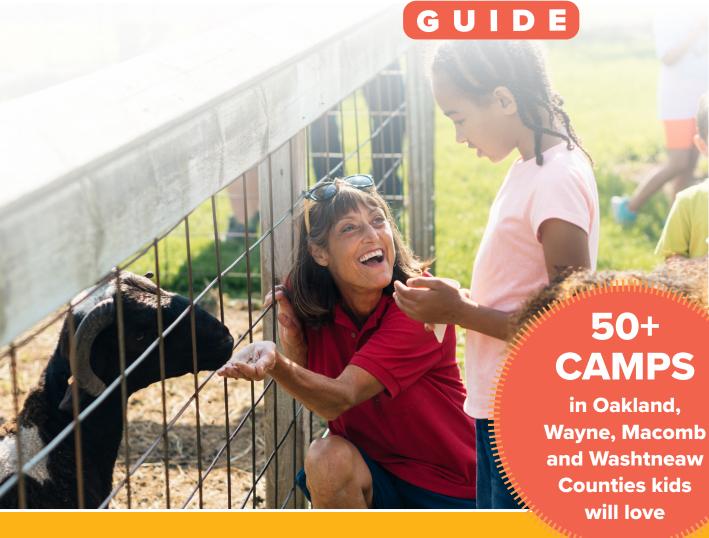
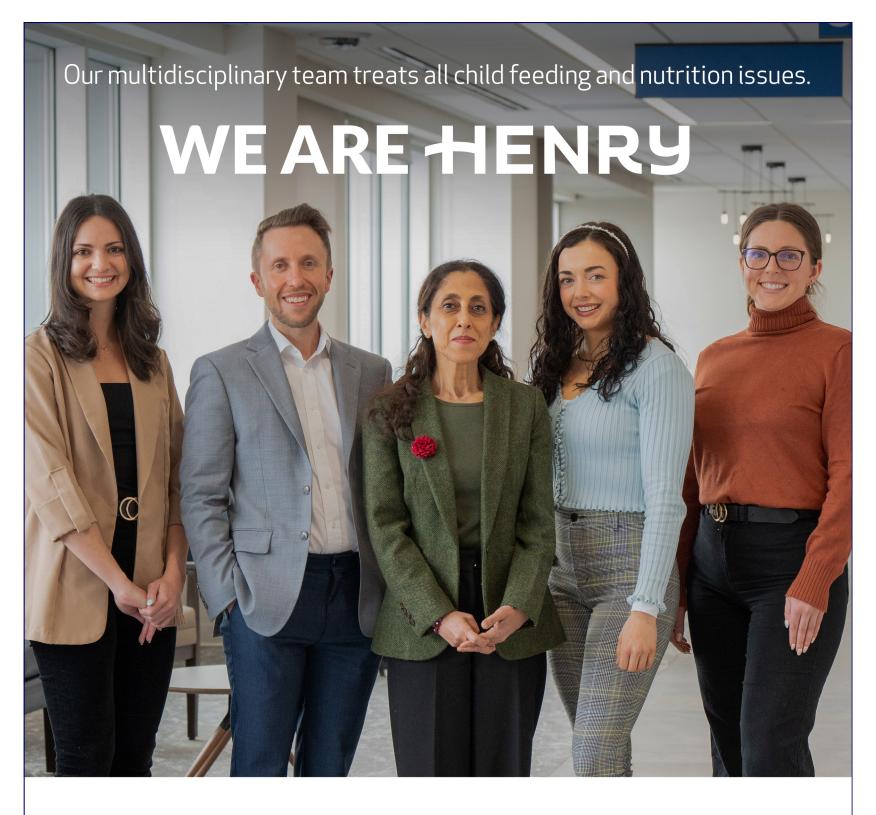
Metro Parent







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CEO & PUBLISHER

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EXECUTIVE DIRECTOR OF CONTENT AND PRODUCT DEVELOPMENT:

