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between **March 1 and May 17** (One ballot per family)

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**FILM REVIEW** By Jack Kyser  
**Minari**

Read online at: [www.austinfamily.com/films](http://www.austinfamily.com/films)



On the cover this month is Isaac, a 2021 Cover Kid winner who likes baseball. Cover photo taken by Jordan-Ashley Photography



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We are dedicated to serving the Greater Austin area by providing up-to-date information and ideas that promote smart parenting and healthy homes. We promote our clients' businesses by increasing their customer bases and enhancing their public images.

Austin Family is published monthly by KKKemper, Inc.


Mailing Address:  
P.O. Box 7559, Round Rock, Texas 78683-7559

Phone Number: 512-733-0038

On the web at: [www.austinfamily.com](http://www.austinfamily.com)

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Subscriptions are available for \$30 per year.

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## EDITOR'S NOTE

ANNETTE LUCKSINGER

*Lucksinger is a mom of two and author of the guidebook and app Exploring Austin with Kids.*

Growing up, my family tent camped all over Texas. I have vivid memories of hiking through tall, piney forests, bobbing in the lake with cousins, and a rainy weekend that drenched our suitcases and turned our clothes blue! In college, my summertime job was spent checking in campers at Inks Lake State Park.

My husband and I carried forth the camping tradition with our own kids. So, when I asked Alison Bogle, our education writer, if she would write about some of the lessons to be learned from camping in the great

outdoors, little did I know that she had only been camping once in her life, as a child. Yet, she answered, "Yes!" She packed up gear, hit the road with her family and had a blast. Read about all the surprising benefits that they learned come from family camping!

In this issue, we also look ahead to those warm summer days and another kind of camping — summer camp! Our feature article highlights the immense benefits of programs for all kids, including those with disabilities, and what every child can gain by attending an inclusive camp.

Our annual Camp Guide showcases the enormous range of options — day and overnight camps, nearby or across the state, general or focused. We know how important it is to find the right fit for your child as you seek those experiences that can be learned nowhere else but at camp.

Happy spring!



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# Play it product recalls **Safe**

## Government Recalls Bicycles, Swimsuits and Pain Relief Products



Academy Sports and Outdoors is recalling about 6,000 **bicycles** because the locking hardware on the front wheel can become loose. This can result in front wheel instability and potential falls. No injuries have been

reported. The recall applies to the Ozone 500 Density Bicycle models 164539, 162803, 164537 and 162805. The bicycles were sold at Academy stores nationwide and online at academy.com in October and November 2020 for about \$115. Consumers should stop using the recalled bicycles and contact Academy for a free repair or replacement hardware.



Target is recalling about 181,000 infant and toddler **swimsuits** because the snaps can break or detach, posing choking or laceration hazards to children. This recall includes the Cat & Jack "Summer Blue Lemon," "Coral Icon Story Hawaiian" and "Moxie Peach Lemon" one-piece girl's infant and toddler rash guard swimsuits. For specific item numbers being recalled, refer to help.target.com/help/productrecallpage. Affected units were sold at Target stores nationwide and online at target.com from December 2019 through October 2020 for about \$15. Consumers may return them to any Target store for a full refund.



GSK Consumer Health is recalling about 433,600 **pain relief products** due to holes being found in the bottom of some Excedrin containers, which can pose a poisoning risk for children. This recall includes the following Excedrin products: Migraine Caplets, Migraine Geltabs, Extra Strength Caplets, PM Headache Caplets and Tension Headache Caplets. Affected units were sold at pharmacies, department stores and grocery stores nationwide as well as online from March 2018 through September 2020 for between \$7 and \$18. Consumers should inspect the bottom of the bottle to determine if there is a hole. If present, contact GSK Consumer Relations at 800-468-7746 to receive a prepaid shipping label for return to receive a full refund.

The US Consumer Products Safety Commission works to protect the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products.

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# AROUND

# Austin

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## Charity Celebrates Twenty Years

The Andy Roddick Foundation (ARF) is celebrating 20 years of philanthropy and accomplishing their most successful year to date. The charitable foundation provides children from underserved communities with high-quality learning and enriching experiences after school and over spring break and summers. In addition, the foundation forms joint initiatives with key groups throughout Austin to create new chances for all young people to grow in social emotional learning, literacy, STEM, art and sports.

In 2020 alone, ARF supported more than 81,000 high-quality educational opportunities that impacted over 79,000 kids in Central Texas. In Austin, 170 children received tablets, materials and synchronous instruction from ARF during an 8-week

virtual program. Participating students made statistically significant gains in social emotional skills such as motivation, problem solving, persistence and asking for help.

Chair and Founder Andy Roddick explains, "That moment I had at nine, when I picked up a tennis racket and it clicked with me — it built my self-esteem and gave me a sense of self-worth at a young age because I could do something well. That's the moment we're trying to hit with these kids. And we're going to give them every chance to find it."

To learn more about services provided by the Andy Roddick Foundation and how they give back to our community, visit [arfoundation.org](http://arfoundation.org).



Partnering with the local community, the Andy Roddick Foundation has positively impacted thousands of youth in Central Texas.



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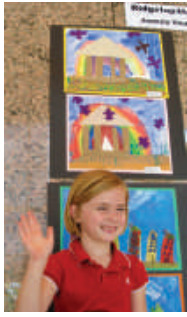
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Elementary school art on display. Austin ISD's Creative Learning Initiative will reach more students through a grant from the National Endowment for the Arts. Photo courtesy of Annette Lucksinger.

## Austin ISD Awarded Grant for the Arts

The Austin ISD Creative Learning Initiative has been approved for a \$100,000 Grants for Arts Projects award from the National Endowment for the Arts. The Creative Learning Initiative is among 1,073 projects selected across the United States. This marks the fifth time the Creative Learning Initiative has received this Collective Impact grant.

This one-year award will support increased access to the arts that includes drama and dance programs at elementary schools, campus and classroom partnerships with over 100 community arts organizations, ongoing professional learning and resources for Austin ISD teachers, and additional support for building and sustaining arts-rich schools.

In the 2020-21 school year, the initiative has provided arts learning for approximately 53,900 Austin ISD students and 4,160 educators on 97 campuses. The arts help fulfill Austin ISD's mission to provide a comprehensive educational experience that is high quality, challenging and inspirational to all students.

