

# 7 REASONS WHY SUMMER CAMP IS IMPORTANT

Summer camp is like no other place. It offers endless fun, new adventures and a constructive break while school's out – but these only scratch the surface of why summer camp is important.

Summer camp offers enriching experiences that build on what kids learn during the school year – like meeting new friends, developing life skills and exploring ideas in fresh, hands-on ways. Social interaction helps boost their confidence, speaking skills and emotional intelligence – plus physical games keep them active until gym class starts up again in September.

Summer days away from home also allow children to become more independent, think for themselves and develop positive habits that will stick with them for the rest of their lives. Dive deeper into these benefits as seven key reasons are explored on why summer camp is important for children's holistic, healthy development.

## #1. Encourages Social Growth and Friendship

Getting to know new peers and making new friends are key parts of their emotional and social development. One of the best ways to help kids come out of their shell and socialize is by making interactions with their peers easier.

But with school off the table, summer offers minimal opportunities for social interaction. Enter summer camp: the perfect place for them to meet one another, learn and play together and form bonds that last well past the final day of their summer program.

During a summer of discovery, fun and exploration, kids bond through:

- **Teamwork** – Camp encourages kids to work together to overcome challenges and achieve common goals. Whether it's playing on the same squad during a team sport, working side-by-side on a group project or even simple tasks like cleaning up together after a messy activity, collaboration builds camaraderie, closeness and character.

- **Group activities** – No matter a child's age, summer camp offers lots of engaging group activities that not only build intelligence, but social skills as well. Kindergartners and elementary school age campers can enjoy interactive games and group art projects. Older campers may collaborate across more in-depth activities like robot-building, dramatic performances and team-building exercises.

- **Shared experiences** – Camp marks several firsts for many kids. It could be their first day spent away from home, their first time not knowing anyone in a place or their first time meeting kids from other communities. Campers go through these firsts together. These shared moments bring children together and build lasting friendships.

As children form connections with their peers, they build key social skills – like communication, problem-solving and empathy – that come in handy as they mature. And all the while, they'll be having the time of their lives!

## #2. Promotes Independence and Responsibility

For many campers, day camp is a first step toward independence – offering time away from parents or guardians in a safe, supportive environment. This gives kids the opportunity to make decisions all on their own – often for the first time in their lives.

Every day, camp gives kids seemingly simple yet crucial choices that build their decision-making skills and boost

their self-sufficiency, such as:

- Which project to work on
- What to eat
- How to strategize during team games

Choice-making power like this not only boosts kids' decision-making skills, but also their confidence. When kids think for themselves, they feel accomplished, brave and capable – which are all key to developing their character as they grow.

Camp isn't all unchecked freedom, however. It's loaded with routine, support and structure. This kind of guided environment helps campers make good choices, teaches them responsibility and helps them develop other life skills.

## #3. Supports Physical Activity and Outdoor Exploration

Up to 80% of adolescents don't get enough physical activity. This rings true for every time of year– summer included. But summer camp flips that script.

Activities like team sports and relay races keep children active and engaged all summer long. In a modern era where American youth spend four to nine hours a day in front of screens, physical activity offers a necessary breather from constant digital stimulation.

Spending time outdoors, especially surrounded by nature, improves kids':

- **Physical health** – Spending time outside can improve sleep, lower blood pressure and reduce the risk of disease.

- **Stress levels** – Outdoor time can help relieve feelings of stress or uneasiness – which can be a bonus for kids who are a little nervous about camp.

- **Creativity** – Green space can lower feelings of anxiousness and spark positive thinking – laying the groundwork for creative ideas to flourish.

## #4. Develops Problem-Solving and Leadership Skills

Camp provides children with a safe, supportive space to learn and grow. Many campers are new to fields like science, technology, engineering, art and mathematics (STEAM) and haven't played the types of games that require a large camp collective.

These new experiences present obstacles that campers learn to overcome, whether they're:

- Finding their role within a team or group
- Discovering how to complete a project
- Learning the strategy to a new game or activity

These challenges help develop critical thinking skills and, in turn, the ability to solve problems.

As campers grow, they develop the initiative to address their own issues without external guidance. Eventually, they become the guides themselves as they master leadership skills and guide others.

None of this is possible, however, without the self-sufficiency and determination camp instills in its attendees. Obstacles make con-

fidant campers and, in turn, confident campers go on to become competent leaders.