David Arkin

FRACTIONAL CMO:

John Griffin

Content

AUDIENCE DEVELOPMENT MANAGER:

Katina Beniaris

AUDIENCE DEVELOPMENT COORDINATOR:

Kari Zaffarano

SENIOR GRAPHIC DESIGNER:

Lindsey Lawson

CONTENT MARKETING MANAGER:

Kim Kovelle

SENIOR EDITOR:

Claire Charlton

CONTRIBUTOR:

Tara Jones

Sales / Administrative

SALES DIRECTOR: Shawn Burrell

SENIOR MARKETING STRATEGISTS:

Dawn Ferencak, Linda Holland

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Carlos Figuera

DIGITAL SPECIALIST: Esmael Taib

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6 OAKLAND COUNTY 10 MACOMB COUNTY

16 WAYNE COUNTY 20 WASHTENAW COUNTY

M()M SPOTLIGHT

What advice do you have for finding the right summer camp for your kid?



CHRISTINA DEBOSE.



(O) @sociallychrissy

When searching for the perfect camp for my child, who initially struggled with communication, I took a systematic approach. I asked other parents about camps they recommended, scheduled trial days, and paid for single days during winter, mid-year and Christmas breaks. This allowed me to evaluate the camps, staff, processes and my child's comfort level. By sending her to different camps during non-summer breaks, we were able to identify three ideal camps that worked best for us.

Christina is a Detroit-based content creator, social media strategist and homeschooling mom who shares authentic parenting insights, lifestyle trends and community gems while empowering and engaging her audience.





How to introduce solid foods to your baby

Jordan Kridler, M.D. Henry Ford Health pediatrician

Eating their first solid food is a milestone in your baby's life. After several months of only drinking breastmilk or formula, they are finally ready to try something new. And while this is a momentous occasion, it can also feel like a scary step to take. Here are some tips to help you feed your child safely.

1. When to start solid foods

Your baby needs to be physically able to try solid foods, and typically they will be when they've doubled their birth weight or weigh at least 13 pounds. This is usually between ages 4 and 6 months. But it's important to look for signs they're ready—such as being able to hold their head up and sit up without support. Around this age, babies typically start showing an interest in food and may try to grab something off your plate or out of your hand, or open their mouths if you bring food near them.

2. Best first foods for your baby

Many parents start with simple rice cereal for baby's first bites, but that's not your only option. Try purees of fruit or vegetables—such as carrots, bananas, apples or sweet potatoes. The natural sweetness of those foods can make them more appealing to your baby. Whether you make your own purees or buy baby food, make sure whatever you're feeding your baby is a single-ingredient food. Ideally, it should have no added salt, sugar, flavorings or colors. Whatever foods you choose to start with, you can ease the taste transition by mixing it with a little bit of breastmilk or formula. No matter how excited your baby is about trying solids, expect some rejection. Your baby will probably roll the food around in their mouth as they experience it and may just spit it right back out. If they didn't like it, wait a couple of days and try again. It can take up to 15 times of trying a new food before your baby starts to take to it.

