# CAMP GUIDE



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Edited by CLAIRE FORTIER

Camps give kids a chance to connect and grow

By Lambrini Phillos



ummer camps provide opportunities for social, personal and intellectual growth in children. Kids build connections,

develop skills and form lasting memories, all while pursuing their interests and having fun.

"Camp offers children a transformative period of life," says Chuck Robinson, director of auxiliary programs at The Steward School, an independent private school that offers a variety of summer experiences, from Dungeons and Dragons to field hockey. "At camp, the only expectation is to be yourself, have fun and put yourself out there. I think there is a real bravery that camp facilitates by its nature that allows kids to really step out and build relationships, try new things, be brave and have fun at the same time." A study by Philliber Research Associates and the American Camp Association suggests that summer camp experiences increase children's self-esteem, develop their social skills and foster independence. They also allow children to build relationships with peers and camp leaders. Campers often walk away from their summer experiences with a newfound community.

#### **BUILDING BONDS**

Group activities are more than just fun and games — these experiences build collaboration and problem-solving skills. Whether guiding each other through a ropes course, learning to paddle a kayak in unison or working through a puzzle together, campers learn how to get along with others and persevere through conflicts.

"The kids really have the chance to

build relationships and learn the skills that we want all of our children and students to have, in terms of collaboration, problem-solving, making friends, learning to manage difficult situations together," says Rachel Williard, director of marketing and communications at The Steward School.

Team-building activities are a huge part of summer camps. In interestspecific camps, especially, campers work together toward a common goal on projects that they are passionate about, whether that's to win a soccer game in a sports camp, create a sculpture in an arts camp or put on a play in a theater camp.

"They learn more about each other," says Doug Walters, executive director of Camp Hanover, a Presbyterian Churchsponsored camp and retreat center that offers day and sleepover camps. "They learn to put themselves in someone else's shoes."

Shared activities like laughing around the campfire, toasting s'mores and collaborating during team-building exercises open campers to friendships that endure past the campgrounds.

#### PERSONAL GROWTH

Camp is also a great opportunity for children to develop confidence and step outside of their comfort zones. "It gives kids a chance to try out new things in a protected environment," Walters says. Away from the pressures of school, campers cultivate independence and advance decision-making skills. At camp, children establish a sense of responsibility and resilience that continues after camp has finished.

Faced with an unfamiliar environment, campers often deal with homesickness. They must find their way through these challenges, finding resilience and emotional strength on their own. When campers are given the chance to work through these problems independently, while still in a safe environment, they are rewarded with skills that promote lifelong victories.

"The chance for kids to go to summer camp, especially overnight camp, is important to youth development, as the camp experience prepares them for their eventual independence," says Bill Givler, the Boy Scouts of America director of field service and COO of the Heart of Virginia Council. Givler stresses that "the earlier children get these kinds of experiences, the better."

Attending summer camp challenges kids to face difficulties associated with a new environment, but they have a builtin support system with caring counselors and activities designed to boost self-esteem and grow confidence. Children might be wary of participating in camp activities like fishing, swimming or archery, feeling out of their comfort zone. With encouragement from counselors and fellow campers, though, they'll find themselves engrossed in fun activities.

#### HONING SKILLS

Camps are opportunities for children to try different activities and discover new pastimes or passions. Interest-specific summer camps are perfect for children who have a special interest and want to continue developing this hobby. Weeklong camps focusing on certain sports or art forms are a great way to see if a child wants to pursue that interest.

At the Cultural Arts Center at Glen





Allen, camps introduce participants to various art forms. "Kids will be exposed to acting, voice and dance, and so they're not always comfortable with all three, but they'll at least have exposure and figure out what they like and don't like and build their skillset," says Jen Brinkley, arts outreach coordinator of one of the art center's theater camps.

#### **TECH-FREE**

The outdoors and technology-free activities at summer camp encourage interactions with nature and other campers. Having a digital detox from screen distractions is paramount to the campers' well-being. Children are still developing their brains, making it the perfect time to form positive habits like learning not to depend on screens. While technology can be a part of camp activities, campers have a chance to engage in genuine conversations without screens, expanding their social skills and forging meaningful connections with others.

