



## NEWS FROM THE TRAIL

Welcome to Camp ECHO!! Camp is a great environment for everyone to enjoy weekly activities including archery, games, art projects, dance, nature hikes, fishing and more. Camp ECHO provides each camper the opportunity to experience the natural world, learn new skills, create new friendships, gain individual growth, and try new experiences. We are looking forward to a fun and safe summer that instills confidence in your child and creates wonderful memories.

Below are a few important reminders about camp:

\*\*This week's field trip will be to Nickel City in Northbrook. There will be plenty of arcade fun for everyone and you will be able to play your favorite arcade and video games for just nickels!

\*\*Please make sure to send your camper with a sack lunch, lots of water, sun screen, bug spray and an extra change of clothes everyday. Make sure all of their belongings are labeled with their first and last name.

\*\*Please be sure to complete an Emergency Card form for your camper if you have not already done so. Emergency cards can be found on our website at [carypark.com](http://carypark.com) under the "Forms" tab.

\*\*Campers will need to be picked up at the Community Center in the field behind the parking lot on Wednesdays and Fridays (swim days).

\*\*Interested in seeing what exciting activities happen throughout the week? Visit [carypark.com](http://carypark.com) or our Facebook page for photos posted weekly of campers having fun.

We are looking forward to an exciting summer with all of you!

Sincerely,  
The 2019 Camp Staff

### THIS WEEK'S THEME

**ALOHA SUMMER**



### WHAT I NEED TO BRING TO CAMP EVERYDAY

<b>Backpack</b>	<b>Lunch</b>
<b>Water Bottle</b>	<b>Sunscreen</b>
<b>Swim Suit</b>	<b>Towel</b>
<b>Gym Shoes</b> (No sandals or flip flops)	<b>Bug Spray</b>
	<b>Umbrella</b>



# FIELD TRIP INFORMATION



**Location:** Nickel City–Northbrook, IL

**Day:** Thursday

**Date:** June 6

**Time:** 10:00 am to 1:30 pm

**Camp Departure:** 9:00 am

**Camp Arrival:** 2:30 pm

**This Field Trip Includes:** Admission

**What I need to bring:** Lunch

**What I may bring:** Extra Money

**Campers are allowed to bring up to \$10.00 to camp on field trip days. However, this is optional and not mandatory. The decision of bringing extra money to camp is strictly up to the parents or guardians of the camper.**

## This week's forecast

**Average temperature for the week — Low: 55 / High: 71**

### Heat Index Zones

**White Zone:** Heat Index of 65-80 Degrees

In this range, the campers are in very little danger from the heat and no special measure will be taken by the camp staff.

**Yellow Zone:** Heat Index of 81-98 Degrees

In this range counselors are instructed to take extra steps to protect their campers by making sure they keep them hydrated and encouraging breaks in the shade when needed.

**Orange Zone:** Heat Index of 99-105 Degrees

In this range camp staff will implement the same measures taken in the yellow zone. Counselors are instructed to keep all camper hydrated by making sure all water bottles are full and take frequent breaks in the Lake House, Main Pavilion, and other shaded areas.

**Red Zone:** Heat Index ranging of 106-115 degrees

All measures from the Yellow and Orange Zone will be taken. Reduce all physical activity by ten minutes and take frequent breaks in the Lake House, Main Pavilion, and other shaded areas.

**Black Zone:** Heat Index above 115 degrees

All camp activity will be moved indoors. All participants will be notified to these changes as soon as possible. Camp will resume outside once the heat index is below 115 degrees.

# ACTIVITY BLOCK INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Camp ECHO</b>	<p><b>Club Day</b> arts &amp; crafts, games, team building, treasure hunt</p> <p><b>Marshmallow Monday</b></p>	Sports, gaga ball, hiking, archery, fishing	<p><b>Swimming at Cary Park District Pool</b> (Bring your swimsuit &amp; towel)</p>	<p><b>Field Trip to Nickel City in Northbrook</b></p>	<p><b>Swimming at Cary Park District Pool</b> (Bring your swimsuit &amp; towel)</p>
<b>ECHO Extreme</b>	<p><b>Club Day</b> arts &amp; crafts, games, team building, treasure hunt</p> <p><b>Marshmallow Monday</b></p>	Sports, gaga ball, hiking, archery, fishing	<p><b>Swimming at Cary Park District Pool</b> (Bring your swimsuit &amp; towel)</p>	<p><b>Field Trip to Nickel City in Northbrook</b></p>	<p><b>Swimming at Cary Park District Pool</b> (Bring your swimsuit &amp; towel)</p>

On CPD Pool days campers will be picked up at the Cary Park District Community Center in the field behind the parking lot.

# NEXT SESSION INFORMATION



**The theme next week is Superheroes.  
The field trip will be at Rainbow Falls  
Waterpark in Elk Grove Village.**

Your feedback is very important and helps us plan future sessions of camp. On Friday afternoon, you will receive an email with a survey asking you to rate the experience you and your child had during this week of Camp ECHO. Be sure to watch for this email.

## **IMPORTANT REMINDER!**

**Please make sure to sign up for Camp ECHO weather related updates. This is how we communicate with parents if pick-up/drop-off locations change due to inclement weather.**

### **Camp ECHO Updates**

The Cary Park District has launched its brand new weather update system – Rainout Line! Now you may receive weather related program and facility information at your fingertips. There are multiple ways you can receive weather related updates including our website ([www.carypark.com](http://www.carypark.com)), by phone (calling 847-639-6200), subscribing to email and text alerts, and even through an iPhone or Android app.

