

# TODAY'S family

March 2023

Cuyahoga

2023  
**Summer  
Camp!**  
Guide

## Obsessive Compulsive Disorder

What you should know

## Spring Discovery Days

Greater  
Cleveland  
Aquarium

## ORCHIDS FOREVER

Open through March 12 at  
Cleveland Botanical Garden

## Mom Meltdowns

Why they are OK

Feature Story

## YMCA of Greater Cleveland

5

Reasons to  
donate to  
Goodwill



Take time to appreciate the little things.



**SPRING DISCOVERY DAYS**

MARCH 11 – APRIL 16

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# TODAY'S family

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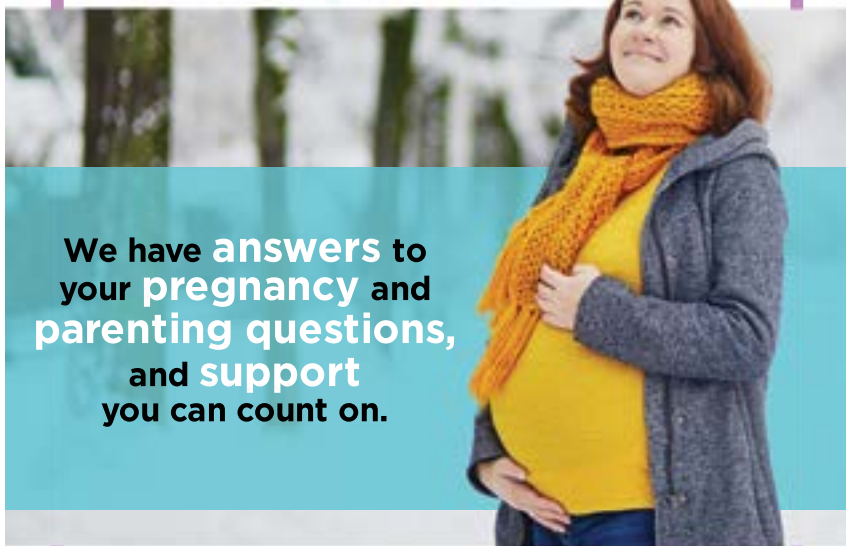
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# Spring Discovery Days at Greater Cleveland Aquarium

Event spotlights small species March 11–April 16, 2023

Did you know that dwarf seahorses are only about one inch long as adults or that little Eastern musk turtles emit a big odor to deter predators? Have you noticed there is no webbing between a green-and-black poison dart frog's toes or seen the disk on a northern clingfish's belly that lets it suction tightly to slimy or rocky surfaces?

Greater Cleveland Aquarium invites you to appreciate life's little things via videos, contests, daily animal encounters and I Spy with My Little Eye activities during its Spring Discovery Days, from March 11–April 16.

"While the ragged-tooth sandtiger sharks gliding through the Aquarium's 230,000-gallon shark habitat are always going to make a big impression, we hope guests will stop to appreciate some of the smaller species—from the burrowing garden eels to delicate weedy sea dragons," says Stephanie White, general manager.

Situated inside a historic brick powerhouse, the Flats West Bank

destination's many freestanding habitats offer up-close, child's-eye-, 180- and 360-degree views. "The creative design of these habitats let you get a closer look," says White. "You can watch schooling redhook silver dollars zip around in unison, see a sea star's tiny tube feet move it across the acrylic or identify the thin horseshoe-shaped markings that give the arc-eye hawkfish its name."

In addition to Aquarium activities, on Thursdays, March 16, 23 & 30 and April 6 & 13, northeast Ohio traveling animal educator Nora the Explorer will give guests of all ages the opportunity to learn about, get close to and even touch some remarkable little critters.

## Spring Discovery Days

**Sat., March 11–Sun., April 16**  
10 am–5pm (last ticket sold 4 pm)  
\$19.95 ages 13+, \$13.95 ages 2–12,  
\$0 passholders and kids under 2.

Advance online tickets encouraged for nonmembers.

Get tickled by a cleaner shrimp,

check out Surinam toads' star-tipped fingers and spot the Boesemani crayfish cruising below the Indonesian rainbowfish. Spring Discovery Days' activities give you more opportunity to visit and take a closer look at amazing aquatic animals.

## A Little Trivia With a Big Prize Sat., March 11–Sun., April 16

Quiz participants must be age 18 or older. Correct answers do not determine eligibility. One (1) winner will be chosen randomly on 4/17/23 and notified by email. Nontransferable.

Answer three trivia questions about some of Greater Cleveland Aquarium's smaller residents for a chance to win a #cleaquarium prize pack (\$250 value) including a seahorse plush, a drawstring backpack, a one-year annual pass (or extension on a current membership) and Aquarium-branded gear.

[www.greaterclevelandaquarium.com/event/discovery-days-trivia/](http://www.greaterclevelandaquarium.com/event/discovery-days-trivia/)



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the **Y**  
YMCA

# HEALTHY KIDS DAY<sup>®</sup>

March 26, 2023 | 12–3PM  
Rocket Mortgage FieldHouse

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

[ClevelandYMCA.org/HKD](http://ClevelandYMCA.org/HKD)



# Mind Game

## Obsessive Compulsive Disorder

By Kimberly Blaker

An estimated 2.3% of adults have obsessive compulsive disorder (OCD), according to the National Institute of Mental Health. For many, the symptoms begin in childhood or adolescence. This anxiety disorder is a neurological malfunction that creates unrelenting, intrusive thoughts, and extreme anguish for those affected. Obsessions range from unbearable worries about contamination to believing they have run over someone while driving. These fears can be alleviated only one way—by acting out compulsions, which become repetitive acts of checking and rechecking to ensure the fear is unfounded.

OCD was added to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-III) in 1987. Yet many people still live with its destruction unaware there's treatment

or even a name for their bizarre fears and behaviors. Add to that, "Families often don't know that they have a sick child," says Judith L. Rapoport, M.D., in "The Boy Who Couldn't Stop Washing." Children may keep their obsessions and compulsions a secret to avoid appearing crazy.

The devastation of OCD isn't seen in just the adult or child with the disorder. OCD negatively impacts the whole family. Families often destruct from the stress caused by the disorder. It's not unusual for the OCD sufferer to rely on family members to help alleviate their fears. The afflicted person may insist that a child, parent, or spouse check electrical outlets or may badger loved ones with constant questions for reassurance.

Many individuals with OCD fear contamination. Often, family members get banned from specific rooms or areas to prevent contamination of the areas. Family members may also



be required to live up to unreasonable standards of cleanliness to satisfy the person with OCD.

In other homes, compulsions such as hoarding are so out of hand the home becomes a maze. Family members must maneuver through narrow trails and stacks of boxes and clutter.

### What's the cause?

In OCD, the brain is essentially stuck, according to many researchers. It replays a particular thought over and over again, like a broken record. In other words, it tricks the individual and they cannot trust their judgment. Those who don't understand OCD often tell the afflicted, 'Why don't you just stop?'

