. Wilderness survival. Conquering a ropes course. Sleeping under the stars. Adventures are endless at camp, and your child will have an opportunity to try something brand new. For the youngest campers, trying a new craft activity or learning a new camp song can be so much fun!

**Camps are a safe place to practice social skills.**

It might be awkward or uncomfortable for your child during those first few hours of camp when they don't know a single soul. After all, stepping into a new social environment can be challenging. But the ability to comfortably communicate with new people is a life skill that all kids need, and a camp is a great place to practice! Camps also provide kids an opportunity to form friendships



with a whole new group of peers they might never have met otherwise.

**Camps give kids a much-needed technology break.**

No matter how old your child is,

they could probably benefit from a screen hiatus, especially during the summer months. Spending time outdoors, learning a new skill, having fun, and forming new friendships is good for the body and soul!



**REGISTER TODAY SUMMER 2022**

**FRIENDSHIP  
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DISCIPLESHIP  
FUN**

**CampCarl.life**

Ravenna, OH • (330)315-5665





## Summer Guide

### **Sending kids to camp is beneficial for you, too.**

Driving away from your child(ren) on the first day might be a little gut-wrenching. But entrusting your kids to someone else for a while can be truly beneficial. Maybe it will free up time for some overdue self-care, or give you and your partner time to reconnect. Maybe it will provide an opportunity to hit the reset button with your tween or teen. After all, absence makes the heart grow fonder! Parenting is tough work, so don't feel guilty if you enjoy this time to yourself. Chances are, your kids are having a blast without you!

### **Your child's experience as a camper could help land a summer job in the future.**

Camps are staffed by amazing counselors who provide kids with all kinds of good, clean fun. Most of these counselors were campers once, too. Now they get to help a new set of youngsters make unforgettable summer memories, all

while sharpening their own teamwork and leadership skills. Your child might have that same opportunity one day. What great way to spend a summer!

### **Camp is just plain fun.**

So many adults have fond memories from their days spent at camp, and kids who have been to camp often say it's a favorite part of their summer. Odds are, your kids are going to love it! And for that reason alone, it's worth sending them to camp.



**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!  
CALL TODAY!**

**The Little Gym of Shaker Heights**

20707 Chagrin Blvd

**216-752-9049**

[www.tlgshakerheightsoh.com](http://www.tlgshakerheightsoh.com)

# CAMP FITCH YMCA



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Visit [gsneo.org/camplife](https://gsneo.org/camplife)  
800-852-4474

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of north east ohio