



UTAH VALLEY UNIVERSITY

a Child Care Resource & Referral agency  
Serving: Utah, Juab, Summit, and Wasatch Counties

# SUMMER ACTIVITY GUIDE 2014



800 West University Parkway-163  
Orem, Utah 84058

*Mainline: 801-863-8589 Out of Area: 1-800-952-8220*

Call us at 1-801-863-8631 for FREE referrals for licensed child care  
or visit us on the web <http://www.uvu.edu/cac>



Care About Childcare at Utah Valley University is a program of UVU.  
Funded by Utah Department of Workforce Services, Office of Child Care.



Dear Parent,

Inside this guide you will find the following helps for your family during the summer:

- ❖ City/ Cultural Celebrations
- ❖ Rodeos and County Fairs
- ❖ Public Libraries
- ❖ Recreation Centers and City Recreation Programs
- ❖ Family Trips and Activities
- ❖ Public Swimming Pools and Aquatic Centers
- ❖ Places to Go and Things to See
- ❖ Programs for Persons with Special Needs
- ❖ Family Friendly Websites
- ❖ Summer Programs for Children housed in Childcare Centers, Public Schools, & Camps
- ❖ Sun and Bike Safety Tips
- ❖ Checklist for Leaving Older Children Home Alone
- ❖ Parent's Guide for Choosing Quality Summer Care
- ❖ Care About Childcare Website and Resources for Parents

Care About Childcare @ Utah Valley University compiles this summer activity guide each spring to assist parents in arranging quality childcare and or summer activities for their children. There are a variety of programs, family activities, and resources that will help you as a parent.

Care About Childcare @ Utah Valley University cannot and does not guarantee the quality of one program over another and we cannot accept liability for these programs. The information contained in this guide is only a suggestion for parents. It is up to each parent to carefully choose summer programs and or summer child care for their children.

This is not a comprehensive list. All child care centers and family group homes in our four county area were contacted for inclusion in this guide. If a program was not included in this guide and would like to be included in the 2015 guide, contact CAC @ UVU at 801.863.7453 or visit us on-line at [www.uvu.edu/cac](http://www.uvu.edu/cac).



## CITY/ CULTURAL CELEBRATIONS

(Please visit the city website for detailed information)

<b>Celebration</b>	<b>City</b>	<b>Date</b>	<b>Website</b>
<b>Art City Days</b>	Springville	June 7-14	<a href="http://www.springville.org">http://www.springville.org</a>
<b>Alpine Days</b>	Alpine	August 3-10	<a href="http://www.alpinecity.org">http://www.alpinecity.org</a>
<b>Family Festival</b>	Cedar Hills	June 21-28	<a href="http://www.cedarhills.org">http://www.cedarhills.org</a>
<b>Fiesta Days</b>	Spanish Fork	July 17-24	<a href="http://www.spanishfork.org">http://www.spanishfork.org</a>
<b>Freedom Festival</b>	Provo	June 29-July 5	<a href="http://www.freedomfestival.org">http://www.freedomfestival.org</a>
<b>Henefer Town Celebration</b>	Henefer	July 4	<a href="http://www.coalvillecity.org">http://www.coalvillecity.org</a>
<b>Highland Fling</b>	Highland	July 27- August 2	<a href="http://www.highlandcity.org">http://www.highlandcity.org</a>
<b>Kimball Arts Festival</b>	Park City	Aug 3-4	<a href="http://www.visitparkcity.com">http://www.visitparkcity.com</a>
<b>Llama Fest</b>	Spanish Fork	July 19	<a href="http://www.utahvalleyllamas.com">http://www.utahvalleyllamas.com</a>
<b>Lindon Days</b>	Lindon	August 2-9	<a href="http://www.lindondays.org">http://www.lindondays.org</a>
<b>Oakley Celebration</b>	Oakley	July 2-5	<a href="http://www.oakleycity.com">http://www.oakleycity.com</a>
<b>Onion Days</b>	Payson	Aug 29- September 1	<a href="http://www.paysonutah.org">http://www.paysonutah.org</a>
<b>Orchard Days</b>	Santaquin	Aug 2-3	<a href="http://www.santaquin.org">http://www.santaquin.org</a>
<b>Pioneer Day Celebration</b>	Mapleton	July 24	<a href="http://www.mapleton.org">http://www.mapleton.org</a>
<b>Pony Express Days</b>	Eagle Mountain	June 2-7	<a href="http://www.eaglemountaincity.com">http://www.eaglemountaincity.com</a>
<b>Peru Fest</b>	1700 South River Park SLC	July 2014	For more information call Ana Ma. Fereday 801-864-9222 English or Camilo Flores 801-696-0005 Spanish
<b>Round-Up Days</b>	Lehi	June 26-28	<a href="http://www.lehi-ut.gov/discover/roundup">http://www.lehi-ut.gov/discover/roundup</a>
<b>Salem Days</b>	Salem	Sept 13	<a href="http://www.salemcity.org/">http://www.salemcity.org/</a>
<b>Saratoga Splash</b>	Saratoga Springs	June 9-14	<a href="http://www.saratogaspringscity.com">http://www.saratogaspringscity.com</a>
<b>Scottish Festival</b>	Payson	July 11-12	<a href="http://www.paysonscottishfestival.org">http://www.paysonscottishfestival.org</a>
<b>Steel Days</b>	American Fork	July 12-19	<a href="http://www.afcity.org">http://www.afcity.org</a>
<b>Strawberry Days</b>	Pleasant Grove	June 15-22	<a href="http://www.plgrove.org">http://www.plgrove.org</a>
<b>Summerfest</b>	Orem	June 13-14	<a href="http://summerfest.orem.org/">http://summerfest.orem.org/</a>
<b>Swiss Days</b>	Midway	Aug 29-30	<a href="http://www.midwayswissdays.com">http://www.midwayswissdays.com</a>
<b>Timpanogos Storytelling Festival</b>	Orem	Aug 28-30	<a href="http://www.timpfest.org">http://www.timpfest.org</a>