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The ever-popular Cap10K will run virtually this year.

## Cap10K

Established in 1978, the Statesman Capitol 10,000 has grown to become the largest 10K in Texas and sixth largest in the country. Experience the 44th annual Statesman Cap10K virtually from April 11-30, 2021. Registration is now open at [cap10k.com/register/register-now](https://cap10k.com/register/register-now).

To help prep for the race, check out Austin's Coffee House 10K Sunrise Tour, the Cap10K's training program that features new training routes, encourages socially distanced camaraderie and supports local businesses.

This year's race will benefit Marathon Kids, an organization that has inspired more than 2.5 million children to live happier, healthier, more active lives. Through running, the program inspires kids to achieve more than they ever thought possible. Children who participate in the Marathon Kids program also have a much better chance of getting enough daily physical activity and exhibit better behavior and academic performance.



## Explore UT

The University of Texas at Austin will bring the discovery of Explore UT to participants in a virtual format March 5-6, 2021. The free virtual experience will feature live programming with demonstrations, hands-on activities and other interactive elements aimed at kids.



Explore UT introduces the fun part of college learning to young audiences.

Topics covered will include campus life, science and engineering, liberal arts, business and more! Providing a unique look at life on the university's flagship campus, the goal is to get kids excited about a future in college and showcase the wonder and excitement behind many fields of study. Visit [exploreut.utexas.edu](http://exploreut.utexas.edu) for information and a schedule of events.

## Latinx Youth Conference

On March 6, 2021, Caminos will present the third annual Breaking Barriers Latinx Youth Conference digitally. This day of art, music and community is dedicated to Latinx youth, presented by the teens of the ESB-MACC Caminos Teen Leadership program. If you know any youth who would like to participate, tell them to follow the group on Instagram: @atxcaminos.

Caminos is an immersive paid internship empowering Austin-area teens to carve their own path in the creative arts. Students apply and are accepted into the program for one year, during which they are actively engaged in working with ESB-MACC professional staff, artist mentorships, community engagement, special workshops and cultural events.



Teen-led, the Breaking Barriers Youth Conference is a powerful day for youth to share thoughts, ideas, arts and music.

## Thinkery Reopens

Thinkery has opened its doors again for limited-capacity general admission as well as Saturday Baby Bloomers sessions! Reserved for children age 36 months and younger, Baby Bloomers features special programming designed specifically for toddlers.

All sessions will last two hours, and tickets can be purchased in advance at [thinkeryaustin.org](http://thinkeryaustin.org). To promote safe social distancing, tickets will be capped at 25% capacity, and all guests over the age of 24 months will be required to wear masks.



Children's museum has reopened with a few new protocols and policies.

## It's time to start enjoying life!

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# by the numbers



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the number of state parks in Texas  
source: [www.tpwd.texas.gov](http://www.tpwd.texas.gov)



**82.5%**  
people in America wear green on St. Patrick's Day  
Source: [www.zinmobi.com](http://www.zinmobi.com)



**26 million**  
kids and teens attend day camps and sleepaway camps in the U.S. every year  
source: [www.americancampassociation.com](http://www.americancampassociation.com)

# Inclusivity in Summer Camps Can Add to Camp Experience for All



Kent Cummins, a camp director, was on the phone with the mother of a prospective camper. She desperately wanted her daughter to attend his summer day camp. Yet, she was finding that in most cases, camps would not admit her daughter.

Up to that point, he had never heard the term Down Syndrome. But the kid was being described as “the sweetest child you will ever meet.” The daughter did in fact attend his camp, and after attending several sessions over several years, the young lady went on to be a camp counselor. Over a short period of time, Cummins’ Fantastic Magic Camp quickly developed a reputation it still has today, as a place where kids of all types and abilities can thrive.

There are many recreation programs, including day camps, in the Austin area that are specifically designed for kids with disabilities. And it’s small wonder why they are popular. Daniel Carroll, of 1World Karate in Austin, points out that “programs specifically for students with special needs are great.”

But Carroll emphasizes that people with disabilities AND people with “typical” needs get huge benefits from participating in the same programs and activities. This approach to programming is known as inclusion, or as Carroll describes, “an open, safe program





# “people with disabilities AND people with ‘typical’ needs get huge benefits from participating in the same programs and activities”

where EVERYONE can have a great time, and learn about just how wonderfully diverse this one world of ours really is.”

Working at Magic Camp had been one of my first regular jobs after high school, and I continued to work my way into co-ownership upon Cummins’ retirement. As directors, we quickly discovered that making reasonable accommodations, something mandated by the ADA, was nether cost prohibitive or difficult. At first, and on multiple occasions, we found ourselves fretting over accommodations that would make activities accessible to all of the campers. Some kids had mobility needs, some had intellectual disabilities, and some had learning disabilities.

But the vast majority of the time, a small way to tweak a lesson or activity so that all children could participate was found not by us, but by the campers themselves.

This is the camp guide issue, and so whether or not your kids have disabilities, you are likely looking for guidance on finding a good program. I asked several directors for advice on what to look for when choosing a camp.

Unsurprisingly, much of the advice is as valid for families with kids without disabilities as well as for all other families:

- Don’t simply ask if a camp will accommodate your child’s special needs. Look for a camp that will *celebrate* your child’s special needs. After all, as Director Peter Hinrichs points out, “All children have special needs.”
- Spend less time looking at the facilities and focus on the campers. How are they responding to the activities? Are they smiling and having fun? How are they treating each other? Are they comfortable being different and unique, or are they all trying to fit some type of norm?

Consider asking these questions:

- Has the staff received any training in teaching students with special needs?
- Are you open to advice for working with my child?
- What are your policies regarding treatment of children who do not act in the same way as mainstream kids?

- What types of children have NOT succeeded at your camp?

As a dad myself, I have experienced how difficult it can be to schedule camps throughout the summer that will hold my child’s interest and be able to handle his idiosyncrasies. If you have a child with disabilities, that stress is undoubtedly multiplied.



But there’s good news. Not only are there quite a few programs out there specifically catering to kids with special

needs, but most programs that are intended for the general population can easily accommodate and include your child if you ask the right questions. In fact, allowing your child to attend those camps might be one of the more important things you can do, not only for your child’s development, but for all children.

