

THE IMPACT OF SUMMER CAMP EXPERIENCES ON CHILDREN

How is a summer's worth of growth measured in a child? As the school year ends, summer camps stand ready as transformative arenas for young minds. Far more than just playgrounds, these dynamic environments are where children broaden their horizons, forge friendships and grow leaps and bounds in confidence.

At the heart of Los Angeles, a multitude of programs promise not only fun but a foundation for future success. Whether it's mastering a new sport or crafting their first robot, each activity is a steppingstone toward unlocking children's potential.

Personal and Social Development

Summer camps for kids are more than just a way to keep children busy during the school break. They are vital in fostering personal and social development.

Through structured yet engaging environments, camps encourage children to step out of their comfort zones. This push helps them to form their own identities and develop a sense of independence that is hard to replicate in other settings.

For many children, the social skills acquired at camp are invaluable. A recent report found that engaging in structured activities, such as those offered in summer programs, is linked to increased pro-social behavior. These programs create an environment where children can form nurturing relationships with both adults and peers, which are crucial for their emotional, behavioral, and cognitive growth.

A child might learn to lead a team during a relay race or discover the importance of listening during a group discussion on camp rules.

The essence of these summer programs lies in their ability to teach children how to manage both friendships and conflicts. This environment is free from the academic pressures of school. It allows children to socialize in ways that are more relaxed yet deeply impactful.

For example, a camper might mediate a dispute over a game or work with others to set up a campsite, developing interpersonal skills that are crucial for lifelong success.

Physical and Mental Engagement

Participating in summer activities at camp offers significant physical and mental benefits. The physical engagement that camps offer is obvious as children spend much of their day in motion, whether they are swimming, hiking or playing sports.

This active lifestyle helps in improving their physical health, agility and overall fitness. Research suggests that children who are physically active show improved mood, sleep, and school performance.

On the mental side, camps challenge the cognitive abilities of children through problem-solving games and creative thinking tasks. These activities are designed to stretch their minds.

For instance, a treasure hunt not only requires physical activity but also strategic thinking and collaboration. Similarly, building a model rocket introduces basic physics in a fun and engaging way which can spark curiosity and a love for learning.

Moreover, the variety of summer activities ensures that every child can find something that excites them. Whether it's mastering a new skill like archery or exploring their artistic side through painting, the diverse offerings at summer camps encourage children to explore new interests.

This variety not only keeps their days lively and interesting but also plays a crucial role in their cognitive and emotional development.

Through these dynamic activities, children learn to set goals and persevere toward achieving them. The satisfaction of hitting a target in archery or completing a complicated puzzle provides a confidence boost and a sense of accomplishment. These experiences at camp teach children that they can overcome challenges through persistence and creativity.

Emotional Growth and Resilience

Summer camps serve as a vital environment for nurturing emotional growth and resilience among children. As they step away from their routine lives and into camps, children engage in a range of activities that challenge them both physically and emotionally.

This exposure to new situations fosters resilience. It helps them learn to adapt and bounce back from challenges. Research shows that overcoming obstacles such as mastering new skills or navigating social dynamics at camp helps build emotional toughness, which is crucial for personal development.

Moreover, the supportive environment of summer camps encourages children to take safe risks and learn from their successes and

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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/1st: 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
Info@spartanallstars.com

EARLY BIRD DISCOUNT ENDS FEB 28TH!



THE Find Your Best Friend PLACE

Day camp is more than just summer fun—it's where kids build lasting friendships, celebrate achievements, and discover a place they can truly belong. Guided by trusted staff, campers can look forward to:

- Swimming, sports, and outdoor play
- Creative art and STEM projects
- Field trips
- And so much more!

YMCA of Glendale
140 N. Louise St. Glendale CA, 91206
childcare@glenymca.org
(818) 240-4130



Summer Animals & Nature Trivia

How do butterflies taste their food?
Answer: With their feet! They have taste sensors on their legs.

How many eyes does a honeybee have?
Answer: Five. Two big compound eyes and three smaller simple eyes on top of their head.

Why do fireflies light up?
Answer: To attract mates and communicate with each other.



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

Beach & Ocean Trivia

What's the largest ocean on Earth?
Answer: The Pacific Ocean —it covers more area than all the land on Earth combined!

True or False: Sharks have bones.
Answer: False. Sharks have skeletons made of cartilage, the same stuff that's in your nose and ears.

What's the most common type of fish in the ocean?
Answer: The bristlemouth fish. There are trillions of them, but you've probably never seen one because they live deep underwater.

IMMACULATE HEART
SCHOOL

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

THE IMPACT OF SUMMER CAMP EXPERIENCES ON CHILDREN (CONTINUED)

from previous page

failures. This aspect of camp life plays a significant role in developing self-efficacy, where children come to see themselves as competent. It can be a real boost to their confidence and problem-solving skills.

These experiences are invaluable as they lay the groundwork for children to handle new and unexpected situations with more ease and confidence after they return home.

Exposure to New Interests and Skills

Summer camps offer a treasure trove of activities that introduce children to a wide array of interests and skills. From traditional sports to arts and technology, camps provide

children with the opportunity to explore areas they might not encounter in their everyday lives.

This exposure not only enriches their experiences but also helps in identifying and developing new passions. Research highlights that participation in a diverse range of summer activities can spark curiosity and foster a lifelong love of learning.

At camp, children engage in hands-on activities that enhance both creativity and critical thinking. For example, arts and crafts projects not only stimulate creativity but also enhance fine motor skills and concentration. These activities,

structured around summer fun and education, make summer camps an ideal setting for children to discover and cultivate new skills that could influence their academic and personal growth long term.

A Summer of Growth and Discovery with Summer Camps

Summer camps do more than fill a child's day with fun activities. They foster a sense of independence, curiosity and resilience.

Reprinted from <https://gotgamecamp.com>, written by CoachK

the Y YMCA of the FOOTHILLS

GET READY FOR CAMP

Gear up for some FUN Summer Camps at the Y!
YMCAFOOTHILLS.ORG/CAMP

AMERICAN CAMP ASSOCIATION ACCREDITED

SCAN ME

SUMMER CAMPS for GIRLS

Camps Offered

<p>Grades 6-8</p> <p>ARTS CAMP</p> <ul style="list-style-type: none"> June 8 - June 12 \$425/week <p>STEM</p> <ul style="list-style-type: none"> June 15 - June 18 Science \$400 June 22 - June 26 Coding \$425 June 29 - July 2 Engineering & Design \$400 <p>SPORTS INTENSIVES</p> <p>+ MORE!</p>	<p>Grades 6-8</p> <p>Speech & Debate, Improv</p> <ul style="list-style-type: none"> June 29 - July 2* July 6 - July 10 \$425/week *holiday <p>WORLD LANGUAGES</p> <ul style="list-style-type: none"> July 13 - July 17 Spanish \$425 	<p>Grades 1-7</p> <p>SPORTS CAMP</p> <ul style="list-style-type: none"> June 8 - June 12 June 15 - June 18* June 22 - June 26 June 29 - July 3 \$350/week *holiday (Lunch included) <p>Grades 1-6</p> <p>DANCE CAMP</p> <ul style="list-style-type: none"> July 6 - July 10 July 13 - July 17 \$375/week (Lunch included) <p>Grades 1-6</p> <p>EXTENDED CARE 2:30-5 PM, \$150</p>
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summer@fsha.org

fsha.org/summer

VERITAS FLINTRIDGE SACRED HEART ACADEMY

Summer On The Hill