3. Foods to avoid

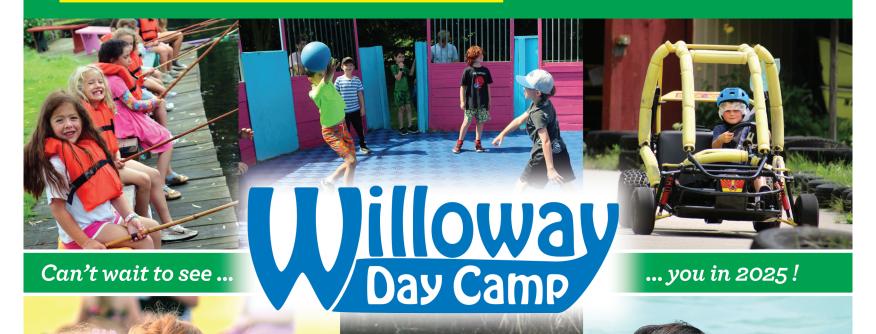
New parents are often concerned about food allergies, which can make introducing new foods nerve-wracking. Dairy, eggs, fish, soy and nuts are common food allergens. But there's no evidence that waiting beyond four to six months to introduce those foods can help prevent your child from developing food allergies. Give your baby the same food for three to five days to see if they have any reaction to it. There are exceptions, however. If your baby has known allergies or eczema, or if either parent or a sibling has severe food allergies, consult an allergist about what foods to introduce and when. Once your baby can sit up and bring their hand to their mouth, you can begin offering finger foods. At this stage, it's important to give your baby only soft, easy-to-swallow foods cut into small pieces. Good options include well-cooked pasta, scrambled eggs or pieces of banana or avocado. Avoid anything that's hard to chew or that's large enough to get caught in their throat.

4. Creating a balanced diet for your baby

It's important not to confuse introducing solids with transitioning to an all-solid-food diet. The majority of their nutrition at this point will still come from breastmilk or formula. Don't cut back on breastmilk or formula until babies are around 7 to 9 months. During those early months of eating solid foods, the idea is to help your baby get used to the experience of eating. It's important to introduce your baby to a variety of tastes and textures to help their tastebuds develop. A good variety of food also provides them with a variety of important nutrients. Parents also wonder about how and when to introduce other liquids to their baby. Babies don't need extra water in their first 4 to 6 months. If you want to offer water with solid foods, just be sure to limit it to no more than 8 ounces a day. And skip the juice altogether. Babies don't need it and shouldn't have any until they're at least 1 year old.

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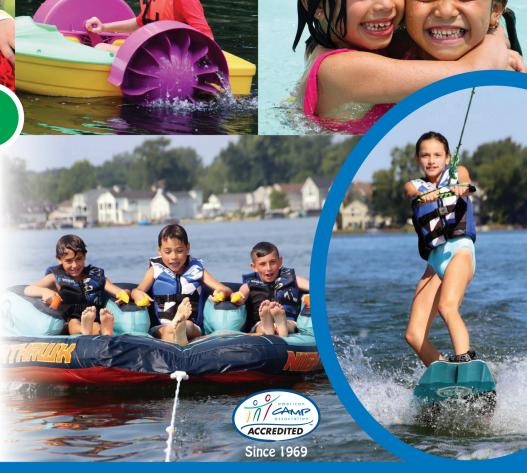


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TOP CAMPS

OAKLAND COUNTY



ROCHESTER HILLS

Deborah's Stage Door Camps

DATES: June 16-Aug. 14, 2025

COST: \$245

BEST FOR AGES: 4-18

Deborah's Stage Door Performing Arts Camps engage kids of all ages with singing, acting and dancing, featuring musical scenes, costumes and a final performance for families.

Moose Athletics Baseball Summer Camp

DATES: June-August 2025 **COST:** Varies, see website for

details

BEST FOR AGES: 6-11

Dive into baseball this summer with Moose Camps! For ages 6-11, enhance your game with Coach Moose's expert team.

The Friendship Factory

DATES: June 16-Aug. 7,

2025

COST: \$395 per week BEST FOR AGES: 5+

Friendship Factory camps offer glitter, glam, music and crafts. From Hollywood Glam to Taylor Swift themes, there's something fun for every girl to enjoy!

TROY

Boys and Girls Club of Troy

DATES: June-August 2025 **COST:** Prices start at \$120/week with the \$70 annual fee **BEST FOR AGES: 6-18**

This camp offers a six-hour daily schedule, with optional sports programs for \$30 each or \$100 for all four and fitness classes for \$30/child.