## RODEOS AND COUNTY FAIRS

EVENT	LOCATION	DATE(S)	WEBSITE
<b>Alpine Days Rodeo</b>	Alpine	Aug 9-10	<a href="http://www.alpinecity.org">http://www.alpinecity.org</a>
<b>Juab County Fair</b>	Nephi 400 West Center Street	August 4-9	<a href="http://www.juabcountyfair.com">http://www.juabcountyfair.com</a>
<b>Summit County Fair</b>	Coalville Fairgrounds 202 East Park Rd.	Aug 2-9	<a href="http://www.coalvillecity.org">http://www.coalvillecity.org</a>
<b>Utah County Fair</b>	Spanish Fork Fairgrounds 475 South Main Street	August 13-16	<a href="http://www.utcountyfair.com">http://www.utcountyfair.com</a>
<b>Wasatch County Fair</b>	Heber City 415 Southfield Road	July 28-Aug 2	<a href="http://www.gohebervalley.com/Wasatch-County-Fair-39657">http://www.gohebervalley.com/Wasatch-County-Fair-39657</a>
<b>Fiesta Days Rodeo</b>	Spanish Fork Fairgrounds 475 South Main Street	July 21-24	<a href="http://www.spanishfork.org">http://www.spanishfork.org</a>
<b>Mountain Valley Stampede Rodeo</b>	Heber City 415 South Field Road	August 1-2	<a href="http://www.mvstampede.com">http://www.mvstampede.com</a>
<b>Oakley Rodeo</b>	Oakley 960 West Center Street	July 2-5	<a href="http://www.oakleycity.com">http://www.oakleycity.com</a>
<b>Pony Express Days Rodeo</b>	Eagle Mountain 4447 Major Street	June 5-7	<a href="http://www.eaglemountaincity.com">http://www.eaglemountaincity.com</a>
<b>Santaquin Rodeo</b>	Santaquin Arena	Aug 2-3	<a href="http://www.santaquin.org">http://www.santaquin.org</a>
<b>Strawberry Days Rodeo</b>	Pleasant Grove 65 East 200 South	June 18-21	<a href="http://www.plgrove.org">http://www.plgrove.org</a>
<b>Ute Stampede Rodeo</b>	Nephi 400 West Center Street	July 10-12	<a href="http://www.utestampederodeo.com">http://www.utestampederodeo.com</a>

### Useful Websites for Parents and Caregivers

- <http://www.howdoesshe.com>
- <http://www.childcareland.com/free.html>
- <http://www.janbrett.com>
- <http://www.familyfun.go.com>
- <http://www.familycrafts.about.com>
- <http://www.kidsturncentral.com/summer/summer.htm>
- <http://www.creativekidsathome.com/summerkidsactivities.html>
- <http://www.activitiesforkids.com/summer/calendar.htm>

## LIBRARIES

*For detailed information about story time, summer reading programs, hours of operation, etc. please contact the library or visit the website listed.*

<b>LIBRARY</b>	<b>CONTACT INFO.</b>	<b>WEBSITE</b>
<b>American Fork Library</b>	64 South 100 East 1-801-763-3070	<a href="http://www.afcity.org">http://www.afcity.org</a>
<b>Eagle Mountain Library</b>	1650 E. Stagecoach Run 1-801-789-6623	<a href="http://eaglemountaincity.com">http://eaglemountaincity.com</a>
<b>Highland City Library</b>	5400 W. Civic Center Dr. Suite 2, 1-801-772-4528	<a href="http://www.highlandcity.org">http://www.highlandcity.org</a> .
<b>Lehi City Library</b>	120 N. Center Street 1-801-768-7150	<a href="http://www.lehi-ut.gov/library/">http://www.lehi-ut.gov/library/</a>
<b>Mapleton Library</b>	125 W. Community Center Way 1-801-806-9134	<a href="http://www.mapleton.org">http://www.mapleton.org</a>
<b>Nephi Public Library</b>	21 East 100 North 1-435-623-1312	<a href="http://www.nephi.utah.gov/library/index.html">http://www.nephi.utah.gov/library/index.html</a>
<b>Orem City Library</b>	58 N. State Street 1-801-229-7050	<a href="http://lib.orem.org">http://lib.orem.org</a>
<b>Park City Library</b>	1255 Park Ave. 1-435-615-5600	<a href="http://www.parkcitylibrary.org">http://www.parkcitylibrary.org</a>
<b>Payson City Library</b>	66 South Main Street 1-801-465-5220	<a href="http://www.paysonlibrary.org">http://www.paysonlibrary.org</a>
<b>Pleasant Grove City Library</b>	30 East Center 1-801-785-3950	<a href="http://library.plgrove.org">http://library.plgrove.org</a>
<b>Provo City Library</b>	550 N. University Ave. 1-801-852-6650	<a href="http://www.provolibrary.com">http://www.provolibrary.com</a>
<b>Salem City Library</b>	59 South Main Street 1-801-423-2622	<a href="http://www.salemcitylibrary.org">http://www.salemcitylibrary.org</a>
<b>Santaquin City Library</b>	20 West 100 South 1-801-754-3030	<a href="http://www.santaquin.org">http://www.santaquin.org</a>
<b>Saratoga Springs</b>	1307 North Commerce Drive 1-801-766-6513	<a href="http://www.saratogaspringscity.com">http://www.saratogaspringscity.com</a>
<b>Spanish Fork City Library</b>	49 South Main Street 1-801-804-4480	<a href="http://www.spanishfork.org">http://www.spanishfork.org</a>
<b>Springville City Library</b>	45 South Main Street 1-801-489-2720	<a href="http://www.springville.org">http://www.springville.org</a>
<b>Summit County Library</b>	1885 W. Ute Blvd. Park City 1-435-615-3900	<a href="http://www1.youseemore.com/summitcounty/default.asp">http://www1.youseemore.com/summitcounty/default.asp</a>
<b>Summit County Library Coalville Branch</b>	82 North 50 East 1-435-336-3070	<a href="http://www1.youseemore.com/summitcounty/default.asp">http://www1.youseemore.com/summitcounty/default.asp</a>
<b>Summit County Library Kamas Branch</b>	110 North Main Street 1-435-783-4351	<a href="http://www1.youseemore.com/summitcounty/default.asp">http://www1.youseemore.com/summitcounty/default.asp</a>
<b>Wasatch County Library</b>	465 East 1200 South Heber City 1-435-654-1511	<a href="http://www.wasatch.lib.ut.us">http://www.wasatch.lib.ut.us</a>