## #5. Provides a Break from Screens and Technology

As mentioned above, the average American child spends anywhere from four to nine hours a day in front of screens. Summer camp offers a fun alternative to screen time that's more constructive, healthy and valuable.

Whether it's chats with friends, group games or hands-on projects, there's always an interesting activity going on at summer camp. With so much to enjoy and no screens to distract them, kids can genuinely appreciate their experience as they take in the world around them.

Reducing screen time isn't just about experiencing the real world, however – it's key for developing kids':

- **Creativity** – On a phone or a tablet, the content is created for them. Away from the screen and guided at camp, the possibilities are endless: from simple machines and popsicle-stick structures to boxcars and robots.

- **Focus** – It can be hard for kids to focus on life outside the screen with multiple videos, games and tabs open at once. At a screen-free summer camp, they are free to focus on the world around them – and all the learning in store.

- **Well-being** – Cutting down on screen time can help kids regulate their moods independently, succeed in school, build stronger language skills and develop strong brains.



## SPORTS DAY CAMPS!

MULTI-SESSION AND SIBLING DISCOUNTS AVAILABLE!

Spartan Allstars Sports Day Camp is a premier coed, multi-sports day camp. Campers play over 35 sports and activities in a fun and supportive environment. **Screen Free Fun, All Day!**

**2026 Sports Camp Offerings:**

- June 8-12: Sports Camp, JCs, Basketball (PM)
- June 15-19: Sports Camp, JCs, Basketball (PM)
- June 22-26: Sports Camp, JCs, Basketball (PM)
- June 29-July 3: Sports Camp, JCs, Futsal (AM), Baseball (PM)
- July 6-10: Sports Camp, JCs, Baseball (PM)
- July 13-17: Sports Camp, JCs, Baseball (PM)
- July 20-24: Sports Camp, JCs
- July 27-31: Specialty Week\*

**Hours**

Sports Camp & JCs: 8am-5pm (M-F)  
 K/1<sup>st</sup>: 8am-12:30pm  
 Futsal: 8am-12pm  
 Basketball and Baseball: 1-5pm

**Camp Location**

La Canada High School

**Specialty Camps:**

Futsal Camp: June 29-July 3, 8am-noon  
 Bball Camps: June 8-12, June 15-19, June 22-26, 1-5pm  
 Baseball Camps: June 29-July 3, July 6-10, July 13-17  
 (Full Day Combo options available to add on with Sports Camp for 8am-5pm day)

**\*Specialty Sports Week:** July 27-31  
 8am-12pm Sports Camps: Soccer, Tennis, Wrestling, Flag Football, Dance/Cheer, or Basketball  
 Optional Aftercare from 12-5: Lunch, Games, & Swim

**WHO CAN PARTICIPATE?**

Sports Camp Campers  
Rising K-7th Graders

Junior Counselors (JCs)  
Rising 8th & 9th Graders

Specialty Sports Camps:  
Rising 2nd-9th Graders

Need Volunteer Hours?  
Rising 10th Graders



818-473-0005  
[www.spartanallstars.com](http://www.spartanallstars.com)  
[Info@spartanallstars.com](mailto:Info@spartanallstars.com)

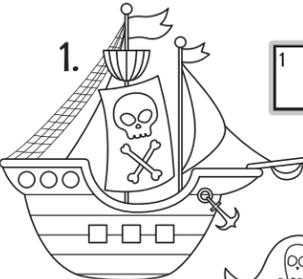
EARLY BIRD DISCOUNT ENDS FEB 28TH!

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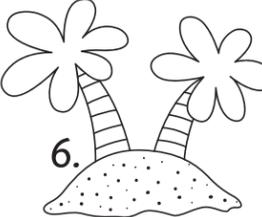
PUZZLE TIME

