



NEWS FROM THE TRAIL

Welcome to Session 5 of Camp ECHO! Even though our week is shorter, that won't slow down the fun. *As a reminder, there is no camp on*

Thursday due to the holiday. All campers will participate in camp activities which include arts & crafts, games, fishing, dancing, hiking, archery, sports, exploring and more! This week's field trip will be on Tuesday at Urban Air in Bloomingdale. Urban Air is the best year-round ultimate indoor amusement playground which is sure to take the fun to the next level. Campers will enjoy the indoor coaster, ropes course, climbing wall, warrior obstacle course and more. **Please note that a signed waiver is required in order for your camper to attend the trip! Waivers need to be completed online and the link has been provided <https://urbanair.tray.com/signwaiver/62>.** Please notify the Camp Coordinators if you are unable to complete the required online waiver.

Below are a few important reminders about camp:

**Please remind your camper that sharing personal belongings at camp is not allowed. This is how germs spread and we want all of our campers & staff to stay healthy. Also, please talk to your camper about ticks and tick prevention. While the staff do thorough checks everyday, it is a good idea to be checking at home too.

**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 under the "Forms" tab.

**Want to see pictures from the previous weeks of camp? Please visit our website or Facebook page to see all of the campers having fun.

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

Sincerely,
The 2019 Camp Staff

THIS WEEK'S THEME

STARS AND STRIPES



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: Urban Air – Bloomingdale, IL

Day: Tuesday

Date: July 2

Time: 10:30 am to 1:30 pm

Camp Departure: 9:00 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: 68 / High: 84

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 arts & crafts, group activity, exploring, sports, archery</p> <p>Marshmallow Monday</p>	<p>Field Trip to Urban Air (required online waiver)</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>	<p><u>NO CAMP (Holiday)</u></p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>
ECHO Extreme	<p>Club Day arts & crafts, fishing, games, group activity, archery</p> <p>Marshmallow Monday</p>	<p>Field Trip to Urban Air (required online waiver)</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>	<p><u>NO CAMP (Holiday)</u></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 Mystery.
The field trip will be at Mystic Waters
in Des Plaines.**

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.



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,



Instagram Photo Contest

Celebrate Park and Recreation Month with us as our Amateur Photo Contest moves to Instagram! Enter for a chance to win gift cards, prizes, and more throughout the month of July.

To participate:

Follow us on Instagram
CaryParkDistrict

Watch for prompts that reveal the photo theme of the week.

Post your pictures that relate to the theme.

Tag your photo with the hashtag
#CPDGameOnJuly

For full rules, visit carypark.com or watch for the prompts on the Cary Park District Instagram feed each week.

All City Track Meet

All Ages

Show off your track & field skills at the All City Track Meet. All levels of ability are welcome. Please wear athletic attire, tennis shoes, and bring a water bottle. **Please arrive promptly at 4:15 pm to check in and sign up for events. Competition will begin at 5:00 pm.**

Location: Cary-Grove High Track
R/NR Fee: \$5/\$10

9750 Th 7/11 4:15-7:30 pm

Kids Garage Sale

Ages 6 - 15 years

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 is 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

Children's Entertainment Series

Just for the kids! These midday concerts in the park are just for the little ones to enjoy with fun-filled entertainment and music to get them singing, dancing and laughing in the summer sun. The Children's Entertainment Series performances are held Fridays beginning at noon at the Lions Park Bandshell and are free to the public.

July 12- Mary Macaroni—Noon

Magic tricks, dance and several rockin' tunes mixed with audience participation give your child a fun and interactive afternoon

July 26- Scribble Monster—Noon

Energy, wit and a true understanding of what makes kids want to sing, and laugh and jump around. Scribble Monster creates a playful environment that is both safe for kids to take chances and fun for all.



Camp ECHO Pictures are available on the Cary Park District website.

Check them out at www.carypark.com!



Like us. Follow us. Connect with us.

255 Briargate Road

847-639-6100

www.carypark.com

Providing exceptional recreation, parks and open space opportunities.

Non-School Sponsored Activity



Summer Concert Series

Thursdays 7:00 pm

Lions Park Rotary Bandshell

July 11 The Allstars party, dance, and rock-n-roll

July 18 Teen Battle of the Band Winners young local talent

Stars & Stripes Pool Pass Sales

It's half way through the summer swimming season and Cary Park District is offering half price seasonal pool passes beginning July 5 through the rest of the summer.

Passes are available for purchase at the Park District Community Center. Proof of residency using a driver's license, utility bill, tax bill, resident ID card or other identification is needed to receive half off the resident discount rate. Any person not having proof of residency will be charged half off the non-resident rate.

E.T. KidZone Early Bird Registration

Grades K-5

Cary Park District's E.T KidZone before-and-after school program provides daily quiet time for homework, reading or journaling, homework assistance provided by staff, daily indoor and outdoor physical and an afternoon snack and drink. Registration for the 2019/2020 school year is underway for . Register by August 9 to receive the Early Bird rate of 20% off your registration.

Color Run 5K

Saturday, August 17 Check-in
8:00 am Race begins at **9:00 am**

All Ages

Get your rainbow on! Cary Park District's 5k Color Run gives participants an opportunity to experience full color spectrum of competition!

The annual race welcomes runners and walkers of all ages to participate in the new wave of 5k races – color runs. Join dozens of participants in a 5k experience that winds through beautiful parks to the finish line where a finisher celebration awaits complete with DJ, snacks and fun. Each participant receives a registration packet full of goodies.

The 5k Color Run is Saturday, August 17 beginning and ending in Lions Park. Check in at 8:00 am. Race begins at 9:00 am. Registration is \$30 per person.

Bring a non-perishable item to donate to the Cary-Grove Food Pantry and be entered into a raffle to win a \$100 gift card Dolce Day Spa.

Rain date is Saturday, August 24.

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