*Aaron Fasel is the host and editor of a pun podcast at [punintensive.com](http://punintensive.com). He’s also a children’s book writer, birthday party magician and balloon twister. His website is [aaronpf.com](http://aaronpf.com).*

## “whether or not your kids have disabilities, you are likely looking for guidance on finding a good program”



**LIFELINES**

BRENDA SCHOOLFIELD

*Schoolfield is a freelance medical writer based in Austin.*

## 3 Strategies for Dealing With Seasonal Allergies

If seasonal allergies are a problem in your family, you're not alone. Austin is included in the latest Allergy Capitals Report by the Asthma and Allergy Foundation of America. The report uses data to rank the most problematic cities for allergies in the United States. Here is what you need to know about seasonal allergies and what to do to get them under control.

### What causes seasonal allergies?

Seasonal allergies are caused by airborne pollen from grass, weeds, flowers and trees. Mold spores also can cause allergies. Some people have no problem when they breathe in pollen or mold spores; in other people, the body's immune system reacts with an allergic response. An otherwise harmless substance that triggers an immune response is called an allergen. Symptoms of seasonal allergies include itchy and runny nose, sneezing, postnasal drip and congestion (stuffy nose).

### What should I do if my child suffers from seasonal allergies?

There are three strategies for dealing with seasonal allergies: control exposure to allergens, give over-the-counter allergy medicine and see a pediatric allergist.

#### Strategy #1: Control exposure to allergens

Don't overlook the simplest strategy of all -- controlling exposure to allergens. Here are some tips to try:

- Keep tabs on allergens in your area. Many apps and local newspapers have an "allergy report" along with the weather report. The Austin American Statesman and the weather section in the KVUE app are two resources that track predominant pollen and mold in Austin and surrounding areas.
- Understand which allergens make your child sick. One tool is an allergy tracker app for your phone, such as the Allergycast app. You enter symptoms into the app. After a period of time, the app will predict the risk of getting sick based on the pollen forecast for your zip code.

Another way is to log your child's symptoms on a calendar and note predominant pollens and mold for that date. Look for patterns over time. Here's one version of a symptom tracker: [bit.ly/2MSAVTq](https://bit.ly/2MSAVTq).

- Avoid prolonged outdoor activities when allergy count is high. Focus on indoor activities instead.
- Try a higher-quality filter for your AC/furnace to see if it helps. Some are designed to filter out allergens, including household dust, smoke and pollen. Use a vacuum cleaner with a HEPA filter.
- Keep the windows in your home and car closed when the allergen count is high. Use the air conditioner instead of outside ventilation.
- After playing outside, have your child wash her hands and face to remove pollen.
- Have your child take a bath at bedtime instead of in the morning. This may help alleviate allergy symptoms at night and improve sleep.
- Limit access to the child's bedroom during the day. Keep the door shut



and move toys to another room. Keep pets who may have pollen on their fur out of the child's bedroom. This will help prevent allergens from being carried into the room during the day.

- Wash sheets, blankets and pillowcases frequently. Use allergen covers on pillows and mattresses.

### Strategy #2: Give over-the-counter allergy medicine

If your child is still bothered by allergy symptoms after you have tried controlling exposure to allergens, over-the-counter allergy medicines are an option. These include oral antihistamines, antihistamine eye drops and corticosteroid nasal sprays. Always check with your child's pediatrician before giving any type of medicine.

Tailor the over-the-counter medicine to the most bothersome symptoms. If your child's main symptom is itchy eyes, choose antihistamine eye drops. If the nose is stuffy, a corticosteroid nasal spray might help. If your child has multiple symptoms, try an antihistamine syrup or tablet.

### Strategy #3: See a pediatric allergist

If you can't get allergy symptoms under control, consider scheduling an appointment with a pediatric allergist to discuss immunotherapy, a treatment that helps reduce the body's immune response to an allergen. Allergists conduct testing to identify specific allergens and develop a treatment plan.

### Tips for Success With Over-the-Counter Allergy Medicines

- **Do** start an antihistamine at the first sign of symptoms if your child has a history of seasonal allergies. Give the medicine as directed every single day until the allergen is no longer present in the air at levels that trigger an allergic reaction.
- **Don't** give antihistamines off and on and expect them to be effective. Antihistamines block histamine release. It takes several days for the

medication to reach therapeutic levels in the blood stream. Start the antihistamine at the first sign of symptoms and consistently give as directed until allergy season is over.

- **Don't** rely on an antihistamine to relieve a stuffy nose. If your child's nose is congested, ask your pediatrician about using a nasal corticosteroid, such as Flonase or Nasonex. These products help stop inflammation in the nasal passages. Nasal corticosteroids take several days to work. Ideally, your child

would start this type of medicine about two to four weeks before allergy season begins.

- **Do** read the labels carefully. Some antihistamines are labeled with a "D," which means decongestant. Some common decongestants are phenylephrine or pseudoephedrine. These can cause rapid heart rate, nervousness and elevated blood pressure. Children younger than 6 years old shouldn't take decongestants.



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## THE LEARNING CURVE

ALISON BOGLE

*Bogle is an Austin-based freelance writer and mom of three.*

# The Hidden Benefits of Camping With Kids

For years my kids had begged me and my husband, Scott, to take them camping. While Scott had camped several times in college, my entire childhood camping experience was one night in a pop-up camper. My two-year-old sister wandered away while the rest of the family was napping. She was found safe, but the experience did my parents in, and that was that!

Feeling wildly intimidated, but safe in the knowledge that at least Scott knew how to pitch the tent, I packed up the car with way too many supplies and we headed off to what ended up being a fun, lifetime-memory-making experience for our family. In full disclosure, we came home more tired than we left and in definite need of a shower, but even I – the family's camping wimp – vowed, "We have to do that again!"

The thought of working with gear you don't know and sleeping out in the great outdoors holds many a parent back from taking the camping plunge, but it's worth pushing outside of your comfort zone. Besides making family memories,

there are many lessons to be learned and benefits to be gained from camping.

### **BASIC SURVIVAL SKILLS**

Camping presents the perfect opportunity to learn basic survival skills such as campsite cooking, simple first aid, basic navigation, how to spot undrinkable water and how to build a fire from gathered wood and extinguish it safely.

