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THE RIVERDALE PRESS - Thursday, February 22, 2024



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## Children of all ages all in for 2024

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Established in 1982, ESF provides enriching camp experiences for children of all ages and interests. Committed to quality and excellence in everything we do, we offer award-winning programs, experienced adult staff, a full-time nurse, and a safe environment with premier facilities.

Since 2013, our camp home has been located at Riverdale Country School, 5250 Fieldston Road. The beautiful campus sits on 27 acres, with inspiring learning spaces and state-of-the-art facilities for our campers to play, learn, and grow. The extensive indoor and outdoor amenities allow us to offer a unique blend of activities, sports, and events throughout the summer, rain or shine.

What makes our camps so special is the energy and enthusiasm of our staff. From the moment you first arrive, you'll feel the genuine passion, warmth, and friendliness of our directors, teachers, counselors, swim instructors, and coaches...and it permeates throughout the campus every day of the summer.

ESF's 2024 line-up includes Day, Multi-Sport, Tennis, Specialty, and Technology Camps for boys and girls, ages 3-15. Camps run from June 17 - Aug. 16, 2024, with 1 to 9-week enrollment options. Highlights include optional bus transportation, an extend day program, available daily from 8 a.m. - 6 p.m., and a weekly optional lunch program. We also offer multi-week, sibling, and refer-afriend discounts.

Our camp specialists are ready to help customize your child's summer camp experience. Please email admissions@esfcamps.com or call (718) 432-1013. Learn more and enroll today at esfcamps.com/Riverdale. We hope you will join us and experience the "ESF Difference" this Summer.

**GymCats** 1 Odell Plaza Yonkers, NY 10701 (914) 968-7678 **GymCats.net** 

Founded more than 30 years ago with the main goals of creating athletes as well as the foundations for them to succeed both in and out of sports.

Classes start as young as 20 months, and continue to challenge them well into their teens in the most modern, fully equipped facility in southern New York state. It is centrally located in Yonkers, the Hastings and Dobbs Ferry areas.

No other summer day program can offer quality instruction by experts in beginner through advanced gymnastics all year long. While their program offers a fun-filled good time, it also enriches the development of children by providing attitudes and skills that carry over in many of life's activities.

The goal is to build a physical and mental foundation for all sports, and to promote athleticism and good health through participation in gymnastics.

Low student-to-teacher ratio. All students are grouped by age. No experience necessary.

Located within the same facility, the Ninja obstacle course adds another layer of athleticism and fun to our camp day. Campers will run their hardest to get up the warped wall and test their balance, strength and problem solving skills to make it through the many obstacle course options.

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**International Leadership Charter High** School 3030 Riverdale Ave. **Bronx, NY 10463** (718) 562-2300 ilchs.org

The International Leadership Charter High School is a high performing academically rigorous college-prep located in the Riverdale/Kingsbridge section of the Bronx. International Leadership Charter High School is a tuition-free institution that aims to prepare the young men and women of the Bronx not only for the demands of higher education, but also for leading productive and meaningful lives.

With a recently opened middle school, located in the Norwood section of the Bronx, International Leadership's scholars represent the world's future leaders. Our vision over the past 17 years is to change lives and transform communities on scholar at a time.

Our accomplishments include having a graduation rate of over 95 percent and a record of having 100 percent of our scholars being accepted to the college/university of their choice. Our charter has been recognized year after year by US News and World Report on the national and local levels.

**Kinneret Day School** 2600 Netherland Ave. **Bronx, NY 10463** (718) 548-0900 KinneretDaySchool.org

Now in its 75th year, Kinneret Day School is a pluralistic Jewish day school in Riverdale providing nursery-grade 8 students from across the spectrum of Jewish practice with a cutting-edge education in a warm, nurturing environ-

KDS students experience a unique combination of rigor and individualization through a robust secular studies curriculum and rich Judaic studies highlighting Jewish values, Jewish knowledge, and a love of Israel.

