

A special publication produced by the Palo Alto Weekly,
The Almanac and Mountain View Voice

Camp Connection

Summer 2013





HEALTHY FUN SUMMER LEARNING

YMCA Day & Overnight Camps
YMCA OF SILICON VALLEY



Your child will learn positive behaviors, practice healthy habits, develop leadership skills, discover new talents and make lasting friendships and memories.

DAY CAMPS

Our Y camps build resilient kids today to become contributing, engaged adults tomorrow. Our camps inspire kids with sports, science, LEGOs, arts and a variety of offerings at Palo Alto Family YMCA, El Camino YMCA, Camp Campbell in the Santa Cruz Mountains, and at locations from Morgan Hill to Redwood City.

OVERNIGHT CAMPS

Campers explore nature while building character, confidence and independence at Camp Campbell, located in the beautiful Santa Cruz Mountains, and at the picturesque Camp Redwoods at Gaines near Kings Canyon National Park.



View our Camp Guides at ymcasv.org/summercamp

2013
REGISTRATION
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MORNING ACADEMICS • AFTERNOON ACTIVITIES

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Summer
Camp+

Grades **6-12**

Summer
Institute

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- Overnight Camp
- Adult Tennis

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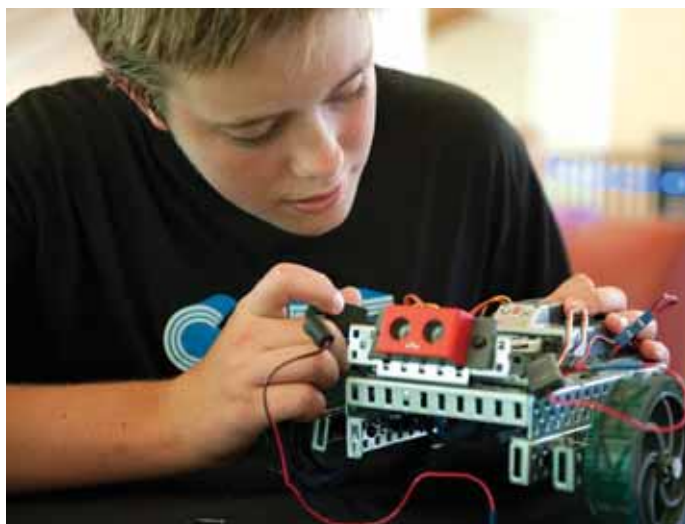
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Palo Alto, CA 94306

Menlo College
Cartan Courts
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www.KimGrantTennis.com



Courtesy ID Tech Camps

Tech Camps offers a blend of traditional camps and technology.

Camp: a time to try something new

From various sports to technology or putting on a play, summer experiences can be a stretch

by Rebecca Duran

Singing around the campfire, playing “Capture the Flag” or doing arts and crafts aren’t the only ways to spend time at camp this summer.

Some camps focus on music, a particular sport or hobby, while others give kids with no prior background or experience a chance to try something new.

Stanford Water Polo Camp offers a summer experience for boys and girls who want to try a new sport or who already play. There will be four days of camp from June 17-20, for boys ages 8 to 14, with morning sessions and afternoon sessions.

“It’s perfect for kids who never played before,” said Camp Director Susan Ortwein. “We accommodate those who have little or no experience.”

Morning sessions will include instruction of basic skills and rules, while afternoon sessions will be for practical application and scrimmages.

Participants will learn shooting techniques and different positions, such as goalkeeping, which Ortwein said is very important. They will receive instruction from counselors as well as players from the university.

For boys older than 13 who already play water polo, there is an advanced camp from June 28-July 1 and day classes for girls June 17-20. Girls will also focus on shooting and goalie techniques.



at Stanford University

Dick Gould's 44th Annual
Stanford Tennis School
Directed by Dick & Anne Gould

Junior Day Camp/
Adult Weekend Camp

John Whittinger and
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Junior Overnight and
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Frankie Brennan and
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Junior Day Camp/
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All the camps offer fundamental skill work, position work, scrimmages and games.

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stanfordwaterpolocamps.com

Enrollment Now Open

for Summer Sessions

SUMMER CHILDREN'S CAMP (July 8 - August 3)

For kids ages 4 to 9 – providing an opportunity to learn dance and develop their imagination throughout the making of set, costumes & props.