But it isn't that simple. Researchers believe the disorder is neurobiological. Therefore, the obsessions are not a matter of choice. Differences have been found in the brain of OCD sufferers through brain imaging techniques. Some studies have found abnormalities in the neurotransmitters, such as serotonin. The occurrence of OCD is also higher in families with depressive and anxiety disorders. For most people with the disorder, there's no known event that relates to their particular obsession(s). Still, researchers feel environmental stressors may play at least some role in the development of OCD for those who are biologically predisposed.

### Is there help?

Although there's no known cure for OCD, there are several treatments available. The two most common, effective, and proven forms of treatment for OCD are psychotropic drugs and cognitive behavioral therapy (CBT). Many doctors recommend medication in combina-

tion with CBT. Medication helps to normalize brain dysfunction making people more receptive to CBT. Then they can learn techniques through CBT to relieve or stop the intrusive thoughts and control compulsive behaviors.

There are also several treatments marketed for which there is not a preponderance of evidence to support their effectiveness. These include hypnotherapy, psychosurgery, and electroconvulsive therapy (ECT). So caution should be exercised if considering these methods.

The severity of untreated OCD generally tends to worsen over time. It can become completely debilitating. If someone in your family has symptoms of OCD, contact your mental health care provider for a confidential evaluation. With proper treatment, many OCD sufferers can lead healthy and productive lives.

### Common obsessions

- Fear of running over someone while driving
- Fear of contamination
- Fear of harming others
- Fear of blurting obscenities or insults
- Preoccupation with a part of the body
- Violent, horrific, or disgusting images
- Superstitions or persistent thoughts of lucky/unlucky colors, etc.
- Extreme concern with religious issues, values, or morals

### Common compulsions

- Repeated checking of doors, ovens, locks, plugs, or other items
- Repeated rituals such as counting or going in and out of doors a specific number of times, among other rituals
- Excessive arranging and rearranging
- Hoarding or collecting mail, newspapers, food, or other items
- Repeated confessions or asking repeated questions for reassurance
- Prolonged or repeated bathing or handwashing
- Repeatedly checking for mistakes



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# YMCA Offers Programs and Fun All Year Round

By Deanna Adams

The YMCA has been serving communities around the world since 1844, and in Cleveland since 1901 (formerly called the West Side Boys Club). Today, this renowned nonprofit is often referred to simply as The Y, and continues its vision to develop strong kids, strong families and strong communities.

“We strive to offer programs that meet the needs of all people in our community,” says Tiffany Foxx, vice president of branch operations at the YMCA of Greater Cleveland. “I’ve been a part of The Y for 17 years, working in cities like Dayton and Massillon, and I’m happy to now be here in Cleveland, meeting and working with people from all walks of life.”

Throughout its long-held commitment to youth development, community health/wellness and social responsibility, the organization collaborates with other agencies to create opportunities not just for those within the community, but also for those who wish to be a part of it all by volunteering their talents and time.

“We’re not what you’d call a cookie-cutter organization,” Foxx says. “We’re unique simply by what we have to offer — classes, programs, and events that meet everyone where they are at and to help broaden their overall life experience.”

The variety of programs The YMCA offers are broad and available throughout the year, ranging from youth programs, to classes and exercises for all ages, to virtual courses for those who prefer that convenience. YMCA employees pride themselves as being guided by the organization’s longtime core values: caring, honesty, respect and responsibility.

## Y-CLUB

Did you know that The Y is one of the largest childcare providers in the Greater Cleveland area? The before- and after-school Y-Club Enrichment is a childcare program that strives to bring a safe and nurturing environment and help kids improve skills, and give working parents confidence that their children are

being well taken care of throughout their school day. The program, which offers social-emotional skills along with STEM, literacy, and arts and humanities, is available through a partnership with eighteen other elementary schools throughout the Cleveland area.

“We provide care on-site with a curriculum that enriches the whole well-being of a child,” Foxx says. “What makes us a bit different from other daycares, I think, is that we get the kids up and moving. Physical activity is so important for children and you have to make exercise enjoyable and interactive. It’s always fun to see all the creative activities our instructors come up with!”

The program also offers nutritious snacks, in-house field trips, and opportunities to swim monthly at a neighborhood YMCA.

## YMCA ADVENTURE GUIDES

The Y believes that time spent with kids is the best investment a parent can make. And it’s why the organization offers the Adventure Guides programs for parents (or other significant adults) as the guide, and children as the explorer. This means opportunities for bonding so that adults and kids can foster a lifetime of understanding and companionship through group activities, such as games, crafts, songs, stories, skits, and more. These shared experiences also include outdoor interests like camping, hiking and swimming.

“This is a great way for parents to do something interactive and different with their children,” says Foxx. Currently, this program is offered at the West Park, Ridgewood, Southeast, Lakewood, West Shore, Hillcrest and Geauga YMCAs. The Adventure Guides is for parents/caregivers and children, ages 5 and up, and membership is not required.

## SWIM CLASSES

Perhaps the most popular program The Y is known for is its swimming classes, which are available all year long. And while most kids love to swim, there are always some who let fear get in the way. The Y can help with that too. Each class is run by an experienced certified instructor who can teach students how to feel safe and enjoy being around water,



Photo credit: Y USA

YMCA staff member helps a student with homework at Y-Club.



Photo credit: Y USA

YMCA swim instructor encourages child to dive into pool during swim lesson.

starting with basic floating and swim strokes to specialty classes and programs. “We have ongoing swim lessons for everyone — from infants and toddlers to adults of all ages,” Foxx says. Classes take place on Saturdays and weekday evenings.

## LES MILLS LAUNCHED IN FEBRUARY

One of the world’s most popular workout programs was launched at the YMCA of Greater Cleveland in February. Six of the Y’s 11 branches now offer it, starting with BODY-PUMP. Les Mills fans are adamant that they do not feel coerced into exercising. Rather, they credit the routines with amplifying their passion for exercise. Les Mills is included in the member’s dues, so there is no extra cost.

## HEALTHY KIDS DAY!

Parents will also not want to miss out on a day full of fun coming up soon, on Sunday, March 26. The YMCA invites everyone to attend

Healthy Kids Day, which will take place at the Rocket Mortgage Fieldhouse from noon – 3 p.m. Be ready to play games, get involved in arts and crafts or be a part of sports skills clinic, along with other fun and educational activities. In addition, Junior Cavs participants can enjoy some time on the same court that the Cleveland Cavaliers compete on for their games.

“There will be a ton of activities and vendors there,” says Foxx. “This is a great opportunity to get acquainted, or reacquainted, with all that the YMCA has to offer.”

## DAY CAMPS

The annual YMCA Day Camps are where kids can be kids, make new friends, learn new skills, and interact with nature. The Y offers three different types of day camps. See page 24 for details.

For more information on all programs and events, or to become a YMCA member, please visit [www.clevelandymca.org](http://www.clevelandymca.org).

There's nothing wrong  
with having a  
**MOM  
MELTDOWN**

By Gina Rich

I remember the most recent moment when I snapped. My kids and I had just returned home from school. "Go to your rooms," I said in a cold and gravelly voice that didn't sound like my own. "Now!"

Tears and whimpered protests followed. I threw up my hands. Now I was yelling, the intensity of my anger surprising me. "I don't want to hear it! Don't even look at me. Go."