### **RESPECT FOR NATURE**

Kids develop a love of and respect for nature by spending time outdoors. They can be taught to "leave no trace behind" and can learn how to identify animals and treat them with a healthy regard. Children who respect and appreciate nature are more likely to grow up to be adults who are more environmentally aware.

### **STRESS REDUCTION**

Being in nature has been proven to combat stress and anxiety. The feeling of "nothing to do, nowhere to be" allows everyone to relax and enjoy the slower pace.

### **PHYSICAL FITNESS**

There are so many ways to get your heart rate up while camping without even realizing that you're exercising! For example, pitching the tent, stooping and gathering sticks for the campfire, and taking a hike through the woods all contribute to healthier bodies.

### **TECHNOLOGY TIMEOUT**

Our kids are surrounded by electronics from the time they wake up until the time they go to sleep. Leaving the devices at home means that there is no fighting over screen time limits and rules once you reach your destination. Parental bliss!



**The thought of working with gear you don't know and sleeping out in the great outdoors holds many a parent back ... but it's worth pushing outside of your comfort zone."**



### IMAGINATION

If you've left those tablets and smartphones behind, perhaps after a short whining period, imagination kicks in and kids begin playing games and entertaining themselves, something they may not do at home.

### SENSE OF ADVENTURE

Camping brings out a sense of adventure and allows parents to model being willing to try new things. Kids learn to take reasonable risks while learning basic camping skills, and they get to practice making mistakes safely.

### RESILIENCE

Not every part of camping is fun. Helping with the tent or picking up sticks for the fire can get boring. Maybe you encounter an unexpected rainstorm or an extra hot night that makes for sticky sleeping. Sticking it out when things get frustrating, however, teaches kids resilience and that they can do hard things when they need to.

### FREEDOM AND INDEPENDENCE

Depending upon the age of your child and the set-up of your particular campground, your child can go off alone or with siblings for a short hike or bike ride. My kids loved taking a walk to a nearby shallow pond to check out the fish and frogs. They thought they were on their own, but their loud voices carried, allowing us to revel in some kid-free time while feeling confident that they were fine. That sense of freedom and independence is hard to come by for today's kids and it can give a real boost in self-confidence.

### TEAMWORK

Camping is just no fun if you're the only one doing everything. The whole family has to pitch in to make it possible. Kids learn that if everyone is going to benefit from an activity, then everyone needs to help out.

### FAMILY BONDING

It's cliché, but true – time really does fly and children grow up so fast! Once children reach a certain age, friends and activities tend to take over and family time becomes scarcer. Setting aside a

night or weekend to camp together offers a real bonding experience for the whole family.

Camping doesn't have to take place in a tent if that seems too intimidating. There are many alternatives, including campers and cabins. Some families have found great success with "glamping," or glamour camping, where you camp in a luxury tent that is already pitched and contains

special amenities. You could also just daytime camp – set up the tent, take a hike, roast your marshmallows and then head home to sleep in your own bed. The important thing is getting out in nature with your family and making some lifelong camping memories together!

Visit [texasstateparks.reserveamerica.com](http://texasstateparks.reserveamerica.com) to learn about campsites available through the Texas State Parks system.



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**Challenger School** offers uniquely fun and academic classes for preschool to eighth grade students. Our students learn to think for themselves and to value independence.

**Avery Ranch** (PS–8) (512) 341-8000  
15101 Avery Ranch Boulevard, Austin

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1521 Joyce Lane, Round Rock

**Spicewood Springs** (PS–K) (512) 258-1299  
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**AUSTIN ECO BILINGUAL SCHOOL**

Through summer camps, children learn to appreciate cultures from around the world, become internationally-minded, develop a sense of responsibility and cultivate leadership skills. 8707 Mountain Crest Dr., Austin 512-299-5731 2700 W. Anderson Ln., Austin

512-299-5732  
107 Ranch Rd. 620 S., Lakeway  
512-466-2409  
[www.austinbilingualschool.com](http://www.austinbilingualschool.com)  
Ages 2-11

**AUSTIN FILM FESTIVAL SUMMER FILM PROGRAM**

Austin Film Festival is gearing up for our Summer Film Program. We offer hands-on, one-week classes and workshops in the arts of screenwriting, filmmaking, editing and video game writing from June 7th - July 30th! In-person First Baptist Church in Austin. Virtual camp via Zoom Video Conferencing 512-478-4795 [www.austinfilmfestival.com/summer-camps-and-classes\\_2021](http://www.austinfilmfestival.com/summer-camps-and-classes_2021) Ages 9-18

**AUSTIN YACHT CLUB SUMMER CAMPS**

Junior Sailing Camp Kids will learn to sail small sailboats and develop sailing skills while exploring beautiful Lake Travis. Other activities include crafts and swimming. Ages 8-16  
PB&J Summer Sailing Series This introductory camp is designed to get kids comfortable on the water and spark a lifelong interest in sailing. Ages 4-10 5906 Becon Dr., Austin 512-266-1336 [www.austinyachtclub.net/junior-sailing-camp-pbj-information-page](http://www.austinyachtclub.net/junior-sailing-camp-pbj-information-page)

Join the squad at our **Summer Camp!**



Accepting Appointments for our **OPEN HOUSE**

Saturday, March 27, starting at 10:00am

Preschool Camp Also Available



- Day camp with extended hours
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- Sports and games
- Art and design activities
- Team challenges
- Swimming



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[XplorPreschool.com/Austin](http://XplorPreschool.com/Austin)  
**877-322-2891**

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**WE RAN COVID-FREE IN 2020 AND ARE  
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WATCH THE VIDEO

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**BADGERDOG CREATIVE WRITING CAMPS**

Badgerdog Creative Writing Camps offer an immersive writing experience for youth in grades 3-12. Badgerdog spring break and summer camp workshops are led by professional writers and explore the arts of poetry, fiction and nonfiction. A virtual camp, with additional in-person camp locations to be added.

512-542-0076

[www.austinlibrary.org/creative-writing-camps](http://www.austinlibrary.org/creative-writing-camps)

Ages 3rd-12th Grade

**BRANDY PERRYMAN SHOOTING CAMP**

Basketball shooters are developed, not born. We take great pride in developing basketball campers to their fullest potential. We strive to do this by providing a positive upbeat experience that provides positive competition while promoting self-esteem, repetition, team concepts, self-discipline, and most importantly, FUN. We have provided instruction to over 16,000 campers over the past 23 summers and our track record for returning campers and word-of-mouth publicity has helped us grow each summer.