## RECREATION CENTERS/ City Recreation Programs

For specific program information please contact the recreation center

<b>Recreation Center</b>	<b>Contact Info.</b>	<b>Website</b>
<b>American Fork Fitness Center</b>	454 N. Center Street 1-801-763-3080	<a href="http://www.afcity.com">http://www.afcity.com</a>
<b>Basin Recreation</b>	1388 W. Center Drive Park City 1-435-655-0999	<a href="http://www.basinrecreation.org">http://www.basinrecreation.org</a>
<b>Lehi Legacy Center</b>	123 North Center St. 1-801-768-7124	<a href="http://www.lehi-ut.gov">http://www.lehi-ut.gov</a>
<b>Orem Fitness Center</b>	580 West 165 South 1-801-229-7154 or 7156	<a href="http://www.oremrecreation.com">http://www.oremrecreation.com</a>
<b>Pleasant Grove Community Center</b>	547 South Locust Ave. 1-801-785-6172	<a href="http://rec.plgrove.org">http://rec.plgrove.org</a>
<b>Provo Rec. Center</b>	320 West 500 North Provo 1-801-852-6600	<a href="http://www.provo.org/departments/recreation">http://www.provo.org/departments/recreation</a>
<b>The Center</b>	222 West 500 North Provo 1-801-852-7635	<a href="http://www.provo.org/">http://www.provo.org/</a>
<b>Wasatch County Recreation Center</b>	345 West 600 South Heber City 1-435-657-3240	<a href="http://www.co.wasatch.ut.us">http://www.co.wasatch.ut.us</a>
<b>Lindon Community Center</b>	25 North Main 1-801-769-8637	<a href="http://www.lindoncity.org">http://www.lindoncity.org</a>
<b>Get Out and Play</b>	45 West 100 South Santaquin 1-801-754-5805	<a href="http://www.santaquin.org">http://www.santaquin.org</a>
<b>Spanish Fork City</b>	40 South Main Spanish Fork City 1-801-804-4500	<a href="http://www.spanishfork.org">http://www.spanishfork.org</a>
<b>Park City</b>	1200 Little Kate Rd. Park City 1-435-615-5819	<a href="http://www.parkcityrecreation.org">http://www.parkcityrecreation.org</a> click on Play Magazine

### STATE OF UTAH FAMILY TRIPS AND ACTIVITIES

LISTED ARE WEBSITES THAT HAVE INFORMATION ON FUN AND INTERESTING THINGS TO DO ALL OVER THE STATE

- ☼ <http://www.thingstodo.com/states/UT>
- ☼ <http://www.utahtravelcenter.com/events.html>
- ☼ <http://www.utah.com>
- ☼ <http://www.wildlife.utah.gov>
- ☼ <http://www.stateparks.utah.gov>
- ☼ <http://www.history.utah.gov>
- ☼ <http://stepintoplaces.com>
- ☼ <http://www.utahvalley.com>

## PUBLIC SWIMMING POOLS/AQUATIC CENTERS

Facility	Contact Information	Website
Nephi Swimming Pool	50 East 600 North 1-435-623-1622	<a href="http://www.nephi.utah.gov">http://www.nephi.utah.gov</a>
Park City School Aquatic Center	2465 West Kilby Road A Park City 1-435-645-5617	<a href="http://www.pcschools.us/index.php?page=35">http://www.pcschools.us/index.php?page=35</a>
Lehi Legacy Center	123 North Center St. 1-801-768-7124	<a href="http://www.lehi-ut.gov">http://www.lehi-ut.gov</a>
American Fork City Pool	454 N. Center Street 1-801-763-3080	<a href="http://www.afcity.com">http://www.afcity.com</a>
Veterans Memorial Pool Pleasant Grove	547 South Locust Ave. 1-801-785-6172	<a href="http://rec.plgrove.org">http://rec.plgrove.org</a>
Lindon Aquatics Center	100 North State Street 1-801-610-4160	<a href="http://www.lindoncity.org/aquatics-center.htm">http://www.lindoncity.org/aquatics-center.htm</a>
Scera Parks Pools	710 South State Street Orem 1-801-724-3751	<a href="http://oremrecreation.com">http://oremrecreation.com</a>
Seven Peaks Water Park	1330 East 300 West Provo 1-801-373-8777	<a href="http://www.sevenpeaks.com">http://www.sevenpeaks.com</a>
Veterans Memorial Park Provo	450 West 500 North 1-801-852-6614	<a href="http://www.provo.org">http://www.provo.org</a>
Springville Swimming Pool	1015 East 900 South 1-801-489-2731	<a href="http://www.springville.org">http://www.springville.org</a>
Spanish Fork Water Park	199 North 300 West 1-801-798-5091	<a href="http://www.spanishfork.org">http://www.spanishfork.org</a>
Payson Community Pool	655 South Main Street 1-801-465-5290	<a href="http://www.paysonutah.org">http://www.paysonutah.org</a>
North Summit Swimming Pool	53 South 100 East Coalville, Utah 84017 1-435-336-2737	<a href="http://www.nsummit.org/district.cfm?subpage=587034">http://www.nsummit.org/district.cfm?subpage=587034</a>
South Summit Aquatic and Fitness	350 East 200 South Kamas, Utah 84036 1-435-783-2423	<a href="http://www.ssummit.k12.ut.us/ssafc.cfm">http://www.ssummit.k12.ut.us/ssafc.cfm</a>