KDS has a proven record of academic excellence, with over 80 percent of its graduates consistently accepted to the best specialized high schools in New

Highlights of Kinneret's program include a loving early childhood program that encourages students' transitions to greater independence and emphasizes school readiness through play; an exemplary lvrit b'Ivrit culture and curriculum provided by native Hebrew speakers; and sophisticated humanities classes that encourage independent thinking, creativity, poised public speaking, and fluid writing.

DIRECTORY, page B5

## KIDS, CAMPS & SPORTS

## Children of all ages all in for 2024

**DIRECTORY**, from page B4

KDS has a religiously, economically, and demographically diverse population and offers affordable tuition.

Our families describe it best:

"When we first walked through the halls, we were greeted by the sounds of Israeli music and the sweet smells of soup from the kitchen. We witnessed teachers joyfully welcoming children into classrooms and we knew we found a home for our children."

"Our daughter, now in third grade, knows how to read and write comfortably in both English and Hebrew, and to see that kind of growth so quickly is a testament to the kind of teachers and curriculum at Kinneret."

Schedule a tour: Contact (718) 548-0900 or admissions@kinneretdayschool.

Michele Compa 3590 Netherland Ave. Bronx, NY 10463 (718) 549-9635 MicheleCompa.com

Michele Compa is an expert when it comes to addressing the needs of young, energetic children. She has been



the director of the Summer Performing Arts Workshop for more than 40 years.

Designed for 3- to 6-year-olds, this program — which runs twice a week during the summer — offers gymnastics, creative dance, jazz, tap, music, and arts and crafts classes. In addition to all the activities, little tots learn to interact, and

make some best friends, too.

Before each day's session ends at 12:15 p.m., the children have had a full day of activity, with juice for energy. The workshop accommodates up to 20 young children, divided into two groups. Bouncing, rolling, tapping, jumping and singing participation is ful-

filling for any youngster who loves activity.

In addition this year, Compa is offering a dance intensive program for ages 7 to 10. The dance modalities include ballet, modern, hip hop, jazz and tap. The program runs two days a week from 5 to 7. Compa has taught in both the public and private school systems, at Lehman College and has run her dance school in the Riverdale community for over 51 years

Preston High School 2780 Schurz Ave. Bronx, NY 10465 718-863-9134 PrestonHS.org

Preston High School's Reach for Excellence program was developed to prepare ambitious middle school students for high school success. Our program provides students the opportunity to enrich their academics while exploring possible career interests.

Our STEM classes immerse students into the world of science, technology, engineering the mathematics through games and practical learning experienc-

DIRECTORY, page B6

## **Kinneret Day School**

## Accepting applications for Fall 2024

Kinneret Day School is a Nursery through Grade 8 Jewish day school that encourages students to explore creatively, develop independently, and contribute meaningfully to the Jewish community.



- Over 80% acceptance to New York City specialized high schools
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- Internationally diverse and religiously inclusive Jewish community
- Affordable tuition
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- Take a school tour
- Meet the administration

Scan to schedule your visit



2600 Netherland Avenue | Riverdale, NY 10463 | 718-548-0900 admissions@kinneretdayschool.org www.kinneretdayschool.org



## KIDS, CAMPS & SPORTS

## Children of all ages all in for 2024

DIRECTORY, from page B5

es. The math class will review skills needed for the TACHS exam.

The history class examines various time periods in history, our government and mock trail where students learn legal vocabulary and the process of a trail.

The English class reviews skills needed for the TACHS exam as well as writing skills and develops public speaking abilities

The language and culture appreciation part of the program provides an opportunity to learn the beginnings of a new language as well as exposing students to the culture and traditions.

The art classes provide an opportunity to explore their creative side. Art helps develop project management skills, different hands-on abilities, a sense of pride and achievement as well as time management skills.

During the video production seminar, students meet in the studio where they are introduced to filmmaking: from interviewing skills and camera functions to editing and post-production music and graphics. Video production is a collaborative effort that requires many skill sets

### Riverside Park Conservancy 475 Riverside Drive, Suite 455 NY, NY 10115 (212) 870-3070 Riverside Parknyc.org

The Sports Camp program includes 12-week and 5-week camps that offer the choices of several sports that takes place in Historical Riverside Park and Fort Washington Park.