Austin, Buda, Round Rock, Cedar Park and Georgetown

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

Ages 7-16

**CAMP DOUBLECREEK**

Camp Doublecreek, an Austin Family magazine Readers' Poll Favorite, has been an activity-based day camp for children aged 4-14 since 1971. Offering 30+ exciting outdoor activities that include horseback riding, swimming, a giant water slide, climbing wall, ropes challenge course, archery, sports, arts & crafts and innovative playground games, there is something for everyone!

Check website for updates and safety protocols pertaining to COVID-19.

Spring Break Camp: March 15-19

We offer the same fun camp experience as summer camp, with the exception of swimming.

Summer Camp: June 1-Aug. 13

800 Doublecreek Dr., Round Rock

512-255-3661

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

Ages 4-14

**CAMP SWITCH WILLO**

We educate riders in small groups with a relaxed, supportive learning environment emphasizing safety. Riders learn grooming, tacking and riding on a horse or pony selected just for them.

4829 Switch Willo, Austin

512-920-0554

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

Ages 6-13

**CENTRAL TEXAS WRITING CAMP**

High Five! Let sight, sound, taste, texture and smell bring your writing to life! A sensory based exploration of creative writing. Stimulate the senses, then explore genres: poetry, short stories, script writing, memoirs, graphic novels, free verse and more.

Virtual June 7-18

512-245-3680

[www.education.txstate.edu/ci/ctwp/youth-programs](http://www.education.txstate.edu/ci/ctwp/youth-programs)

Ages: K-12th

**CORDOVAN ART CLASSES**

Unlock a creative adventure for your kids this summer! We offer small class sizes and half- or full-day camps with exciting themes and new ventures each day. Extended care is available. Enroll Today!

Summer Camp Dates: June 1-Aug. 20

Georgetown 512-275-4040

Round Rock 512-275-4040

Cedar Park 512-284-9874

SW Austin 512-531-9353

NW Austin 512-300-1200

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

Ages 5-16

**COUNTRY HOME LEARNING CENTER**

Each fun and educational week brings a new theme with team games, creative arts, science and cooking projects, plus child-approved special events, field trips and kids' choice special interest clubs. 6900 Escarpment Blvd., Austin

the Y FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

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Our caring counselors are trained and background checked.
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We believe every child should have the opportunity to experience camp.
- » **EXTENDED CARE AVAILABLE**  
Before & after hours to accommodate working parents at no extra cost.

**DAY CAMP**

- Entering Grades K-9
- 12 week long sessions
- Monday-Friday
- May-August

**MINI OVERNIGHT CAMP**

- Ages 6-13
- 2 two night sessions
- June-July

**OVERNIGHT CAMP**

- Ages 7-16
- 6 week long sessions
- Sunday-Saturday
- June-July

**kids.ymcagwc.org**

**YMCA CAMP TWIN LAKES**  
1902 S Bell Blvd • Cedar Park, TX 78613  
512-792-2639



# AUSTIN YACHT CLUB Junior Sailing Camp

The Austin Yacht Club offers 5-day summer camps for kids ages 8-16.

Kids will learn how to sail small sailboats, and develop the sailing skills to explore beautiful Lake Travis, and make new friends during the week of the shared experiences on and off the water.

Other activities include craft projects and swimming in our pool (depending on daily local weather sailing conditions). Camp Sessions available from June - July!



For more information call (512) 266-1336 or Email: [spencer@austinyachtclub.net](mailto:spencer@austinyachtclub.net)  
 5906 Beacon Drive, Austin, Texas  
<https://www.austinyachtclub.net/junior-sailing-camp-pbj-information-page/>

512-288-8220  
 13120 U.S. Hwy. 183 N., Austin  
 512-331-1441  
[www.countryhomelearningcenter.com](http://www.countryhomelearningcenter.com)  
 Ages 5-13

### DANCE DISCOVERY

In-person camps with strict COVID-19 protocols run Monday through Friday from 9 a.m. to 12 p.m. Virtual camps happen Mondays, Wednesdays and Fridays from 10:15 to 11:15 a.m. Themes include Rainbow Unicorn, Frozen, Descendants and Swan Lake. Allandale 512-419-7611  
 Avery Ranch 512-658-2996  
[www.dancediscovery.com](http://www.dancediscovery.com)  
 Ages 3-18

### GEORGETOWN PALACE THEATRE SUMMER CAMPS

Spring Break  
 When school is out, our curtain goes up! From June through August, kids can take part in our camps in musical theatre, dance, acting, improv and more. All camps end with a fully-produced show! Doug Smith Performance Center  
 206 W. Second St, Georgetown  
 512-763-4532  
[www.georgetownpalace.com/camps](http://www.georgetownpalace.com/camps)  
 Ages 1st-12th

### HEARTSONG MUSIC

This music camp offers natural, family-style learning through early childhood music and movement programming. Spring and summer Music Together classes are being offered virtually for both children and their caregivers. Virtual  
 512-371-9506  
[www.heartsongmusic.net](http://www.heartsongmusic.net)  
 Ages Newborn-9

### IDEA LAB

Idea Lab Kids has an excellent lineup of summer camps for 2021! We have brand new programming as well as some of our classic STEM Camps! We also have partnered with amazing coding curriculum to round out our Technology Camps.  
 8620 Burnet Rd., Austin  
 512-710-9654  
[www.austin.idealabkids.com](http://www.austin.idealabkids.com)  
 Ages 5-13

### JUMPI GYMNASTICS

Voted Austin Family magazine's Most Fun Camp four times. Come find out why! Jump! Gymnastics is following all CDC guidelines for COVID-19, including screening upon arrival, social distancing small pods, hand washing regularly, sanitizing surfaces and requiring masks for children 6 years and older. Campers must be potty trained.  
 2117 W. Anderson Ln., Austin  
 6800 West Gate Blvd., Unit 111, Austin  
 512-705-9659  
[www.jump-austin.com](http://www.jump-austin.com)  
 Ages 3-10



### ENROLL NOW for Spring Break & Summer Day Camp

Celebrating 30 years of Happy Campers!