You might deduce from this story that I am a cruel, hardened monster. But let me explain: Really, I'm a nice person. If you bumped into me in a crowd, I'd probably smile at you and let you go ahead of me. I've always hated conflict and confrontation. So when it comes to my kids' various everyday offenses, my strategy is usually to let it go.

But maintaining this peace comes at a cost. The anger, the frustration, and all the icky emotions



that I make a conscious decision to suppress in favor of not rocking the boat are buried only temporarily. Fueled by the typical aggravations inherent in raising small children — the incessant bickering, the whining, the sass, the Play-Doh that gets stuck in the carpet — those feelings quietly gather strength. They build up, and up, and up, a heavy weight that festers in my chest, until one

day I can't hold them in anymore, and I finally explode.

This is what happened that afternoon when I morphed into angry, mean mama. The morning hadn't gone well, both girls arguing so much that they almost missed the bus. Later, on the car ride home from school, we all enjoyed a tenuous peace for approximately 47 seconds until my oldest



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daughter did something to annoy her sister. Little sister promptly expressed her displeasure by shrieking like a parrot on steroids. The high-pitched noise got under my skin. I could feel a headache coming on. And I decided, finally, I am not taking this nonsense today.

So after roaring at the kids to go to their rooms, I paced the kitchen, waiting for my husband to arrive home from work. As soon as he got in the door, I announced, "I just can't deal with them right now."

I grabbed my car keys and drove aimlessly into town, pulling into a parking lot where I sat with the engine running. Fuming, flipping the radio on and off, tears pricking my eyes. As the sky darkened around me, my breathing slowed and the heaviness in my chest started to lift. At last, I headed home.

When I walked into the kitchen, my daughters were running toward me with hugs and apologies, thrusting a card into my hands. "Dear Mama," it read, "we're sorry we were notty."

What was left of angry, mean mama fizzled out when I read those words. I apologized to the kids for yelling, and explained why their fighting upset me so much: It made me sad and angry to see them arguing, because I know how much they love each other. We talked about the need to respect each other's feelings and personal space. They promised to be better, and I knew they would be — for a little while at least. And then we moved on.

Do I think it would be better to worry less

about being nice, to be more assertive with my kids instead of letting stuff go, to voice my frustrations more regularly so that those emotions wouldn't simmer and periodically burst out into an adult version of a temper tantrum? Yes, I do. And I'm working toward this.

But I also believe there's no one right way to deal with the complex emotions of motherhood. Each day, all of us are doing our best to navigate the delicate trade-off between keeping the peace and retaining our sanity. I used to think there were perfect moms out there who constantly had their ducks in a row, who effortlessly and lovingly taught their kids discipline and respect without ever raising their voices or having a nervous breakdown themselves. Now I know better. A mom who is calm and in control 100% of the time falls into the same category as trolls, unicorns, and husbands who never leave their socks on the floor — she does not exist.

Whether you find yourself having a meltdown every day or once a year, you are not a monster. Sometimes those meltdowns are necessary. They get us back to our baseline, back to a quiet space where we can breathe, to a place where we know our needs and our feelings were heard and acknowledged. They remind our children that we are not perfect, that their conflicts can affect others deeply, and that adults struggle with big feelings, just as kids do. And if we are open to it, the aftermath of a meltdown can be a natural opportunity to reconnect with our loved ones, and to reaffirm how we all want to be treated.

## Time for Girl Scout Cookies

Girl Scouts in northeast Ohio are kicking off the 2023 Girl Scout Cookie season. Every box of cookies sold provides invaluable experiences for Girl Scouts such



New Raspberry Rally™ Cookie

as service projects, troop travel, and summer camp for girls.

New to the lineup this year is the Raspberry Rally™ — a thin, crispy cookie infused with raspberry flavor and dipped in chocolaty coating.

Beginning February 27, consumers can enter their zip code into the Girl Scout Cookie Finder at [www.gsneo.org/findcookies](http://www.gsneo.org/findcookies) to purchase cookies online from a local troop for direct shipment. And from March 10-26, consumers can purchase their favorite cookies like Thin Mints®, Samoas®, and Tagalongs® at Girl Scout Cookie Booths throughout northeast Ohio.

### To purchase Girl Scout Cookies this season

If you know a Girl Scout, ask how she's selling cookies via the Digital Cookie online platform.

Don't know a Girl Scout? Visit [www.gsneo.org/findcookies](http://www.gsneo.org/findcookies) and submit a customer cookie request form to be connected with a local Girl Scout troop.

Beginning February 27, enter your zip code into the Girl Scout Cookie Finder at [www.gsneo.org](http://www.gsneo.org) to find a local cookie booth or to order online from a local troop.

## IT'S NOT TOO EARLY TO PLAN FOR THE 2023-2024 SCHOOL YEAR!



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# Five reasons to donate to Goodwill

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

To many households, the warmer weather means it's time for spring cleaning. This annual endeavor is a way to organize and declutter your home. Changing out wardrobes to warmer weather clothes is also a reason to host a 'see what fits' session and clear out clothing items that no longer fit.

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

**Making a difference.** When you donate your gently used clothing or household items to Goodwill, the revenue generated from selling those items in local stores supports local mission programs. With your donation, Goodwill provides job training for individuals with disabilities or other barriers to employment, family strengthening programs, emergency vouchers and even care to survivors of sexual assault. Last year alone, Goodwill served more than 14,000 individuals in our community thanks to donations.

**Getting organized.** Putting in the effort of getting organized, especially if this organization extends to multiple areas of your life, can help



reduce stress levels long term by requiring less last-minute scrambling in a variety of everyday situations.

**Recycling.** Donating your items to Goodwill, instead of throwing them in the trash, means less garbage in our landfills. Last year, more than 18 million pounds of goods were diverted from area landfills because people chose to donate items instead of throw them away. If someone else can wear it – why not donate it instead?

**It's convenient.** The local Goodwill offers more than 30 area donation centers. Log onto GoodwillGoodSkills.org to find a donation center near you.

**A reason to shop.** Thrift shopping is quickly

becoming the go-to way for individuals and families to update their wardrobes or household items for a fraction of the price. Shopping at Goodwill stores is a treasure hunt and can produce one of a kind finds for a fraction of retail prices. And, shopping at Goodwill supports vital outreach programs.

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

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

Locally, Goodwill operates 28 outreach programs that supported more than 18,000 local residents last year. Programs like job training for people with disabilities, parenting classes, hot meal programs and more, are all funded through donations and sales at area stores.

Household items are the greatest need for Goodwill.

"We have an urgent need for pots and pans, dishes, holiday décor, knick-knacks and small appliances," added Ater. "Donations to Goodwill are much needed and truly change lives for good."

Goodwill can also provide tools to help area businesses or agencies host donation drives. Donations to Goodwill are tax deductible.



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## The YMCA Healthy Kids Day

Rocket Mortgage Fieldhouse, March 26 from noon–3 pm  
Free for all families • Fun, healthy kid activities

The YMCA of Greater Cleveland and Rocket Mortgage Fieldhouse are teaming up to present Healthy Kids Day 2023 on March 26 from noon to 3:00 p.m. The event is free and open to the public.