Session I: July 8 - July 18 -

Featuring Peter Pan

Session II: July 22 - August 1 -

Featuring The Little Mermaid

PRE-INTERMEDIATE SUMMER INTENSIVE (July 8 - August 1)

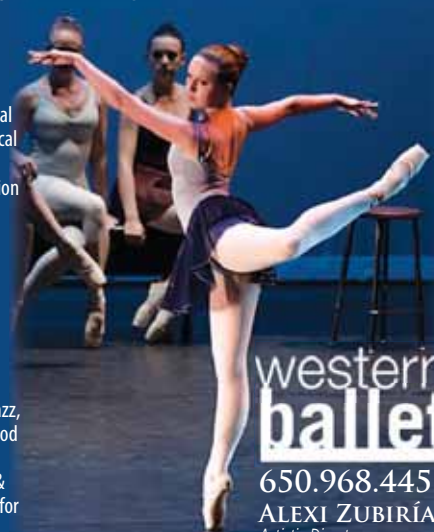
Ages 9 to 12 – high quality training in ballet, pointe, character, jazz & modern dance, while learning essential choreography from the classical ballet *Paquita*. The program culminates in an end-of-session performance.

INTERMEDIATE ADVANCED SUMMER INTENSIVE

(July 8 - August 1)

This year we are presenting the ballet *Paquita* & mixed contemporary repertoire in jazz, modern, character & bollywood styles of dance classes.

Ages 13 & older – will learn & rehearse the pieces assigned for a final performance.



650.968.4455
ALEXI ZUBIRÍA,
Artistic Director

www.westernballet.org 914 N. Rengstorff Ave., Mtn. View

(continued on page 9)

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Online Schedule Available in Late April

f/foothillcollege

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Foothills Day and Fun Camps, for youth ages 8-10 and 5-7 respectively, includes canoeing, hiking, animal identification games, crafts, and more - all for less than \$5 an hour!

For more information and registration, visit cityofpaloalto.org/enjoy or call us at 650-463-4900. Registration begins February 15th for residents. (February 22nd for non-residents.) Hurry, spaces are limited!



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**PALO
ALTO**



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Feb 18-22

Apr 8-12

Gr K-8

AM &/or PM

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★ *Sports Camps*



★ *Recreation Day Camps*

★ *Deer Hollow Farm Wilderness Camp*



★ *And Many More Specialty Camps!*



Summer Registration for Mountain View Residents
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Non-Resident Registration begins **Monday, March 25, 2013**

To register or for more information,
please call (650) 903-6331

Visit us at www.mountainview.gov and
www.facebook.com/mountainviewrecreation

Camps available for Preschool-aged
children through Teens,
June 10, 2013-August 16, 2013

**Parks
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Life
Better!**



Camps

(continued from page 5)

Also on Stanford University campus, there will be iD Tech Camps, which offers a blend of traditional camps with technology.

"We teach kids how to take a hobby and turn it into a career," said Karen Thurm Safran, vice president of marketing for iD Tech Camps.

Several programs, which run through July and August, offer activities based on age groups. Tech Camp, for ages 7 to 17, offers day and overnight camps where they will learn things such as programming, making movies, creating video games, web design and developing apps.

Children can delve deeper into any one particular activity or try several.

They will use industry products such as Adobe Photoshop and Final Cut, and learn programming with games such as Minecraft.

Programming Academy, Gaming Academy and Visual Arts Academy are two-week programs for teens 13 to 18, where they will build a portfolio of work and interact with professionals.

Children won't be spending all day at the computer, Safran said, noting that there's a traditional camp atmosphere. Tech Camp kids will participate in outdoor activities, and overnight groups will get to experience more traditional camp activities such as talent shows.

"It's a lifelong change for many kids," Safran said.

TheatreWorks' Playmakers Camp offers a program at Jordan Middle School in Palo Alto for those interested in acting.

"The camp offers basic skills and techniques," said Katie Bartholomew, program manager for TheatreWorks for School.

During the two-week program, children will participate in daily classes of acting basics, playwriting, and dancing and singing.

For one week there will be special classes, which Bartholomew said will include activities such as puppetry and mask-making.

"They can expect to learn about techniques of theater and for creating adapted performances," she said.