Troy Gym

DATES: June 9-Aug. 22, 2025 COST: \$325 per week **BEST FOR AGES: 4-12**

Troy Gym summer camps offer fitness and fun for ages 4–12, with themed activities, crafts and indoor-outdoor play on the Troy Gym campus.



iCode Troy

DATES: June 6-Aug. 29, 2025 COST: Varies, see website for

details

BEST FOR AGES: 7-15

iCode Troy offers STEM and coding camps for kids, providing hands-on learning in programming, robotics and game design for an exciting summer experience.

ROYAL OAK

Creative Arts Studio

DATES: June 9-Aug. 25, 2025

COST: \$252 per week **BEST FOR AGES: 6-14**

Explore pottery, mosaics and glass fusing at Creative Arts Studio's week-long art camp, offering expert guidance, fun and new friendships each day.

Safari Camp at Detroit Zoo

DATES: June 18-Aug. 19, 2025 **COST:** \$190-\$455/day camps, \$45-55/evening camps (discount avail-

able to Zoo members)

BEST FOR AGES: weeklong (grades K-12), two-day (grades K-6), evening camps (grades 1-6)

Safari Camp connects campers with wildlife through STEAM activities, inquiry projects and Zoo habitats, fostering stewardship, advocacy and meaningful bonds with animals and nature.



TOP CAMPS

OAKLAND COUNTY



South Oakland Family YMCA

DATES: June 16-Aug. 29, 2025 **COST:** \$245 per week for members and \$300 per week for

non-members

BEST FOR AGES: 4-12

YMCA Detroit Day Camps offer swimming, sports, arts, STEAM and more, fostering creativity, teamwork and lifelong friendships through fun group activities and exciting weekly adventures.

ALL-STAR SPORTS CAMPS

Gear up for an action-packed summer with exciting sports camps in Oakland County that deliver nonstop fun and skill-building.

24 Sports & Games Varsity Camp at Franklin Athletic Club

DATES: June 9-Aug. 22, 2025

LOCATION: Southfield COST: \$330/week BEST FOR AGES: 10-12

Kids enjoy sports, swimming, gymnastics and outdoor play at this camp with new activities each week for fun and variety.

Tigers Youth Baseball and Softball Camps

DATES: June-August 2025 **LOCATION:** Camp locations in

Beverly Hills, Bloomfield Hills, Detroit, Madison Heights,

Pontiac, Wixom

COST: Varies, see website for

details

BEST FOR AGES: 6-14

Join the Detroit Tigers Baseball/Softball Camps for a week of top-tier training and unforgettable memories for young players.

Oakland Men's Basketball Summer Camps

DATES: June 23-25; July 21-

23, 2025

LOCATION: Rochester COST: \$300 per session BEST FOR AGES: 7-18

Develop skills and confidence at Oakland Men's Basketball Camps, open to boys and girls.

MESP waiting for ad

TOP CAMPS MACOMB COUNTY



Photo by City of Sterling Heights

STERLING HEIGHTS

LEAP Summer Camp

DATES: June 23-Aug. 15, 2025 **COST**: Varies, see website for

details

BEST FOR AGES: 2-5, 12+

Leap Summer Camp is an inclusive program fostering confidence, daily living skills and social development for campers with mild to moderate language or cognitive delays.

Summer Playground

DATES: June 23-July 31, 2025 **COST**: \$150 residents, \$225 non-

residents

BEST FOR AGES: 7-14

Sterling Heights Parks and Recreation offers a supervised playground program with crafts, sports, field trips and more at select local schools for summer fun.

Skills Camp at Legacy Volleyball

DATES: Summer 2025

COST: \$125 for two-day camp

BEST FOR AGES: 10-18

This well-respected volleyball camp helps young athletes improve technique, stay in shape and have fun over the summer.

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TOP CAMPS

MACOMB COUNTY

SHELBY TOWNSHIP

Stony Creek Metropark Day Camps

DATES: June 24-26; July 22-24;

Aug. 12-14, 2025

COST: \$60-\$100 per camper

BEST FOR AGES: 4-10

Explore parks, waterslides and nature crafts at Nature Adventure Day Camp, with themed activities like Animal Homes and Creek Week.