The program this coming summer will run June 3 to Aug. 23 at our UWS location and from July 15 to Aug. 16 at our Fort Washington location Monday through Friday from 9 a.m. to 3:30 p.m. with options for early arrival and late pick up.

Kids of Summer provides Baseball, Basketball and Flag Football. COSA provides Soccer, HOT Volleyball NYC provides Volleyball, FUNFITNYC provides new sport choice of Tumbling and Riverside Clay Tennis Association offers Tennis

The camp serves all youth from mostly from ages 4-16 with scholarships offered on a needs basis. The youth have a choice of Baseball, Basketball, Tennis, Flag Football, Soccer, Volleyball and multisport programs. The Camp is geared to provide fun healthy training, and knowledge of the respective sport a family might choose from experienced coaches and staff. The camp allows beginners to learn skills sets to feel comfortable in participating in a sport, or more advanced training for the family looking to excel their performance on a school or community team, while maintaining the atmosphere of a summer camp.

We provide each child with a nutri-



tious snack during program, plenty of water and cooling stations.

#### TCR The Club of Riverdale 2600 Netherland Ave. Bronx, NY 10463 718-796-9099 TCR-nyc.com

TCR is proudly celebrating our 31st year of providing fitness and fun for Riverdale families.

Our 140,000-square-foot facility boasts six indoor tennis courts, a brandnew junior Olympic swimming pool and aquatics center, state-of-the-art fitness center, group exercise classes, basketball gymnasium, golf center, steam rooms and saunas, outdoor sun deck, on-site restaurant and more.

We offer kids athletic programs and activities seven days a week throughout the academic year with the option of adding transport from school to TCR and back home after class. Kids can receive instruction in tennis, swim, and golf, or join our After School Learn & Play program and receive a variety of athletic and academic activities.

During school holidays and summers we have day-camp options for kids and Tennis, Golf and Young Olympians camps.

Tennis and Golf camps enjoy a focus on their respective sports, but also include a mix of swimming and gym sports. Young Olympians is for children pre-K4 to 3rd grade, and provides a variety of sports and classroom activities. Register for camps before the end of March to receive your "Early Bird" discount.

Family memberships at TCR provide access to all of TCR's facilities as well as

member-preferred rates on select services, complimentary group exercise classes and member events.

### Usdan Summer Camp for the Arts 185 Colonial Springs Road Wheatley Heights, NY 11798 (631)-643-7900 Usdan.org/nyfamily

Surrounded by 140 acres of natural beauty, Usdan Summer Camp for the Arts is the perfect place for your child to joyfully express their creativity. Our goal is to instill in our community a desire and drive to contribute creatively to the world now and for the rest of their lives.

We offer 1-, 4-, and 8-week day camp programs for students ages 5 to 18 from July 1 to Aug. 23.

Classes are taught by exceptional educators and professional artists in music, art, theater, creative writing, chess, and more. Bus transportation is available from Long Island and NYC to our woodland campus in Wheatley Heights.

Discounts, scholarships and financial assistance are available for students grades K through 12. For information visit our website Usdan.org

#### Yankees Universe Explorer Fan Club One East 161st St. Bronx, NY 10451 (800) GO-YANKS Yankees.com/universe

Become a Yankees Universe Explorer Member today.

Explorer tier members enjoy exclusive benefits, including access to members-only website, At Bat for computer and mobile devices, 10 percent off a single eligible order at the yankees.com

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A portion of all proceeds is donated to Memorial Sloan-Kettering, benefitting pediatric cancer research. So, join Yankees Universe today by visiting yankees. com/universe or by calling (800) GO-YANKS!

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**PRESENTS** 



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# Summer camp options abound this time of year

ummer camp season will be here before parents know it. While children anxiously await the last day of school, adults know that it can be challenging to keep kids occupied and mentally stimulated when they aren't in the classroom.