"When kids are on their screen, all you hear is silence. Everyone is very quiet. But at camp, you hear kids laughing, playing, having fun," Walters says. "There is definitely value in technology but it's very intrusive. Tech takes you out of the moment. Camp puts kids back in the moment."

## Living in **Three Dimensions**

#### Camps give kids a chance to interact with life away from screens

by Lambrini Phillos and Claire Fortier

ature vs. Insta? In a society dominated by technology, and our dependence on it ever growing, the need to disconnect from devices and reconnect with nature is pressing for most adults. But it may be critical for kids.

Screen times have reached record levels. This past year, surveys from technology companies such as Comparitech show kids ages 8-18 spend an average of 7.5 hours a day in front of screens. With adolescents, that could get up to 11 hours a day. Further, the age at which kids engage in media on a regular basis went from age 4 in 1970 to 4 months today.

Now iPad kids, defined by Business Insider as "kids who are raised without restrictions on their screen times," are a becoming a national problem. According to the Mayo Clinic, excessive screen time in children causes increases in childhood obesity and depression as well as decreases in attention spans and social skills. Studies indicate a correlation between high screen time and elevated stress levels, anxiety and a decrease in face-to-face interactions.

"Kids got way more screen time

during the pandemic than they ever had before," say Julie Jargon, family and technology columnist for the Wall Street Journal, who writes a weekly column about the impact of technology on family life. "Between remote school, trying to stay connected with friends and family, and trying to stay entertained and out of their parents' hair, kids have been on screens all day long, sometimes well into the night during the pandemic, as they transitioned from school to video games, to chatting with their friends. So, it's been a lot."





#### Go Out and Play

Prying kids' eyes off the screen and getting them outdoors is one of the best things for their children's health. Nature has a profound impact on reducing stress and anxiety levels and has been linked to improved mood, increased attention span, and overall enhanced well-being, says Jargon. One way to do this is by encouraging enrollment in summer camps.

"It's incredibly important for kids nowadays to be outside and not on screens," says Arden Varley-Twyman, camp director of Passages Adventure Camp, a day camp for ages 5-17 that holds a majority of its camps on the James River Park System and Belle Isle. "There's so much learning — physical, tactile, environmental — that you can't experience through a tablet."

Places like Passages Adventure Camp, which emphasizes outdoor adventures like kayaking, rock climbing and mountain biking, give kids a chance to spend summer days forming human connections and building real memories. "Go outside," said Varley-Twyman. "There's so many different areas in the city and the state that you can have a beautiful escape to nature."

Disconnecting from technology is daunting for many kids, so a strong support system is essential. "We live in a very technological era where little kids are glued to their phones screens like a moth to a lamp, but it doesn't have to be like this if they are using technology appropriately," says Janine Davila, director of auxiliary operations at St. Christopher's School. The all-boys day school in Richmond runs a co-ed day camp for grades K-6.

"It's really important to integrate being outside and running around, having fun and breathing fresh air and doing activities you're not used to, and some that can expose you to other things that you may find worth pursuing," says Davila.

#### **Breaking Habits**

Camp counselors and fellow campers play a pivotal role in guiding new campers from their screens. By providing support and encouragement, they create an atmosphere where campers are eager to step out of their comfort zones.

"Some campers have had an especially difficult time adjusting to camps where screens are not allowed. It's been their lifeline to their friends back home," says Jargon. "I'm hearing from some camp counselors and directors that kids are having a hard time winding down at night. A lot of kids have used their phones or iPads to help them unwind at night before bed. And one camp director I spoke with said that just reading a book and winding down naturally has been a struggle for a lot of kids this year."

Counselors can help campers overcome initial challenges and embrace the growth opportunities a technology-free environment provides. Advice from a fellow camper can be encouraging, showcasing the magic and interconnectedness of camp environments.

"Camp offers a safe and nurturing environment where children and youth can unplug from cellphones and other technology," Tom Rosenberg, president/CEO of the American Camp Association, says. "As a result, campers can run, jump and play, as well as interact with peers, the external world and nature. They're better able to develop social-emotional skills, build community and share traditions."