Camp Invention

DATES: June 16-20, 2025

COST: \$275

BEST FOR AGES: 5-11

Located at Peace Lutheran School, Camp Invention ignites creativity and STEM skills with hands-on challenges, innovation projects and problem-solving adventures designed to inspire and empower young innovators.

Life Time Shelby Kids Camp

DATES: June-August 2025

COST: \$57 per day BEST FOR AGES: 4-12

Experience daily adventure at Life Time Summer Camp with weekly themes, S.T.E.A.M., sports, swim lessons, field trips, healthy snacks and extended care options. For members only.



ST. CLAIR SHORES

Mini Picassos

DATES: June 18-20; July 28-30;

Aug. 25-27, 2025

COST: \$195 per camper BEST FOR AGES: 5-11

Mini Picassos Studio offers popular art camps like slime, drawing, and Lego. Half-day summer camp options are also available.

St. Joan of Arc Summer Athletic Camps

DATES: June 16-July 17, 2025

COST: \$300 per week BEST FOR AGES: 5-13

Experience SJA Summer Athletic Camps! Stay active with agility, speed training, basketball, soccer, volleyball and more. Enjoy pizza lunches, faith lessons and expert coaching.



MILK MEANS MORE

United Dairy Industry of Michigan

Learn more at milkmeansmore.org

EXPLORE THE GREAT OUTDOORS

Explore nature and adventure with outdoor camps offering hands-on experiences, animal interactions, field trips and creative activities for kids of all ages.

Appleseed Camp at Blake's

DATES: June 10-Aug. 14, 2025

LOCATION: Armada

COST: \$279/child per session, \$25/early check in, \$25/extended pick up, \$20/additional meal add on for lunch BEST FOR AGES: 6-11

Appleseed Camp at Blake's Cider Mill offers kids farming fun with animals, tractors, crafts, pony rides, inflatables, train rides and more during a threeday adventure!

Pony Pal Camp at Windermere Equestrian Center

DATES: June 16-Aug. 1, 2025 **LOCATION**: Clinton Township

COST: \$385/five days
BEST FOR AGES: 4-8

Nature Quest Summer Camp Photo by Green Garden Enrollment



This half-day "horse kindergarten" teaches young kids to groom, bathe and feed horses, with daily lead line rides and mentor-assisted supervision.

Nature Quest Summer Camp

DATES: June 23-Aug. 22,

2025

LOCATION: Macomb COST: \$200 per week BEST FOR AGES: 5-10

Join Nature Quest Summer Camp for themed activities, field trips, community projects and more! Organic meals provided. Register for one week or all summer.

Lake St. Clair Metropark Day Camps

DATES: June-August 2025

LOCATION: Harrison

Township

COST: Varies, see website for

details

BEST FOR AGES: 4-12

From Marsh Madness for first-timers to Creek Week for nature enthusiasts, each three-day camp offers unique activities like crafts, hikes and animal encounters.













FU2025 E PER Summer Programs

Looking for a summer experience that's fun, exciting, and designed for your child? At Roeper Summer Day Camp, kids explore their interests, discover new passions, and make unforgettable memories!

Specialty Camps – Dive into a favorite subject for half the day and choose your own adventure for the rest. Pick from:

Soccer | Dance | Art | Robotics | More

Other adventures include:

Classic Camps – A little bit of everything for campers who love variety

Exploration Camp – Science, nature, and hands-on discovery

Activity Camp – Sports, games, outdoor fun, and creative play

Theater Camp – Perform, create, and shine on stage

TOP CAMPS WAYNE COUNTY



DEARBORN

The Henry Ford Summer Camp

DATES: June 23-Aug. 1, 2025

COST: \$360-\$425 **BEST FOR AGES**: 7-12

Dive into innovation this summer at The Henry Ford Summer Camps! Explore behind-the-scenes adventures, hands-on experiments and the stories of American creativity.

