

# Summer Living

A supplement to  
farragutpress  
**April 22, 2021**



## Diving into Summer at Camp Big Fish!

Camp Big Fish preps  
for Big Summer at  
Knoxville Christian School



**Summer Activities  
and Camp listings  
starting on page 6**





# BIG FISH



## SUMMER CAMP AND AFTERSCHOOL

**Camp Big Fish at  
Knoxville Christian School  
Farragut Campus**

**10 Weeks of Faith Based Summer Day Camp**

**M-F 7:15 a.m.-6:00 p.m.**

**June 1 - August 6, 2021**

Swimming, Field Trips, Art, Sports, Science Clubs,  
Dress Up & Theme Days, and  
Daily Chapel / Praise and Worship Time!

***Pick the weeks you want to attend***

**Learn More and Register Online @**

**[www.CampBigFish.org](http://www.CampBigFish.org)**







# SUMMER CAMPS

**BASEBALL ALL SKILLS - 2 DAY CAMP #1**

**JUN 1/2, 9-12:30 AGES 12 & UNDER \$125**

**SOFTBALL ALL SKILLS #1**

**JUN 3, 9-12:30 AGES 13 & UNDER \$80**

**BASEBALL PITCHING CAMP #1**

**JUN 8, 9:00-12:30 AGES 13 & UNDER \$80**

**SOFTBALL PITCHING CAMP**

**JUN 9, 9-12:30 AGES 14 & UNDER \$80**

**BASEBALL ALL SKILLS - 2 DAY CAMP #2**

**JUN 15 / 16, 9-12:30 AGES 12 & UNDER \$125**

**SOFTBALL ALL SKILLS #2**

**JUN 17, 9-12:30 AGES 13 & UNDER \$80**

**INFIELD CAMP**

**JUN 22, 9-12:30 AGES 13 & UNDER \$80**

**HITTING CAMP**

**JUN 23, 9-12:30 AGES 13 & UNDER \$80**

**SOFTBALL PITCHING CAMP #2**

**JUN 24, 9-12:00 AGES 13 & UNDER 80**

**BASEBALL PITCHING CAMP #2**

**JUL 6, 9:00-12:30 AGES 13 & UNDER \$80**

**BASEBALL ALL SKILLS — 1 DAY**

**JUL 8, 9-12:30 12 & UNDER \$80**

**SOFTBALL PITCHING CAMP #2**

**JUL 8, 9-12:30 AGES 14 & UNDER \$80**

**INFIELD CAMP #2**

**JUL 13, 9-12:30 AGES 13 & UNDER \$80**

**SOFTBALL ALL SKILLS #3**

**JUL 14, 9-12:30 AGES 13 & UNDER \$80**

**2-DAY GET READY FOR FALL ALL SKILLS CAMP**

**JUL 27/28, 9-12:30 AGES 12 & UNDER \$125**

[diamondbaseballtn.com](http://diamondbaseballtn.com)

**DIAMOND  
BASEBALL**

**865-389-5998**



# Camp Big Fish is again casting a wide net for “little fish” yearning for a fun-filled summer.

The faith-based day camp currently has openings for youngsters at its Knoxville Christian School location off Snyder Road, just outside of Farragut, beginning Tuesday, June 1.

Owners Jeremy and Molly Deitch have 10 weeks of jam-packed activities planned, including field trips to The Muse, Zoo Knoxville, Main Event and Cool Sports, weekly swimming excursions, theme days and lots of outdoor games.

While their stated mission is “for all involved to have a safe and fun experience that leads children and families to grow in their faith in God,” having fun is high on the list, too.

“We think kids need camp now, more than anything else,” said Jeremy. “And everything we do goes into making our camps 100 percent fun. We are planning theme days, dress up days, Color Wars — many activities for the kids to get really excited about.”

Jeremy and Molly are both Chattanooga natives. Jeremy graduated from the University of Tennessee, Knoxville, with an economics degree and a minor in commercial recreation, while Molly has an RN degree from UT, Chattanooga.

The couple has three sons: Jackson, Colton and Landon.

They started Camp Big Fish 12 years ago in Ooltewah with only 40 campers, and over the years branched out to 10 locations, including Knoxville and Nashville, where they have ministered to and cared for more than 1,400 campers who have attended either the summer

camp or their after-school care, Big Fish ministry.

“We partner with churches and schools for nine to 10 weeks during the summer and also provide after school care at different locations during the year,” said Jeremy, who noted Camp Big Fish is also offering summer camp services at Christian Academy of Knoxville this year, but is close to capacity at that site.

Jeremy said the large number of campers allows them to remain in the same age group range.

“We break it down by age groups, and kids are typically just with their age groups,” he added. “Many camps don’t offer that.”

“If kids go into it, knowing they will be with their friends, it is a big confidence builder.”

Jeremy said their staff members are long-time employees, too.

“It’s kind of unheard of, but most of our staff has been with us over three, four or even five years,” he said. “It just shows how Camp Big Fish is fun for staff, too.”

Having a nurse on staff “has been a huge help, especially last year,” Jeremy said of his wife. “We followed CDC guidelines from the very beginning and were able to hold limited programs even last summer.”

Camp runs through Friday, Aug. 6, and is only closed July 2.

For more information about Camp Big Fish, or to register, visit [www.campbigfish.org](http://www.campbigfish.org).

~ Michelle Hollenhead



Photo submitted

Camp Big Fish owners and operators Jeremy and Molly Deitch, with sons, Landon (in back) and, in front, Jackson, left, and Colton.







**SUMMIT  
MEDICAL GROUP**

**FARRAGUT FAMILY PRACTICE**

11130 Kingston Pike, Suite 7 & 8  
Knoxville TN 37934

***Spring and Summer include:***

- allergies
- scrapes and cuts
- grilling burns
- sunpoisoning
- weight loss goals

**WE ARE HERE FOR YOU!!**

**John Law, M.D.**

**For Appointments call  
865.675.1953**

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Dr. Law is a board-certified family practice physician providing:

- Comprehensive Well-Visit Care;
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- Routine Checkups;
- PREP – HIV Prevention;
- Shots and Immunizations;
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- Preventive Care
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- Blood Pressure/Cholesterol Maintenance;
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**We accept Humana and Gold Medicare as well as most Private Insurance.**



# 2021

## Local



## Events and Activities Listing

### ADVENTURE SWIM

Sessions from May through June  
Group Lessons \* Private Lessons  
Babies (3months – 4 years with parents)  
Children (3-10yrs) \* Adults  
**AdventureSwimOnline.com**  
**865-691-2525**  
**1332 Scotsbury Circle, Knoxville**

### ANGELA FLOYD SCHOOLS

- Be Our Guest Camp (Beauty and the Beast inspired) – Ballet camp, July 19-22 at AFS West for ages 2-6
- Einstein Adventure Camp (Little Einsteins inspired) -- Music and ballet camp, June 28-July 1 at AFS West for ages 2-6
- Hair Up Camp (Trolls inspired) – Jazz and Hip-hop camp, June 21-24 at AFS West for ages 2-6
- Ice Princess Camp (Frozen inspired) – Ballet camp, July 12-15 at AFS West for ages 2-6
- Olaf's Adventure Camp (Frozen inspired) – Jazz and Hip-hop camp, June 14-17 at AFS West for ages 2-6
- Sauté with Seuss (Dr. Seuss inspired) – Ballet camp, June 6-10 at AFS West for ages 2-6
- Sparkle Party Camp (Unicorns, rainbows and My Little Pony inspired) – Ballet camp, July 5-8 at AFS West for ages 2-6
- Under the Big Top Circus Camp – Ballet and acro camp, July 26-29 at AFS West for ages 2-6
- Soul Music Camp – Music camp inspired by Pixar movie "Soul," July 26-29 at AFS West for ages 5 & up
- Ukulele Workshop – Music camp, No ukulele experience needed, June 21-24 at AFS West for ages 7-12
- Violin workshop – Music camp, No violin experience needed, June 12-15 at AFS West for ages 7-11

