



## NEWS FROM THE TRAIL

Welcome to Session 9 of Camp ECHO! With summer slowly coming to a close, we hope each of you have enjoyed your time spent with us. Everyone will participate in fun camp activities which include Zumba, sports, fishing, arts & crafts, archery, eating s'mores, treasure hunt exploration, hiking, and more! This week's field trip will be at Three Oaks Rec Beach in Crystal Lake.

**Please note that a signed waiver is required in order for your camper to attend the trip! Waivers will be distributed on Monday & the signed waiver needs to be returned to your campers counselor as soon as possible!** Campers will have fun building sand castles, playing water games with friends and enjoying the sunny beach lifestyle. Please remember to pack a sack lunch, baiting suit, towel and sunscreen!

Below are a few important reminders about camp:

\*\*ECHO Extreme will be traveling to the Community Center kitchen, July 30, to cook lunch and a tasty dessert. The menu is yet to be determined, but rest assured it will be peanut free. Please feel free to 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.

\*\*Campers are allowed to dress up on Tuesday to coincide with the weekly theme. This is a fun aspect of camp so get creative!

\*\*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 a SPECTACULAR week with all of you!

### THIS WEEK'S THEME

**SPLISH SPLASH**



### 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:** Three Oaks Rec Beach – Crystal Lake, IL

**Day:** Thursday

**Date:** August 1

**Time:** 9:30 am to 2:00 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: 67 / High: 83**

### 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>Club Day games, archery, hiking, fishing, camp group activity</p> <p><b>Marshmallow Monday</b></p>	<p>Activity leader, Zumba, sports, team building, arts &amp; crafts</p>	<p><b>Swimming at Cary Park District Pool</b> (Bring your swimsuit &amp; towel)</p>	<p><b>Field Trip to Three Oaks Rec Beach</b> (required waiver)</p>	<p><b>Swimming at Cary Park District Pool</b> (Bring your swimsuit &amp; towel)</p>
<b>ECHO Extreme</b>	<p>Club Day games, archery, hiking, fishing, camp group activity</p> <p><b>Marshmallow Monday</b></p>	<p>Activity leader &amp; sports</p> <p><b>Cooking lunch at the Community Center</b></p>	<p><b>Swimming at Cary Park District Pool</b> (Bring your swimsuit &amp; towel)</p>	<p><b>Field Trip to Three Oaks Rec Beach</b> (required waiver)</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 All Around The World. The field trip will be at the Discovery Center Museum in Rockford.**

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

## Community Pool Hours

### August 12 - 23

#### Open swim

Saturday- Sunday Noon-8:00 pm  
Monday- Friday 4:00-8:00 pm

#### Adult lap swim

Saturday 10:15-11:00 am  
Sunday 6:30-8:00 pm

### August 24—September 2

#### Open swim

Saturday- Sunday Noon-6:00 pm  
Monday- Friday Closed

#### Labor Day Hours

Noon-6:00 pm

## COLOR RUN 5K

### 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.

## 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

## E.T. Early Bird Registration

### Grades K-5

Cary Park District's Extended Time 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.

## 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: Sports Night

9867 F 8/16 6:00-9:00 pm

## North Pole's Got Talent

Monday, August 12 at 7:00 pm in the Park District Community Center

Come support young aspiring actors and actresses from the Children's Theater Company of Cary as they present a humorous spin on talent shows North Pole style. Admission is FREE!



Like us. Follow us. Connect with us.

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