PLACES TO GO AND THINGS TO SEE

Name	Contact Info.	Website	Comments
John Hutchings Museum of Natural History	33 North Center, Lehi 1-801-768-7180	<a href="http://www.lehi-ut.gov">http://www.lehi-ut.gov</a>	Features Natural History and Cultural History. The Hutchings Museum is a hands-on teaching museum and now has many new interactive and touch and feel exhibits. Field trips and guided tours are available.
Springville Museum of Art	126 East 400 South Springville 1-801-489-2727	<a href="http://www.sma.nebo.edu">http://www.sma.nebo.edu</a>	
Young Living Lavender Farms	Mona 1-800-371-0819	<a href="http://www.youngliving.com">http://www.youngliving.com</a>	
Thanksgiving Point	3003 North Thanksgiving Way Lehi 1-801-768-2300	<a href="http://www.thanksgivingpoint.org">http://www.thanksgivingpoint.org</a>	Gardens, Dinosaur Museum, Farm Country, and more. Visit the website for detailed information.
Cabela's	2502 Cabela's Blvd. 1-801-766-2500	<a href="http://www.cabelas.com">http://www.cabelas.com</a>	This retail store has an educational showroom and entertainment attractions featuring a décor of museum quality animal displays and huge trophy animals interacting in realistic recreations of their habitats.
Utah Valley Llamas	8528 South Main Street Spanish Fork 1-801-798-3559 (ask for Vai)	<a href="http://www.utahvalleyllamas.com">http://www.utahvalleyllamas.com</a>	Llama farm tours, \$2 per guest (\$20 minimum). Children may feed and groom the llamas and children that weigh less than 60lbs. may take a ride on a llama. Schedule at least 48 hours in advance. Groups can come onto the property with bags of carrots and/or apples (best broken up or cut into slices) and feed the llamas without an appointment, fees, or guide.
Mt. Timpanogos Cave	Hwy 92 American Fork Canyon 1-801-756-5238	<a href="http://www.nps.gov/tica">http://www.nps.gov/tica</a>	Tours start May 12. Consists of three caves located high up on Mt Timpanogos with beautiful cave formations. Rangers lead tours on a regular basis, 1.5 mile hike that climbs over 1000 feet. The cave is a chilly 45 degrees so you'll want to bring a sweater. Every Saturday from Memorial Day to Labor Day there is a children's program at 10:00am in the Visitors Center.
Woodbury Art Museum	575 East University Pkwy. Orem 1-801-863-4200	<a href="http://www.uvu.edu/museum/">http://www.uvu.edu/museum/</a>	Located inside University Mall 2 <sup>nd</sup> level.



Name	Contact Info.	Website	Comments
Orem Heritage Museum	745 South State St., Orem (2 <sup>nd</sup> floor Scera Center for the Arts) 1-801-225-2787 ext.1030	<a href="http://www.scera.org">http://www.scera.org</a>	The museum is an impressive 30,000 piece collection that tells the unique history of the city of Orem through artifacts. FREE admission.
Covey Center for the Arts	425 West Center Street. Provo 1-801-852-8882	<a href="http://www.coveycenter.org">http://www.coveycenter.org</a>	
Kimball Arts Center	638 Park Ave. Park City 1-435-649-8882	<a href="http://www.kimballartcenter.org">http://www.kimballartcenter.org</a>	FREE admission. The Kimball Art Center offers a variety of educational opportunities and classes throughout the year for students and members of all ages.
BYU Museum of Art	North Campus Drive, Provo 1-801-422-8287	<a href="http://moa.byu.edu/">http://moa.byu.edu/</a>	Admission to the museum is FREE. Admission to special exhibitions may require a paid ticket, check the website or call for more information. One of the largest and best attended art museums in the Mountain West.
Museum of Peoples and Cultures (BYU)	100 East 700 North, Provo 1-801-422-0020	<a href="http://www.mpc.byu.edu">http://www.mpc.byu.edu</a>	Admission is FREE. Visit their website to learn more about the programs and exhibitions that this museum has to offer for the family.
Monte L. Bean Life Science Museum (BYU)	645 East 1430 North, Provo 1-801-422-5051	<a href="http://mlbean.byu.edu">http://mlbean.byu.edu</a>	Admission is FREE. Public exhibits and educational programs are offered. Visit their website for specific information about exhibits and live animal shows. Currently closed for remodeling. Will open Spring 2014.
Scera	745 South State Street, Orem 1-801-2258-2787	<a href="http://www.scera.org">http://www.scera.org</a>	Movies, Plays, and Special Children's Matinees. Call or visit their website for detailed information on upcoming movies and events.
Rowley's South Ridge Farms	300 West 900 South, Santaquin 1-888-754-5511	<a href="http://www.southridgefarms.com">http://www.southridgefarms.com</a>	Classes and tours are available. Visit the website or call for more information.
Camp Floyd Stagecoach Inn State Park and Museum	18035 West 1540 North Fairfield Utah (801) 768-8932		Visit the museum and Stagecoach Inn and learn about this nationally important historic site.
Utah Valley Museums, Galleries, Festivals, & Historic Sites		<a href="http://www.utahvalley.com/things.to.do">http://www.utahvalley.com/things.to.do</a>	Visit the website for a variety of activities throughout Utah Valley.

## PROGRAMS FOR PERSONS WITH SPECIAL NEEDS

Name	Contact Info	Website	Comments
RAH Recreation and Habilitation Services	815 North 800 West, Provo 1-801-374-8074 or 1-801-374-8081	<a href="http://www.rahservices.org/">http://www.rahservices.org/</a>	RAH is a private, non-profit organization that serves individuals with disabilities. RAH's mission is to provide developmentally disabled citizens with training to help them function effectively in society.
Special Olympics	245 East 400 South Suite 111 SLC (main office) Utah and Juab Counties 1-801-361-6215 Wasatch and Summit Counties 1-801-918-7870	<a href="http://www.sout.org">http://www.sout.org</a>	Special Olympics offer 20 different team and individual sports for athletes with special needs. For people 8 years old and up. Special Olympics athletes compete in year round activities.
BYU Center for Service and Learning	2330 WSC BYU campus 1-801-422-8686 or 1-801-422-1277	<a href="https://onestop.byu.edu/center-service-learning">https://onestop.byu.edu/center-service-learning</a>	
Wasatch Adaptive Sports	Highway 201 Little Cottonwood Canyon, Snowbird 1-801-933-2188	<a href="http://www.wasatchadaptivesports.org">http://www.wasatchadaptivesports.org</a>	Summer programs include adaptive biking, nature hikes, fishing, hippo-therapy, and boundless playground. Wasatch Adaptive Sports is a charitable foundation with affordable recreational and educational programs for children and adults with special needs.