**West location:**  
**10845 Kingston Pike,**  
**Knoxville, TN 37934,**  
**865-675-9984**  
**Register: [www.angelafloydschools.com](http://www.angelafloydschools.com)**

### AVALON COUNTRY CLUB

Discovery Members enjoy full club privileges including access to our top-rated 18-hole golf course, clubhouse, two fine dining experiences, outdoor pool and pavilion, as well as a calendar of golf and social events. Avalon pool memberships: a summer of fun & relaxation at our resort style pool with outdoor dining.  
**865-389-5998**  
**[info@h3sports.org](mailto:info@h3sports.org)**  
**700 Turnberry Circle,**  
**Lenoir City, TN 37772**  
**[avalongolf.com](http://avalongolf.com)**

### CAMP BIG FISH

June 1 – Aug 6, 7:15am-6pm  
Christian Summer Day Camp for rising Kindergarten through rising 6th grade children  
Locations for 2021 – Knoxville Christian School Campus in Farragut, Christian Academy of Knoxville Campus in Cedar Bluff  
**Main Office Phone: 423-400-1504**  
**[office@campbigfish.org](mailto:office@campbigfish.org)**  
**[www.campbigfish.org](http://www.campbigfish.org)**  
**[SEE OUR AD ON PAGE 2](#)**

### CAMP WEBB

#### Specialty Camps

- ACTING FOR THE MOVIES: Session I: July 6 - 9 \*(four day week) (Cost \$215), Session II: July 12 - 16 (Cost \$245), Session III: July 19 - 23 (Cost \$245), 9:00 a.m. to 2:00 p.m., Ages: Entering grades 3 - 5
- ADVENTURES IN WRITING: June 28 - July 2, 9:00 a.m. to 2:00 p.m., Entering grades 4 - 6
- BARNYARD BONANZA: July 6 - 9 \*(four day week), Time: 9:00 a.m. to 2:00 p.m., Entering kindergarten - 1st grade
- BOOKS, BAKING AND BUCKETS OF FUN: Session II: June 28 - July 2, 9:00 a.m. to 2:00 p.m., Entering kindergarten - 3rd grade
- CAMP HOGWARTS: June 28 - July 2, 9:00 a.m. to 2:00 p.m., Entering grades 5 - 8
- CHESS CAMP: Session I: June 14 - 18 (Intermediate), Entering grades 1 - 6, Session II: July 12 - 16 (Advanced), Entering grades 3 - 8, 9:00 a.m. to 2:00 p.m.
- COACH OWEN'S SUMMER HANGOUT: Session I (boys only): June 7 - 11 (Cost \$255), Session II (co-ed): July 6 - 9 \*(four day week) (Cost \$215), 9:00 a.m. to 2:00 p.m., Entering grades 2 - 5
- DUNGEON MASTERS: July 19 - 23, 9:00 a.m. to 2:00 p.m., Entering grades 7 - 8
- HIP HOP FLY GIRLS: June 7 - 11, 9:00 a.m. to 2:00 p.m., Girls entering grades 2 - 6
- JUNIOR EXPLORERS: Session I: June 7 - 11, Entering grades 2 - 4, Session II: July 26 - 30, Entering kindergarten - 1st grade, 9:00 a.m. to 2:00 p.m.
- MATERIALS SCIENCE: June 14 - 18, 9:00 a.m. to 2:00 p.m., Entering grades 4 - 5
- ROCK THE VOICE: July 19 - 23, 9:00 a.m. to 2:00 p.m., Entering grades 3 - 6
- SEUSSICAL CAMP: June 14-18, 9:00 a.m. to 2:00 p.m., Entering Kindergarten-2nd grade
- SUMMER OLYMPICS: July 6 - 9 \*(four day week), 9:00 a.m. to 2:00 p.m., Entering grades 5 - 7
- SUPERGIRL DANCE CAMP: Session I: June 14

See **CAMPS** on Page 8





## Now Enrolling for Summer!

*Summer is a super time to come to HLC to strengthen skills for the school year ahead.*

The Huntington Learning Center of Knoxville has been helping students for more than 25 years achieve their academic goals.

During this challenging time, Matthew & Krista McGrath and their dedicated teaching team are helping students navigate this difficult educational environment of hybrid, online and in person learning.

Huntington has the tools needed to help your child succeed in school this year.

*Visit us online or call us to see how we can help:*

**huntingtonhelps.com/center/knoxville • 865-691-6688**  
**117 North Peters Road, Knoxville, TN 37923**  
(Beside Blaze Pizza)



# Farragut SUMMER FUN!

Summer is almost here, and fun is back in Farragut! Learn more at

**farragutparksandrec.org**

- Classes and Open Gym at the Farragut Community Center
- May Day Picnic on Saturday, May 1
- The Bob Watt Youth Fishing Rodeo on Saturday, May 15
- Juried Art Show at the community center on June 26 and 27
- Independence Day Parade on Saturday, July 3
- Home Run Derby on Monday, July 19
- Fun with Farragut's Fleet on Saturday, Aug. 14



**ADVENTURE CAMP**

**EXPERIENCED &  
CARING STAFF**

**SPECIALTY &  
SPORTS CAMPS**

**LUNCH INCLUDED**

**REGISTER AT:  
campwebb.com**



- 18 for girls entering Kindergarten (Cost \$250), Session II: July 6 - 9 \*(four day week) for girls entering 1st grade (Cost \$215), Session III: July 19 - 23 For girl entering 2nd grade (Cost \$250), 9:00 a.m. to 2:00 p.m..

• THE SCIENCE OF BIRDS & BUGS: July 6 - 9 \*(four day week), 9:00 a.m. to 2:00 p.m., Entering grades 6 - 8

• WEBB LANDFILL BAND: July 26 - 30, 9:00 a.m. to 2:00 p.m., Entering kindergarten - 3rd grade

• Academic Enrichment Camp: Study Skills & Middle School Readiness, Session I: July 19-23, Session II: July 26-30, 2:30 p.m. to 5:30 p.m., Ages: Entering 6th grade

## Sports Camps

All Sports Camps run from 9 a.m. to 2 p.m.

