

## Summer Activities for Youth

Many children look forward to having a break from school, homework and tests. However, it typically does not take long for children to feel bored. SCIP has prepared a list of healthy summer activities available throughout Nebraska to help keep children active. Check out a list of summer activities below:

**YMCA:** The YMCA offers several activities like summer camps, day camps and sports programs to keep youth active all summer long. There are over 20 locations in Nebraska offering activities for all ages. Use the link below to find a YMCA near you.

<http://www.ymca.net/find-your-y/?address=Nebraska&x=0&y=0>

**Kids Bowl Free Summer Program-** Sign children up to receive two free games of bowling per day all summer long. To see if your local bowling alley participates check out the website below.

<http://www.kidsbowlfree.com/>

**Nebraska 4-H Camps and Centers-** A variety of day camps and overnight camps are available throughout the State beginning May 30, 2017. To view the schedule go to: <http://4h.unl.edu/summer-camp-schedule>

**Big Red Summer Academic Camps** – UNL is offering camps for youth on a variety of topics ranging from filmmaking to weather and climate. To learn more go to: <http://4h.unl.edu/big-red-camp-sessions>

**The Zone** (Norfolk, NE) will offer a summer program with the theme of "Strengthening Ourselves to Strengthen Others", which includes Boys Council and Girls Circle for character development. The Zone partners with Nebraska Games and Parks area educator to provide outdoor activities, fishing, kayaking, exploration of the Elkhorn river, swimming, games at our neighborhood park, art and crafts. For more information go to:

<http://www.thezoneafterschool.com/>



**Recreation Summer Day Camps** (Lincoln, NE): At Parks and Recreation camps, participants will experience: Recreation and Leisure Skill Building; Physical Fitness Through Active Play; Social Development; Nutrition Awareness and Nature Interaction. To learn more go to:

<http://lincoln.ne.gov/city/parks/programs/daycamps/>

**Reading Programs:** Reading is a great way to keep minds active through the summer months. The Nebraska Library Commission offers a summer reading program available throughout the State of Nebraska. For more information about the summer reading program go to:

<http://nlc.nebraska.gov/youth/summerreading/#Manuals> or visit your local library.

**Czech Days:** Experience Czech culture through this fun family festival in Wilber, NE on August 4-6th.

<http://www.nebraskaczehsofwilber.com/czech-days/>

**Mead Days:** June 16-18, 2017

## **Saline County Fair and Rodeo: July 18-23, 2017**

### **Local Zoos and Wildlife Experiences:**

Wildlife Encounters of Gretna, NE offers summer programs and a summer reading list to educate youth about wildlife. <http://www.wildlifeencounters.org/library-summer-reading/>

The Henry Doorly Zoo offers day camps for ages 3-12 and educational courses for all ages. For more information go to: <http://www.omahazoo.com/education/day-camps/>

The Lincoln Children's Zoo offers day camps and overnight stays for ages 3-12 and adventure camps for ages 14-20. For more information go to: <http://www.lincolnzoo.org/education/>

Aksarben Aquarium Outdoor Education Center is one of four education centers in Nebraska. Aksarben Aquarium Outdoor Education Center offers an interactive classroom experience, tours and wildlife films. For more information go to: <http://outdoornebraska.gov/aksarben/>

Pioneers Park & Nature Center is an 1,100-acre park that includes public art, an outdoor amphitheater, picnic areas, hiking/biking trails, ponds, a sled run and a golf course. For more information go to: <http://lincoln.ne.gov/city/parks/naturecenter/index.htm>

Nebraska has thousands of miles of wildlife and scenery to see. Information about wildlife viewing throughout the state can be found on the Nebraska Game and Parks website:

<http://outdoornebraska.gov/wildlifeviewing/>

To view information about Nebraska Game and Parks day camps and learning centers go to: <http://outdoornebraska.gov/daycamps/>

### **Parks:**

Nebraska Game and Parks website contains information about parks, trails, hunting and fishing throughout the state. <http://outdoornebraska.gov/placestogo/>

Visit the website of your local Parks and Recreation Department to find out information about swimming pools, local parks, summer camps and more!



### **Museums:**

The Nebraska History Museum re-opened in spring of 2016 in Lincoln, NE. This is a great FREE educational opportunity for all ages. <http://www.nebraskahistory.org/sites/mnh/>

The Lincoln Children's Museum offers summer activities for ages 2-10, volunteer opportunities and internship opportunities. <http://www.lincolnchildrensmuseum.org/events/camp/summer-camp.html>

Kearney Children's Museum offers summer camps starting in May. <http://kearneychildrensmuseum.org/>

There are hundreds of museums state wide that have educational opportunities for all ages. To find museums in your area go to: <http://www.nebraskamuseums.org/>

Strategic Air Command and Aerospace Museum camps begin in June. To view the schedule go to:  
<https://sacmuseum.org/what-to-do/education/camps/>

**County Fairs:**

<https://www.nebraskafairs.org/>

**Around the House:**

- Cooking or baking
- Family game night
- Arts and crafts – Adult coloring books are all the rage this year. Color with your child or make a summer wreath to display on the front door. Pinterest is a great resource when looking for do-it-yourself craft ideas.