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

The YMCA of Greater Cleveland event will include kids' fitness

classes, dancing, sports skills clinics, arts and crafts and other enrichment activities. Those participating in the YMCA's Junior Cavs program will get on-court time throughout the day. In addition to the on-court activities, there will be 40 community vendors with interactive games, activities, prizes, giveaways, and much more!

Vendors who cater to families can apply to participate by going to [www.clevelandymca.org/vendor](http://www.clevelandymca.org/vendor).

For more information about Healthy Kids Day 2023, visit <https://www.clevelandymca.org/healthy-kids-day>.



Photo courtesy of Holden Forests and Gardens

## Cleveland Botanical Garden's Orchids Forever show

Be amazed by orchids at every turn at the Cleveland Botanical Garden's annual flower show, Orchids Forever. Open now through Sunday, March 12, escape to a tropical paradise and bring stunning colors into your life with Orchids Forever.

Tickets are on sale now. Purchase tickets in advance at [holdenfg.org](http://holdenfg.org).

Guests will be presented with remarkable visuals of orchids and neon-colored lights throughout the indoor garden and rainforest biomes, a dreamscape for flower lovers, and endless photo opportunities for all.

Showcasing over 100 different types of orchids, Orchids Forever will display more than 3,000 flowers from all over the world.

Orchids Forever admission is \$20 per adult and \$14 per child ages 3–12 (free for children two and under). Admission is free for Holden Forests & Gardens members.

The Botanical Garden is at 11030 East Blvd., Cleveland, Ohio. Indoor parking is available for a fee based on availability.

For complete details about Orchids Forever, visit [holdenfg.org](http://holdenfg.org).



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# Building Connections Through Collections

By Stacy Turner

Children have more of a tendency to be natural collectors than adults, according to psychologists. Experts also note that building collections have many valuable benefits, like helping teach kids responsibility, budgeting and sharing experiences. From stacks of stickers or baseball cards to toy figures or vintage cameras, sharing what we love brings joy. And getting absorbed in collections can help reduce anxiety, making this activity worthwhile for accumulators of all ages.

But amassing collections is a personal decision, something we learned when Grandma decided that each granddaughter should receive a porcelain doll on their birthday. As they opened their gifts, Grandma shared memories of the beautiful dolls she coveted as a girl and gushed over the fancy hairdos and pretty dresses of the ones she gifted them. While they thanked Grandma for the gesture, the girls were at an age where they were no longer interested

in dolls. Apparently, Grandma was unaware of all the horror films featuring lifelike dolls. We were all put on edge by lifeless eyes that popped open each time a doll was picked up.

No one could sleep a wink until each “creepy” doll was packaged up and safely stored on a shelf in the basement, far away from their bedrooms. Much later while spring cleaning we found them again, plotting together on the shelf, looking as frightening as we all remembered. On a whim, my husband decided to post them on eBay to see if anyone might want them. We were shocked and amazed at all the interest they received. People from all over asked questions about their skin – porcelain, and their hair – was it real? And very specific questions about their clothing. In the end, each doll ended up finding her way into the hands of someone who really wanted her, which I think was Grandma’s goal. And our girls then began collecting things that were meaningful to them.

When they were younger, they



Littlest Pet Shop Sea Turtle w/ Surfboard

amassed quite a collection of Littlest Pet Shop (LPS) toys – those small, brightly colored plastic animals with oversized noggins and adorable eyes. Figures and their accessories, including a large pet shop and clubhouse were the ideal gift at many Christmases and birthdays. My girls even inherited some ‘vintage’ figures from their older cousins. They could spend long stretches of time playing indoors with their collection of pets. One warm morning, the girls decided to take their plastic turtles outside to “swim” through the stream of spring run-off that ran through the pipe under our driveway. The one at the start, usually the eldest, started the 3-2-1 countdown with the younger joining in. At three, a turtle would be launched through the tunnel, and into my younger daughter’s waiting hands. It worked quite well until the rainwater slowed and the toy’s tiny magnet in the foot attached to the metal pipe somewhere underground. With adult intervention and strategic work with the garden hose, they were able to free the pet. The excitement of the dramatic rescue operation was something they talked about for days afterward.

In high school, our oldest took an interest in plants and her bedroom windowsills – the ideal place to propagate plants and cuttings – sprouted forth with life. With all manner of small pots and trays covering every sunny surface, it was controlled chaos in an otherwise orderly space. As a bonus, as she tended plants, my daughter was rewarded with cuttings

to share with friends and family. About a month before she left for college, she began the arduous task of selecting just two special plants to take to college. Since she’d be sharing the tiny dorm with a roommate, she couldn’t commandeer the entire windowsill for her family of plants. She entrusted a handful of pots to her sister and me with specific instructions for their care and upkeep. She adopted out the remaining plant babies to friends, each with a handwritten card that marked out when to water them. I’m not sure how her friends’ plants are faring, but here at home, her little buddies are thriving. It seems my daughter’s green thumb has rubbed off on us, proving that the best part of collecting happens when you can share it.

Although your kids may not have much to say about their school day, they’ll have a lot to say if you ask about that thing they’re super excited about. Why not make time to get on the floor with your kids to play Paw Patrol? Think what you might gain if you take an interest in the things they enjoy. They may even want to hear about some of the things you like, too. Maybe liven up a rainy weekend by dusting off that stack of puzzles, board games, vintage video games or movies you’ve collected to entertain your family. Whether you’re the collector or you can learn about someone else’s interests, the best collections are those shared with ones you love. And if creepy dolls are your thing, I hear you can find some great ones online.

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# Cuyahoga Parents Connect

Parenting support from pregnancy to kindergarten

If you are expecting, or the parent of a child from up to 5 years old in the Cleveland area, join the Cuyahoga Parents Connect Facebook Group. This vibrant, inclusive community gives fellow parents a nonjudgmental place to learn valuable information and receive practical and emotional support. We provide a safe space for parents to ask each other for advice and share successes. Our primary goal is to help one another be the best parents we can be.

## GROUP RULES

**Stay on topic** – Our group is about positive parenting support for those who are pregnant and parenting children birth to 5 years. Please help keep things on topic by keeping your posts and comments centered around parenting.

**Be kind and courteous** – We're all in this together to create a welcoming environment. Let's treat everyone with respect and be mindful of what we post. Healthy debates are natural, but kindness is required. Before posting, ask yourself: Is it appropriate? Is it helpful? Is it informative? Is it true?

**No hate speech or bullying** – Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender, or identity will not be tolerated.

**No promotion, spam or monetary requests** – Give more than you take to this group. Self-promotion\*, spam, monetary requests, and irrelevant links aren't allowed.

\*From time to time on specific posts, we will give members the opportunity to share information about their businesses — this is the only time you will have the opportunity to self-promote.

**Respect everyone's privacy** – Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

**This group is all about success and support** – We love hearing stories of success! Please be encouraged to share milestones in your parenting journey. We can't wait to celebrate with you!

Sign up at [www.cpconnectonline.com](http://www.cpconnectonline.com).



## Just For Laughs

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-gerrr Kiing."

Two guys are walking through a game park & they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the lion saying a prayer: "Thank you Lord for the food I am about to receive."

A man got hit in the head with a can of Coke, but he was alright because it was a soft drink.

The energizer bunny was arrested on a charge of battery.