• BASEBALL CAMP: Session I: July 12 - 16, Entering grades 1 - 3, Session II: July 26 - 30, Entering grades 3 - 6

• BOOM! IT'S GAME TIME: July 26 - 30, Entering grades 2 - 5

• Champs Camp: June 7 - 11, Entering grades 1 - 5

• CLASH OF THE TITANS: June 28 - July 2, Entering grades 3 - 6

• FOOTBALL/BASKETBALL: July 12 - 16, Entering grades 4 - 8

• GET YOUR GAME ON: June 14 - 18, Entering grades 1 - 4

• MESKE FOOTBALL CAMP: June 21 - 25, Entering grades 1 - 5

• NOTHIN' BUT NET: BASKETBALL CAMP: July 19 - 23, Boys entering grades 3 - 5

• SOCCER CAMP: June 7 - 11, Entering grades 4 - 6

• SPARTAN SPIRIT CHEER AND DANCE: July 12 - 16, Girls entering grades 3 - 6

• TENNIS CAMP: Session III: July 6 - 9 (four day week) (Cost \$215), Entering grades 1 - 5

• VOLLEYBALL CAMP: July 26 - 30, Girls entering grades 5 - 8

• WEBB BASKETBALL CAMP: July 19 - 23, Boys entering grades 6 - 8

• WILD WORLD OF SPORTS: June 14 - 18, Entering grades 3 - 6

[www.campwebb.com](http://www.campwebb.com)

[SEE OUR AD ON PAGE 7](#)

## CENTRAL BEARDEN CHURCH

• Crossings: June 5-9, \$325, Completed 6th - 8th Grade, Cedarmore Camp

• SONBURN: June 27 - July 2, \$385, Completed 9th - 12th Grade, Panama City Beach

• VBS "TREASURED": July 7-9, Free, Ages 3 - Completed 5th, Central Bearden

• JR CHEF CAMP: July 12-16, Free, Completed

2nd - 5th Grade, Online

• PRESCHOOL SUMMER ADVENTURE: July 12-15, 19-22, \$85/wk, 6 Mo - Rising Kindergarten, Central Bearden

## For More Info & Registration

Visit [centralbearden.org/summer](http://centralbearden.org/summer)

865-588-0586

6300 Deane Hill Drive

[info@cbcbearden.org](mailto:info@cbcbearden.org)

[SEE OUR AD ON PAGE 9](#)

## CHRISTIAN ACADEMY OF KNOXVILLE

### Warrior Summer Camp 2021

- Baseball Camp, July 12-15
- Basketball Camp, June 1-4
- Cooking Camp, June 7-10
- Football Skills Camp, July 19-22;
- LaCrosse (girls only) July 6-9;
- Middle School Art Camp, July 12-14;
- Musical Theatre Camp, July 5-9;
- Running, July 19-23;
- S.T.E.M (new this year!), June 14-18 Rising 1st and Rising 2nd graders, July 12-16 Rising 3rd and Rising 4th graders;
- Soccer Camp, June 14-17;
- Softball Camp, June 7-9;
- Tennis, June 14-17 or July 12-15;
- Volleyball Camps, July 19-22, 26-27, or 28-29;
- Camp Big Fish, Rising K - Rising 6th, June 1st - August 6th, 7:15 am - 6 pm

529 Academy Way

Knoxville, Tn 37923

865-690-4721

[www.cakwarriors.com/summer\\_camps/](http://www.cakwarriors.com/summer_camps/)

[SEE OUR AD ON PAGE 11](#)

## CONCORD CHRISTIAN SCHOOL

Preschool through graduation:

Inspiring students to follow Jesus by equipping them to serve, lead and transform their world.

11704 Kingston Pike

Knoxville, TN 37934

865-966-8858,

[www.concordchristianschool.org](http://www.concordchristianschool.org)

[SEE OUR AD ON PAGE 13](#)

## CONCORD PARK PAR THREE GOLF

• Bronze Level Camp, ages 7-10, June 1-3, 6-9, or 14-16; July 5-7, 12-14, 19-21; 9:00-11:00 am;

• Silver Level Camps, intermediate golfers ages 8-12, June 21-23, July 26-28, 9:00-11:00 am

10909 Northshore Dr.

Knoxville, TN 37922

865-966-9103

[www.concordparkgolf.org/camps](http://www.concordparkgolf.org/camps)



## COOL SPORTS HOME OF THE ICEARIUM

SKATE!!!

• Learn to Skate USA

Summer 2021 Ages 3+

6 week sessions starting June 22nd

Tues, 11:30 am to noon, \$60

Tues or Thurs, 6-7 pm, \$100

Sat, 11 am to noon, \$100

All classes include skate rental.

Contact Travis at [tgray@coolsportstn.com](mailto:tgray@coolsportstn.com)

• Daily Public Skate Sessions

Starting June 15th

Check out our website for times and admission prices!!

110 South Watt Rd,

Knoxville, TN 37934

865-218-4500

To register for all programs, visit us at:

[www.coolsportstn.com](http://www.coolsportstn.com)

[SEE OUR AD ON PAGE 20](#)

## THE CUTTING EDGE CLASSROOM

Our students experience new foods and preparation techniques, learn valuable life skills, and hone their cooking abilities while working in a state-of-the-art instructional kitchen (ages 9-15)

• Learn to be a Real Chef Kids Summer Camp, June 7-11, 2:00 pm - 6:00 pm

• The French Patisserie Kids Summer Camp, June 7-11, 9:00 am - 1:00 pm

• International Culinary Journey Kids Summer Camp, June 14-18, 9:00 am - 1:00 pm

• The Basics of Baking Kids Summer Camp, June 14-18, 2:00 pm - 6:00 pm

• Learn to be a Breakfast Chef Kids Summer Camp, June 21-25, 9:00 am - 1:00 pm

• The Bake Shop Kids Summer Camp, June 21-25, 2:00 pm - 6:00 pm

• Foods from Around the World Kids Summer Camp, July 12-16, 2:00 pm - 6:00 pm

• Learn to be a Pastry Chef Kids Summer Camp, July 12-16, 9:00 am - 1:00 pm

• Everything You Need to Know About Dough Kids Summer Camp, July 19-23, 9:00 am - 1:00 pm

• The Ice Cream Parlor Kids Summer Camp, July 19-23, 2:00 pm - 6:00 pm

• Cook Like a Chef Kids Summer Camp, July 26-30, 9:00 am - 1:00 pm

• The French Patisserie Kids Summer Camp, July 26-30, 2:00 pm - 6:00 pm

[www.thecuttingedgeclassroom.com](http://www.thecuttingedgeclassroom.com)

817 North Herron Road

Knoxville, TN 37932, (865) 335-9370





# CAMP IRISH

**CAMPS.KNOXVILLECATHOLIC.COM**



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- By Mail
- Recurring Electronic Payments
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Please visit us at **LCUB.com** for details and start paying your way today!



CENTRAL BEARDEN

# SUMMER

LINEUP

For More Info & Registration Visit  
**centralbearden.org/summer**

centralbearden.org • 865-588-0586 • 6300 Deane Hill Drive • info@cbcbearden.org

### CROSSINGS

June 5-9

\$325 • COMPLETED 6TH - 8TH GRADE • CEDARMORE CAMP

### SONBURN

June 27 - July 2

\$385 • COMPLETED 9TH - 12TH GRADE • PANAMA CITY BEACH

### VBS "TREASURED"

July 7-9

FREE • AGES 3 - COMPLETED 5TH • CENTRAL BEARDEN

### JR CHEF CAMP

July 12-16

FREE • COMPLETED 2ND - 5TH GRADE • ONLINE

### PRESCHOOL SUMMER ADVENTURE

July 12-15, 19-22

\$85/wk • 6 MO - RISING KINDERGARTEN • CENTRAL BEARDEN



## DANCE CENTER WEST

Accomplished Instructors, Ballet, Tap, Jazz, Pointe, Hip Hop, Acrobatics, Musical Theater, Dance Team, Pre-School and Creative Dance

**133 West End Center**  
in front of Farragut Schools

**(865) 966-7094**

**(865) 966-6486**

**DanceCenterWestKnoxville.com**

[SEE OUR AD ON PAGE 17](#)

## DESIGN MATTERS

University of Tennessee architecture and design camp will be virtual and offered to students from all over the region and the nation.

