



## **Camp Realize Your Beauty**

*Where Self-Esteem Takes Center Stage!™*

### **Summer 2024**

### **Frequently Asked Questions**

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Choosing a summer camp for your child is a big decision. We hope the following information will make that decision a little easier. Please read through the following Frequently Asked Questions. *If you have additional questions, please contact our Executive Director, Stacey Lorin Merkl at 347-915-5281 or [stacey@realizeyourbeauty.org](mailto:stacey@realizeyourbeauty.org)*

#### **What are the dates of Camp Realize Your Beauty?**

This summer we are offering one overnight camp session, running from Wednesday, June 19<sup>th</sup>-Saturday, July 22<sup>nd</sup>.

#### **Who may register?**

Campers: Girls ages 11-14yrs  
Jr. Counselors: Girls ages 16-18yrs

#### **Where is Camp Realize Your Beauty located?**

Camp Realize Your Beauty is located on the beautiful grounds of YMCA of the Rockies, located in Estes Park, CO.

#### **How much does the camp cost?**

- Tuition for the summer session is \$495 per camper (\*Please contact us for scholarship opportunities)
- A non-refundable deposit of \$350 is due at time of application.
- Full payment is due by Monday, May 20<sup>th</sup>, 2024

#### **What will my child learn at Camp Realize Your Beauty?**

Your camper will learn acting & basic theatre skills, with a special emphasis placed on developing a positive sense of self.

There will be a mixture of theatre technique classes and empowerment workshops aimed at teaching campers a new more positive way of thinking about themselves and about beauty. We cover the following topics of ‘empowerment’: self-esteem, kindness (towards self and others), mindfulness, and anti-bullying.

Through fun and engaging activities, we help your camper to build their self-esteem, while they develop new friendships!

For more information about the learning goals of Realize Your Beauty, we encourage you to visit:  
<http://realizeyourbeauty.org/learning-goals>

### **What additional activities will my camper participate in?**

In addition to the daily classes, your camper will participate in 'classic' camp activities. These may include following activities (may vary based on weather or YMCA offerings): Swimming (with lifeguard on duty), mini-golf, archery (taught & supervised by YMCA Staff), roller skating, crafts, nature walks, camp fire and drum circles.

### **Will these activities be supervised?**

Yes, all activities will be supervised by camp counselors.

### **Where will my camper sleep?**

Your camper will sleep in the Eastside Lodge, an indoor lodge with dorm rooms. She will either share a room with 3 campers & 1 Jr. Camp Counselor or 4 other campers of similar age. Bedding and towels will be provided (your child will not need to bring a sleeping bag).

### **How big is Camp Realize Your Beauty?**

This summer we plan to have 10 campers taking part in our summer session, 2 Counselors, and a Camp Director.

### **How many counselors will be at Camp Realize Your Beauty?**

At Camp Realize Your Beauty we aim to have a counselor to camper ratio of 1:4, meaning that this year we plan to have 3 highly-trained, experienced, professional, kind & energetic counselors working with your camper. In addition, we plan to have a Jr. Counselor providing additional assistance. All of our counselors are females and they are certified in First Aide/CPR.

### **What is a Jr. Counselor?**

A Jr. Counselor is an older camper that has been interviewed and trained with the same rigorous attention we give all our Counselors. They are kind, energetic and responsible older campers. They are fully trained in First Aide/CPR. Jr. Counselors will be supervising younger children at bedtime and during breaks. They may lead a simple warm-up game or fun game during break time. A head counselor will always be near-by and available should Jr. Counselors need any assistance. Outside of duties listed above, the Jr. Counselors will participate in all the fun camp activities with the other campers. If your camper is between the ages of 16-18yrs and would like to apply to be a Jr. Counselor, please email us at: [info@realizeyourbeauty.org](mailto:info@realizeyourbeauty.org)

### **My child has never been to an overnight camp. Is she ready for Camp Realize Your Beauty?**

A camper's first time at overnight camp is a big deal! With our professional counselors, small camp size, and curriculum focused on confidence, empowerment and strong sense of self— there couldn't be a better first overnight camp experience. That being said, it's an experience which may present a challenge to your child. To determine whether she is ready, reflect on her other trips away with family, sleep-overs & school trips.