Camps offer a variety of activities and adventures

By Lambrini Phillos



ummer is more than a break from school: It can be a transformative time for your child that fosters growth and shapes memories. Camp

experiences are as varied as kids' interests and temperaments.

The diversity of summer camp choices can make it hard to choose which one is right for your child. The ideal summer camp aligns with a camper's interests and aspirations, encouraging campers to flourish in a supportive and engaging environment. But summer camps can also be the perfect place for your children to step outside their comfort zones.

When choosing the camp, sit down with your child and listen to what they are interested in. Are they driving you crazy playing the drum set they got for Christmas? Perhaps a music camp like School of Rock or GreenSprings Summer Music Institutes would be their jam. Is that little dancer who can't sit still ready to take a leap forward? Try a dance-school camp like Encore Studio or Aspire Dance Academy. Or maybe your budding Einstein is ready to try CodeVA's Eureka Workshop or the Science Museum of Virginia's

weeklong STEM program. From offbeat camps, like CSz Comedy Camps for Kidz, to more traditional camps like those offered by the YMCA, there are possibilities for every child.

#### **Sleepaway Camps**

At the heart of summer camp options is the timeless appeal of traditional sleepover camps. Camps that fall into this category offering a well-rounded experience, providing a mix of activities for children of all interests and abilities. These may cover art or sports but include outdoor adventures and collaborative team-building exercises.

The array of options provided at these camps encourages children to try new things, fosters camaraderie and hones skills, all in an environment where kids can thrive. Programs like these are great for first-time campers, especially younger ones.

"Being away from home and getting to do a little exploring, to have some independence, to try new things in a safe environment, helps them grow into their own person," says Doug Walters, executive director of Camp Hanover, a faithbased, small-group-model sleepover camp.

Traditional camps give kids a taste of independence. Parents who enjoyed sleepover camps as kids will probably have no problem encouraging their kids to attend and may even be excited about sharing the memories of their own camp. But those who have never been to a sleepover camp may not understand the appeal.

When a child is out of their element, enjoying face-to-face time with other kids, playing outside and learning new skills, it allows them to push their imaginations and enhance social skills without the "guardrails parents can put on their kids," says Walter. "They try new things. They make new friends."

The advantage of sleepover camps over day camps, says Walters, is that they take a child totally out of their comfort zone. In a day camp, your child may be away for six to eight hours but then they are back to the familiar. Sleepaway camps "give kids a chance to lean into the growth experience because it's not interrupted," says Walters. "They don't have the opportunity to shrink back into their real life. It's much richer."

#### **Specialized Camps**

For kids with a specific talent or interest, specialized summer camps provide the perfect opportunity for skill improvement. Campers can immerse themselves in the world of their interest and deepen their knowledge in the field. Many of these camps offer sessions for different ages and skill levels, ensuring that each camper's interests are catered to.

Specialized camps let participants dive into their passions while surrounded by

like-minded kids who are just as eager to explore the same areas. This focused approach allows for concentration and development, creating an environment where campers' talents can grow and flourish. These programs also are a great way to immerse your child in an activity for the first time, especially if they are at an age where their interests are changing quickly.

There are many options for specialized camps in the Richmond area. Tired of watching your child kicking the soccer ball alone in the backyard? How about developing their soccer skills at the Richmond Strikers Soccer Camp? Does your child cover every inch of the refrigerator with their latest creation? Maybe they're a candidate for ArtVenture Summer Camp. Or perhaps that not-so-cute little drama queen could develop some real acting chops at SPARC Summer Camp.

One of the advantages of specialized camps is that total immersion in a particular interest could result in your child developing real competence in a field. But it could also dissuade that little piano pounder from thinking he's Beethoven and save you hundreds of dollars in piano lessons.

#### Adventure Camps

For nature enthusiasts and thrill-seekers, adventure camps carry promises of





excitement and exploration. With an emphasis on outdoor activities and experiences, these camps foster an appreciation for nature and a drive for risk-taking within a safe environment. At these programs, campers build their physical strength while developing a profound appreciation for the wonders of nature.