Although it may be all right to enjoy a few days lounging around and playing video games, too much sedentary behavior is not good for anyone, even children. Families turn to summer camp to provide children with activities to occupy their time when school is not in session.

Camps catering to a variety of interests are open to youngsters, so there's likely one out there to excite every child. Each year, more than 25 million children and adults take part in the camp experience, says the American Camp Association. Summer camp gives kids a chance to spread their wings and enjoy new

adventures. When seeking camps, families can consider interests, proximity, cost, and other variables. Here are some of the different types of camps families can consider.

## Day camp

Day camps are a popular choice. Day camps tend to be general recreation camps that offer an array of activities. Campers are dropped off (or bussed) in the morning, and arrive home early evening. These camps are readily accessible and run by various organizations. Some camps enable you to pay by the week, rather than committing to an entire season.

## Sleep-away camp

Like the name implies, sleep-away camp hosts campers overnight, typically for several weeks. This may be children's first extended time away from home, and there's bound to be a few nerves that spring up. Round-the-clock activities and chances to bond with their peers can help kids overcome fears of being away from home.

### Academic camp

Academic camps focus their attention on various subjects, putting likeminded children together. Academic summer programs ensure children's brains stay active, helping students avoid that dreaded "summer slide." Some of these camps mimic a school day so they are familiar to kids. Academic focus may vary from general academia to specific subjects like STEM to astronomy to the arts.

### Scout camp

Boys and girls participating in scouting programs often have the option to attend summer camp. During camp kids

will have an opportunity to earn badges and advance their rank. Many scout districts have relationships with a specific scout campsite where troops from all over live and advance together for a week or so during the summer.

#### Fitness and sports camps

Fitness-minded campers or those who play particular sports can investigate camps that focus on fitness and sports performance. These may be more rigorous than other types of camps since they involve lots of physical activity. Wilderness preparation camp is another type of camp that may fit into this category. It will highlight survival training and help mold active hikers and campers.

Summer camp options abound. It's only a matter of identifying a path for children and then seeking a camp that offers the desired program.



# When is the right time to look into summer camp?

ummer camp provides children weeks of entertainment, camaraderie and opportunities to learn and grow. It also offers a welcome respite for parents and other caregivers from having to provide recreation for kids during summer vacation, especially if those kids will be attending a sleep-away camp.

Many children are emotionally ready to attend camp between the ages of 8 and 10. Some need a little more time to mature. Parents may think they have plenty of time to investigate camps. Chances are if the weather has already warmed and summer vacation is on the horizon, then it's already too late to get kids into most summer camps.

According to HealthyChildren.org, a division of the American Academy of Pediatrics, it is important to start researching summer camps as soon as possible. Many start booking as early as January of the current term year. Furthermore, popular programs fill up quite fast. Even though summer weather may be furthest from one's mind in the middle of winter, this is the time when summer camp decisions must be made.

Start by asking for recommendations from others. The difficulty with this approach is that many people are very protective of their camp choices, especially if the programs are particularly popular. They may not be inclined to give up the secrets to their good thing, especially if that means kids will have to compete for limited spots. Parents also should conduct an internet search of camps in the area and look at online reviews and ratings.

Find out if the camp is accredited by the American Camp Association. This will not guarantee a risk-free environment, but ACA accreditation is a better bet for providing a camp that is safe and nurturing.

Price also may be a factor in the camp decision. Camps are not all priced the same, so it may require doing some math to figure out what is the best value. Location also can be a consideration. Having to drive a long distance away for camp can be a deterrent to some people.

Rest assured that families who are a little late to the game might be able to find summer camp accommodations. But they may have to make some concessions.



July 8th - July 25th (Mon - Thurs) 9 AM – 2 PM

Project Prep (for middle school girls)

Cost \$350 (Late fee after June 24th)

Project Prep was developed to prepare ambitious middle school students for high school success. Our program provides students with the opportunity to enrich their academics while exploring possible career interests. Classes include: STEM, History, Math, English, Language and Culture, Art, and Video Production. Includes TACHS prep book and all supplies.