Why is it that your nose runs, but your feet smell?

Q: What do you call a pig that does karate? A: A pork chop.

Q: If you have 13 apples in one hand and 10 oranges in the other, what do you have? A: Big hands.

Q: Why shouldn't you write with a broken pencil?  
A: Because it's pointless!

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## ST. PATRICK'S DAY HISTORY

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

### Who was St. Patrick?

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

### When was the first St. Patrick's Day celebrated?

Since around the 9th or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772 to honor the Irish patron saint. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there.

### What do leprechauns have to do with St. Patrick's Day?

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13 but are also celebrated on St. Patrick's, with many dressing up as the wily fairies.

To learn more about St Patrick's Day visit [www.history.com](http://www.history.com).



Photo: © by Roger Mastroianni

## The Cleveland Orchestra Youth Orchestra

Established in 1986, the Cleveland Orchestra Youth Orchestra (COYO) is a full symphonic ensemble comprised of 100 young musicians drawn from 40 communities in 11 counties across Northern Ohio. COYO provides serious young music students of middle-high school age with a unique preprofessional orchestral training experience.

Youth Orchestra members are coached regularly by Cleveland Orchestra musicians. A member of The Cleveland Orchestra conducting staff serves as the COYO music director, and the majority of rehearsals and concerts take place in historic Severance Music Center. Youth Orchestra members also have opportunities to meet and work with world renowned guest artists and conductors appearing with The Cleveland Orchestra.

The Youth Orchestra annually presents three subscription concerts in Severance Music Center and

three or more "community outreach" performances in the greater Cleveland area. One of these concerts includes a collaborative program with the Cleveland Orchestra Youth Chorus, providing students of both ensembles experience with a broader repertoire. COYO members also perform or rehearse in much anticipated side-by-side experiences with The Cleveland Orchestra.

The Cleveland Orchestra Youth Orchestra is operated in accordance with the custom and practice of a professional orchestra.

The Cleveland Orchestra Youth Orchestra is supported by generous grants from the Martha Holden Jennings Foundation. Endowment support is provided by the George Gund Foundation and Christine Gitlin Miles.

For information about applying and performances visit them online at [clevelandorchestrayouthorchestra.com](http://clevelandorchestrayouthorchestra.com).

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## Party Planning Guide

Over 30 great local places to host your child's special day.

Click on "Directories"



## Private School Guide

Nearly 40 listings of local private and religious schools.

Click on "Directories"



## Tips for Choosing a Summer Camp

By Kimberly Blaker

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

### The benefits of summer camp.

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

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

- Fosters independence
- Is a place to develop new and lasting friendships
- Helps kids develop new skills
- Leads kids to discover new interests and hobbies
- Provides the opportunity for creative expression
- Gives kids a break from being plugged-in



- Offers daily exercise
- Improves their self-esteem
- Teaches kids to work with others
- Makes kids feel part of a community
- Prevents or reduces summer learning loss

### Getting started in your search.

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

- What is your budget for summer camp?
- What is the purpose of sending your child to summer camp?
- Do you want a resident (overnight) or a day camp?
- Are you looking for a short-term (week or two) or summer-long program?

- Do you want a camp that's very structured or one that provides your child lots of freedom and choices?
- What are your child's interests, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin your search. An excellent place to start is right here in Today's Family and 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?

*Continued on page 15*




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




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[ShakerRocksClimbing.com](http://ShakerRocksClimbing.com)  
Half-, Full-, and Extended-Day options available!





# 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 weeklong sleep-away camps for older kids.

Local churches, school districts, and other organizations like the YMCA, Girl Scouts, Boy Scouts, Camp Fire, 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!

**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.

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[www.us.edu/summer](http://www.us.edu/summer)



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# SUMMER CAMP GUIDE

## Choosing a Camp from page 13

### 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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for the Arts



## SUMMER CAMP GUIDE

### ADRENALINE MONKEY

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

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

### ANIMAL CAMP

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

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

Kids enjoy and explore the farm animals (horses, goats, bunnies, chickens, dogs, and cats) participate in horseback riding (weather permitting), an end-of-week trail ride, crafts, games, cooling off in the Chagrin River which is both shallow and located on the property, and "Feed-em-Friday" when kids are permitted to bring apples and carrots to feed the animals.

They offer 12 individual sessions from June–August from 9:00 am–4:30 pm. Campers are welcome to participate in one, or multiple sessions. All activities are supervised by experienced counselors, many of whom are Animal Camp graduates! (Typical ratio camper to counselor is 4:1.) Horseback riding helmets are provided.



### BALDWIN WALLACE UNIVERSITY COMMUNITY ARTS SCHOOL SUMMER ARTS PROGRAMS

49 Seminary Street, Berea  
(440) 826-2482  
bw.edu/sap

Did you know Baldwin Wallace University offers summer programs in music and dance? Students in grades 5–10 can develop lasting friendships while enjoying String, Band, Choir (grades 6–8), or Music Theatre camp. Serious high school musicians are invited to apply for Conservatory Summer Institute for intensive study in voice, keyboard, string, wind, or percussion. Dedicated dancers in grades 7–12 can join them for Dance Immersion and experience a week of focused training in a variety of disciplines.

They know that your children are precious, and BW summer staff go the extra mile for all students. A caring staff, a safe campus, outstanding facilities, excellent food service, and comfortable residence halls all combine to make each participant's experience a positive one. Certified music teachers and other adults supervise all rehearsals and activities. Students will participate in rehearsals, classes, evening activities, field trips, and more!

To learn more about all of their summer offerings, visit bw.edu/sap.

### BECK CENTER FOR THE ARTS

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

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

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



## SUMMER CAMP GUIDE

### Beck Center cont'd

With a talented staff of award-winning instructors, they produce theater and arts education. Visit [www.beckcenter.com](http://www.beckcenter.com) for all their offerings.

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

### CAMP FITCH YMCA

[www.campfitchymca.org](http://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 INVENTION

[www.invent.org/local](http://www.invent.org/local)

Spark your child's curiosity and creativity with the all-new Camp Invention® program, Wonder! Campers in grades K–6 will collaborate with friends to take on fun, hands-on STEM challenges. From building a mini skate park to launching a pop-up shop to transforming a robot into a stuffie, each experience adds up to an imagination-stretching, confidence-boosting summer.

Visit [invent.org/local](http://invent.org/local) to secure your spot! Use promo code SUM25 by 3/30/23 to save \$25.



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Summer Camp Dates:  
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Open House: May 27

Visit our website or call for program and enrollment dates



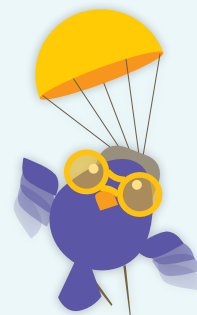
For a complete class schedule call **216-295-2222** or visit [ClevelandCityDance.com](http://ClevelandCityDance.com)



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[summer.hawken.edu](http://summer.hawken.edu)

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## SUMMER CAMP GUIDE

### 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 5 through August 18. Staffed by experienced instructors, their summer riding camp develops young riders with English riding and horsemanship instruction.