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- Swimming • Arts & Crafts
- Weekly Camp Horse Show
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Hunter-Jumper Boarding/  
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[www.riovistafarm.net](http://www.riovistafarm.net)  
 512-247-2303

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"A 41-year tradition for children ages 3 1/2 to 10 1/2 in Northwest Austin"

Safe, shaded day camp with an emphasis on swimming, horseback riding, sports & outdoor activities and art.

(2 Week Sessions)

Session 1: June 1	Session 4: July 12
Session 2: June 14	Session 5: July 26
Session 3: June 28	Session 6: Aug 9

Prices: \$728 for 9:00 AM - 3:00 PM  
 \$884 for 7:30 AM - 5:30 PM

6102 Spicewood Springs Rd. • 512-346-2992 • [www.spicewoodcountry.com](http://www.spicewoodcountry.com)



**KIDSACTING SUMMER CAMPS**

Austin's favorite theater camp for kids is ready to see you in person or virtually this summer. Imagination takes the stage this year and you are the STAR! Each camp ends with a fabulous show for family and friends.

15+ locations throughout Austin, plus virtual  
512-836-5437  
www.kidsactingstudio.com  
Ages 4-18

**MAD SCIENCE & IMAGINE ARTS ACADEMY OF AUSTIN**

Mad Science & Imagine Arts Academy are on a mission to spark the imagination and curiosity of children with fun, hands-on and educational activities. With sixteen themes, every child will find a favorite camp!

Programs available January - December  
Virtual and multiple locations in Austin metro area  
512-892-1143  
www.austin.madscience.org  
www.imagineartsacademy.com  
Ages 5-12

**MASTER GOHRING TAI CHI AND KUNG FU**

Our program runs all year round, which provides an opportunity for your child to begin at any time. Younger ones develop listening and motor skills to enter society with confidence and enthusiasm. Kids develop the strength, confidence and self-mastery skills to deal effectively with the challenges, choices and complexities of life. They will have fun!  
6611 Airport Blvd., Austin  
512-879-7553  
www.mastergohring.com  
Ages 4 and up

**RIO VISTA FARM**

At Austin's originator of English riding camps, daily lessons are taught by professional trainers, and campers enjoy lots of horse time and care. Camps also include arts and crafts plus swimming on hotter afternoons. Friday shows are performed for parents.  
13013 Fallwell Ln., Del Valle  
512-247-2303  
www.riovistafarm.net  
Ages 7-16



Join Us for our Summer Camp Weeks (For Girls Only) or Mothers & Daughters!


Sugar and Spice Ranch is a camp for girls only! We specialize in creating a positive bonding experience through a variety of horseback riding activities!

**Offering:**

- Girls only summer camps
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- Women-only weekends,
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- Summer camps

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830.460.8487  
www.TexasHorseCamps.com

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Register today at [rock-about.com/kids-camps](http://rock-about.com/kids-camps) or call 512-415-0804

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Little Mermaid  
Peter Pan  
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&  
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Ages 4-18 ★ [kidsActingStudio.com](http://kidsActingStudio.com) ★ 15 Locations plus Virtual



**Come tour camp for FREE  
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**CAMP OPEN HOUSE**  
Saturday, March 20, 10 - 4

**Heart O' the Hills  
Camp Stewart**  
Hunt, Texas



For more details, please visit us at:  
[HOHCamp.com](http://HOHCamp.com) [CampStewart.com](http://CampStewart.com)

**ROCK ABOUT CLIMBING**

Campers visit natural climbing walls, including Enchanted Rock, Reimer's Ranch and the Barton Creek Greenbelt, with a climb each morning followed by lunch and a swim in a natural creek or pool.  
3755 S. Capital of TX Hwy., Austin  
512-415-0804  
[www.rock-about.com](http://www.rock-about.com)  
Ages 9-18

**SPICEWOOD COUNTRY CAMP**

Nine shady acres in northwest Austin with animals, swimming, crafts, sports and horseback riding. Summer sessions are two weeks long. Extended hours available.  
6102 Spicewood Springs Rd., Austin  
512-346-2992  
[www.spicewoodcountry.com](http://www.spicewoodcountry.com)  
Ages 3 1/2 - 10 1/2

**ST. DAVID'S EPISCOPAL DAY SCHOOL**

St. David's invites you to register for one or more of our two-week summer camp sessions starting June 7 and continuing through July 30.

301 E. Eighth St., Austin  
512-610-3500  
[www.stdavidsdayschool.org](http://www.stdavidsdayschool.org)  
Ages K-3rd Grade

**STEPPING STONE SCHOOLS**

This summer at The Brainery™, The World Awaits for Stepping Stone School students. Campers will be exploring the different landscapes and elements that make our world unique, such as mountains and volcanoes, oceans, forests and rainforests, frozen worlds and freshwater. Students will also embark on virtual field journeys each week! Join us for the most exciting summer camp yet!  
19 locations in Austin metro  
512-459-0258  
[www.steppingstoneschool.com](http://www.steppingstoneschool.com)  
Ages 5-13

**SYNERGY DANCE**

Dance camps include ballet, tap, jazz and hip-hop. Also included are tumbling, theater, crafts and performances on Fridays.  
2314 Bee Cave Rd., Austin  
512-327-4130  
[www.synergydance.com](http://www.synergydance.com)  
Ages 2 and up



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**Classes, Camps, Parties & More**  
[Austin.MadScience.org](http://Austin.MadScience.org)





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**TWIN LAKES YMCA SUMMER CAMP**

YMCA Twin Lakes is located minutes north of Austin. The Y provides an environment for campers to explore, play and make lifelong friends – all in the great outdoors. 204 E. Little Elm Tr., Cedar Park 512-250-9622, option 6 www.ymcagwc.org Ages 5-14

**XPLOR SUMMER CAMP**

Join us for summer camp at Xplor Preschool, where children explore, discover, make new friends and learn new skills. Campers participate in sports programs, explore nature, become involved in performing and creative arts and more. Austin and Leander 877-322-2891 www.xplorpreschool.com/austin Ages Preschool-12

**YMCA OF AUSTIN SUMMER DAY CAMP**

We offer safe, enriching and FUN summer day camps. Enjoy field trips, swimming, games and more

in a character-building environment with the YMCA of Austin. Financial Assistance available. Locations in Austin, Hays, Manor and Round Rock 512-236-9622 www.austinyymca.org Ages 4-13

**YMCA OF GREATER WILLIAMSON COUNTY**

Whether it's through swimming, arts and crafts, field trips, sports or through various outdoor/indoor adventure activities, Y Summer Camps allow kids to be kids and make lasting memories. Branch and school locations across Williamson County 512-246-9622 www.ymcagwc.org Ages 4-14

**ZACH SUMMER CAMPS**

For over 30 years, ZACH has been offering performing arts classes and camps teaching life skills through theatre skills and training. Each camp gives students a chance to express themselves creatively, build confidence, and develop collaborative skills, while

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# SUMMER CAMPS

## REGISTRATION NOW OPEN

Also offering FUN Birthday Parties & Spring Break Camps!