2021: Our ONLINE camp will offer a glimpse into the world of design, covering topics from graphic, industrial and interior design to architecture and the city.

**REGISTER FOR SUMMER DESIGN CAMP**

@ <https://utconferences.eventsair.com/summer-design-camp/registration/Site/Register>

HAVE ANY QUESTIONS CONTACT US!

**Designmatters@utk.edu**

## EPISCOPAL SCHOOL

Join the summer fun at ESK for kids and teens! ESK instructors and coaches will host a variety of activities on campus. Athletic camps, Academic camps, Pre-school camps, Art Camps, STEAM camps, Summer camps

Preschool summer camp – Ages 3-5, \$325 Lunch included – 8:00 am – 4:00 pm (half-day options available)

For all our camp information call or visit our website

**865-777-9032**

**camp@esknoxville.org**

**shop.esknoxville.org**

[SEE OUR AD ON PAGE 15](#)

## FIRST BAPTIST CHURCH OF LENOIR CITY

• Press Play Vacation Bible School – June 14-17 (9:00 am – Noon), Completed Pre-K through 5th grade

• Worship Camp '21 –

July 12-16 (8:45 am – Noon),

Completed Kindergarten through 5th grade, cost \$35

**865-986-9066**

**firstbaptistLC.org**

[SEE OUR AD ON PAGE 17](#)

## FLYING ANVIL THEATRE

FILM ACTING WITH DAVID DWYER – Ages 14 and up

Learn from beloved local actor with over 100 credits on his film resume. This class will cover camera technique, script analysis, and audition skills.

6 WEEKS – Starting Wednesday January 13, 7:00 pm – 9:00 pm. Limit 8 actors.

**www.flyinganviltheatre.com**

## GOLF CAMP WITH WALLACE

Junior Golf, introducing children to the game of golf to members of Fox Den S/D or those sponsored by members. Five weeks of camp activities starting the end of May and ending the end of July.

Ages 6-14. Smaller groups with more instructors for social distancing purposes. 9AM to 10:30 AM.

**Call for more information**

**Fox Den Golf Club: 966-9771.**

## H3 SPORTS SUMMER CAMPS

*Diamond Baseball Summer Camps*

• Baseball All Skills - 2 Day Camp #1

Jun 1/2, 9-12:30, Ages 12 & Under, \$125

• Softball All Skills #1

Jun 3, 9-12:30, Ages 13 & under, \$80

• Baseball Pitching Camp #1

Jun 8, 9:00-12:30 Ages 13 & under, \$80

• Softball Pitching Camp

Jun 9, 9-12:30, Ages 14 & Under, \$80

• Baseball All Skills - 2 Day Camp #2

Jun 15/16, 9-12:30, Ages 12 & Under, \$125

• Softball All Skills #2

Jun 17, 9-12:30, Ages 13 & Under, \$80

• Infield Camp

Jun 22, 9-12:30, Ages 13 & Under, \$80

• Hitting Camp

Jun 23, 9-12:30, Ages 13 & Under, \$80

• Softball Pitching Camp #2

Jun 24, 9-12:00, Ages 13 & under, \$80

• Baseball Pitching Camp #2

Jun 6, 9:00-12:30, Ages 13 & under, \$80

• Baseball All Skills - 1 Day

Jul 8, 9-12:30, Ages 14 & Under, \$80

• Softball Pitching Camp #2

Jul 8, 9-12:30, Ages 14 & under, \$80

• Infield Camp #2

Jul 13, 9-12:30, Ages 13 & Under, \$80

• Softball All Skills #3

Jul 14, 9-12:30, Ages 13 & under, \$80

• 2-Day Get Ready for Fall All Skills Camp

Jul 27/28, 9-12:30, Ages 12 & Under, \$125

**diamondbaseballtn.com**

[SEE OUR AD ON PAGE 3](#)

## HUNTINGTON LEARNING CENTER

Use this summer to improve your child's skills in Reading Comprehension, Writing, Math and Study Skills.

TUTORING: Reading - Writing - Math - Phonics - Study Skills - Spelling - Vocabulary - Algebra - Geometry - Trigonometry - Pre-Calculus - Calculus - Earth Science - Biology - Chemistry - Physics

TEST PREP: SAT - PSAT/NMSQT - ACT - Advanced Placement (AP) - TN Ready - HSPT - ISEE - SSAT - GED - ASVAB

**117 North Peters Road, Knoxville TN 37923**

**865-691-6688**

**www.huntingtonhelps.com**

[SEE OUR AD ON PAGE 7](#)

## KNOXVILLE CATHOLIC HIGH SCHOOL

Every summer has a story at Camp Irish! Imagine summer experiences where your child grows in mind, body and spirit. Camp Irish 2021 is open to everyone and provides a safe place to explore interests, make new friends and sharpen skills. With 16 arts, academic and athletic camps to choose from, there's a camp for you!

• All-Sports Camp – Skills covered—Football, Basketball, Baseball/Softball, Soccer, Tennis, Volleyball, Track. June 21-25 (9:00 am – 4:00 pm), \$325, Rising K-8th grade

• Theatre Camp – Moana, Jr. June 14-27 (9:00 am – 3:00 pm), \$325, Rising 3rd – 8th grade

• Robotics Camp: Lego Mindstorm – May 31–June 3 (9:00 am – 2:00 pm), \$250, Rising 5th – 9th grade

• Smith & Smith Football Camp – July 8 (9:00 am – 12:00 pm, check-in at 8:30), \$20, Rising K-8th grade, Boys and Girls Welcome

• Boys Basketball Camp – May 26-28, \$100 Rising K – 5th grade: 9:00 am – 11:30 am

Rising 6th – 8th grade: 12:30 pm – 3:00 pm

• Baseball Camp – June 7-9 (9:00 – 12:00 pm), \$100, Rising 2nd – 8th grade

• Softball Camp (Pitching/catching camp) – June 19th (10:00 am – 1:00 pm), \$40, ages 8-17

• Girls Basketball Camp – June 2-4, \$100

Rising 1st – 5th grade: 9:00 am – 11:30 am Rising 6th – 8th grade: 12:30 pm – 3:00 pm

• Math Camp – July 12-15, Four 120-minute sessions of various levels of Calculus between 9am to 2pm. July 19-23, Five 90-minute sessions 5th grade math through Pre-Calculus between 9:00 am and 2:00 pm, Cost: \$200 per student

• Band Camp – June 7-11 (9:00 am – 12:00 pm), Rising 5th – 8th grade, cost \$100

• Band Camp - Rising 9th Grade Leadership Students - \$50

• Volleyball Camp – July 12-14, \$215

Rising 2nd – 6th grade: 9:00 am – 12:00 pm

Rising 7th – 9th grade: 1:00 pm – 4:00 pm

• Volleyball Camp: Serving & Passing – July 15-16 (9:00 am – 12:00 pm), Rising 2nd – 9th grade, \$50

• Volleyball Camp: Setting & Hitting – July 15-16 (1:00 pm – 4:00 pm), Rising 2nd – 9th grade, \$50

• Dance Camp – June 7-9 (9:00 am – 12:00 pm), Rising 1st – 7th grade, \$120

• Physics Camp – July 5-9 (10:00 am – 12:00 pm), Rising 9th – 12th grade, \$200

• Writing Camp – The Essay: Step by step, July 19-23 (9:00 am – 12:00 pm), Grades 9-12, \$200 (includes materials, Room A10

• Writing Camp – Writing About Literature: Using Sources, July 19-23 (1:00 pm – 4:00 pm), Grades 9-12, \$200 (includes materials), KCHS Library

• Soccer Camp – Three-day camp, June 10-11 (6:00 pm – 8:00 pm), June 12 (9:30 am – 12:00 pm), Rising 5th – 8th grade, \$125, Boys and girls

• Girls Lacrosse Camp – June 7-10, Rising 3rd – 7th grade (8:30 am – 11:30 am), Rising 8th – 12th grade (8:30 am – 2:00 pm). Cost: Players on the • KCHS lax team -- \$50, rising 8th – 12th grade (non KCHS team members) - \$120, rising 3rd – 7th grade - \$100

**Visit camps.knoxvillecatholic.com**

[SEE OUR AD ON PAGE 9](#)

## KNOXVILLE CHRISTIAN BASKETBALL CAMP

*Future Champs Basketball Camp*

Ages 6-17 – weekly options from June 14 to July 30. 9AM-3PM. Application on website.