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

They offer half-day and full-day sessions, designed with fun and safety in mind. Chagrin Valley Farms is northeast Ohio's premier, full-service equestrian center, of-

fering 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 their confidence grows and their dreams become a reality with the friends they make in magical camps and classes. Classes for ages 3 and up develop confidence, camaraderie, community, poise, and technique. Teachers are patient and experienced in encouraging dancers to do their personal best.

Sessions run June 12 through August 12. Choose one to eight weeks.

- Twirling Tots Camps are a magical journey using your child's imagination to create a dance, and a craft to go with the theme. Ages 3–8 return every year for

a Winter's Ball, Peter & the Wolf, Adventure of Mother Goose and more!

- Camps for ages 8 and up including pre-professional, work on mastering technique with friends in ballet and pointe, jazz, modern, conditioning, choreography and classical variations, dance history and more.
- Boys only camp
- Adult and children individual class options available.

Space is limited so visit their website or call for more information.

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(440) 349-9111

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[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! [creativeplayrooms.com](http://creativeplayrooms.com) or 440-349-9111.

### EN POINTE DANSE

(440) 247-5747

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

En Pointe Danse is offering summer classes and dance camps from June 12–July 29. Classes will be offered in ballet, tap, jazz, creative movement, and modern dance for ages 3 through adult.

#### Dance Camps

For ages 3–7 includes creative dance and pre ballet vocabulary, with a focus on balance, coordi-

Here are just a few special camp experiences for 2023:

JUNE 5, 12, 26

JULY 10 and 17

**MONDAY NIGHT FOOTBALL**

JUNE 12–16

**LANCER CROSS COUNTRY CAMP**

JUNE 12–16

JULY 10–14

**SKY HIGH ADVENTURE**

JUNE 20–23

**\*MOTOGO: BUILD A V8 ENGINE**

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**LANCER TENNIS 101**

JULY 10–28

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# The Official Camp of Summer Fun!

GET THE MOST OUT OF SUMMER AT **CAMP GILMOUR**

There is more fun than ever at Camp Gilmour this year. With nine weeks of new offerings and old favorites, Camp Gilmour has something for everyone. Campers ages 5 through 12 can choose from full- and half-day traditional day camp experiences, sports, arts and specialty camps. Campers enjoy weekly field trips, special guests, arts and crafts, swimming lessons, ice skating, summer enrichment, and lots of opportunities and activities designed for campers to make new friends.

**It's not just camp – it's Camp Gilmour!**

9 WEEKS OF CAMP  
**JUNE 5 – AUGUST 4**

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

**LIMITED AVAILABILITY REGISTER TODAY**

Before and After Care available

**PRESCHOOL DAY CAMP (AGES 3-5) IS SOLD OUT**



**GILMOUR ACADEMY**



# SUMMER CAMP GUIDE

## En Pointe Danse cont'd

nation, and musicality. Dancers will present an informal showing at the end of each session.

### Summer Intensive

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

### Classes for ages 8-10

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

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



## FAIRMOUNT CENTER FOR THE ARTS

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

Fairmount Center for the Arts offers a variety of performing and visual arts camps and classes year-round for toddlers through seniors. Taught by artists and art educators, campers ages 6-13 can enjoy dance, music, theatre, or visual arts camps in June and July. Mix and match to build a full-day camp experience!

Preschoolers (ages 3-5) can enjoy week-long morning multi-arts camps the weeks of June 5, June 19, July 10, and July 24. Older students can level up their dance or musical theatre skills in multi-day intensive workshops the week of July 17, culminating in a special performance at the Fairmount Fun Fest on Saturday, July 22.

Looking for a fun summer class? Check out their dance, fitness, music, theatre, and visual arts offerings for youth and adults.

Registration for all summer camps and classes is now open! Visit fairmountcenter.org or call 440-338-3171 to book today.

## GILMOUR DAY CAMPS

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

The official camp of summer fun! With offerings that include outdoor adventure, drone, sports camps and the arts, Camp Gilmour has something for everyone! Camps offered June 5-August 4.

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

Basketball, cross country, football, hockey, lacrosse, soccer and tennis camps, hosted by coaches from Gilmour's state-ranked programs, provide campers the opportunity to hone skills.

Specialty camps available for a range of ages in everything from

coding to theater to sewing to forensics.

Note: Preschool Camp (ages 3-5) is sold out.

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

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

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

## GIRL SCOUTS OF NORTH EAST OHIO

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 —



## 2023 SUMMER PROGRAMS REGISTER TODAY!

**STRING CAMP** June 17 - 22

**BAND CAMP** June 26 - July 1

**MUSIC THEATRE CAMP** June 26 - July 1

Residential or commuter camps for students entering grades 5-10.

**NEW! CHOIR CAMP** June 17 - 22

A residential or commuter camp for students entering grades 6-8.

**CONSERVATORY SUMMER INSTITUTE** July 8 - 15

An 8-day residential intensive for high school students studying Choral, String, Keyboard, Wind or Percussion.

**DANCE IMMERSION** July 8 - 14

A week-long intensive for dancers entering grades 7-12 looking to further their own studio training.



To learn more or to register, visit [bw.edu/sap](http://bw.edu/sap) or call 440-826-2482.





## 🌲 SUMMER CAMP GUIDE 🌲

### Girl Scouts cont'd

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 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! Under the Sea may be the week-long day camp for the marine-biologist-in-training in your life. Whichever camp themes she chooses, fun is sure to follow!

### HAWKEN SUMMER PROGRAMS

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

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 be rest assured knowing he or she is in a safe, nurturing environment. Camp offerings include Hawkings, Boys or Girls Day Camps, Boys Sports

Camp and Girls Lifetime Adventure Camp.

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

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

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

Camps run at varying intervals between June and August. For more information, contact [summerprograms@hawken.edu](mailto:summerprograms@hawken.edu), (440) 423-2940, or visit [summer.hawken.edu](http://summer.hawken.edu).



### JUMP START GYMNASTICS

23700 Mercantile Road  
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 12 through August 11, 2023.

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 \$45 per day or \$200 per

week. Full-day (9 a.m.–3 p.m.) camps are \$65 per day or \$300 per week. After-care (3–5 p.m.) is \$10 per day. See their website for early registration discounts through March 15, 2023.

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

### LAKESHORE DANCE & GYMNASTICS

760 Beta Drive Suite G  
Mayfield Village  
(440) 461-0015  
[www.lakeshoregym.com](http://www.lakeshoregym.com)

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

This summer they are offering

# CAMP FITCH YMCA



## Making kids better, forever!



# SUMMER CAMP GUIDE

## Lakeshore Dance cont'd

eight weeks of summer camp and preschool princess camps!

Lakeshore offers dance and gymnastics classes for infants all the way though adults! Lakeshore's offerings may be broad, but it's a child-focused business where everyone is family!

## THE LITTLE GYM OF SHAKER HEIGHTS

20707 Chagrin Blvd.  
Shaker Heights  
(216) 752-9049

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

## MIKE MORAN BASKETBALL CAMPS

(Held at Lost Nation Sports Park in Willoughby)  
(440) 338-8092  
[www.morancamps.com](http://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!

The Mike Moran Camps are very popular, and fill up quickly. Take advantage of the early registration discount. Visit their new website, [morancamps.com](http://morancamps.com), for easy registration. Call for a free brochure!