Divine Child High School Summer Camp

DATES: June-August 2025 **COST**: Varies, see website for

details

BEST FOR AGES: 14-18

Divine Child Catholic Schools offer summer sports camps where youth can enhance athletic skills in a fun, safe environment led by experienced, professional staff.

DETROIT

Detroit Lions Summer Camps

DATES: June 23-27, 2025

COST: Varies, see website for

details

BEST FOR AGES: 4-14

Train like a pro at Detroit Lions Summer Camps where kids can learn fun football skills at Ford Field. Check their website for more locations and dates.

IGNITE CURIOSITY WITH STEM SUMMER CAMPS



Mosaic Summer Camp

DATES: June 24-Aug. 1, 2025 **COST**: \$300 for two-week session

BEST FOR AGES: 8-13

Mosaic summer camp is available for kids in Grades 3-8 allowing young artists to garner the attention and instruction they deserve at a pace that best suits their needs.

Detroit Opera

DATES: July 7-Aug. 8, 2025

COST: \$400-\$600 **BEST FOR AGES**: 8-18

Dive into hands-on learning, creative exploration, and career-focused fun at these engaging STEM camps. From art and design to science experiments, there's something for every young mind!

CCS Summer Youth and Teen Programs

DATES: June 16-Aug. 1, 2025

LOCATION: Detroit

COST: \$375 per week, full day camp (9am-3pm). Some

teen camps have additional fees.

BEST FOR AGES: 8-18

Each week young artists can choose from four different art and design camps developed to keep them engaged and having fun. Try animation, game design, fashion, stop motion Lego animation, drawing, painting and more.

Kids on Campus - Schoolcraft College

DATES: July 7-Aug. 15, 2025

LOCATION: Livonia

COST: \$259, cost of specialty camps may vary

BEST FOR AGES: 5-18

Kids ages 5-18 explore technology, arts and science in hands-on, career-focused camps at Schoolcraft College. Scholarships are available!

Summer Camp at Michigan Science Center

DATES: June-August 2025

LOCATION: Detroit

COST: Varies, check website for details

BEST FOR AGES: 6-12

Every year, Mi-Sci summer camp offers kids a chance to break loose with wacky science experiments and activities, plus access to stage shows and the theater.

WAYNE COUNTY

Detroit Opera's summer camps offer a creative stage for youths. "Create & Perform" for ages 8-12, turns kids into playwrights and stars. "Operetta Remix" for ages 13-18, hones musical theater skills. Both end in a Detroit Opera House showcase.

Summer Camp at Belle Isle Nature Center

DATES: June-August 2025 **COST**: Varies, see website for

details

BEST FOR AGES: 5-12

Summer Nature Camp offers art, pond exploration, hikes, Belle Isle field trips and interactive animal exhibits. Fun games and songs complete the adventure!

NORTHVILLE

Farm Camp at Maybury Farm

DATES: June 17-Aug. 15, 2025 **COST**: \$360/four day sessions **BEST FOR AGES**: 6-12

Kids explore farm life, from animals to tractors, while helping in the barn and garden, learning about planting, growing and harvesting in fun sessions!



Photo by Northville Art House



Northville Art House

DATES: June 23-Aug. 22, 2025 **COST**: \$180 for members, \$200 for

nonmembers

BEST FOR AGES: 6-12

Northville Art House's Summer Art Camps offer youth creative exploration, skill development and portfolio growth through half-day sessions led by experienced instructors.

Pistons Academy

DATES: June-August 2025 **COST**: Varies, see website for

details

BEST FOR AGES: 8-18

Pistons Academy camps teach basketball, sportsmanship and teamwork with drills, games, guest appearances, dunk shows and awards. Weeklong camps offered across metro Detroit, too!