**Knoxvillechristianbasketballcamp.com**

**865-388-1262**

## KNOXVILLE MUSEUM OF ART

Summer Art Academy in person this year. June 7- July 30. Ages 5-12. Free program.

Each week offers a new and exciting age-appropriate art class that will inspire and challenge your child. The KMA's certified art educators provide instruction in small groups with personalized instruction. Classes are held at the Knoxville Museum of Art. Morning classes are offered each week. One-week classes start Monday, June 7.

**For more information call 865.525.6101 ext. 241. www.knoxart.org**

## KNOXVILLE YOUTH ATHLETICS

2021 Summer Track and Field Program

Four weeks of fun, fitness, and finish lines.

Open to all boys and girls ages 5-18 interested in track and field, running and athletics. The Youth

See **CAMPs** on Page 12





# Summer Workshops

Ages 4 and up

(865) 675-7323

Sylvan Learning of Knoxville/Farragut

10969 Kingston Pike

865-675-7323 | sylvanknoxville@yahoo.com

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We are also a location for Camp Big Fish!

Baseball.....	July 12-15
Basketball.....	June 1-4
Cooking .....	June 7-10
Football.....	July 19-22
Lacrosse (Girls) .....	July 6-9
Middle School Art .....	July 12-14
Musical Theatre .....	July 5-9
Running .....	July 19-23
STEM.....	June 14-18 & July 12-16
Soccer .....	June 14-17
Softball.....	June 7-9
Tennis .....	June 14-17 & July 12-15
Volleyball .....	July 19-22, July 26-27 & July 28-29

Scan here to learn more:  
or Call (865) 813-4CAK



**Christian Academy of Knoxville**  
529 Academy Way | Knoxville, TN 37923



Athletics program Exposes kids to the fundamentals of track and field with an emphasis on fun and fitness. **YOU MUST REGISTER ONLINE PRIOR TO YOUR FIRST PRACTICE** (No exceptions)  
[knoxvilleyouthathletics.org/summer-developmental-track-and-field-program/](http://knoxvilleyouthathletics.org/summer-developmental-track-and-field-program/)

## LADY VOLS BASKETBALL CAMP

Monday, June 7 – Thursday, June 10.  
 For Campers entering grades 2nd – 8th  
 Will be at Thompson-Boling Arena and Pratt Pavilion, 1600 Phillip Fulmer Way, Knoxville, TN 37996 from 9:00 am – 4:00 pm  
[www.ladyvolbasketballcamp.com](http://www.ladyvolbasketballcamp.com)

## MORNING STAR CHILD DEVELOPMENT CENTER

Camp Morningstar has summer programs for children ages 5-12 years, operating during the summer with part-time and full-time programs available.

**10614 Flickinger Lane, Knoxville TN 37922 865-671-0244,**  
[www.morningstarchild.com](http://www.morningstarchild.com)

## NATIONAL FITNESS CENTER IN KNOXVILLE

Ages 5-12 will learn fitness, safety, science and art in action-packed summer camps.

June 1- July 30.  
**865-470-3600 , [cassiewalker@nfc1.com](mailto:cassiewalker@nfc1.com)**  
[www.nfcgymknoxvillewest.com/kids/summer-camps/](http://www.nfcgymknoxvillewest.com/kids/summer-camps/)

## OAK RIDGE ROWING ASSOCIATION

### Atomic Youth Summer Camps

Summer camps for the beginning rower. No experience necessary. Open to boys and girls ages 11-17. Learn rowing fundamentals in a fun, team-driven atmosphere. Five days, 9:00am-12:00pm each day.

Three 5-day introductory morning sessions July 12, July 19, July 26.

Two 6-day "Prep for Novice Fall Racing" morning sessions August 2, August 23

**[www.info@orra.org](mailto:www.info@orra.org)**  
**697 Melton Lake Drive,**  
**Oak Ridge TN 37830, 865-482-6538**  
[SEE OUR AD ON PAGE 15](#)

## OLYMPIC ARROW

Summer Archery Camps May 31 to July 5. Ages 10-15. Weeklong camps are designed for junior novice or archers with experience. Participants will learn safety, archery rules and basics as well as playing archery games. Classes will be held at Club Place in Hardin Valley Knoxville TN 37932.  
**865-719-7543**

[olympicarrow@hotmail.com](mailto:olympicarrow@hotmail.com)  
[www.theolympicarrow.com](http://www.theolympicarrow.com)

## SAMURAI DRAGONS

Weekly classes year-round.

- Iaido (Japanese Sword); Sundays at 3pm (ages 14 and up)
- Karate: Fridays at 5pm & Sundays at 4pm (Ages 9 and up)

Classes held at Davis Family YMCA.

**12133 South Northshore Drive,**  
**Knoxville TN 37922**  
**865-300-2318, [www.samuraidragns.com](http://www.samuraidragns.com)**  
[SEE OUR AD ON PAGE 16](#)

## SCHOOL OF ROCK

School of Rock offers music camps and workshops perfect for musicians of all skill levels who play guitar, bass, drums, keyboard, and vocals. Camps for the summer: June 7 – July 30.

**101 Sherlake Drive, Knoxville TN 37922**  
**865-247-4038**  
[www.schoolofrock.com/knoxville/music-camps](http://www.schoolofrock.com/knoxville/music-camps)  
[SEE OUR AD ON PAGE 15](#)

## SKI/SCUBA SUMMER CAMPS

• Scuba Rangers Camp – Scuba Rangers is an amazing kids' scuba diving program full of action-packed fun and unforgettable experiences! A perfect way for your child to gain valuable skills, meet new friends, and begin a lifelong adventure! This is a pool-only, non-certification camp.