### Additional Resources

<b><u>Let's Move!</u></b> America's Move to Raise a Healthier Generation of Kids <a href="http://www.letsmove.gov/">http://www.letsmove.gov/</a>	<b><u>Volunteer Match</u></b> Some teens may benefit from providing volunteer service throughout the summer. Find out what opportunities are available in your area at... <a href="http://www.volunteermatch.org">http://www.volunteermatch.org</a>
<b><u>No Bored Kids</u></b> Find free ongoing activities in your area by visiting... <a href="http://www.utahfamily.com">http://www.utahfamily.com</a>	<b><u>Learn to Live Healthy</u></b> Encourage healthy habits in your kids this summer. Find tips at... <a href="http://www.intermountainlive.org">http://www.intermountainlive.org</a>
<b><u>Beat Summer Boredom</u></b> Check out <a href="http://www.familyfun.com">www.familyfun.com</a> for fun summer crafts, recipes, and party ideas	<b><u>The Family Travel Network</u></b> Looking for a fun family vacation? Find affordable, kid-centered summer vacation ideas at... <a href="http://www.familytravelnetwork.com">http://www.familytravelnetwork.com</a>
<b><u>American Academy of Pediatrics</u></b> Find articles on child development, health, and safety for all ages and stages at... <a href="http://www.healthychildren.org">http://www.healthychildren.org</a>	<b><u>Kids in Danger</u></b> Protect your children from dangerous products that have been recalled by visiting... <a href="http://www.kidsindanger.org">http://www.kidsindanger.org</a>

## CHILD CARE/SCHOOL AGE CARE SUMMER PROGRAMS AND CAMPS

Program Name and Contact Information	Age							Schedule				Activities								Other		Comments	
	0-24 Months	2 years	3-4 years	5-6 years	7-9 years	10-12 years	13-18 years	Full Summer	Part Summer	Full day	Part day	Arts and Crafts	Field Trips	Swimming	Nature	Science	Drama and Theatre	Sports and Fitness	Music and Movement	Child Care	Special Needs		
<b>ABC Kiddy World</b> 1026 E. 400 N. Provo (801)-373-7070 Robyn Higginson								X	X	X	X	X	X		X	X	X	X	X	X			Call for specific information.
<b>A to Z Building Blocks</b> jody@atozbuildingblocks.com TWO locations in American Fork 801-763-0722 Jody Zabriskie	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X		Call for school age summer activities.
<b>Alpine School District Summer Classes</b> <a href="http://alpineschools.org">http://alpineschools.org</a>				X	X	X	X		X														Programs offered for children enrolled in school boundaries.
<b>Art City Music Academy</b> 705 N. Main, Springville 652 South State St., Orem 186 N. West State Rd., American Fork (801)-489-8027 <a href="http://www.artcitymusic.com">http://www.artcitymusic.com</a>	X	X	X	X	X	X	X													X			Group and private music programs for all ages.
<b>Azucena Academy</b> 1-801-853-8560 46 North 300 West Lehi Utah				X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X		Call for school age summer activities.
<b>Boys and Girls Club of Utah County</b> <a href="http://www.bgcutah.org">http://www.bgcutah.org</a>				X	X	X	X	X		X	X	X	X		X	X	X	X		X			For more information call or visit their website. Services provided at several sites throughout Utah county.
<b>Boy Scouts of America</b> Utah National Parks Council Utah Juab and Wasatch Counties 1-801-437-6222 Great Salt Lake Council Summit County 1-801-582-3663					X	X	X		X				X	X	X	X	X	X	X				Call the council for neighborhood scouting units.

Program Name and Contact Information	Age						Schedule				Activities							Other		Comments		
	0-24 Months	2 years	3-4 years	5-6 years	7-9 years	10-12 years	13-18 years	Full Summer	Part Summer	Full day	Part day	Arts and Crafts	Field Trips	Swimming	Nature	Science	Drama and Theatre	Sports and Fitness	Music and Movement		Child Care	Special Needs
<b>BYU Camps and Workshops</b> 331 SAB- BYU Campus 1-801-5723 <a href="http://www.byusportscamps.com">http://www.byusportscamps.com</a>					X	X	X											X	X			Sports and Dance workshops for children and youth. Visit their website or call for details.
<b>Creekside Kids Academy</b> 474 South Main, Heber 435-654-2104 2740 Rasmussen Road Park City 1-435-655-0195 <a href="http://www.creeksidekids.net">http://www.creeksidekids.net</a> Brandy Rasmussen	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			X	X	X		Call for specific information for both locations.
<b>Deer Valley Summer Adventure Camp</b> 2250 Deer Valley, Park City 1-435-645-6648 <a href="http://www.deervalley.com">http://www.deervalley.com</a>	X	X	X	X	X	X	X		X	X	X	X	X	X				X				Call for specific information.
<b>Girl Scouts- Utah and Juab Counties</b> 215 N. Center St., American Fork 1-801-224-9852 <b>Summit and Wasatch Counties</b> 445 e. 4500 S., SLC 1-801-265-8472 <a href="http://www.gsutah.org">http://www.gsutah.org</a>				X	X	X	X					X	X	X	X	X	X	X	X			Girl Scouts of Utah is the statewide organization committed to helping Utah's Girls Grow Strong. Every adult who shares this dream is welcome to join. See summer camp section for info on summer camp.



Program Name and Contact Information	Age							Schedule				Activities							Other		Comments	
	0-24 Months	2 years	3-4 years	5-6 years	7-9 years	10-12 years	13-18 years	Full Summer	Part Summer	Full day	Part day	Arts and Crafts	Field Trips	Swimming	Nature	Science	Drama and Theatre	Sports and Fitness	Music and Movement	Child Care		Special Needs
<b>Lollipops</b> 1497 West 800 North Mapleton 801-491-6661 Sue Lynn Massey	X	X	X	X	X	X		X			X	X	X					X		X		Call for specific information.
<b>North Summit School District</b> <a href="http://www.nsummit.org">http://www.nsummit.org</a>				X	X	X	X		X		X											Summer classes for children in the district.
<b>Nebo School District</b> <a href="http://www.nebo.edu">http://www.nebo.edu</a>				X	X	X	X		X		X											Summer classes for children in the district.
<b>South Summit School District</b> <a href="http://www.ssummit.org">http://www.ssummit.org</a>			X	X	X				X		X											Summer classes for children in the district.