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FARMINGTON HILLS (K-8th Grade) 35415 West 14 Mile Road CampMirageFarmingtonHills.com PLYMOUTH (PreK-2nd Grade)
45201 North Territorial Road
CampMiragePlymouth.com

PLYMOUTH (2nd-8th Grade)
39500 Five Mile Road
CampMiragePlymouth.com

TROY (K-8th Grade)
6363 Livernois Road
CampMirageTroy.com

TOP CAMPS

WASHTENAW COUNTY



Photo by Riverside Arts Center

ANN ARBOR

Ann Arbor Art Center Camps

DATES: June 16-Aug. 22, 2025 COST: Starts at \$435 per week BEST FOR AGES: 5-12

Ignite creativity at Ann Arbor Center! Kids can explore art with paint, clay and more through hands-on instruction and innovative projects.

Ann Arbor Y Camp Greenhills

DATES: June 16-Aug. 8

COST: Varies, see website for

details

BEST FOR AGES: 5-11

Enjoy theme-related activities as well as sports, arts and crafts, science experiments, team-building, silent reading time, nutrition lessons, enrichment activities and more.

Young People's Theater Camps

DATES: June-August 2025

COST: \$350-\$700+ **BEST FOR AGES**: 5-18

Perfect for young performers ready to shine on stage, Young People's Theater campers create musical theater magic through exciting shows you know and love.

YPSILANTI

Camp New Heights through the Ann Arbor Y

DATES: June-August 2025 **COST**: Varies, check website for

details

BEST FOR AGES: 5-11

Campers will swim once a week at Rutherford Pool at this camp with theme-related activities as well as traditional summer camp fun like sports, arts and crafts and science experiments.

KidSport Inclusive Summer Camps

DATES: June 16-Aug. 15, 2025

COST: \$160-\$390 **BEST FOR AGES**: 4-11

KidSport Inclusive Camps provide kids with fun, age-appropriate sports, games and fitness activities, led by trained professionals in a supportive, non-competitive environment.



Art Explorers! Summer Camp at Riverside Arts Center

DATES: June 23-Aug. 8, 2025 **COST**: \$300 per week for non-Ypsilanti residents; \$285 per week

for Ypsilanti residents **BEST FOR AGES:** 7-11

Art Explorers! Summer Camp offers young artists the opportunity to engage in various artistic mediums and themes, fostering imagination and creativity.





SALINE

Saline Parks & Recreation Kids Camp

DATES: June 9-Aug. 22, 2025 **COST**: Varies, check website for

details

BEST FOR AGES: 5-12

This state-licensed camp offers weekly themes explored through games, crafts, sports, and special events. Campers enjoy swimming, field trips, and various recreational activities.

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CAMP COURSE DETAILS

5th & 6th Grade Girls

Ozobot Programming and HTML/CSS Website Design

7th & 8th Grade Girls

Finch 2.0 Programming and HTML/CSS Website Design

9th - 12th Grade Girls

SPIKE Prime Programming using Python and HTML/CSS and JavaScript Website Design

WHAT TO EXPECT



Interactive Tech Activities

Explore coding, robotics, and website design with hands-on projects.



Affordable Fun

A full week of activities, meals included, for \$125, with scholarships available.

CAMP LOCATON DETAILS

June 16 - June 20 Anchor Bay High School

July 7 - July 11 WCCCD Northwest Detroit

July 14 - July 18 Lansing Community College

July 14 – July 18 Western Michigan University

July 21 - July 25 Lake Michigan College

July 21 – July 25 Northern Michigan University

July 28 - August 1 Oakland University

July 28 – August 1 Saginaw Valley University

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COLOR CODE: MIDDLE & HIGH SCHOOL CAMP & MIDDLE SCHOOL ONLY CAMP



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Questions? Contact Nicola White at nicola.white@mcwt.org or +1 (248) 204-6052 ext. 1104 More information on dates, camp sessions, and registration can be found here and on mcwt.org.