The Richmond area offers a variety of natural environments, making it a perfect location for outdoor adventure camps. Whether it's rock climbing or kayaking, camps like Virginia Outside, Riverside Outfitters and Passages Adventure Camp offer thrills and adventures.

#### **Educational Camps**

Can't get your child's nose out of a book or can't even get them to open one? Although summer breaks typically signal a rest from academic pursuits, educational camps offer a blend of learning and fun that can provide a stimulating and intellectually rewarding summer.

Camps such as the CENTERS Summer Programs at Virginia State University and the New Community School foster a love for learning, even for children who struggle in school. Whether delving into a specific subject, mastering new skills or engaging in hands-on experiments, educational camps can bridge the gap between a student falling behind in school and his class. It may even create a passion for learning.

No matter which one you choose as the best for your family, each camp is packed with unique opportunities to create memories. Whether embracing the charm of a traditional camp, the focused intensity of a specialized camp, the exploratory spirit of an adventure camp or the intellectual stimulation of an educational camp, the possibilities are as diverse as the campers themselves.

### **Summer and Day Camps**

#### A sampling of camps in and around Virginia

\* = Day camp or day-camp option offered

To see an extended version of this list, visit *richmondmag.com/camps.* 

\*Brilliant Summer at St. Catherine's Coed offerings include Young Explorers for age 4 to rising first graders, Exploration camps for second through 12th graders and Sports camps for first through 12th graders. 2024 info on website. 6001 Grove Ave., 804-888-7401, or st.catherines.org/ summer.

\*Camp Blue Sky at LeafSpring Schools Hosts

different themed weeks throughout the summer. Pick your weeks or register for a whole summer of fun. Open to kids ages 5-13 and offers visual arts, sports, swimming, field trips and more. *Five locations* (*The Boulders, Charter Colony, Hanover, Three Chopt and Wyndham), 4551 Cox Road, Suite 310, Glen Allen (corporate office),* 804-747-5900, leafspringschool.com/programs.

\*Camp Ganim Day camp for ages 2-5. Offers opportunities to interact with nature, plus swimming, music and art. 5403 Monument Ave., 804-285-6500 or weinsteinjcc.org.

\*Camp Hilbert From morning flagpole assembly to canoeing on beautiful Lake Rosalie, campers (grades K-8) enjoy a range of activities. 2240 Maidens Road, Goochland, 804-545-8612 or weinsteinjcc.org.

\*Chesterfield County Parks and Recreation Camps focused on nature, history, outdoor adventure, therapeutic recreation and traditional camps for ages 5-15. 804-748-1623 or chesterfield.gov/ parks.

\*Collegiate Summer Quest More than 200 camps, from sports to academic enrichment, for 4-yearolds to adults. June 10 to Aug. 16. Info on website. 103 N. Mooreland Road, 804-665-1750 or collegiate-va.org.

\*Cub Scout Day Camp For Cub Scouts and their siblings in grades one through five. Activities include archery, fishing and more. Multiple locations in the Richmond-Petersburg area. 804-355-4306 or hovc.org.

\*Hanover County Parks and Recreation Camps for elementary- and middle-school-age children. 804-365-7150 or

hanovercounty.gov/149/parks-recreation. \*Henrico County Recreation and Parks Programs including performing arts, visual arts, nature and sports camps. 804-501-7275 or henrico.us/rec.

\*Richmond Department of Parks, Recreation and Community Facilities Programs including sports,

performance and visual arts, nature and general camp fun. 804-646-5733 or rva.gov/parks-recreation.

\*St. Christopher's Summer Saints Program A variety of half-day and full-day specialty, athletic, academic and day camps for boys and girls ages 4-18. June 10-Aug. 9. 711 St. Christopher's Road, 804-282-3185, ext. 2389, or stchristophers.com/ school-life/summer-saints.

\*St. Margaret's School Summer on the River Camp Campers enjoy the science and poetry of the river. Four camps, June 24, July 8, July 15 and July 22. 444 S. Water Lane, Tappahannock, 804-443-3357 or sms.org/camps.