TACHS Prep (Co-Ed)

Sept 14th – Oct 26th (Saturdays) 9 AM – 12 PM

Cost \$350 (Late fee after Sept 6th)

This review class is for co-ed eighth grade students preparing to take the Test for Admissions into Catholic High Schools (TACHS).



## How to find the right fit for summer camp

any adults fondly recall their days at summer camp. The increase in households with two working parents has made it more important than ever to find a camp to accommodate youngsters who need to remain engaged and entertained throughout over summer vacation. That reality has led to more summer camp options, but it's not always so easy finding one that's the right fit for a child.

No two children are the same and kids change quite a bit as they grow up. So a camp that worked for an older child or even one that accommodated a younger camper may not make the perfect fit this summer. With that in mind, parents can consider these tips to find the right summer camp for their children

 Ask around. Even if no two campers are the same, it can benefit parents to ask around when shopping for a summer camp. Summer camp spots are limited and it's not uncommon for competition for available spaces to develop, which can make it more difficult to gather information. However, ask neighbors whose children have outgrown summer camp if there's one they might recommend (or would not recommend).

- Pursue a package deal. Though package deals might not result in lower rates, approaching a camp with the parents of your child's friend or friends may work in your favor. Kids undoubtedly will be more excited about camp if their friends will be there as well. Camp officials may see these quasi-package deals as beneficial and a quick and easy way to fill spots.
- Ask kids how they want to spend summer. Specialized camps run the gamut from sports camps focusing on a particular sport to general outdoor

recreation camps to camps that cater to young musicians. More general camps offer a wide range of activities throughout the summer, and that might appeal to children less interested in specialized camps. Ask youngsters for their input before making a final decision. Involve kids in the search by showing them websites of prospective camps and asking them what they think of each one. If attending an in-person consultation, bring kids along so they can form their own impression.

• Make sure the camp suits your schedule. Kids' preferences are not the only opinions to consider. In households with two working parents, moms and dads must find a camp that aligns with their work schedule. Many camps offer half-day sessions and/or full-day sessions, but some offer just one or the other. If parents need full-day sessions, they

might need to begin their search early to ensure they can secure a spot before they fill up.

• Identify what you can afford. Camp costs vary significantly, so parents should identify how much they can afford before they begin their search. Doing so may eliminate various camps right off the bat, saving parents precious time as they try to find a camp for their children before spots fill up. Many towns offer local camps at schools, and these may be an affordable option. Parents also should know that many camps allow them to pick certain weeks or days of the week a child will attend rather than insisting kids attend camp for the duration of the summer.

Summer camp season is right around the corner. Parents and children can work together to identify a camp that will ensure this summer is filled with fun.

## Summer crafts families can enjoy together

hings seem to slow down in summer. Come summer, the hurried pace that dominates much of the year takes a backseat to vacations, lounging around the pool, diving through ocean waves, and setting up tents at campsites near or far.

When the weather is accommodating, there's a seemingly endless list of ways to enjoy time spent outdoors. But as everyone knows, Mother Nature tends to be a bit unpredictable during the hazy days of summer. Thunderstorms can roll in quite suddenly, or rain may persist for a few days as the atmosphere attempts to right itself after an abundance of steamy days. Keep a list of craft ideas at the ready to make the most of time spent inside or out. The following are a few ideas:

- Friendship bracelets: There have been different iterations of friendship bracelets for every generation. With some general craft supplies, such as embroidery thread, beads, plastic lanyards, or other jewelry-making materials, kids can make and share a variety of friendship bracelets.
- Seashell creatures: At the next beach excursion, pick up differently shaped shells. They can be painted and glued together to resemble different animals or whatever designs one can imagine.
- Dreamcatchers: With some twigs, yarn and feathers, crafters can make dreamcatchers to hang bedside.