Program Name and Contact Information	Age							Schedule				Activities							Other		Comments
	0-24 Months	2 years	3-4 years	5-6 years	7-9 years	10-12 years	13-18 years	Full Summer	Part Summer	Full day	Part day	Arts and Crafts	Field Trips	Swimming	Nature	Science	Drama and Theatre	Sports and Fitness	Music and Movement	Child Care	
<b>Scera Summer Camps</b> 745 South St. Street, Orem 1-801-225-2787 <a href="http://www.scera.org">http://www.scera.org</a>				X	X	X	X									X		X			Call or visit the website for more information.
<b>Sundance Kids Camp</b> Sundance Resort, Provo Canyon 1-801-223-4044 <a href="http://www.sundanceresort.com">http://www.sundanceresort.com</a>				X	X	X		X		X				X							The Sundance Kids Camp is a nature-themed day camp offered by the Sundance Preserve and Sundance Nature Center in partnership with Sundance Resort.
<b>Thanksgiving Point</b> 801-768-2300 <a href="http://www.thanksgivingpoint.org/learn">http://www.thanksgivingpoint.org/learn</a>				X	X	X	X				X	X	X	X	X	X	X	X			For more information or to register, call or visit their website.
<b>The Canyons Summer Kids Camp</b> 4000The Canyons Resort, Park City 1-435-615-8036 <a href="http://www.canyonsresort.com">http://www.canyonsresort.com</a>				X	X	X		X		X	X	X					X	X			Starting June 11 <sup>th</sup> The Canyons will offer Summer Camps.
<b>The PEEK program</b> 10 Pinbrook Road, Park City 1-435-649-9188 Karen Cassidy			X	X				X		X	X	X	X	X	X	X	X	X			June 18- Aug 24 AM camp 9-11:30 Full Day Camp hours 9-3:30 with free extended hours from 8-5:30 daily.

Program Name and Contact Information	Age							Schedule				Activities							Other		Comments	
	0-24 Months	2 years	3-4 years	5-6 years	7-9 years	10-12 years	13-18 years	Full Summer	Part Summer	Full day	Part day	Arts and Crafts	Field Trips	Swimming	Nature	Science	Drama and Theatre	Sports and Fitness	Music and Movement	Child Care		Special Needs
<b>Park City School Districts Community Education Program</b> 2700 Kearns Blvd, Park City 1-435-615-0216 Judy Tukuafu <a href="http://www.pcschools.us">http://www.pcschools.us</a>			X	X	X	X	X	X	X	X	X	X		X		X						Offering classes with a wide variety of topics; adult education, leisure learning, enrichment classes, after school extended day programs, aquatics, and more.
<b>Provo School District</b> <a href="http://www.provo.edu">http://www.provo.edu</a>				X	X	X	X															Summer classes offered ONLY to current students of each school. .
<b>Utah County 4-H</b> 100 East Center St. Suite L400 Provo 1-801-851-8470 Marie Anderson <a href="http://utahcounty4-h.org/">http://utahcounty4-h.org/</a>						X	X		X			X	X		X	X	X	X				For Summer 2014 schedule go to the website. .Look at their monthly newsletter for specific Events and Camps.
<b>UVU Continuing Education Classes</b> 801-863-8678 <a href="http://www.uvu.edu/ce">http://www.uvu.edu/ce</a>						X	X		X			X				X	X	X				Go to the website for individual class information.
<b>Way To Grow</b> 218 North Center Street American Fork 801-592-9901 Hayley Elliott	X	X	X	X	X	X		X		X		X	X	X	X	X	X	X	X			Call for specific information.



# BIKE SAFETY TIPS

Taken from [http://kidshealth.org/parent/firstaid\\_safe/outdoor/bike\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/bike_safety.html)

Bike riding is a great way to get exercise and fresh air and share time as a family. But before you and the kids rush out and start pedaling, there's an important factor that you need to consider- safety.

## Helmet Basics

Bicycle helmet use should not be optional for anyone in your family, no matter where you are or how short the ride. In many states it's the law.

Here's why: Most bike accidents involve a head injury, so a crash could mean permanent brain damage or death for someone who doesn't wear one while riding. In fact, each year in the United States, about half a million kids are seriously injured in bicycle-related accidents, and most of those injuries could have been avoided if a helmet was worn.

Here are some things to keep in mind when buying a helmet:

- Pick bright colors that are visible to drivers and other cyclists.
- Look for a helmet that's well ventilated.
- Make sure that the helmet has a CPSC or Snell sticker inside. These indicate that the helmet meets standards set by the Consumer Product Safety Commission (CPSC) or the Snell Memorial Foundation, a nonprofit group that tests helmet safety.
- Make sure your child's helmet fits correctly and can be adjusted.

A helmet fits well if it:

- Sits level on the head.
- Isn't tilted forward or backward.
- Has strong, wide straps that fasten snugly under the chin.
- Is tight enough so that after fastening, no sudden pulling or twisting could move it around.

You should be able to get help finding a well-fitting helmet and adjusting it properly at any bicycle store.

When kids wear a helmet, make sure that the straps are fastened. Also make sure they don't wear any other hat underneath it.

Be sure to replace any helmet made before 1999. If your child hits any surface hard while wearing a helmet, replace it- helmets lose their capacity to absorb shock after taking serious hits.

Some bike helmets can be used as protection for other activities, but in general, they're best suited to biking. Most helmets are made for one specific type of activity- for example, special helmets also are made for inline skating, baseball, and snowmobiling.

Kids should not wear any helmet when they're on a playground or climbing a tree- there is a risk of strangulation from the chin strap during these types of activities.