To subscribe to receive updates:

1. Visit [www.carypark.com](http://www.carypark.com)
2. Click on the Rainout Line Banner
3. On the Rainout Line page click “Email & Text Alerts” in the upper left corner.

You may choose to subscribe to receive notification in the following ways:

- **Mobile App:** Download the free app in the respective mobile app store (example: Apple App Store, Google Play, Amazon App Store (Kindle) or Nook). This app is offered FREE however data rates may apply depending on your individual service contract with your cell-phone provider. Once downloaded, Search for Cary Park District.
- **Email:** Enter the email address in the space. You can also set when your subscription expires, and select which updates to receive. Select Camp ECHO to receive weather related Camp ECHO updates.
- **Text:** Enter the 10-digit phone number in the space. You can also set up when your subscription expires, and you can pick which updates to receive. Select Camp ECHO to receive weather related Camp ECHO updates.
- **Unsubscribing:** To unsubscribe from email and texts, enter email or phone number in the box to unsubscribe.



Early Summer

# Play Times

A publication from the Cary Park District providing opportunities for your children to laugh, play, grow, create, explore and learn. Visit us on the web, [www.carypark.com](http://www.carypark.com).

## Swimming Lessons

Whether you would like your child to feel comfortable in and around water, learn the primary skills and strokes, or refine the key strokes, we have a swim program for him or her.

**Swim lesson schedules can be found in the summer brochure.**

- Ages 6 months & older
- Private, semi-private, and group lessons
- Weekday, evening and weekend lessons
- Lessons taught by American Red Cross Water Safety Instructors and Lifeguards.

Register online or at the Community Center.

## Kids Garage Sale

**Ages 6 - 15 years  
w/ parent supervision**

This is a great opportunity for kids to clean out their closets and make a few extra bucks! Each registered child will have one parking space to sell his or her unwanted toys, games, books, and other objects. All kids must be supervised by a parent/guardian. A detailed letter will be emailed to those registered to sell. The garage sale will be open to the public from 9 am - 12 pm.

**Location:** Lions Park  
**R/NR Fee:** \$9/\$14

9872 Sa 8/10 8:00 am-1:00 pm

## Safe Sitter Babysitting Training Course

**Ages 11 - 15 years**

This course will provide the information and skills necessary for safe and responsible childcare in the absence of parents and guardians. Learn how to care for children, basic first aid, personal safety, injury and problem prevention, behavior management, and babysitting as a business. This program will include a babysitting manual and completion card. Please bring a baby-sized doll and lunch to each class.

**Location:** Community Center  
**R/NR Fee:** \$65/\$98

9909 Su 7/14 10:00 am-4:00 pm



## Summer Concert Series

Thursdays 7:00 pm  
Lions Park Rotary Bandshell

<b>June 13</b>	Billy Croft & The 5 Alarm	Country
<b>June 20</b>	The Hat Guys	Hits from 1950-today
<b>June 27</b>	GENR8R	Rock, country, and pop
<b>July 11</b>	The Allstars	Dance, and rock-n-roll
<b>July 18</b>	Teen Battle of the Band	Young local talent

## Parent's Night Out

**Ages 5 - 12 years**

Here is a great opportunity for parents to have a date night, go shopping or meet up with friends. Children will enjoy an evening of planned activities, a pizza dinner, and a movie. Children may wear comfortable clothes or pajamas.

**Location:** Community Center  
**R/NR:** \$18/\$27

## Theme: Mini Chefs

9866 F 6/21 6:00-9:00 pm



Like us. Follow us. Connect with us.

## RainOutLine

Receive weather related program and facility information at your fingertips. Areas include:

**Community Center & Pool Athletic Fields  
Preschool & ET KidZone Sites Dog Park  
Walnut Hollow Disc Golf Course Camp ECHO**

Visit [carypark.com](http://carypark.com) and click on RainOutLine



255 Briargate Road

847-639-6100

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

Providing exceptional recreation, parks and open space opportunities.

Non-School Sponsored Activity





MUSIC! FOOD! FIREWORKS!

## Summer Celebration

Wednesday, July 3 Lions Park

Featuring *Coverlicious*

Coverlicious performs 7:30-9:30 pm / Fireworks to follow  
Food & beverages sold onsite  
Free admission - paid parking:  
\$10 pavement parking / \$5 grass parking

# Summer Dance

Gain new friendships, increase confidence and creativity, and improve large motor skills while learning to dance!

Ages 2 years—teens

Weekdays and weekends—  
morning, afternoon,  
and evening classes

Broad class schedule—ballet,  
jazz, hip hop, tap, swing choir,  
combination classes, and more

One week dance camps and  
clinics perfect for young dancers  
to learn with a short term  
commitment.

Visit [carypark.com](http://carypark.com) for a  
complete schedule or to  
register. Classes begin the  
week of June 17.

## BUILD YOUR BOAT CHALLENGE

### Ages 7-14 years

Create your four person team and put your boat building skills to the test by launching your assembled boat in the Community Center Pool. One crew member will be the “boat captain” and will navigate their vessel through an obstacle course in this timed event.

Teams must pre-register and build your boat at home. On site assembly before the race is acceptable. All boats must have 4 sides made of only plastic jugs and duct tape. Paint of any kind is not allowed. Prizes will be awarded for “Most Creative Craft” and “Fastest Vessel”. All boat captains must know how to swim in water deeper than 5 feet. Breakfast will be provided to all teams. Only one team member needs to register. Rain date is July 21.

**Location:** Community Center Pool

**Fee:** \$20 per team

9848 Th 7/11 8:00-11:00 am