- Sunprints: Check out the craft store for a special light-sensitive solution that can be painted onto thick craft paper. Set various natural items on top (such as fern boughs, shells, feathers, and more) and let the sun do its work. You'll ultimately be left with some beautiful silhouettes.
- Leather sewing kits: Evoke the feelings of summer camp right at home with leather sewing kits that enable everyone to make handcrafted leather wallets or small purses.
- Painted stones: Kids can have fun gathering smooth pebbles from trails or at the shores of lakes. They can be painted with various designs or sweet sentiments, only to be left around the neighborhood for others to discover.
- Sea glass jewelry: An adult can use a very thin drill bit to make holes in sea glass remnants that washed up on beaches. Feed through earring hooks or chains to create one-of-a-kind jewelry.
- **Dyed shoes or accessories:** Use commercially produced or homemade dyes made from teabags, berry juice, turmeric powder, or more to color certain items. Dress up canvas sneakers with summertime hues, or make colorful bandanas to help keep you cool.

Summer craft ideas abound to keep everyone entertained all season long.



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# Fun ways to enjoy the great outdoors with kids

he great outdoors can be an inviting place with plenty of opportunities for adventure. It's also a treasure trove of sights and sounds that can serve as a springboard for a lifelong yearning for knowledge.

Children of the 1980s and before may remember long days spent outside with requirements to "come back in when the street lights turn on." Today's children may not have as much freedom, but they still can benefit from both unstructured and structured play outside. The following are some outdoor activities families can enjoy together.

• Fossil hunting: Whether there is a natural fossil bed nearby or not, children can use plastic colanders and shovels to dig in the dirt or sand to see if any treasures can be found.

- Collect and paint rocks: Collect stones and then paint them with vivid designs or sayings. Once painted, families can place them back into their natural surroundings for others to discover.
- Make a nature collage: Take a hike or a stroll through a nearby park and collect little treasures along the way. Glue these items to a piece of cardstock or cardboard to create a collage that will serve as a memento of the day.
- Run through a sprinkler: Pools can be great fun, but something as simple as a garden sprinkler can keep everyone occupied for a few hours.

- Visit a botanical garden: Tour a nearby botanical garden to get an opportunity to see flowers and plants that may not be native to the area. Bring sketch pads and draw your favorite
- Go camping: Whether you camp in the backyard, in the woods or at a campsite, spending a night immersed in nature can be an unforgettable experience. Camping equipment can be rented or borrowed, if necessary.
- Enjoy a picnic: Bring a meal outdoors to a quiet spot, like a park or garden.
- Take a boat ride: Enjoying the great outdoors from the water brings an entirely new perspective. Purchase tickets for a fishing charter or take a

tour of a local waterway.

- Feed ducks or other birds: Children can see wildlife in its natural environment, and provide some supplemental nutrition in the process. Bring along wild birdseed (bread is not a healthy option) and sprinkle some along shorelines or in the water to watch the birds arrive.
- Do a scavenger hunt in nature: While on any excursion, you can engage in a scavenger hunt. Have a list of five to 10 items to find, such as a pink flower, a leaf with a stem and a black rock. See who can find them all the fastest.

Spending time outdoors provides plenty of opportunities for family-friendly excitement and fun.

## Healthy and fun rainy day activities for kids

here are numerous reasons for children to spend time outdoors. Soaking up sunlight and fresh air can do everything from reduce stress to improve cardiovascular health.

Unfortunately, not every day is tailor-made for spending time outdoors. When inclement weather threatens, some creative thinking may be necessary to keep kids happy and occupied. As the COVID-19 pandemic is still affecting communities, there's the added challenge of ensuring indoor activities are conducted in a safe manner. Here are a few ideas for getting started.

#### Plan a scavenger hunt

Parents or caregivers can hide an item and set children on the course toward finding the treasure by providing clues that incrementally lead to the final hiding place.

## Visit the library

Libraries have a host of activities ideal for rainy days. Apart from various genres of reading materials, there are movies to rent, informational classes, rooms for club meetings, and even arts and crafts events. Check to see if your local library requires masks to participate indoors.