Children over 10 years are encouraged to enroll in the Junior Open Water "Scuba Camp."  
 Ages 8-12, June 15-18, 2021 9:00 am – 12:00 pm  
 Cost: \$325  
 • "Scuba Camp" Junior Open Water Diver Program – For ages 10-14, this is a full junior open water certification course. This camp includes 4 days of classroom & pool sessions here at Ski/Scuba Center and 2 days of open water dives at Philadelphia Quarry. Upon completions, students will be certified as Junior Open Water Divers.  
 Ages 10-14, July 12-17, 2021 9:00 am – 1:00 pm @Ski/Scuba, 9:00 – 2:00 pm @Philadelphia Quarry, Cost: \$485  
**2543 Sutherland Avenue,**  
**Knoxville, TN 37919, 865-523-9177**  
[SEE OUR AD ON PAGE 16](#)

## STUDIO ARTS FOR DANCERS

• Fairytale Ballet Camp – June 7-11, 9AM to 1PM, ages 5-11, Cost \$175, Fly on fairy wings during this magical camp telling the stories of Red Riding Hood, Rapunzel and other fairy tales. Each day begins with fun movement games followed by ballet class and learning choreography. Dancers will make their own props and paint the backdrop for the in-studio performance on Friday. No experience necessary. Bring your own snack.  
 • Musical Theatre Camp – June 21-25, 9AM to 2PM, ages 8-16, Cost 225, Step in the spotlight!!! All campers will shine in this exciting theatrical adventure! Learn the craft of acting, singing and dancing while learning the music and choreography of popular musicals. Dancers will make their own props and paint the backdrop for the in-studio performance on Friday. No experience necessary. Bring your own snack and lunch.  
 • New Dialect Professional Workshop – June 21-23, 9AM to 4PM, ages 18 and over, Pre-professional experience required, Cost \$200, Join New Dialect for this pre-professional and professional rigorous multi-day training opportunity. This workshop will deepen your experiential knowledge in the most up-to-date contemporary dance methods.  
 • New Dialect Guest Artist Intensive – June 14-18, 9AM to 4PM, Level B through Advanced Dance experience required, Cost \$300, New Dialect partners with Studio Arts for a 4th season! This workshop will be a rigorous and exhilarating week of ballet and contemporary techniques. With a focus on developing individual artistry within each dancer, this workshop will include classes in improvisation and the choreographic process. New Dialect is a professional contemporary company in Nashville, TN.  
 • Youth Dance and Craft Workshop, June 28-July 16. May take each week separately. Not

See **CAMPS** on Page 14





THIS SUMMER...



MAKE IT COUNT

QUALITY INSTRUCTION MADE FUN!

WORKSHOPS • INTENSIVES • CLASSES • CAMPS  
& MORE FOR **DANCERS OF ALL LEVELS!**

SUMMER PROGRAM AT A GLANCE

JUNE 7-11	FAIRYTALE BALLET CAMP
JUNE 14-18	NEW DIALECT TEEN GUEST INTENSIVE
JUNE 21-23	NEW DIALECT PRO WORKSHOP
JUNE 21-25	MUSICAL THEATRE CAMP
JUN 28-JUL 16	DIVERSITY IN DANCE WORKSHOP
JULY 19-23	ATLANTA PROFESSIONAL INTENSIVE

FULL SUMMER SCHEDULE  
& REGISTRATION

865-539-2475

[studioartsfordancers.net](http://studioartsfordancers.net)



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CHRISTIAN SCHOOL & PRESCHOOL

[concordchristianschool.org](http://concordchristianschool.org)  
865.672.1521 • [esloan@concordcs.org](mailto:esloan@concordcs.org)  
11704 Kingston Pike, Knoxville, TN 37934





necessary to take all three weeks to register for this workshop. Experience not necessary. A great introduction to dance. Dancers ages 4 to 8 will learn about a different theme each week as they enjoy creative movement games, take classes in ballet and modern and make their own props to be used in class. Ages 4-5 4PM to 5:30 PM Monday/Wednesday, \$40 per weeks. Ages 6-8 4PM to 6PM Tuesday/Thursday, \$60 per week.

- Diversity in Dance Three Week Workshop, June 28 to July 16, Cost \$175 per week, Classes in Ballet, Pointe, Variations, Contemporary, Horton, Jazz, Hip-Hop, Dancer Stretch and Conditioning. May take each week separately. Not necessary to take all three weeks to register for Diversity in Dance Workshop

Rising Level III and IV – 9AM to 1PM, Rising Level V/VI – 9AM to 2PM, Rising Level Intermediate 1, 2 and Advanced – 9 to 2:15PM

- Atlanta Dance Company Guest Intensive – July 19-23 – 9AM to 4PM Level V through Advanced Dance experience required, Cost \$300 – An Atlanta Contemporary Dance Company will partner with Studio Arts to bring this professional ballet and contemporary dance company to Knoxville. This workshop will include classes in improvisation and the choreographic process and will focus on developing individual artistry within each dancer. Classes in Ballet, Pointe, Variations, Contemporary and Enrichment.

**1234 Rocky Hill Road, Knoxville, TN**

**37919, 865-539-2475**

**Register: [www.studioartsfordancers.net](http://www.studioartsfordancers.net)**

**[SEE OUR AD ON PAGE 13](#)**

## SYLVAN LEARNING OF KNOXVILLE/ FARRAGUT

Tutoring programs for math, algebra, reading, writing, study skills and more! In center or online. Aid in helping teens with individual SAT and ACT test prep. Summer workshops ages 4 and up.

**10969 Kingston Pike, Knoxville TN 37934**  
**865-672-6943**

**Locations: [sylvanlearning.com/us/west-Knoxville-tn](http://sylvanlearning.com/us/west-Knoxville-tn)**

**[SEE OUR AD ON PAGE 11](#)**

## TATE'S DAY CAMP

Weekly themes add a primary focus that helps keep camp new and refreshing for campers attending multiple weeks. All weeks are packed with swimming, games, songs and exciting activities, so we recommend choosing those that work best with your summer schedule and when possible,

sign up for consecutive weeks. Ages 3 (as of June 1st) to age 14. June 1 to August 6.

**9215 Bob Gray Road**

**Knoxville TN 37923**

**865-690-9208**

**[info@tatescamp.com](mailto:info@tatescamp.com) [tatescamp.com](http://tatescamp.com)**

## TENNESSEE ELITE GYMNASTICS

Summer Fun Camp: June 14-18 Super Heroes, July 12-16 All Sports, July 19-23 Ninja Warriors.

Ages 5 +.

**230 Interchange Park Lane**

**Lenoir City TN 37772**

**865-816-3031**

**[info@tnelitegymnastics.com](mailto:info@tnelitegymnastics.com)**

**[www.tennesseelitegymnastics.com](http://www.tennesseelitegymnastics.com)**

## TENNESSEES MEN'S BASKETBALL CAMPS

Due to the uncertainty created by COVID – 19 virus we have established a way for you to reserve a spot without any upfront financial commitment. Simply click the “Register Now / Pay Later” option during registration. When the event is confirmed to take place, you will receive an email from us giving you the ability to pay. If at that time you still wish to attend, you can pay securely online. If your circumstances change and you no longer wish to attend the event, simply let us know. You won't owe us anything.

- Day Camp 1: 06/14/2021 - 06/17/2021, Boys, 3rd - 8th Grade as of Fall 2021, \$275.00

- Intense Skills Camp: 06/19/2021, Boys, 9th - 12th Grade as of Fall 2021, \$35.00

- Father/Son Camp: 06/20/2021, Boys, K - 12th Grade as of Fall 2021, \$125.00

- Day Camp 2: 06/21/2021 - 06/24/2021, Boys, 3rd - 8th Grade as of Fall 2021, \$275.00

**[www.tennesseebasketballcamp.com](http://www.tennesseebasketballcamp.com)**

## TENNESSEE MEN'S GOLF CAMPS

Due to the uncertainty created by the COVID-19 virus we have established a way for you to reserve a spot without any upfront financial commitment. Simply click the “Register Now / Pay Later” option during registration. When the event is confirmed to take place, you will receive an email from us giving you the ability to pay. If at that time you still wish to attend, you can pay securely online. If your circumstances change and you no longer wish to attend the event, simply let us know. You won't owe us anything.