Participants will create their performance adaptations based on a book of their choice, which they will present for family the last Friday of camp.

There will be a group for those in kindergarten through the sixth grade, and one for those in the sixth through the eighth grade.

Much like other camps, there will be plenty of peer activities and working together in groups to help build performance skills.

"The camp helps with confidence," Bartholomew said. ■

Editorial Intern Rebecca Duran can be emailed at rduran@paweeekly.com.



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MVHS



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June 10 - August 2

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All Proceeds Benefit the Mountain View HS Athletic Department.

Offer limited to a discount on one session only. Expires 7/29/13.

I'm working for your kids, my kids and our carbon-free future.

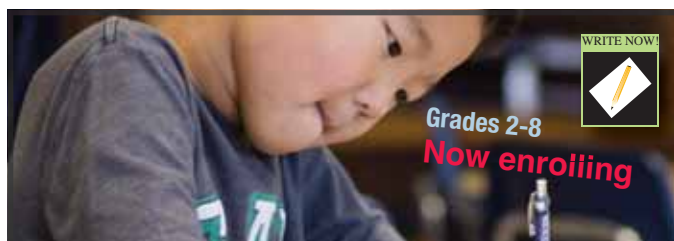
It's very satisfying to help the City of Palo Alto be more energy efficient and lower our carbon emissions. But what really drives me is my children. I want them to grow up in a world that is cleaner than the one I grew up in.

So I am very excited about our City's latest initiative to get ALL of our electric supply from carbon-neutral sources. If our plan is approved, we will be among the first cities in the nation to take this step towards a healthier, cleaner planet.

For more details on our plan for 100% carbon-free electricity, visit CityofPaloAlto.org/UTLcarbonfree

—**Shiva Swaminathan**
Sr. Resource Planner, Electricity





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Summer Writing Camps

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If anxiety negatively impacts them, they overestimate the risks they face, and they underestimate their own resources. I teach them techniques to alleviate anxiety and manage energy through calming exercises. They also benefit from goal setting, imagery, and visualization techniques — through medical hypnosis.

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It's a short-term therapy, with significant improvement after only 2-3 visits. It gives children and young adults a lifetime skill, and builds tremendous self-confidence. Plus it's fun!

Jeffrey Lazarus, MD, is a board certified, Stanford-trained pediatrician focused on the use of medical hypnosis (also known as clinical hypnosis) to treat issues not always effectively managed with traditional medicine. He is one of 8 pediatricians and one of only 52 medical doctors in the U.S. certified as Approved Consultants by The American Society of Clinical Hypnosis.

My son so wanted to join his school's basketball team, but he just could not make himself try out. I'm so happy we found Dr. Lazarus. In just two sessions, Mike knows how to manage his fears and anxieties. He's on a junior varsity team now!

— ML, Palo Alto

Treatable Conditions Include:

Performance Anxieties (Sports, Test Taking, Musical Recitals, Acting, Public Speaking), Bedwetting, Headaches, Gastrointestinal Disorders, Tics, Tourette Syndrome, Phobias, Insomnia and Pain.



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June 3 to August 2

K-1 FUN

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Highlighted Activities:*
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Highlighted Activities:*
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Haunted House Special

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NEW! (entering 1st - 6th grades)
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OPERATION: CHEF

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*Please check brochure for specific camp dates.

Details and Registration Available Online at www.paccc.org

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for middle school students
ages 11 - 13
July 15 - 19

JAZZ CAMP

ages 12 - 17
week 1, July 21 - 26
week 2, July 28 - Aug. 2

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BEST OF 2012



Camp Connection

Summer 2013

Want more information on camps listed in the magazine and other activities?

Check out our online and newspaper directory listings beginning the week of March 3.



PaloAltoOnline.com



TheAlmanacOnline.com



MountainViewOnline.com

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New Young Fives Program in Woodside among the Redwoods!

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iD Programming Academy

iD Visual Arts Academy

iD Tech Camps® & Teen Academies

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Host an international staff member in your home. Qualified families receive \$1,000 to use toward camp sessions this summer. Visit www.paloaltojcc.org/host for details!

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When you sign up on or before May 15, each camper receives \$20 off per camp.

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Families with more than one child enrolled get \$20 off per sibling, per camp so that all your children can have a fun summer experience at the OFJCC.

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sports & activity



middle school