TOP CAMPS

WASHTENAW COUNTY

Discover summer fun at Ann Arbor's family institutions! These camps combine science, nature and hands-on learning, offering unforgettable experiences for kids of all ages.

University of Michigan Museum of Natural History Summer Camp

DATES: June 12-Aug. 15, 2025

LOCATION: Ann Arbor COST: \$170-\$450 BEST FOR AGES: 4-13

Dive into Camp Explorations for a science-packed summer adventure! Kids in grades Pre-K to 8 can explore archaeology to zoology through hands-on experiments and activities.

Leslie Science & Nature Center Summer Camps

DATES: June 9-Aug. 28, 2025

COST: \$375

BEST FOR AGES: 4-10

LOCATION: Ann Arbor

The Leslie Science and Nature Center along with the Ann Arbor Hands-On Museum offer a wide range of educational and affordable summer camps for kids as young as 4 years old.

Summer Camp at Ann Arbor Hands-On Museum

DATES: June 9-Aug. 28, 2025

LOCATION: Ann Arbor

COST: \$375

BEST FOR AGES: 5-13

Campers can get their hands dirty at the Ann Arbor Hands-On Museum while they learn the science behind light, sound and weather.



Saline Area Schools Day Camp

DATES: June 10-Aug. 8, 2025

COST: \$60 per day BEST FOR AGES: 5-12

This camp provides a variety of activities, including arts and crafts, sports and educational projects. Campers can choose their schedule, with options to add or remove days as needed.

McCracken Basketball Camp at Saline High School

DATES: June 23–26; Aug. 4–7,

2025

COST: \$340 per session
BEST FOR AGES: 7–14 years

This camp focuses on developing basketball skills through drills, games and competitions. Led by experienced coaches, it emphasizes both individual improvement and team play.



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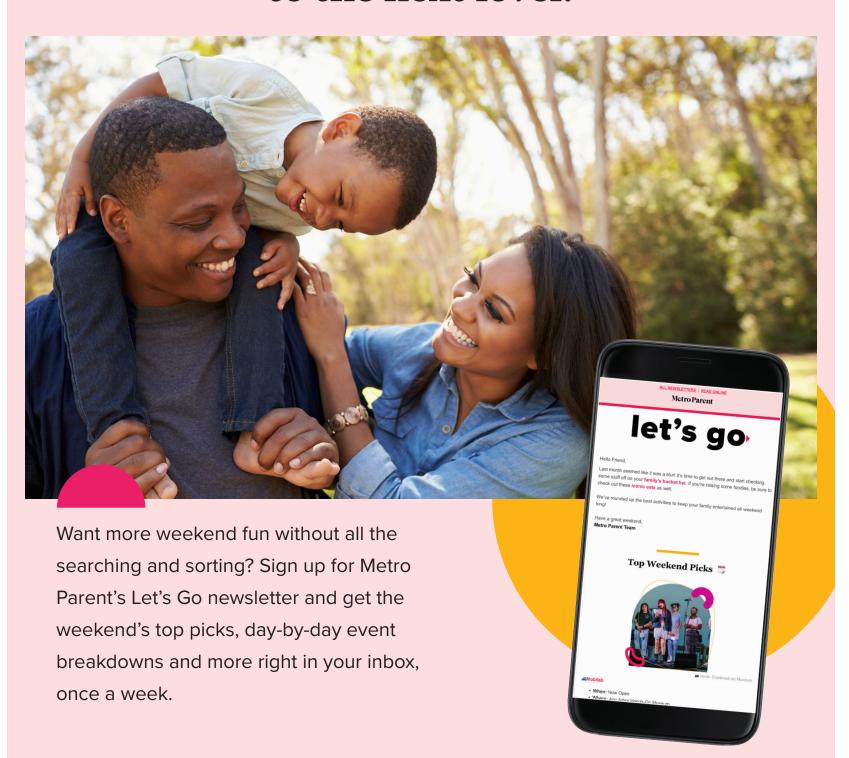
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