- One-Day Camp I: 06/04/2021

- One-Day Camp II: 06/05/2021

- One-Day Camp III: 06/06/2021

- One-Day Camp IV: 06/27/2021

- One-Day Camp V: 06/28/2021

All camps are for boys ages 10-17. Cost is \$199.00 per camp.

**[www.volsgolfcamp.com](http://www.volsgolfcamp.com)**

## TENNESSEE SOCCER CAMPS

Due to the uncertainty created by the COVID-19 virus we have established a way for you to reserve a spot without any upfront financial commitment. Simply click the “Register Now / Pay Later” option during registration. When the event is confirmed to take place, you will receive an email from us giving you the ability to pay. If at that time you still wish to attend, you can pay securely online. If your circumstances change and you no longer wish to attend the event, simply let us know. You won't owe us anything.

- June Day Camp 1: 06/07/2021 - 06/11/2021

- Goalkeeper Academy: 06/11/2021 - 06/13/2021, \$375.00

- June Day Camp 2: 06/14/2021 - 06/18/2021

- July Elite Camp: 07/10/2021 - 07/11/2021

**[www.tennesseesoccercamp.com](http://www.tennesseesoccercamp.com)**

## TOWN OF FARRAGUT

- Classes and Open Gym at the Farragut Community Center

- May Day Picnic on Saturday, May 1

- The Bob Watt Youth Fishing Rodeo on Saturday, May 15

- Juried Art Show at the community center on June 26 and 27

- Independence Day Parade on Saturday, July 3

- Home Run Derby on Monday, July 19

- Fun with Farragut's Fleet on Saturday, Aug. 14

**[farragutparksandrec.org](http://farragutparksandrec.org)**

**[SEE OUR AD ON PAGE 7](#)**

## UT KNOXVILLE COLLEGE OF ARCHITECTURE AND DESIGN

Summer Design Camp: Big Orange and Big Design! Virtual. July 12-23 Monday thru Friday. ONLINE camp will offer a glimpse into the world of design, covering topics from graphic, industrial and interior design to architecture and the city. In this format, campers will meet remotely with award-winning faculty and upperclassmen students who will help guide them through design exercises and projects. A kit of supplies will be shipped to each camper prior to the start. This kit will include materials and tools to make and create.

**[Archdesign.utk.edu/study/summer-design-camp/](http://Archdesign.utk.edu/study/summer-design-camp/)**

## UNIVERSITY OF TENNESSEE KIDS U

Kids U features weeklong day camps during June and July for area youth in grades 3-12 (rising). These camps provide a wonderful opportunity for students to work with University staff, faculty, and graduate students, while exploring their interests in fields ranging from art to chemistry, cooking to anthropology, photography to technology, STEM to LEGOs, and much more. Choose from 40+ camps, including several new camps that are sure to get your child thinking and creating!

Camps include:

- Revealed: Balloon Twisting & Magic Secrets (Grades 4-7, rising)

- Krav Maga (Grades 9-12, rising)

- Learn to Be a Real Chef: Introduction to Culinary Arts (Grades 9-12, rising)

- Bones, Crimes, Careers: Forensic Anthropology (Grades 9-12, rising) – Online

- Cursive to Calligraphy (Grades 7-12, rising)

- Pat Summitt Definite Dozen Leadership Program (Grades 9-12, rising)

- Hands-On STEM (Grades 9-12, rising)

- Learn to Be a Real Chef: Advanced (Grades 9-12, rising)

- Painting with Water Media (Grades 8-12, rising)

- Introduction to Photography (Grades 9-12, rising)

- ACT Prep Course (Grades 9-12, rising)

- Explorations in Psychology (Grades 9-12, rising)

- Bricks & Architecture (Grades 4-9, rising)

- Save the Planet (Grades 9-12, rising)

- Molecules & Biomolecules in 3D (Grades 4-6, rising)

- Script Calligraphy (Grades 7-12, rising)

- Financial Literacy Boot Camp (Grades 9-12, rising)

See full catalog and other important forms and information at [www.utkidsu.com](http://www.utkidsu.com)

**Register at [www.utkidsu.com](http://www.utkidsu.com) or**

**call 865-974-0150 for more information.**

**[SEE OUR AD ON PAGE 19](#)**

## ZOO KNOXVILLE

Zoo Camp ages 4-13 years. June 2 to August 4. Camp activities include animal interactions, games, crafts, fun activities, excursions through the zoo and trips behind-the-scenes to learn how we care for zoo animals. Specific camps for different age groups. Monday through Friday each week except for 3-day camps. 9AM to 3PM.

**[zkfamily@zooknoxville.org](mailto:zkfamily@zooknoxville.org)**

**[www.zooknoxville.org/experience/](http://www.zooknoxville.org/experience/)**

**[zoo-camp/](#)**

**865-637-5331 ext 1363**

**3500 Zoo Knoxville Drive,**

**Knoxville TN 37914**



# SUMMER MUSIC CAMPS

WITH CAMP CHOICES FOR ALL AGES AND SKILL LEVELS, SCHOOL OF ROCK IS THE PERFECT SUMMER ACTIVITY FOR YOUR CHILD. OUR SUMMER MUSIC CAMPS ARE PERFORMANCE-BASED, MEANING STUDENTS LEARN TO PLAY BY REHEARSING AND PERFORMING TOGETHER IN A FUN ENVIRONMENT. FROM BEGINNER CAMPS TO SONGWRITING AND THEMED CAMPS, WE OFFER A WIDE VARIETY OF OPTIONS TO ENSURE YOUR CHILD HAS AN AMAZING, IMMERSIVE MUSICAL EXPERIENCE. SIGN UP YOUR CHILD NOW AND WATCH THEM BECOME A MUSICIAN THIS SUMMER.

## Save 15% off CAMPS

using discount code  
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**School of Rock, Knoxville**  
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(Kingston Pike & Sherlake)  
(865) 247-4038 (school)  
(865) 919-0699 (cel)  
Knoxville.SchoolofRock.com  
<https://www.facebook.com/SchoolofRockKnoxville>



Ages 11-17, Boys and Girls / No Experience Necessary

# ROWING CAMPS

Three 5-Day Introductory Morning Sessions July 12, July 19, July 26.  
Two 6-Day "Prep for Novice Fall Racing" Morning Sessions August 2, August 23  
For more information call 865-482-6538.

**SIGN UP TODAY AT ATOMICROWING.COM**




**\$325  
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**AGES 3-5  
(RISING KINDERGARTEN)**

**CHILD MUST BE  
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School  
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 Faith  
Knowledge  
Growth

# PRESCHOOL SUMMER CAMP

**JOIN THE SAINTS FAMILY  
FOR SUMMER FUN!**

FOR MORE INFO, OR TO SIGN UP, GO TO  
[WWW.SHOP.ESKNOXVILLE.ORG](http://WWW.SHOP.ESKNOXVILLE.ORG)

**FUN WEEKLY  
THEMES!**



**8 AM - 4 PM  
MON. - FRI.  
(HALF-DAY OPTION  
AVAILABLE)**

**JUNE 7 - JULY 30  
WEEKLY SESSIONS**





# Prevent dehydration during the dog days of summer

A person's desire to be outdoors can sometimes be at odds with the outdoors itself. The dead of winter tends to be a time of year when people know to stay indoors, but the dog days of summer can be dangerous as well.

Heat-related diseases like dehydration can put lives at risk. According to Johns Hopkins Medicine, children and people over the age of 60 are particularly susceptible to dehydration. Understanding dehydration and how to prevent it is essential for anyone who plans to spend time outside during the summer.