#### Establish an indoor campsite

Camping is a popular outdoor activity that can go on rain or shine. Those



who are averse to camping in the rain can recreate the magic of camping indoors. Set up a tent or make a lean-to from blankets and sheets. Use a fire-place or stove to roast marshmallows and make indoor s'mores.

#### Make homemade PlayDoh

Invite a few of the children's friends over and mix up a batch of homemade PlayDoh. A handy recipe can be found at iheartnaptime.net/play-dough-recipe/. Children can

spend hours molding it into imaginative creations.

#### Visit a museum

Communities across the country are home to various museums, some showcasing ancient artifacts and others touting novelties. For those concerned about indoor crowds, try visiting shortly after doors open or an hour or two before doors close. Foot traffic tends to be lower at these times.

#### Host an outdoor movie viewing

Homeowners with covered awnings or outside porches can project a movie onto a screen and have movie-goers watch from their sheltered locations. Serve plenty of healthy snacks and a few sweet treats to munch on during the film.

#### Play in the rain

Just because it's raining doesn't mean outdoor fun needs to be entirely curtailed. Children can gather in a garage with the door left open. Then they can take turns dashing out to stomp in puddles or dance in the rain showers. Just have plenty of towels on hand and choose a warm rainy day so kids won't catch a chill.

Poor weather necessitates having indoor activities ready for kids. Thankfully, there's plenty of entertaining ideas to keep them occupied.



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- Private Instruction available

#### For Children

- Tumbling & Gymnastics (ages 3-4, 5-7, 8-10)
- Creative Movement & Pre-Ballet (ages 3-4, 4-5)
- Ballet

(ages 5 -7, 8-11, 12 to teen)

• **Hip Hop** (ages 5 -6, 7 -10, 11 to teen)

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#### For Adults

- Stretch & Tone Pilates
- Ballet Tap Hip-Hop

• Dancewear & Shoes for children and adults sold in our boutique

## MICHELE COMPA Dance & Exercise Center

3590 Netherland Ave. • 718.549.9635

michelecompadance.com • compamichele@yahoo.com



## SUMMER BEGINS WITH U.

Usdan invites young artists ages 5 to 18 to immerse themselves in art making, nature, and fun this summer on our wooded Long Island campus.

Summer 2024 offerings include 4- and 8-week arts programs for students ages 5 to 18 and 1-week recreational programs for students ages 7 to 14. Bus transportation is available from Long Island and New York City to our day camp in Wheatley Heights.

## USDAN

SUMMER CAMP FOR THE ARTS

Scan to learn more and for a \$100 new student discount.





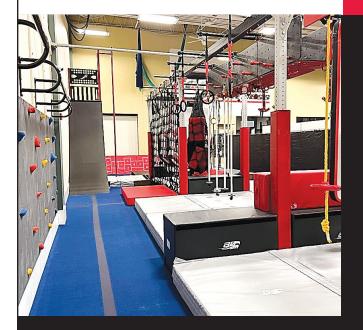


## Boys and Girls Ages 4-13

JUNE 24<sup>th</sup> - AUGUST 16<sup>th</sup> CHOOSE 1, MULTIPLE, OR ALL 8 WEEKS!

Full Day or Half Day Options!
Summer





Located within the same facitlity, the Ninja ocstacle course adds another layer of athleticism and fun to our camp day. Campers will run their hardest to get up the warped wall and test their balance, strength and problem solving skills to make it through the many obstacle course options!

- GYMNASTICSCOLOR WARSCARNIVAL
- THEME DAYSGAMES
- **EVENTS & MORE**



Register Online \$300 deposit to reserve your spot!





Our program emphasizes skill progression and safety through basic drills and apparatus training. Boys and girls will make use of all Olympic events, such as floor, uneven bars, balance beams, and vault as well as our in ground trampoline, foam filled pit, Tumbl-Trak®, cargo net, parallel bars, rings and rope.

WWW.GYMCATS.NET | (914) 965-7676 | INFO@GYMCATS.NET