### **How will meals work?**

All meals and snacks are included in your camper's tuition. They will have many healthy and nourishing options available at meal times. We will also accommodate any dietary restrictions that are included in your camper's Health & Physical form. Your child will have an abundance of choice at every meal, to satisfy even the pickiest of campers!

### **What will a typical schedule look like?**

A typical day at Camp Realize Your Beauty will consist of:

#### Morning

- Breakfast
- Warm-Up Games (fun theatre games!)
- Morning theatre classes

#### Afternoon

- Lunch
- Empowerment Workshops (fun workshops with an emphasis on kindness, anti-bullying, mindfulness, self-esteem and creating a positive sense of self!)
- Afternoon Activity: (nature walk, mini-golf, crafts, swimming, etc....)

#### Evening

- Dinner
- Evening Activity (camp fire, drum circle, roller skating, dance party., etc....)
- Bed

### **Will my child be allowed to bring her cell phone?**

**Cell phones are not permitted at Camp RYB.** In this world of technology and social media, we find it's more important than ever to encourage children to un-plug, enjoy the beautiful nature surrounding them and focus on building new friendships with their fellow campers.

### **Will there be transportation to and from camp?**

**Unfortunately, we are not able to offer transportation to/from camp at this time (this includes airport pickups).** If needed, we can provide shuttle information and schedules for a 3<sup>rd</sup> party shuttle service. This cost is not included in camp tuition, and reservations are made directly through the shuttle company. If we have multiple campers interested in the shuttle service, we can help arrange for everyone to be on the same ride. We can meet your camper at the shuttle drop off on the YMCA Campus.

Otherwise, please find pick-up & drop-off info below:

- Drop-off time will be 4pm, Wednesday, June 19<sup>th</sup>
- Pick-up will be at 12noon Saturday, June 22<sup>nd</sup>

### **What is the cancellation policy?**

Cancellations for medical reasons before camp begins must be accompanied by a letter from the attending physician. In this case, RYB will refund tuition minus the non-refundable deposit. Cancellations in any other case will result in a cancellation charge (in addition to the non-refundable deposit), based upon the date of cancellation as follows: Before April 1<sup>st</sup> \$50, after April 1<sup>st</sup>- full tuition.

### **Camp Director, Bio:**

**Stacey Lorin Merkl** is the Founder & Executive Director of Realize Your Beauty, Inc., a 501c3 organization that promotes positive body image to children & adolescents through theatre arts ([realizeyourbeauty.org](http://realizeyourbeauty.org)). Realize Your Beauty (RYB) has programs for all age groups less than 18yrs, for both males & females. For older students, RYB's presentations also include Eating Disorder awareness & prevention. Realize Your Beauty offers programs in both NYC and Colorado – with their Colorado offices based in Salida, CO. Stacey is a native of Wheat Ridge, CO and holds a BA in Theatre Arts and a BA in French from the University of Northern Colorado. She has taught theatre and music to children and teens at various arts centers in Colorado (including the Arvada Center for Performing Arts & the Lakewood Cultural Center), Seattle, Paris (France) and New York City. Stacey founded Realize Your Beauty, Inc. in 2010, combining her love of theatre arts with her passion for social change and education. She is a longtime volunteer for the National Eating Disorders Association (NEDA) and is a trained facilitator/trainer for NEDA's *Body Project*. Stacey is also a trained facilitator of *Confident Body, Confident Child*, an evidence-based resource providing parenting strategies to promote positive body image, healthy eating and physical activity in children aged 2 to 6 years. She is a member of Endangered Bodies NYC, IAEDP Denver Chapter (International Association of Eating Disorder Professionals), AED (Academy for Eating Disorders), Colorado Nonprofit Association and the American Camp Association.