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austin@idealabkids.com

## BPSC 2021 Camp Dates

Session 1	June 14-17	WAYA-West Austin Youth Association
Session 2	June 14-17	Georgetown Rec. Center
Session 3	Jun 28-Jul 1	WAYA-West Austin Youth Association
Session 4	Jun 28-Jul 1	Clay Madsen Rec. Center
Session 5	Jun 28-Jul 1	St. Michael's Athletic Center/WACC
Session 6	July 12-15	WAYA-West Austin Youth Association
Session 7	July 12-15	Cedar Park Rec. Center
Session 8	July 26-29	WAYA-West Austin Youth Association
Session 9	July 26-29	"Central Texas Fieldhouse, Buda TX"
Session 10	Aug 2-5	WAYA-West Austin Youth Association
Session 11	Aug 2-5	Brushy Creek Comm. Center

512-799-8891 www.bperrymanshootingcamp.com

## Creative Writing Summer Camp

Summer programs led by professional writers inspire a love of reading and writing, strengthen language skills, and exercise creativity.

The Library Foundation  
www.austinlibrary.org

having fun as they learn.  
 Weekly in-person camps Monday–Friday  
 9 a.m. to 4 p.m. (unless noted).  
 512-476-0594 x236  
 1510 Toomey Rd., Austin  
 14010 U.S. Hwy. 183, Suite 540, Austin  
[www.zachtheatre.org/education/camps-classes](http://www.zachtheatre.org/education/camps-classes)  
 Ages K-12th grades

## OVERNIGHT CAMPS

### CAMP CHAMPIONS

Camp Champions has created a tradition of excellence since 1967. With the facility and staff expected from a premier camp, Champions is distinguished by its developmental focus on building strong kids. We operated COVID-free in 2020. We offer various session options, from two-to-five weeks, beginning May 30 and ending Aug. 7. 775 Camp Rd., Marble Falls 830-598-2571 [www.campchampions.com](http://www.campchampions.com) Ages 5-17

### CAMP LANTERN CREEK

Camp Lantern Creek is a girls' sleep away camp created so girls can find their voices, try new things, take risks, be cheered on, push boundaries and so much more. 4045 N. FM 1486, Montgomery 936-597-8225 [www.camplanterncreek.com](http://www.camplanterncreek.com) Ages 7-17

### CAMP OLYMPIA

Camp Olympia gives campers a fun, caring environment where they can grow in body, mind and spirit. Nestled in the Piney Woods of East Texas, right on the shores of Lake Livingston, campers can choose from 45 different activities. 723 Olympia Dr., Trinity 936-594-2541 [www.campolympia.com](http://www.campolympia.com) Ages 6-16

### CAMP STEWART

Along the Guadalupe River near Kerrville, boys experience family style dining, great food and character-building activities with friendly campers from around the world! Family-owned-and-operated, we offer 40+ fun, instruction-oriented activities. We grow kids better! 2430 Hwy. 39, Hunt 830-238-4670 [www.campstewart.com](http://www.campstewart.com) Boys ages 6-16

### HEART O' THE HILLS FOR GIRLS

Girls build self-confidence and individual identity at the same time they experience teamwork and leadership skills, all while having fun. Campers experience more than 40 activities, family style dining and traditions of kindness, etiquette and character. Worldwide enrollment. Ragsdale family-owned and personable! Two- and four-week options. 2430 Hwy. 39, Hunt 830-238-4650 [www.hohcamp.com](http://www.hohcamp.com) Girls ages 6-16

### SUGAR & SPICE RANCH CAMP

We help bond mothers and daughters through horses. Campers "own" horses and do everything together as a team. All-inclusive sessions, a great way to reconnect.

884 Rikki Dr., Bandera  
 830-460-8487  
[www.texashorsecamps.com](http://www.texashorsecamps.com)  
 Ages 5 and up

### YMCA TWIN LAKES OVERNIGHT CAMP

YMCA Camp Twin Lakes is minutes north of Austin. The Y provides an environment for campers to explore, play and make lifelong friends — all in the great outdoors. 204 E. Little Elm Tr., Cedar Park 512-250-9622, option 6 [www.ymcagwc.org/locations/ymca-camp-twin-lakes](http://www.ymcagwc.org/locations/ymca-camp-twin-lakes) Ages 5-16

## SPECIAL NEEDS

### CAMP REDBIRD

This bereavement summer day camp serves children who have experienced the death of a close loved one. Virtual 512-472-7878 [www.austingrief.com/campredbird](http://www.austingrief.com/campredbird) Ages 6-12



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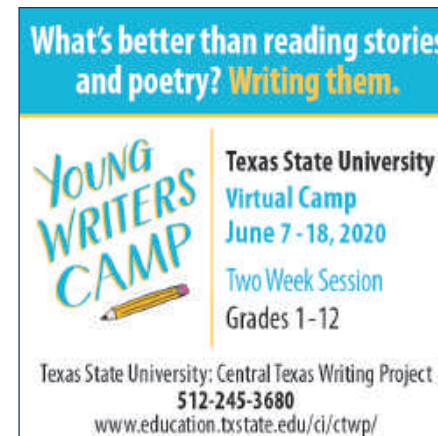
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[www.austinfilmfestival.com](http://www.austinfilmfestival.com)



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 Classes for all ages and skill levels



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 South Austin Campus: Phone: 512-299-5731  
 North Austin Campus: Phone: 512-299-5732  
[www.AustinBilingualSchool.com](http://www.AustinBilingualSchool.com)  
[info@AustinBilingualSchool.com](mailto:info@AustinBilingualSchool.com)



What's better than reading stories and poetry? **Writing them.**  
**YOUNG WRITERS CAMP**  
 Texas State University  
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 June 7 - 18, 2020  
 Two Week Session  
 Grades 1-12  
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## FAMILY MATTERS

BETTY RICHARDSON

*Richardson, PhD, RN, CS, LPC, LMFT, is an Austin-based psychotherapist.*

# Raising a Good Sport

**Q** Is it good for children to win at games all of the time? My husband lets our 10-year-old son Neil (an only child) win every game they play together. I wonder if all parents let their kids win all of the time or not. Does never losing affect whether a child learns good sportsmanship? I'd like Neil to accept losing as well as winning, in a gracious way.