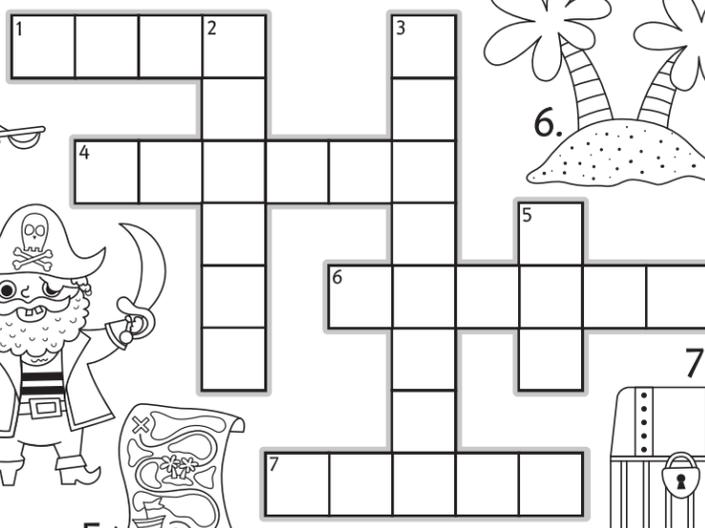
## PIRATE CROSSWORD PUZZLE







1. Ship 2. Parrot 3. Treasure chest 4. Pirate 5. Map 6. Island 7. Chest



# CV Weekly **SCHOOL & CAMPS** #2 Special Section



## 7 REASONS WHY SUMMER CAMP IS IMPORTANT (CONTINUED)

from previous page

### #6. Sparks Innovation and New Interests

Exposure to creativity and innovation can improve emotional development, social engagement and overall academic performance. When a kid learns how to transform their vision into reality, it unlocks a lifelong love of learning and creating.

Camps specialize in imagination-sparking activities like:

- Science
- Technology
- Engineering
- Mathematics
- Arts

For many campers, summertime might be the only part of the year when they have consistent, reliable access to these areas of study. In turn, many burgeoning innovators or artists may not even know about their passions until they jump into a hands-on activity that encourages them.

Learning about STEAM and other new subjects at summer camp can ignite lifelong passions that steer entire futures. Camp creates a safe space for kids to try new things – and see what sticks! The confidence they gain encourages further exploration after the camp closing ceremony and for years to come.

### #7. Builds Lifelong Memories and Positive Experiences

Day camp offers something refreshingly different from kids' regular routines. Outside of home, school and year-round activities, camp introduces children to new environments, challenges and perspectives – all in a short, joy-filled span of time. These fresh experiences often stand out as core childhood memories that campers carry with them for years to come.

Because many campers return summer after summer, camp also becomes a place to reconnect – not just with familiar faces but with a growing circle of friends outside of school. These bonds, formed through shared discovery and creativity, help kids expand their social world and gain confidence in new settings.

At summer camps, every activity is designed to support a child's emotional, social and intellectual growth – laying the foundation for memories that last far beyond the summer.

Reprinted from <https://galileo-camps.com/blog/wby-summer-camp-is-important/>

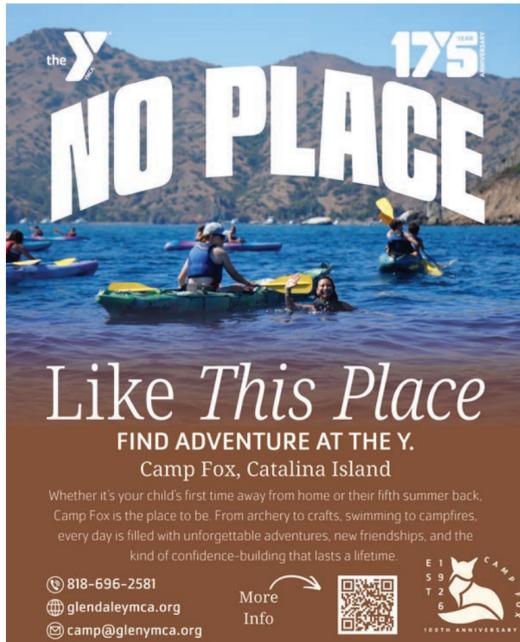
## MARK YOUR CALENDARS: ALF SUMMER SCHOOL REGISTRATION OPENS MARCH 9!

Action League of the Foothills will be offering its annual Summer School program at Palm Crest Elementary School from June 15 through July 10, 2026. Children entering kindergarten through 6th grade may enroll in enrichment classes covering a wide range of interesting topics such as "Journey to Outer Space," "Band for Beginners," "Intro to Robotics" and "Backyard Science." Classes are held Monday through Friday from 8:30 a.m. to 12 noon.

The ALF Summer School program has been administered by its volunteer members for over 45 years with classes always taught at one of the La Cañada Unified schools. Students from the foothill communities will have an opportunity to explore subjects that are challenging and exciting -- all for the joy of learning and without any homework!

Summer School Co-Chairs Becky Gelhaar and Kim Westhoff are excited to welcome this year's group of children for the four-week session of fun.

Online registration for ALF Summer School opens at noon on Monday, March 9. For more information about this lively and engaging program, be sure to check out our website at [ALFoothills.org](http://ALFoothills.org) or call (818) 790-2211.