\*Specialty Camps For grades K-8, these include sports, art, science and leadership. 5403 Monument Ave., 804-285-6500 or weinsteinjcc.org. \*The Steward Summer Experience More than 100 camps for grades JK-12, including academics, arts, innovation and sports. 40th anniversary. Full-day or half-day options. *11600 Gayton Road, 804-740-3394 or stewardschool.org/summer.* \*Trinity Summer Discovery Program Weekly day camps in sports, music, art and academic enrichment (grades 3-12). *3850 Pittaway Drive,* 

804-272-5864 or trinityes.org/summer. \*YMCA Camp Thunderbird Activities such as music, zip lining, boating and more. The Every Buddy program is available for children with diverse abilities. Ages 8-16. 9300 Shawonodasee Road, Chesterfield, 804-748-6714 or ymcarichmond. org/locations/camp-thunderbird.

\***TMCA of Greater Richmond** Branch locations offer full-day camps, specialty and sports camps for ages 2-13. 804-649-9622 or ymcarichmond. org/camp.

#### RELIGIOUS

\*Camp Hanover Day and overnight sessions for elementary, middle and high school youth with a Christian focus. 3163 Parsleys Mill Road, Mechanicsville, 804-779-2811 or camphanover.org.

\*CharacterWorks Day camps in musical theater for ages 6-18. Programs offer lessons in theater production, performance and more. 2216 Perl Road, 804-306-9159 or cworkstheater.org.

**Oak Hill Christian Camp** A fun, safe experience for campers from kindergarten to college. 8451 Oak Hill Camp Road, Mechanicsville, 804-779-3050 or oakhillcamp.org.

Westview on the James Methodist overnight summer camps for ages 7-15 and Adventure Camp programs for ages 14-16. 1231 West View Road, Goochland, 804-457-4210 or westviewonthejames.org.

#### **SPECIAL INTERESTS**

\*ArtHaus Summer Camps [Tentative] Ages 4-16. Explore clay, paint, mixed media and more. 1811 Huguenot Road, Suite 303, Midlothian, 804-897-4278 or arthausrichmond.com.

\*ArtVenture Summer Camp Young people make art with some of Richmond's most talented artists. Visual Arts Center of Richmond classes for ages 5-14. 1812 W. Main St., 804-353-0094 or visarts.org.

\*Aspire Dance Academy Fun daytime dance camps, no experience necessary. Programming includes Princess and Young Knights Week for ages 3-5, LEAP! Dance Camp for ages 5-7 and #StarlnTheMaking for ages 8-11. For experienced dancers ages 10-and-up, there's Ballet Boot Camp and Dance Focus Weeks. Evening classes available. 1903 Manakin Road, Manakin Sabot, 804-938-3243 or aspiretodance.com. \*Bella Ballerina Chesterfield Storybook and fairytale-themed dance classes for ages 3-8. June 3 to Aug. 16. See website for details. 13924 Hull Street Road N., Midlothian, 804-601-6993 or

\*Camp Half-Blood At this camp for grades 2-8, kids

bellaballerinachesterfield.com.

explore the myths of different cultures around the globe. From the story of Zeus to tales of Eastern deities, children are transported to a world of imagination. June 24 to July 19 in Forest Hill Park. 929-397-9393 or mythikcamps.com/ camp-half-blood.

\*The Carmel School Summer programs for pre-K through middle school students. Session topics include reading comprehension, STEAM-related instruction and art. 9020 Jericho Road, Ruther Glen, 804-448-3288 or thecarmelschool.org.

\*Chesterfield Historical Society of Virginia Summer

**Camps** Archaeology Camp for ages 8-14 at Historic Trinity Church, Heritage Crafts and Games Camp for ages 8-14 and Historic Crafts and Trades Camp for children ages 8-14. *Castlewood, 1011 Iron Bridge Road, Chesterfield,* 804-751-4946 or chesterfieldhistory.com.

\*Chess RVA Chess Camp Chess RVA teaches your child how to play chess and become a better player. Playing chess helps kids think more clearly and improves math and reading skills. Elementary and middle school-aged kids. Specifics on website. *11600 Gayton Road, 804-464-1628 or chessrva.com.* 

\*Club SciKidz/Tech Scientific STEM-related camps in science and technology and the arts for pre-K through eighth graders. June 10-Aug. 2. Specifics on website. Locations in Chesterfield and Henrico, 804-548-4787 or clubscikidzrva.com. \*CodeVA's Eureka Workshop Offers arts-integrated summer camps, a robotics team and other outof-school programs. 300 E. Broad St., 804-727-9817 or codevirginia.org.