## ORANGE COMMUNITY EDUCATION & RECREATION

Jill Korsok, Director  
(216) 831-8601  
[jkorsok@orangecsd.org](mailto:jkorsok@orangecsd.org)  
[www.orangerec.org](http://www.orangerec.org)

Every day is a day for adventure at summer camp with Orange Community Education & Recreation.

OCER offers full day camps in art, sports, theatre camps and traditional day camps for kids in grades K–8. Preschool campers may attend half-day or full-day camp.

All camps are close to home on the Orange Schools campus, which features a kid-friendly outdoor leisure pool with a slide and new spray pad, groomed sports fields, playgrounds and hiking trails. Before- and after-camp care is available for ages 3–grade 8 from 7:30 a.m.–5:30 p.m.

Visit [www.orangerec.ce.eleyo.com](http://www.orangerec.ce.eleyo.com). Register before March 17 and receive \$25 off the listed price for most camps. For more information, call them at (216) 831-8601, Monday – Friday, 8:30 a.m.–5 p.m.

Look for their Summer Camp Guide, available online at [www.orangerec.com](http://www.orangerec.com).



# GET THE EDGE!

## REGISTER NOW FOR GET THE EDGE 2023

St. Edward High School's Summer Enrichment Program for Boys Entering 7th & 8th Grades

Monday, June 12 - Friday, June 30, 2023  
Daily from 8:30 a.m. - 12:30 p.m.  
at St. Edward High School  
Cost: \$300

## REGISTER AT SEHS.NET/GTE

or Scan the QR Code Below!



ST. EDWARD HIGH SCHOOL  
13500 DETROIT AVENUE • LAKEWOOD, OHIO 44107



**KIDS Summer CAMP**

DANCE AND GYMNASTICS  
**Lakeshore**

8 WEEKS TO CHOOSE FROM

**\$280**  
per week

Themes of the week, games, crafts, gymnastics & more!

Email [irene@lakeshoregym.com](mailto:irene@lakeshoregym.com) for multi-week discounts

For More information, contact us:  
[@LakeshoreDanceAndGymnastics](https://www.instagram.com/LakeshoreDanceAndGymnastics)  
[LakeshoreGym.com](http://LakeshoreGym.com)

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

**STEAM**

SCIENCE. TECHNOLOGY. ENGINEERING. ART. MATH

**Snapology**

**BEST SUMMER CAMP FOR KIDS**

IF YOU LIKE **LEGO BRICKS** YOU'LL LOVE THIS

[CLEVELAND.SNAPOLOGY.COM](http://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

### ST. EDWARD HIGH SCHOOL

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

Get the Edge is the St. Edward High School summer enrichment program for boys entering the 7th and 8th grades. The 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.

The Get the Edge curriculum is focused on the three Cs of 21st century learning — critical thinking, creativity and collaboration. Participants will have the opportunity to explore six subjects in fun and exciting ways, from robotics and film to game design, music and more.

By maximizing the combination of academics and recreation, the St. Edward enrichment program will help you get the edge this summer through an invaluable experience that builds the qualities that they expect of every St. Edward student — scholarship, leadership, compassion, innovation, excellence and brotherhood.

Register for Get the Edge 2023 today at [sehs.net/gte](http://sehs.net/gte).

### 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

5, 12, 19, 26; July 10, 17, 24, 31; and Aug 7 & 14.

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

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

University School is the place to soak in the fun, make new friends, and create your summer of adventure. Kids of all ages can try something new in week-long camps, like musical theater or mountain biking, or dive deeper into something they already love like soccer, basketball, or creating with LEGO. The preschool camp is designed to engage prekindergarten boys in a creative and stimulating environment using US's theme-based curriculum. Weekly explorations will guarantee a unique journey of discovery! This camp is run by their dynamic US teachers. Their classic six-





# BACK TO A SUMMER OF FUN!

## »» 2023 YMCA Summer Day Camps

Summer is a time for kids to be kids. And, YMCA Summer Day Camp is the place to have fun and make every precious summer day a great one. Find a Camp near you and register today!

Visit [clevelandymca.org](https://clevelandymca.org) or scan the QR code for more information.







JOIN US ON THE  
**QUEST FOR  
ADVENTURE!**

**The Little  
Gym**  
Serious Fun.

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)

## **SUMMER CAMP GUIDE**

### **University School cont'd**

week Boys Day Camp for grades K-7 now offers a two-week coed extension for grades K-3. Visit [www.us.edu/summer](http://www.us.edu/summer) to learn more.

### **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 19-August 25, for 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 participate in different cultural traditions and explore new mediums for creating each day.

Let your child's inner princess shine through Fairy Camp. Learn how to draw and paint wildlife. 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!



### **YMCA OF GREATER CLEVELAND**

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

The YMCA of Greater Cleveland knows that every kid is different, so they offer three camps for your child's needs:

**Day camp: Ages 5/6-12**

Campers discover not just the wonders of day camp but the joy of exploring their unique talents and interests. Their program helps campers find out what they are passionate about, form relationships, and obtain a sense of belonging.

**Sports camp: Ages 6-12**

Sports camps offer youth sports training and are designed to teach sports skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility.

**Fine arts camp: Ages 6-12**

Summer fine arts camp combines performing and visual arts with a varying weekly theme. Campers will engage in fun activities that will stimulate the creative nature of each participant.

The Y is one of the nation's largest providers of camp programs.

For more information, please visit [www.clevelandymca.org](http://www.clevelandymca.org).

**Orange  
Community  
Education &  
Recreation**

**SUMMER  
CAMPS**

**YOUTH, SPORTS, PRESCHOOL,  
THEATRE, FINE ARTS, AND MORE**

For more information call (216) 831-8601  
or visit [orangerec.com](http://orangerec.com)



**Sign up  
today.  
Camps fill  
up quickly!**

## *Join Us for Summer Riding Camp*

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



SCAN TO  
LEARN MORE



call (440) 543-7233

9250 Washington St. Chagrin Falls, OH 44023

[ChagrinValleyFarms.com](http://ChagrinValleyFarms.com)





# GYMNASTICS

## FOR KIDS & ADULTS!



### 6-Week Sessions

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

#### Spring Session 1: February 26–April 15

Closed for spring break: April 5–April 11, 2023. No make-up classes needed—all off days are factored into the calendar session.

#### Spring Session 2: April 16–May 27

We also offer Jump Stars Prep Team & USAG Competitive Team, Boys Classes for ages 5–14.

### Private Lessons

#### Jump Start is offering:

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

Perfect for gymnasts, cheerleaders, dancers, Gymkata obstacle course fitness fun, small group classes or Gymnastic Strong conditioning training.

Saturdays and Sundays 2–6 pm  
with Coach Annmarie or Coach Dan

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



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

### Summer Camp 2023



JSG offers gymnastic camps for all ages, boys and girls, and all levels of gymnastics experience from recreational to competitive gymnastics. Gymnastic camp at Jump Start is a great way to explore and experience gymnastics for the first time, learn new skills, or build a solid competitive base for the next season. We coach all levels of new, experienced, and competitive gymnastics.