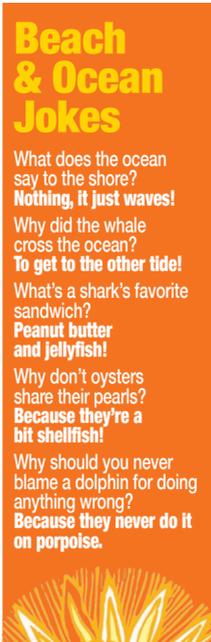
**175th**  
**NO PLACE**  
Like This Place  
FIND ADVENTURE AT THE Y.  
Camp Fox, Catalina Island

Whether it's your child's first time away from home or their fifth summer back, Camp Fox is the place to be. From archery to crafts, swimming to campfires, every day is filled with unforgettable adventures, new friendships, and the kind of confidence-building that lasts a lifetime.

818-696-2581  
[glendaleymca.org](http://glendaleymca.org)  
[camp@glenymca.org](mailto:camp@glenymca.org)

More Info

175th Anniversary



**Beach & Ocean Jokes**

What does the ocean say to the shore?  
**Nothing, it just waves!**

Why did the whale cross the ocean?  
**To get to the other tide!**

What's a shark's favorite sandwich?  
**Peanut butter and jellyfish!**

Why don't oysters share their pearls?  
**Because they're a bit shellfish!**

Why should you never blame a dolphin for doing anything wrong?  
**Because they never do it on porpoise.**

## RHODES SCHOOL OF MUSIC HOSTS FIRST-EVER FREE KIDS DAY EVENT IN LA CAÑADA

Community Celebration on March 8 Features Free Music Lessons, Live Performances and Family Activities.

Rhodes School of Music will host its inaugural Kids Day on Sunday, March 8 from 10 a.m. to 2 p.m. at its La Cañada location. The free, family-friendly celebration is open to the public and designed to introduce children and families to the joy of music education through hands-on activities, live performances and community fun.

"We are excited to open our doors to the community for a day of fun, music and a celebration of this wonderful community," said David Rhodes, founder of Rhodes School of Music.

The four-hour event will feature free introductory music lessons on piano, guitar, drums and other instruments allowing children to experience playing music firsthand. Live performances by Rhodes students and teachers will showcase the talent within the school's community of approximately 900 students.

Additional activities include two bounce houses, an instrument petting zoo where children can touch and explore various musical instruments, face painting and prizes. Free food will be provided, including tacos and treats from Handel's ice cream truck. The school will also give away music lesson packages throughout the day.

Rhodes School of Music has served the Los Angeles area since 2012, growing from a single location to two campuses serving families in Los Angeles and La Cañada. The school offers comprehensive music instruction across piano, guitar, drums, voice, strings, brass, woodwinds and early childhood music programs.

The La Cañada location opened in 2024 and has quickly become a hub for music education in the Foothill communities. Kids Day marks the school's first large-scale community event designed to make music accessible to all families.

Kids Day at Rhodes School of Music is on Sunday, March 8 from 10 a.m. to 2 p.m.

Rhodes School of Music is located at 846 Foothill Blvd. in La Cañada Flintridge. The cost is free and the event is open to the public.

For more information, call (818) 864-6773 or visit [rhodesschoolofmusic.com](http://rhodesschoolofmusic.com).

Founded in 2012, Rhodes School of Music operates two locations in Los Angeles County, serving approximately 900 students with a faculty of 60 professional music educators. The school offers private lessons in piano, guitar, drums, voice, strings, brass and woodwinds, as well as mini music classes for kids ages 3-5. Rhodes School of Music focuses on building musical ability, creativity and confidence in students of all ages and skill levels.



## Don't Miss Next Week!

Look out for another CV Weekly Summer Camp Issue publishing next Thursday, March 12. It's not too late to get your announcement placed! Call Rachele at (818) 248-2740 for rates and more information.

## SUMMER FUN AT THE COMMUNITY CENTER OF LA CAÑADA FLINTRIDGE

### CAMP RUNAMUK

If you have a child between ages 5 and 10 who is full of energy and loves to run, learn and play, then Camp Runamuk is the place for you! A beloved local institution, Camp Runamuk provides a safe and action-packed summer camp environment with plenty of physical activity and creativity through arts and crafts, cooking, fun-in-the-sun water activities, science projects and more! Your child can look forward to making new friends and having a great time in a safe and supervised environment. Camp Runamuk offers 10 weeks of fun from June 8 through Aug. 14. Sign up for one week or all 10 – or any number in between!



