



NEWS FROM THE TRAIL

Welcome to Session 4 of Camp ECHO! Everyone will participate in fun camp activities which include sports, fishing, arts & crafts, archery, eating s'mores, treasure hunt exploration, hiking, and more! This week's field trip will be at the Family Aquatic Center in Vernon Hills. Everyone will enjoy a day of fun and laughter with friends. Campers can race down the water slides, swim in the sun, and try all of the different water equipment. Please remember to pack a bathing suit and towel.

Below are a few important reminders about camp:

**ECHO Extreme will be traveling to Foxford Hills Golf Club, June 25, to enjoy the day playing golf. Campers will have access to the driving range and use of equipment for free of charge. Please pack a sack lunch on this day.

**As a reminder, please do not speed through the Fel-Pro RRR parking lot at drop-off and pick-up. Be mindful of all the young campers in the area.

**Please do not bring electronic items or valuables with you to camp. Please reference page 16 of the Parent Manual for what your child may or may not bring to camp each day.

**To ensure that everyone has a positive camp experience, please review the "Camper Code of Conduct" form with your camper.

**Interested in seeing what exciting activities happen throughout the week? Visit carypark.com or our Facebook page for photos posted weekly of campers having fun.

We are looking forward to a MARVELOUS week with all of you!

Sincerely,
The 2019 Camp Staff

THIS WEEK'S THEME

KNIGHTS AND PRINCESSES



WHAT I NEED TO BRING TO CAMP EVERYDAY

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



FIELD TRIP INFORMATION



Location: Family Aquatic Center – Vernon Hills, IL

Day: Thursday

Date: June 27

Time: 10:30 am to 1:30 pm

Camp Departure: 9:30 am

Camp Arrival: 2:45 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: 65 / High: 78

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
Camp ECHO	<p>Club Day games, archery, hiking, fishing, camp group activity</p> <p>Marshmallow Monday</p>	<p>Sports, Zumba, teambuilding, arts & crafts</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>	<p>Family Aquatic Center</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>
ECHO Extreme	<p>Club Day games, archery, hiking, fishing, camp group activity</p> <p>Marshmallow Monday</p>	<p>Golfing at Foxford Hills Golf Club</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>	<p>Family Aquatic Center</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & 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 Stars & Stripes.
The field trip will be at Urban Air in
Bloomingdale.**

Your feedback is very important and helps us plan future sessions of camp. Shortly after the session ends, 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), 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
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 notifications 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.

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

June 13	Billy Croft & The 5 Alarm	Country
June 20	The Hat Guys	Hits from 1950-today
June 27	GENR8R	Rock, country, and pop
July 11	The Allstars	Dance, and rock-n-roll
July 18	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 and click on RainOutLine



255 Briargate Road

847-639-6100

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 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