\*Critter Camp Ages 6-13 who love animals will find many programs to choose from at the Richmond SPCA. 2519 Hermitage Road, 804-521-1327 or richmondspca.org/camp.

\*CSz Comedy Camps for Kidz Day camps on improvisation and collaboration, basic acting, and sketches for rising second to 12th graders. 8906-H W. Broad St., 804-266-9377 or cszrichmond. com/comedy-camps.

\*The Cultural Arts Center at Glen Allen Summer camps and art programs allow children's curiosity to flourish as they create art in a variety of media. Summer and private classes are also available. 2880 Mountain Road, 804-261-2787 or artsglenallen.com.

\*Encore Studio Instruction in ballet, tap, jazz, hip-hop and acro, among other activities. Ages 3-18. Weeklong camps, eight-week instructional sessions and weekly workshops. 15584 Westchester Commons Way, 804-794-2646 or encorestudio.com.

\*GreenSpring Summer Music Institutes Instruction in a variety of instruments for ages 8-18 at all skill levels. July 15-19 and July 22-26. 4101 Grove Ave., 804-353-7001 or greenspringmusic.org/summer.

\*Guardian Christian Academy Weekly themes include sports, outdoor adventures and academics. 6851 Courthouse Road, 804-715-3210 or gcakids.com.

\*Kids' and Teens' Camps at the Virginia Museum of Fine Arts Cross-cultural learning, fun and creative projects. Five-day camps are offered weekly for ages 5-17. Dates forthcoming. 200 N. Arthur Ashe Blvd., 804-340-1405 or vmfa.museum.

\*Knights of Summer Blessed Sacrament Huguenot Catholic School summer camps for age 3 through fifth grade include STEAM skills, crafts, sports, cooking and more. 2501 Academy Road, Powhatan, 804-598-4211 or bshknights.org. \*Latin Ballet of Virginia Arts in Education Summer Day Camp helps students connect dance forms to language and culture. Full day and half-day camps. July 31-Aug. 4. The Dominion



Energy Center, 600 E. Grace St., 804-356-3876 or latinballet.com/camp.

\*Marianne Kelley's School of Dance Camps with dancing instruction for ages 3 and up. 1807 Huguenot Road, Suite 115, 804-292-5917 or mksdance.com.

\* Maymont Summer Camps Outdoor adventures, games, crafts and more for preschool to eighth graders. 2201 Shields Lake Drive, 804-358-7166, ext. 304, or maymont.org/summer-camps. \* MSiC Camp Innovation Immersive classes teach STEM skills for rising fourth through ninth graders. Campers engage in design and build activities, hands-on experiments and other thought-provoking projects. MathScience Innovation Center, 1211 Porter St., mymsic.org. \* The Music Tree Three one-week summer camps for ages 6-13 include various musical activities and conclude with a performance. 3046 Stony Point Road, 804-571-1973 or themusictreeschool.com.

\*Richmond Academy of Ballet Classes and camps for all ages and abilities, including Story Book Ballet Camp for ages 3-5 and Ballet Arts Camp for ages 6-10. 413-C Branchway Road, North Chesterfield, 804-601-3024 or raballet.com. \*Richmond Debate Institute Offering transformative

summer camp experiences for students ages 10-16 at VCU, including overnight stays. Participants explore history, government and social issues, culminating in a debate tournament and awards ceremony. Overnight and day camps for ages 10-16, see website for details. VCU School of Business, 301 W. Main St., 917-691-2956 or richmonddebate.com/overnight-summer-camp. \*School of Rock Jam out on guitar, bass, keys or drums, work on vocal skills, or explore songwriting. Ages 5-18, no experience needed. Seven unique camps, June 3-Aug. 9, short week July 4. 4300 Pouncey Tract Road, Suite G, Glen Allen, 804-212-3900 or schoolofrock.com/shortpump.