### WHAT'S NEW FOR SUMMER 2026?

- New check-in system based on groups for a faster and smoother check-in process
- Each week of camp features an exciting theme with activities related to the theme, making each week unique from the next
- Campers will be assigned to color groups led by a "Color Leader" who will be their key point person throughout the week
- Specialty activities including arts, STEM, cooking, dancing, outdoor fun and more!

### SCHEDULE

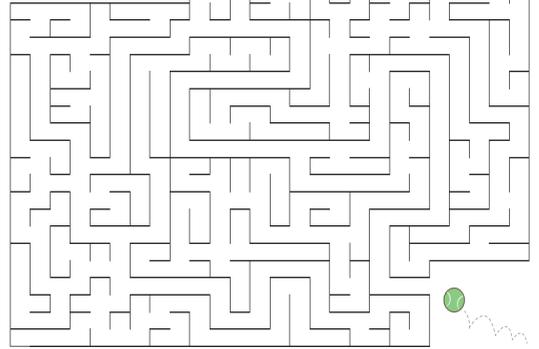
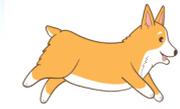
Camp Runamuk runs from 9 a.m. - 3 p.m. for 10 weeks from June 8 - Aug. 14. For those seeking extended care, the Community Center will offer several after-camp options from 3 p.m. - 5 p.m. Each week of Camp Runamuk features:

- "Tie-Dye Tuesdays" where campers can wear the camp T-shirt they tie-dye themselves
- "Wacky Wednesdays" have a different dress-up theme each week
- "Water Day" Thursdays feature water activities
- "Fun Fridays" feature an extra-special event or activity

### MORE SUMMER CAMPS

In addition to Camp Runamuk, the Community Center offers a variety of summer camp options including Coach Andy's Sports Camps, Professor Egghead STEM camp, cooking camp, Skyhawks Sports Camps, ceramics camps and more! Visit [cclcf.org](http://cclcf.org) for the latest information.

## Corgy Pup Maze




**BRITISH SWIM SCHOOL**

**Learn to Swim With Us!**

We offer year-round survival-based swim lessons for all ages & skill levels!

Enroll Today!

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[britishswimschool.com/glendale-burbank](http://britishswimschool.com/glendale-burbank)



**IMMACULATE HEART**  
**SUMMER FUN**  
FOR GIRLS ENTERING GRADES 4-8  
JUNE 15, 2026 - JULY 24, 2026

Arts & crafts, sports, cooking, theater, academics, and more!

[immaculateheart.org/summer](http://immaculateheart.org/summer)



**La Salle COLLEGE PREPARATORY**

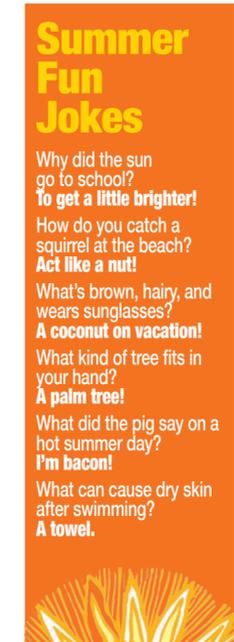
**SUMMER PROGRAMS**

GRADES 5-12  
JUNE 15 to JULY 17 2026

Academic Classes  
Athletic Camps  
Enrichment Opportunities

We are excited to offer many different programs and academic courses for current, incoming, and non-LaSalle students this summer!

[LASALLENS.ORG/SUMMER](http://LASALLENS.ORG/SUMMER)



**Summer Fun Jokes**

Why did the sun go to school?  
**To get a little brighter!**

How do you catch a squirrel at the beach?  
**Act like a nut!**

What's brown, hairy, and wears sunglasses?  
**A coconut on vacation!**

What kind of tree fits in your hand?  
**A palm tree!**

What did the pig say on a hot summer day?  
**I'm bacon!**

What can cause dry skin after swimming?  
**A towel.**

# Come to Kids DAY

Everyone is welcome!



at Rhodes School of Music  
La Cañada

Sunday, March 8<sup>th</sup> 10am - 2pm

**TWO bounce houses!**

**free lessons**      **live music**

Handel's ice cream truck

instrument petting zoo

tacos!            face painting



**win free lessons and other prizes!**



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

846 Foothill Blvd.

All food and activities are FREE!

Call or text us with questions: 818-864-6773