## Safe Clothing

What kids wear when riding a bike is also very important for safety:

- Fluorescent or bright-colored clothes will help kids be visible on the road. Avoid dark clothes, especially during early dusk and twilight hours.
- Lightweight clothes will help them avoid becoming overheated.
- Pant legs shouldn't be too loose-fitting or flared. These can get caught up in the chain while riding.
- If your child wears a backpack while riding, make sure the straps are tied up and can't get tangled in the spokes of the wheels.
- Choose shoes that grip the bike's pedals. Cleats, shoes with heels, or flip-flops can all create problems while riding. Kids should never ride barefoot!

## Rules of the Road for Bike Riding

Here are some must-know safety tips to teach kids:

- Stop at all stop signs and obey traffic lights just as cars do. Yield to pedestrians, stop at red lights, and be especially careful at intersections.
- Always ride in the same direction as cars do. Never ride against traffic.
- Try to use bike lanes or designated bike routes whenever you can- not the sidewalk!
- Never ride at dusk or in the dark.
- Always stop and check for traffic in both directions when leaving a driveway, an alley, or a curb.
- Watch traffic closely for turning cars or cars leaving driveways.
- Don't ride too close to parked cars- doors can open suddenly.
- Always walk a bike across busy intersections using the crosswalk and following traffic signals.
- When riding in a group, always ride single file on the street.
- When passing other bikers or people on the street, always pass to their left and call out "On your left!" so they'll watch for you.
- Never share the seat with a friend or ride on the handlebars- only one person should be on a bike at a time. It's easy to
  - lose balance or suddenly swerve into traffic when riding with a passenger.
- Never wear headphones while biking- it's essential to hear everyone else on the road at all times.
- Never stand up while riding a bike.
- Never hitch a ride on a moving vehicle.
- Never change directions or lanes without first looking behind you, and always use the correct hand signals. Use your left arm for all hand signals:
  - Left turn: After checking behind you, hold your arm straight out to the left and ride forward slowly.
  - Stop: After checking behind you, bend your elbow, pointing your arm downward in an upside down "L" shape and come to a stop.
  - Right turn: After checking behind you, bend your elbow, holding your arm up in an "L" shape, and ride forward slowly. Or, hold your right arm straight out from your side.



## Bike Maintenance

Check your child's bike at least once each season to keep it safe and well-maintained.

Be sure to check:

- Tires- inflate to the pressure that's recommended on the sidewall of the tire
- Chain- oil it regularly and remove dirt
- Handlebars- adjust for height as your child grows and tighten all bolts
- Brakes- check for frayed cables and replace worn-out brake pads
- Seat- keep the seat level and adjust for height as needed

## Making Safety a Family Affair

One of the best ways to help kids learn safe bike riding is to set a good example by following the rules of the road yourself. Go for bike rides with your kids so you can show them what safe riding looks like. It's also a great way to stay active as a family and get valuable together time that you'll all enjoy!

# SUN SAFETY TIPS

Taken from [www.healthychildren.org](http://www.healthychildren.org)

Follow these simple rules to protect your family from sunburns now and from skin cancer later in life.

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- When possible, dress yourself and your kids in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave - they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better.
- Wear a hat or cap with a brim that faces forward to shield the face.
- Limit your sun exposure between 10:00 am and 4:00 pm, when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection (look for child-sized sunglasses with UV protection for your child).
- Use sunscreen.
- Set a good example. You can be the best teacher by practicing sun protection yourself. Teach all members of your family how to protect their skin and eyes.
- Sunscreen can help protect the skin from sunburn and some skin cancers, but only if used correctly. Keep in mind that sunscreen should be used for sun protection, not as a reason to stay in the sun longer.



## How to Pick Sunscreen

- Use a sunscreen that says “broad-spectrum” on the label - that means it will screen out both UVB and UVA rays.
- Use a sunscreen with an SPF (sun protection factor) of at least 15. The higher the SPF, the more UVB protection the sunscreen has.
- Look for the new UVA “star” rating system on the label.
  - One star is low UVA protection.
  - Two stars is medium protection.
  - Three stars is high protection.
  - Four stars is the highest UVA protection available in an over-the-counter sunscreen product.
- For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and the shoulders, choose a sunscreen or sunblock with zinc oxide or titanium dioxide. While these products usually stay visible on the skin even after you rub them in, some now come in fun colors that kids enjoy.

## Sunscreen for Babies

- For babies younger than 6 months: Use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.
- For babies older than 6 months: Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe the eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or try a sunscreen stick or sunscreen or sunblock with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor.

## How to Apply Sunscreen

- Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, and hands and even the backs of the knees. Rub it in well.
- Put sunscreen on 30 minutes before going outdoors. It needs time to absorb into the skin.
- Use sunscreen any time you or your child might sunburn. Remember that you can get sunburn even on cloudy days. Also, UV rays can bounce back from water, sand, snow, and concrete so make sure you're protected.
- Reapply sunscreen every 2 hours. Sunscreen wears off after swimming, sweating, or just from soaking into the skin.

## Checklist for Leaving Older Children Home Alone

Physically, is your child able to:

- Lock and unlock doors and windows in your home?
- Do self-care tasks, such as making a sandwich, dialing the phone and writing messages?

Mentally, does your child:

- Tell time?
- Recognize danger and know when to get help?
- Understand clearly what "STRANGER" and "EMERGENCY" mean?
- Solve problems on his or her own?
- Consider how his or her actions affect others?

Socially, does your child:

- Solve conflicts with siblings with little help from adults?
- Talk easily to you about school, friends and about his or her feelings?
- Feel confident enough to contact an adult if a problem arises?

Emotionally, does your child:

- Feel confident and secure when alone?
- Seem willing to stay alone for short periods? For longer periods?
- Know how to handle fear, loneliness or boredom?
- Handle responsibilities, such as going to school on time?
- Know how to look out for younger siblings?

Before you leave your child show them:

- Where things are in the house and how they work (furnace, circuit breaker, etc).
- Where the flashlight and first aid kit are located.
- Things in the house that may make strange noises.
- How to be safe in the kitchen, including turning off the stove.
- Who to call or where to go if there is a problem.
- What they need to do as soon as they get home (lock the door, call you, etc.).
- What gas smells like when it is leaking (if applicable) and what to do.