\*Science Museum of Virginia Nine one-week STEM-related summer programs for students in grades one through six. 2500 W. Broad St., 804-864-1400 or smv.org.

\*Spacebomb Music Camp Immersive music camp focused on writing, creation, arrangement, rehearsal, recording and production of original music in a professional studio. Extremely limited availability. Three different weeks geared towards teens will be available in July, see website for details. 106 S. Robinson St., 804-216-6144 or spacebombstudios.com/camps.

\*SPARC (School of the Performing Arts in the Richmond Community) Performing arts programs including Bravo camps (rising 4-12 graders), SPARCLERS and Mini Camps (pre-K to rising third graders), Focus in Film Camp (rising 6-8 graders), Broadway Blast (rising 4-7 graders), August Adventure (rising 1-8 graders), Backstage Camp (rising 4-12 graders) and Out Loud (rising 8-12 graders). Various locations and dates. 804-353-3393 or sparcrichmond.org/summer.

\*STEAM (Science, Technology, Engineering, Art and Math) Discovery Academy A day camp designed to spark curiosity and new ideas for kids in kindergarten through junior high school. St. Edward Epiphany, 10701 W. Huguenot Road, 804-944-0929 or steamda.com/ric-summerschedule.

\*Summer Safari Junior (ages 6-9) and Senior (ages 10-13) day camps held at the Metro Richmond Zoo. Held June-early August, see website for camp dates. 8300 Beaver Bridge Road, Moseley, 804-739-5666 or metrorichmondzoo.com. \*Summer Spectacular Camps Programs held at St. Michael's Episcopal School teach STEAM concepts including coding and engineering, sports, baking and outdoor activities. Half-day and full-day options for ages 4-14. 10510 Hobby Hill Road, 804-272-3514 or stmschool.net. \*Summer Theatre Camp Performance camps and workshop camps held at Swift Creek Mill Theatre for grades 5-12. 17401 U.S. Route 1, South Chesterfield, 804-748-5203 or swiftcreekmill.com.

\*Virginia Repertory Theatre Theater and performance camps with instruction from artists and educators. Spring Break Camp (K-5) April 1-5. Multiple two-week programs available for grades 1-12 June 3-Aug. 18. 2024 information on website. Virginia Rep Center for Arts and Education, 4204 Hermitage Road, 804-282-2620 or va-rep.org/camps.

#### SPECIAL NEEDS

\*Camp Baker Camp sessions for those with intellectual and developmental disabilities ages 6 and up. 7600 Beach Road, Chesterfield, 804-665-1272 or soar365.org.

Comfort Zone Camp Free, year-round bereavement camps for ages 7-17. 804-377-3430 or comfortzonecamp.org.

\*The New Community School Small classes for academic growth, college prep instruction, health and wellness, driver education, and more for middle and high school students with dyslexia and related learning differences. June 17-28 and July 8-19. 4211 Hermitage Road, 804-266-2494 or trcs.org/academics/summer.

\*St. Joseph's Villa All-day recreational services for children with autism and developmental disabilities and a therapeutic day treatment summer program. 8000 Brook Road, 804-553-3241 or neverstopbelieving.org.

\*Voices Together Safe and structured day camp for children on the autism spectrum in grades K-8. Indoor and outdoor activities. 5403 Monument Ave., 804-285-6500 or weinsteinjcc.org.

#### SPORTS

\*Benedictine College Preparatory Summer camps (basketball, wrestling, football and soccer) for boys grades 5-9. 12829 River Road, 804-708-9610 or benedictinecollegeprep.org.

\*Bogey's Sports Park Junior golf camps (ages 6-13) every summer. 1675 Ashland Road, 804-784-1544 or bogeyssportspark.com.

\*Golf Camp at Magnolia Green Golf Club Full-day and half-day camps for ages 4-17 with coach Leighann Albaugh. One-week summer camp sessions. 7001 Awesome Drive, Moseley, 804639-5701 or magnoliagreengolfclub.com. \*Own Touch Soccer/Futsal A different soccer and futsal camp each week for beginner, intermediate and advanced soccer players of all ages. First camp is June 3. 2101 Maywill St., 804-774-1390 or owntouchcentral.com.