#### Flips Gymnastics Camp

Ages entering K–14 years

June 12–August 11

M–F: 9 am–noon or 9 am–3 pm

#### Twister Preschool Camp

3 & 4 years

June 13–29

Tue/Wed/Thur: 9 am–noon

#### **CAMP SPECIAL!**

##### Girls

##### Free Leotard

Enroll in four full weeks or 20 daily camps.

##### Free Shorts + Leotard

Enroll in five full weeks or 25 daily camps.

##### Boys

##### Free Gym Bag

Enroll in four full weeks or 20 daily camps.

##### Free Gymnastic T-shirt + Gym Bag

Enroll in five full weeks or 25 daily camps.

#### **EARLY REGISTRATION DISCOUNT**

2022 camp fee prices are in effect until March 15, 2023.

2023 camp prices start March 16, 2023.

##### Through March 15, 2023

Full-day camp is \$275 per week / \$60 per day

Half-day camp is \$180 per week / \$40 per day

##### March 16, 2023 and after

Full-day camp is \$300 per week / \$65 per day

Half-day camp is \$200 per week / \$45 per day

Daily after-care is \$10 from 3–5 pm

All camps must be paid in full at the time of enrollment.

### Birthday Parties



Jump Start is a great place to celebrate that special occasion! Our coaches will tailor the party activities to the age of the birthday child. All of the guests are sure to enjoy our gymnastic games and equipment, including our 50 feet of trampoline and in-ground foam pit!

Party guests will enjoy organized and loosely-structured instruction on the gymnastic equipment. The birthday child and partygoers can look forward to gymnastic obstacle courses and games!

#### **TWO OPTIONS!**

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

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

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

\$195 for 10 children & \$20 for each additional child.

JSG provides white paper plates, forks, tablecloths, napkins, and clean-up.

# Jump Start

## Gymnastics

23700 Mercantile Road, Beachwood

Rear of National Biological Building

**(216) 896-0295**

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

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



# 10 Reasons Your Teen Might Love to Be a Camp Counselor

By Janeen Lewis

**D**id your teenager love summer camp as a child? Does he or she need a job but can't work during the school year because of homework and activities? Maybe you're ready for your teen to get employment experience but still have some carefree time outdoors away from electronics. Day or sleepaway camp is the perfect place for teens to transition to the world of the employed. The paycheck is nice, but being a camp counselor has other rewards, too.

### The gift of responsibility

As much as teens sometimes protest about it, learning responsibility is the gateway to more independence as they grow into adults. Camp is an ideal place to build accountability because teens are in charge of other kids or activities, but they are still being supervised.

If they work at a sleepaway camp, they must keep their cabin quarters neat and guide younger children to do the same. If they work at a day camp, they must show up on time, care for children and lead activities.

Working at camp is fun, but it also gives teens a glimpse into the adult world with the guidance they still need.



### Opportunity to be a role model

Do you remember a teen you looked up to when you were a kid at summer camp? Maybe he or she helped you perfect your back stroke, taught you how to throw a curve ball or gave the perfect advice for dealing with disagreements between friends. Teens can connect to kids in ways that adults sometimes can't, and when teens work at camp, they experience the fulfillment of helping younger kids meet their goals and develop new skills.

### Refined relationship skills

From fun-centered sports competitions between rival teams to getting chores done for inspection, counselors and campers have to work together. Being able to do this teaches teens to hone their communication and interpersonal relationship skills. Some camps even offer staff communication trainings and morale-building activities before camp starts to increase awareness and create discussion about how to get along with others.

### Improved time management skills

Teen counselors have to be on time to meals, the morning meeting at the flag pole, and the activities they lead. They're also responsible for gently prodding their campers to be punctual. If they are in charge of a lesson, craft or game, they must plan ahead and make sure they have all the supplies ready and set up on time. These time-management lessons will benefit them as they enter college and the work place.

### Time away from technology

Most day camps and sleepaway camps either have a no-device policy or have only short scheduled times with technology. Camp is the perfect place to do a "digital detox" and get back to nature, sports and face-to-face socialization.

## Heat Up Your Summer Plans



School will be out before you know it. How do you want your children to spend their days? At Creative Playrooms, we offer our **Voyagers** Summer Camp for children ages 5 to 12! Available at all of our six Cleveland-area locations, your child will enjoy hands-on learning challenges, outdoor activities, and so much more.

**ENROLL FOR SUMMER CAMP TODAY:**

[creativeplayrooms.com](http://creativeplayrooms.com)

440-349-9111





# SUMMER CAMP GUIDE

## Preparation for being away at college

If your teen works at a sleepaway camp, he or she may get a taste of what college life is like. He or she will be responsible for meals, getting up on time or using a coin laundry. These are all valuable lessons that will prepare him or her for college. Also being away from home for an extended period of time for the first time can take some adjusting to and it can create some homesickness. Teen camp counselors have experienced these feelings and dealt with them before they go to college.

## A chance to share talents and skills

Is your teen an athlete? An artist? A nature enthusiast? Can he or she dance, write or program computers? Camp is an ideal place for teens to share strengths. I served as a camp counselor when I was in college, and it was the first time I realized I had a knack for teaching kids. It was the gateway to me becoming a teacher, even though I was a journalism student at the time. Camp introduces teens to opportunities that maybe they hadn't considered. It builds confidence and opens doors to future careers.

## Resume building

Working at camp is great experience to put on a resume when your teen is ready to enter the adult world of work. Camp experience is beneficial if your teen wants to teach or coach, but working at camp also builds communication, collaboration and problem-solving skills, all worthy resume additions that may catch a future employer's interest.

## Saving on summer expenses

One of the advantages of working at an overnight camp is that in addition to a paycheck, meals and lodging are usually provided by the camp. Staffers' work and life all happen at the camp, so gas use is minimal. Teen counselors chaperone camp trips to amusement parks and museums which are usually covered by the camp. Granted, these covered expenses do require responsibility and work, and are not solely carefree outings, but they are positive perks for a summer job.

## A new appreciation for their parents

Being a teen counselor is indeed hard work. It involves stamina, patience and responsibility. Oh, and teen counselors must also teach, guide and care for children younger than themselves. It sounds a teeny bit like parenting, right? Teens who are camp counselors may begin to recognize how hard parenting is. With that recognition, they may have a new appreciation for all their parents do by the end of the summer.

Being a camp counselor is a great start for teens who want to join the world of work. If your teen is interested in beginning the adventure that comes with being a camp counselor, you can find more information at the American Camp Association website at <https://www.acacamps.org/staff-professionals/job-center>.

*Janeen Lewis is a writer, teacher, and mom of two. Her summer as a camp counselor gave her invaluable skills for adulthood.*



## Mike Moran Basketball Camps

### 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.

**2023  
Boys/Girls Camp  
at Lost Nation Sports Park  
Willoughby  
June 19-23 | June 26-30  
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.

**Register online at  
MoranCamps.com**

-or-

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

## Animal Camp 2023

*The Best Camp Ever! Is celebrating its 17th year and we are inviting you.*

**12 one week sessions**  
 For kids 5 to 13 years old  
 Camp hours 9 a.m. to 4:30 p.m.



**Features:**  
 Horseback riding, playing with rabbits, goats, chickens 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  
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