Practice with your child:

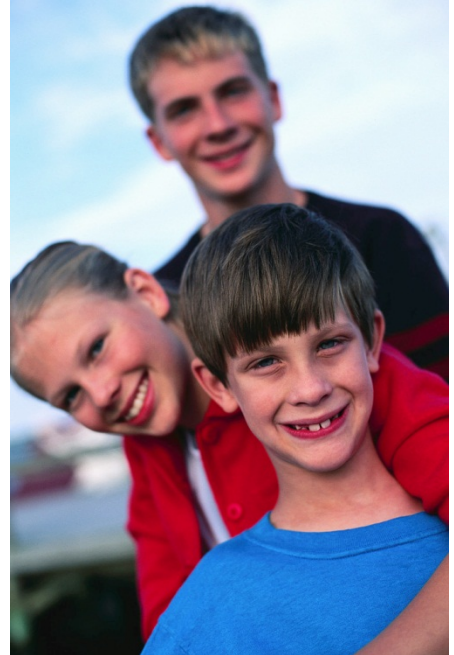
- Safe ways to answer the phone and the door.
- How to get out if there is a fire.
- Locking and unlocking doors.

Prepare for your child:

- A phone list of people they know well, whom they can call if they need help.
- A list of house rules (for moments when friends arrive at the door).
- Healthy snack foods they can prepare without cooking.
- An extra key hidden outside in case they lock themselves out.
- Fun things for each child to do when they get home.
- Leave on lights or radio as pre-planned with them.

Protect your child:

- Lock up medicines, alcohol and weapons.
- Install smoke detectors and make sure they work.
- Let them know what time you will be home; call if you'll be late.
- Ask them how things went; allow them to suggest changes in these plans.



# Summer Activity Guide 2014

## PARENT'S GUIDE TO CHOOSING QUALITY SUMMER CARE

Some programs are not required to be licensed through the State of Utah. These include many summer programs, preschools, and child care centers operating under the arm of a church. The state of Utah does not visit these programs to enforce basic health and safety regulations or have the authority to act on complaints made against legally licensed-exempt facilities.

Below are some check lists to use as a guide for evaluating any program that you are considering for your child. We encourage you to conduct an on-site visit and ask a lot of questions to determine if the level of quality is right for you and your child.

### Onsite Visit

- Does the program seem clean, safe and organized?
- Do the children and youth appear to be happy in the program?
- Does the staff seem to work well together?
- Is the staff respectful of each other?
- Are the children busy with activities?
- Do the children help each other and cooperate?
- Do you hear happy sounds in the program?
- Are the staff engaged with the children?
- Are there adequate supplies, materials and space for a variety of activities?
- Are there soft spaces for reading, quiet games and relaxing as well as space for active play?
- Do the materials and program space reflect diversity?
- Does the space reflect the work and interests of children in the program?
- Does the program provide a rich learning atmosphere?
- Does the bathroom look and smell clean?
- Are all hazardous materials kept out of reach?
- Do food preparation areas look and smell clean?
- Count the number of adults and the number of children they are supervising. Are there enough adults to supervise all of the activities planned?

### Ask your Child

- What type of program would you like (i.e. center based, overnight, sport, etc.)?
- What interests would you like to pursue this summer?
- What programs are your friends going to?

### Ask the Director

- Is the program licensed or accredited?
- What is the program's mission and philosophy?
- May I have a copy of your policies?
- What are your fees?
- May I have a copy of the schedule?
- Have all staff members been trained in CPR and First Aid?
- Have all of the staff been trained in child development?
- How are families involved in the program?
- Do you have an orientation for new families?
- Do you offer any financial assistance?
- Do you serve children with special needs?
- How does the program support children's education and learning?
- How long has the program been in operation?
- What percentage of children return each year?

### Ask the Staff

- What is your system for knowing where my child is at all times?
- What is your procedure for handling emergencies?
- How do you handle sick children?
- Are children able to get a drink or use the bathroom when needed?
- How do you handle children with behavior problems?
- How do you encourage children's independence and self-esteem?

### Ask Your Child

- Do you like coming here?
- Are you able to choose what activities you want to do and with whom?
- Do you help plan activities?
- Do the children here get along well with each other?
- Do you feel safe here?

### Community Resources

• **Bureau of Child Care Licensing**  
-Provides complaint history of state regulated and licensed child care providers.

**Utah and Juab Counties**  
801-374-7688 or  
Toll Free 800-894-2588

**Wasatch and Summit Counties**  
801-273-6617 or  
Toll Free 888-287-3704

• **Child Abuse/Neglect Hotline**  
**855-323-3237**

# Do you need help finding quality care for your children?



## Introducing Care About Childcare.

The shortest distance between parents and providers.

CareAboutChildcare.utah.gov is more than a website! This system helps child care providers showcase the quality in their programs, and gives you information that will allow you to make good choices for your family.

### What services are offered at CareAboutChildcare.utah.gov ?

Personalized searches to meet your individual needs

- Search by zip code
- Search by provider
- Search by special needs, license type, transportation to school
- Choose a program that will work best for your family

View profiles of child care providers located throughout Utah

- Learn about each provider's strengths and areas of focus
- Learn about research-based indicators of quality care that are important to you
- Review tips on choosing a caregiver. Know what to look for and what questions to ask

Find helpful resources

- Activities for Kids
- Child Development
- Child Health and Safety
- Community Support
- Food and Nutrition
- Parenting Classes

Research-based Quality Indicators:



FAMILY  
INVOLVEMENT



OUTDOOR  
ENVIRONMENT



INDOOR  
ENVIRONMENT



ADMINISTRATION



HEALTH & SAFETY



THE PROGRAM



PROFESSIONAL  
DEVELOPMENT

Visit [CareAboutChildcare.utah.gov](http://CareAboutChildcare.utah.gov) or call the Child Care Professional Development Institute toll free at 855.531.2468 to find a Child Care Resource and Referral agency near you.



CareAboutChildcare.utah.gov



Department of  
Workforce Services