\***Passages Adventure Camp** Day camps include climbing, kayaking, zip lining, river swims, mountain biking and more. All gear provided. Ages 5-17, June 10-Aug. 16. *804-897-8283, ext. 310, or passagesrva.com.* 

#### \*The Riding School at James River Equestrian

Center English horseback riding lessons ages 6 and older. Beginners, intermediate. June 10, June 24, July 8, July 22, Aug 5, 414 Huguenot Trail, Midlothian 804-594-0760 or jamesriverridingschool.com/summer-camp. \*Richmond Ice Zone Basic skating skills camp. Ages 5-12. 636 Johnston-Willis Drive, North Chesterfield, 804-378-7465

or richmondskating.com. \*Richmond Kickers Soccer Camps Day camps for all levels, ages 5-19. 2024 info on website. 804-644-5425 or richmondkickersyouth.com/camps. \*Richmond Strikers Soccer Camps For the first time, the Strikers are hosting Inter Academy Camps in June with coaches from Italy teaching worldrenowned training methods. Soccer camps for all ages and levels of play are offered through the summer. Striker Park, 4801 Pouncey Tract Road, 804-288-4625 or richmondstrikers.com/camps. \*Richmond Traditional Martial Arts The summer program develops self-defense and antibullying strategies, promoting self-confidence in kids of all ages and levels. 9140 Dickey Drive, Mechanicsville, 804-730-0905 or

rtmaonline.com.

\*Richmond Volleyball Club Volleyball camps for all skill levels. Ages 7-18. 2921 Byrdhill Road, Henrico, and 200 Karl Linn Drive, North Chesterfield, 804-358-3000 or rvc.net.

\*Riverside Outfitters Day camps focus on outdoor adventure for ages 6-16. 6836 Old Westham Road, 804-560-0068 or riversideoutfitters.net. \*Rohns Junior Golf Summer golf camp held at Independence Golf Club with half-day and day options. Ages 5-14. 600 Founders Bridge Blvd., Midlothian, 804-601-8612 or independenceqolfclub.com.

\*Saint Gertrude High School Summer camps (volleyball, basketball, field hockey and softball) for rising fifth-ninth grade girls. 12829 River Road, 804-708-9610 or saintgertrude.org.

\*SkateNation Plus Full or half-day camp. Aug. 5-9. Basic skating lessons, hockey and figure skating. Eight-week sessions. All ages. 4350 Pouncey Tract Road, 804-364-1477 or richmondskating.com.

\*Sports Center of Richmond (SCOR) Full-day and half-day sports and soccer camps for ages 3-13. 1385 Overbrook Road, 804-257-7267 or scor-richmond.com.

\*Tall Cedars Farm Equestrian day and half-day camps for all levels. June 10-Aug. 2. 11353 Rocky Ridge Road, Glen Allen, 804-357-4231 or tallcedarsfarm.org.

#### \*University of Richmond Spiders Sports

**Camps** A range of camps, including baseball, football, basketball and field hockey, for ages 5-17. *richmondspiderscamps.com*.

\*VCU Sports Camps Tennis, STEM, and sports camps. 1200 W. Broad St., 804-613-8751 or mfyc.vcu.edu.

\*Virginia Outside Mountain biking (ages 8-14), fishing (ages 6-14), fly fishing (ages 9-14), kayak touring and fishing (ages 10-15), and outside adventure (ages 9-14) camps. June 10-Aug. 16. 804-272-6362 or virginiaoutside.com.

Updated February 2024. To suggest an update to this listing, contact clairef@richmag.com.



Learn from our experienced high school coaches, take advantage of new state-of-the-art athletic facilities and have fun on our sprawling 75-acre campus. All experience levels are welcome to join us for an unforgettable experience!

**Current Camp Offerings** 

Boys' Basketball Wrestling Football **Strength and Conditioning** 

**Girls' Volleyball** 

Girls' Basketball

**Field Hockey** 

Softball

For more information about our summer camps, please visit the following websites: benedictinecollegeprep.org/athletics and saintgertrude.org/athletics



Saint Gertrude High School Athletic Camp Registration Benedictine College Preparatory Athletic Camp Registration