## What is dehydration?

The U.S. National Library of Medicine notes that a dehydrated body does not have enough fluid and electrolytes to work properly. On an average day, the human body needs about three quarts of water. But the USNLM notes that anyone planning to spend time outside in the hot sun needs significantly more water than that to avoid dehydration.

## What are the signs of dehydration?

Johns Hopkins Medicine notes that people experience dehydration differently. However, there are some common symptoms that indicate someone is dehydrated. These symptoms include:

- thirst,
- less frequent urination,
- dry skin,
- fatigue,

- light-headedness,
- dizziness,
- confusion, and
- dry mouth and mucous membranes,
- increased heart rate and breathing.

Children who are dehydrated may exhibit additional symptoms, including dry mouth and tongue; no tears and crying; no wet diapers for several hours; sunken abdomen, eyes or cheeks; listlessness; irritability; and skin that does not flatten when pinched and released.

## How to prevent dehydration

Drinking plenty of fluids when working or playing in the sun is one way to prevent dehydration. Being sure to take in more fluid than you are losing is another way to prevent dehydration. Anyone, and especially people who sweat a lot, should keep a close eye on fluid loss when spending time outdoors in the summer. Sports drinks that help people maintain their electrolyte balance, such as Gatorade, can help prevent dehydration as well. Pedialyte is often recommended for sick infants or children who have experienced vomiting, as it can help restore electrolyte balance that was adversely affected when kids became sick. The solution can be equally effective at restoring electrolyte balance that was thrown off during heat exposure.

Dehydration poses a significant health risk at any time of year, but people who spend time out in the summer heat may be especially vulnerable. Limiting time spent outdoors on hot days and keeping a close eye on your fluid intake and fluid levels can help prevent dehydration.



**SKI/SCUBA  
CENTER, INC.**

2543 SUTHERLAND AVENUE  
KNOXVILLE, TENNESSEE 37919  
865-523-9177

**Scuba Rangers  
Camp** Ages 8-12  
June 15-18, 2021  
9:00am-12:00pm

**"Scuba Camp"**  
Junior Open Water Diver Program  
Ages 10 to 14  
July 12-17, 2021  
9:00am-1:00pm @ Ski/Scuba



**laido**  
(Japanese Sword):  
Sundays at 3pm  
(Ages 14 and up)

**Summer Special!**  
June, July, & August  
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**Karate:**  
Fridays at 5pm & Sundays at 4pm  
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**Samurai Dragons** Traditional Martial Arts  
Classes at Davis Family YMCA 12133 S Northshore Dr, Knoxville, TN 37922  
SamuraiDragons.com | Sheena: (865) 300-2318



# Kid-friendly staycation ideas

Adults may see staycations as great opportunities to catch up on summer reading and finish projects around the house. Children, however, may not always approach time off at home with that same enthusiasm.

Parents confronted with the challenge of keeping kids happy and engaged during staycations can try these kid-friendly ideas to ensure everyone enjoys their time off, even if the bulk of it is spent at home.

• **Hit the carnival circuit.** Traveling carnivals are a staple of summer in many small communities. These special events feature rides, games and, of course, food. Families can make a night of it at a nearby carnival (one is no doubt within driving distance on just about any night in July and August). Budget-conscious staycationers can attend carnivals on bracelet nights, when both adults and kids can typically enjoy endless rides for one set price as opposed to having to purchase tickets for each individual ride.

• **Find a place to swim.** Whether it's a nearby lake or a day at the ocean, a weekday afternoon spent

swimming is a great way to remind the family that a staycation is still a vacation. If swimming in a lake or in the ocean is not possible and you don't have the luxury of a backyard pool, purchase an inflatable pool (or two) that the whole family can enjoy.

• **Embrace your inner artists.** Parents can visit a local arts and crafts store and spend a day painting or making projects with their children. Choose a theme, like making jewelry or painting a family portrait, and then exchange your masterpieces or create a family art exhibit when the session is over.

• **Go fishing.** Fishing can be a fun activity for the whole family and a great way to get out of the house without breaking the bank. Create a competition to see who can catch the most and/or the biggest fish. If you catch fish that you're allowed to take home, involve the whole family in making a delicious fish dinner that night.

*Staycations can be fun for the whole family, especially when parents take time to organize a host of kid-friendly activities.*

**VACATION BIBLE SCHOOL**  
**JUNE 14-17**  
(COMPLETED) **PREK-5TH GRADE**  
**9AM-NOON**



**VACATION BIBLE SCHOOL 21**

**JUNE 14-17**

**GAMES • MUSIC • BIBLE LESSONS**  
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**FIRST BAPTIST LENOIR CITY**  
2085 Simpson Rd E,  
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865-986-9066 • [firstbaptistLC.org](http://firstbaptistLC.org)  
FBCLC f firstbaptistLC



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**For completed**  
**K-5th grade | Cost: \$35pp**  
**Registration will begin in May**

**JULY 12-16 | 8:45-NOON**

## Dance Center West

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# Tips for family camping trips

For nature lovers, perhaps nothing is more enjoyable than packing up the camping gear, traveling to a favorite campsite and getting away from it all while sleeping under the stars. Such an experience can be transformative, turning first-time campers into lifelong enthusiasts.

The opportunity to turn youngsters into nature enthusiasts who can't wait to spend time outside may be one reason why so many families go camping. A 2018 report Kampgrounds of America found that 52 percent of campers have children, making camping among the most popular and family-friendly ways to enjoy the great outdoors.

Camping with youngsters can help families make lasting memories. Parents who have never before taken their children camping may benefit from employing a few strategies to make the trip as fun as possible.

- **Make a trial run in the backyard.** A night camping in the backyard won't be exactly the same as a night in the woods, where wildlife, and particularly insects, may be less welcoming hosts. But a backyard camping night can acclimate children to their sleeping bags and their tents. A fun night sleeping under the stars in the backyard also may make kids more enthusiastic about an upcoming camping trip in the woods.

- **Go over safety early and often.** Use every opportunity to explain camping safety measures to youngsters in advance of your trip. Emphasize the importance of staying together in the woods, and teach youngsters how to identify potentially harmful plants like poison ivy, making sure they know to avoid coming into contact with these and other poisonous plants. Contact your local parks department, or

the campground where you will be staying, for some additional advice on camping safety.

- **Let kids help when choosing camping equipment.** Youngsters may be more excited about camping if they're allowed to choose certain equipment, including their sleeping bags and tents. Before visiting your nearby camping retailer, explain to kids that tents come in various styles because they're designed to protect campers from certain elements that may be more common in certain areas than others. Such an explanation can make it easy to explain to youngsters why you're purchasing certain items, even if those items weren't kids' top choices.

- **Plan the family menu in advance.** Plan the menu in advance so you can ensure everyone will continue to eat healthy. But make sure to include a few kid-friendly camping classics, like s'mores, in the meal plan as well.

- **Prepare a camping-friendly first-aid kit.** Bandages and topical antibiotic creams are part and parcel of any first-aid kit, regardless of where you're going. But the elements pose a different set of challenges that require a more extensive first-aid kit. When designing a first-aid kit for your camping trip, be sure to include all the usual items but also over-the-counter medications that can treat pain, allergies, constipation, and diarrhea. An extra gallon or two of water also makes for a wise addition to campers' first-aid kits.

*Family camping trips can instill a lifelong love of the great outdoors in youngsters. A few simple strategies can help parents make such trips safe and memorable.*





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