**A** You asked if all parents let their children win at games. Parents tend to fall into one of three groups: parents who let their child win all of the time; parents who believe a win must be earned; and parents who tend to not let their child win, unless they notice the child becoming discouraged from losing so often.

You wondered what effect winning all of the time might have on your son. Of course kids don't all respond in the same way. Some could not care less if they win while others will be more competitive and focused on winning. Parents can raise or lower the level of competitiveness by what they say before a game. For example, you might set the tone by saying, "Maybe this will be the day you win big" or "win or lose, let's just have fun playing."

Then there is the question of the impact on the child when they constantly win because the parent lets them win. We can't predict what kids will think, but it is possible that a child may start to think, "I'm smarter than Dad," or "I'm very very good at games and that's why people don't win when they play with me. I'm better than they are." Another possible reaction might be, "I'm already so good, I don't have to work at improving."

Now what happens when Neil, or any child who is accustomed to winning all of the time, gets a play date with another child? Imagine the other child wins at a game they're playing together. Neil may think: "Well, how did that happen when he is not as good as I am? He must have cheated." At this point, we see that good sportsmanship behavior has not been taught or learned.

In my opinion, it's important as a child to learn that you or your team won't always win. At times, children will face competitors who have practiced longer, are stronger or end up with time or luck on their side.

Parents are the role models for sportsmanlike behavior for their children. This includes both you and your husband. If the three of you play a game together,

either you, your husband or both of you will lose some of the time. Be ready with an acceptable sportsmanlike expression such as "congratulations on winning" or "congrats on a well-played game!" Whether Neil wins or loses, you can brag on something he did well that you want to encourage, such as concentrating well, strategizing or making a great move.

One of the best moms I know shared that she and her husband started playing board games with their two kids at an early age. She said, "We never automatically let the kids win. If they won, then that was excellent. We would always end by saying 'good game' no matter who won. If they didn't win, we said, 'Maybe next time.'"

In addition to modeling good sportsmanlike behavior at home, you can also model it at Neil's activities outside of the home. Find coaches for him that model the behavior you want Neil to exhibit. Stress the importance of working hard to get better if you want to excel and win.



## JUST FOR GRINS

CATE BERRY

*Berry is an Austin-based children's book author and mother of two. She also teaches writing workshops for young people at cateberry.com.*



## We'll Always Have Sea World

I love to travel more than anyone in Austin. It's a bold statement but I'm resolute.

For our honeymoon twenty years ago, my husband and I splurged and flew to Italy. We spent two weeks romping around Florence, Tuscany and the Amalfi Coast. Our travel agent (remember those?) took charge. She insisted on small places. Florence over Rome. A Tuscan town that listed "sitting" as a brochure-worthy activity. The small village of Positano, so obscurely wedged on a cliff, we fought paralysis driving the two-lane highway to find it. We also found my favorite, the Isle of Capri, and a shack that took 45 minutes to make our caprese sandwich (not including bagging it).

We unwound so completely, reentry was painful. We pledged "Venice for Our Fifth!" and kissed as we entered customs, t-shirts stuck to our skin with "Howdy, It's Houston" humidity.

But as our fifth anniversary approached, I was pregnant with our son. Somehow,

instead of Venice, we ended up at Sea World. Sea being the constant variable? Quickly realizing we were the only adults without kids, we pumped our hands, summoning Shamu 2, to hide our age. We held hands as kids screamed for dolphin key rings we knew would never make it out of the minivan once home. We watched, horrified, as exhausted parents gave in to Dippin' Dots.

My husband fetched a pretzel for me. "We'll always have Sea World," he said, as I bit into salt.

Now, nearing our twentieth anniversary, in a pandemic, quarantining at home with two teens, it's obvious: no travel. But is it odd that I feel lucky? We had Italy, at least. And we even had sad, politically incorrect Sea World. It was the perfect segue into the weird, wild world of parenting.


As the oven preheats tonight, we'll share an icy Topo Chico and laugh about the 45-minute caprese sandwich. We'll steal a kiss and be glad we have each other as we pull back the plastic film of the frozen eggplant parmesan.

We'll always have Stouffer's.

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# Message in a Bottle



It just feels good to share the love. This simple, colorful craft is a perfect way to tell friends, family, neighbors, teachers, nurses – anyone that is special to you – how much you care. Any day of the year is a good time to say, “I love you!”

#### MATERIALS NEEDED:

- Empty glass or plastic water bottle
- Fun stickers – hearts, rainbows, flowers, shamrocks or anything that would be unique to your special someone
- Colorful construction paper
- Yarn, twine or ribbon
- Crayons, pens or markers – depending on age of child

- Optional: candy kisses, rose petals, trinkets, spring flowers

#### ACTIVITY:

Provide each family member with a bottle and a handful of festive stickers, and sticker away! Your stickers can tell a story of what your special person cares about most, or things you share in common. You can also choose stickers that celebrate a particular season or event.

Take a piece of construction paper and share your love in a one-of-a-kind drawing or handwritten message. Roll the paper up tight, tie with a piece of yarn or ribbon, and place it inside the bottle. You can also add little candies, flowers or trinkets to further customize your gift. Tie yarn or ribbon around the neck of the bottle for added flourish.

Decorate according to the season and turn these into gifts to celebrate Easter, Teacher Appreciation Week or St.

Patrick’s Day! You can also create one bottle as a family to keep in your kitchen. Add random messages or pictures for each other to discover.

These little love messages in a bottle are certain to be treasured by all who receive them. What are other fun ways you can think of for your bottle? Please be sure to share pictures of your creations with us on our Facebook page!



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